



To: NJSIAA Program Review Committee
From: Colleen Maguire, NJSIAA Executive Director
Date: September 11, 2023
RE: Girls Wrestling – Specific Sport Regulations

NJSIAA staff recommends three updates to the Girls Wrestling Sport Specific Regulations which reflect current practice and will minimize confusion among member schools and coaches:

1. Allow more than one event against multiple opponents during a week.
2. Clarify that a weight allowance is not provided for events on consecutive days.
3. Competition during the week between the boys team tournament and boys district tournament will not count against the 30-match limit, which is consistent with the boys wrestling regulations.

SPECIFIC SPORT REGULATIONS

(additions are underlined; deletions are struck-through)

Girls Wrestling

Section 1 Rules National Federation Wrestling Rules, unless modified herein, shall govern all NJSIAA meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers A student who transfers after the NJSIAA Competition Start Date for each sport, regardless of whether the transfer was the student's first transfer, shall be ineligible to participate in any post-season championship competition at the new school.

Section 6 There is no maximum limit to interschool scrimmages per week. Interschool scrimmages during the regular season count toward the maximum number of matches allowed (30 per wrestler)

Section 7 N/A

Section 8 Maximum Meets

A wrestler may not participate in more than four weigh-ins per week. A two-day tournament with a

weigh-in each day will count as one weigh-in. A wrestler may participate in ~~only~~ more than one event involving more than four opponents during the week.

NOTE: Make-up matches must fall within the four weigh-in regulations.

CL 1: A weigh in counts only if the wrestler appears on the mat to accept forfeit or to compete.

CL 2: A wrestler may not compete in MORE than a maximum of 30 sub-varsity and/or varsity matches during the regular season (exclusive of the NJSIAA Tournament, Team and Individual).

CL 3: Two-day tournaments that are held on a Saturday and a Sunday will be considered as a tournament for the week of the initial day the tournament starts (in this case Saturday). A weigh-in for a two-day tournament starting on Saturday will count for the week the tournament started (in this case Saturday) and will not impact weigh-ins for the following week.

CL 4: When a student wrestles in a boys event and girls event on consecutive days, no weight allowance will be given to the student (or team).

CL 5: Girls events scheduled the week between the Boys Team Tournament State Finals and the Boys District Tournament will not count against the 30-match limit.

Section 9 N/A

Section 10 Postponed Meets Any postponed meet may be added to the regular scheduling as noted in Section 8 Maximum Meets.

Sections 11-17 N/A

Section 18 Equipment Headgear – It is mandatory that all wrestlers wear protective headgear at all times during practice and while participating in a match.

Sections 19-22 N/A

Section 23 Weight Certification

See Wrestling Weight Certification Instructions.

Girls Weight Classes: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

Section 24 Weight Classification Each Match – A wrestler's actual weight, minimum certified weight, and weight class in which the wrestler participated must be recorded in the team's scorebook. If there is no scorebook the official will record final score on the Wrestling weigh in sheet(s) and these form(s) will become the official document(s) of the meet.

Section 25 Skin Infection/Contagious Disease Before being permitted to wrestle, any wrestler previously judged not fit to wrestle must present, at weigh in, the original NJSIAA skin lesion form signed by an MD, DO, PA or APN, certifying that an exam took place pertaining to that condition within the last seven (7) days, clearing that contestant for competition.

CL: Before the dual/individual meet begins, the referee shall perform skin checks, or verify skin checks have been performed by a designated, on-site, meet appropriate health professional. NFHS Rule 3-1-4a; 3-1-5a.