

**2016-2017**

**NJSIAA/ROTHMAN INSTITUTE  
WRESTLING TOURNAMENT  
REGULATIONS  
WRESTLING REGULAR  
SEASON RULES &  
REGULATIONS**

**Also Included in this Section**

**Point Of Emphasis and NJSIAA Constitution  
and Bylaws  
Wrestling Rule 25**

**NOTE**

**All Scales Must Be Certified Annually**

**All Forms Are Located On:**

**[www.trackwrestling.com](http://www.trackwrestling.com)**

# IMPORTANT DATES

**Certification May Start:** **October 31, 2016**

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Tryouts/practices are permitted in the sport of wrestling on **November 21, 22 and 23, 2016**. Blackout days (no tryouts/practices) **November 24, 25, 26 and 27, 2016**. The official start of practice is November **28**. Athletes must have 6 days practice and one day rest before scrimmages.

**Practice Begins:** **November 28, 2016**

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**Minimum Weight Certification Team Form  
To Be Signed and Filed with the by Principal:** **December 16, 2016**

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**Two Pound Allowance:** **January 15, 2017**

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**Refusal to Enter Tournament Form:** **January 24, 2017**

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**Qualifying Cut Off Date:** **January 28, 2017**

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**Team Seeding:** **January 31, 2017**

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**30 Match Cut Off/End of Regular End Season** **February 4, 2017**

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Throughout the entire season, match results MUST be entered following each meet into trackwrestling program. Results will be sent automatically from trackwrestling to njschoolsports.com. Schedules will be automatically downloaded to njschoolsports.com from rSchoolToday and ScheduleStar prior to the start of the season. You are also REQUIRED to enter your rosters prior to the start of the season into njschoolsports.com. Please check njschoolsports.com periodically to make sure all your matches, schedule and roster information is up to date.

**All results are required to be entered into trackwrestling within 48 hours of the event time. A warning will be given to a school the first time it fails to comply with the reporting requirement. Future instances will be subject to a \$150.00 fine, which is consistent with NJSIAA practice in other sports regarding late entries and late reporting results**

**After a competition every wrestler's exact weight must be recorded in trackwrestling OPC in a timely manner. Each wrestler will have two (2) "open weigh-ins" that is the wrestler's exact weight must be recorded in trackwrestling prior to the production of the official weigh-in form for the second competition after said meet or tournament. Example: Team has a dual meet on Friday, tournament on Saturday, and dual meet on Monday. The exact weights for Friday's meet must be recorded prior to the production of the weigh-in sheet for Monday's meet. If a wrestler's weight has not been entered for two (2) weigh-ins, that wrestler's name cannot be added to a new weigh-in sheet**

**NJSIAA Constitution  
&  
Bylaws**

**Wrestling Rule 25**

**PLEASE NOTE CHANGES**

## RULE 25. WRESTLING

- Section 1. Rules. The National Federation Wrestling Rules, unless modified herein, shall govern all NJSIAA meets.
- Section 2. Start of Practice. **Monday** after Thanksgiving. **(November 28, 2016)**
- Section 3. Start of Regular Schedule. Friday before Third Saturday of December. **(December 16, 2016)**
- Section 4. End of Season. As provided for in Rule 2, Section 10. No varsity meets, regular season or tournament, may be scheduled during the week of the District Tournament without NJSIAA approval unless said meet had been scheduled during the last week of the regular season and postponed. Junior varsity and/or freshman wrestlers may compete in matches or tournaments during the week prior to the districts provided that the individual JV and/or freshman wrestlers do not participate in the district tournament. No JV or freshman matches or tournaments shall be permitted after the district tournament.
- Section 5. Transfers on or after **January 22, 2017**, not eligible for post-season play. (See Article IV, Section 4. K. (2).d.)
- Section 6. Scrimmages. Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter including the week of the first starting date, scrimmages will be subject to the provisions of Rule 2, Section 7.
- CL 1 Scrimmages during the regular season count toward the allowable number of matches.*
- Section 7. Postponed Meets. Any postponed meet may be added to the regular scheduling as noted in Section 8. Maximum-Meets

Section 8. Maximum Meets. A team may not schedule nor may a wrestler participate in more than four weigh-ins per week. A team may schedule only one event involving more than four teams during the week. A two-day tournament with a weigh-in each day will count as one weigh-in.

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

*CL 1 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 Tournaments. (Team and Individual) Teams not qualifying for or being eliminated from the Team Tournament may compete consistent with Rule 25, Section 8 and such meets during the week of the Team Tournament will not count towards the maximum thirty(30) sub-varsity and varsity matches governing a wrestler. (Thirty [30] sub-varsity and varsity matches are exclusive of NJSIAA Tournaments, both Individual and Team.)*

*CL 2. No regular season meets or tournaments may be scheduled during the week of the District Tournament without NJSIAA approval, but a school may schedule interschool “workouts” (excluding match format-scoring, no officiating and no weigh-ins) the week of the Districts through the week of the State Finals.*

*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).*

Section 9. Weight Certification.

Article 1... **SEE NJSIAA RULES AND REGULATIONS**

**NOTE: Weight Classes: 106 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285**

Section 10. Weight Classification.

Each Match: A wrestler’s actual weight, minimum certified weight, and weight class at 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 Trackwrestling weigh-in sheet(s) and these form(s) will become the official document(s) of the meet.

Section 11. Skin Infection/Contagious Disease.

Before being permitted to wrestle, any wrestler 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 1. 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***

Section 12. Equipment.

- (a) Headgear – It is mandatory that all wrestlers wear a protective headgear at all times during practice and while participating in a-match.

Section 13.

1. Any player with more than two flagrant disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament.
2. Any varsity team accumulating more than two player and/or coach flagrant disqualifications prior to the start of a tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.

*CL 1 Teams with more than two flagrant disqualifications cannot win a District Team Championship title*

**NFHS Wrestling Rules Changes for  
2016-2017 are Located in the NFHS  
Wrestling Rulebook**



# NJSIAA Rule Changes

## 2016-2017

### New for this Year

Teams not wishing to enter the wrestling tournament must notify NJSIAA by January **24, 2017** utilizing the ONLINE TOURNAMENT REFUSAL DESIGNATION. All teams are in the tournament if selected by the seeding committee unless a Tournament Refusal designation is received by **January 24, 2017**

**All results are required to be entered into trackwrestling within 48 hours of the event time. A warning will be given to a school the first time it fails to comply with the reporting requirement. Future instances will be subject to a \$150.00 fine, which is consistent with NJSIAA practice in other sports regarding late entries and late reporting results**

Page 3

#### D. QUALIFYING CRITERIA

- 2. NOTE: If a wrestler competes in more than the allotted 30 matches by the NJSIAA cutoff date, each match in excess of 30 will be deemed a disqualification (DQ) and that wrestler will incur a loss by DQ for each excel match. If the opponent of the illegal participant incurred a loss, their record would change to reflect “winner by DQ.” Team scores would be adjusted accordingly. The coach and/or school may incur a fine of \$500.00 and/or disciplinary action for this infraction**

Pages 4 and 5

#### A. WEIGH-IN PROCEDURES

- 1. NOTE 2. Mistakes on weigh-in forms will no longer be viewed as clerical mistakes because of an error by the assessor or coach. If the wrestler’s name isn’t in the trackwrestling program, that wrestler is INELIGIBLE TO PARTICIPATE. If a name was omitted on a weigh-in sheet and the coach writes in a name, that wrestler MUST have a descent plan to show to opposing coaches or that wrestler does not wrestle**
- 4. After a competition every wrestler’s exact weight must be recorded in trackwrestling OPC in a timely manner. Each wrestler will have two (2) “open weigh-ins” that is the wrestler’s exact weight must be recorded in trackwrestling prior to the production of the official weigh-in form for the second competition after said meet or tournament. Example: Team has a dual meet on Friday, tournament on Saturday, and dual meet on Monday. The exact weights**

**for Friday's meet must be recorded prior to the production of the weigh-in sheet for Monday's meet. If a wrestler's weight has not been entered for two (2) weigh-ins, the wrestler's name cannot be added to a new weigh-in sheet**

# POINTS OF EMPHASIS

## REGULAR SEASON

- 1. All results are required to be entered into trackwrestling within 48 hours of the event time. A warning will be given to a school the first time it fails to comply with the reporting requirement. Future instances will be subject to a \$150.00 fine, which is consistent with NJSIAA practice in other sports regarding late entries and late reporting results**
- 2. If a wrestler competes in more than the allotted 30 matches by the NJSIAA cutoff date, each match in excess of 30 will be deemed a disqualification (DQ) and that wrestler will incur a loss by DQ for each match over 30. If the opponent of the illegal participant incurred a loss, their record would change to reflect “winner by DQ.” Team scores would be adjusted accordingly. The coach and/or school may incur a fine of \$500.00 and/or disciplinary action for this infraction**
- 3. After a competition every wrestler’s exact weight must be recorded in trackwrestling OPC in a timely manner. Each wrestler will have two (2) “open weigh-ins,” that is the wrestler’s exact weight must be recorded in trackwrestling prior to the production of the official weigh-in form for the second competition after said meet or tournament. Example: Team has a dual meet on Friday, tournament on Saturday, and dual meet on Monday. The exact weights for Friday’s meet must be recorded prior to the production of the weigh-in sheet for Monday’s meet. If a wrestler’s weight has not been entered for two (2) weigh-ins, the wrestler’s name cannot be added to a new weigh-in sheet**
- 4. State will have to make a special accommodation to allow the turbans, but it will have to be covered with an attached head covering according to NFHS Rule 4-2-1.**
- 5. If a doctor/athletic trainer does not do the skin checks, the NFHS Rule 3-1-4a; 3-1-5a will be followed**
- 6. Mistakes on weigh-in forms will no longer be viewed as clerical mistakes because of an error by the assessor or coach. If the wrestler’s name isn’t in the trackwrestling program, that wrestler is INELIGIBLE TO PARTICIPATE. If a name was omitted on a weigh-in sheet and the coach writes in a name, that wrestler MUST have a descent plan to show to opposing coaches or that wrestler does not wrestle**
- 7. 30 Match Cut Off/End Year February 4, 2017**

8. NJSIAA CONSTITUTION AND BYLAWS  
ARTICLE V. – Eligibility of Athletes

K. TRANSFERS

(2) Transfers

a. A student-athlete transferring from one secondary school to another, without a bona fide change of residence by that student's parent or guardian, shall be ineligible to participate for a period of thirty (30) calendar days or one half of the maximum number of games allowed in the sport by NJSIAA rules (the ineligibility period) from the beginning of the regular schedule, whichever is less, in any sport in which the student has previously participated at the varsity level.

Below is an explanation of the rule for wrestling:

Dual meets count as one meet/event	1 sit
Tri meets count as two meets/events	2 sits
Quad meets count as three meets/events	3 sits

**Team tournaments: Count the number of dual meets that team wrestles in the tournament**

Individual tournaments count as one **match**/event regardless of how many meets are guaranteed

Example:

26 events on **original** schedule – must sit 13 events or 30 days whichever is less

27 events on **original** schedule – must sit 13 events (rounded down) or 30 days whichever is less

9. Coaches Misconduct – Will be strictly enforced as per **NFHS Rule 5-5**  
Unsportsmanlike Conduct – Will be strictly enforced as per **NFHS Rules 7-4-2, 7-5-3, 8-1-4**  
Flagrant Misconduct – Will be strictly enforced as per **NFHS Rules 7-4-3, 7-5-5, 8-1-3, 8-1-6**
10. Flagrant Disqualification Clarification
- i. Dual meets count as one (1) meet
  - ii. Tri meets count as two (2) meets
  - iii. Quad meets count as three (3) meets
  - iv. Dual tournament, i.e., first round of sectionals – wrestler must sit Wednesday and Friday and is eligible to participate in the group finals on Sunday
  - v. Individual tournaments count as one (1) sit regardless of how many **matches** are guaranteed
11. All teams must have 10 dual meets against NJSIAA member schools prior to cutoff during the regular season to qualify for Groups Sectionals and Finals
12. No split squads – As per NJSIAA Constitution & Bylaws, **Page 63 Specific Sport Regulations Note 3 CL2**

13. At the discretion of the tournament director of the event, you may enter more than one wrestler per weigh class but only one will be designated as point scorer
14. The Individual Weight Loss Plan reflects the first possible day a wrestler will be eligible to weigh-in at the approved certified weight class. No wrestler will be allowed to wrestle at a weight lower than that indicated by the Weight Loss Plan for any specified date.
15. There are two types of weight loss plans: (a) one which state **“within”** the district targeted weight class at hydration (example - District target 113. Must weigh-in under 120 at hydration); or (b) where the wrestler must travel through **“more than one weight class”** to hit the District targeted weight class (example – District target 113, weighed in over 120 at hydration). In both instances above, the District targeted weight class must be made by the start of the Districts.
16. The difference between (a) and (b) above is that if the wrestler is going through multiple weight classes, that wrestler must **follow the descent plan determined by the OPC.**

EXAMPLE: Targeted weight 113

Weighs in at certification at 129. The descent plan lists 126-132 as the eligible weight class by the initial meet of the season. On January 1, the wrestler’s descent plan now lists 120-126 as the eligible weight class. In order to remain eligible for 113 the wrestler cannot weigh in over 126 on January 1 or the first day of competition after January 1. On February 15 the descent plan now lists 113-120 as the eligible weight class. In order to remain eligible for 113 the wrestler cannot weigh-in over 120 on February 15 or the first day of competition after February 15. The wrestler has until districts to reach 113. To participate in a weight class a wrestler must be “qualified” for that weight class.

17. Placing in a tournament and making weight - As per NFHS Rule 10.2.7. “Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament except as provided in Article 4 of this section. “(See NFHS 10.2.4) This does not apply to wrestler whose injury defaults and has medical documentation from the on-site physician or appropriate healthcare professional indicating wrestler cannot continue
18. A wrestler cannot weigh-in once for the entire day for different events as per **NFHS Rule 4.5.1 and 2**
19. Coaches must present weigh-in sheet and if there is a disagreement/irregularity a descent plan must be in the mat area –failure to produce both forms – One team point deduction
29. A weigh-in for a two day tournament beginning on Saturday will count for the week the tournament started, (i.e, Saturday) and does not impact weigh-ins for the following week
21. Hydration Certification Retesting – must wait a minimum of 24 hours before retesting
22. A wrestler can only step on one scale during certification

23. No athlete can be tested until their fall sport is completed unless approval is given by the parent, athletic director, their fall coach and wrestling coach
24. If an athlete is not certified by opening day, an email from the principal or athletic director explaining reason for late certification request must be sent to Steve Timko to approve certification
25. The descent plan will show two weight classes the wrestler is eligible for. Wrestler may wrestle in either one
26. A wrestler must make flat weight and appear on mat to establish lowest possible weight class the wrestler can wrestle in the District Tournament
27. Q. If the wrestler does not make 106 on January 10, when wrestler's descent plan says 106 or 113 does wrestler lose the 106 certification?  
A. No Wrestler has until the start of the District Tournament to make 106. The January 10<sup>th</sup> date is the EARLIEST date the wrestler can wrestle 106
28. Q. If a wrestler has previously weighed in at 106 and then appeared on the mat and then weighs in over the next weight class with allowances and appeared on the mat, is wrestler still certified at 106?  
A. No If wrestler is certified at 106 and weighs in over the next weight class with allowance, wrestler loses the 106 certification and new minimum weight class is 113
29. Q. Wrestler is certified at 106 on January 10. Wrestler weighs in at 113 and wrestles 120. Does the wrestler lose his 106 certification?  
A. No As long as wrestler does not **WEIGH-IN OVER** the next weight class with allowances wrestler does not lose the 106 certification
30. Q. When growth allowances or consecutive days of competition are granted, how does it affect weight classes?  
A. When allowances are used, in essence, those are the weight classes for that day. Prior to the growth allowance on January 15, 106 is 106. After January 15, 106 is now 108. 106 would only be required for a wrestler who is certifying at that weight class for the first time as per their descent plan. Regardless of allowances, that wrestler has to make "flat weight" (106) one time in order to "use" allowances.

**Example:** After January 15 a wrestler's descent plan dictates they can wrestle 106 on January 30. The weight class is now 108. That wrestler must weigh-in 106 or below one time and appear on the mat. Thereafter, they can "use" the growth allowance and weigh-in at 108.

**Example: Prior to 2 lb. growth allowance.** If you have a 106 pounder you want to wrestle 113 and/or 120 they **MUST** weigh a minimum of 106.1 to qualify for 113 and/or 120 to be in compliance with **NFHS Rule 4-4-2**.

**Example: After the 2 lb. growth allowance.** Your wrestler would have to weigh a minimum of 108.1 to qualify for 115 and/or 122 to be in compliance with **NFHS Rule 4-4-2**.

31. Q. Prior to January 15, on the first day of a 2-day tournament, a wrestler weighs 195.5, thereby qualifying for the 285-pound weight class. On the second day of the tournament the weight class is 196 (1-pound consecutive day allowance) and that wrestler weighs-in again at 195.5. Is that wrestler still qualified to wrestle 286?
- A. Yes. Wrestlers get an additional 1-pound allowance the second consecutive day of a tournament; however, that wrestler already qualified for the 285 weight class the first day of the tournament and is eligible to compete at 286. They do not have to weigh more than 196 to qualify for 286 in this situation.
32. Q. Wrestler's descent plan dictates they cannot descend to 106 until Monday, January 29. The weight class on Monday, January 29 is 108 (106 + 2-pound growth allowance). That wrestler's actual weight on the day of competition is 106.1. What are the eligible weight classes that wrestler can compete in on January 29?
- A. On Monday, January 29, that wrestler can only compete at 115. Their actual weight, at the time of weigh-ins, would normally "qualify" them for 108 BUT - they have yet to make the "flat weight" of 106, therefore they are not eligible to "use" allowances and wrestle 108. Their actual weight at the time of the weigh-in (106.1) does not, by **NFHS Rule 4-4-2**, "qualify" them to compete at 122.
33. Q. How can we control skin infections?  
Skin infections in contact sports have always been a problem and now have evolved and established a firm position in wrestling. Bacterial, Ringworm and Herpes Gladiatorium can be controlled with proper precautions:
- a. Follow proper Hygienic Principles
  - b. Do skin checks before each practice event and each day of a competition/tournament.
  - c. Withdraw any wrestler with a skin lesion that is considered infectious and have **an MD, DO, PA or APN** make a medical diagnosis. Obtain clearance to return to wrestling.
  - d. Seek one health care provider to follow a team to promote continuity of care.
  - e. Educate all individuals involved in wrestling to create a safe, healthy environment.
  - f. Refer to the **NFHS Rules Book** for additional information.

34. Q. What are the proper hygienic principles for wrestling?
- a. Shower immediately after every practice and meet.
  - b. Wash practice clothing and knee pads after every practice.
  - c. Refrain from cosmetic shaving, i.e. chest, arms, legs, or pubic regions.
  - d. Wash using liquid soap dispensers, not bar soap. Use own personal hygiene products and don't share.
  - e. Use own towels and shower before using whirlpool.
  - f. Clean all wrestling mats before every practice and competitions.
  - g. Consider multiple cleanings during tournament competition.
35. Situation: Wrestler A reports to the scorer's table: (a) wearing jewelry; (b) not having his shoelaces properly secured.

**Ruling:** In both situations Wrestler A is penalized one match point for a technical violation and must take injury time to correct the violation. These are technical violations and are penalized according to the penalty chart. **NFHS 5.27.1e** The head coach of Wrestler A is not charged with unsportsmanlike conduct in either situation.



# POINTS OF EMPHASIS

## POST SEASON

1. Teams entering Sectionals  
Team tournament is a series of dual meets. If a team is eliminated in the first or second round of the tournament they must follow **Rule 25 Section 8 of the Constitution and Bylaws**
2. Fees to enter the team and individual state tournament to be sent to NJSIAA
3. Team Sectional seeding will be from top to bottom and ends when 8 did not lose to 9
4. Protests must be in email form for easy distribution to committee. All protests must go through the tournament director of that event
5. Attendance form for Group Sectionals and Finals must be completed for entrance into event
6. Coaches must present weigh-in sheet and if there is a disagreement/irregularity a descent plan must be in the mat area–failure to produce both forms – One team point deduction
7. At least two certified scales must be available at weigh-ins
8. A wrestler must make flat weight and appear on mat to establish lowest possible weight class the wrestler can wrestle in the District Tournament
10. Only Wild Card required is for wrestler wrestling two weight classes over this wrestler's lowest weight class wrestled (this Wild Card extends into the Regions if wrestler qualifies).
11. Placing in a tournament and making weight – “Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament except as provided in Article 4 of this section.” **(Per NFHS 10.2.4)**  
This does not apply to wrestler whose injury defaults and has medical documentation from the on-site physician or appropriate healthcare professional indicating wrestler cannot continue
12. A wrestler withdrawing from the State Tournament must have a medical note signed by a physician in order to receive placement medals

13. Coaches Misconduct – Will be strictly enforced as per **NFHS Rule 5-5**  
Unsportsmanlike Conduct – Will be strictly enforced as **per NFHS Rules 7-4-2, 7-5-3, 8-1-4**  
Flagrant Misconduct – Will be strictly enforced as per **NFHS Rules 7-4-3, 7-5-5, 8-1-3, 8-1-6**
14. Situation: Wrestler A reports to the scorer’s table: (a) wearing jewelry; (b) not having his shoelaces properly secured.

**Ruling:** In both situations Wrestler A is penalized one match point for a technical violation and must take injury time to correct the violation. The head coach of Wrestler A is not charged with unsportsmanlike conduct in either situation. These are technical violations and are penalized according to the penalty chart. **(NFHS 5.27.1e)**

15. **NFHS Rule 11.1.4: TEAM ADVANCEMENT TOURNAMENTS:** All wrestlers must weigh in each day of the multiple day event and they must weigh-in at the same weight class each day of the event. A wrestler is only eligible for two weight classes during a multiple day, team advancement tournament, and those weight classes are determined on the first day weigh-in and cannot change during the remainder of the event, i.e., Shore Conference Tournament and the like.

**1. Note:** *If a wrestler does not weigh in the first day of the tournament the wrestler is eliminated from competition in that tournament*

**2. Note:** The above-mentioned will NOT change the way we conduct our Sectional-Group Finals Tournament

**NFHS Rule 1.3.6: TOURNAMENTS:** Tournaments conducted by the state high school associations for qualification to the state high school championships (Sectionals) and the championships themselves (Group Finals) shall be determined by the individual organization (NJSIAA). Each state is privileged to conduct those tournaments as best suits its needs. This authorization applied to Rule 10 and Rule 11 only

# Regular Season Rules

## A WEIGH-IN PROCEDURE

1. Coaches need to exchange the Trackwrestling computer generated weigh-in forms and if there is a disagreement/irregularity a descent plan must be presented. The Trackwrestling computer generated weigh-in form needs to be completed and signed by the opposing coach for all weigh-ins throughout the year, including all tournaments and dual meets. The original completed copy of the Trackwrestling computer generated weigh-in forms and descent plan must be kept in the mat area during all competitions. Keeping all these forms will be imperative to prove the exact weight class, especially when establishing the-flat weight at the lowest possible weight class, for the year end state tournaments

*NOTE 1. Coaches that have a wrestler(s) that is not listed on the Trackwrestling computer generated weigh-in sheet must produce a descent plan for that wrestler(s) as verification that wrestler is eligible to wrestle on that day or wrestler(s) is ineligible to participate.*

***NOTE 2. Mistakes on weigh-in forms will no longer be viewed as clerical mistakes because of an error by the assessor or coach. If the wrestler's name isn't in the trackwrestling program, that wrestler is INELIGIBLE TO PARTICIPATE. If a name was omitted on a weigh-in sheet and the coach writes in a name, that wrestler MUST have a descent plan to show to opposing coaches or that wrestler does not wrestle.***

*NOTE 3. One (1) team point will be deducted for failure to have the Trackwrestling weigh-in sheet and/or descent plan at mat side*

2. Each Meet – Each wrestlers name, weight class and actual weight must be recorded on Trackwrestling weigh-in forms. At the conclusion of the weigh-in period opposing coaches must sign the form and a copy of this form must be provided to the opposing coach. When a wrestler represents his school at a particular weight class his name, actual weight and weight class will immediately be transferred from the weigh-in form and entered in the official scorebook by the official scorer. The scorebook will be signed by the referee at the conclusion of the event.

*NOTE: Due to the fact that teams may weigh-in two more contestants per weight class, the weigh-in sheet provides both teams with the necessary information of who is eligible to wrestle. The scorebook will record the results of the match*

3. The dual weigh-in procedure has been aligned with the random draw to provide maximum preparation and warm-up time for the first contestants scheduled to compete in dual meets.

**4. After a competition every wrestler's exact weight must be recorded in trackwrestling OPC in a timely manner. Each wrestler will have two (2) "open weigh-ins," that is the wrestlers exact weight must be recorded in trackwrestling prior to the production of the official weigh-in form for the second competition after said meet or tournament. Example: Team has a dual meet on Friday, tournament on Saturday, and dual meet on Monday. The exact weights for Friday's meet must be recorded prior to the production of the weigh-in sheet for Monday's meet. If a wrestler's weight has not been entered for two (2) weigh-ins, his name cannot be added to a new weigh-in sheet**

**B. WEIGHT CLASS PARTICIPATION**

- (a) A wrestler may never wrestle below that wrestler's minimum weight classification
- (b) A contestant shall not wrestle more than one weight class above that class for which the contestant's actual stripped weight, at the time of weigh-in, qualifies the contestant
- (c) If a wrestler weighs in more than one weight class above what the wrestler's descent plan allows on that day, the wrestler will lose his/her lowest certification for the year. In the examples the original flat weight classes are used. Please be sure to use the actual weight classes when the event occurs which will reflect any weight allowances, i.e., growth allowance, missed practice time (no school), etc.

*NOTE: Wrestler must make FLAT WEIGHT before any allowances can be used*

- i. If a wrestler is certified at 120 the wrestler cannot weigh-in over 126 without losing his/her 120 pound eligibility.
- ii. If a wrestler weighs in at 126 pounds or less for the 126 weight class the wrestler may wrestle 132 at meet time without losing his/her 120 eligibility
- iii. If a wrestler weighs in above 126 pounds, the wrestler can wrestle at the 132 weight class but will lose the eligibility at 120 since the wrestler has weighed in more than one weight class above the certified weight

**C. WEIGHT ALLOWANCE**

**NFHS Rule 4-5-5** reads as follows: "Competitions that are *postponed* for one calendar day or more for reasons beyond the control of the participating school(s), or practices that cannot be held *in these situations due to school policy* shall be treated the same as competitions when there are consecutive days of competition in terms of the 1-pound allowance, with the exception of the 48-hour notice."

**NFHS Clarification:** The keys words above are "*postponed*" and "*in these situations due to school policy.*" *These situations* equate to *postponed*. Not being able to practice on Sunday is NOT a postponement. Schools that schedule meets for Mondays already know that they cannot practice on Sunday due to school policy and therefore, must make flat weights on Monday. Again, Sunday is not equivalent to a "postponement."

**EXCEPTION:** Teams that are scheduled for a Saturday meet/tournament and are "*postponed for reasons beyond the control of the participating school(s)*" would be granted a 2-pound allowance if rescheduled from Saturday to Monday **directly following that postponement.**

## 1. **WEIGH-IN PERIOD**

- a. All contestants shall be present in designated weigh-in area at the start of the weigh-in period.
- b. The dual weigh-in period procedure has been aligned with the random draw to provide maximum preparation and warm-up time for the first contestants scheduled to compete in dual meets.
- c. Visiting team weighs in first.
- d. All contestants shall weigh-in wearing a suitable undergarment as outlined in **NFHS Rule 4.5.7**. No socks are permitted
- e. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed.
- f. A contestant shall weigh-in for only one (1) weight class during the weigh-in period and the contestant's actual weight will determine the weight class.
- g. Wrestlers opting to wear a legal hair cover must wear it to the weigh-in and be checked for grooming. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed.

*NOTE: Supervised scales must be available one-half (1/2) hour prior to the start of the weigh-in period. No one will be allowed to weigh-in early/late unless weather or unforeseen circumstances dictate and the tournament director of the event rules otherwise. Contestants may not engage in quick weight reduction practices during the 30 minute weight check time as explained in rule 4-4-3 of the NFHS wrestling rules*

2. **NUMBER OF CONTESTANTS** A wrestler must be listed on the Trackwrestling generated weight form to be eligible.

*NOTE: If tournament rules dictate that more than one wrestler is permitted per weight class and a team score is kept, the coach must designate one wrestler as point scorer prior to seeding*

The actual weight of each contestant must be recorded by an official, coach or designee on this sheet. Proper signatures must be recorded. Contestants may "move up" as per **Rule 4-4-2 of the NFHS Wrestling Rules**

3. **ORDER OF WEIGHT CLASS for Wrestling** The random draw shall take place immediately preceding weigh-ins. **NFHS Rule 1.2.2a and 1.3.4a.** The actual weight of each contestant must be recorded by an official or designee on the Trackwrestling generated weigh-in form. An assigned official will check each wrestler for proper hair grooming, facial hair and fingernail length. Before being permitted to wrestle, any wrestler judged not fit to wrestle, must present a written statement from an MD, DO, PA or APN, using the proper NJSIAA skin documentation form, that an exam took place pertaining to that condition, within the last seven (7) days, clearing that contestant for competition.

## D. **QUALIFYING CRITERIA**

Your school must be a member in good standing, which means:

REGULAR SEASON

Page 3

- a. The NJSIAA office has received your **2016-2017** membership dues
- b. The NJSIAA office has on file your **2016-2017** resolution card
- c. The NJSIAA office has on file your **2016-2017** coaches and principal's affidavit
- d. Your school has no outstanding invoices more than 90 days overdue

\*Reminder: Any athlete with two disqualifications during the season is not eligible for participation in any NJSIAA tournament for that sport

**Teams not wishing to enter the wrestling tournament must notify NJSIAA by January 24, 2017 utilizing the ONLINE TOURNAMENT REFUSAL DESIGNATION. All teams are in the tournament if selected by the seeding committee unless a Tournament Refusal designation is received by January 24, 2017**

1. **ENTRY FEE** Eighty (\$80) for each selected school, to be mailed to the NJSIAA.
2. **TO QUALIFY** By the cut-off date (Saturday, **January 28, 2017**) teams must have wrestled at least 10 dual meets against NJSIAA MEMBER SCHOOLS. (the need to have a winning percentage of .500 or better has been eliminated). The power point ranking system will be used to determine the field of **8 (eight)** qualifying teams. See Team Classifications at [www.njsiaa.org](http://www.njsiaa.org)

*NOTE 1: Seventy percent (70%) of dual meets wrestled before the cutoff of **January 28, 2017** must be against New Jersey schools. Competition against non-member New Jersey schools are included in the 70% rule*

***NOTE 2: If a wrestler competes in more than the allotted 30 matches by the NJSIAA cutoff date, each match in excess of 30 will be deemed a disqualification (DQ) and that wrestler will incur a loss by DQ for each match over 30. If the opponent of the illegal participant incurred a loss, their record would change to reflect "winner by DQ." Team scores would be adjusted accordingly. The coach and/or school may incur a fine of \$500.00 and/or disciplinary action for this infraction.***

### 3. **REGULAR SEASON RANKING**

#### a. **Dual Meets**

Team Points are awarded for dual meet wins and losses. Use the **Ranking Scale** to determine the number of points earned for dual meet competition. The weight of a forfeit will be calculated with the winning team getting the maximum points of the opponent while the losing team receives the opponents minimum points allowed.

**Coaches are responsible to check and verify their team's records and scores with their Ranking Chairman prior to the seeding meeting via email**

<i>Opponent's Power Rating</i>	<i>WINNING MARGIN</i>					<i>LOSING MARGIN</i>					
	<i>19+</i>	<i>13-18</i>	<i>7-12</i>	<i>1-6</i>		<i>1-6</i>	<i>7-12</i>	<i>13-18</i>	<i>19-29</i>	<i>30-39</i>	<i>40+</i>
<i>32.00-Higher</i>	<b>43</b>	<b>42</b>	<b>41</b>	<b>40</b>		<b>38</b>	<b>36</b>	<b>33</b>	<b>29</b>	<b>26</b>	<b>24</b>
<i>31.50-31.99</i>	<b>42</b>	<b>41</b>	<b>40</b>	<b>39</b>		<b>37</b>	<b>35</b>	<b>32</b>	<b>28</b>	<b>25</b>	<b>23</b>
<i>31.00-31.49</i>	<b>41</b>	<b>40</b>	<b>39</b>	<b>38</b>		<b>36</b>	<b>34</b>	<b>31</b>	<b>27</b>	<b>24</b>	<b>22</b>
<i>30.50-30.99</i>	<b>40</b>	<b>39</b>	<b>38</b>	<b>37</b>		<b>35</b>	<b>33</b>	<b>30</b>	<b>26</b>	<b>23</b>	<b>21</b>
<i>30.00-30.49</i>	<b>39</b>	<b>38</b>	<b>37</b>	<b>36</b>		<b>34</b>	<b>32</b>	<b>29</b>	<b>25</b>	<b>22</b>	<b>20</b>
<i>29.50-29.99</i>	<b>38</b>	<b>37</b>	<b>36</b>	<b>35</b>		<b>33</b>	<b>31</b>	<b>28</b>	<b>24</b>	<b>21</b>	<b>19</b>
<i>29.00-29.49</i>	<b>37</b>	<b>36</b>	<b>35</b>	<b>34</b>		<b>32</b>	<b>30</b>	<b>27</b>	<b>23</b>	<b>20</b>	<b>18</b>
<i>28.50-28.99</i>	<b>36</b>	<b>35</b>	<b>34</b>	<b>33</b>		<b>31</b>	<b>29</b>	<b>27</b>	<b>22</b>	<b>19</b>	<b>17</b>
<i>28.00-28.49</i>	<b>35</b>	<b>34</b>	<b>33</b>	<b>32</b>		<b>30</b>	<b>28</b>	<b>26</b>	<b>21</b>	<b>18</b>	<b>16</b>
<i>27.50-27.99</i>	<b>34</b>	<b>33</b>	<b>32</b>	<b>31</b>		<b>29</b>	<b>27</b>	<b>26</b>	<b>20</b>	<b>17</b>	<b>15</b>
<i>27.00-27.49</i>	<b>33</b>	<b>32</b>	<b>31</b>	<b>30</b>		<b>28</b>	<b>26</b>	<b>25</b>	<b>19</b>	<b>16</b>	<b>14</b>
<i>26.50-26.99</i>	<b>32</b>	<b>31</b>	<b>30</b>	<b>29</b>		<b>27</b>	<b>25</b>	<b>24</b>	<b>18</b>	<b>15</b>	<b>13</b>
<i>26.00-26.49</i>	<b>31</b>	<b>30</b>	<b>29</b>	<b>28</b>		<b>26</b>	<b>24</b>	<b>23</b>	<b>17</b>	<b>15</b>	<b>12</b>
<i>25.50-25.99</i>	<b>30</b>	<b>29</b>	<b>28</b>	<b>27</b>		<b>25</b>	<b>23</b>	<b>22</b>	<b>16</b>	<b>14</b>	<b>11</b>
<i>25.00-25.49</i>	<b>29</b>	<b>28</b>	<b>27</b>	<b>26</b>		<b>24</b>	<b>22</b>	<b>21</b>	<b>15</b>	<b>14</b>	<b>10</b>
<i>24.50-24.99</i>	<b>28</b>	<b>27</b>	<b>27</b>	<b>26</b>		<b>24</b>	<b>22</b>	<b>20</b>	<b>15</b>	<b>14</b>	<b>10</b>
<i>24.00-24.49</i>	<b>28</b>	<b>27</b>	<b>27</b>	<b>26</b>		<b>24</b>	<b>22</b>	<b>20</b>	<b>15</b>	<b>14</b>	<b>10</b>
<i>23.50-23.99</i>	<b>27</b>	<b>26</b>	<b>26</b>	<b>25</b>		<b>23</b>	<b>21</b>	<b>19</b>	<b>14</b>	<b>13</b>	<b>10</b>
<i>23.00-23.49</i>	<b>27</b>	<b>26</b>	<b>26</b>	<b>25</b>		<b>23</b>	<b>21</b>	<b>19</b>	<b>14</b>	<b>13</b>	<b>9</b>
<i>22.99-Lower</i>	<b>26</b>	<b>26</b>	<b>25</b>	<b>25</b>		<b>23</b>	<b>21</b>	<b>18</b>	<b>14</b>	<b>13</b>	<b>9</b>

Losing team cannot receive more power points in a meet than the winning team. Only the 10 best competitions results against NJSIAA member schools will be considered for their power point ranking-

**b. HOW TO CALCULATE TOURNAMENT**

An individual bracketed four team tournament does not count. A dual meet tournament does count.

**4. COACHES/CONTESTANTS CONDUCT Will be strictly enforced.**

- a. Individual Tournaments Wrestling will not start until there is at least one (1) coach but not more than two (2) coaches or school representatives (including athletic trainers) in both corners.
- b. Coaches Misconduct Will be strictly enforced as per **NFH Rule 5-5**
- c. Unsportsmanlike Conduct Will be strictly enforced as per **NFHS Rules 7-4-2, 7-5-3, 8-1-4**
- d. Flagrant Misconduct Will be strictly enforced as per **NFHS Rules 7-4-3, 7-5-5, 8-1-3, 8-1-6**

**5. DISQUALIFIED WRESTLER**

A team cannot add a meet to give a disqualified wrestler the opportunity to satisfy the two (2) meet suspension rule prior to any regular or post season meets

**6. PENALTIES AND PROCEDURES FOR USING AN INELIGIBLE WRESTLER**

The following must take place immediately in order to rectify the situation:

- a. All meets that the ineligible player participated must be reported on the Trackwrestling as a disqualification. This will result in the following:
- b. Loss of individual points for any of the disqualified meets calculated by Trackwrestling for District/Region seeding
- c. Recalculation of the dual meet team score that reflects a six (6) team point loss of the disqualified team which will result in a six (6) point victory for the opponent
- d. If occurred in a tournament competition and a team score was kept, the score must be adjusted and any awards (trophies, medals, etc.) must be returned to the host school.
- e. Second offense – meet suspensions may be imposed

*NOTE 1: The offending school must notify all schools involved in the event so coaches can adjust their wrestler's record on Trackwrestling. The Region President of the teams involved must also be notified and will help implement the changes to records and meets*

*NOTE 2: Once all have been notified and changes made, it is the schools responsibility to notify Steve Timko that all requirements have been met*

Please review the NJSIAA Constitution and Bylaws and the Wrestling Rules and Regulations regarding eligibility guidelines.