

2018-2019

**NJSIAA/ROTHMAN INSTITUTE
WRESTLING TOURNAMENT
REGULATIONS**

REGULAR SEASON

Also Included in this Section

**Point Of Emphasis and NJSIAA Constitution,
Bylaws Rules and Regulations**

NOTE

All Scales Must Be Certified Annually

All Forms Are Located On:

www.trackwrestling.com

**2018-2019 NFHS Wrestling Rules
Changes are Located in the NFHS
Wrestling Rules Book**

**Please refer to NFHS Wrestling Rules
Book for clarifications**

IMPORTANT DATES

Certification May Start: **October 29, 2018**

Tryouts/practices are permitted in the sport of wrestling on **November 19, 20 and 21**. Blackout days (no tryouts/practices) **November 22, 23, 24 and 25**. The official start of practice is November **26**. Athletes must have 6 days practice and one day rest before scrimmages.

Official Practice Begins: **November 26, 2018**

Opening Day and Minimum Weight
Certification Team Form To Be
Signed and Filed with the by Principal: **December 14, 2018**

Two Pound Allowance: **January 1, 2019**

Refusal to Enter Tournament Form: **January 22, 2019**

Qualifying Cut Off Date: **January 26, 2019**

Team Seeding: **January 29, 2019**

Team Roster Due **January 30, 2019**

30 Match Cut Off/End of Regular End Season **February 2, 2019**

Team Sectional Quarterfinals **February 4, 2019**

Team Sectional Semifinals **February 6, 2019**

Team Sectional Finals **February 8, 2019**

Group Finals **February 10, 2019**

GIRLS WEIGHT CLASSES

100 105 111 118 127 136 147 161 185 225

SUBJECT TO REVIEW AND APPROVAL BY DECEMBER 12

The NJSIAA will not be recognizing a girl's team tournament at this time.

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. For general inquires or technical supports contact hssupport@njadvancemedia.com or call 1 732 902 4545.

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

Teams not wishing to enter the wrestling tournament must notify NJSIAA by **January 22, 2019** 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 22, 2019**

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

All wrestling scales must be certified prior to opening day. If the accuracy of a scale is challenged at weigh ins, a **certified scale calibration certificate** (weights & measure) must be made available. **A 1 point team deduction will be imposed if a school fails to produce proof of certification.**

**NJSIAA Constitution
&
Bylaws**

**SPECIFIC SPORT REGULATIONS (found
in the NJSIAA Handbook, Constitution,
Bylaws and Rules and Regulation:
Wrestling)**

PLEASE NOTE CHANGES

Wrestling

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

Section 2 Start of Practice Monday after Thanksgiving – **November 26, 2018**

Section 3 Start of Regular Schedule Friday before Third Saturday of December – **December 14, 2018**

Section 4 End of Season As provided for in Program Regulations, Section 10. No varsity meets, regular season or tournament, may be scheduled during or after 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 Any transfer on or after, **January 8, 2019** not eligible for post-season play (see Article V, Section 4. K. (2).c)

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 Program Regulations, Section 7 Practices/Scrimmages/Games/Meets.

CL: 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 Tournament, Team and Individual). Teams not qualifying for or being eliminated from the Team Tournament may compete consistent with Section 8 Maximum Meets 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 matches, regular season meets or tournaments may be scheduled during or after the week of the District Tournament, 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). 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.

Section 9 Weight Certification

See Wrestling Regular Season Regulations.

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 Wrestling 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 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.

Section 12 Equipment

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

Section 13 Disqualifications

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 disqualifications for flagrant unsportsmanlike conduct 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: Teams with more than two flagrant disqualifications cannot win a District Team Championship Title.

NJSIAA Rule Changes

2018-2019

New for this Year

GIRLS WEIGHT CLASSES

100 105 111 118 127 136 147 161 185 225

SUBJECT TO REVIEW AND APPROVAL BY DECEMBER 12

Two pound growth allowance has moved from January 15 to January 1

PLEASE NOTE ALLOWANCES

Wrestlers have to make weight and appear on mat to establish his/her lowest weight class before ANY allowances are granted

The following are the list of allowances:

- a. **A one pound allowance will be granted on Monday during the regular season and Monday of the Team Sectionals.**
 - b. **Meets or tournaments postponed due to weather from Saturday to Monday will receive a two pound allowance on Monday (one pound weather AND one pound Monday allowance.) At no time can weight allowances exceed two pounds.**
 - c. **The two pound growth allowance has been moved from January 15 to January 1.**
- 2. During the regular season girls competing on the boy's team must follow their descent plan and make flat weight at the NFHS 14 weight classes in order to be granted any allowances.**

3. During the regular season girls competing in a girl's non-scoring team event must follow their descent plan and make flat weight at the 10 NJSIAA established girls weight classes in order to be granted any allowances starting at the girls region level.

**GIRLS NJSIAA WEIGHT CLASSES – SUBJECT TO REVIEW AND APPROVAL BY
DECEMBER 12**

100 105 111 118 127 136 147 161 185 225

NOTE 1: ALL WRESTLERS WILL BE CERTIFIED AT THE NFHS 14 WEIGHT CLASSES AND MUST FOLLOW THEIR DESCENT PLAN BASED ON INITIAL CERTIFICATION

NOTE 2: WEIGH INS FOR GIRLS NON-SCORING TEAM EVENTS WILL BE COUNTED TOWARDS THE 30 ALLOWABLE WEIGH INS DURING THE REGULAR SEASON

The appearance can be to compete or to accept forfeit

5. Girls may participate in an event involving more than four teams during the week and also compete in one girl's non-scoring team event during the same week.
6. Girls must choose to participate in the districts or girls regions by boy's district seeding meeting.
7. **ALL** results for girl's non-scoring team events **MUST** be entered in trackwrestling. All results are required to be entered 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. See complete rule on Page 1 of Regular Season.
8. Due to the additional time required to officiate a girl's varsity non-team scoring event officials are to be compensated no less than \$6.00 a match
9. Teams that wrestle out of state will compete at the out of state weight classes provided the wrestler follows his/her descent plan.

10. **The NFHS afforded each state association the opportunity to adopt a policy in regards to leg "sleeves." The NJSIAA wrestling committee has decided that leg "sleeves" are prohibited unless prescribed by a doctor. The wrestler must present their doctor's note at the weigh-in/skin check time. Failure to present that note during weigh-in/skin check time and the wrestler reporting to the scorer's table with a leg sleeve would incur a technical violation infraction 5-27-1e: "Reporting to the scorer's table not properly equipped, ready to wrestle or any equipment that is detected as being illegal after the match has started." Rationale: Leg sleeves offer little or no protection and an opponent could be placed at a disadvantage if that sleeve twists, rises or falls during competition. A doctor's note would be valid for the entire 2018-19 season. With that said, as per the NFHS, wrestlers CAN wear a knee-pad leg sleeve providing the padding is attached as with a traditional knee-pad (no doctor note required). Again, it has to have attached padding to be proper.**

See NFHS Wrestling Rules Book for uniform and hydration guidelines

POINTS OF EMPHASIS

REGULAR SEASON

1. See NFHS Wrestling Rules Book for uniform and hydration guidelines
2. 30 Match Cut Off/End Year February **2, 2019**.
3. 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. See complete rules on Pages 3 and 4 of Regular Season.
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.
5. 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. See complete rule on Page 1 of Regular Season.
6. 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.
7. During the regular season, at the discretion of the tournament director of the event, you may enter more than one wrestler per weight class but only one will be designated as point scorer.
8. A wrestler must make weight and appear on mat to establish lowest possible weight class the wrestler can wrestle in the District Tournament.
9. 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.
10. A wrestler can only step on one scale during certification.

11. An academically ineligible student is allowed to be certified prior to his/her eligibility with BOE approval.
12. 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 meets/events that teams wrestle in tournament	
Individual tournaments count as one event regardless of how many meets are guaranteed	

Example:

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

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

13. 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 Bill Bruno to approve certification.
14. Hydration Certification Retesting – must wait a minimum of 24 hours before retesting.
15. The descent plan will show two weight classes the wrestler is eligible for. Wrestler may weigh in either one.
16. If a doctor/athletic trainer does not do the skin checks the official shall.
17. 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 their descent plan to show the opposing coaches or that wrestler does not wrestle.

18. 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.
19. 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.

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

20. 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.
21. 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.
22. If the JV team is competing Friday the varsity team does not get the allowance for Saturday. If coach thinks he will wrestle someone from the JV team in a varsity meet on Saturday he sits the wrestler or wrestler makes weight with no allowances on Saturday.
23. Tournaments/duals cancelled on Saturday and moved to Sunday, the weigh in counts for Sunday, not the previous week.
24. State has made special accommodations to allow turbans, but it will have to be covered with a legal head covering.
25. **Flagrant Disqualification Clarification**
 - i. Dual meets count as one (1) meet/event
 - ii. Tri meets count as two (2) meets/events
 - iii. Quad meets count as three (3) meets/events
 - iv. Dual tournament count the number of dual meets that team wrestles in the tournament
 - v. Individual tournament counts as one match/event regardless of how many meets are guaranteed

26. After the 2 lb allowance growth allowance, i.e., 145 is 147, we don't refer to 145 again UNLESS a wrestler has yet to certify at 145. Wrestler must weigh in 147.1 to qualify for 154/162.
27. Music of any sort is permissible providing it is NOT played during each individual match. It can be played before the meet begins, during team warm-ups and between individual matches. It CANNOT be played from the start of an individual match through the end of that individual match.

Q & A's

The following Q & A are based on the 14 NFHS weight classes for boys and the 10 NJSIAA weight classes for the girls

BOYS WEIGHT CLASSES

106 113 120 126 132 138 145 152 160 170 182 195 220 285

GIRLS WEIGHT CLASSES

100 105 111 118 127 136 147 161 185 225

1. Q. Does a girl wrestler have to make flat weight during a **team scoring event** in order to be eligible for any allowances?
A. Yes The same rules apply for girls and boys. Girls must follow their descent plan based on original certification at the 14 NFHS weight classes.

- Q. If a girl wrestler makes weight at one of the NFHS 14 weight classes does she automatically become eligible for any allowances based on the NJSIAA girls 10 established weight classes?
A. No In order to be eligible for any allowances based on the NJSIAA girls 10 weight classes the wrestler must make flat weight at the 10 NJSIAA weight classes at **a non-scoring team event** prior to wrestling that weight. The wrestler may have until the start of the girls regions to make their minimum flat weight.

AT ALL TIMES THE WRESTLER'S DESCENT PLAN IS BASED ON THE ORIGINAL CERTIFICATION MUST BE FOLLOWED

2. Q. Can a girl wrestler compete in districts and the girls regions?
A. No If a girl wrestler chooses to enter the districts she is ineligible to enter into the girls regions. Girls must choose to participate in the districts or girls regions by boys district seeding meeting

3. 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** **Any wrestler entering the District Tournament has until the day of the districts to make the NHFS weight classes listed above. Any girl wrestler electing to enter the girls regions has until the day of the girls regions to make girls NJSIAA weight classes listed above.**
4. 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?
- 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.
5. 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.
6. 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 1, 106 is 106. After January 1, 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/scratch weight" (106) one time in order to "use" allowances.

Example: After January 1 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 or 120 they **MUST** weigh a minimum of 106.1 to qualify for 113 or move up to 120.

Example: After the 2 lb. growth allowance. Your wrestler would have to weigh a minimum of 108.1 to qualify for 115 or move up to 122.

7. Q. Prior to January 1 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.
8. 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/scratch 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 "qualify" them to compete at 122.
9. 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.

10. 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 prior to practice or competitions (10 parts water 1 part bleach would be an acceptable solution)
 - g. Consider multiple cleanings during tournament competition.

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&
Bylaws**

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PLEASE NOTE CHANGES

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

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CL 2: No matches, regular season meets or tournaments may be scheduled during or after the week of the District Tournament, 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). 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.

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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.

Section 12 Equipment

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

Section 13 Disqualifications

3. 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.
4. Any varsity team accumulating more than two player and/or coach disqualifications for flagrant unsportsmanlike conduct 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: Teams with more than two flagrant disqualifications cannot win a District Team Championship Title.

Regular Season Rules

Due to the additional time required to officiate a girl's varsity non-team scoring event officials are to be compensated no less than \$6.00 a match

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

ALL results for girls non-scoring team events MUST be entered in trackwrestling. All results are required to be entered 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. See complete rule on Page 1 of Regular Season.

Athletes and coaches must be seated on the team bench/chairs, behind the bench/chairs or in the locker room during opponent's warm-up. No athletes or coaches are permitted to stand on edge of mats. A 1 point team deduction will be imposed and an unsportsmanlike consequence may also be imposed if a school is found to be in violation

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 wrestler has made 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 wrestler's 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 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, his name cannot be added to a new weigh-in sheet

B. WEIGHT CLASS PARTICIPATION

Wrestlers have to make weight and appear on mat to establish his/her lowest weight class before ANY allowances are granted

- a. **A one pound allowance will be granted on Monday during the regular season and Monday of the Team Sectionals**
- b. **Meets or tournaments postponed due to weather from Saturday to Monday will receive a two pound allowance on Monday (one pound weather AND one pound Monday allowance. At no time can weight allowances exceed two pounds.**
- c. A wrestler may never wrestle below that wrestler's minimum weight classification
- d. A wrestler must weigh in in proper weigh in attire and shall not wrestle more than one weight class above that class for which the contestant's weight qualifies at the time of weigh in.
- e. 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 lowest original 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: Wrestlers have to make flat weight and appear on mat to establish his/her lowest weight class before ANY allowances are

The appearance can be to compete or to accept forfeit

- 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
- iv. **Teams that wrestle out of state will compete at the out of state weight classes provided the wrestler follows his/her descent plan.**

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.
- 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. During time off the scale(s) activities that promote dehydration or hydration, weight loss or weight gain, are prohibited.

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

3. ORDER OF WEIGHT CLASS for Wrestling The random draw shall take place immediately preceding weigh-ins. 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.

4. **TO QUALIFY** By the cut-off date (Saturday, **January 26, 2019**) teams must have wrestled at least 10 dual meets against NJSIAA MEMBER SCHOOLS. The power point ranking system will be used to determine the field of 8 (eight) qualifying teams. See Team Classifications at www.njsiaa.org

*NOTE 1: Seventy percent (70%) of dual meets wrestled before the cutoff of **January 26, 2019** must be against New Jersey schools. Competition against non-NJSIAA member New Jersey schools are included in the 70% rule*

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

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: 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

NOTE 2: 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 3: Once all have been notified and changes made, it is the schools responsibility to notify Bill Bruno that all requirements have been met

Please review the NJSIAA Constitution, Bylaws, Rules and Regulations Guidelines for Student Eligibility