2019-2020
NJSIAA/ROTHMAN ORTHOPAEDICS
WRESTLING TOURNAMENT
REGULATIONS

REGULAR SEASON
Also Included in this Section

Important Dates, New for this Year, Points Of Emphasis, Q & A’s and NJSIAA Constitution, Bylaws Rules and Regulations

NOTE
All Scales Must Be Certified Annually

All Forms Are Located On:
www.trackwrestling.com
2019-2020 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: November 4, 2019

Tryouts/practices are permitted in the sport of wrestling on November 25, 26 and 27. Blackout days (no tryouts/practices) November 28, 29, 30, December 1. The official start of practice is December 2. Athletes must have 6 days practice and one day rest before scrimmages.

Official Practice Begins: December 2, 2019

Opening Day and Minimum Weight Certification Team Form To Be Signed and Filed with the by Principal: December 19, 2019

Two Pound Allowance: January 15, 2020

Opt-Out of Tournament: January 28, 2020

Qualifying Cut Off Date: February 1, 2020

Team Seeding: February 4, 2020

Team Roster Due: February 5, 2020

30 Match Cut Off/End of Regular End Season: February 8, 2020

Team Sectional Quarterfinals: February 10, 2020

Team Sectional Semifinals: February 12, 2020

Team Sectional Finals: February 14, 2020

Group Finals: February 16, 2020

GIRLS WEIGHT CLASSES

100 107 114 121 128 135 143 151 161 180 215

SUBJECT TO REVIEW AND APPROVAL BY COMMITTEE
NEW FOR THIS YEAR

NJSIAA Rule Changes
2019-2020

New for this Year

State Interpreter
Joe Knipper
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Two pound growth allowance has moved from January 1 to January 15

PLEASE NOTE
ALLOWANCES

Wrestlers no longer have to make weight (scratch) to be eligible for allowances, but wrestlers MUST follow their descent plan. Explanation and examples are listed below:

The weight certification process reflects what weight-class each wrestler's descent plan allows them to compete at any given event (dual meet, tri, quad, tournament).

On event day, whatever the weight-class is for that day of competition, the wrestler's descent plan must allow the wrestler to compete in that weight-class.

The weigh-in sheet will reflect eligible weight-classes as designated in that wrestler's descent plan. This ensures that descent plans are being followed.

Examples
a. Because of different "variables" and "allowances" during the season, when we refer to the weight-class 106, that includes weights 106, 107, 108, 109 and 110 or whatever the weight-class is for that event.
b. Starting the first day of the regular season, the descent plan must read 106.0 or lower to wrestle 106 at that event.
c. On January 15th there is a 2-pound growth allowance for all wrestlers. The descent plan must read 108.0 or lower to wrestle 108 at that event. Note: Wrestler need not make 106.0 (scratch) when the weight-class is 108.0.
d. Whatever allowances are granted at a particular event, each individual descent plan must allow that wrestler to compete at that weight-class at that event.

e. If a wrestler weighs in and appears on the mat in more than one weight class (allowances included) above any eligible weight-class as designated on the descent plan, that wrestler will lose eligibility for the lower weight class.

Examples
a. Wrestler's descent plan allows participation at 106 (as outlined above) and the wrestler weighs-in over 113 (over the weight-class that is next higher than 106) that wrestler is no longer eligible for 106.

b. Wrestler's descent plan allows participation at 106 and wrestler weighs-in over 120, that wrestler loses eligibility at 106 and 113.

If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may also step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited. See NFHS Rule 4-

Allowances granted for this year are as follows:

A one pound allowance will be granted for the following dates and other circumstances authorized by the NJSIAA: December 26 and January 2
(See Points of Emphasis for further allowances)

Two pound growth allowance is January 15

If a girl wrestles in two separate events, a non-scoring girl’s event and a regular season team event on the same day, she must make weight for each event.

Please note: ALLOWANCES

If a girl participates in two separate events, a non-scoring girl’s event and a regular season team event on the same day and participates in a regular season team event the following day, a one pound allowance is given to all wrestlers participating in the regular season team event.

If a girl participates in a non-scoring girls event the follow day, a one pound allowance will be given to all wrestlers participating in non-scoring girls event.

There is no pound allowance given if a girl participates in a non-scoring girl’s event and participates in a regular season team event the following day.

There is no pound allowance given if a girl participates in a regular season team event and participates in a non-scoring girl’s event the following day.
The 70% rule has changed to 60% against New Jersey schools at the cutoff

Sixty percent (60%) of dual meets wrestled before the cutoff of February 8, 2020 must be against New Jersey schools. Competition against non-NJSIAA member New Jersey schools are included in the 60% rule

TO QUALIFY FOR TEAM SECTIONALS AND FINALS
By the cut-off date (Saturday, February 1, 2020) teams must have wrestled at least 10 dual meets against NJSIAA MEMBER SCHOOLS. NO EXCEPTIONS – NO WAIVERS
POINTS OF EMPHASIS

REGULAR SEASON

1. A one pound allowance will be granted on Monday during the regular season and
   Monday of the Team Sectionals.

2. 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.

3. **Team Scoring Event – Boys and Girls**
   Wrestlers must follow their descent plan based on the 14 NFHS weight classes. A
two pound growth allowance is given to all wrestlers January 15: 106 is now 108,
113 is now 115, etc. This will be reflected on the descent plan.

4. **Non-Scoring Team Event - Girls**
   Wrestlers must follow their descent plan based on the 11 NJSIAA weight classes. A
two pound growth allowance is given to all wrestlers January 15. 100 is now 102,
107 is now 109, etc. This will be reflected on the descent plan.

GIRLS NJSIAA WEIGHT CLASSES – SUBJECT TO REVIEW AND APPROVAL BY
COMMITTEE

100 107 114 121 128 135 143 151 161 180 215

AT ALL TIMES WRESTLERS DESCENT PLAN IS BASED ON THE ORIGINAL
CERTIFICATION, THE 14 NFHS WEIGHT CLASSES, AND MUST BE FOLLOWED

5. Teams that wrestle out of state will com epete at the out of state weight classes
   provided the wrestlers follows their descent plan.

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. NO
EXCEPTIONS – NO WAIVER

7. Wrestlers must weigh in and appear on mat to establish the lowest possible weigh
   they can compete.

8. 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.

9. An academically ineligible student is allowed to be certified prior to his/her eligibility
   with BOE approval.
10. NJSIAA CONSTITUTION AND BYLAWS
ARTICLE V. – Eligibility of Athletes

K. TRANSFERS (Review Article V, Section 4, (new bona fide change of residence)
(2) Transfers a. A student-athlete transferring form 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

The Individual Weight Loss Plan reflects the first possible day wrestlers will be eligible to weigh-in at the approved-weight. No wrestler will be allowed to wrestle at a weight lower than that indicated by the Weight Loss Plan for any specified date.

11. If the JV team is competing Friday the varsity team does not get the allowance for Saturday. If a coach thinks he/she will wrestle someone from the JV team in a varsity meet on Saturday coach sits the wrestler or wrestler makes weight with no allowances on Saturday.

12. State has made special accommodations to allow turbans, but it will have to be covered with a legal head covering.

13. Appropriate 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.

14. During the regular season, at the discretion of the tournament director of the event, coaches may enter more than one wrestler per weight class but only one will be designated as point scorer.
Q & A’s

The following Q & A are based on the 14 NFHS weight classes for boys and the 11 NJSIAA weight classes for the girls

**BOYS WEIGHT CLASSES PRIOR TO JANUARY 15**

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

**GIRLS WEIGHT CLASSES PRIOR TO JANUARY 15**

100 107 114 121 128 135 143 151 161 180 215

**Two (2) pound growth allowance will be added to all weight classes on January 15**

1. **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.

2. **Q.** If wrestlers do not make 106 on January 10, when wrestlers descent plan says 106 or 113 do wrestlers lose their 106 certification?
   
   **A.** No  
   Wrestlers entering the District Tournament have 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.

3. **Q.** Wrestlers who have previously weighed in at 106 and then appeared on the mat and then weigh in over the next weight class with allowances and appeared on the mat, are wrestlers still certified at 106?
   
   **No**  
   If wrestlers are certified at 106 and weigh in over the next weight class with allowances, wrestlers lose the 106 certification and new minimum weight class is 113.
4. Q. Wrestlers who are certified at 106 on January 10. Wrestlers weigh in at 113 and wrestle 120. Do wrestlers lose their 106 certification?

A. No As long as wrestlers do not WEIGH-IN OVER the next weight class with allowances, wrestlers do not lose their 106 certification.

5. Q. When growth allowances or consecutive days of competition are granted, how does it affect weight classes?

A. When allowances are used, 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 no longer exists. The new weight class is 108

Example: After January 15 wrestlers descent plan dictates they can wrestle 108 on January 30. The weight class is now 108. Wrestlers must weigh-in 108 or below one time and appear on the mat. To be eligible for 108.

6. 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. That wrestler does not have to weigh more than 196 to qualify for 286 in this situation.

7. 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 Gladiatorum 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.

8. 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.
NJSIAA Constitution
&
Bylaws

SPECIFIC SPORT REGULATIONS (found in the NJSIAA Handbook, Constitution, Bylaws and Rules and Regulations: 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 – December 2, 2019

Section 3 Start of Regular Schedule Thursday before Third Saturday of December – December 19, 2019

Section 4 End of Season

 CL. 1 No varsity meets, regular season or tournaments, 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.

 CL. 2. Junior varsity and/or freshman wrestlers may not compete in matches or tournaments during the week of districts and regions.

 CL. 3 No JV or freshman matches or tournaments shall be permitted after the district tournament.

Section 5 Transfers Any transfer on or after January 14, 2020 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 weigh in counts only if wrestler appears on the mat to accept forfeit or 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). 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 3:** 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 4:** 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.**


**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.
Regular Season Rules

If a girl wrestles in two separate events, a non-scoring girl’s event and a regular season team event on the same day, she must make weight for each event.

Please note: ALLOWANCES

If a girl participates in two separate events, a non-scoring girl’s event and a regular season team event on the same day and participates in a regular season team event the following day, a one pound allowance is given to all wrestlers participating in the regular season team event.

If a girl participates in a non-scoring girls event the follow day, a one pound allowance will be given to all wrestlers participating in non-scoring girls event.

There is no pound allowance given if a girl participates in a non-scoring girl’s event and participates in a regular season team event the following day.

There is no pound allowance given if a girl participates in a regular season team event and participates in a non-scoring girl's event the following day.

Teams not wishing to enter the wrestling tournament must notify NJSIAA by January 28, 2020 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 28, 2020.

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.

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.

1. CERTIFICATION PROCEDURE
   a. The weight certification process reflects what weight-class each wrestler's descent plan allows them to compete at any given event (dual meet, tri, quad, tournament).
   b. All wrestling scales must be certified prior to opening day. If the accuracy of a scale is challenged at weight ins a certified scale calibration certification (weights and measures) must be made available. A one (1) point deduction will be imposed if a school fails to produce proof of certification.
   c. A wrestler can only step on one scale during certification.
   d. 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.
e. 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. An academically ineligible student is allowed to be certified prior to his/her eligibility with BOE approval.

f. Hydration Certification Retesting – must wait a minimum of 24 hours before retesting.

g. The descent plan will show two weight classes the wrestler is eligible for. Wrestler may weigh in either one.

2. **SKIN CHECK PROCEDURE**
   If a doctor/athletic trainer does not do the skin checks the official shall.
3. **WEIGH-IN PROCEDURE**

a. 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 2019-20 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.

b. Coaches need to exchange the trackwrestling computer generated weigh-in forms and if there is a disagreement/irregularity, a descent plan must be presented. Failure to produce both forms – One team point deduction. 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 wrestlers that are not listed on the trackwrestling computer generated weigh-in sheet must produce a descent plan for those wrestlers as verification that wrestlers are eligible to wrestle on that day or wrestlers are 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 wrestlers names aren’t in the trackwrestling program, those wrestlers are 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
c. 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 their school at a particular weight class their 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 official 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.

d. 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.

e. 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.” 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 wrestlers’ weights have not been entered for two (2) weigh-ins, their name cannot be added to a new weigh-in sheet

f. Tournaments/duals cancelled on Saturday and moved to Sunday, the weigh in counts for Sunday, not the previous week.

g. If the JV team is competing Friday the varsity team does not get the allowance for Saturday. If coaches think they will wrestle someone from the JV team in a varsity meet on Saturday coach sits the wrestler or wrestler makes weight with no allowances on Saturday.
4. **TEAM SCORING EVENT AND NON SCORING EVENT PROCEDURES**

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

a. **Team Scoring Event – Boys and Girls**

Wrestlers must follow their descent plan based on the 14 NFHS weight classes. A two pound growth allowance is given to all wrestlers January 15. 106 is now 108, 113 is now 115, etc. This will be reflected on the descent plan.

b. **Non-Scoring Team Event – Girls**

Wrestlers must follow their descent plan based on the 11 NJSIAA weight classes. A two pound growth allowance is given to all wrestlers January 15. 100 is now 102, 107 is now 109, etc. This will be reflected on the descent plan.

AT ALL TIMES WRESTLERS DESCENT PLAN IS BASED ON THE ORIGINAL CERTIFICATION, THE 14 NFHS WEIGHT CLASSES, AND MUST BE FOLLOWED

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 MATCHES during the regular season

The appearance can be to compete or to accept forfeit

c. 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.

d. 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.” 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.

5. **SCORES - TRACKWRESTLING PROCEDURES**

All results for boys ‘varsity and girls’ scoring and non-scoring team events are required to be entered into trackwrestling within 48 hours of the event time. Results will be sent automatically from trackwrestling to njschoolsports.com. 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.

6. **SCHEDULE AND ROSTER PROCEDURE**

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.

7. **WEIGHT CLASS PARTICIPATION**
1. A one pound allowance will be granted on Monday during the regular season and Monday of the Team Sectionals.

2. 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.

3. **Allowances granted for this year are as follows:**
   a. Two pound growth allowance is January 15
   b. A one pound allowance will be granted for the following dates and other circumstances authorized by the NJSIAA
      December 26 and January 2
      (See Points of Emphasis for further allowances)

4. Wrestlers no longer have to make weight (scratch) to be eligible for allowances, but wrestlers MUST follow their descent plan. Explanation and examples are listed below:

5. On event day, whatever the weight-class is for that day of competition, the wrestler's descent plan must allow the wrestler to compete in that weight-class.

6. The weigh-in sheet will reflect eligible weight-classes as designated in that wrestler's descent plan. This ensures that descent plans are being followed.

   **Examples**
   a. Because of different "variables" and "allowances" during the season, when we refer to the weight-class 106, that includes weights 106, 107, 108, 109 and 110 or whatever the weight-class is for that event.
   b. Starting the first day of the regular season, the descent plan must read 106.0 or lower to wrestle 106 at that event.
   c. On January 15th there is a 2-pound growth allowance for all wrestlers. The descent plan must read 108.0 or lower to wrestle 108 at that event. Note: The wrestler need not make 106.0 (scratch) when the weight-class is 108.0.
   d. Whatever allowances are granted at a particular event, each individual descent plan must allow that wrestler to compete at that weight-class at that event.
   e. If a wrestler weighs in and appears on the mat in more than one weight class (allowances included) above any eligible weight-class as designated on the descent plan, that wrestler will lose eligibility for the lower weight class.

   **Examples**
   a. Wrestler's descent plan allows participation at 106 (as outlined above) and the wrestler weighs-in over 113 (over the weight-class that is next higher than 106) that wrestler is no longer eligible for 106.
   b. If a wrestler's descent plan allows participation at 106 and wrestler weighs-in over 120, that wrestler loses eligibility at 106 and 113.
   c. Wrestlers have to make weight and appear on mat to establish his/her lowest weight.
   d. Wrestlers may never wrestle below their minimum weight classification.
   e. Wrestlers 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.
f. If the JV team is competing Friday the varsity team does not get the allowance for Saturday. If coach thinks he/she will wrestle someone from the JV team in a varsity meet on Saturday coach sits the wrestler or wrestler makes weight with no allowances on Saturday.

g. Teams that wrestle out of state will compete at the out of state weight classes provided wrestlers follows their descent plan.

8. **WEIGH-IN PERIOD – PER NFHS RULES 4-5.1; 4-4.2; 4-5.3**
   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 per NFHS Rule 4-5.7
   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.

9. **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.
10. **ORDER OF WEIGHT CLASS**
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.

11. **TO QUALIFY**
By the cut-off date (Saturday, **February 8, 2020**) teams must have wrestled at least 10 dual meets against NJSIAA MEMBER SCHOOLS. – **NO EXCEPTIONS OR WAIVERS**
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:** Sixty percent (60%) of dual meets wrestled before the cutoff of **February 8, 2020** must be against New Jersey schools.
Competition against non-NJSIAA member New Jersey schools are included in the 60% rule

12. **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**
<table>
<thead>
<tr>
<th>Opponent's Power Rating</th>
<th>WINNING MARGIN</th>
<th>LOSING MARGIN</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19+ 13-18 7-12</td>
<td>1-6 7-12 13-18</td>
</tr>
<tr>
<td>32.00-Higher</td>
<td>43 42 41 40</td>
<td>38 36 33 29 26 24</td>
</tr>
<tr>
<td>31.50-31.99</td>
<td>42 41 40 39</td>
<td>37 35 32 28 25 23</td>
</tr>
<tr>
<td>31.00-31.49</td>
<td>41 40 39 38</td>
<td>36 34 31 27 24 22</td>
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<tr>
<td>30.50-30.99</td>
<td>40 39 38 37</td>
<td>35 33 30 26 23 21</td>
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<td>30.00-30.49</td>
<td>39 38 37 36</td>
<td>34 32 29 25 22 20</td>
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<td>29.50-29.99</td>
<td>38 37 36 35</td>
<td>33 31 28 24 21 19</td>
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<td>29.00-29.49</td>
<td>37 36 35 34</td>
<td>32 30 27 23 20 18</td>
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<td>28.50-28.99</td>
<td>36 35 34 33</td>
<td>31 29 27 22 19 17</td>
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<td>29 27 26 20 17 15</td>
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<td>33 32 31 30</td>
<td>28 26 25 19 16 14</td>
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<tr>
<td>23.00-23.49</td>
<td>25 24 23 22</td>
<td>23 21 19 14 13  9</td>
</tr>
<tr>
<td>22.99-Lower</td>
<td>24 23 22 21</td>
<td>23 21 18 14 13  9</td>
</tr>
</tbody>
</table>

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.

13. **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
14. **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.

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

15. **PENALITIES AND PROCEDURES FOR USING AN INELIGIBLE WRESTLER**
The following is the responsibility of the offending school and 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