Girls individual wrestling will begin at the region level. The date of the event is Sunday, February 23, 2020

REGION Seeding – No later than Monday of Girls Region week

Championships Atlantic City

Thursday – March 5
Friday – March 6
Saturday – March 7

GIRLS STATE Championships – Atlantic City
PLEASE NOTE CHANGES

All Rules & Regulations pertaining to the Girls Wrestling will be reviewed and revised by the Girls Wrestling Rules Committee as needed
NJSIAA Rule Changes

2019-2020

REGIONS

New for this Year

There will be a North and South Region. Teams will not be split.

North Region Location – Union High School

South Region Location – Williamstown High School

Region North Assignor
Matt Menkowski
mcm63@email.com
908 874 3498

Region South Assignor
Pete Frampton
Peteframptonjersey@gmail
732 259 7970

GIRLS NJSIAA WEIGHT CLASSES

100 107 114 121 128 135 143 151 161 180 215

DATES AND TIMES

DATE: February 23, 2020

WEIGHT CHECK: 6:30 AM WEIGH IN: 7:00 AM

WRESTLING BEGINS: 9:00 AM

I. GIRLS QUALIFYING CRITERIA

Two (2) wrestlers per weight class plus two (2) wild cards per team. No more than 24 wrestlers per team. The two (2) wild cards are not permitted to be in the same weight class

PLEASE NOTE
The above is subject to change as determined by rules committee after January 15, 2020
2. DATE OF SEEDING MEETING
   No later than Monday of Girls Region week

3. SITE/TIME OF THE SEEDING MEETING
   February 17, 2020

K. GOAL OF SEEDING

   a. Separate the best wrestlers
   b. No split teams
NJSIAA Constitution &
Bylaws

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

PLEASE NOTE: The NJSIAA has adopted the NFHS boys weight classes which are reflected in the NJSIAA Constitution & Bylaws. The rules and regulations governing each sport in the Constitution & Bylaws is required to be placed in the tournament regulations. Once the NFHS establishes girls wrestling weights and the weights are presented to the NJSIAA Executive Committee for approval the Constitution & Bylaws will be amended.
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

CONSTITUTION AND BYLAWS
Page 1
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*
Girls Regions - Individual Championships Rules

1. DESCRIPTION
A one day (1), 4-round qualifying tournament that is the first part of the Individual State Wrestling Championship. Held at two (2) locations throughout NJ. The 1st, 2nd and 3rd place finishers in each weight class in each Region advance to the Championship tournament in Atlantic City.

2. LOCATION, DATES AND TIMES
Location: North Region – Union High School  
South Region – Williamstown High School  
Date: February 23, 2020 – Time: 9:00 AM

3. ORDER OF WEIGHT CLASSES
A random draw may be used for the Finals only per NFHS Rule 5-21.1.

4. ENTRY FEE
Schools will be billed $14.00 for each wrestler entered into trackwrestling at initial certification regardless of whether or not the wrestler participates in the regions.

PLEASE BE ADVISED THERE WILL BE NO REFUND FOR NON-PARTICIPATION

5. WEIGH-IN PROCEDURES
All contestants shall weigh in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breast, NFHS Rule 4-5.7.

6. WEIGHT CHECK AND WEIGH IN
WEIGHT CHECK: 6:30 AM  WEIGH IN 7:00 AM

7. WEIGH-IN PERIOD
   a. Must begin 2 hours before the start of event.
   b. All contestants in a particular weight class shall be present in the designated weigh-in area at the start of the weigh-in period.
   c. Contestants may not leave the weigh-in area unless granted permission by the weighmaster.
   d. Order of weight classes to begin at the 100 weight class and concludes immediately following the 215 weight class.
   e. Wrestlers will weigh-in in seeded order, lower or worse seed weighs in first.
   f. 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.
   g. At least two (2) certified scales must be used and contestants may step on and off the first scale twice, and immediately on any subsequent certified scale(s) only once in attempt to make weight.

GIRLS REGIONS
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h. A contestant shall weigh-in for only one (1) weight class during the weigh-in period.

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

8. **WEIGHMASTER**
   The actual weight of each contestant must be recorded by a weighmaster or designee on the weigh in form. An assigned official will check each wrestler for proper hair grooming, facial hair and fingernail length. An approved hair covering as per **NFHS Rule 4-2.1** is to be presented at weigh in. 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 lesion form, that an exam took place pertaining to that condition within the last seven (7) days clearing that contestant for competition.

9. **POSTPONEMENT SCHEDULE**
   **1. DECISION and NOTIFICATION**
   When severe weather conditions or other unforeseen circumstances necessitate postponement, the Site Manager will make the final decision and should have an outlined procedure to inform the following; potential opponents, media and 
   [HSSUPPORT@njadvancemedia.com](mailto:HSSUPPORT@njadvancemedia.com) (or call 732 902 4545), working personnel, assigned officials, the NJSIAA (609-259-2776), and the Wrestling Tournament Director, Mr. Howie O’Neil (h-856-845-2672) or (c-609-221-2216).

10. **RESCHEDULE DATES AND TIMES**
    If Sunday event is postponed the event will be the held Monday, same venues same time.

11. **GIRLS QUALIFYING CRITERIA**
    Two (2) wrestlers per weight class plus two (2) wild cards per team. No more than 24 wrestlers per team. The two (2) wild cards are not permitted to be in same weight class.

    **PLEASE NOTE**
    The above is subject to change as determined by rules committee after January 15, 2020

1. **QUESTIONS**
    Any doubt as to a wrestler’s qualifications for the tournament, the Site Manager should contact the Bill Bruno of the NJSIAA at 732 278 5385.
12. **SEEDING**
By Committee – Seed to 4th. Top 4 wrestlers in each weight class will be seeded. A random draw may be used for the Finals only per NFHS Rule 5-21.1. There will be no split teams.

1. **PHILOSOPHY AND ETHICS**
   a. PHILOSOPHY Seeding should reduce the possibility of having the two best wrestlers meet in the early rounds. Theoretically, they should meet in the final, after having the four best wrestlers meet in the semifinals. The quality of wrestling should improve as the tournament advances.
   b. ETHICS Highest ethics should prevail. Attempts to place an “unproven” wrestler in an advantageous position in order to gain additional team points, or to reduce a “stronger” team’s chance of attaining more team points are looked upon as self-serving. Using the seeding meeting to determine where you are going to wrestle your student/athletes causing a re-seeding the day of the tournament is another practice that must be discouraged.

13. **DATE/SITE OF THE SEEDING MEETING**
   February 17, 2020 – NJSIAA Office

14. **GOAL OF SEEDING**
   a. Separate the best wrestlers
   b. **No split teams**

15. **INFORMING COACHES OF SEEDING**
   Committee will notify coaches

16. **RESEED**
   If it’s a seeded wrestler there will be a reseed. If it’s a random draw participate, it will be a walkover.

17. **REPLACEMENT AND FORFEITURES**
   Ineligible Wrestler- Participation by an ineligible wrestler in any match during the regular season results in forfeiture of said individual match.

18. **OFFICIALS AND MATCH INFORMATION**
   - **Region North Assignor**
     Matt Menkowski
     Mcm63@email.com
     908 874 3498
   - **Region South Assignor**
     Pete Frampton
     Peteframptonjersey@gmail.com
     732 259 7970

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19. **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

20. **TICKET AND ADMISSION INFORMATION**
   **TBD**

   1. **ADMISSION OF WRESTLERS, ADMINISTRATORS AND COACHES**
      No tickets will be issued for wrestlers or coaches/administrators. Coaches will use the Region Admission and Weigh In Form located on the NJSIAA home page under Latest News and on the wrestling tab.

   2. **TICKET PRICES**
      **TBD**

21. **AWARDS**
   a. A wrestler withdrawing from the State Tournament must have a medical note signed by a physician in order to receive placement medals.
   b. Medals should be handled in such a manner as to give true significance and recognition.
   c. Flagrantly disqualified wrestlers will NOT receive any award or points.
Girls States - Individual Championship Rules

All of the guidelines for these rounds are the same as in the Regions unless noted below.

1. **DESCRIPTION**
   The ultimate goal. A State Championship is a 3 day, 4 round, 5 session tournament that is the final part of the Individual State Girls Wrestling Championships. Held at one (1) location, the Atlantic City Boardwalk Hall. There are 6 wrestlers left in the State Championship per weight class. There are wrestlebacks to sixth place and everyone that makes it through the Friday night rounds (final 6 wrestlers), are awarded medals. There are wrestlebacks to sixth place and medals will be awarded to the top six (6) wrestlers at each weight class.

2. **DATES AND TIMES**
   1. **DATES**
      - **Thursday** March 5 Quarterfinals
      - **Friday** March 6 Semifinals WB1
      - **Saturday** March 7 Medal Rounds (3rd, 5th) Finals
   2. **TIMES**
      - **Thursday** Session 1 6:30 pm
      - **Friday** Session 2 2:00 pm (approximately)
      - **Session 3** 7:30 pm (approximately)
      - **Saturday** Session 4 10:00 am
      - **Session 5** 1:30 pm (approximately)

   NOTE: DOORS WILL OPEN ONE (1) HOUR BEFORE THE START OF WRESTLING FOR EACH DAY

3. **ORDER OF WEIGHT CLASSES** A random draw may be used for the Finals only per NFHS Rule 5-21.1.

4. **WEIGH-IN PROCEDURES**
   1. **WEIGHT ALLOWANCE** girls Weight Class-Thursday; 102, Friday 103: Saturday 104 which includes 2 lb growth allowance
   2. **WEIGH-IN PERIOD**

   Weigh in and weight check – see times and weights

   **WEIGH INS FOR EACH WEIGHT CLASS WILL BE IN ALPHABETICAL ORDER**

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5. **WEIGHMASTER**
   The actual weight of each contestant must be recorded by a weighmaster or designee on the weigh-in form. An assigned official will check each wrestler for proper hair grooming, facial hair and fingernail length. An approved hair covering as per NFHS Rule 4-2.2 is to be presented at weigh in. 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 lesion form, that an exam took place pertaining to that condition within the last seven (7) days clearing that contestant for competition

6. **WEIGHT CHECK** - ½ hour prior to the weigh-in period, WRESTLERS ONLY, no coaches.

7. **POSTPONEMENT SCHEDULE - DECISION AND NOTIFICATION**
   When severe weather conditions or other unforeseen circumstances necessitate postponement, the Tournament Director will make the final decision and should have an outlined procedure to inform the following: potential opponents, i.e., media and HSSUPPORT@njadvancemedia.com (732 902 4545), working personnel, assigned officials, the NJSIAA (609-259-2776), and the Wrestling Tournament Director, Mr. Howie O’Neil (h-856-845-2672) or (c-609-221-2216).
   **EXCEPT:**
   Tournament Director makes the decision and will call the NJSIAA, assigned officials and working personnel –

8. **RESCHEDULE DATES AND TIMES**
   In case of inclement weather times and dates to be determined

9. **QUALIFYING CRITERIA**
   1. **ENTRY FEE** – no new entry fee
   2. **QUESTIONS**
      Any doubt as to a wrestler’s qualifications for the tournament contact Bill Bruno, Assistant Director 609 257 2776
SEEDING -
By Committee - Chaired by the Tournament

Region champions will be separate and receive a bye in the first round of the tournament. The 3rd place wrestler will be placed in the same half bracket as their region champ. The second place wrestler is placed in the opposite half bracket of their region champ.

1. DATE/SITE OF SEEDING MEETING
   DATE: TBD
   TIME: 10:00 AM – NJSIAA Office

2. GOAL OF SEEDING
   a. Separate the best wrestlers
   b. If a wrestler is out of the tournament for any reason at any time a replacement will occur.

11. FAILURE TO MAKE WEIGHT CLASS IN ATLANTIC CITY
    a. A replacement will occur after the initial weigh-in. The bracket will be amended.

12. OFFICIALS AND MATCHES
    1. There will be three (3) officials assigned for every mat prior to the finals. When contestants are tied at the end of the three regular periods, they will wrestle overtime.

13. TICKET AND ADMISSION INFORMATION
    1. ADMISSION OF WRESTLERS, ADMINISTRATORS AND COACHES
       a. One wrestler pass for each wrestler advancing to the states and administrator/coaches passes will be mailed directly to the schools Thursday after the regions

14. TICKET PRICES - TBA

15. AWARDS
    A wrestler withdrawing from the State Tournament must have a medical note signed by a physician in order to receive placement medals. All place winners must be present at the awarding of medals and the following picture ceremony in proper school uniform (i.e. NO hats, shorts, ripped shirts, blue jeans, flip flops, etc.). Coaches are responsible for the appearance of their wrestlers and any awards will be held by the NJSIAA if the wrestler is not in proper attire.