



2021-2022 Wrestling Rules & Regulations

Important Dates

Event	Dates	
Weight Certification Begins:	November 1, 2021	
Tryout Period:	November 22 - 24, 2021	
First Practice:	November 29, 2021	
First Scrimmage:	December 6, 2021	
Opening Day:	December 17, 2021	
Transfer Date:	December 17, 2021	
Two Pound Growth Allowance:	January 15, 2022	
Intent Form Period (Team Tournament):	January 18 – 27, 2022	
Team Tournament Cutoff:	January 29, 2022	
Entry Info Due (by 12:00pm):	January 30, 2022	
Team Tournament Seeding:	February 1, 2022	
30 Match Limit Cutoff:	February 5, 2022	
Individual State Seeding (Girls):	February 8, 2022	
Regular Season Competition Ends:	February 13, 2022	
District Seeding (Boys):	February 17, 2022	
Region Seeding (Boys):	February 21, 2022	
Individual State Seeding (Boys):	March 1, 2022	
Post-Season Meeting:	April 7, 2022	
Boys Team Tournament	Dates	Location
Rounds 1 & 2:	February 7, 2022	Seeds #1 & #2 will Host
Sectional Finals:	February 9, 2022	Higher Seed
State Semifinals:	February 11, 2022	Higher Seed
State Finals:	February 13, 2022	Franklin H.S.
Boys Individual Tournament	Dates	Location
Districts (Boys):	February 19, 2022	TBA
Regions (Boys):	February 25 & 26, 2022	TBA
Individual Championships (Boys):	March 3, 4, & 5, 2022	Atlantic City
Girls Individual Tournament	Dates	Location
Regions (North):	February 12, 2022	Franklin H.S.
Regions: (South):	February 12, 2022	Williamstown H.S.
State Championships:	February 20, 2022	Phillipsburg H.S.

All dates and sites are subject to change at the discretion of the NJSIAA staff.

New for the 2021-22 Season

1. New weight classes for boys:
 - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
2. NJSIAA Wrestling Rule & Regulation Section 8, Maximum Meets
 - CL 5: For those events that qualify as “Elite Events,” to be determined every year, the restrictions applicable to this Section 8 shall not apply, except the requirement that a wrestler may only participate in up to four weigh-ins per week. Additionally, only one wrestler per weight class, per team shall be permitted to participate on the same day. For example, if a 285-pound wrestler on Team A wrestles at an Elite Event, Team A will not be permitted to enter another 285-pound wrestler in any other event on the same day.
3. For the 2021-2022 school year, the following Elite Events shall qualify for this rule clarification. The events that qualify as Elite Events shall be reviewed annually.
 - Beast of the East, University of Delaware, December 18 & 19, 2021
 - Sam Cali Tournament, Fairleigh Dickinson University, December 27 & 28, 2021
 - Escape the Rock, Council Rock High School, Pennsylvania, January 15 & 16, 2022
4. When a split-squad is competing, the following chart should be referred to determine which weight class cannot compete other than in the Elite Event.
 - CL 1: If a wrestler wrestles at the Beast of the East at 182, the 175-pound weight class cannot be wrestled in the other event held on the same day as the Elite Event
 - The Sam Cali Tournament uses New Jersey Weights.

Weight Class Equivalents Chart

Beast of the East Tournament	Escape the Rock Tournament	NJSIAA Equivalent
106	106	106
113	113	113
120	120	120
126	126	126
132	132	132
138	138	138
145	145	144
152	152	150
160	160	157
170	N/A	165
182	172*	175
195	189*	190
220	215	215
285	285	285

* When entering a wrestler at 172 and 189, in Escape the Rock Tournament, you must contact your other event 48 hours before the event to designate which weight class is attending the elite event and which weight class will be wrestling (i.e., 165, 175, or 190) at the Elite event therefore which weight you will not be wrestling anyone. All other weight classes and equivalents are as indicated on the above chart.

Wrestling Regulations

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

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

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

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

CL 1: 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.

CL 2: Junior varsity and/or freshman wrestlers may not compete in matches or tournaments during the weeks of the District and Region tournaments.

CL 3: No junior varsity or freshman matches, or tournaments shall be permitted after the District tournament.

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

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 the wrestler appears on the mat to accept forfeit or to compete.

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

CL 5: For those events that qualify as "Elite Events," to be determined every year, the restrictions applicable to this Section 8 shall not apply, except for the requirement that a wrestler may only participate in up to four weigh-ins per week. Additionally, only one wrestler per weight class, per team shall be permitted to participate on the

same day. For example, if a 285-pound wrestler on Team A wrestles at an Elite Event, Team A will not be permitted to enter another 285-pound wrestler in any other event on the same day.

For the 2021-2022 school year, the following Elite Events shall qualify for this rule clarification. The events that qualify as Elite Events shall be reviewed annually.

- *Beast of the East, University of Delaware, December 18 & 19, 2021*
- *Sam Cali Tournament, Fairleigh Dickinson University, December 27 & 28, 2021*
- *Escape the Rock, Council Rock High School, Pennsylvania, January 15 & 16, 2022*

Section 9 Weight Certification

Weight Classes: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 185, 190, 215, 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 the 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 the weigh-in, the original NJSIAA skin lesion form signed by an MD, DO, PA or APN, certifying that an exam took place pertaining to that condition within the last seven (7) days, clearing that contestant for competition.

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

Section 12 Equipment Headgear – It is mandatory that all wrestlers wear protective headgear at all times during practice and while participating in a match.

Section 13 Disqualifications

Any player with more than two flagrant disqualifications in the current season, before the start of an NJSIAA tournament, will be ineligible to compete in said tournament.

Any varsity team accumulating more than two-player and/or coach disqualifications for flagrant unsportsmanlike conduct before 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 before 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

1. Certification Procedure

- a. The weight certification process reflects what weight each wrestler's descent plan allows them to compete at any given event (dual meet, tri, quad, and tournament).
- b. All wrestling scales must be certified before opening day. If the accuracy of a scale is challenged at weigh-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 the reason for the late certification must be sent to the emails listed below to approve the certification
 - trackwrestling support, support@trackwrestling.com
 - Steve Anuszewski, anuszewski@comcast.net
 - Colleen Maguire, cmaguire@njsiaa.org
- 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.
- f. An academically ineligible student is allowed to be certified before his/her eligibility with BOE approval.
- g. Hydration Certification Retesting – must wait a minimum of 24 hours before retesting.
- h. The descent plan will show the actual weight and weight class the wrestler is eligible for.

2. Skin Check Procedure

- a. If a doctor/athletic trainer does not do the skin checks the official shall.

3. Weigh-In Procedure

- a. 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 the actual Track listed weight if challenged.
 - NOTE 1: 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 2: Coaches that have 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 3: One (1) team point will be deducted for failure to have the trackwrestling weigh-in sheet and/or descent plan at mat side.
- b. 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 1: Since 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.
 - NOTE 2: The visiting team wrestler steps on the scale first followed by the home team wrestler for each weight.
- c. 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.
- d. The NFHS afforded each state association the opportunity to adopt a policy regarding 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 2021-2022 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 kneepad (no doctor note required). Again, it must have attached padding to be proper.
- e. 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.
- f. After a match every wrestler's exact weight must be recorded in trackwrestling OPC before the production of the next weigh-in sheet. If wrestlers' weights have not been entered after each match their name cannot be added to a new weigh-in sheet.
- g. Teams may use a Virtual Weigh-in for a dual meet ONLY. It may not be used for Tri's, Quads, or Tournaments. Both teams must agree, and a school administrator must be present to observe the weigh-in process.

4. Order of Weight Class

- a. See NFHS Rule 1 - Section 2

5. Team Scoring Event Procedures

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

6. Scores - Trackwrestling Procedures

- a. All results for boys 'varsity scoring events are required to be entered into trackwrestling before producing a weigh-in sheet or 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.

7. Schedule & Roster Procedure

- a. NJSchoolSports.com requirements -- Prior to the start of the season, please confirm/update your schedule and team roster on NJSchoolSports.com. It must be updated before the first match is wrestled. All dual matches (reg. duals and multi-team dual matches) will be automatically imported from Track Wrestling into NJSchoolSports.com. Coaches should confirm that your match was properly imported on NJSchoolSports.com the day after your match. If you need help with your NJ School Sports account or have other tech support inquiries, email: HSSupport@njadvancemedia.com.

8. Weight Class Participation & Allowances

- a. A one-pound allowance will be granted for matches 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. Allowances granted for this year are as follows:
 - Two-pound growth allowance is January 15
 - A one-pound allowance will be granted for the following dates and other circumstances authorized by the NJSIAA - December 26 & January 2
- d. Wrestlers no longer must make scratch weight to be eligible for allowances, but wrestlers MUST follow their descent plan.
- e. The weigh-in sheet will reflect the eligible weight class as designated in that wrestler's descent plan. This ensures that descent plans are being followed.
- f. Wrestlers may never wrestle below their minimum weight classification
- g. Teams that wrestle out of state will compete at the out-of-state weight class provided wrestlers follow their descent plan. Track will recalculate using the actual weight the wrestler weighed in.
- h. New weight classes for 2021-2022 season.
 - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 185, 190, 215, 285

9. Weigh-In Period

- a. Per NFHS Rules 4-5.1; 4-4.2; 4-5.3

10. Number of Contestants

- a. A wrestler must be listed on the trackwrestling generated weigh-in 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 before seeding. The actual weight of each contestant must be recorded by an official, coach, or designee on this sheet. Proper signatures must be recorded

11. Regular Season Ranking

- a. Dual Meets - Team PowerPoints 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.

- b. Losing team cannot receive more power points in a meet than the winning team. Only the 10 best competition results against NJSIAA member schools will be considered for their PowerPoint ranking.
- c. Tournaments - An individual bracketed four (4) team tournament does not count as a team result. A dual meet tournament does count.
- d. Coaches are responsible to check and verify their team's records and scores with their Ranking Chairman before the sectional seeding meeting via email.

Ranking Scale – 2021-2022

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

12. Disqualified Wrestler

- a. A team cannot add a meet to give a disqualified wrestler the opportunity to satisfy the two (2) meet suspension rule before any regular or post-season meets.
- b. Flagrant Disqualification Clarification:
 - Dual meets count as one (1) meet/event
 - Tri meets count as two (2) meets/events
 - Quad meets count as three (3) meets/events
 - Dual tournaments count the number of dual meets that team wrestles in the tournament
 - Individual tournament counts as one match/event regardless of how many meets are guaranteed

13. Penalties and Procedures for using an ineligible wrestler

- a. All meets that the ineligible player participated in must be reported on the trackwrestling as a disqualification. This will result in the following:
 - Loss of individual points for any of the disqualified meets calculated by trackwrestling for District/Region seeding
 - 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
 - If occurred in tournament competition and a team score was kept, the score must be adjusted and any incorrectly received awards (trophies, medals, etc.) must be returned to the host school.
 - 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 more than 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 school's responsibility to notify Colleen Maguire all requirements have been met.

14. Match Conduct for Coaches & Contestants

- 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 NFHS 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
- e. Athletes and coaches must be seated on the team bench/chairs, behind the bench/chairs, or in the locker room during the 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.
- f. 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. This includes the Team Championships & Districts.
- g. It is highly recommended by this organization that when coaching at all events, especially at the State Team tournaments, Districts, Regions, and State Championship that the coaching staff dress in a way that will make our association appear more professional. A suit, or slacks, a collared shirt, proper shoes, or sneakers will make for a better presentation of our wrestling coaches. Please refrain from wearing work boots, sweatpants, shorts, jeans, t-shirts, and the like as they do not represent us well in the eyes of the public.