



2022-2023 Wrestling Rules & Regulations

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 (December 15, 2022) for the sport of wrestling, 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 There is no maximum limit to interschool scrimmages per week. Interschool scrimmages during the regular season count toward the maximum number of matches allowed (30 per wrestler).

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 on a yearly basis, the restrictions applicable to this Section 8 shall not apply, with the exception of the requirement that a wrestler may only participate in up to four weigh-ins per week. Participation in Elite Events shall count toward the 30-match limit set forth in CL2 above. 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 2022-2023 school year, the following Elite Events shall qualify for this rule clarification. Teams will be limited to participating in no more than three Elite Events per season.

- *Beast of the East, University of Delaware, December 17-18, 2022*
- *Sam Calhoun Tournament, Fairleigh Dickinson University, December 27-28, 2022*
- *Powerade Tournament, Canon McMillan High School, Pennsylvania, December 29-30, 2022*
- *Escape the Rock, Council Rock High School, Pennsylvania, January 14-15, 2023*

Section 10 Postponed Meets Any postponed meet may be added to the regular scheduling as noted in Section 8 Maximum Meets.

Section 18 Equipment Headgear It is mandatory that all wrestlers wear protective headgear at all times during practice and while participating in a match.

Section 23 Weight Certification

Boys Weight Classes: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Section 24 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 25 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.

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. A one-pound clothing allowance is allowed during weight certification.
- c. 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.
- d. A wrestler can only step on one scale during certification.
- e. The certification site will remain open up to the start of the District tournament.
- f. 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.
- g. An academically ineligible student is allowed to be certified before his/her eligibility with BOE approval.
- h. Hydration Certification Retesting – must wait a minimum of 24 hours before retesting.
- i. The descent plan will show the 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 weight at the lowest possible weight class for the year-end state tournaments.
 - NOTE 1: 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 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.
- 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 scoreboard by the official scorer. The scoreboard 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 scoreboard will record the results of the match
- c. The dual meet 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. Weigh-ins will begin with the weight class drawn and follow in the subsequent order.
- d. 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.
- e. 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.

4. **Order of Weight Class** – See NFHS Rule 1 - Section 2

5. **Weight Class Equivalents Chart**

Beast of the East Tournament/Sam Cali Tournament	Escape the Rock Tournament/Powerade Tournament	NJSIAA Equivalent
106	107	106
113	114	113
120	121	120
126	127	126
132	133	132
138	139	138
144	145	144
150	152	150
157	160	157
165		165
175	172*	175
190	189*	190
215	215	215
285	285	285

* When entering a wrestler at 160, 172 and 189, in Escape the Rock Tournament and/or Powerade Tournament, you must contact your other event 48 hours before the event to designate which wrestler is attending the elite event and which wrestler will be wrestling (i.e., 157, 165, 175, or 190) at the Elite event therefore which weight you will not be wrestling anyone. All other weight classes are as indicated on the above chart.

6. **Team Scoring Event and Non-scoring Event Procedures**

- a. Team Scoring Event – Boys Wrestlers must follow their descent plan based on the boys 14 NFHS weight classes. A two-pound growth allowance is given to all wrestlers on January 14, 2023. 106 is now 108, 113 is now 115, etc. This will be reflected in the descent plan.

7. **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.

8. **Schedule & Roster Procedure**

- a. [NJSchoolSports.com](https://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](https://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.

9. **Weight Class Participation & 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. Allowances granted for this year are as follows:
 - Two-pound growth allowance is January 14, 2023
 - 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 eligible weight classes 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.
- h. Weight classes for the 2022-2023 season:
 - a. 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 185, 190, 215, 285

10. Weigh-In Period

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

11. Number of Contestants

- a. A wrestler must be listed on the Trackwrestling generated weight form to be eligible.
- i. 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

12. 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. The 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. 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 seeding meeting via email.

Ranking Scale – 2022-2023

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

13. 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 bouts are guaranteed

14. 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 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 McGuire all requirements have been met.

15. 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.