



2022-2023 Girls Wrestling Rules & Regulations

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. 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.
- e. An academically ineligible student is allowed to be certified before 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 the actual weight and weight class the wrestler is eligible for.
- h. **All girls must be entered on the girls' side of track wrestling.** Only those girls who may participate in boys' events also need to be entered in the boys' side of Track Wrestling. When a girl wrestles in a boys' event she must follow the boys' rules and regulations and be entered on the boys' side of Track Wrestling.

2. Skin Check Procedure

- a. 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 regard 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 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 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: 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 are not 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

- c. At every match, 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, the 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

- 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. The Random Draw will be done prior to the start of weigh-in and weigh-ins will begin with the drawn weight and proceed in order from the drawn weight.
- e. After a match, every wrestler's exact weight must be recorded in trackwrestling OPC prior to 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
- f. 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. Team Scoring Event and Non-Scoring Event Procedures

- a. 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.
- b. Wrestlers must follow their descent plan based on the 12 NJSIAA weight classes. A two-pound growth allowance is given to all wrestlers on January 14, 2023. This will be reflected in the descent plan.

5. Scores - Trackwrestling Procedures

- a. All results for girls scoring and non-scoring team events are required to be entered into trackwrestling prior to producing a weigh-in sheet. 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 & 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.

7. Weight Class Participation & Allowances

- a. No more than four weigh-ins per week are permitted for a wrestler.
- b. Maximum matches per season is 30, NJSIAA Tournaments not included.

- c. Girls may participate in more than one multi-team event per week if a. and b. (above) are followed.
- d. A one-pound allowance will be granted for matches on Monday during the regular season.
- e. 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.
- f. 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.
- g. 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.
- h. Wrestlers may never wrestle below their minimum weight classification
- i. Teams that wrestle out of state will compete at the out-of-state weight class provided wrestlers follow their descent plan. Trackwrestling will recalculate using the actual weight the wrestler weighed in.
- j. 2022 – 2023 weight classes:
 - 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

8. Weigh-In Period

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

9. 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

10. Order of Weight Classes

- a. The random draw shall take place immediately preceding weigh-ins.
- b. The actual weight of each contestant must be recorded by an official or designee on the Trackwrestling generated weigh-in form.
- c. An assigned official will check each wrestler for proper hair grooming, facial hair, and fingernail length.
- 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.

11. 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

12. 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, February 11, 2023, 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.

13. 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 match 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.