

## Girls Wrestling Regular Season Rules 2023-2024

### SPECIFIC SPORT 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.

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

Section 6 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 7 N/A

Section 8 Maximum Meets.

*A wrestler may not participate in more than four weigh-ins per week. A two-day tournament with a weigh-in each day will count as one weigh-in. A wrestler may participate in more than one event involving more than four opponents during the week.*

*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).*

*CL 3: 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 4: When a student wrestles in a boys event and girls event on consecutive days, no weight allowance will be given to the student (or team).*

*CL 5: Girls events scheduled the week between the Boys Team Tournament State Finals and the Boys District Tournament will not count against the 30-match limit.*

Section 9 N/A

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

Sections 11-17 N/A

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

Sections 19-22 N/A

Section 23 Weight Certification

**See Wrestling Weight Certification Instructions.**

Girls Weight Classes: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

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 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 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 REGULATIONS**

### **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 Region 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.

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

### **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 is eligible to wrestle the disputed weight. The forms will also be used for verification at the Region and/or State Tournament should there be any issues.

- 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 decent 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 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
  - 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.

### **Entering Data in Trackwrestling**

- a. All girls who plan to wrestle in boys' events must have their assessment data entered in both the girls season and boys season.
- b. When entering a girl's event in the girls season create the event in only the girls season. In the Weights dropdown, use the default option of "NFHS Girls 12".
- c. Enter the exact weight and results in the girls season.
- d. There must be an event created in the girls season for every event at which the girl participates. If it is a boys event, the girl must be entered on the boys season weigh-in sheet as well.
- e. When a boys event is created in the girls season, choose NHFS 14 Boys from the dropdown menu under WEIGHTS. Then, create a weigh-in sheet for the girls participating in the girls season.
- f. Record the exact weight and result in both the girls season and the boys season.
- g. The weight loss plan and the NJSIAA Season Record Form will be the official record for all girl wrestlers.

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

### **Team Scoring Event and Non-Scoring Event Procedures**

Team Scoring Event – Girls Wrestlers must follow their descent plan based on the girls 12 NFHS weight classes. A two-pound growth allowance is given to all wrestlers on January 13, 2024, and will be reflected in the descent plan.

### **Scores - Trackwrestling Procedures**

All results for girls 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.

### **Schedule & Roster Procedure**

[NJSchoolSports.com](http://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](http://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](mailto:HSSupport@njadvancemedia.com).

### **Weight Class Participation & Allowances**

- a. A one-pound allowance will be granted on Monday during the regular season and Monday of the team tournament.
- 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 13, 2024
  - 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.

**Weigh-In Period** – Per NFHS Rules 4-5.1; 4-4.2; 4-5.3

### **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

### **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 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.

### **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.

### **GENERAL SPORT REGULATIONS**

Notes:

1. A week is defined as from 12:01 A.M. Sunday to Saturday midnight.
2. A regularly scheduled game is one which has been contracted by mutual consent of the participating schools and approved by their respective Boards of Education and by the schools’ Principals.
3. Member schools may schedule games or scrimmages with any school that is academically accredited by its regional accrediting agency and having athletic eligibility standards similar to the New Jersey State Interscholastic Athletic Association. Member schools may schedule regular season games or scrimmages with non-member schools, or with member schools of the New Jersey Association of Independent Schools; however, in such case, any waiver of the NJSIAA eligibility rules must be agreed upon and set forth in the contract. Under this section, competition is limited to teams (or individuals) whose participants are in the first year of post-high school matriculation. Waiver of NJSIAA eligibility rules will not be granted for sanctioned tournaments.

*CL 1: Member schools may not compete with “club” teams. Competition is not permitted with teams composed of post-high school students (private schools, junior colleges, colleges) whose participants*

*are beyond the first year of post-high matriculation or are beyond the first year since graduating from high school. All Independent Schools holding dual membership (NJSIAA and NJISAA) must adhere to all regulations provided for by the NJSIAA Constitution, Bylaws and Rules and Regulations and they may not be waived.*

*CL 2: A school is permitted to sponsor only one team at the varsity level. A and B teams at the varsity level are not permitted in any sports.*

*CL 3: All NJSIAA member school athletic teams are bound by NJSIAA rules. No member school may have any team that operates outside of NJSIAA's jurisdiction in any NJSIAA sanctioned sport.*

*CL 4: No member school may engage in athletic competition, scrimmage and/or practice with an out-of-state school which is not a member in good standing of its respective state high school athletic association or has not been approved by the respective association as an affiliate.*

#### *Disqualification*

Any Student-Athlete or coach disqualified before, during or after an interscholastic event for unsportsmanlike and flagrant verbal or physical misconduct will be disqualified from the next two (2) regularly scheduled games/meets, with the exception of football which will carry a one game disqualification, at that level of competition and all other game(s)/meet(s) in the interim at any level in addition to any other penalties which the NJSIAA or a league/conference may assess.

*CL 1: Once a coach/player has been disqualified, NO appeals will be honored from the player, coach, official or any other party. Disqualification is a judgement call and officials must be certain the act warrants disqualification. All complaints against an official must be directed to the official's Chapter Secretary and the NJSIAA.*

*CL 2: Scrimmages are not considered part of the disqualification rule.*

*CL 3: The National Federation Rules do not permit a wrestler to continue to participate in a tournament if there is a flagrant disqualification. The NJSIAA rule requires a two-match sit-out. Even though the wrestler is not permitted to wrestle in the remainder of that tournament, said wrestler may fulfill the two-match disqualification, provided his team continues to wrestle in scheduled events.*

*CL 4: A second disqualification for an individual in any game/meet/match supersedes NFHS rules in this regard.*

A disqualified player or coach may not be present at any contest in that sport during the period of disqualification. Definition of not being present at the site means the disqualified player or coach is not to be present in the locker room, on the bus, on the sidelines, in the stands or site area before, during or after the game/meet.

In team sports any player/coach in violation of this provision will be cause for forfeiture of those games during the period of disqualification. In individual sports the event or events in which the player previously participated while having been disqualified will be forfeited. The team will lose the highest points awarded in each event noted herein.

Should a coach/player be disqualified from the final game/meet of the season, said disqualification will carry over to the next year in that sport. In the case of the Student-Athlete, the same degree of penalty shall apply if said athlete retains eligibility in that sport.

Any player/coach disqualified a second time in single or multiple sports will have the penalty doubled (i.e., in football – disqualified for two (2) games; all other sports – four (4) games). Disqualifications will count for 365 days from the date of the first disqualification.

Any player with two or more disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament. Any varsity team accumulating three or more player or coach disqualifications prior to the team's participation in an NJSIAA 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.

Single/multiple sports – on the third offense; players disqualified will be suspended indefinitely, and must apply, in writing, to the NJSIAA through the office of their Principal for reinstatement. Disqualifications will count for 365 days from the date of the first disqualification.

Any coach disqualified a second time within 365 days from the date of the first disqualification will be required to appear before the Controversies Committee with the Principal and the Athletic Director.

Any coach who is disqualified and/or has three or more players on a team disqualified during the course of the preceding school year must complete the NFHS Teaching and Modeling Behavior course. This course license must be obtained from NJSIAA with the course completion certificate due to NJSIAA within sixty (60) days of initial NJSIAA notification of the disqualification requirement.

**Any player that leaves the bench area during an altercation, whether to intervene or participate, shall be disqualified, and will be subject to the disqualification penalty (automatically disqualified from the next two contests.) Only coaches can leave the bench with the purpose of restraining players and stopping the altercation.**

*CL 1: Coaches/players who do not fulfill their penalty in a sport at their present school will be disqualified for the same length of time in their subsequent coaching assignment/sport participation at another school.*

*CL 2: Seniors who are disqualified from their last game or next to last game will serve the penalty in a subsequent sports season according to the penalty provision of that subsequent sport. When seniors are disqualified from their last game of their high school careers, and are unable to fulfill the penalty, member schools are required to take proper administrative action to discipline the offending student.*

*CL 3: Seniors who quit a sport and have not fulfilled their penalty in that sport, must serve it in ~~the~~ new sport before beginning playing in the new sport.*