

Girls Wrestling Regular Season Rules 2024-2025

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 Section 8 Maximum Meets.

Sections 11-17 N/A

Section 18 Equipment Headgear – It is mandatory that all wrestlers wear a 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

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.