

Middle School Wrestling Handbook

Philosophy

School District #11's Middle School Interscholastic Athletic Program strives to provide an opportunity for all interested students to discover and grow within the offered sports. Students will compete at a level that is developmentally appropriate for most and in an atmosphere that strives for an overall positive experience for the student.

Participation

- Participation is open to all 6th, 7th, and 8th grade Students.
- All participants must turn in a valid Sports Physical and Emergency Contact form to the front office prior to the first practice.
- Wrestlers must establish a base weight on the first 5 days of practice and turn in a Wrestling Weight Permit Form, signed by parent or guardian, on file with the District Athletic Office prior to the first match.

Weight Certification

- Wrestlers must establish their base line weight in their first five days of practice.
- The weight baseline may not be revised downward after the initial process without approval from the Director of Athletics.
- Wrestlers who drop weight naturally through participation may wrestle below their baseline, a maximum of two weights for baselines at 135 and below, or a maximum of one weight class for baselines at 145 and above.

Weight Classifications

- Weight classes A-squad 18 total and B-squad 19 total
- **A-squad** 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 135, 145, 155, 165, 180, **200**, HWT(285)
- **B-squad** **70**, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 135, 145, 155, 165, 180, **200**, **HWT**(250)

Team Division

- Teams will consist of one A-squad and one B-squad. A-squads may include 7th, 8th and exceptional 6th graders.
- B-squads will primarily include 6th and 7th graders.
- Special circumstances that are approved through the District Athletic office may allow 8th graders on B-squad.
- If a wrestler is injured or ill for an extended period of time, seventh graders and Exceptional Sixth Graders, can move back and forth between A & B-Squads at the coaches' discretion.

Exceptional Sixth Grader Rule

- In exceptional circumstances sixth graders will be permitted to wrestle on the A-Squad.
- The sixth grader must have previous organized wrestling experience demonstrating a high level of success or have other justifiable experience that will allow them to have success on A-squad.

- This wrestler's coach is responsible to work in conjunction with parents, building Athletic Director, and District Athletic Office to determine if a sixth-grade wrestler is to qualify for Exceptional Wrestler status.
- This form must be on file with the Assistant District Athletic Director two days prior to the wrestler's first match.

Extra Matches

- Extra match opportunities can be provided so that more wrestlers get an opportunity to wrestle, they are intended for wrestlers who get a bye, or do not have an opponent in their weight class and can be intersquad.
- Extra matches are intended for wrestlers who do not receive a match in the regular lineup.
- Extra matches cannot create an excess of 21 matches total per duel.
- Extra match opportunities should be entered in Track Wrestling 10 minutes prior to the scheduled start time of the match.
- Extra matches will not count toward records for seeding at Classics but will count towards head-to-head if applicable.
- Extra Matches can count towards qualification in Classics.
- With parent permission, coaches may match sixth and eighth graders of like ability, weight and experience in extra matches.
- Extra Matches will be three one-minute periods.

Rules

National Federation rules will be followed unless there is an additional or modified rule stated in this handbook.

Uniforms

- Athletes can wrestle in a singlet or doublet, compression shirt and fight shorts.
- Female athletes must wear a sports bra and an undershirt if needed based on the fit of the uniform top to provide full coverage.

Weigh-In Procedures

- Athletes must complete all weigh-ins and visual inspections wearing a legal uniform or equivalent.
- Weigh-ins and visual inspection shall be completed during practice in open areas, not behind closed doors.
- Wrestlers may only participate in one weigh in session per day to establish weight.
- A wrestler may wrestle only one class above their actual weight.

Weight Allowance

- ***A weight allowance will be granted due to weigh-ins being in uniform.
 - 3-ounce for singlet
 - 8 ounces for doublet

Pre-Match Weight Verifications

- Coaches will enter wrestlers in match lineup based on satellite (at practice) weigh ins.
- At each match three weight classes that have a match will be selected at random to participate in a weight check. A-squad wrestlers in the chosen weight classes will have their weights verified.
- If one of the three wrestlers do not make weight the entire team will be required to verify weight prior to match.
- Weight verifications will occur in uniform and in plain sight at the score table.

- Wrestlers may not wrestle more than one weight class above their actual weight.

Team Line Ups

- Coaches should have wrestlers entered into a shared line up for each squad by 8:00 pm the night before a match.
- Last minute adjustments can be made before the match if wrestlers do not make weight or are absent.

Matches

- Match start time will be 5:00 with a fifteen minute maximum delay.
- There will be two mats if there are more than 20 matches, including extra matches.
- Regular season matches will consist of duels, tri meets, or quad meets.
- Every attempt will be made to get each wrestler a match, either as a point match or extra match.

Forfeits

- All forfeits will be recognized at the beginning of the duel.

Unconscious Athlete

National Federation rules indicate that an unconscious wrestler must have approval from a physician before he can return to competition.

Injury Time Outs

Each wrestler may take up to two, time outs for no more than a total of 1 1/2 minutes for injuries, through the match..

- If a second time out is taken, the opponent will get his choice of position on the restart (he may choose up, down, or neutral).
- If this occurs in the tiebreaker there is no choice of position (see National Federation regulation).

Bleeding Time out

Any bleeding can accumulate up to five minutes for time outs to control the bleeding.

Rest Time

Mandatory rest time between matches is 20 minutes.

Skin Disease

- If a wrestler is suspected of having a skin disease they will not be allowed to practice/ compete.
- Prior to their return to practice/competition the wrestler must be cleared for with a letter from a physician that must state the following: 1) the lesion is not contagious; 2) the location of the lesion; 3) the letter must be no older than 7 days.
- A contagious lesion cannot be covered in order to allow the wrestler to participate.

Ejection of a Wrestler

- Any wrestler ejected at any time (for a dual meet, for a one-day tournament, or a multi-day tournament) by a referee for repeated unsportsmanlike acts or a flagrant misconduct will be removed from the remainder of the contest and/or multi-school event and will be ineligible for the next match, tournament or multi-school event.
- The playing of any ineligible athlete will cause the school to forfeit the match in which the ineligible athlete participated.

- There is no appeal to this rule, and coaches are urged to review the rule with team members prior to the start of the season and provide a constant reminder as the season progresses.
- If the ejection occurs during a tournament, the wrestler will be ineligible for the remainder of the tournament and the next scheduled match or tournament at the level from which he was ejected.
- All points previously earned by the wrestler in the tournament will be negated. He may not wrestle at any level until the suspension is completed.
- The second ejection during a season results in a two-match suspension.
- A third ejection will result in a review by the Department of Athletics.

Hair Covering

A wrestler may choose to contain their hair in a hair cover. If a hair cover is worn it shall be attached to the ear guards. The cover must be of a solid material and it must be nonabrasive. Bandannas are not considered as a legal hair cover.

Facial Hair

During competition all wrestlers shall be clean shaven with sideburns no lower than earlobes.

Reporting to the table to Wrestle

- All wrestlers must report to the score table immediately prior to their match. In an effort to keep on schedule and have the event action transpire in an even fashion, athletes must be ready to wrestle when they report to the table.
- This will also be the procedure at the District Classic Tournament.
- Consistency during the regular season will help athletes understand this expectation.

Matches and Periods

A match will consist of three time periods.

1st period – 1.5 minutes

2nd period – 1.5 minute

3rd period – 1.5 minute

1st Overtime – 1 minute (sudden death)

2nd Overtime – two 30 sec. (if necessary)

3rd Overtime – Ultimate Tie Breaker

Extra Matches will be three one-minute periods.

Wrestler Health and Safety

THE USE OF SWEATBOXES, HOT SHOWERS, WHIRLPOOLS, AND RUBBER, VINYL, AND PLASTIC SUITS OR SIMILAR ARTIFICIAL HEAT DEVICES FOR WEIGHT REDUCTION IS PROHIBITED AT ANY TIME. VOMITING, SPITTING AND THE USE OF DIURETICS OR OTHER DRUGS AS A MEANS OF WEIGHT REDUCTION ARE ALSO PROHIBITED.

District Classic

- The end-of-season District Classic is for A-squad wrestlers only.
- Wrestlers must have wrestled at least one A-squad match to participate in the District Classic.
- Wrestler must have at least three A-squad matches and one match in the weight class they are entered to be a point scorer at Classics.
- Each team will get two wrestlers in each weight class that will be seeded into the bracket based upon records in Track Wrestling. Only one point scorer per team.
- Supporting criteria for seeding: 1) *Season point total from league matches only using the following system: 5 for a pin or win by forfeit, 4 for a technical fall, 3 for a major decision, 2 for a win and 1 for a loss;* 2) *league record;* 3) *Head to head competition;* 4) *vote of coaches* and 5)

coin toss. The first and fourth seed will be on one side, with second and third on the other. If 4 byes are available they will be respectively assigned to the top 4 seeds.

- For purposes of placement in the brackets, the following criteria will be followed:
 1. Point earners will be placed first, followed by placement of the unattached wrestlers.
 2. Unattached wrestlers from the same school will be separated in all brackets when possible.

Classic Format

The classic tournament will be wrestled on Two Mats

All wrestlers will compete in either double elimination brackets or Round Robin bracket based on the number of wrestlers in each weight class.

Classic Entries

- Team Rosters must be entered in Track Wrestling prior to 11:00pm two days prior to tournament. Individual records will be entered at that time.
- Following the close of Roster entry until 3:00pm the day of seeding meeting, head to head records can be entered to aid in seeding.

Classic Weigh -ins

- Weigh-ins for classics will occur the day prior to the tournament and will follow season regulations in the handbook.
- If a wrestler is above weight, they can wrestle in the next weight class if there is room but cannot be a point earner. (max of two per team in a weight class)
- If a wrestler weighs in at the next weight class below they may move to that weight class and become a point earner.

Classic Awards

- Top 4 wrestlers will receive awards. (ribbons 2-4, medal for 1st)
- Coach of the weight class champion will hand out awards to the weight class.
- Parent of the champion can have the option to present the award to their child. All parents must be notified of the option prior to the classics and all parents of champion will be given an official invitation prior to award presentation.
- Immediately following the final bout of the Classics, the mats will be cleared from the center of the gym and the podium will be placed at half court facing the spectators.
- Wrestlers will be lined up by weight class 75-HWT.
- Team scores will be determined based on the combined result of the point scorers only from each team.

Memorial Awards

Wade Lehman Memorial Award (retired after 2021 season)

Coaches nominate an athlete from their team who fit the following criteria:

- Positive leader on the team (does not have to be the captain)
- Maintains eligibility during the season
- Always willing to help (leads by example)
- Shows up to practice and meets on time or early

Johnny Grimaldo Memorial Three Time Champion Award

This award will be presented to any wrestler who becomes a three-time District Classic Champion (6th, 7th, and 8th grade champion). Two time award winners who were in 6th grade in 2020-2021 will qualify due to canceled season.