

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.
- Wrestlers up to 145 pound may wrestle two weight class below their baseline, wrestlers 155 and above may wrestle one weight class below their baseline, if they make weight the day of a match.
- The weight may not be revised downward by a second examination once the process has been completed within the first five days of practice.
- Wrestlers may not wrestle more than one weight class above their actual weight.

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

- With parent permission, coaches may match sixth and eighth graders of like ability, weight and experience in extra matches.
- These matches will not count toward qualifying for the District Classic Tournament for the eighth graders.

Rules

National Federation rules will be followed.

Weigh – ins

Weigh-Ins – All wrestlers will weigh in shoulder to shoulder, in plane sight, prior to the match at the hosting school. It is the responsibility of the coach to provide the certified list of wrestlers and their weights to the opposing coach prior to the match.

Further Clarification of 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 immediately prior to a match, in open areas, not behind closed doors.
- Wrestlers may only participate in one weigh in session per day.
- ***A 2-ounce variance will be allowed for wrestlers to make their weight due to weigh-ins being clothed.
- A wrestler may wrestle only one 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

- 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.

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 30 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.

Weight Classifications

There will be 17 weight classes for Both A and B Squad:

75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 135, 145, 155, 165, 180, 250/285

District Classic

- The end-of-season District Classic is for A-squad wrestlers only.
- Wrestlers must have wrestled at least one A-Squad matches in order to participate in the District Classic. Any matches wrestled without having a Weight Permit Form on file at the District Athletic Office will not count as a qualifying match for District Classic.
- Four wrestlers in each weight class will be seeded into the bracket based upon records in Track Wrestling
- Supporting criteria can also be used: **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 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 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.

Memorial Awards

Wade Lehman Memorial Award

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)

Award winners who were in 6th grade in 2020-2021 will be recognized