

**RED LETTERING ARE
ADDITIONS OR CHANGES FOR THE NEW YEAR**



The NYSPHSAA's **2025-26** Wrestling Program Booklet has been designed to assist school personnel, athletic administrators and coaches, in understanding and complying with all rules and regulations. It is not intended to serve as a substitute for the NYSPHSAA Handbook or NFHS Wrestling Rulebook. Please refer to the NYSPHSAA **2025-26** Handbook for all other sport and eligibility standards and the NFHS Wrestling Rulebook, Casebook and Manual for sport related rules.

2025-2026

**WRESTLING
PROGRAM
BOOKLET**

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INTRODUCTION

(Items in red are additions from the 2024-25 Handbook)

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SPORT SAFETY

EQUIPMENT

All safety equipment (headgear etc. including orthodontics) must be worn at all practices as well as competitions.

Headgear taping rule:

Effective January 2012: NYS Championship Committee granted a waiver to the Headgear taping rule. Straps and chinstraps may be taped to allow for better fit of the headgear: however, no taping is allowed on the ear section of the headgear.

Singlet Strap Rule:

Effective September 2014: NYSWC clarified the singlet shoulder strap rule.

In dual meets a penalty will be called if the strap is down while any part of the wrestler is on the mat. If the wrestler is completely off the mat on the hardwood floor, the strap can be dropped without penalty. In tournaments, due to space limitations at many venues, a penalty will be called if the strap is down while any part of the wrestler is in the mat circle. If the wrestler is completely out of the circle, the strap can be dropped without penalty.

Pink Ribbons: A waiver to the uniform rule exists during the month of February to permit pink ribbon(s) on the uniform in recognition of Breast Cancer Awareness.

SKIN DISEASE

NFHS Rule 4-2-3: If a participant is suspected of having a communicable skin disease, the coach shall provide current written documentation

- NYSPHSAA requires the **original** copy of the signed side of the two-sided form entitled: *NYSPHSAA PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)*. Page 2: Upper right should read: **For use during 2025-26 season.** This form must be signed only by a M.D., Physician Assistant or Nurse Practitioner for the wrestler to be eligible to participate. This may require a second trip to the doctor for final clearance if the doctor felt that the original issue was contagious and needed treatment.
- Photocopies are not acceptable. In situations where a section requires that all skin forms are to be filed with the Sectional Chairman or their designee, the Chairman/designee should receive a copy of the form. The original is to stay with the coach at all times.

Forms are available at www.nysphsaa.org under the following tabs:

Sports..Winter..Wrestling..Left Side Menu: Skin Form Infectious Disease

In tournament situations, skin checks are to be performed on each day of wrestling competition. The only people other than the referees that are allowed to do skin checks are a physician, physician's assistant or nurse practitioner.

(A certified athletic trainer can do concussion evaluations but not skin checks).

NYSPPHSAA WRESTLING WEIGHT CONTROL PLAN

WEIGHT CERTIFICATIONS

The NYSPHSAA Wrestling Minimum Weight Certification Procedure must be followed by all high schools sponsoring wrestling. The Wrestling Minimum Weight Certification Program School Manual outlining the approved procedure is sent to all Athletic Directors prior to the start of the wrestling season. Note: The manual includes the Appeal Procedure and any newly approved protocols.

Based on 7% body fat for males and 14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days (exclusive of Sundays and school closing for holidays or emergencies) from the first day of the season in the Section.

Assessments must be performed at the centralized assessment sites for all wrestlers. The InBody machine will be used for calculating weight assessments. Wrestlers may only wear a singlet or shorts and a T-Shirt when weighing in on the InBody scales.

- a. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. NFHS Rule 4-4-3
- b. The minimum weight class in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. In conjunction with Track Wrestling a minimum weight will be established for each wrestler. At no time may they participate at a weight class lower than their approved minimum weight.
- c. A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. NFHS Rule 4-4-2
- d. A wrestler is found to have cheated on the hydration test: The wrestler would still need to certify within 3 days of the day they were caught cheating. The wrestler can't compete until Jan 1 and will be ineligible for post-season events (sectional and NYS dual meet tournaments).
- e. Situations where a wrestler cannot pass the hydration test (ex; due to being on a prescribed medicine) will be handled on a case by case basis. Sectional Chairmen should contact Todd Nelson-Asst director if a wrestler in their Section cannot pass hydration.
- f. A Parents' Awareness Form for the wrestling minimum weight certification is required to be signed by the parent/guardian and the student and kept on file by the school athletic director (May 2008).
- g. All NYSPHSAA Approved Assessors must enter certification results into the In-Body machine (which will sync with the Track Wrestling database) where Minimum Weights and team rosters will be generated. Wrestlers must be tested and entered into the Track Wrestling database prior to competition.
- h. NYS will allow early weight certs at a date no earlier than the Sunday of Week 17 (10/26/25) (Season begins Week 20: 11/17), and that those who wish to participate in the early certs must register with their Section Chairmen, no later than the Saturday of Week 15 (October 11). If a wrestler fails hydration at the early cert date, they may not have the opportunity to come back another day, they must wait to certify in November at their normally scheduled date. Each section has the ability to set their own rules based on staffing and facility access. Sections can also impose limits on

how many wrestlers can certify: this procedure is not meant to certify full teams.
Example: only sectional place winners or wrestlers who weigh in excess of 300 pounds can do early certifications.

WAIVERS:

Any wrestler who comes out for the team after the team's certification day, must apply for a waiver.

The wrestler is not eligible to practice until the official NYS Waiver Form is approved by the Section Chairman.

The wrestler is not eligible to compete until the wrestler's Individual Profile Form is entered into Track Wrestling (which must be within 14 days of the receipt of the official NYS Waiver Form. accumulated).

OPTIONS FOR ALLOWING WAIVERS FOR THE 14-DAY RULE

Option 1: Wrestler joined after the 14-day certification period and has not yet practiced.

Practices: May not practice until Chairman approves the official NYS Waiver Form. (10 are required)

Certification Date: Has 14 days from date Chairman signs the official NYS Waiver Form to certify with an assessor.

Option 2: Fall Athlete involved in Post Season Play

Waivers can be granted to fall athletes who miss the certification process and deadline due to participation in NYSPHSAA Fall championship events.

Practices: May not practice until Chairman approves the official NYS Waiver Form. (6 are required).

Certification Date: Has 14 days from date of last fall contest to certify with assessor.

Note-Fall athletes that do not need extra days to certify, can certify with the rest of the team within the first 14 days and not have to complete the official NYS Waiver Form. If they do so, they do not have to wait to start having their 6 practices counted.

Wrestlers who were on the Track rosters but did not certify within the first 14 days:

Note: If a wrestler anticipates a problem with hydration or being able to attend their originally assigned certification site, they should attend a different site on an earlier date, so as to have more chances to pass within the 14-day period.

This option should be rarely used

Practices: Must have 10 practices total.

Wrestler may not practice with the team between day #14 and the day they are actually certified.

Wrestlers who cannot pass hydration within the 14-day certification period must see a doctor and present doctors note documenting reason for hydration failure.

Certification Date: Should be first possible day once wrestler returns (assigned by Chairman).

Chairmen also have discretion to decide how many of the original practices are to be counted and have the right to have the wrestler restart the count of the 10 practices from the day they return from their absence or with the doctors note.

The wrestler must be hydrated for the assessment. (If the fails the hydration test again, the NYSPHSAA office should be contacted on how to proceed).

APPEAL PROCEDURE

A wrestler may appeal his/her In-Body result. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). **Exception-if a school cancels after school activities on the 3rd day, the appeal can occur on the 4th day.** Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE.

Appeals must be performed by an assessor appointed by the Section Consultant. The assessor will use the **actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.**

The appeal process is: If the wrestler is dissatisfied with the In-Body results of the minimum weight determination, the wrestler is retested by the assessor appointed by the Section Consultant. Retests must be within 3 days of the original date of measurement. The urinalysis must be repeated and passed. When conducting an appeal, the assessor will use the **actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.**

The wrestler may choose which measurement to accept (the original or the second measurement-they cannot appeal a second time).

The section consultant will input the results of the appeal on the Track Wrestling website.
NOTIFY YOUR SECTIONAL WRESTLING COORDINATOR OF ALL APPEALS.

WEIGHT CLASSES

The following 14 weight classes are required: **103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285** for all dual meets and tournaments.

The approved Weight Certification Procedure will certify a wrestler for a weight. Wrestlers may only compete in a weight class equal or above their certified weight.

No wrestler may wrestle in a weight class that they are in excess of. The weight class may vary from day to day (due to additional pound allowances), but once the weight class for the day is established, no wrestler may wrestle at the weight class if they are in excess of it. Example: Wrestlers in excess of 285 lbs. are not eligible for exhibition bouts with other wrestlers in excess of 285. However, if due to an additional pound the weight class for the day was 285+1=286 and the wrestler in question weighed 285.5 that day, they would not be in excess of 286 and could wrestle that day.

GROWTH ALLOWANCES

Each wrestler must make the scratch weight class for every contest prior to: 12/25. NYSPHSAA will grant a 2 lb. growth allowance for each weight class on December 25th (NFHS Rule 4-4-Article 4). This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 103 lbs, 110 lbs, 215 lbs. and 285 lbs. for the 7th and 8th graders who have successfully completed the Athletic Placement Process (APP). It may now be possible for certain wrestlers with certified minimum weights originally above the original scratch weights to now wrestle at the new weight classes. Example: Minimum Weight Certification was 105 lbs. This wrestler could not wrestle at 103 lb weight class (prior to 12/25) but can now wrestle at 105 lb weight class (after 12/25). At no time can a wrestler wrestle at a weight below their certified minimum weight.

Prior to 12/25, a wrestler may only wrestle at these weight classes

103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Situation 1: On the day of the event, a wrestler's EWW is at 139.0 lbs so they cannot wrestle at the 138 lb weight class and must move up to the 144 lb weight class.

Situation 2: On the day of the event, a wrestler's EWW is at 139.0 lbs.

Due to back to back competitions an extra pound is granted for a contest making the weight class that day: $138+1=139$. As their EWW is equal or below 139, they can participate at that weight that day.

After 12/25 Growth Allowance: a wrestler may only wrestle at these weight classes:

105, 112, 120, 128, 134, 140, 146, 152, 159, 167, 177, 192, 217, 287

Situation 1: On the day of the event, a wrestler's EWW is at 139.0 lbs they can wrestle at the $138+2=140$ lb class.

Situation 2: On the day of the event, a wrestler's EWW is at 141.0

Due to back to back competitions an extra pound is granted for a contest making the weight class that day: $140+1=141$. As their EWW is equal or below 141, they can participate at that weight that day.

WRESTLERS CERTIFY TO A WEIGHT (NOT A WEIGHT CLASS)

The wrestler's (Weight Loss Plan) WLP shows their (Eligible Wrestling Weight) EWW for each event. The Growth Allowance is built into the system. Coaches will adjust weigh-in sheets in Track for any events that have extra pound(s). So long as the wrestler's EWW for the day of the event is equal to or below the weight class for the day of the event, they may participate at that weight class. Track will also show the (Eligible Wrestling Wt Class) EWC for each event and this shall be the lowest class the wrestler can compete at for that event.

Minimum weights are required for certain weight classes for Athletic Placement Process (APP) 7th and 8th graders: (see page 19).

MAXIMUM NUMBER OF POINTS

The maximum number of points a wrestler will be permitted is established by the NYSPHSAA. For 2025-26 the maximum points permitted shall be 20 points.

A contestant may not exceed the maximum number of points during the regular season.

If an individual exceeds the maximum points they are an ineligible wrestler. If the points were exceeded in a dual meet competition, the team will forfeit the match, the individual will lose by forfeit, but the individual performances of all the other matches would stand. If the individual exceeds the maximum points in a tournament competition, the team will earn zero team points, the individual will lose all matches competed in by forfeit, but the individual performances of all the other matches would stand.

Penalty: Either the Wrestler is ineligible for the rest of the year, or the school can allow the wrestler to continue with rest of the season, but the coach must be suspended from all future participation with the team for the rest of the year.

If the section allows the wrestler to participate, they will still be allowed to earn power points if they become the Sectional champ and place at the NYS tournament.

1. Individual Points:

- a. A dual meet will be assessed one point. Each match/ forfeit/ exhibition counts as 1 point toward the individual's maximum, points. Under extenuating circumstances (postponements due to inclement weather, school cancellations) a school may request permission from Section Coordinator to wrestle two dual meets in one day, with a limitation of two per season.

- b. Tournaments will be assessed two points. Only six tournaments are permitted.

-Of the six permitted tournaments:

There is no limit on the number of individual bracketed tournaments.

You may only attend a maximum of 2-two-day tournaments if the format of the two-day tournament is not an individual bracketed tournament.

(Examples of two-day non-bracketed individual tournaments include:

Dual meet tournaments and Individual Round robin, pooled, or combined tournaments).

Example: An individual could attend 6 two-day individual bracketed tournaments. But if the individual attends 2 two-day tournaments that are not individual bracketed tournaments (such as a two-day round robin dual meet or individual tournament, a two-day pooled dual meet or individual tournament, or a two-day individual combined tournament) then their remaining 4 tournaments must be either two-day individual bracketed tournaments or 4 single day tournaments of any type.

Example: An individual attended a two-day team dual meet tournament and a two-day individual round robin. This individual still can attend four more tournaments, but if any of them are two days, they can only be individual bracketed tournaments (such as Eastern States).

If an individual enters a combined 2-day tournament (where some weight classes are pooled, and some are bracketed), this will count as one of their two 2-day tournaments, even if their individual weight class is bracketed and not pooled.

MAXIMUM NUMBER OF POINTS (continued)

If a wrestler exceeds the maximum points or tournaments permitted at any time during the season they become an ineligible wrestler and all matches that were over the limit become forfeits:

Penalty: **Either** the Wrestler is ineligible for the rest of the year, **or** the school can allow the wrestler to continue with rest of the season, but the coach **must be** suspended from all future participation with the team for the rest of the year. If the section allows the wrestler to participate, they will still be allowed to earn power points if they become the Sectional champ and place at the NYS tournament.

Back to back tournaments are allowed. A minimum of one night's rest is required between tournaments. A tournament ends the day it's finals are contested (not the day a wrestler is eliminated from it).

Example: If a wrestler is entered in a 2-day tournament on Friday and Saturday and is eliminated from it on Friday, they cannot compete in another tournament on Saturday. The original tournament finals were held on Saturday, so one night's rest (Saturday) is required before the next tournament can be entered.

- 2. Once a wrestler has reached their 20 point limit:** they may no longer continue to weigh in. If a wrestlers name (with 20 points) appears on a weigh-in sheet then an ineligible wrestler has been entered.

Section Tournaments

Sectional Individual Tournaments and Sectional dual meet tournaments are not considered part of the regular season and do not count as points towards the maximum number of points permitted.

- 3. Forfeit**

A forfeit is considered a contest

CLARIFICATION of MAXIMUM NUMBER OF POINTS

The following examples will assist in understanding how points are assessed in a variety of circumstances

NOTE: Wrestling twice in a dual meet: A wrestler may compete two times in a regular two-team dual meet in the following situations: There must be a **30 minute** rest between matches (with the exception of a wrestler who has earned a forfeit) and the wrestlers may only wrestle one weight class higher than the weight class qualified for at the weigh in.

Forfeits: A wrestler from Team A accepts a forfeit from Team B. The Team A wrestler may wrestle an exhibition match with a Team B member.

Points: Team A Wrestler: One point for the forfeit and one point for the exhibition match.

Points: Team B Wrestler: One point for the exhibition match

Extra wrestlers: A wrestler from Team A wrestles a match vs. Team B.

Team B has a second wrestler weighed in at this weight (or one weight class higher). The Team A wrestler may wrestle an exhibition match with the other Team B wrestler.

Points: Team A Wrestler: One point for the first match and one point for the exhibition match.

Points: Team B Wrestler: One point for the exhibition match.

Two Exhibition Matches:

Points: Team A Wrestler: Two points for the exhibition matches

Points: Team B Wrestler: Two points for the exhibition matches

NOTE: Wrestling exhibition in a Dual Meet tournament:

No Match: A wrestler from Team A weighs in for a dual meet tournament but is never used in any of the Varsity matches.

Points: Team A Wrestler is not charged any points for the tournament.

Exhibition: A wrestler from Team A has the ability to wrestle an exhibition match in a dual meet tournament (as it will not put them over the **6 bout** limit or **7 bout** limit if one of the **6** bouts was a forfeit).

Points: Once a wrestler wrestles one match in a dual meet tournament they are considered entered in the tournament. Even if they only wrestle one bout (either Varsity or Exhibition) it will cost them 2 points and be counted as one of their 6 tournaments. It would be suggested that if the wrestler gets one bout, they attempt to find a second, so as to not waste the two points assigned.

No additional points will be charged for the extra exhibition bouts.

Wrestling exhibition in a Dual Meet tournament (continued):

If you have a "team of 1", that practices with another team.

If the "team of 1" attends a dual meet tournament with the team they practice with.

The member of the "team of 1" cannot wrestle in any of the duals as they are not a member of the team. The member of the "team of 1" can get **6** exhibition bouts but must count the tournament as one of their 6 allotted tournament and will be charged 2 pts vs

6 pts. (note: Theory is that if a JV member of the full team went to the Dual meet tournament and was not used in any of the duals, they would be allowed the 6 exhibition bouts for 2 points, so the member of the “team of 1” should be treated the same way.

NOTE: Wrestling exhibition in an Individual tournament:

Exhibition: A wrestler who has been eliminated from an Individual tournament has most likely had at least two matches and has used 2 points for the tournament. They are still technically in the tournament (even though they have been eliminated from it and cannot enter another tournament until this tournament is concluded). They are permitted to wrestle one or more exhibition matches with others who were eliminated from the tournament. As they have already been charged 2 points for the tournament, they will no longer be charged one additional point for each additional exhibition match they compete in

Exhibition bouts wins and losses:

Exhibition bouts will **not** count for NYSPHSAA won/loss records (but Sections have the option as to how they want to handle them for their Sectional seeding criteria).

COMPETITION

COIN TOSS

The starting weight class will still be drawn and then follow the Federation Rule and have the pre-meet disc toss for choice of odd/even matches in dual meets.

SEVEN-DAY RULE (NYSPHSAA handbook pg 103)

“No student or team may be permitted to participate in school organized practice or play on **seven consecutive** days during the regular season” (does not apply to post-season). If you have any Sunday competitions scheduled, please note the following:

If you were to practice/compete from Monday thru Friday and then enter a 2-day tournament on Sat/Sunday you have violated this rule. The penalty from the Section’s Athletic council could be: censuring of your team, team being placed on probation, or team being suspended. Tournament directors of Sunday events may be asked to submit a list of the participating teams and the day of the week they opted not to practice as verification.

If you competed in a Saturday/Sunday competition mentioned above, you will also need to take a day off during the second week in order to avoid participating seven consecutive days.

If a team was to take the Monday prior to the Sat/Sunday tournament off but then had a dual meet scheduled the Monday after the Sat/Sunday tournament, they would violate the seven day rule if they wrestled in the Monday dual meet.

Coaches must plan ahead so as not to practice seven days in a row at any time (which may mean taking a day off the week prior to and the week immediately following a Sat/Sunday event).

SCHEDULING

Beginning with the 2023-24 season, additions to schedules **can** now be made after the Saturday of Week #28. (Prior to the 2023-24 season Week #28 had been the deadline date for being able to schedule new competitions due to teams trying to add events to assist with the past 50% rule, which is no longer in effect).

DUAL MEETS

Double-Dual Meet: Three (or more) teams compete, with at least one team wrestling a dual meet against two of the other teams at the same site. Each individual is charged 1 point for each match wrestled toward the maximum number of points permitted.

Triangular Meet: Three teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged 1 point for each match wrestled toward the maximum number of points permitted.

Quadrangular Meet: Four teams compete, with each team wrestling a dual meet against each of the other three teams at the same site. Each individual is charged 1 point for each match wrestled toward their maximum number of points permitted.

MULTI TEAM MEETS

To be considered a Multi Team Meet, at Least 3 teams must be represented and at least a total of 20 wrestlers must participate in the event.

Wrestlers are matched by their weigh-in weights and are allowed to wrestle up to 3 times. Wrestlers could compete at their weigh-in weight or go up one weight class from the weigh-in weight to get additional matches.

There is no limit to the number of Multi-meets an Individual can participate in (so long as they do not exceed their 20-point maximum).

No team scoring is kept. No awards are given out.

No additional pounds shall be granted for multi-meets for back-to back contests, as they are not a team event. No additional pound is granted for the Multi-meet if a wrestler in the meet competed the day prior, and no additional pound is granted for a contest the day after a Multi-meet if a wrestler had competed in the Multi-meet the day prior. (Note an extra pound for multi-meets can only be granted when a competition is postponed for one calendar day for reasons beyond the control of the participating school(s) or if one teams practice (the day before a competition) is cancelled due to school policy.

Each individual is charged 2 points towards the maximum number of points permitted (if the wrestler wrestled either 2 or 3 times) and 1 point if they only wrestled one time. As Multi Team Meets are not a dual meet or a tournament, then if a bout sheet has been prepared and sent to the head table and one of the wrestler's decide they do not want to compete, no result should be recorded if no bout takes place. It is recommended that unless a wrestler becomes injured or time becomes a factor, they should honor the agreement to wrestle all bouts that are scheduled. In a multi meet format, athletes from the same school cannot wrestle each other. (If they wanted to wrestle an exhibition match, they could but the result would not count as a match, would not count on the W/L record and could not be entered as a result into Track Wrestling).

MULTI TEAM MEETS (continued)

Teams may not cancel dual meets scheduled by their leagues and change them to Multi Team meets without consent of the Athletic Directors of both schools.

A Multi Team meet does **not** count as a tournament.

Note: A Multi Team meet can be held on the same day as another Varsity meet at the same site. Example: Required Varsity League meet only has 3 matches contested, so a Multi Team meet is scheduled to follow it. **Points:** Any wrestler who wrestled in the Varsity League Meet is charged 1 point. If any of those same wrestlers then compete in the Multi Team event, they are charged additional points (as per Multi Meet points listed above).

INDIVIDUAL TOURNAMENTS

Each individual is charged 2 points toward the maximum number of points permitted. Each of the formats listed below count as one of the six allowed tournaments.

If multiple entries are permitted in the following types of tournaments the tournament director must declare how the tournament will be scored: that either all individuals will be scored, the highest placer will be scored, each team will indicate who their scoring wrestler will be or that team scores will not be tallied.

Bracketed Individual Tournament: Individuals are placed in a bracket, with the winners advancing to a championship and losers competing in a wrestleback consolation bracket to determine individual placement.

Pooled Individual Tournament: Wrestlers are placed in pools. Each wrestler competes against every other wrestler in their pool, to determine the rank of the individuals in each pool. Individuals from each pool wrestle against the same-ranked individuals from the other pool to determine final individual placement.

Round-Robin Individual Tournament: Each individual wrestles against every other individual in the weight class. Individual placements may be determined by win/loss record, or by a predetermined tie breaking criterion.

(If there are only 2 wrestlers entered at a weight class, they allowed to wrestle best 2 out of 3 and record all matches wrestled in Track). **(No contestant shall wrestle in more than 10 matches in a 2-consecutive day period)**

Combined Individual Tournament: Tournament directors have the option of combining any of the above formats. Each weight class in the tournament could be contested differently. **(No contestant shall wrestle in more than 10 matches in a 2-consecutive day period)**

Team Scoring: When either a Pooled Individual, Round-Robin Individual or Combined Individual format is conducted, team scoring shall not include advancement points (only place points and bonus points shall be calculated at each weight class).

DUAL MEET TOURNAMENTS

Each individual is charged 2 points toward the maximum number of points permitted. Once a wrestler competes in one bout of a dual meet tournament they are charged 2 points, even if they only wrestle once.

Each of the formats listed below count as one of the six allowed tournaments.

A Maximum of 2 two-day dual meet tournaments for the individual is permitted.

Bracketed Dual Meet Tournament: Teams are placed in a bracket, with the winning teams advancing to a championship. Losing teams may compete in a consolation bracket to determine team placement.

Pooled Dual Meet Tournament: Teams are placed in pools. Teams compete in dual meet competition against every team in their pool, to determine the rank of teams in each pool. Teams from each pool wrestle against the same-ranked team(s) from the other pool(s) to determine team placement.

Round-Robin Dual Meet Tournament: Each team wrestles a dual meet against all the other teams in the tournament, not to exceed 6 bouts per day. Team placements may be determined by win/loss record, or by a predetermined tie breaking criterion. **(No contestant shall wrestle in more than 10 matches in a 2-consecutive day period)**

Entering an A and B team in a Varsity Dual Meet Tournament:

School's may enter an "A" and "B" team in a dual meet tournament but wins and losses earned by the "B" team should not be counted on the school's overall dual meet record. Individual wins and losses from participants of the "B" team should all be recorded in Track as Varsity matches.

In the event that a dual meet tournament ends up with only 3 teams (due to last minute cancellations), the event can be wrestled as a Triangular meet. Each contestant will be charged one point for each match wrestled. The event will no longer count as one of the six allotted tournaments.

NOTE: Any school wishing to conduct a tournament with a unique format (not listed here) shall apply to the NYS Wrestling Committee prior to their fall meeting for approval. The Wrestling Committee must receive NYSPHSAA Executive Committee approval for the format to be used in the upcoming season.

WEIGH – IN PROCEDURES

WEIGH IN ATTIRE: NFHS RULE 4-5-7 (May 2020): a legal uniform shall be worn during weigh-in and no additional weight allowance be granted for it. Shoes and ear guards are prohibited from being worn during weigh-in 4-1-1c: female wrestlers are permitted to wear a form-fitted compression shirt that completely covers their breasts in addition to a one-piece singlet and a suitable undergarment. With the institution of the legal uniform (one-piece singlet or two-piece), male and female wrestlers are now able to weigh-in together in the same lineup, allowing gender-specific language to be removed from previous rules. Additionally, the form-fitted compression shirt offers females a more suitable uniform for post-weigh-in skin checks, which are typically done by male officials. No sweatpants are allowed. Underwear only is not allowed.

Weighing in naked is not allowed. If a wrestler is found to have weighed-in without following the approved weigh-in clothing as listed above, the weigh-in shall be declared an illegal weigh-in.

Penalty shall be that the wrestler(s) involved would be ineligible participants.

HONOR WEIGH INS

Beginning with the 2023-24 season, Honor Weigh-ins will no longer be used.

THE 1.5% RULE:

Beginning with the 2023-24 season, NYS will follow the 1.5% weight loss method where no wrestler can lose more than 1.5% of their body weight in a given week. Once certified, Track wrestling will still assign each wrestler a MWW (Minimum Weight). As in the past no wrestler may ever compete at a weight lower than their MWW. Beginning in 2023-24, Track will also produce a WLP (Weight Loss Plan) for each wrestler. The WLP will start with the weight the wrestler actually weighed on certification day and then calculate the lowest weight they can wrestle at on a weekly basis using the 1.5% method. Every time a wrestler's weigh-in weight is entered into Track, the WLP will recalculate (if needed) and adjust the amount of time it may take for the wrestler to reach their MWW weight. Each weigh-in sheet will show each wrestler's **EWC (Eligible Weight Class)**, which will be the lowest weight class the wrestler can compete at for that competition. At no time can a wrestler compete at a weight class lower than the one shown on the weigh in sheet (as the EWC) for each specific event (even if they actually weigh less than the weight shown). **If a wrestler competes at a weight class lower than the one listed on the events weigh in sheet, they shall be deemed an ineligible wrestler for that contest and the penalties for an ineligible wrestler will be enforced. When a weight class shows up in red on the wrestlers WLP (Weight loss plan) it means they were not eligible to compete at that weight. COACHES MUST REPORT ALL WEIGHTS SHOWING IN RED TO THEIR SECTIONAL CHAIRMEN IMMEDIATELY if the wrestler competed in an ineligible weight class.**

Example: A wrestler's MWW is 140 but their WLP (Weight Loss Plan) shows they cannot compete at 140 until January 24.

The wrestler weighs 139 for a competition on January 22.

The weigh in form will show the wrestler's EWC (Eligible Weight Class) as **144/150**. Even though the wrestler weighs lower than their MWW, they cannot compete at 140 until January 24 and they must compete at **144** until January 24.

The EWC will show the lowest weight they can compete at for the day of the competition (144) as well as the next weight class up (**152**: as wrestlers are allowed to go up one weight class).

Note: However, this wrestler would not be allowed to wrestle at **152**, because they would have to weigh in excess of 140 (the minimum weight).

If they only weigh 139, they are below that minimum weight and, in this example, could only wrestle at **144** on January 22.

WEIGH INS:

Beginning with the 2023-24 Season: All weigh in forms for dual meets must be printed from Track. All dual meet weigh ins will be matside. If needed, the home school should afford their opponent every opportunity to generate a weigh-in form on site. **If a coach shows up at the matside weigh in without the Track wrestling weigh in form, the weigh in and the dual meet cannot take place and they must forfeit the dual meet.** If the dual meet is forfeited, the team who won by forfeit (and had the weigh in form) must officially weigh in and record the weigh in into Track (so as to be able to have the weigh in data entered into each wrestler's WLP).

Wrestlers may check weights prior to weigh ins. Once the first wrestler of the first weight class steps on the scale, weigh ins have begun. **Anyone who steps on the scale during the weigh in period must have their weight recorded in Track (even if they do not wrestle).** If they are over, they can come back and re-weigh and the lowest of their weights shall be the one to be entered into Track.

FLATLINE DATE:

The flatline date for NYS will be **Saturday 2/7/26** (the first day of postseason competition for NYSPHSAA schools). As of the flatline date, the MWC shown on the flatline date shall be final. **Note: Some Sections begin post-season events the week after the flatline date. Should events (ex: make-up duals) be contested between the flatline date and the first day of their postseason event, the weights for these events should NOT be entered into Track, so that WLP does not recalculate based on these weigh-ins.** The MWC shown on the flatline date is final.

DNP: (DID NOT PARTICIPATE IN WEIGH IN):

The DNP box on the weigh in sheet is to be checked off when a wrestler was added to a weigh in sheet but did not show up for the weigh in.

It should be noted that DNP does **NOT** mean: Did Not Participate in the event. It means the wrestler Did Not Participate in the weigh in.

Any time a wrestler weighs in for a competition, the weigh in must be recorded on the weigh in sheet and entered into Track (even if they do not wrestle).

WEIGH INS: DUAL MEETS

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS:

Contestants shall weigh in at the dual meet site wearing a legal uniform and a suitable undergarment Contestants shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour and a minimum of half an hour before the time a dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, the 30-minute weigh in period for the second meet may, by mutual consent, precede the preliminary meet. The weigh in period shall extend no longer than 30 minutes and shall be conducted at the dual meet site.

The referee or other authorized person shall supervise the weigh ins.

Suggested procedure: The coaches will use a random draw method to determine the starting weight class. (Example: Use a 3x5 card for each weight class, shuffle and pick one). Once the starting weight is drawn, the first wrestlers to weigh-in will be the ones participating in the starting weight class. Example: 285 is drawn as the starting weight.

Weigh in order will be: 285, 103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215.

WEIGH INS: TOURNAMENTS

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS: Contestants shall weigh in at the tournament site wearing a legal uniform and a suitable undergarment a maximum of two hours and a minimum of half hour before the first session. The tournament manager shall establish the weigh in time within the maximum and minimum time period. Weigh ins for the second day of a tournament must be conducted on the second day, following the same time limits as the first day. Weigh ins at the conclusion of the first day are not allowed. .

For an **individual** tournament: The weigh in on day one locks a wrestler into a weight class. (A wrestler must weigh-in on Day 1 to be able to wrestle on Day 2). A wrestler who does not make weight on Day 2, may not move up to the next weight class, and is scratched from the tournament.

When a **dual meet tournament** lasts 2 days, the weigh in will be treated the same as a regular tournament. The weigh in on day one locks a wrestler into a weight class. (Therefore, a wrestler must weigh-in on Day 1 to be able to wrestle on Day 2). A wrestler who does not make weight on day two, may not move up to the next weight class, and is scratched from the tournament

Note: Since one day of rest is required between contests a wrestler cannot be pulled from a 2-day contest to enter a separate contest on the second day (even if the wrestler was eliminated on the first day of the 2-day contest). Example: If a team has a 2-day tournament and a dual meet scheduled on the same day as the second day of the 2-day tournament, a wrestler cannot be pulled from Day 2 of the 2-day tournament to wrestle in the dual meet on the second day as they will not have a day of rest between the two contests.

Weigh in's for the 2nd day of a tournament DO NOT have to be entered into TRACK.

All wrestlers must make the minimum weight on both days of a 2-day tournament.

Example: At a December tournament a wrestler weighs 138.5. They do not make weight for 138 so they must compete at either 144 or 150. It is decided they will enter the tournament at 150. The 1-pound weight allowance is granted for day 2. If the wrestler were to weigh in at 138.5 again, they would not be eligible for 150. They would have to weigh in excess of $138+1=139$ on day 2 to wrestle at $150+1=151$.

Beginning with the 2023-24 Season: Weigh in forms for tournaments can either be printed from Track or can be designed by the tournament administrator. **Coaches should bring the Track weigh in sheets with them to the tournament for verification of allowed minimum weight classes. If they do not have the Track weigh in sheet, they cannot participate in the tournament.**

Coaches must collect the original copy of the tournament weigh-in sheet (signed by the tournament director-or their designee) before leaving the tournament so that they can enter the tournament weigh in weights into Track once weigh ins are concluded.

OPEN WEIGH IN's:

An "OPEN WEIGH IN" is a weigh in that took place but was not yet entered into Track.

ONE "OPEN WEIGH IN" SHALL BE ALLOWED:

NYSPHSAA will allow only one "Open Weigh In" in Track. If there are more than one "Open Weigh Ins", Track will not allow the wrestler (or wrestlers) with more than one "Open Weigh In" to be added to any future weigh in forms, until the "Open Weigh Ins" are entered. If Track is prohibiting a coach from adding a wrestler(s) to a weigh in form it is probably because more than one "Open Weigh In" is still outstanding. Coaches should consult the current year's **TrackWrestling-DataEntry** manual for specific details on how to fix outstanding "Open Weigh Ins".

Example: A team has a dual meet on Wednesday and Thursday, a tournament on Saturday and a dual meet the next Tuesday. The coach does not have time to enter Wednesday weigh ins into Track prior to printing the Thursday dual meet weigh in form. The Wednesday weigh in shall be considered an "Open Weigh In". Since one "Open Weigh-In is allowed, Track will allow the coach to print Thursday's weigh in form.

Continuing the same example: If the coach does not enter the Thursday weigh in either. The team now has 2 "Open Weigh Ins" (one for the Wednesday dual and one for the Thursday dual). Track will now prohibit the coach from printing the weigh in form for the Saturday tournament. As only one open weigh in is allowed, Tuesday's form can be printed so long as the prior Wednesday and Thursday weigh ins are entered. The Saturday tournament weigh-in would not have to be entered yet as that would now be the one allowed outstanding Weigh in.

LEAVING AN "OPEN WEIGH-IN" COULD RESULT IN AN INELIGIBLE

WRESTLER: Example: Team has a dual on Tuesday & Wednesday and a tournament Saturday. A wrestler who has been competing at 140 all year has been consistently weighing in below 140 as their WLP states they can compete at 134 for the first time on Wednesday. The coach does NOT enter the Tuesday weigh-in but is allowed to print the Wednesday weigh-in sheet (as they are allowed 1 open weigh in). The wrestler weighs in and competes at 134 for first time on Wednesday. When the coach goes back to enter the Tuesday weigh in (so the wrestler can compete in Saturday's tournament), the weight the wrestler actually weighed on Tues (ex 136) is now entered. It turns out, that the wrestlers WLP would show they needed to weigh 135 on Tuesday to be eligible to go 134 on Wednesday. So had the weigh in been entered before the Wednesday weigh in sheet was printed, this would have been known. But because the coach delayed in entering the open weigh in, it turns out the wrestler was now **ineligible** for 134 on Wednesday and was **an ineligible wrestler for that match**. Wednesday's WLP will now show the Wednesday weigh-in weight in red. Because the coach left an open weigh in, this was not known until after the fact, so the wrestler now takes a loss by forfeit and the team forfeits the Wednesday dual meet.

MINIMUM WEIGHTS

Minimum weights are only required for Athletic Placement Process (APP) wrestlers. A wrestler must weigh **in excess of 95 for the 103 lb weight class, 100 for 110, 180 for 215, and 210 for 285.** These minimum weights do not increase when the 12/25 Growth Allowances take place. Minimum Weights **MUST** be met and **RECORDED** at the matside weigh in. Students in grades 9th through 12th do not have to make minimum weights in the weight classes in which NYSPHSAA has specified minimum weights.

In a situation where a 7th/8th grader is 15 years old as of July 1st then they meet eligibility for high school and therefore do not have to make the minimum weights listed above. To avoid confusion at weigh ins, as they will be listed as a 7th/8th grader on the weigh in sheet but do not have to make minimum weights in the weight classes in which NYSPHSAA has specified minimum weights, the coach should present the **NYSPHSAA Wrestling Minimum Weight Waiver Form** as proof.

ADDITIONAL POUNDS

Under no circumstances may coaches or school administrators agree to grant an extra pound(s), with the following exceptions:

- a. A 1 lb allowance is granted when an individual from a school has back-to-back competitions. (In tournament situations: if just one individual from a team in the tournament has back-to-back competitions, then all teams in the tournament get the extra pound. 48 hours' notice is required to get the extra pound).
NHSF-Rule 4-5-5.

- b. A 1 lb allowance is granted when a competition is postponed for one calendar day for reasons beyond the control of the participating school(s) or if one teams practice (the day before a competition) is cancelled due to school policy. (Example: Superintendent cancels after school activities due to weather). In these situations, the other school should be made aware of the extra pound as soon as the first school learns of the cancellation, 48 hours' notice is not required.

Suggestion: The day prior to a dual meet, all coaches should check the status of "After school activities" for their next day opponent's school (on the radio or internet) to keep this situation from occurring. If they learn their opponent is leaving school, they should contact their opponent to confirm the extra pound(s) and not necessarily wait for their opponent to contact them.

In the case of a tournament: A tournament director grants all the teams in the tournament an extra pound because one of the individuals from a team entered is wrestling a dual the day before the tournament. The dual the day before the tournament is cancelled (bad weather, etc), or the team that enabled the other teams to get the extra pound is told by their administration that they are no longer allowed to attend. All teams in the tournament still get the extra pound. NFHS-Rule 4-5-5. So long as all the teams were given the 48 hours' notice of the extra pound, the extra pound cannot be taken away.

ADDITIONAL POUNDS (continued)

Note: A school being closed for budget concerns does not give the teams an additional pound. The following examples do not allow for extra pounds: Most schools do not wrestle Monday dual meets as most schools are not allowed access to their buildings to practice on Sundays. No additional pounds are allowed for Monday dual meets. The same holds for a school not being able to practice on a Holiday Monday for a Tuesday dual meet. No additional pound is allowed.

Note: **Merged Teams-Additional Pounds-**

If all of the merged schools are not allowed to practice the extra pound will be allowed. If any of the merged schools are allowed to practice, no extra pound will be granted.

- c. The **maximum allowance** to be granted is 2 lbs. (not including the growth allowance). A third consecutive day of completion would grant this 2 lb allowance to the schools involved. A fourth and fifth consecutive day would require the 2 lb allowance to carryover. **The allowance would never go to 3 lbs over (not including the growth allowance).**

Example: After December 25 the 2 lb growth allowance is in effect.

Dual Meet Tuesday: $138+2=140$ lbs.,

Dual Meet Wednesday: $140+1=141$ lbs.,

Dual Meet Thursday: $141+1=142$ lbs.,

Tournament Friday: All teams in the tournament at $138+2+1+1=142$ lbs.,

2nd day of Tournament on Saturday: 142 lbs. Since the maximum allowance is +2; that would mean NO EXTRA POUND for a second day of a 2-day tournament (if the tournament began on Friday with +2). The +2 would carry over from the first day. NFHS-Rule 4-5-5

- d. Weight allowances could allow a wrestler to go down to a weight class they aren't normally eligible for: (typically when +4 is in effect)

When a wrestler's certified weight is in-between the Growth Allowance Weight and the weight class being contested that day (due to additional pounds), and their actual weight is greater than their certified weight, they are permitted to go down one weight class from their normal weight as they have certified at a weight and not a weight class.

Example: Wrestler is **certified at 142** (they normally cannot wrestle at 138)

They have been wrestling at $144+2=146$ most of the time, but in this case:

January Dual Meet Wednesday: $138+2=140$ lbs. -must go at **146**

January Dual Meet Thursday: $138+2+1=141$ lbs. -must go at **146**

Tournament-Day 1-Friday: $138+2+2=142$ lbs

Wrestler actually weighs 142 on Friday.

As they actually weigh 142.0 (which is NOT lower than their certified weight of 142, they can compete at the 138 lb class due to the additional pounds being allowed (ASSUMING THEIR WLP ALLOWS THEM TO BE AT THAT WEIGHT ON THAT DAY). Or they can go up one weight class to $144+4=148$

Tournament-Day 2 Saturday: $138+2+2=142$ (max +4 has been granted)

Note, if they move up to 148 on Friday, for the Saturday weigh in they cannot weigh in below $138+2+2=142$ pounds.

They cannot move up to $150+4=154$ as that would be going up two weight classes from where they weighed in at

ADDITIONAL POUNDS (continued)

Back to back matches (example):

Tuesday: Regularly scheduled Dual Meet Team A vs Team B: +0 for the dual meet.

Wednesday: Regularly scheduled Dual Meet Team A vs Team C: +1 for the dual meet.

Thursday: Regularly scheduled Dual Meet: Team C vs Team D: +2 for the dual meet.

Back to back tournaments

Back to back tournaments are allowed. A minimum of one-night rest is required between tournaments.

However: A tournament ends the day it's finals are contested (not the day a wrestler is eliminated from it).

Example: If a wrestler is entered in a 2-day tournament on Friday and Saturday and is eliminated from it on Friday, they cannot compete in another tournament on Saturday. The original tournament finals were held on Saturday, so one night's rest (Saturday) is required before the next tournament can be entered.

Varsity Events following JV events (and vice-versa): Varsity and JV events are to be treated as separate entities with respect to allowing additional pounds. Example: If a wrestler participates in a JV tournament on a Friday, then a Varsity dual meet on Saturday, there should be no extra pound allowed for Saturday's Varsity event.

A minimum of one night's rest is required between tournaments. Tournament directors need to clearly identify if the tournament is a JV or Varsity event prior to the event. Just because there may be some individual Varsity wrestlers entered in a JV event, it should not be labeled as A Varsity event so as to take advantage of getting an extra pound the next day, or for inflating W-L Varsity records for post-season. If it is a JV event, it should be labeled as such.

Post-season wrestling tournaments: (namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition and Sectional dual meet tournaments that are qualifiers for the NYS Dual Meet Championship) **do not allow for the extra pound** on the first day (if a team happened to wrestle the day before). If the post season tournament is a two-day event, the extra pound will be given for the second day. Example: First day must be 144+2=146 lbs (can never start at 147 lbs), Second day would be 146+1=147 lbs (can never be 148 lbs.)

Beginning in 2018-19-When a Class or Sectional tournament is postponed one calendar day for reasons beyond the control of the participating school(s), or if one team's practice is cancelled the day before the tournament due to school policy, the rule for an additional pound will apply. **(A maximum of 1 additional pound would be granted).**

The additional pound is not granted for back-to-back events.

Note: In the event a Section has multiple tournaments by Class, only the classes where a school cancelled will receive the additional pound.

Example: A Section hosts a Class A, B, and C tournament. One school in Class A and one school in Class B have after school activities cancelled the day prior to the Class Tournament. All teams in the Class A and B tournaments will be granted the additional pound, but NO school in Class C will be granted the pound (as none of their schools cancelled the day prior).

50% RULE

Beginning with the 2023-24 season, the 50% Rule will no longer be in effect.

PROCEDURE FOR WEIGH INS WHEN:

1. **A wrestler is declared ineligible by a referee because of a skin condition.**
When a referee determines that a wrestler is ineligible to participate due skin issue, the official and the coach will notify the opposing coach prior to the start of the dual meet and the name of the wrestler shall be crossed off the team's weigh in sheet. The ineligible wrestler shall not participate in the warm ups or introductions

Suggestion: For a wrestler to be eligible to wrestle JV or Varsity, they must be skin checked by either the JV or Varsity official. If they are not checked off on the weigh-in sheet, they would be declared an ineligible wrestler.

For sections that wrestle JV prior to Varsity (where a separate JV ref is being used), the coach shall be required to make two separate copies of the weigh-in sheet (one for the JV ref's pre-meet check, and one for the Varsity ref's pre-meet check). When the pre-meet meeting is concluded, both sheets should be sent to the scorer's table. So long as a wrestler was checked off by the JV ref, they are eligible to wrestle in the Varsity meet. They do not have to be checked by both the JV and Varsity official. All officials should indicate on the weigh-in sheets any wrestler that had a proper skin form that was accepted.

2. **Two duals are allowed on the same day at different sites due to end of season make up's.**
Permission from the Sectional Chairman must be granted. Wrestling two duals on the same day by permission is limited to two times per season.

Team A wrestles vs Team B.

Team A then travels to Team C for the second match.

Team A does not have to re-weigh, they must just provide the weigh in sheet from the first dual meet. Team C weighs in one hour prior to scheduled start time (with a referee or an administrator). Team A does not have to be present.

3. **Entering a 2-day: Dual Meet Tournament:** When a dual meet tournament lasts 2 days, the weigh in will be treated the same as a regular tournament. The weigh in on day one locks the wrestler into a weight class. If the wrestler does not make weight on day two, the wrestler may not move up to the next weight class. The wrestler is scratched from the tournament.

PROCEDURE FOR WEIGH INS WHEN: (continued)

With respect to 7th/8th graders who must make a minimum weight:

On Day 1: If they weigh between 95.1 and 103.0 they lock in to the 103 lb. weight class for Day 1. If they are in excess of 100 (which is the minimum weight for 110), they could be allowed to move up to 110 for Day 1. If they are exactly 100 or below, they cannot move up to 110.

To be consistent with how the other weight classes are treated: **Assuming they were not in excess of 100 on Day 1:** If on Day 2: they now weigh 101 (between 100.1 and 104), they must remain at 104 (103+1). Even though they are now in excess of 95 for 103 and also in excess of 100 for 110, they cannot wrestle at either 104 (103+1) or 111 (110+1) and **can only wrestle at** 104 (103+1) as the weigh in on the first day was **not** in excess of 100 and that locked them into the 103 weight class for the tournament.

4. **Entering a 2-day: Individual Tournament:** When an individual tournament lasts 2 days the weight class the wrestler weighs in at, on the Track weigh in form, enables the wrestler to either wrestle at that weight or move up one weight class. Should the wrestler opt to go up one weight class, the wrestler would not have to make weight at the lower weight class shown on the weigh in sheet on the second day because they are not entered at that weight.

5. **A wrestler is overweight for a tournament weigh in:**

Individual tournament: A wrestler enters a December individual tournament at a weight class (138 lbs), gets on the scale and is overweight at 139. They do not wrestle in the tournament.

Dual meet tournament: If the wrestler in the above example was entered in a dual meet tournament, the wrestler **could** wrestle at the 144 lbs class.

The coach will decide on a meet by meet basis if the wrestler will be used. It may be possible that the wrestler does not actually compete, but since they were eligible to compete in the tournament, they must enter the weigh in into Track. They are NOT charged 2 points for the tournament because they did not compete.

6. **When Weigh in is Out of State and the NYS Weight class is not contested:**

A wrestler is entered in an out of state tournament where the NYS Weight is not contested. The wrestler weighs in at the NYS weight on the Track weigh in sheet but wrestles up at the out of state weigh class.

7. **Schools are cancelled:**

(Snow days are treated like competitions with respect to extra pounds)

Situation 1: Back to Back Duals – Snow Day – Tournament

Wednesday: Regularly scheduled Dual Meet: +0 for the dual meet.

Thursday: Regularly scheduled Dual Meet: +1 for the dual meet.

Friday: Snow Day (No school)

Saturday: Tournament: All teams get +2 allowance

PROCEDURE FOR WEIGH INS WHEN: (continued)

Schools are cancelled: (continued)

Situation 1A: Snow Day – Snow Day – Tournament

Wednesday: Regular Practice is held.

Thursday: Snow Day (No school)

Friday: Snow Day (No school)

Saturday: Tournament: All teams get +2 allowance

Situation 2: Snow Day – Dual – Tournament

Wednesday: Snow day (or schools cancelled) (Day 1),

Thursday: Teams who had school closed on Wednesday (Day 1) who have dual meets on Thursday (Day 2) will get +1 for the dual meet.

Friday: If any of the teams with the dual meets from Thursday (Day 2) then enter a tournament on Friday (Day 3): All teams in the tournament are at +2

Saturday: If the tournament is a 2-day tournament, the allowance remains at +2 (No allowance can ever exceed +2)

Situation 3: Dual – Snow Day – Tournament

Thursday: Regularly scheduled Dual Meet: +0 for the dual meet.

Friday: Snow Day (No school)

Saturday: Tournament: All teams get +2 allowance

Situation 4: Dual – Dual – Tournament Snowed Out – Tournament

Thursday: Regularly scheduled Dual Meet: +0 for the dual meet.

Friday: Regularly scheduled Dual Meet: +1 for the dual meet.

Saturday: Regularly scheduled Tournament Postponed due to weather.

Sunday: Tournament: All teams get +2 allowance

Situation 5: Dual Or Tournament – Tournament Snowed Out – Tournament

Friday: Regularly scheduled Dual Meet or Tournament: +0.

Saturday: Regularly scheduled Tournament Postponed due to weather.

Sunday: Tournament: All teams get +2 allowance

Situation 6: Tournament – Tournament – Dual – Dual

Sunday: Due to make-ups: Teams enter in a one-day Sunday tournament.

Monday: Some of the teams who wrestled on Sunday are then entered in a Monday-Holiday tournament.

All teams in the Monday tournament are at +1.

Tuesday: Many of the teams from the Monday tournament are scheduled to wrestle dual meets on Tuesday which would be at +2.

Wednesday: Some of those same schools are also scheduled to wrestle again on Wednesday. The +2 remains in effect for the Wednesday duals as you can never go above +2.

Note: If Tuesday is a snow day and all schools are closed. Teams that were in the Monday tournament and closed on Tuesday would still get the +2 for the Wednesday dual meets.

PROCEDURE FOR WEIGH INS WHEN: (continued)

Situation 7: Weekday match cancelled (due to reasons beyond school's control: weather, transportation etc),
As the matside weigh-in for both teams did not occur, the weigh-in should **not** be entered into Track.

8. Interrupted Duals:

A dual meet is interrupted due to a situation beyond either teams control (Example: a power failure).

The dual meet should be made up the next day if both schools are available. If either school has a conflict it should be made up on a date agreeable to the schools involved.

The dual meet will pick up from the end of the point of interruption. Bouts in progress will be restarted.

If the dual meet can be made up:

The weigh in sheet from the original match will continue to act as the official weigh in sheet (as it locks the wrestlers into a weight class for this competition). A new Track weigh-in sheet column should be used for the wrestlers that need to compete on the makeup day.

Normal rules for granting additional pounds shall be followed.

If the dual meet cannot be made up:

All individual results of the bouts wrestled shall be counted.

Each league can rule independently on the outcome of the dual meet.

NYS will not mandate the outcome.

Examples could be:

-The dual meet could be entered as a "No Contest" with respect to the team score regardless of the score at the time it was interrupted.

-If one team had already clinched the dual meet, the bouts yet to be wrestled will be entered as "no contests" and the team score shall be counted.

-If no team had yet to clinch the dual meet, there will be no final team dual meet score and no team winner or loser.

PROCEDURE FOR WEIGH INS WHEN: (continued)

9. Teams that do not show up for a dual meet:

Situation 1: Meet is not wrestled and **no weigh in occurs:**

In situations where a team did not show up for a dual meet, the weigh in is not conducted and the match does not occur:

The team available to wrestle the dual has one of two choices:

Choice 1: Schools involved agree to treat the meet as a “no contest”.

No team or individual records are affected. No points are charged.

Choice 2: Schools involved agree to treat the meet as a “forfeit” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected.

Situation 2: Meet is not wrestled (not due to school closing)

In situations where a team does not show up for a scheduled match (not related to school closing or transportation problems) as they just do not want to wrestle the match.

The team that was in compliance to wrestle the dual has one of two choices:

Choice 1: Schools involved agree to treat the meet as a “no contest”.

No team or individual records are affected. No points are charged.

No weigh in should be entered into Track.

Each team may reschedule another match with another team at a different date.

Choice 2: The meet will be treated as a “forfeit” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected.

No weigh in should be entered into Track

Situation 3: Meet is not wrestled (due to school closing).

In situations where a team does not show up for a scheduled match because of conditions beyond their control (weather/transportation problems):

If the meet will be rescheduled:

No weigh in should be entered into Track.

No team or individual records are affected, and no points are charged.

If the meet will **not** be rescheduled:

The meet will be treated as a “no contest”.

No weigh in should be entered into Track.

No team or individual records are affected.

PROCEDURE FOR WEIGH INS WHEN: (continued)

9. Teams that do not show up for a dual meet: (continued)

Situation 4: If the dual meet (that wasn't wrestled) was **part of a dual meet tournament** (as **one team leaves** and does not wrestle their match): The meet will be treated as a "forfeit" A win and a loss is added to each team's record. As per NFHS interpretation: Since no matches were contested no individual records would be affected. (Two points have already been charged to these individuals 20 point maximum as this was a tournament. The dual meet will be recorded as a 1-0 team score (but the TrackWrestling will show the team score to be 78-0 based on 13 weights at 6 points each).

Situation 5: If in a 2-day dual meet tournament a team does not show up for any matches on the second day, the following procedure will apply for all matches that were scheduled on the second day. Each team will earn a dual meet win by forfeit over the other team. Each team adds either a win or a loss to their team's record for every match that was scheduled. As per NFHS interpretation: Since no matches were contested no individual records would be affected.

Situation 6: No Official

Both teams do a matside weigh-in in the afternoon and set the matchups for the scorebook. The **official does NOT show up AND** the dual **CANNOT** be rescheduled.
The weigh in should be entered into Track.

TOURNAMENTS: WHEN IS A WRESTLER CONSIDERED TO BE OFFICIALLY ENTERED IN A TOURNAMENT?

NFHS Rule 4.5.6 states” a contestant representing a school in an individually bracketed tournament shall be named by weight class prior to the conclusion of the weigh in Interpretation from NFHS: Rule 10-2-1-“Failure to verify entries by a stipulated deadline or by the completion of weigh ins shall result in disqualification from the tournament. If a stipulated deadline has not been predetermined as per below, the deadline shall be the completion of weigh in’s”.

Example A: Dual Meet Tournament Weigh in

In a Dual Meet tournament wrestlers who are eligible to wrestle when the weigh ins conclude are officially entered in the tournament. (In this example, wrestlers who do not make weight can move up a weight class and still be officially entered in the tournament). A wrestler who is not eligible to weigh in for the first day of a Dual Meet Tournament is not eligible to weigh in for the second day.

Example B: Scratch at Tournament Weigh in

When an individual tournament is seeded and the brackets are set prior to the tournament and the tournament director determines that the wrestlers may not change weight classes from that class they were entered at on the day of the tournament (whether seeded or not), then if a wrestler does not make weight at the weight class they were entered at, they are scratched at the weigh in. The tournament director will determine if the spot on the bracket sheet would become a BYE or redrawn. (In this example, wrestlers who do not make weight are **not** officially entered in the tournament).

Example C: Scratch at Tournament Scratch Meeting

If the tournament director of an individual tournament announces there will an official coach’s scratch meeting after weigh ins are concluded and before the brackets are prepared, the stipulated deadline is still the conclusion of the weigh in. Wrestlers who are eligible to wrestle when the scratch meeting concludes are officially entered in the tournament. (In this example, wrestlers who do not make weight are **not** officially entered in the tournament). The wrestler who cannot compete should be entered as a Bye. The tournament director can leave the Bye where it falls or re-draw the bracket.

Example D: Bracket Changes made as teams Weigh in

If the tournament director of an individual tournament allows wrestlers to change weight classes on the day of the event and the tournament scorekeeper (or their designee(s)) is in attendance at the weigh ins to make additions and deletions to the brackets as each team weighs in, then the stipulated deadline is the conclusion of the weigh in’s. Coaches of wrestlers who do not make weight must inform the scorekeeper or designee if the wrestler is moving up to the next weight class. **If the scorekeeper is not informed, then the wrestler is scratched and not entered in the tournament.** Wrestlers who are eligible to wrestle when the weigh ins conclude are officially entered in the tournament. (In this example, wrestlers who do not make weight are **not** officially entered in the tournament).

Note: In all the above examples, the wrestler must enter their actual weight from the weigh in into Track as it will be counted towards their WLP (whether they wrestle in the tournament or not).

TOURNAMENTS: WHEN IS A WRESTLER CONSIDERED TO BE OFFICIALLY ENTERED IN A TOURNAMENT? (continued)

Process for Sectional Tournaments:

Most Sections pre-draw the brackets. If a wrestler slated to wrestle one of the Top seeds decides not to show up the seeded wrestler should not get a Bye but instead earn a forfeit. Earning a Bye could easily have an impact on the Sectional team scoring as the top seeded wrestlers could lose opportunities of getting bonus points for pins/TF etc.

Sectional Chairmen should announce prior to the start of their seeding meetings if the “no-shows” will be counted as Byes or Forfeits. If counted as forfeits:

Winner: Earns a win by forfeit over the school (but not a name of the specific opponent).

Unless the bracket is re-drawn (perhaps because the wrestler who scratched was a seeded wrestler and the seeds are being rotated): In this situation the wrestler may now get a different first round match or even a bye.

Loser: The wrestler who forfeited does not take a loss on their record as they never actually entered the tournament.

Summary of Tournament Entry:

Once a wrestler is officially entered in a tournament, if the wrestler then needs to be removed from the tournament: follow the rules for “WRESTLING FORFEITURES” (Situations 2 thru 11).

Once a wrestler is officially entered in the tournament, the tournament must count as one of their six allowed tournaments, as 2 points towards their 20 points, and the weigh in must be entered into Track.

EXTENDED INJURY TIME-CONCUSSION EVALUATION

Extended injury time will be handled in one of the following three ways:

1. Tournament designates medical personnel for the tournament (physician, physician’s assistant, certified athletic trainer, registered nurse, nurse practitioner, EMT). The athlete may be granted extended time.
Example: All teams in attendance at the tournament can use the designated trainer for extended time.
Example: Tournament does not designate a medical person, but some teams bring their own trainer(s). ONLY the teams who have a trainer can get extended time only for wrestlers belonging to their school.
2. No designated medical personnel but the school has brought their own school appointed medical personnel. The athlete may be given extended time.
Example: Home team designates their trainer as the medical personnel.
Away team did not bring a trainer.
Trainer can be used for extended time for both Home and Away teams.
Example: Home team does not have a trainer to designate.
Away team did bring a trainer.
Trainer can be used for extended time ONLY for the Away team.
3. No designated medical personnel or school appointed personnel. The athlete is not given extended time.

WRESTLING FORFEITURES

Notes: A wrestler who earns a forfeit **does not have to wait 30 minutes** before their next match. (Dec. 2010). A forfeit will no longer be counted in the count of tournament matches wrestled in a day. In an individually bracketed tournament, a wrestler can compete in a 7th bout in a day if one of the previous bouts was a forfeit.

If the forfeit was received in a dual meet tournament and an exhibition bout is set up as the 7th bout of the day, **then no additional points will be charged to wrestlers who compete in exhibition matches.**

The “no additional points will be charged” as listed above refers to wrestlers already competing in the tournament. If an “extra wrestler” is weighed in on a dual meet roster and they participate in just one exhibition match, they are charged 2 points and charged for a tournament.

Recording results: You are only allowed to record **6 non-forfeit matches** in a day as wins/losses. The wins by forfeit are the matches that should be recorded in Track and the total matches should not exceed **6 (plus the # of forfeits received)**. The additional matches (which could have been at one weight above the weigh-in weight class) should not be recorded in Track as Varsity matches for either participant. They could be entered as JV or Exhibition, but they cannot appear on the Varsity record.

The following is provided to assist administrators and coaches to appropriately deal with forfeitures. Procedures for recording W/L Records:

Dual Meet Forfeits:

Situation 1: A team has multiple wrestlers weighed in at a weight class. When it comes time to produce a wrestler for a weight class, the coach decides to forfeit the match.

Record as follows:

Winner: Earns a win by forfeit over the school (but not over any specific opponent)

Loser: There is no loser in this scenario, so no individual wrestler would take a loss on their record.

Tournament-Forfeits: Due to injury/sickness

Acceptable reasons for injury/sickness: All of the following are acceptable reasons why a wrestler may not compete due to an injury/sickness: On site trainer does not let wrestler continue, On site trainer approves wrestler to continue but the coach does not let them continue, On site trainer and coach approves wrestler to continue but wrestler does not want to continue, no on-site trainer available, coach does not let wrestler continue, and no on-site trainer available, coach approves wrestler to continue but wrestler does not want to continue.

Summary: The forfeit procedure (to follow) basically attempts to make the number of losses that a wrestler must take for withdrawing from a tournament consistent for both Individual Bracketed tournaments and Individual Round Robin tournaments. With the exceptions noted in Situations 4 and 5 (Medical Forfeits) below, a wrestler who withdraws from a tournament will normally be charged with just two losses.

WRESTLING FORFEITURES (cont.)

Tournament-Forfeits in Individual Bracketed Formats

Situation 2: A wrestler withdraws from a bracketed tournament **(but is not injured)**.

Winners over the withdrawing wrestler: Earn wins by forfeit over the school and name of the wrestler who forfeited.

Loser (the withdrawing wrestler): The wrestler who withdrew takes a loss on their record against the school and name of the opponent they forfeited to in each and every round they are still scheduled to wrestle on the bracket.

Note: Most bracketed tournaments are double elimination so in this scenario the withdrawing wrestler is taking **two losses on their record**, as it would take two losses to remove them from the official bracket.

Note: If a wrestler had advanced to a semifinal (in a tournament that places the Top 6) the wrestler would receive **three losses on their record**: One for the semi, one for the consolation semi and a third for the consolation final for 5th/6th. The reason the wrestler would take an additional loss in this example is because they are earning a place in the tournament which would require an additional round beyond the double elimination.

Not making weight on the second day of a bracketed tournament:

Loser (the wrestler who did not make weight): The wrestler who forfeited takes a loss on their record against the school and name of the opponent they forfeited to in each and every round they are still scheduled to wrestle on the bracket.

Note: They would be denied their place finish in the tournament and the team would not receive any placement points for the wrestler (but the team would earn any advancement or bonus points earned by the wrestler)-2013-14 Wrestling Casebook Manual p.66

*10.2.7.

Tournament-Individual Bracketed Formats

Seventh bout of the day (during regular season):

Situation 3: A wrestler is not allowed to compete in a consolation round match because if they wrestled their next bout, it would be their 7th match of the day which would put them over the allotted 6 bouts per day.

Record as a “no contest”:

Winner: The wrestler who is eligible to wrestle (who has not exceeded their 6 bout limit) earns the higher place and earns a win by forfeit over the school of the wrestler who forfeited (not the name of the wrestler).

Loser: The wrestler would exceed the 6 bout limit: takes the lower place.

The wrestler who forfeited does not record the match and does not receive a loss on their record against the school and name of the opponent they forfeited to.

Note: If both wrestlers are not eligible to wrestle the consolation bout the two wrestlers involved both earn the lower place. Ex: Do not add the 5th and 6th place points and split them. There is no 5th place wrestler. Each wrestler will earn the 3 points for 6th place. Neither wrestler who forfeited records the match neither receive a loss on their record.

If a seventh bout of the day is wrestled the penalty for an ineligible wrestler as described in the **NYSPHSAA handbook** (page 40) would apply. The ineligible wrestler would forfeit ALL matches wrestled in the event, and the team will lose all their team points. In addition, the violation must be reported to the Sectional Chairmen who must then report it to their Athletic Council for a determination if further action is required.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Round Robin:

Tournament-Forfeits: Following an injury default or Due to injury/sickness

Situation 4: If a wrestler loses a match by injury default and will withdraw from the tournament due to medical reasons, the coach must inform the head table (tournament administrator) that the wrestler is withdrawing from the tournament for medical reasons. This situation will now be considered a **MEDICAL FORFEIT**. (Note: MEDICAL FORFEITS were not allowed in NYS prior to the 2023-24 season). **MEDICAL FORFEITS do NOT count against the wrestlers won/loss record.**

To be recorded as follows:

Winners over the injured wrestler: Earn wins by MEDICAL FORFEIT over the school and name of the wrestler who forfeited.

Loser (the injured wrestler): The wrestler who is forfeiting must record **all remaining matches** as MEDICAL FORFEITS but will not receive losses on their record against the school and name of the opponent they forfeited to.

Tournament-Individual Round Robin:

Tournament-Forfeits: Re-Entering a Tournament (after a Forfeits due to injury)

Situation 5: Due to the nature of the injury or sickness a wrestler may forfeit a round of a tournament but return in a later round if they are feeling better. The coach should inform the Head Table when they originally scratch that there is a possibility that the wrestler may return in a later round and therefore the wrestler should not be removed from the round-robin bracket. In this situation, bouts that the wrestler does not compete in shall be recorded as losses by forfeit (not MEDICAL FORFEITS) and the losses will be entered on their won/loss records. If they then return to the tournament in a later round and get injured again, after recording the result of that match, the coach must now inform the head table (tournament administrator) that the wrestler is permanently withdrawing from the tournament for medical reasons. All bouts to be wrestled after this point shall be considered MEDICAL FORFEITS and will follow the procedures listed in Situation #4 above.

Reason for the rule: is to not give a wrestler the option of “saying they are injured” and being able to take a Medical Forfeit so as not having to record a loss on their record, but then return to the tournament in the next round.

Example: A coach informs the head table his wrestler is not able to compete in the next round but is hopeful that they can return the following round. If the wrestler is able to compete in the following round, the current round that they missed must be recorded as a loss by forfeit (**not** a medical forfeit as they did not withdraw permanently from the tournament). However: if it turns out the wrestler was not able to recover and was not able to participate in the following round either, then the coach should go back to the head table and inform them that the wrestler is now permanently scratching from the event. In the situation, since they never wrestled another match after their injury and they were permanently removed from the event, the current round and the following round can now **both** be entered as MEDICAL FORFEITS and no losses will appear on the W/L record.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Round Robin

Tournaments-Forfeit due to not wrestling on a 2nd Day:

Situation 6: A wrestler who advanced on a bracket to the second day of a round robin tournament does not show up, does not make weight, or is sick or injured on Day #2.

Although they never take the mat:

Record as follows:

Winners over the wrestler who is withdrawing: Earn a wins by forfeit over the school and the name of the wrestler who withdrew.

Loser (the wrestler who withdrew): The wrestler who withdrew takes a loss on their record against the school and name of the opponent they forfeited to in the next two rounds they were scheduled to wrestle. They do not have to record any additional losses in any remaining rounds.

Note: To stay consistent with recording forfeit losses in a bracketed tournament the injured wrestler is taking two losses on their record, for the next two scheduled matches only.

Tournament-Individual Round Robin:

Weight Class is short entries

Situation 7: In a round robin pooled tournament a weight class is short one or more entry(s) due to a team(s) not having a representative(s) at that weight class. The missing entries become BYES and not forfeits.

Record as follows:

Winner: Earns a Bye in each round they were scheduled to wrestle a school without an entry.

Loser: There is no loser as no wrestler was entered in the weight class.

Tournament-Individual Round Robin:

JV wrestler inserted as a forfeit

Situation 8: In a round robin pooled tournament a weight class is short an entry due to a team not having a representative at that weight class. Another team enters a “JV” or “extra” Varsity wrestler in the weight to fill the bye. But this wrestler never actually wrestles; they are entered but will forfeit all of their matches.

Record as follows:

Winner: Earns a win by forfeit over the school and the name of the “extra” wrestler who forfeited.

Loser: The “extra” wrestler who forfeits each round takes a loss on their record against the school and name of the opponent they forfeited to for the first two rounds only. This “extra” wrestler must count the tournament as one of their 6 tournaments, and it will cost them 2 points towards their 20 point maximum and they will take two losses on their record.

WRESTLING FORFEITURES (cont.)

Tournament-Flagrant Misconduct Removal:

Situation 9: A wrestler is removed from a tournament for Flagrant Misconduct. The deduction of team points is three plus all points earned in the tournament by that wrestler. With respect to won/loss records: Even though team points and points earned from that individual are being deducted because of the flagrant misconduct, the previous matches still count because the bracket does not change.

Record as follows:

Winner by DQ: Flagrant Misconduct: Earns a win by DQ over the school and the name of the wrestler who was just disqualified.

Loser by DQ: Flagrant Misconduct: The disqualified wrestler takes a loss against the school and name of the wrestler they were wrestling at the time of the DQ. All wins and losses earned in the tournament prior to being disqualified are not erased and count on their won/loss record. Any other wrestlers who faced the disqualified wrestler prior to them being disqualified will have the wins and losses stand.

Example: If there is an 8-person bracket and Wrestler A won their quarter and semifinal match they would be 2-0 going into the finals match. The two matches are completed and the results count with respect to win-loss records. If the flagrant misconduct happens during the finals, it would be a loss for Wrestler A and a win for Wrestler B. Scoring: Deduct three team points and remove all previous team points earned in the tournament by Wrestler A.

Note: In cases where the wrestler who was DQ'd for flagrant misconduct still had scheduled matches to wrestle, the disqualified wrestler takes additional losses by forfeit against the school and name of the wrestler they were still scheduled to wrestle. The wrestlers they were still scheduled to wrestle earn wins by forfeit over the name and school of the wrestler DQ'd for flagrant misconduct.

Note: To be consistent, if the wrestler DQ'd for flagrant misconduct still had scheduled matches to wrestle in an **Individual Round Robin tournament**, then they would only take **two losses by forfeit** for the next two rounds they were scheduled to wrestle.

Tournament-Withdrawal by School Administration

Situation 10: Reason for withdrawal is not the fault of the wrestlers

An entire school is withdrawn by their school administration (could either be forced to leave a tournament early or to not be able to return at all for a second day). Some possible reasons for withdrawal by school administration could be for weather conditions or if a team with only one coach, has an injured wrestler who must go to the hospital and the coach is required to go with him, thus leaving no one else to coach the team.

Record as follows:

Winners: Earn wins by forfeit over the school of the wrestler who forfeited (not the name of the wrestler).

Losers (team that left): The wrestlers who forfeited do not record the matches and do not receive losses on their record against the school or names of the opponent they forfeited to.

WRESTLING FORFEITURES (cont.)

Reason for withdrawal is not the fault of the wrestlers-2 Day Dual Tournament

School administration does not allow a team to enter Day 1 of a Two-day Dual meet tournament. Assuming the School administration allows, the team can be entered for the second day.

The tournament will count as one of the two allowed 2-Day event tournaments.

They will be allowed the +1 weight allowance that the other teams are being granted and the Day 2 weigh-in will be entered into Track.

To be consistent with page 27:

Teams that do not show up for a dual meet: Situations 4 and 5:

For all duals the team was scheduled to wrestle on Day 1, each meet will be treated as a “forfeit” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected. The dual meet will be recorded as a 1-0 team score (but the TrackWrestling will show the team score to be 78-0 based on 13 weights at 6 points each).

When the team rejoins the tournament on Day 2 they will continue with their original spot on the bracket sheet, pool, or round robin.

Note- The team that could not attend Day 1 has the right to decide not to go on Day 2 (even if allowed) if they do not want it to count as one of their 2-Day contests.

Note: A team cannot join a 2-Day tournament on the second day, if they were not originally scheduled to be a participant in the tournament.

Forfeits effect on seeding:

With respect to seeding: Regular Forfeits and Medical Forfeits are treated the same.

Wins and losses by forfeit count for seeding but wins and losses by forfeit do NOT count as head to head wins. However, a wrestler who wins by forfeit will earn any available Seeding Competition Points for the win. (The logic is that there should be some type of penalty to keep wrestlers from not wrestling).

PENALTIES

PENALTIES FOR EXCEEDING MAXIMUM NUMBER OF POINTS or MAXIMUM NUMBER OF TOURNAMENTS:

If an individual exceeds the maximum points permitted or maximum # of tournaments allowed (as explained on Page 9) they are an ineligible wrestler. If the points were exceeded in a dual meet competition, the team will forfeit the match, the individual will lose by forfeit, but the individual performances of all the other matches would stand. If the individual exceeds the maximum points in a tournament competition or competes in too many tournaments, the team will earn zero team points, the individual will lose all matches competed in by forfeit, but the individual performances of all the other matches would stand.

Penalty: **Either** the Wrestler is ineligible for the rest of the year, **or** the school can allow the wrestler to continue with rest of the season, but the coach **must be** suspended from all future participation with the team for the rest of the year.

If the section allows the wrestler to participate, they will still be allowed to earn power points if they become the Sectional champ and place at the NYS tournament.

PENALTIES FOR ALLOWING UNAUTHORIZED ADDITIONAL POUNDS:

Should a Sectional Chairman become aware of two teams allowing an extra weight allowance for any other reason, not specifically covered by the Additional Pound section above the following procedures will apply:

Dual Meet: The teams will both forfeit the dual meet. The weigh in sheet will be used to determine which individual wrestlers receive forfeit wins and losses. Each individual wrestler who accepted the extra pound will receive a loss on their individual records. Any individual wrestler who did not take the unauthorized extra pound will not be penalized and their individual match performance will stand.

Tournament: If a tournament allowed an unauthorized additional pound, all teams who had at least one wrestler accept the unauthorized pound will receive a team score of zero. The tournament weigh in sheets will determine which wrestlers accepted the unauthorized pound and their matches will be forfeited.

PENALTIES FOR INELIGIBLE WEIGHT CLASS

After a dual is wrestled, it is found out that a team used a wrestler at a weight lower than his/her certified weight (or at a weight above the State minimum weight: (Example: 8th grade 85 pounder wrestles at 99 and does not meet the 91 pound minimum), the team forfeits the dual meet and the wrestler takes a loss on his/her record. The won/loss records of the other wrestlers who wrestled in the dual meet are not affected and the results of their individual bouts stand. (NYSPHSAA Handbook-Penalties). If the ineligible wrestler was competing in a Dual Meet tournament, the team would forfeit all Dual meets that the ineligible wrestler participated in. The ineligible wrestler would take losses for every bout they wrestled that day which could result in a maximum penalty of going 0-5 if they had 5 matches.

If, while a dual meet is in progress, it is discovered that an ineligible wrestler has competed, the dual meet becomes a forfeit. However, the meet will be wrestled to its conclusion so that the win/loss records of the other wrestlers who competed in the dual meet are not affected. As penalty corrections only involve bookkeeping, there is no time limit for identifying them.

PENALTIES FOR NOT HAVING A TRACK WEIGH IN FORM AT THE MATSIDE WEIGH IN FOR A DUAL MEET:

The team without the weigh in form must forfeit the dual meet.

PENALTIES FOR CHEATING ON HYDRATION TESTING:

A wrestler is found to have cheated on the hydration test: **The wrestler would still need to certify within 3 days of the day they were caught cheating. The wrestler can't compete until Jan 1 and will be ineligible for post-season events (sectional and NYS dual meet tournaments).**

SECTIONAL COMPETITION

ELIGIBILITY FOR SECTIONAL SPONSORED INDIVIDUAL COMPETITION

Participation in a minimum of six (6) **contests** is required to be eligible for Individual Sectional competition. Therefore, a wrestler must compete (exhibition, **Varsity** forfeit, varsity/JV match) and be charged with at least six (6) points towards their maximum number of points **and** the six required **contests** must be held on six separate dates. There is no such thing as a JV forfeit or Exhibition forfeit and these will not count as a contest.

Note: a 2-day tournament is only one contest.

REPRESENTATION: *To be eligible for sectional, intersectional, or state competition, a team must have competed in six (6) school scheduled contests during the season. Wrestlers must also have represented their school in (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule. NYSPHSAA HANDBOOK*

Section sponsored tournaments (Sectional Individual Or Sectional Dual meet tournaments) are not considered part of the regular season and do not count as contests towards the six required contests for eligibility, do not count as one of the six allowed tournaments, do not count as points towards the 20 point limit. Team and Individual wins and losses from these events will count and should be entered into the TrackWrestling results.

To enter into the Sectional Tournament a TrackWrestling District Report form must be printed and signed by every wrestler and coach prior to the start of the post season qualifier seeding meeting. All Varsity results for individual wrestlers must be entered into the TrackWrestling database prior to the post season seeding meetings.

NYSPHSAA STATE CHAMPIONSHIPS

AUTO QUALIFIER SYSTEM

The Auto Qualifier system (which began in 2021-22) will be used to fill byes in the tournament. This format allows for multiple entries from each section. The procedure and timeline for determining the Auto-Qualifier System for the season will be posted on the NYSPHSAA website and sent to all Sectional Chairmen for distribution to wrestling coaches and Athletic Directors prior to the start of the wrestling season.

NYS TOURNAMENT SEEDING

The procedure and timeline and mechanics for seeding the NYS tournament will be included on the NYSPHSAA website and sent to all Sectional Chairmen for distribution to wrestling coaches and Athletic Directors prior to the start of the wrestling season. “The NYSPHSAA Wrestling Committee maintains the authority to make adjustments in tournament seeding, through the appeal process, when the purpose and objective of the seeding procedure has not been met”.

Previously scheduled matches or make-up matches held after the Sectional tournament would count for NYS Seeding. No other individual record or statistic forms are permitted.

NYS TOURNAMENT APPEALS PROCESS

1. The Appeals Committee shall be the NYSWOA President, NYSWOA Past President and the NY State Rules Interpreter. The NY State Wrestling Chairman will oversee the operation and participate in the process but will not be a voting member of the committee. The NYSWOA President is the Head Official at the State Tournament, so he directs the process. The interpreter is a participant and of course his knowledge and expertise carry a lot of weight in the discussion within the Appeals Committee, but it is the NYSWOA President as the Chairman of the Appeals Committee who is out front and dealing with the coaches and not the interpreter. If there is a question, only the official and assistant confer. The call is determined and stands.
2. What Qualifies for Appeal and what procedures are followed
 - a. The ONLY appeals that will be honored and ruled on by the Appeals Committee must involve a misapplication of a rule or a rule interpretation rule interpretation. As usual, calls involving judgment cannot be questioned nor can they be appealed.
 - b. The coach must first follow the procedures in the Rulebook (Rule 6-6-6). The coach must tell the mat official that he wants to appeal the referee's application of the rule or interpretation as soon as possible and prior to the start of the subsequent period.
 1. If the appeal is at the end of the match, only the offended wrestler must remain on the mat, but the mat official shall instruct the other wrestler to remain in the mat area.
If coach insists on appeal, the NYSWOA President will be summoned and the NYSWOA President will initiate the process which will be followed specifically as written below.

NYS TOURNAMENT APPEALS PROCESS (continued)

The Appeals Committee shall be summoned. The coach has two (2) minutes to state his case, but the Committee may want to question him additionally. Videotape will, NOT be submitted as evidence, nor shall the Appeals Committee review any tape prior to making their decision. The referee and assistant shall explain the call and the rationale for it. *The NYSPHSAA has granted a waiver of National Federation Rule 3-1-9 and **will allow video review for ONLY the NY State Wrestling Tournament Semifinals, Blood Round, Placement Rounds, and Finals only if the Appeals Committee requests it** (no coach can request the video replay) and only video from State Tournament supplied cameras will be used.* (Waiver approved 2021)

Beginning 2025-26: Officials only may request a video review to determine if a scoring situation occurred after time expired at the end of a period.

Note, the official does not call the Interpreter to the mat; only the NYSWOA President will summon the Interpreter as part of the Appeals Committee when it is decided that there will be an appeal and only the Appeals Committee can decide if a video is to be reviewed. There will be no separate discussions between members of the Appeals Committee and the coaches or officials.

3. The Appeals Committee shall meet alone where they can be free from any interference and once they present their decision, it is FINAL. The NYSWOA President will inform both coaches of the committee's decision.
 - a. If a rule or interpretation has been misapplied, any penalties for misconduct levied against the coach because of his protest shall be removed. The situation shall be corrected and bad time re-wrestled, if necessary.
 - b. If the appeals Committee rules that it is judgment being questioned, the coach shall be penalized for misconduct according to the rulebook only if he has not already been penalized during the match for questioning the same judgment call.
 - c. If the Appeals committee rules that the referee's decision was correct, the coach will be penalized for misconduct in accordance with the penalty chart. However, the coach may be penalized for any unsportsmanlike actions after the decision has been rendered.

OFF-SEASON WRESTLING

When wrestling in the off-season:

1. There can be no school affiliation. (No formal school name, no school uniform, no school transportation).
2. Participation cannot be mandated, and no one can be excluded from participation.
3. Any coach can coach the off-season team.
4. If there are violations, the NYSPHSAA is not responsible for issuing penalties. Penalties are to be handled by the Sections and Leagues. Penalties could consist of sanctions, suspensions, etc.

MODIFIED

Game Conditions: See chart p. 127, 2025-26 NYSPHSAA Handbook.

1. A contestant (or team) may participate in competitions not to exceed 14 points during their season. Points assessed to competitions are as follows:
 - a) 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
 - b) 2 Point Meets are any competitions where a wrestler or wrestlers compete in 3 or 4 bouts.
2. No contestant (or team) can accumulate more than 10 points out of the maximum 14 points allowed via 2 point contest, so no contestant (or team) may have more than 5 of the 3 bouts in a day type of competitions.
3. No contestant (or team) can accumulate more than 4 points per week.

Examples of Points:

# of contests	# matches at the contest	Total matches wrestled	Total points charged
5	3	15	5 x 2=10
4	2	8	4 x 1= 4
		23	14

= Max pts allowed

# of contests	# matches at the contest	Total matches wrestled	Total points charged
14	2	28	14 x 1=14
		28	14

= Max pts allowed

4. There shall be no competition between wrestlers with an age difference of more than 24 months.
5. At least 2 nights shall elapse between contests.
6. The time periods for bouts shall be as follows:
 - a) If a contestant competes in only one bout per contest, the time periods are:
 - Program 1: Three 1 and 1/2 minute periods
 - Program 2: 1st Period - 1 minute
 - 2nd and 3rd Periods - 1 and 1/2 minutes
 - b) If a contestant competes in two or three bouts per contest, the time periods will be either: (1) Three 1 minute periods, or (2) 1st Period: 1 minute; 2nd and 3rd Periods: 1 1/2 minutes. There must be a 30 minute rest period between bouts.
 - c) With Section approval, When the contestants are tied at the end of the three regular periods, they may wrestle overtime. Overtime will first consist of one 30 second sudden victory period in which the wrestlers will start in the neutral position, and if the score is still tied after this sudden victory overtime period wrestlers may use another 30-second ultimate ride out tiebreaker using the NFHS game rules for overtime. (July 2023).

MODIFIED (continued)

7. Weight Control:
 - a) The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under (b).
 - b) No attempt at weight reduction before the official weigh in is permitted except on written permission from the parents and a written recommendation of a physician. Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.
 - c) A squad list, indicating the established weight classes for each team member as well as birth dates and ages, shall be sent to all opposing schools.
 - d) Wrestlers participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.
8. Weigh ins on the day of a dual meet shall be established by the Section Athletic Council.
9. For multi-school contests, refer to General Eligibility Rule #10 (p. 132).
10. Modified Wrestling Alternative Uniform: With section/league approval, modified wrestlers have the option of wearing an alternative to the traditional singlet. Options may include a form-fitting compression shirt and compression shorts, or a form-fitting compression shirt under the school uniform singlet."

MODIFIED (continued)

Game Rules (Program 1)

1. Weight Classes: the official weight classes for competition are: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 140, 148. For schools having only 7th and 8th grade students a 155 pound weight class may be optional. Optional classes may be 74, 165 and unlimited classes with contestants competing weighing within 10 pounds of each other. Minimum weight for the 74 lb weight class is 67 lbs.
2. Honor Weigh in: The procedures described in the Wrestling Weight Control Plan shall be followed. (2010-2012 NYSPHSAA Handbook)
3. There is no limit to the total team bouts in a contest.
4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Game Rules (Program 2)

1. Weights: Weight class is listed first, variance second: 70-80 lbs. (**10 lbs**); 80-90 lbs. (**10 lbs**); 90-100 lbs. (**10 lbs**); 100-110 lbs. (**10 lbs**); 110-120 lbs. (**10 lbs**); 120-130 lbs. (**10 lbs**); 130-140 lbs. (**10 lbs**); 140-150 lbs. (**10 lbs**); 150-160 lbs. (**10 lbs**); heavier weights (as much as **10 lbs**).
Variance: The variance listed above permits a contestant to compete against a contestant who is either in a lower or upper weight group. As long as both wrestlers stay within the variance listed. (i.e. a wrestler in the 70-80 lbs. group who weighs 78 lbs. can compete with a wrestler in the 80-90 lbs. weight group as long as the heavier wrestler does not weigh more than 88 lbs.)
2. Matching wrestlers: Both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.
3. There is no limit to the total team bouts in a contest.
4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

SELECTIVE CLASSIFICATION

7th and 8th graders who were Selectively Classified up to Varsity may compete in Youth Tournaments during the Varsity season, so long as they do NOT represent their school. Note: Youth tournament directors can stipulate that Varsity 7th & 8th graders who have a certain number of matches (or no matches) may not enter their event.

CHECKLIST FOR AVOIDING PENALTIES

Some of the most common mistakes that could cause a wrestler/team to become ineligible.

Ineligible wrestlers will cause the wrestler, the team, and the coach to be subject to the penalties listed on page 36-37.

- An individual wrestler is caught cheating on their weight certification.
- An individual wrestler exceeds the 20-point limit.
- An individual wrestler exceeds 6 tournaments.
- An individual wrestler exceeds the maximum of 2 two-day non-individual bracketed tournaments. (see Individual Points: Tournaments page 9).
- An individual wrestler competes in back to back tournaments while the first tournament they were entered in has not yet ended (see Individual Points: Tournaments page 9).
- A wrestler illegally competes in a 7th bout in a one-day tournament: page 31)
- An honor weigh-in is conducted: Honor weigh ins are no longer allowed. The weights at the matside weigh-in will determine the eligible weight classes for the event. (see removal of Honor Weigh-In's page 14).
- Granting unauthorized additional pounds for Post Season or a Sectional Dual Meet Tournament (see page 21)
- The coach of a team grants unauthorized additional pounds. (see pages 19-21)
- A coach weighs in a wrestler for an event (who has already reached the 20-point limit) (see page 9 #2)
- A coach lists an ineligible wrestler on their weigh-in sheet. (wrestlers listed must be academically eligible, cleared of injuries requiring school/doctor release, and not currently restricted by a doctor by a skin disease)
- An individual wrestler wrestles at an ineligible weight class.

Typical examples would be:

- A 7th/8th grader not meeting their minimum weight requirement at the shoulder to shoulder weigh-in, but still wrestles in a dual meet/tournament.
- A wrestler competes below their certified weight because the coach thought that the additional pounds granted for that event made the wrestler now eligible to compete there. (see Growth Allowances page 7).
- A coach shows up to a matside weigh in without a Track wrestling weigh in sheet (see page 15).
- When a weight class shows up in red on the wrestlers WLP (Weight loss plan) it means they were not eligible to compete at that weight.

COACHES MUST REPORT ALL WEIGHTS SHOWING IN RED TO THEIR SECTIONAL CHAIRMEN IMMEDIATELY if the wrestler competed in an ineligible weight class (see page 15).