

2017-2018 MIDDLE SCHOOL EXTRAMURAL ATHLETICS

WRESTLING RULES AND GUIDELINES

- All teams will practice five (5) days a week, two (2) hours per day.
- Each individual must have a minimum of eight (8) practice days before the first competition.

COMPETITION

- All eligible student-athletes in the 6th, 7th and 8th grades (NO CUTS).

Please note, if a student is cut from a team and would like to turn out for another sport during the same season, they will abide by WIAA rule 17.12.3 which states:

Practices in one (1) sport cannot be transferred toward the number of practices required in another sport.

GENERAL INFORMATION

- Each athlete must have:
 - Middle School Activities Contract and Eligibility Form, including:
 - Emergency Contact information
 - Signed Concussion and Sudden Cardiac Arrest information form
 - Sport-specific consent form
 - Physical – Each athlete is required to have a current physical (last 13 months)
 - ASB Card Purchased (\$15.00)
- All the ABOVE INFORMATION MUST BE on file with the building athletic director before participation.
- School issued uniforms will include school colors, school names, and number. **PLEASE NOTE:** If uniforms are damaged and/or lost the student will be responsible for the cost of the replacement.
- All eligible participants should be given equal consideration for playing time over the course of the season based on coach's discretion. Factors for playing time may include but are not limited to, skill, effort, attitude, attendance, behavior in school or any combination of the preceding.

EQUIPMENT

- The required minimum area of the mat shall not be less than 20' by 20'. The recommended area is 24' by 24' or a 28' circle. It is recommended but not required, that the mat covers be marked as indicated in the National Federation Rules Book.
- Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If the laces are visible, they shall be secured in an acceptable fashion.
- Wrestlers are required to wear wrestling ear guards that provide adequate ear protection and have an adjustable locking device to prevent it from coming off or turning on the wrestler's head.
- Two (2) spray bottles are to be placed by the edge of the mats at all times during practice and/or competition. One will contain a bleach/water mix to clean the mats and the second will contain an alcohol/water mix to clean the uniforms of any blood.
- Coaches are required to have a First Aid kit with them at all practices and games
- Coaches are required to have a copy of the emergency medical cards for each student-athlete on their team

MAT CARE

- If you are using a mat that is not your own, please understand there is a high expectation of care. You are responsible for maintaining them in the condition they were received.
- It is the coaches' responsibility to see that the mats are cleaned nightly. The solution to be used is #48-2523. The solution mixture will consist of three ounces of disinfectant (three pumps from the bottle) per liter of water.

WEIGHT CONTROL PLAN

- Prior to the first contest the family physician and/or medical authority licensed to perform a physical exam shall certify the lowest weight in which each participant may wrestle during that season.
- A participant may wrestle only one (1) weight division higher than their actual weight.
- The minimum weight for a 75-pounder is established at 64 lbs. The minimum weight for an 82-pounder is established at 70 lbs.

WEIGHT CLASSES

- Minimum weights for wrestlers (Weight classes 106+ align with NFHS rules):

75	82	87	92	97	102	106	113	120
126	132	138	145	152	160	170	182	195+

- Unlimited weight wrestlers must be within thirty (30) pounds of each other
- For weight classes 75 to 120, wrestlers may be one pound lighter or one pound heavier in their weight class.
- For weight classes 126+, wrestlers may be two pounds lighter or two pounds heavier in their weight class.
- For the championship, wrestlers may be three pounds lighter or three pounds heavier than their weight class.

RULE CLARIFICATIONS

- The visiting team (head coach or athletic director) is required to provide a roster/bout sheet to the home school no later than 24 hours before the match. The home school is then responsible for preparing a list of potential matches. The first match in each weight class is considered the varsity match. All others are exhibition matches.
- **Each athlete will be weighed in on the day of the match by a designee (of the same sex) at the home school.** Coaches are not allowed to weigh in their athletes. A copy of the weigh in certification shall be presented to the officials before the start of the matches.
- Following weigh-ins, coaches will have the opportunity to adjust the bout sheets to maximize the number of varsity matches and ensure maximum participation.
- Exhibition matches will be allowed after all varsity matches at the established weight classes have taken place. All exhibition matches will end no later than 5:30pm.
- Length of matches - there shall be three- 90 second rounds.
- No team scores will be kept during regular season meets.

CHAMPIONSHIP REGULATIONS

- For students to be eligible for the middle school wrestling championship, athletes must participate in a minimum of three (3) matches during the season. If a student has not competed in three (3) matches, they will be ineligible. Wrestlers will compete at the weight class where they spent the majority of the regular season.
- A seeding meeting, mandatory for all head coaches, will take place on **Tuesday, October 25th at 3:30pm at the Central Administration Building**. Coaches must come prepared with a roster complete with: first name, last name, grade and the results and number of matches each student has participated in during the season.
- Championship meet brackets will be posted to the Middle School Athletics page of the District's website.
- The championship team will be presented with a perpetual trophy to be displayed in the school.
- The top 8 finishers in each event will receive ribbons.

RULES

Governed by Washington Interscholastic Activities Association and National Federation 2016 Rules.