

MIDDLE SCHOOL EXTRAMURALS

WRESTLING RULES AND GUIDELINES

- Four days per week of practice for seventh and eighth grade wrestlers. **Maximum of three days per week of practice for sixth grade wrestlers up to the first wrestling match with approval from the building principal. After the first wrestling match, maximum of two days per week for sixth grade wrestlers.**
- Each athlete must have a minimum of ten (10) practice days before the first competition.

COMPETITION LEVELS

- Sixth (6th) Grade – will only compete against other 6th graders.
- Seventh (7th) Grade – will only compete against other 7th graders and 8th graders.
- Eighth (8th) Grade – will only compete against other 8th graders and 7th graders.
- **Unlimited Wrestlers – 6th grade unlimited wrestlers will be allowed to wrestle 7th grade unlimited wrestlers; 7th grade unlimited wrestlers will be allowed to wrestle 6th and 8th grade unlimited wrestlers; 8th grade unlimited wrestlers will be allowed to wrestle 7th grade unlimited wrestlers. Unlimited wrestlers must be within thirty (30) pounds.**

Please note, if a student is cut from another team during the same season and joins a non-cut team, they will abide by WIAA rule 17.12.3 which states:

“Practices in one (1) sport can not be transferred toward the number of practices required in another sport.”

GENERAL INFORMATION

- Emergency information/Equipment - emergency information cards and a first aid box must be carried by the coach to all matches.
- *Activity Contract Form*” must be on file with the Athletic Director at each school.
- Physical - Each athlete is required to have a current physical form on file with the Athletic Director.
- School issued uniform - school colors
- Each athlete must have a parent permission slip, current grade check, and proof of an ASB sticker purchase on file with the building athletic director.

EQUIPMENT

- The required minimum area of the mat shall not be less than 20 feet by 20 feet. The recommended area is 24 feet by 24 or a 28 feet 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.

WEIGHT CONTROL PLAN (WIAA)

Prior to the first contest the family physician and/or school physician **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 CLASS

- Minimum weights for wrestlers:

64-75	82	87	92	97	102	107	112	117
122	127	134	142	151	161	172	Over 172	

Unlimited weight wrestlers must be within thirty (30) pounds. For example, if one wrestler weighs 178 pounds, the opponent may not weigh more than 208 pounds.

- For weight classes 64-75 to 117, wrestlers may be one pound lighter or one pound heavier in their weight class.
- For weight classes 122 to over 172, wrestlers may be two pounds lighter or two pounds heavier in their weight class.
- For the jamboree, wrestlers may be three pounds lighter or three pounds heavier in their weight class. Wrestlers will wrestle at the weight they wrestled throughout the year at the jamboree.

REGULATIONS

- It is the responsibility of the visiting coach to contact the Ahome school@ coach regarding the number of wrestlers and their weight classes the day before the match. This is done to maximize the number of matches possible. (A coach's phone tree list will be sent to each school.) **Coaches and/or Athletic Director** must FAX over their roster 24 hours before the contest to the appropriate school so coaches can inform their participants if they will be wrestling or have a bye.
- Athletes Weigh In - Each athlete will be weighed in prior to the match at the "home school" by the principal, athletic director, or designee of the same gender. 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.
- **Exhibition matches are allowed after all the established weight classes have taken place at each level. All exhibition matches will end no later than 5:30pm. Exhibition matches will not be scored in the team scores.**

RULE CLARIFICATIONS

- Length of matches - there shall be a maximum of three 12 minute rounds (90 seconds).
- Points scored by forfeit can only be awarded to wrestlers in uniform.
- Awards at the All City Jamboree shall consist of **ribbons only.**

JAMBOREE REGULATIONS

For students to be eligible for the middle school wrestling jamboree, each athlete 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 for the jamboree.

A roster will be sent to the District Athletic Office the Thursday before the jamboree by the building athletic director. Roster must include; first name, last name, grade and number of matches each student has participated in during the season.

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 your 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.
- In addition, two (2) spray bottles are to be placed by the edge of the mats at all times. 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.

RULES

Governed by Washington Interscholastic Activities Association and National Federation 2010-11 Rules