

## WRESTLING GUIDELINES

### Length of Contest

Varsity	Period 1	Two (2) minutes
	Period 2	Two (2) minutes
	Period 3	Two (2) minutes
Junior Varsity	Period 1	One (1) minute
	Period 2	Two (2) minutes
	Period 3	Two (2) minutes
Junior High	Period 1	One and one-half (1.5) minutes
	Period 2	One and one-half (1.5) minutes
	Period 3	One and one-half (1.5) minutes

- Recommended Meet Time:

Junior High	6:00 PM
Varsity	7:30 PM or five (5) minutes following the completion of the junior high match (whichever is sooner).
- Recommended Weigh-in Times

Junior High	4:30 PM – for 5:30 PM Meet
	5:00 PM -- for 6:00 PM Meet
Varsity	6:30 PM -- for 7:30 PM Meet

### Uniforms

- Uniforms are to conform to National Federation rules or as amended by the PIAA.

### Schedule

- The Sports Chairperson/Committee will provide schedules for a two-year cycle.
- All varsity conference meets will be scheduled on Thursdays and Saturdays. Varsity divisional meets will be preceded by a junior high meet. Schedule changes may be made with mutual consent.
- Each school must enter their schedules into the NWCA site by the set deadline.
- All scheduled conference matches must be completed by the District 3 scheduled entry deadline for the District Team Tournament.

### Officials

- When possible, two (2) officials should be used, one for the junior high match and one for the varsity match.

### Meet Operations

- Weight Classes

<u>Junior High</u>
75 lbs. – 80 lbs.– 85 lbs. – 90 lbs. – 95 lbs. - 100 lbs. – 105 lbs. – 110 lbs. - 115 lbs.
122 lbs. – 130 lbs. – 138 lbs. - 145 lbs. – 155 lbs. – 165 lbs. - 185 lbs. – 210 lbs. – 250 lbs.
<u>High School</u>
106lbs. – 113lbs. – 120 lbs. – 126 lbs. – 130 lbs. – 132 lbs. – 145 lbs. – 152 lbs. – 160 lbs. – 170 lbs. – 182 lbs. – 195 lbs. - 220 lbs. – 285 lbs.
- Order of Bouts

The procedure for deciding the order of the bouts is stated in the rulebook

- When possible, a team should use an adult timer and scorer. The home team will provide the timer. The visiting scorer will be the official scorekeeper.

### **Divisional Champions**

- Divisional Champions will be determined by their won/loss record. If a tie exists, co-champions will be recognized.

### **All-star Selection**

- At the conclusion of the season a meeting will be held or ballots will be sent to wrestling sports chair from all varsity coaches of each participating school to determine all-stars for each division.
- Each division will select a first and a second team listing of all-stars.

### **Participation**

- All wrestlers must be entered into OPC in order to be eligible to wrestle.
- All contestants must be weighed in and be within the parameters of the P.I.A.A. weight classifications, including those wrestling in exhibition bouts.

### **Postponement of Meets**

- Postponed contests will be made up on the first available date for both teams.
- The home team is responsible for reporting the change to the media.

### **Report to Media and District III**

- Home team should report scores to the news media. It would be helpful if every school would contact The Patriot News, Harrisburg.
- Both schools are responsible to report the score of each of their dual matches to the District III Power Rating site.

### **Qualifying Procedures for Team Districts**

- Qualifying for the District III Team Wrestling Tournament is solely based on power rankings set forth by District III. The number of teams designated to qualify for the championship will be AAA (16) teams and AA (8) teams.