

WRESTLING GUIDELINES

Length of Contest

Varsity 2-2-2 Minute Periods

Junior Varsity 1-2-2 Minute Periods

Junior High 1 ½, 1 ½, 1 ½ Minute Periods

Recommended Meet Time:

Junior High - 6:00PM

Varsity -7:30PM or five (5) minutes following the completion of the junior high match (whichever is sooner).

Recommended Weigh-in Times:

Junior High-One hour prior to match. (i.e 5:00PM for 6:00PM Meet)

Varsity -One hour prior to match. (i.e. 6:30PM for 7:30PM 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 attempt to 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

Junior High (15 total)

80 lbs. – 87 lbs. – 94 lbs. – 101 lbs. – 108 lbs.– 115 lbs. - 122 lbs. – 130 lbs. 138 lbs.
– 145 lbs. – 155 lbs. – 170 lbs. – 190 lbs. – 210 lbs. - 250 lbs.

High School (13 total)

107lbs. - 114lbs. - 121lbs. - 127lbs. - 133lbs. - 139lbs. - 145lbs. - 152lbs. - 160lbs. -
172lbs. - 189lbs. - 215lbs. - and 285lbs.

Girls

100lbs. - 106lbs. - 121lbs. - 118lbs. - 124lbs. - 130lbs. - 136lbs. - 142lbs. - 148lbs. -
155lbs. - 170lbs. - 190lbs. - and 235lbs.

Order of Bouts

The procedure of deciding the order of 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.

Follow weigh-in procedures as set forth by the NFHS Rule Book. See Article 7.

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 a season a meeting will be held by division or ballots will be sent to wrestling sport chair from all varsity coaches of each participating school to determine all-stars for each division

Each division will select a 1st, 2nd and 3rd team listing of all-stars by weight class. Also selected will be a Coach of the Year and Wrestler of the Year for each division.

Participation

All wrestlers must be entered into the OPC in order to be eligible to wrestle.

All contestants must be weighed in and be within the parameters of the PIAA 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 and officials' assignor.

Report to Media and District III

Home team should report scores to the news media.

Both home and away team are responsible to report the score of each of their dual matches to the District III Power Rating site and to Arbiter so league records can be maintained.

Qualifying Procedures for Team Districts

Qualifying for the District III Team Wrestling Tournament is solely based on power rankings set forth by District III.

Girls Wrestling

Schedules must be developed independently by each school and must follow the PIAA policy of counting competitions.

District III Individual Championship State Qualifying Tournament will be scheduled. Details will be distributed when made available.

There will be no division or league team champion

Mid Penn Sponsoring schools will select a 1st and 2nd team listing of all-stars by weight class. Also selected will be a Coach of the Year and Wrestler of the Year.

Girls Weight Classes

100lbs. - 106lbs. - 121lbs. - 118lbs. - 124lbs. - 130lbs. - 136lbs. - 142lbs. - 148lbs. -
155lbs. - 170lbs. - 190lbs. - and 235lbs.