

USA WRESTLING

Policies and Procedures for National Dual Meet Championships [Schoolboy/Schoolgirl, Cadet, Junior]

FILA Rules and USA Wrestling (USAW) modifications apply in all circumstances not covered in these procedures.

1. Mission Statement

- 1.1. Provide a low cost opportunity for individuals to get the widest possible exposure to national caliber competition prior to the individual Kids, Cadet, and Junior National Championships. Provide an opportunity for maximum competition opportunities. Provide a method to determine the National Championship Team in the following divisions: Schoolboy/Schoolgirl, Cadet, Men's Junior, and Women's Junior.

2. Team Selection

- 2.1. The appropriate USAW State Chairperson must certify all teams from his/her state association.

3. Preliminary Registration and Deposit

- 3.1. Each state may pre-register more than one team per style. However, with the exception noted in 3.2, each state will be given the opportunity to have at least one team in the tournament before a second team from another state will be admitted. Once the above criteria have been met, second teams will be added to the tournament based on the date of the receipt of their preliminary registration and entry fee, and their tenure of competing in the event. **Final entry registration shall be conducted onsite the night before the competition whenever possible. Date and time to be determined by USAW and the Local Organizing Committee (LOC).**
- 3.2. The host team will always have the option of entering a second team in each style.

4. Team Registration Fee

- 4.1. Schoolboy/Schoolgirl, Cadet, and Men's Junior Divisions
 - 4.1.1. Each state must pay a **\$750.00** entry fee for each team entered. Registration fees must be sent to the LOC.
 - 4.1.2. The registration form and fee is due no later than May 1st.
- 4.2. Women's Junior Division
 - 4.2.1. Each state must pay a **\$375.00** entry fee for each team entered. Registration fees must be sent to USA Wrestling National Events.
 - 4.2.2. The registration form and fee is due no later than July 1st.

5. Individual Eligibility

- 5.1. Age and eligibility requirements for the individual Schoolboy/Schoolgirl, Cadet, and Junior Division National Championships shall apply.

6. Officials

- 6.1. The USAW National Dual Team Championships are sanctioned as a USA Wrestling National Event. USWOA certified mat officials will receive national credit for participating in these championships. Only assigned pairers receive national credit for dual championships. Other pairers receive credit for working a USAW sanctioned event. The LOC will supply 20 rooms or 40 beds for USWOA designated officials and staff. *(Accommodation requirements may vary with inclusion of Officials Education Program (OEP) sessions at the National Duals. The official USA Wrestling event contract shall govern accommodation requirements.)*

- 6.2.** Each state association entered in a National Duals event must supply a minimum of one mat official, per team, for each style in which the state association is competing. A \$500.00 fee (per team, per style) will be assessed at registration for each state failing to provide a mat official.
- 6.2.1.** The primary team official, and any alternate, must be designated by the Team Leader for each state association team entered into the National Duals no later than 24 hours prior to the first day of any one style contested at the National Duals. This policy shall not apply if a substitution is made with an official from the state association under the 24 hour deadline. If a state fails to comply with this deadline, they shall be fined \$500 per official, per team, per style.
- 6.2.2.** The fee for violating the required mat officials' policy shall be collected by the LOC prior to the beginning of the tournament and is to be utilized to offset tournament expenses.

7. Team and Athlete Limitations

- 7.1.** For the Schoolboy/Schoolgirl, Cadet, and Men's Junior divisions, the team entries shall be limited to 28 Greco-Roman teams and 36 freestyle teams. For the Women's Junior division, the team entries shall be limited to 16 freestyle teams.
- 7.2.** Each team must be comprised of the following number of athletes: Schoolboy/Schoolgirl – minimum 9; maximum 27; Cadet – minimum 9; maximum 26; Junior Men – minimum 8; maximum 24; Junior Women – minimum 7; maximum 17.

8. Roster

- 8.1.** Each team must designate all team personnel (athletes, coaches, medical staff, and team leaders) on the official roster form.
- 8.2.** After submitting the team roster, there shall be no moving of wrestlers who contributed to the team seeding criteria.
- 8.3.** States will have until the start of weigh-in to make changes in their line-ups (except as noted above) without penalty. They must notify and receive permission from the tournament director and head pairer to make these changes prior to the start of weigh-ins.
- 8.4.** The addition of an athlete(s) to the team roster after the start of weigh-ins is subject to a \$100.00 late fee per athlete added.
- 8.4.1.** The late fees for adding athletes after the start of weigh-ins shall be collected by the LOC to be utilized to offset tournament expenses.

9. Team Seeding Criteria

- 9.1.** All teams shall be assigned a draw number at registration.
- 9.2.** There are no points given for ANY folkstyle championship
- 9.3.** Schoolboy/Schoolgirl Division
- 9.3.1.** There are no individual rankings.
- 9.3.2.** The top eight state teams from the previous year's National Schoolboy/Schoolgirl Dual Meet Championships will be seeded according to their placement. If a state from the previous year is not entered, all placing states from the previous year will move up. All other teams will be placed according to draw number and/or as listed below under "Pairing and Competition Procedures."
- 9.4.** Men's Cadet and Men's Junior Divisions
- 9.4.1.** If possible, the top sixteen teams will be seeded into pools using the seeding criteria below. All other teams will be placed according to draw number and/or as listed below under "Pairing and Competition Procedures."
- 9.4.2.** Team seeding is based on a style-specific point system. Using the highest points only, one rating per athlete is permitted. One point will be deducted from the scoring criteria for athletes who earned their points in the opposite style in which they are competing. (i.e., a Greco-Roman National Champion loses one point from his/her seeding criteria when competing in freestyle).
- 9.4.2.1.** Coaches must provide seeding information on athletes at the time of registration.

- 9.4.2.2. Coaches must indicate in which style the athlete has attained scoring status. (i.e. Junior National Champion – Freestyle or Junior National Champion – Greco-Roman)
- 9.4.2.3. Falsification of seeding criteria will result in forfeiture of team placement.
- 9.4.3. Only the top 17 scoring athletes for Cadets and top 15 scoring athletes for Juniors listed on the entry form will be counted in the criteria. No more than two wrestlers per weight may score points.

9.4.4. Scoring Criteria:

9.4.4.1. Junior Division

- 9.4.4.1.1. FILA Junior World Champion 5 points
- 9.4.4.1.2. Junior National Champion 5 points
- 9.4.4.1.3. FILA Junior National Champion 5 points
- 9.4.4.1.4. Cadet National Champion 4 points
- 9.4.4.1.5. FILA Junior World Place Winner 3 points
- 9.4.4.1.6. Junior National Place Winner 3 points
- 9.4.4.1.7. FILA Junior National Place Winner 3 points
- 9.4.4.1.8. FILA Junior World Team Member 2 points
- 9.4.4.1.9. Cadet National Place Winner 2 points
- 9.4.4.1.10. Current Year Junior Regional Champion 1 point

9.4.4.2. Cadet Division

- 9.4.4.2.1. Junior National Champion 5 points
- 9.4.4.2.2. Cadet National Champion 5 points
- 9.4.4.2.3. FILA Cadet National Champion 4 points
- 9.4.4.2.4. Junior National Place Winner 3 points
- 9.4.4.2.5. Cadet National Place Winner 3 points
- 9.4.4.2.6. Schoolboy/Schoolgirl Triple Crown Winner 3 points
- 9.4.4.2.7. Schoolboy/Schoolgirl National Champion 3 points
- 9.4.4.2.8. Current Year Cadet Regional Champion 2 points
- 9.4.4.2.9. Current Year Junior Regional Champion 2 points
- 9.4.4.2.10. FILA Cadet National Place Winner 2 points
- 9.4.4.2.11. Current Year Cadet Regional 1st-3rd Place 1 point
- 9.4.4.2.12. Current Year Junior Regional Place Winner 1 point

9.5. Women's Junior Division

- 9.5.1. If possible, the top sixteen teams will be seeded into pools using the seeding criteria below. All other teams will be placed according to draw number and/or as listed below under "Pairing and Competition Procedures."
- 9.5.2. Team seeding is based on a style-specific point system. Using the highest points only, one rating per athlete is permitted.
 - 9.5.2.1. Coaches must provide seeding information on athletes at the time of registration.
 - 9.5.2.2. Falsification of seeding criteria will result in forfeiture of team placement.
- 9.5.3. Only the top 11 scoring athletes listed on the entry form will be counted in the criteria. No more than two wrestlers per weight may score points.

9.5.4. Scoring Criteria:

- 9.5.4.1. FILA Junior World Champion 5 points
- 9.5.4.2. Junior National Champion 5 points
- 9.5.4.3. FILA Junior National Champion 5 points
- 9.5.4.4. FILA Cadet National Champion 4 points
- 9.5.4.5. FILA Junior World Place Winner 3 points
- 9.5.4.6. Junior National Place Winner 3 points
- 9.5.4.7. FILA Junior National Place Winner 3 points
- 9.5.4.8. FILA Junior World Team Member 2 points
- 9.5.4.9. FILA Cadet National Place Winner 2 points

10. Pairing and Competition Procedures

10.1. Pools and Separation

10.1.1. Pool Seeds

10.1.1.1. Schoolboy/Schoolgirl Division

10.1.1.1.1. The pairing officials will determine seeding and pool placement based on the previous year's final team placings.

10.1.1.1.2. Pool Seeds: **Pool A** – 1, 8; **Pool B** – 2, 7; **Pool C** – 3, 6; **Pool D** – 4, 5

10.1.1.2. Men's Cadet and Men's Junior Divisions

10.1.1.2.1. The pairing officials will tabulate the individual seeding points to determine team seeding criteria. Teams will be seeded according to the number of points obtained and placed in pools A, B, C, or D. The team with the most points awarded receives the top seed.

10.1.1.2.2. Pool Seeds: **Pool A** – 1, 8, 9, 16; **Pool B** – 2, 7, 10, 15; **Pool C** – 3, 6, 11, 14; **Pool D** – 4, 5, 12, 13

10.1.1.3. Women's Junior Division

10.1.1.3.1. Any state association may enter a team(s) into the Women's Junior Division.

10.1.1.3.2. Draw teams will also be formed to compete by creating teams from those women athletes who desire to participate, but are not affiliated with a recognized state association national dual team.

10.1.1.3.3. Draw teams shall be made by random draw of athletes per weight class.

10.1.1.3.4. Draw teams must be comprised of at least 7 athletes per team.

10.1.1.3.5. Only one athlete per weight class can be randomly drawn for draw teams.

10.1.1.3.6. USAW National Staff shall develop guidelines and procedures for the identification of eligible athletes, the random draw of the draw teams, entry fees, and any other procedures necessary to conduct the Women's Junior Division National Duals.

10.1.2. Separation

10.1.2.1. Seeded teams shall be placed into the appropriate pools (see above). If teams are tied in seeding points, the lowest draw number will be seeded highest. An unseeded team from the same state as a seeded team will be placed in the next pool on the opposite side of the bracket from their highest seeded same state team. If there are more than two unseeded teams from the same state as a seeded team, the lowest draw number will be separated first. Separate states with no seeded teams and more than one unseeded team next. If "A" pool is smallest of the pools after the seeded teams and states are separated, place the lowest draw number in "A", the next team in the next available pool, and so on in order. Reorder the remaining state teams by draw number and place the first team (lowest draw number) in the smallest pool and fill in pools in draw number order as needed to equalize the pools. Filling of the pools will continue until all teams are placed in the pools.

10.1.2.2. Seeded teams from the same state will remain in their designated pool UNLESS the Team Leader chooses to withdraw the lowest seed. This option must be indicated on the entry form prior to the event. If the team leader opts to withdraw the lowest seeded team, it will no longer be seeded and will be placed in the next available pool opposite the seeded team to prevent the state teams from meeting in the preliminary rounds. If a team pulls their lowest seeded team, all other seeded teams will move up, and the next highest team will be seeded.

10.2. Dual Procedures

10.2.1. Home Team Determination

10.2.1.1. At the beginning of each dual meet, a coin flip between the coaches/team captains will determine the designated home team.

- 10.2.2.** Wrestlers from both teams must report to the Mat Chairperson prior to each individual bout.
- 10.2.3.** For each dual meet, each team shall designate the one individual who will be allowed to approach the mat chairman. This designation shall be noted on the team scoring sheet.

10.3. Competition Format

10.3.1. Schoolboy/Schoolgirl, Cadet, and Men's Junior Divisions

10.3.1.1. Teams will wrestle every team in their pool and be placed in order of finish by win/loss record.

10.3.1.1.1. If there is a tie between two teams in regards to win/loss record, the results of their head-to-head dual will determine the placing within the pool.

10.3.1.1.2. If there is a three way tie among teams in regards to win/loss record, the least number of total classification points earned among the tied teams, and only for the matches among them, will be used to determine the third place team (least classification points of the three tied teams). The other two teams shall be ranked according to their head-to-head match.

10.3.1.1.3. If there are three teams tied in regards to win/loss recorded and in classification points for the matches among them, the least number of classification points earned during the entire pool competition rounds will used to determine the third place team, and the head-to-head result between the other two teams shall determine the placing.

10.3.1.2. Competition will continue after completing the matches in pools A-D by repooling the top two finishers in each pool into a championship bracket. The championship bracket will place teams in Red and Blue pools as follows: Red – A 1st, B 2nd, C 2nd, D 1st; Blue – A 2nd, B 1st, C 1st, D 2nd.

10.3.1.2.1. If two teams from the same state advance to the same pool finals they will be scheduled to wrestle the first dual of the pool.

10.3.1.3. The third and 4th place teams from the A, B, C, and D pools shall be placed in an 8-team single elimination line bracket, and placed in the bracket starting from the top in this sequence: A3:B4; D3:C4; C3:D4; B3:A4. All remaining teams shall be placed in single elimination 4-team brackets. The 4-team brackets will be comprised of the 5th, 6th, and 7th place teams from the pools, respectively, and shall be placed in this order: A:D and B:C. Teams will be placed in the consolation bracket according to Appendix A.

10.3.1.4. Team Placing

10.3.1.4.1. The National Championship shall be determined by wrestling the first place finisher in the Blue Pool vs. the first place finisher in the Red Pool. Third place will be determined by the second place finisher in the Blue Pool vs. the second place finisher in the Red Pool. Fifth place will be determined by the third place finisher in the Blue Pool vs. the third place finisher in the Red Pool. Seventh place will be determined by the fourth place finisher in the Blue Pool vs. the fourth place finisher in the Red Pool. The Consolation Champion will be determined through competition in the consolation bracket (See Appendix A).

10.3.2. Women's Junior Division

10.3.2.1. To be determined by National Office staff after final registration.

10.4. Dual Meet Tiebreaker Criteria (If two teams are tied in an individual dual):

- 10.4.1.** The team whose wrestlers, coaches, or support staff has been penalized the least number of team point(s) for flagrant or unsportsmanlike conduct shall be declared the winner.
- 10.4.2.** The team with the most victories (including forfeits) shall be declared the winner.
- 10.4.3.** The team with the most victories by fall shall be declared the winner.
- 10.4.4.** The team with the most victories by technical superiority shall be declared the winner.
- 10.4.5.** The team with the most victories by forfeit, default, or disqualification shall be declared the winner.

10.4.6. The team with the most victories by decision shall be declared the winner.

10.4.7. The team with the lowest draw number shall be declared the winner.

10.5. Adaptations to Greco-Roman matches:

10.5.1. If the score is tied 0-0 after 90 seconds in the first period, a coin flip will be used to determine which athlete goes on top.

10.5.2. If the score is tied 0-0 after 90 seconds in the second period (after a 0-0 score in the first period), the position of advantage is switched from the first period.

10.5.3. If the score is tied 0-0 after 90 seconds in the second period (after there was no coin flip in the first period), a coin flip will be used to determine which athlete goes on top.

10.5.4. If the score is tied 0-0 after 90 second in the third period, normal criteria will be applied to determine which athlete goes on top.

11. Weigh-In

11.1. Juniors and Cadets will weigh in two hours before the beginning of each style of competition. Schoolboys/Schoolgirls will weigh in the night before the beginning of each style of competition but may weigh in once for both styles. This is contingent on the athlete actively competing in the first one of the two styles scheduled.

11.2. There shall be no weight allowance at any weigh-in.

11.3. Cadets and Juniors competing in both styles shall meet the weigh-in regulations for each style in each division.

11.4. Individuals may change weight classifications for each style (FS, GR). Schoolboys/Schoolgirls must weigh in again if they do change weight classes.

11.5. The actual weight of the athlete at the official weigh-in for each style shall establish the weight class of each wrestler competing in the National Duals and shall supersede any listed weight class previously submitted on the team roster. The actual weight of Schoolboy/Schoolgirl athletes competing in both styles is established during the first weigh-in unless the athlete weighs in again during the official weigh-in for the second style of competition.

11.6. Wrestlers are eligible to wrestle in either the weight class they are eligible for by their exact body weight at the time of the official weigh-in or may opt for the next higher weight class. This policy also applies to moving up to the heavyweight class.

12. Protest Procedures

12.1. Match Protest – Any protest of an individual match must be announced to the Mat Chairperson and must be resolved prior to the next individual bout of that dual.

12.2. A protest may be filed regarding any period(s), but shall not affect the outcome of the other period(s). In the case a protest is upheld, the protested period(s) shall be re-wrestled and the results of the entire bout shall be determined by the correct period(s) and the re-wrestled period(s).

13. Forfeits

13.1. Teams wishing to withdraw during the tournament must notify the tournament director. The remainder of their matches will be defaulted. Subsequent scheduled opponents will receive dual scores of 3-0. In the event of a three-way tie for advancing to Red and Blue pool rounds, classification rounds earned against the default team, whether actually wrestled or not, will not be counted for any team.

13.2. A team that forfeits a dual meet will be eliminated from the tournament. All teams must wrestle a minimum of 50% of their available (i.e., not injured, sick, or disqualified) wrestlers in each dual.

13.3. Wrestlers with a medical yellow or red card must receive a green card before he or she will be allowed to compete and/or accept a forfeit victory.

14. Dual Tournament Misconduct

- 14.1.** All matters of misconduct pertaining to athletes, coaches, and team personnel shall be addressed and administered per the rules stipulated in the *National Federation of State High School Associations (NFHS) Wrestling Rules*.
- 14.2.** Unsportsmanlike Conduct – Unsportsmanlike conduct by a wrestler, coach, or other team personnel, prior to or after the conclusion of wrestling results in the deduction of one (1) team point for the first offense. On the second offense, the individual will be removed from the premises and an additional two (2) team points will be deducted. He/she will be suspended from all further competition for the duration of that style. Team points shall only be deducted from the dual in which the incident takes place. (*See NFHS Wrestling Rules, Rule 8, Section 1, Article 4*)
- 14.3.** Coach Misconduct – occurs during competition when a coach improperly questions the referee. Coach misconduct results in the following:
 - 14.3.1.** First offense – warning;
 - 14.3.2.** Second offense – deduct one team point;
 - 14.3.3.** Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day. (*See NFHS Wrestling Rules, Rule 8, Section 1, Article 5*)
- 14.4.** Flagrant Misconduct: Flagrant misconduct results in disqualification of the individual, immediate removal from the premises and the deduction of three (3) team points on the first offense. Any team points earned by that individual shall be negated. Team points shall only be deducted from the dual in which the incident takes place. (*See NFHS Wrestling Rules, Rule 8, Section 1, Article 6*)
 - 14.4.1.** When a wrestler is disqualified from the match, but not the tournament, one (1) team point is deducted.
 - 14.4.2.** When a wrestler is disqualified from the tournament, three (3) team points are deducted.

15. Awards

- 15.1.** Eight national team plaques will be awarded to the first through eighth places in the Greco-Roman and Freestyle competitions. Individual medals will be awarded to the members of the first through eighth place teams in both styles. The total number of medals to be awarded per team is: Schoolboy/Schoolgirl division – 27; Cadet division – 26; Men’s Junior division – 24; Women’s Junior division – 17.

16. All Tournament Teams

- 16.1.** The All-Tournament Team will consist of all wrestlers with an undefeated record, regardless of weight class, who have competed in: a minimum of six (6) matches for the Men’s Cadet and Junior divisions; a minimum of five (5) matches in the Schoolboy division; and a minimum of four (4) matches in the Women’s Junior division.
 - 16.1.1.** Competitors on draw teams in the Women’s Junior Division National Duals shall be eligible to make the All-Tournament Team.

17. Exhibition Matches

- 17.1.** Exhibition matches shall be held only with the approval of the tournament director. The number of exhibition matches in a single dual may not bring the total number of matches wrestled over 19 in the Schoolboy/Schoolgirl division, 17 in the Cadet division, 15 in the Men’s Junior division, or 12 in the Women’s Junior division.

18. Team Names

- 18.1.** All teams competing in USA Wrestling National Dual Championships shall be designated first by proper state name followed by either a number or a color (i.e., Maine Blue, Nebraska 1, Nevada Two, and Colorado Red).

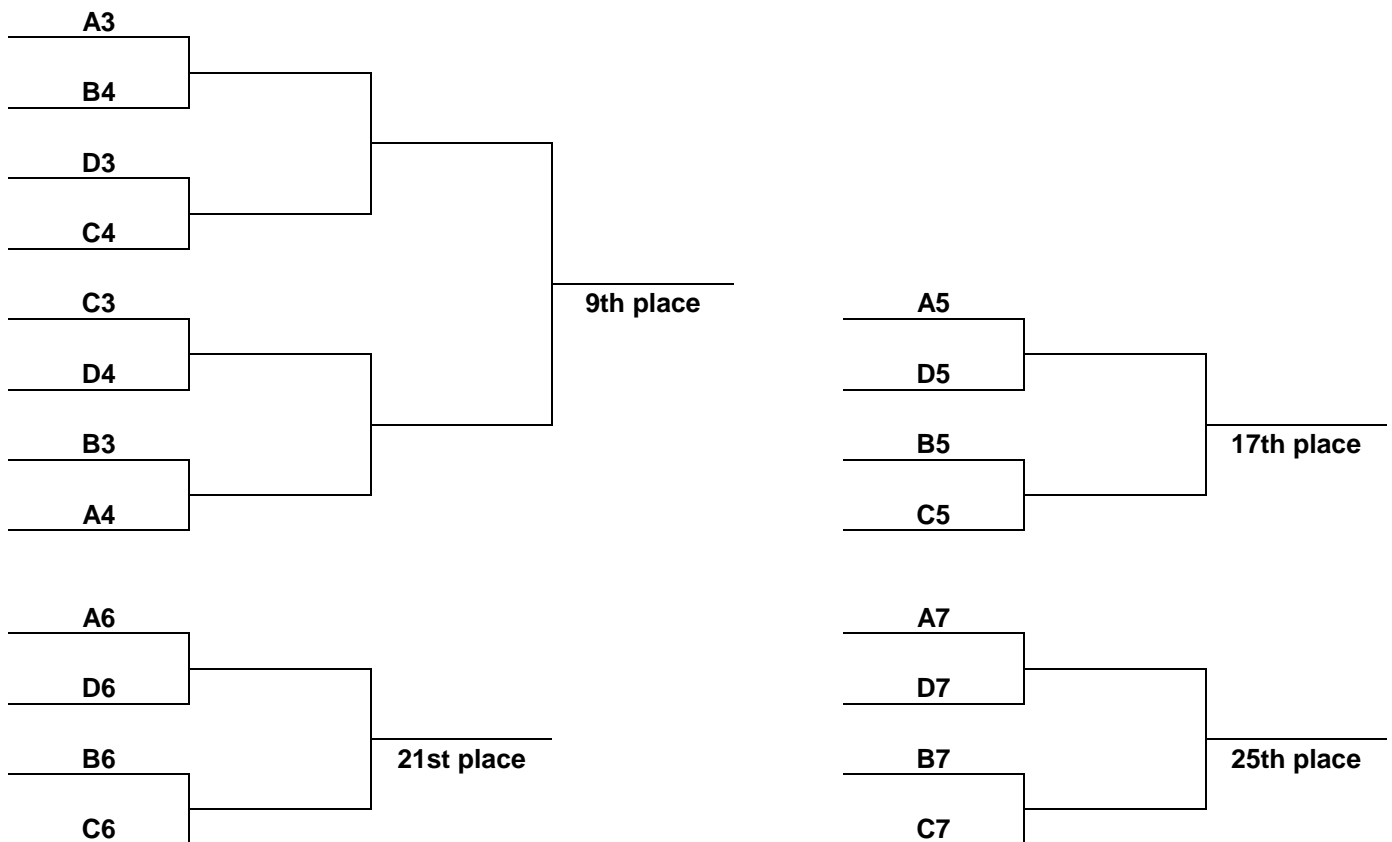
19. Developmental Team Entries

- 19.1. For all USA Wrestling National Dual Team Championships, developmental teams shall be designated as Developmental #1, Developmental #2, etc.
- 19.2. For all USA Wrestling National Dual Team Championships, developmental teams may compete in the preliminary pools or brackets and in the consolation bracket only.
- 19.3. Developmental teams can only place and receive awards in the consolation bracket.
- 19.4. Developmental teams count against the maximum number of teams that can be entered in each National Dual Championship tournament.
- 19.5. All participants on developmental state teams must be approved by their state association for participation.
- 19.6. All developmental teams will be governed by the USA National Dual Tournament rules.
- 19.7. Developmental teams may not be seeded.
- 19.8. Members of a developmental team may not be from any state that is represented at the tournament as a non-developmental team.
- 19.9. Individual members of a developmental team may not be from any state that has attended the tournament as a non-developmental team. *****THIS POLICY IS NOT APPLICABLE TO THE WOMEN'S JUNIOR NATIONAL DUAL CHAMPIONSHIPS.**
- 19.10. States that have attended the tournament within the past five years as a non-developmental team may not enter the tournament as part of a developmental team.
- 19.11. States may only enter each age division of the National Dual Championships as part of a developmental team three times in any five year period.

Appendix A

Consolation Bracket Pairing (Schoolboy/Schoolgirl, Cadet, Men's Junior Dual National Championships Pairing)

The 3rd and 4th place teams from the A, B, C, and D pools shall be placed in an 8 team single-elimination line bracket, and placed in the bracket starting from the top in this sequence: A3:B4; D3:C4; C3:D4; B3:A4. All remaining teams shall be placed in single elimination 4-team brackets. The 4-team brackets will be comprised of the 5th, 6th, and 7th place teams from the pools, respectively, and shall be placed in this order: A:D; B:C.



National Federation High School Dual Meet Tournament Rules

The following rules are taken directly from the National Federation of State High School Associations book that defines the rules for all high school dual meets in the USA. This section is designed to provide a clear definition of regulations that pertain to the dual meet competitions in USA Wrestling. Much confusion surrounds melding the collegiate (folkstyle) rules and the Freestyle/Greco rules for wrestling in these tournaments. This puts those regulations in writing together in one book for easy reference. **This is not a complete set of rules for collegiate wrestling. It is only the rules that deal with dual meet competitions.**

Rule 1

Section 2 Representation

Art 1... A school/team may be represented by only one wrestler in each weight class during dual-meet competition, and no substitution is permitted for any wrestler in dual meets or tournaments once the wrestler has properly reported to the scorer's table.

Art 2... No Wrestler shall represent the school in more than one weight class in any meet.

Art 3... No contestant shall wrestle two consecutive matches with less than a 45-minute rest between them. The conclusion of each match shall be recorded. **(USA wrestling regulations only require a 15-minute rest between matches.)**

Art 4... A contestant shall not accept a forfeit in one weight class and compete in another.

Art 5... A wrestler who weighs in for one weight class may be shifted to the next highest weight class, provided it is not more than one weight class above that for which the actual weight qualifies. The exact weight of all contestants shall be recorded and submitted to the official scorer.

i.e. A wrestler weighing 140.1 is a 145 lb wrestler thus the highest class he could wrestle is 152 lbs.

Art 6... Each team shall designate a captain(s) and head coach. Prior to the beginning of the meet they shall report to the referee for the disk toss to determine which individual is to appear at the scorer's table first at each weight class.

Art 7... Prior to the meet the head coach shall verify that all wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle

Rule 2

Section 2 Team Benches

Art 1... For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area which is at least 10 feet from the edge of the mat and the scorers table, where facilities permit.

Art 2... During the tournament competition, a maximum of two team personnel (coaches and /or non-participating contestants) will be permitted on chairs at the edge of the mat. It is permissible to allow coaches on the corner of the mat in a restricted zone. In tournaments where coaches are permitted on the corner of the mat, the restriction zone shall be defined by either a contrasting line marked on the mat with paint or tape or a contrasting colored surface under the chairs. The restriction zone shall be no closer than 5 feet from the edge of the circle. Coaches shall be seated at least 10 feet from the scorer's table, where facilities permit.

Rule 4

Section 1 Wrestlers Uniform

Art 5... The uniform shall be worn as intended and designed by the manufacturer.

Section 2 Appearance and Health

Art 3 through 5 ... These articles restrict the wrestling of wrestlers with communicable skin disease. USA Wrestling has policies that are enforced by on site physicians and trained personnel that deal with skin issues.

Art 6 ... Each contestant who has braces or has a special orthodontic device on his or her teeth, shall be required to wear a tooth and mouth protector. A tooth and mouth protector (intraoral) shall include an occlusal (protecting and separating the biting surfaces) and the labial (protecting the teeth and supporting structures) portion and cover the teeth and all the areas of the braces or special orthodontic device with adequate thickness. This would include upper and lower teeth if devices are present on both. It is recommended the protector be properly fitted and:

- a. Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.
- b. Constructed and fitted to the individuals by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.

Section 5 Weighing In

Art 3... For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. ***In USA Wrestling dual meet competition the general practice is to have contestants weigh in as a team, not as individuals, by weight class.*** A contestant shall weigh in for only one weigh class during the weigh-in period. If only one scale is

available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During the time off the scale(s), activities that promote dehydration are prohibited.

Art 4... The referee, (Weigh Master in USA wrestling) or other authorized person of the same gender shall supervise weigh-ins. ***In USA Wrestling dual meet competition there is no weight allowances. (11.1 dual policies and procedures)***

USA Wrestling national team dual competitions have modified this rule. Coaches should make sure weight allowance is clearly understood by the wrestlers. See page 5 of this document "Weigh-In" 11.1 through 11.6. USA weigh-in modifications.

Rule 5

Section 2 Biting

Art. 1... Biting is an act of flagrant misconduct and, on the first occurrence the individual shall be disqualified from competition.

Art. 2... In the opinion of the referee, a wrestler has bitten an opponent this will be deemed as an intentional biting and will be called as flagrant misconduct.

Section 5 Coaches Misconduct

Art. 1... Coach misconduct occurs when a coach improperly questions the referee.

Art. 2... When a coach request a conference with the referee regarding a possible misapplication of a rule, and it is determined there is no misapplication or when during a conference, the coach questions the judgment of the referee, coach misconduct shall be called. The coach misconduct penalty shall always be charged to the head coach.

It should be noted that all misconduct by assistant coaches and/or team leaders will be is considered a charged of misconduct against the team's head coach. This rule applies to all personnel associated with the team bench during competition.

Art. 3... Coach misconduct results in the following:

- a. First offense-warning
- b. Second offense-deduct one team point
- c. Third offense-deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day. (See Penalty Chart)

Section 8 Disqualification

A disqualified wrestler is one who is removed from participation in accordance with the Penalty Chart, or properly reports to the scorer's table in a dual meet and then withdraws.

Section 9 Dual Meet

A series of matches, one in each of the specified weight classification, constitutes a dual meet.

Section 12 Flagrant Misconduct

Art. 1... Flagrant misconduct on the part of Coaches or other Team personnel are acts which:

- a. the referee considers serious enough to remove the offender from the premises.
- b. Can occur prior to, during or after a match, including the use of tobacco products.

Art. 2... Contestants

- a. Flagrant misconduct is any physical or nonphysical act which occurs before, during or after a match considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in a multiple school (state/national team) event.
- b. Acts include, but are not limited to:
 1. striking
 2. butting
 3. elbowing
 4. kicking an opponent
 5. use of tobacco products.
- c. If, in the opinion of the referee, a wrestler bites an opponent this will be deemed as intentional biting and will be called as flagrant misconduct.

In USA Wrestling competition where 3 man mechanics are use, all three officials should agree on a flagrant misconduct call.

Section 27 Taunting

Taunting is any act or action which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race religion, gender, or national origin.

Rule 5

Section 30 Unnecessary Roughness

Art 1... Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but not limited to: a) a forceful application of a crossface; b) a forceful trip; c) a forearm or elbow used in a punishing way, such as, on the spine or back of the head or neck.

Art 2... Continuing acts of unnecessary roughness may be construed as flagrant misconduct

Section 31 Unsportsmanlike Conduct

Art 1... Coaches and Team Personnel. Unsportsmanlike conduct of coaches and other team personnel is any act which becomes abusive or interferes with the orderly process of the match. These acts may occur prior to, during or after the match. This includes violations of the bench decorum rule (7-5-2), taunting, acts of disrespect, or those actions which incite negative reactions by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart. The head coach shall be penalized for unsportsmanlike conduct if wrestlers report to the scorer's table not in proper uniform, and not properly groomed, not properly equipped or not ready to wrestle.

Exception: The head coach shall not be penalized when a wrestler reports to the scorer's table with shoelaces that are not properly secured.

Art 2 ... Contestants. Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting and the clearing of the nasal passage in other than a proper receptacle, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-the-match procedure. Continuous acts of unsportsmanlike conduct may be construed as flagrant misconduct.

Art 3... Spectators. Any act (physical or non-physical), which in the opinion of the referee, is serious enough to warrant removal, shall cause the spectator to be removed from the premises for the remainder of the event.

Rule 6

Section 2 Starting the Match

Art 1... A team intentionally delaying its appearance to the mat beyond five minutes of the established dual meet starting time, shall be penalized one team point. If the team does not appear within the next five minutes, there shall be team forfeiture for the dual meet.

Art 2... In dual-meet competition, the wrestlers must be ready to go to the scorer's table immediately when called by the referee.

Coaches should escort the wrestlers to the head table to assure that the correct wrestler is entering that bout. The wrestler sent to the scorer's table first, who then cannot be withdrawn or replaced without being disqualified and the weight class forfeited shall be determined by the pre-meet disk toss. Once a second wrestler has properly reported to the scorer's table in proper sequence, as determined in the pre-meet coin toss, neither can be withdrawn or replaced without disqualification and the weight class forfeited.

If a coach/wrestler reports out of turn (i.e. odd team reports first but it is even teams turn) that odd wrestler maybe withdrawn without penalty. The first match is odd. If the even number matches are selected, the coach will send its wrestler to the scorer's table first on the even matches. The opposing team then will send its wrestler to the scorer's table first for the odd numbered matches. The referee shall correct errors without penalty to the contestants.

Art 4 ... In matches involving visually handicapped wrestlers, the finger-touch method shall be used in the neutral position and initial contact shall be made from the front. Contact is to be maintained throughout the match.

Rule 6

Section 5 End-of-Match Procedure

Art 1 ... If no fall occurs during the final period, the referee shall direct the wrestlers to return and remain in the center of the mat while the referee verifies the match score. (Mat chairman will indicate color under USA/FILA rules)

Art 2... The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand.

Section 6 Correction of Errors

Art 3 ... When the timekeeper makes an error of the clock fails to start when the referee indicates time is to begin, the referee is to make a judgment concerning the time that should have been consumed. The referred will adjust the clock accordingly. (In USA competition the referee, judge and mat chairman will determine that time.) **Errors must be corrected prior to the start of any subsequent period in Greco and Freestyle competition.**

Art 4... Dual meet scoring errors by referee or scorer:

a. Match Score

1. Errors by the timekeeper, official scorer or referee must be corrected prior to the offending contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offending contestant or coach remains in the mat area.
2. Errors involving the computation of the match score must be corrected within 30 minutes after the conclusion of the dual meet. If the error necessitates additional wrestling, it must be corrected prior to the next match.

b. Team Score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the conclusion of the dual meet.

Art. 5... Tournament scoring errors by the referee or official scorer.

a. Match Score

2. Errors by the timekeeper, official scorer or referee must be corrected prior to the offending contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offending contestant or coach remains in the mat area.
3. Errors involving the computation of the match score must be corrected prior to the next match in which either wrestler (team) competes.

b. Team score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the conclusion of the tournament or before the beginning of the next round of team competition.

Note: It is the coach's responsibility to know the team score at the conclusion of the tournament. Any discrepancy must be reported within a 30-min. time frame following the conclusion of the tournament.

Art 6... When a coach believes the referee has misapplied a rule or disagrees with judgment, the coach may approach the scorer's table, request the match be stopped (when there is no significant action) and discuss with the referee (mat chairman in USA competition) and discuss the matter in front of the scorer's table. Both wrestlers shall return to and remain in the center of the mat. If the referee has misapplied a rule, necessary adjustments will be made, an explanation to the opposing coach will be made, and wrestling will immediately be resumed. If there is no error, or if the coach disagrees with the referee's judgment, the coaching staff will be penalized for coach misconduct. The first time it occurs in a dual meet or tournament it is a warning; the second time is the deduction of 1 team point; the third time the head coach shall be removed from the premises for the remainder of the day and 2 team points deducted.

Rule 7

Section 4 Conduct of Contestants

Art 1... Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but is not limited to, a forceful application of a crossface, a forceful trip or a forearm or elbow used in a punishing way, such as, on the spine or the back of the head or neck, forceful slap to the head or face, and/or gouging or poking of the eyes. Continuing acts of unnecessary roughness also can be construed as flagrant misconduct.

Art 2 ... Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any equipment, spitting and clearing of the nasal passage in other than the proper receptacle, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

Note: The NFHS and USA Wrestling disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstance including on the basis of race, religion, gender, or national origin.

Art 3... Flagrant misconduct involves physical or nonphysical acts and they can occur before, during or after a match and is any act considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in the multiple school event. It would include, but not limited to striking, butting, elbowing, kicking, biting an opponent, or using tobacco products.

Section 5 Conduct of coaches, team personnel and others

Art 1... All persons affiliated with the team including wrestlers, coaches, trainers and managers are subject to the rules and will be governed by decisions of the referee. (In USA wrestling this would be the 3 man officiating team)

Art 2... Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out of bounds and resumption of wrestling. During this time the coach may walk behind the team bench to encourage wrestlers, or, when necessary for the team bench to be located in the bleachers, walk in front of the team area parallel to the bleachers. The coach may approach the scorers table to request the match be stopped to discuss the misapplication of a rule. The coach may move towards the mat only during a charged time-out or at the end of the match.

Art 3 ... Unsportsmanlike conduct of the coaches and other team personnel is any act which becomes abusive or interferes with the orderly progress of the match. These acts occur prior to, during and after the match. This includes violation of the bench decorum rule (7-5-2), taunting, acts of disrespect or those actions which incite negative reactions by others. The offender shall be penalized for unsportsmanlike conduct in accordance to the Penalty Chart.

Art 4... Coach misconduct is called when a conference is requested with the referee regarding a misapplication of a rule, and the referee determines there is no misapplication involved, or when, during a conference, a coach questions the judgment of the referee.

Art 5... Flagrant misconduct on the part of the coach or any other team personnel is an act which the referee considers serious enough to remove the offender from the premises. These acts can occur prior to, during to after a match. This includes the use of tobacco products. Flagrant misconduct shall be penalized in accordance with the Penalty Chart.

Art 6 ... A spectator who acts in an unsportsmanlike manner may be removed from the premises for the remainder of the event. When requested by the referee, the home management shall be responsible for the removal of spectators who become offensive. This shall be done without penalty to either team.

Rule 8 Penalties and Injuries

Section 1 Penalty Administration

Art 1... Any contestant reporting to the mat to wrestle with greasy substance on the body or uniform, improper grooming, objectionable pads and braces, illegal equipment, illegal uniform or any equipment that is detected as being illegal after the match has started shall be disqualified if not removed or corrected within the 2-minute injury time. (USA Wrestling injury time) Reporting to the mat, not properly equipped or not ready to wrestle is a technical violation.

Art 3... Penalties and warnings are cumulative throughout the match. Each infraction has its specific penalty.

This is an area where Freestyle/Greco rules are somewhat different than NFHS rules. Although the NFHS penalty chart should be used for rules that govern dual meet conduct, USA Wrestling rules govern match rules. Remember in the case of a wrestler competing for a team in a dual meet must meet the standards of both sets of rules.

Art 4... Unsportsmanlike conduct by a wrestler prior to or after the conclusion of wrestling, coaches or other team personnel, results in the deduction of one team point for the first offense. On the second offense two team points shall be deducted. The individual will be removed from the premises for the remainder of the event provided authorized personnel are available to supervise. If no supervision is available, the student shall be confined to the bench area. These penalties carry over in a multiple-day event.

Art 5 ... Coach Misconduct results in the following:

- a) First offense – warning;
- b) Second offense – Deduct one team point;
- c) Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day.

Art 6 ... Flagrant misconduct results in disqualification of the individual, immediate removal from the premises and deduction of three team points on the first offense. A student may be removed from the premises on if there is an authorized personnel present to supervise said student. If no supervision is available, the student shall be confined to the bench area. Any contestant disqualified in an individual tournament competition is not entitled to any points earned in the tournament. All advancement points, fall points, placement points, etc. are negated. All vacancies created in the tournament pairing shall be recorded as forfeits. In dual-meet competition, any team points earned shall be negated. Team points earned in previous dual meets stand. Flagrant misconduct will disqualify any individual from the remainder of a multiple school event or tournament.

Rule 9 Scoring

Section 2 Team Scoring (Dual Meet Tie Breaker)

USA wrestling dual meet modifications

Dual Meet Tiebreaker Criteria (If two teams are tied in an individual dual):

1. The team whose wrestlers, coaches, or support staff has been penalized the least number of team point(s) for flagrant or unsportsmanlike conduct shall be declared the winner.

2. The team with the most victories (including forfeits) shall be declared the winner.
3. The team with the most victories by fall shall be declared the winner.
4. The team with the most victories by technical superiority shall be declared the winner.
5. The team with the most victories by forfeit, default, or disqualification shall be declared the winner.
6. The team with the most victories by decision shall be declared the winner.
7. The team with the lowest draw number shall be declared the winner.

Rule 10 Conduct of Tournaments

Section 2 Entries

Art 1... Failure to verify entries by stipulated deadline or by completion of weigh-in shall result in disqualification from a tournament. If a stipulated deadline has not been pre-determined, the deadline shall be the completion of weigh-ins.

Art 2... Wrestlers (teams) shall be permitted a maximum of five minutes to appear ready to compete at a specific mat. Failure to appear shall result in forfeit to the opponent.

Art 3 ... Defeat due to injury in a tournament does not eliminate a contestant from further competition.

Art 4... In case of injury or illness after verification of entries, the tournament director, in consultation with available medical personnel and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relate to default or forfeit for scoring purposed, shall be considered by the tournament director.

Art 5 ... A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is because of injury or illness which occurred during the tournament.

Art 6 ... Disqualification may eliminate a contestant from further competition, depending on the severity.

Art 7... Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament except as provided in Article 4 of this section. A forfeit shall be awarded to the opponent.

Art 8... All vacancies created in the tournament pairings after the first round shall be scored as forfeits.

Summarized NFHS Penalty Chart

	Rules	Warning	1st Penalty	2nd Penalty	3rd Penalty
Illegal Holds	7-1	No	1 Pt.	1 Pt.	Disqualify (USA WR)
Technical Violations	7-3	No	1 Pt.	1 Pt.	Disqualify (USA WR)
Unnecessary Roughness	7-4-1	No	1 Pt.	1 Pt.	Disqualify (USA WR)
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No	1 Pt.	1 Pt.	Disqualify (USA WR)
Not Reporting to the Mat Properly Equipped	8-1-1	No	1 Pt.	1 Pt.	Disqualify (USA WR)
Coach Misconduct (during the match)	5-5 6-6-6 7-5-4 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day	
Unsportsmanlike Conduct- Contestants (not during the match). Coaches and other team personnel	7-4-2 7-5-3 8-1-4	No	Deduct 1 Team Point	Remove from premises immediately on the second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.	
Flagrant Misconduct - Contestants	7-4-3 8-1-6	No	Disqualify on the first offense, deduct 3 team points and remove from the premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of the dual meet, multiple school event or tournament. No team points can be earned.		
Flagrant Misconduct- Coaches and other team personnel	7-5-5 8-1-3 8-1-6	No	Remove from premises immediately on first offence and deduction of 3 team points; Removal is for the dual meet, remainder of a multiple school event or tournament.		
Greasy substance on body or uniform, improper grooming, objectionable pads and braces: Illegal equipment or uniform.	7-3-7 8-1-1		Any contestant reporting to the mat in violation of this article shall be disqualified if not removed or corrected within 2 (USA WR) injury time.		
<p>Note 1- Disqualification due to technical violation, illegal hold, and unsportsmanlike conduct during a match of unnecessary roughness does not eliminate a contestant from further competition in tournaments.</p>					
<p>Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event</p>					
<p>Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.</p>					