

SECTION IX ATHLETICS
WRESTLING BY-LAWS

1. The current year National Federation Rules and the Wrestling control Plan as stated in the NYSPHSAA State Handbook will apply.
2. MATCH TIME: Varsity to follow JV match. Home school will establish start time.
3. No seniors will wrestle for team points at the junior varsity level but may wrestle exhibition matches.
4. REQUIRED SUPERVISION: Minimum of one adult Supervisor (faculty chaperone or security guard). One adult timer.
5. POSTPONEMENTS: On the first available date for both schools.
6. Weigh-ins: Will adhere to the procedures as stated in the NYSPHSAA Handbook.
7. COACHES MEETINGS: Attendance is required at a pre-season Section IX Coaches Meeting.
8. ADVANCE NOTIFICATION CONCERNING NUMBER OF MATCHES: Schools that have less than a full JV team will notify the opposing school far enough in advance to allow the Home School to notify/cancel referees and to set a different starting time.
9. All weight classes including the 96 lb. and 275 lb. weight class will be wrestled for all Section IX contests.
10. Unsportsmanlike Conduct:
 - a. When a wrestler is disqualified from a match or meet for fighting or unsportsmanlike conduct, the following action will be taken:
 1. First Disqualification – that wrestler(s) cannot attend or participate in the next scheduled match.
 2. Second Disqualification – that wrestler(s) cannot attend or participate in the next two scheduled matches.
 3. Third Disqualification – that wrestler(s) cannot attend or participate in any remaining scheduled matches including sectionals or any higher level of competition.
 - b. The official who disqualifies the wrestler(s) will notify the OCIAA Athletic Coordinator, prior to 12:00 noon the following day, of the name(s) of the wrestler(s) and the type of infraction(s).

- c. The coach of the wrestler (or wrestlers) who was disqualified will notify his/her Athletic Director, the Athletic Director will then contact the OCIAA Athletic Coordinator's Office to confirm that the wrestler or wrestlers will not be allowed to participate in that school's next scheduled match or matches as required above.
- d. A wrestler(s) who is disqualified from a meet or match, will not be allowed to be present at the site of any match that player(s) has been disqualified from participating in (home or away).
- e. For unsportsmanlike violations that occur during the Section IX season, penalties will carry over into sectional tournament.
- f. Disqualifications from season carry over to the next season of participation.

11. Championships:

- a. Section IX Wrestling consists of three (3) divisions in Division 1 (600 and above) and two (2) divisions in Division 2 (599 and below): Each division will recognize a champion. The following procedure will be followed.
 - 1. Head to Head overall for current season between teams that are tied.
 - 2. Points allowed between tied teams
 - 3. Record vs. the team occupying the next highest position in division standings.
 - 4. Points allowed vs. the team occupying the next highest position in division standings

12. Awards (Varsity Only):

Plaques 3 Division Champions (Teams) / 2 Division Champions (Teams)

Patches Each individual school may purchase their own patches if they choose to do so.

13. Information regarding the Section IX Tournament, seeding, weight certification, assessors, Section IX Duals Tournament and other aspects of Section IX Wrestling can be found in the Section IX Wrestling Coaches and Athletic Directors Handbook.

14. **Modified (7th and 8th Grade)**

Wrestling programs and competition will be conducted as specified in the NYSPHSAA Handbook - Program 2.

- 1. A contestant (or team) may participate in competitions not to exceed 14 points during their season. Points assessed to competitions are as follows:
 - a. 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
 - b. 2 Point Meets are any competitions where a wrestler or wrestlers compete in 3 or 4 bouts.
- 2. No contestant (or team) can accumulate more than 10 points out of the maximum 14 points allowed via 2-point competitions.

3. No contestant (or team) can accumulate more than 3 points per week.
4. There shall be no competition between wrestlers with an age difference of more than 24 months.
5. At least 2 nights shall elapse between contests.
6. The time periods for bouts shall be as follows:
 - a. If a contestant competes in only one (1) bout per contest, the time periods are:
Program 2: 1st Period – 1 minute, 2nd & 3rd periods – 1 and ½ minutes
 - b. If contestant competes in two, three or four bouts per contest, the time periods will be either: (1) Three one (1) minute periods, or (2) 1st period: One (1) Minute, 2nd & 3rd periods: 1 ½ minutes. There must be a 30-minute rest period between bouts.
 - c. With Section approval, a sudden victory overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing position or the referee's position, and the period shall not exceed 30 seconds. (May 2010)
7. Weight Control:
 - a. The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under b.
 - b. No attempt at weight reduction before the official weigh-in is permitted except on written permission from the parents and a written recommendation of a physician. Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.
 - c. A squad list, indicating the established weight classes for each team member as well as birth dates and ages, shall be sent to all opposing schools.
 - d. Wrestler's participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.
8. Weigh-ins on the day of a dual meet shall be established by the Section Athletic Council.
9. For multi-school contests, refer to General Eligibility Rule #10.
10. With Section/League approval, wrestlers shall have the option of wearing an alternative to the traditional singlet. Uniform must include a form-fitting compression shirt and compression shorts, or a form-fitting compression shirt under the school uniform singlet.

Game Rules (Program 2)

1. Weights: Wrestlers may wrestle each other within a 10-lb. weight variance.
2. Matching wrestlers: both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.
3. There is no limit to the total team bouts in a contest.
4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.