

SECTION 9

GIRLS WRESTLING

HANDBOOK 2025-26



COACHES CHECK SHEET

PRE-SEASON RESPONSIBILITIES FOR SECTION 9 WRESTLING:

- _____ **Complete your schedule** and notify the Section 9 Chairman if you are in search of a dual meet, a tournament, or a team for a tournament you are hosting.
- _____ Update **name/address/phone directory** handout from Section 9 Chairman. Include yourself and your JV and Modified coach and return it PRIOR to the first Section 9 Coaches meeting. Be sure to include a **fax** number and **e-mail** address if you have one.
- _____ **Collect a completed NYS Parent Permission Form (Form 01)** from each wrestler on your team, prior to their weight certification day. Keep forms on file in you Athletic Directors office.
- _____ **Contact you're A.D.** to order a bus for your Regional Weight Certification site.
- _____ Attend the first Section 9 Coaches meeting on: **Thursday, November 13th**
Zoom Meeting - 7:00 p.m.
- _____ **Sign-on to the Trackwrestling website and follow the instructions to update your roster and print your Individual Profile forms prior to arrival at certification site.** Report to your assigned site for certifications. Wrestlers who are not hydrated must report back on a different date. **Track Login Release Date: 10/27/2025**

IN-SEASON RESPONSIBILITIES FOR SECTION 9 WRESTLING:

- _____ Section 9 thru your AD will provided an APP to rate officials and put in scores for Dual meets. Call in **results of all home dual meets** or tournaments to:
The Record: Phone #: **1-800-295-2181** Fax #: **342-6024** and
SectionIXWrestling@GMail.com, KMcMillan@TH-Record.com, and
Daniel.Morse@ouboces.org.
- _____ Update your wresters records in the TRACKWRESTLING database in a timely (bi-weekly) manner.
- _____ Update your wresters NYSCompetiton Form to track their points in a timely manner.
- _____ Send in your data or actual ad for the Section 9 Program.by: **SUN, JANUARY 18**
- _____ Get the necessary **documentation copied for the** Section 9 Seeding meeting. Email your GIRLS Division lineup by **Sun, FEBRUARY 8**
- _____ **Attend the Section 9 seeding meeting** for the Section 9 tournament:
GIRLS Division at 3:30 pm **MON, FEBRUARY 9** Middletown– Lecture Room
- _____ Vote by Monday **3/2/26** for the year end awards for the Friends of S9 Banquet on **TBA**

SECTION IX ATHLETICS- WRESTLING BY-LAWS

1. The current year National Federation Rules, USA Junior Freestyle Rules and the Wrestling control Plan as stated in the NYSPHSAA State Handbook will apply.
2. **MATCH TIME:** Varsity follows JV match. Home school establishes start time.
3. **REQUIRED SUPERVISION:** Minimum of one adult Supervisor (faculty chaperone or security guard) and one adult timer.
4. **POSTPONEMENTS:** On the first available date for both schools.
5. **WEIGH-IN's:** Adhere to the procedures stated in the NYSPHSAA Handbook.
6. **COACHES MEETINGS:** Attendance is required at a pre-season Section IX Coaches Meeting and Post-Season Seeding meeting.
7. **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.
8. **WEIGHT CLASSES:** All weight classes including the 94 lbs, 100 lbs, 107 lbs, 114 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 145 lbs, 152 lbs, 165 lbs, 185 lbs, and 235 lbs will be wrestled for all Section IX contests.
9. **UNSPORTSMANLIKE CONDUCT:** (Revised August 2011)
Sportsmanship: The NYSPHSAA and Section IX recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA AND Section IX has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.
 - I. **Coach:**
Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest (dual meet or tournament) at the same level (e.g. junior varsity, varsity, etc.) has been completed. **The coach may not be present at the game site.** **NOTE:** "Not being physically present at the site" means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.
 1. A coach who strikes, shoves, kicks or makes other physical contact with the intent to do so to another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for one year from the date of the offense.
 2. The coach of the player(s) who was ejected will notify his/her Athletic Director of the incident on the same day that it occurred. The Athletic Director will then contact the League Coordinator to confirm that the player(s) will not be allowed to participate in the school's next scheduled game/games as below.
 - II. **Player:**
 1. When a wrestler is disqualified from a match or meet for fighting or unsportsmanlike conduct, the following action will be taken:
 - a. **First Ejection** – the wrestler cannot attend or participate in the next scheduled contest (match or tournament). If the season has ended the wrestler cannot attend or participate in the next scheduled contest in his/her next season of participation.
 - b. **Second Ejection** – that wrestler cannot attend or participate in the next two scheduled contests (matches or tournaments). If the season has ended the wrestler cannot attend or participate in the next two scheduled contests in his/her next season of participation.

SECTION IX ATHLETICS- WRESTLING BY-LAWS

(continued)

10. **UNSPORTSMANLIKE CONDUCT:**

II. **Player:**

1. When a wrestler is disqualified from a match or meet for fighting or unsportsmanlike conduct, the following action will be taken:
 - c. **Third Ejection** – the wrestler cannot attend or participate in any remaining scheduled contests for the remainder of that sports season, including sectionals or any higher level of competition. If the season has ended the player(s) cannot attend or participate in the next three scheduled contests in his/her next season of participation.

Please note: Disqualified from one season carries over to the next season of participation.

III. **Member of the squad:** (includes player, manager, scorekeeper, timers, statisticians)

1. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense.

IV. **Official:**

1. Unprofessional conduct on the part of official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the Section Executive Director. A request will be made to the appropriate sport officials' chapter to investigate the incident and to report their action to the Section in a timely manner.
2. The official who ejected the wrestler(s), member(s) of the squad or coach shall notify the League Coordinator prior to 12:00 Noon the following day of the name(s) of the player(s) or the coach and the infraction(s). The League Coordinator shall notify the Athletic Director of the offending school.

[NYSPHSAA Girls Wrestling Rules Guide](#)

[NYSPHSAA GIRLS WRESTLING WEIGH SHEET](#)



Section IX Athletics

Greg Ransom, Executive Director

Section IX Coaches Code of Conduct

In order to ensure that the principles of sportsmanship, fair play, skill development, and mutual respect among players, coaches, officials and spectators are the primary considerations governing competition in Section IX, the following Code of Conduct has been established and adopted.

Each coach shall:

1. Know the rules and abide by them. Instruct team members in the rules and coach his team in such a way as to motivate each player to compete according to the rules at all times.
2. Respect the game officials and refrain from questioning their decisions in a disrespectful or abusive manner. No negative comments in media.
3. Ensure that all facility rules and regulations are followed by the players, coaches and spectators, respecting at all times the property of others.
4. Assist the game officials in maintaining control of spectators during the games when necessary.
5. Respect the coaches and players of the opposing team and demonstrate appropriate gestures of sportsmanship during the play of the game and at its conclusion. Be humble and generous in victory. Be proud and courteous in defeat. Teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.
6. Maintain emotional and physical control, avoiding the use of abusive language or profanity, humiliating remarks, gestures of ill temper, and physical assault upon another individual.
7. Instruct team support personnel (e.g., assistant coaches, managers, scorebook keepers, and timekeepers) in their responsibilities in accordance with established rules and procedures.
8. Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability, but also on its sportsmanship, courtesy and conduct.



Section IX Athletics

Greg Ransom, Executive Director

Section IX Spectators Code of Conduct

Section IX Athletics recognizes the importance of behavior and personal character in our student athletes. As such, we ask our spectators to:

1. Demonstrate a high degree of sportsmanship.
2. Show team support by making only positive comments.
3. Show respect for the judgment of coaches, officials, and referees.
4. Acknowledge mats, gyms, and equipment as the player's domain during contests.
5. Monitor the safety of children in the bleachers and stands.
6. Respect the law. All public schools and Section IX venues are smoke-free, substance free environments.
7. Athletic contests home, away, or at a neutral site are an extension of the classroom. Therefore, all school rules are in effect.
8. Spectators will respect and obey all school officials, supervisors, and site personnel at contests.
9. There will be no ringing of bells, sounding of horns, or other noise makers at indoor contests. * Outdoor use will be at the discretion of the site personnel.

*This does not apply to spirit groups including school approved pep bands or cheerleaders.
10. The throwing of debris, confetti, or other objects from the stands is prohibited. Offending individuals will be asked to leave the premises.
11. Exceptions to this behavior will lead to ejection from the event.

*** Please note that individual schools may have more stringent policies ***

Section IX Athletics | 53 Gibson Road | Goshen, NY 10924 | Phone (845) 294-5799 | Fax (845) 291-7306

Web site: <http://www.sectionixathletics.org>

INTRODUCTION

The NYSPHSAA's 2024-25 Wrestling Program booklet has been designed to assist school personnel, athletic administrators and coaches, in understanding and complying with all rules and regulations. It is not intended to serve as a substitute for the NYSPHSAA Handbook or NFHS Wrestling Rulebook. Please refer to the NYSPHSAA 2024-25 Handbook for all other sport and eligibility standards and the NFHS Wrestling Rulebook, Casebook and Manual for sport related rules.

SPORT SAFETY

EQUIPMENT

All safety equipment (headgear etc. including orthodontics) must be worn at all practices as well as competitions.

Headgear taping rule:

Effective January 2012: NYS Championship Committee granted a waiver to the Headgear taping rule. Straps and chinstraps may be taped to allow for better fit of the headgear; however, no taping is allowed on the ear section of the headgear.

Singlet Strap Rule:

Effective September 2014: NYSWC clarified the singlet shoulder strap rule.

In dual meets a penalty will be called if the strap is down while any part of the wrestler is on the mat. If the wrestler is completely off the mat on the hardwood floor, the strap can be dropped without penalty. As it is common in both individual and dual meet tournaments to have mats together and coaches chairs on the mats, NYSWC feels that wrestlers should not be penalized for taking straps down while in their corners either dressing before their match or undressing after their match. In tournaments, a penalty will be called if the strap is down while any part of the wrestler is in the mat circle. If the wrestler is completely out of the circle, the strap can be dropped without penalty.

Pink Ribbons: A waiver to the uniform rule exists during the month of February to permit pink ribbon(s) on the uniform in recognition of Breast Cancer Awareness.

SKIN DISEASE

NFHS Rule 4-2-3: If a participant is suspected of having a communicable skin disease, the coach shall provide current written documentation

- NYSPHSAA requires the **original** copy of the signed side of the two-sided form entitled: *NYSPHSAA PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)*. Page 2: Upper right should read: **For use during 2025-26 season**. This form must be signed only by a M.D., Physician Assistant or Nurse Practitioner for the wrestler to be eligible to participate. This may require a second trip to the doctor for final clearance if the doctor felt that the original issue was contagious and needed treatment.
- Photocopies are not acceptable. In situations where a section requires that all skin forms are to be filed with the Sectional Chairman or their designee, the Chairman/designee should receive a copy of the form. The original is to stay with the coach at all times.

Forms are available at www.nysphsaa.org under the following tabs:

Sports..Winter..Wrestling..Left Side Menu: Skin Form Infectious Disease

In tournament situations, skin checks are to be performed on each day of wrestling competition. The only people other than the referees that are allowed to do skin checks are a physician, physician's assistant or nurse practitioner.

(A certified athletic trainer can do concussion evaluations but not skin checks).

(Forms Book: Form12-SkinForm-25-26.pdf)-Form should read:

For use during 2025-26 season in upper right hand corner.

NYS would define the "On-Site health care provider" as a: Physician, Physician's assistant or nurse practitioner **(not a certified trainer)**

When traveling out of state:

1-If a NY wrestler is not cleared to wrestle by a NYS: Physician, Physician's assistant or nurse practitioner they are not eligible to leave NY to wrestle until they are cleared.

2-If they do not have an approved NYS skin form with them and a question arises at the skin check at the on-site/out of state event, it is legal for that states health care provider to deem the NY wrestler ineligible after the skin inspection. With or without the form, the onsite appropriate health care provider can rule the wrestler ineligible.

3-If they have an approved NYS form with them, it would seem logical that the other state would accept it, as it could be thought of as being "more strict" than the other states (since in NY the health care provider must be either a Physician, Physician's assistant or nurse practitioner and not a certified trainer)

When out of state teams come to NY:

A wrestler cleared by a non-NY State health care provider will be allowed to compete, as they meet the rules required for their state. However, the NY on site Physician could rule the wrestler ineligible.

NYSPHSAA WRESTLING WEIGHT CONTROL PLAN

WEIGHT CERTIFICATIONS

The NYSPHSAA Wrestling Minimum Weight Certification Procedure must be followed by all high schools sponsoring wrestling. The Wrestling Minimum Weight Certification Program School Manual outlining the approved procedure is sent to all Athletic Directors prior to the start of the wrestling season. Note: The manual includes the Appeal Procedure and any newly approved protocols.

Based on 7% body fat for males and 14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days (exclusive of Sundays and school closing for holidays or emergencies) from the first day of the season in the Section.

Assessments must be performed at the centralized assessment sites for all wrestlers. The InBody machine will be used for calculating weight assessments beginning in 2020-21.

- a. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. NFHS Rule 4-4-3
- b. The minimum weight class in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. In conjunction with Track Wrestling a minimum weight will be established for each wrestler. At no time may they participate at a weight class lower than their approved minimum weight.
- c. A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. NFHS Rule 4-4-2
- d. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season. (May 2008)
- e. Situations where a wrestler cannot pass the hydration test (ex; due to being on a prescribed medicine) will be handled on a case by case basis. Sectional Chairmen should contact Todd Nelson-Asst director if a wrestler in their Section cannot pass hydration.
- f. A Parents' Awareness Form for the wrestling minimum weight certification is required to be signed by the parent/guardian and the student and kept on file by the school athletic director (May 2008).
- g. All NYSPHSAA Approved Assessors must enter certification results into the In-Body machine (which will sync with the Track Wrestling database) where Minimum Weights and team rosters will be generated. Wrestlers must be tested and entered into the Track Wrestling database prior to competition.

WAIVERS:

Any wrestler who comes out for the team after the team's certification day, must apply for a waiver.

The wrestler is not eligible to practice until the official NYS Waiver Form is approved by the Section Chairman.

The wrestler is not eligible to compete until the wrestler's Individual Profile Form **is entered into Track Wrestling** (which must be within 14 days of the receipt of the official NYS Waiver Form).

OPTIONS FOR ALLOWING WAIVERS FOR THE 14-DAY RULE

Option 1: Wrestler joined after the 14-day certification period and has not yet practiced.

Practices: May not begin to count the **10** required practices until Chairman approves the official NYS Waiver Form.

Certification Date: Has 14 days from date Chairman signs the official NYS Waiver Form to certify with an assessor

Option 2: Fall Athlete involved in Post Season Play

Waivers can be granted to fall athletes who miss the certification process and deadline due to participation in NYSPHSAA Fall championship events.

Practices: May not begin to count the **6** required practices until Chairman approves the official NYS Waiver Form.

Certification Date: Has 14 days from date of last fall contest to certify with assessor.

Note-Fall athletes that do not need extra days to certify, can certify with the rest of the team within the first 14 days and not have to complete the official NYS Waiver Form. If they do so, they do not have to wait to start having their 6 practices counted.

Wrestlers who were on the Track rosters but did not certify within the first 14 days:

Note: If a wrestler anticipates a problem with hydration or being able to attend their originally assigned certification site, they should attend a different site on an earlier date, so as to have more chances to pass within the 14-day period.

This option should be rarely used

Practices: Must have **10** practices total.

Wrestler may not practice with the team between day #14 and the day they are actually certified.

Wrestlers who cannot pass hydration within the 14-day certification period must see a doctor and present doctors note documenting reason for hydration failure.

Certification Date: Should be first possible day once wrestler returns (assigned by Chairman).

Chairmen also have discretion to decide how many of the original practices are to be counted and have the right to have the wrestler restart the count of the 10 practices from the day they return from their absence or with the doctors note.

The wrestler must be hydrated for the assessment. (If hydration is failed again, the NYSPHSAA office should be contacted on how to proceed).

APPEAL PROCEDURE

A wrestler may appeal his/her In-Body result. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). **Exception-if a school cancels after school activities on the 3rd day, the appeal can occur on the 4th day.** Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE.

Appeals must be performed by an assessor appointed by the Section Consultant. The assessor will use the **actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.**

The appeal process is: If the wrestler is dissatisfied with the In-Body results of the minimum weight determination, the wrestler is retested by the assessor appointed by the Section Consultant. Retests must be within 3 days of the original date of measurement. When conducting an appeal, the assessor will use the **actual weight of the wrestler on the day of the appeal if the wrestler passes the hydration test.** The urinalysis must be repeated and passed. The wrestler may choose which measurement to accept (the original or the second measurement-they cannot appeal a second time).

The section consultant will input the results of the appeal on the Track Wrestling website.

NOTIFY YOUR SECTIONAL WRESTLING COORDINATOR OF ALL APPEALS.

IF YOU WERE ASSESSED ON:	THE LAST POSSIBLE DAY TO APPEAL YOUR RESULTS WOULD BE:
THURSDAY 11/20	SATURDAY 11/22
FRIDAY 11/21	MONDAY 11/24
SATURDAY 11/22	TUESDAY 11/25 @ MINISINK
MONDAY 11/24	WEDNESDAY 11/26 @ MINISINK

S9 - WEIGHT CERTIFICATIONS:

You should have already received from your athletic director a copy of the:
N.Y.S.P.H.S.A.A. SCHOOL MANUAL for THE WRESTLING MINIMUM WT
CERTIFICATION PROGRAM. This manual should answer most of your questions.
If you did not receive a manual, please contact the S9 Chair immediately.
All procedures will be reviewed at the coaches meeting.
All teams in S9 will be required to do a regional assessment.

ALL wrestlers must be certified within the first 14 days of the season.

ALL ASSESSMENTS MUST BE COMPLETED BY 1:30 PM ON WED 11/27

The Regional Assessment Schedule as of 10/15 is as follows: Please check email updates for possible changes

SCHOOL	DAY/DATE		SITE	TIME
GIRLS	SAT	11/22/25	CORNWALL	1:00 PM
GIRLS	MON	11/24/25	MIDDLETOWN	4:30 PM

Wrestlers who absent or are not hydrated the day of their assessment may go to any of the other assessment sites, or attend a make-up session at:

MINISINK VALLEY 11/25 or 11/26.

SECTION 9 WRESTLING

REGIONAL WEIGHT ASSESSMENT INFO

2025-26

CONTACTS: JEFF CUILTY – SECTION 9 CHAIRMAN

JeffCulty@GMail.com

(Cell) 845- 591-1498

MATT MAHONEY – REGIONAL ASSESSOR

MMahoney@Minisink.com

845-820-2889

APPROVED ASSESSORS:

MATT MAHONEY- Cell: 845-820-2889 is our Regional Assessor.

All S9 assessors used are on the approved assessor list. The list is

annually updated by 10/31 on the following website: www.NYSPHSAA.org

-Click on the link at the left of their home page for: **Sports**

-Then Click on: **Sports Specific Programs**

-Then Click on: **Assessors** (If an Assessor is **not** listed they are not eligible to do certifications).

Step 1: HYDRATION:

Passing the hydration test is the first step in the Regional Assessment. Wrestlers who are not hydrated may not step on the scale. **Their test is halted if they are not hydrated. They must wait at least 24 hours and return to be re-tested** on one of the other assessment dates.

HOW IS HYDRATION TESTED?

The assessor's opinion has no bearing whatsoever. A machine called a digital refractometer will be used. The urine is placed on the machine, the machine displays a number, if the number is within a certain range, the wrestler is not hydrated and cannot continue. Your assessors cannot give your wrestler the "benefit of the doubt". It is clear cut if they can continue.

TIPS ON BEING HYDRATED:

At trial tests last year around the state: Some schools that showed up with 35 kids: had 33 out of 35 wrestlers hydrated, while others had only 2 out of 35. The difference was directly related to the education the wrestlers on each team received. Coaches must tell their wrestlers how to be hydrated. When a wrestler is hydrated, their urine is basically almost clear. If it is a dark brown or deep yellow, they will not pass the test.

- The urine being tested should not be the first or second urine the wrestler has produced that day.
- Caffeine, excessive protein, and salty foods all make you dehydrated. Do not consume: soda, coffee, tea, chocolate, "Red Bull" or any other sources of caffeine, pizza, potato chips, etc. at least 48 hours prior to being tested.
- You may want to stop vitamin intake 48 hours prior to your test.
- When possible, try to eat a light breakfast (juice/water and piece of toast) the day of your test.
- Wrestlers in the upper weights tend to be dehydrated. The "fat" kids are not looking to cut from 230 to 160 lbs. Many of them are looking to stay right at 220, but even if they don't want to be certified at the lower weights, they will still be rejected from the test if they are not hydrated.
- Wrestlers should drink lots of water the day of the test. This is obviously a "Catch 22". They want to weigh as little as possible, but they must be hydrated. They will not necessarily hydrate by chugging a half gallon (4 pounds worth) of water prior to being tested. They would be better off drinking at least 3 small cups (8 oz-half pound) cups of water, every hour or so throughout the day they are being tested and urinate as necessary. Each time they urinate the urine should become lighter (which is more hydrated). Try to consume your last drink of water about 3 hours prior to your test time.

SECTION 9 WRESTLING

REGIONAL WEIGHT ASSESSMENT INFO

2025-26

Step 1: HYDRATION (continued):

Wrestlers will bring their Profile Forms with them to the bathroom and hand them to the assessor assigned to that station. If they are hydrated the assessor will give them their form to continue to the next station where they will be measured, weighted, and pinched. If they are not hydrated, the assessor will mark "Fail" on the form and collect it. This will stop the wrestler from completing the rest of the procedure. (Assessors do not mark the wrestler's hands with a marker to indicate pass or fail).

CHEATERS:

Wrestlers who are desperate to get to a certified weight class, who know they can't do it while being hydrated, may attempt to cheat. They try to add water to their urine sample by: partially filling their cup before producing the urine, holding the cup under the urinal while it is being flushed, filling their mouth with water and spitting it into the cup. The test will require them to individually go to a urinal, wearing only their underwear, carrying a cup. Their urine will be tested immediately.

Please emphasize that if they are caught cheating: **they are prohibited from wrestling for the entire year.** One wrestler in the state has already been caught and has been deemed ineligible by the NYSPHSAA. Signs will be posted at each site indicating the penalty.

Step 2: HEIGHT:

Once wrestlers have passed the hydration test, they will need to have their height recorded so it can be inputted into the calculation of % of body fat.

Step 3: WEIGH-IN:

Once wrestlers have passed the hydration test and have had their height recorded, they bring their Profile form to the next station. The wrestler will now step onto the InBody scale and hold the handle out at arms-length. Every wrestler in the section will be stepping on the same scale. Wrestlers must weigh in wearing either a singlet or shorts and a T-Shirt. The InBody scale will calculate the % of Body fat which will be transferred to TrackWrestling software via Bluetooth. The lowest weight the wrestler will be allowed to wrestle at will be calculated by the TrackWrestling OPC software.

SECTION 9 WRESTLING

REGIONAL WEIGHT ASSESSMENT INFO

2025-26

COACHES RESPONSIBILITIES FOR REGIONAL ASSESSMENTS:

Prior to going to your Regional Assessment site:

1. Coaches must collect a signed **Form 01-NYS Parental Awareness Form** from each wrestler. The form briefly outlines the Minimum weight Assessment program for parents. If it is collected, but not signed, it does not absolve the wrestler of any penalties. These forms must be kept on file with Athletic Directors for the entire season. Suggestion is to the form done along with the school's sport permission slips. Copies of the form are attached and are in the Wt Certification manuals and are also available in the S9 forms book and on-line at NYSPHSAA.org under Sports-Sport Specific Programs
2. All weight certifications are done through the TRACKWRESTLING site. You will setup your roster on the site. (It currently has your returning wrestlers with their grades updated).
 - a. Log on to the TRACKWRESTLING site using the login ID and Coaches temp password given to you at the coaches meeting. You can then set up your new password.
 - b. You must confirm the coaching info they have for you on file and follow the instructions to confirm your free membership into the TRACKWRESTLING.
 - c. When done, return to the OPC click on the **Coaches** tab at the top, then on the **Wrestlers** tab on the left. Click on **Show Entire Roster** and confirm your current returning team members. Delete anyone no longer on your team (by changing their grade to "**Remove**"). When done go to the top and: **Save Roster Information**.
 - d. To finish your roster: Click on: **Add New Wrestlers** and enter any wrestlers not already on the roster one at a time: You will need: First and Last Name, Gender, Grade, (**Email and Hometown are not allowed to be entered for NYS**) (Age is optional and the tab for Past Achievements is also optional). Click: **Save Wrestler Info** for each new wrestler.
3. **Form 03: INDIVIDUAL PROFILE FORM (IPF)** will be used by the assessors to enter your wrestler's data. You will not need to photocopy the forms this year. After you have saved your updated roster (in Step 2) you will be able to print a full roster set of profile forms (one for each wrestler) directly from the TRACKWRESTLING site. They will print with all to the data already filled in. When you are ready to print them, (on the left side of the page): Click on: **Team Reports...Wrestlers on File....Print Data Collection Forms**

***** YOU MUST BRING YOUR PRE-PRINTED FORMS TO YOUR CERTIFICATION SITE. *****

The assessor will: complete the remainder of the form, sign each form, and enter the data on-line into the TRACKWRESTLING database. The Sectional Chairman will have copies of the original forms for each individual wrestler. You may request copies for any or all of your team if desired. This year you will be able to go on the TRACKWRESTLING site and print weight certification rosters of your team as well as rosters of any of your opponents (once the assessor has entered the data)

The day of your Regional Assessment:

(Mats will be available at your site to workout before or after your assessment time.)

- **Arrive at your site at least one half hour prior to your assigned time.**
Coaches will report to the assessment area with one completed Individual Profile Form for each wrestler getting certified.
- Wrestlers will all be weighed (wearing **singlets** or t-shirt and shorts) on the **InBody machine**. Only approved assessors can do the weigh-in.
- **You may be asked to assist with data entry on a supplied laptop as your team is being certified.**
- You must schedule make-ups for all wrestlers who did not pass the hydration test at one of the remaining available sites.

SECTION 9 WRESTLING

REGIONAL WEIGHT ASSESSMENT INFO

2025-26

APPEALING YOUR RESULTS:

THE STEPS OF THE APPEAL PROCESS ARE COPIED FROM THE NYS HANDBK. ON **PAGE 15:**

- Appeals the wrestler must be hydrated and will re-do the In-Body machine procedure which can be administered by any of the assessors who is in possession of the In-Body machine and dongle.

WAIVERS:

THE STEPS OF THE WAIVER PROCESS ARE COPIED FROM THE NYS HANDBK. ON **PAGE 14:**

The final day to receive a Waiver is **January 1, 2026.**

COACHES

- Complete: **Form04-NYSWaiver form** on or before the day of your assessment and Scan and email it to: JeffCulity@GMail.com for approval.

Your wrestler may not practice until the waiver is approved.

- Contact one of the following assessors (within 14 days calendar days of getting the approved waiver) to get the late wrestler tested: You can use either of the following assessors for **new** wrestlers but only **Matt Mahoney** for **returning** wrestlers:

MATT MAHONEY	MINISINK	MMahoney@Minisink.com	820-2889
SUE ABEL	WARWICK	SAbel@WVCSD.org	987-3050 x12162
ERIC LEVASSAUR	WALLKILL	ELevassaur@WalkillCSD.k12.ny.us	973-713-1794
DIANE MAINOR	MONROE	DMainor@MW.k12.ny.us	522-4300
RACHEL MEYERS	KINGSTON	RMeyers@KingstonCitySchools.org	399-3266
JABARI MOSELY	ELLENVILLE	JM93atc@GMail.com	609-556-5275
CRAIG OLEJNICZAK	MIDDLETOWN	CraigOATC@Yahoo.com	988-3030
NATE REYNAUD	SAUGERTIES	NReynaud@Saugerties.k12.ny.us	750-7058
KATHY SCHINDLER	PORT JERVIS	KSchindler@Yahoo.com	863-9662

- Follow up with your assessor as to the approximate day/time they will be faxing

Form 03: INDIVIDUAL PROFILE FORM (IPF)-Male/Female

ASSESSORS:

- Complete **Form03: INDIVIDUAL PROFILE FORM (IPF)-Male/Female.**
- Confirm with the coach the approximate day/time you will be faxing the completed Profile form .
- Scan and email completed profile form to Jeff Culity to be entered into TrackWrestling.

SECTION 9 CHAIRMAN:

- Once Chairman has received **the Waiver form** the wrestler is **eligible to begin practice.**
Chairman will e-mail BOTH the coach and the assessor to let them know it has been received.
(if you haven't heard from the Chairman, ASSUME the form has NOT yet been received and the wrestler is NOT yet eligible to begin practice.
- Once Chairman has received **the Profile Form AND** the wrestler has had **10 practices from the date the waiver was approved**, the wrestler is then **eligible to compete vs other teams.**
Chairman will e-mail BOTH the coach and the assessor to let them know the Profile Form was received. (If you haven't heard from the Chairman, ASSUME the form has NOT yet been received and the wrestler is NOT yet eligible to compete.
- As the TrackWrestling database updates rosters instantly, the eligible wrestlers will appear as soon as their data are typed in.
- Chairmen will email all coaches an updated Waiver list showing wrestlers who have received waivers and what day they are eligible to compete vs other teams.

WEIGHT CLASSES

The following 13 weight classes are required: **94 lbs, 100 lbs, 107 lbs, 114 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 145 lbs, 152 lbs, 165 lbs, 185 lbs, and 235 lbs** for all dual meets and tournaments.

The approved Weight Certification Procedure will certify a wrestler for a weight. Wrestlers may only compete in a weight class equal or above their certified weight.

No wrestler may wrestle in a weight class that they are in excess of. The weight class may vary from day to day (due to additional pound allowances), but once the weight class for the day is established, no wrestler may wrestle at the weight class if they are in excess of it. Example: Wrestlers in excess of 235 lbs. are not eligible for exhibition bouts with other wrestlers in excess of 235. However, if due to an additional pound the weight class for the day was $235+1=236$ and the wrestler in question weighed 235.5 that day, they would not be in excess of 236 and could wrestle that day.

GROWTH ALLOWANCES

Each wrestler must make the scratch weight class for every contest prior to: 12/25. NYSPHSAA will grant a 2 lb. growth allowance for each weight class on December 25th (NFHS Rule 4-4-Article 4). This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 101 lbs, 108 lbs, 215 lbs. and 285 lbs. for the 7th and 8th graders who have successfully completed the Athletic Placement Process (APP). It may now be possible for certain wrestlers with certified minimum weights originally above the original scratch weights to now wrestle at the new weight classes. Example: Minimum Weight Certification was 103 lbs. This wrestler could not wrestle at 101 lb weight class (prior to 12/25) but can now wrestle at 103 lb weight class (after 12/25). At no time can a wrestler wrestle at a weight below their certified minimum weight.

Prior to 12/25, a wrestler may only wrestle at these weight classes

94, 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

Situation 1: On the day of the event, a wrestler's EWW is at 139.0 lbs so they cannot wrestle at the 138 lb weight class and must move up to the 145 lb weight class.

Situation 2: On the day of the event, a wrestler's EWW is at 139.0 lbs.

Due to back to back competitions an extra pound is granted for a contest making the weight class that day: $138+1=139$. As their EWW is equal of below 139, they can participate at that weight that day.

After 12/25 Growth Allowance: a wrestler may only wrestle at these weight classes:

96, 102, 109, 116, 122, 128, 134, 140, 147, 154, 167, 187, 237

Situation 1: On the day of the event, a wrestler's EWW is at 139.0 lbs they can wrestle at the $138+2=140$ lb class.

Situation 2: On the day of the event, a wrestler's EWW is at 141.0

Due to back to back competitions an extra pound is granted for a contest making the weight class that day: $140+1=141$. As their EWW is equal of below 141, they can participate at that weight that day.

WRESTLERS CERTIFY TO A WEIGHT (NOT A WEIGHT CLASS)

The wrestler's (Weight Loss Plan) WLP shows their (Eligible Wrestling Weight) EWW for each event. The Growth Allowance is built into the system. Coaches will adjust weigh-in sheets in Track for any events that have extra pound(s). So long as the wrestler's EWW for the day of the event is equal to or below the weight class for the day of the event, they may participate at that weight class. Track will also show the (Eligible Wrestling Wt Class) EWC for each event and this shall be the lowest class the wrestler can compete at for that event.

Minimum weights are required for certain weight classes for Athletic Placement Process (APP) 7th and 8th graders: (see page 38 & 42)

WRESTLING STANDARDS CHART

# of PRACTICES	TEAM	INDIV.
# Practices prior to scrimmage	10	10
# Practices prior to first contest	10	10*

* Wrestlers involved in Post Season games from Fall sports are "Gifted" 4 practices and only require 6 instead of 10 practices prior to their first contest.
(As per NYSPHSAA Handbook page 102:Practice Sessions)

MAXIMUM # OF POINTS (see below)	N/A	20 pts *
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MINIMUM TIME BETWEEN CONTESTS	1 Night	1 Night
MINIMUM TIME BETWEEN BOUTS	N/A	15 min.

# of BOUTS per DAY	DUALS	TOURN.
Individuals	4 bouts	7 bouts

MAXIMUM NUMBER OF POINTS-GIRLS

The maximum number of points a wrestler will be permitted is established by the NYSPHSAA. For **2025-26** the maximum points permitted shall be 20 points. A contestant may not exceed the maximum number of points during the regular season.

1. Individual Points:

- a. A dual meet will be assessed one point. Each match/ forfeit/ exhibition counts as 1 point toward the individual's maximum, points. Under extenuating circumstances (postponements due to inclement weather, school cancellations) a school may request permission from Section Coordinator to wrestle two dual meets in one day, with a limitation of two per season.
- b. Tournaments will be assessed two points. ~~Only six tournaments are permitted.~~
-Of the six permitted tournaments:

There is no limit on the number of individual bracketed tournaments.

You may only attend a maximum of 2-two-day tournaments if the format of the two-day tournament is not an individual bracketed tournament.

(Examples of two-day non-bracketed individual tournaments include:

Dual meet tournaments and Individual Round robin, pooled, or combined tournaments).

Example: An individual could attend 6 two-day individual bracketed tournaments.

But if the individual attends 2 two-day tournaments that are not individual bracketed tournaments (such as a two-day round robin dual meet or individual tournament, a two-day pooled dual meet or individual tournament, or a two-day individual combined tournament) then their remaining 4 tournaments must be either two-day individual bracketed tournaments or 4 single day tournaments of any type.

Example: An individual attended a two-day team dual meet tournament and a two-day individual round robin. This individual still can attend four more tournaments, but if any of them are two days, they can only be individual bracketed tournaments (such as Eastern States).

If an individual enters a combined 2-day tournament (where some weight classes are pooled, and some are bracketed), this will count as one of their two 2-day tournaments, even if their individual weight class is bracketed and not pooled.

Back to back tournaments are allowed. A minimum of one night's rest is required between tournaments. A tournament ends the day it's finals are contested (not the day a wrestler is eliminated from it).

Example: If a wrestler is entered in a 2-day tournament on Friday and Saturday and is eliminated from it on Friday, they cannot compete in another tournament on Saturday. The original tournament finals were held on Saturday, so one night's rest (Saturday) is required before the next tournament can be entered.

2. **Once a wrestler has reached their 20 point limit:** they may no longer continue to weigh in. If a wrestler's name (with 20 points) appears on a weigh-in sheet, then an ineligible wrestler has been entered.

3. Section Tournaments

Sectional Individual Tournaments and Sectional dual meet tournaments are not considered part of the regular season and do not count as points towards the maximum number of points permitted.

4. Forfeit

A forfeit is considered a contest.

CLARIFICATION of MAXIMUM NUMBER OF POINTS

The following examples will assist in understanding how points are assessed in a variety of circumstances

NOTE: Wrestling twice in a dual meet: A wrestler may compete two times in a regular two-team dual meet in the following situations: There must be a 45 minute rest between matches (with the exception of a wrestler who has earned a forfeit) and the wrestlers may only wrestle one weight class higher than the weight class qualified for at the weigh in.

Forfeits: A wrestler from Team A accepts a forfeit from Team B. The Team A wrestler may wrestle an exhibition match with a Team B member.

Points: Team A Wrestler: One point for the forfeit and one point for the exhibition match.

Points: Team B Wrestler: One point for the exhibition match

Extra wrestlers: A wrestler from Team A wrestles a match vs. Team B.

Team B has a second wrestler weighed in at this weight (or one weight class higher). The Team A wrestler may wrestle an exhibition match with the other Team B wrestler.

Points: Team A Wrestler: One point for the first match and one point for the exhibition match.

Points: Team B Wrestler: One point for the exhibition match.

Two Exhibition Matches:

Points: Team A Wrestler: Two points for the exhibition matches

Points: Team B Wrestler: Two points for the exhibition matches

NOTE: Wrestling exhibition in a Dual Meet tournament:

No Match: A wrestler from Team A weighs in for a dual meet tournament but is never used in any of the Varsity matches.

Points: Team A Wrestler is not charged any points for the tournament but must count the weigh in towards the 50% rule.

Exhibition: A wrestler from Team A has the ability to wrestle an exhibition match in a dual meet tournament (as it will not put them over the 6 **bout** limit or 7 **bout** limit if one of the 6 bouts was a forfeit).

Points: Once a wrestler wrestles one match in a dual meet tournament they are considered entered in the tournament. Even if they only wrestle one bout (either Varsity or Exhibition) it will cost them 2 points and be counted as one of their 6 tournaments. It would be suggested that if the wrestler gets one bout, they attempt to find a second, so as to not waste the two points assigned.

No additional points will be charged for the extra exhibition bouts.

Wrestling exhibition in a Dual Meet tournament (continued):

If you have a "team of 1", that practices with another team.

If the "team of 1" attends a dual meet tournament with the team they practice with.

The member of the "team of 1" cannot wrestle in any of the duals as they are not a member of the team. The member of the "team of 1" can get 6 exhibition bouts but must count the tournament as one of their 6 allotted tournament and will be charged 2 pts vs

6 pts. (note: Theory is that if a JV member of the full team went to the Dual meet tournament and was not used in any of the duals, they would be allowed the 6 exhibition bouts for 2 points, so the member of the "team of 1" should be treated the same way.

NOTE: Wrestling exhibition in an Individual tournament:

Exhibition: A wrestler who has been eliminated from an Individual tournament has most likely had at least two matches and has used 2 points for the tournament. They are still technically in the tournament (even though they have been eliminated from it and cannot enter another tournament until this tournament is concluded). They are permitted to wrestle one or more exhibition matches with others who were eliminated from the tournament. New for 2020-21: As they have already been charged 2 points for the tournament, they will no longer be charged one additional point for each additional exhibition match they compete in

Exhibition bouts wins and losses:

Exhibition bouts will **not** count for NYSPHSAA won/loss records (but Sections have the option as to how they want to handle them for their Sectional seeding criteria).

Section 9 will allow head-to-head wins from exhibition bouts to count for seeding: but will not allow the matches to count towards won/loss records unless they belong to a wrestler who is shadowing another team (as Exhibition matches are the only non-tournament matches available to them).

Should any wrestler from your team be involved with either of these 3 examples of wrestling twice in a dual meet, please make sure **they are charged with 2 points** (one for each match) towards their 20 point maximum when entering their results on the:

NYS-PointsTracking Form-25-26.xls

and when entering your results into the **TrackWrestling database**.

COMPETITION

COIN TOSS

The starting weight class will still be drawn and then follow the Federation Rule and have the pre-meet disc toss for choice of odd/even matches in dual meets.

SCHEDULING

Beginning with the 2023-24 season, additions to schedules **can** now be made after the Saturday of Week #28. (Prior to the 2023-24 season Week #28 had been the deadline date for being able to schedule new competitions due to teams trying to add events to assist with the past 50% rule, which is no longer in effect).

SEVEN-DAY RULE (NYSPHSAA handbook pg 103)

“No student of team may be permitted to participate in school organized practice or play on **seven consecutive** days during the regular season” (does not apply to post-season). If you have any Sunday competitions scheduled, please note the following:

If you were to practice/compete from Monday thru Friday and then enter a 2-day tournament on Sat/Sunday you have violated this rule. The penalty from the Section’s Athletic council could be: censuring of your team, team being placed on probation, or team being suspended. Tournament directors of Sunday events may be asked to submit a list of the participating teams and the day of the week they opted not to practice as verification.

If you competed in a Saturday/Sunday competition mentioned above, you will also need to take a day off during the second week in order to avoid participating seven consecutive days.

If a team was to take the Monday prior to the Sat/Sunday tournament off but then had a dual meet scheduled the Monday after the Sat/Sunday tournament, they would violate the seven day rule if they wrestled in the Monday dual meet.

Coaches must plan ahead so as not to practice seven days in a row at any time (which may mean taking a day off the week prior to and the week immediately following a Sat/Sunday event).

Section 9 Coaches must advise the Sectional Chairman if they are hosting any Sunday Competitions so that the verification form can be sent to them.

HANDSHAKES:

In a typical dual meet: Handshakes could occur as follows:

- 1-Pre-match introductions vs opponents, 2-pre-match captains/coaches meeting,
- 3-among competitors prior to each individual match and 4-at the conclusion of each individual match, 5-competitors with opposing coaches at the end of each individual match, 6-among all contestants at the conclusion of the dual meet.

From 4/4/11 NYSWC Conference call:

Sportsmanship committee does not want to dictate how the sport of wrestling does handshakes but suggests some consistency be used.

NYSWC’s recommendation to coaches would be: At dual meets is to **eliminate handshake #5** (above) with the opposing coach at the end of each individual match. It is **not considered “unsportsmanlike”** if you do not shake hands in this situation.

Request is that **all members of the team are consistent** either all kids are shaking or no kids are shaking.

Shaking hands with opposing coaches in tournament situations is optional and there is no formal recommendation as to whether it should be kept or eliminated.

DUAL MEETS

Double- Dual Meet: Three (or more) teams compete, with each team wrestling a dual meet against two of the other teams at the same site. Each individual is charged 2 points toward the maximum number of points permitted.

Triangular Meet: Three teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged 2 points toward their maximum number of points permitted.

Quadrangular Meet: Four teams compete, with each team wrestling a dual meet against each of the other three teams at the same site. Each individual is charged 1 point for each match wrestled toward their maximum number of points permitted.

Multi Team Meet: FOR GIRLS FREESTYLE

Multi school meet: Minimum of three (3) schools and twenty (15) wrestlers. If the wrestler wrestles only one (1) opponent they are charged one (1) point, if they wrestle more than one opponent, they are charged two (2) points. Each wrestler may only wrestle a maximum of four (4) matches. No team scoring is allowed, and no individual prizes are awarded. Multi-school meets can be attached to dual meets on the same day at the same site. A pound allowance is in effect for matches/tournaments preceding and following a multi-school meet. be represented and at least a total of 20 wrestlers must participate in the event.

As Multi Team Meets are not a dual meet or a tournament, then if a bout sheet has been prepared and sent to the head table and one of the wrestler's decide they do not want to compete, no result should be recorded if no bout takes place. It is recommended that unless a wrestler becomes injured or time becomes a factor, they should honor the agreement to wrestle all bouts that are scheduled. In a multi meet format, athletes from the same school cannot wrestle each other. (If they wanted to wrestle an exhibition match, they could but the result would not count as a match, would not count on the W/L record and could not be entered as a result into Track Wrestling).

Teams may not cancel dual meets scheduled by their leagues and change them to Multi Team meets without consent of the Athletic Directors of both schools.

A Multi Team meet does **not** count as a tournament.

Note: A Multi Team meet can be held on the same day as another Varsity meet at the same site. Example: Required Varsity League meet only has 3 matches contested, so a Multi Team meet is scheduled to follow it. **Points:** Any wrestler who wrestled in the Varsity League Meet is charged 1 point. If any of those same wrestlers then compete in the Multi Team event, they are charged additional points (as per Multi Meet points listed above).

INDIVIDUAL TOURNAMENTS

New for 2025-26: In Girls' Wrestling, athletes are allowed to wrestle in a tournament a maximum of 7 matches per day.

Each individual is charged 2 points toward the maximum number of points permitted. Each of the formats listed below count as one of the six allowed tournaments.

If multiple entries are permitted in the following types of tournaments the tournament director must declare how the tournament will be scored: that either all individuals will be scored, the highest placer will be scored, each team will indicate who their scoring wrestler will be or that team scores will not be tallied.

Bracketed Individual Tournament: Individuals are placed in a bracket, with the winners advancing to a championship and losers competing in a wrestleback consolation bracket to determine individual placement.

Pooled Individual Tournament: Wrestlers are placed in pools. Each wrestler competes against every other wrestler in their pool, to determine the rank of the individuals in each pool. Individuals from each pool wrestle against the same-ranked individuals from the other pool to determine final individual placement.

Round-Robin Individual Tournament: Each individual wrestles against every other individual in the weight class. Individual placements may be determined by win/loss record, or by a predetermined tie breaking criterion.
(If there are only 2 wrestlers entered at a weight class, they allowed to wrestle best 2 out of 3 and record all matches wrestled in Track). **(No contestant shall wrestle in more than 10 matches in a 2-consecutive day period)**

Combined Individual Tournament: Tournament directors have the option of combining any of the above formats. Each weight class in the tournament could be contested differently. **(No contestant shall wrestle in more than 10 matches in a 2-consecutive day period)**

Team Scoring: When either a Pooled Individual, Round-Robin Individual or Combined Individual format is conducted, team scoring shall not include advancement points (only place points and bonus points shall be calculated at each weight class).

DUAL MEET TOURNAMENTS

Each individual is charged 2 points toward the maximum number of points permitted. Once a wrestler competes in one bout of a dual meet tournament they are charged 2 points, even if they only wrestle once.

Each of the formats listed below count as one of the six allowed tournaments.

A Maximum of 2 two-day dual meet tournaments for the individual is permitted.

Bracketed Dual Meet Tournament: Teams are placed in a bracket, with the winning teams advancing to a championship. Losing teams may compete in a consolation bracket to determine team placement.

Pooled Dual Meet Tournament: Teams are placed in pools. Teams compete in dual meet competition against every team in their pool, to determine the rank of teams in each pool. Teams from each pool wrestle against the same-ranked team(s) from the other pool(s) to determine team placement.

Round-Robin Dual Meet Tournament: Each team wrestles a dual meet against all the other teams in the tournament, not to exceed 7 bouts per day. Team placements may be determined by win/loss record, or by a predetermined tie breaking criterion.
(No contestant shall wrestle in more than 10 matches in a 2-consecutive day

DUAL MEET TOURNAMENTS (continued)

Entering an A and B team in a Varsity Dual Meet Tournament:

School's may enter an "A" and "B" team in a dual meet tournament but wins and losses earned by the "B" team should not be counted on the school's overall dual meet record. Individual wins and losses from participants of the "B" team should all be recorded in Track as Varsity matches.

In the event that a dual meet tournament ends up with only 3 teams (due to last minute cancellations), the event can be wrestled as a Triangular meet. Each contestant will be charged one point for each match wrestled. The event will no longer count as one of the six allotted tournaments.

NOTE: Any school wishing to conduct a tournament with a unique format (not listed here) shall apply to the NYS Wrestling Committee prior to their fall meeting for approval. The Wrestling Committee must receive NYSPHSAA Executive Committee approval for the format to be used in the upcoming season.

You may NOT attend a tournament with a format different than the approved formats that are listed above.

Scoring Multiple Entry Tournaments

If multiple entries are permitted in the following types of tournaments the tournament director must declare that either: **all individuals will be scored, the highest placer will be scored, each team will indicate who their scoring wrestle will be**, or that team scores will not be tallied.

NYSWC recommends that when the choice that all wrestlers are to score is selected, that tournament directors should announce in advance of the tournament that they will either:

-Ask teams to enter an A team and a B team and keep a separate team score for each. (This method recommended when teams are allowed to enter a lot of entries. Obviously, a team with a full lineup plus 8 to 10 multiple entries will out score a team with only 15 total entries. By asking the team with 23-25 entries to enter two separate teams it gives the team with only 15 entries more of a chance at a team trophy)

or

-Score all multiple entries as one large team. This method recommended when teams are allowed a small number of entries (or when ALL teams are allowed basically the same number of entries). If each team is allowed 16 or 17 entries they could all be scored as one team without having to enter two separate lineups. In this case, a team with only 15 entries could still compete for a team title with 2 or 3 less wrestlers. If all teams are allowed between 20-25 wrestlers and most teams take advantage of it, they could all be scored as one team without having to enter two separate lineups

OUT OF STATE COMPETITION:

Go to: www.NYSPHSAA.org

AD's and Coaches Tab..Resources Tab..Sanctioning

TOURNAMENTS (HOSTING):

When competing out of state, or when out of state teams are invited to your tournament, the tournaments must be sanctioned by NYSPHSAA. One of two types of a sanctioning form is required.

<u>For interstate contests involving:</u> • less than 8 schools (one from out-of-state) or • any number of schools from states bordering NY, or • for contests involving 3 or more out-of state schools	<u>For interstate contests involving:</u> • two (2) or more schools which is co-sponsored by or titled in the name of an organization outside the high school community • non-bordering events if five (5) or more states are involved • non-bordering events if more than eight (8) schools are involved • any event involving two (2) or more schools that involves a team from a foreign country Exceptions: Canada & Mexico which are considered "bordering states".
<u>File :NYSPHSAA Application for Sanction</u> (Adobe Acrobat needed) Use this link to obtain the form: http://www.nysphsaa.org/Portals/0/PDF/Sanctioning/Sanctioning.pdf	Use the link: www.nfhs.org/sanctioning to the NFHS website. You must first register as the Event Manger The event registration and approval process generally follows these steps: 1. The Event Manager creates the event and uploads an initial list of invited schools. 2. The hosting State Association submits their approval for the event. 3. The Event Manager pays any fees. 4. The invited State Associations submit their approval for the event. 5. The Event Manager coordinates with the State Associations to meet any requirements along with submitting updated and final lists of invited schools. 6. After all State Associations have approved the event, the NFHS submits their approval.
Fees: None	Fees: Required
Deadline: must be filed at least 30 days prior to the event.	Deadline: must be filed at least 60 days prior to the event.

Contact person: Todd Nelson at TNelson@nysphsaa.org

Mail to: NYSPHSAA 8 Airport Park Blvd. Latham, NY 12110

NYSPHSAA Director of Sanctioning: Todd Nelson

(518) 690-0771 x13

Fax: 518-690-0775

TOURNAMENTS- (ATTENDING): *if you are going Out of State with 4 or more schools or attending any 2(or more) team event sponsored, titled etc. by an entity outside the high school community. Your school must ensure that the contest is a sanctioned contest and must submit an online: Notice of Entry form...Click on this link :*

<http://www.nysphsaa.org/ADs-Coaches/Submit-Information-Online/Notice-of-Entry-Sanctioning>

(Complete the required items and hit the "submit" button).

Notice of Entry forms will be reviewed by the NYSPHSAA office and you will receive verification of your request.

DUAL MEETS

Make sure the out of state team is a member in good standing of their states association.

FYI if you ever need a letter from NJ State office: (609) 259-2776

<http://www.njsiaa.org/league-conference>

WEIGH – IN PROCEDURES

CERTIFYING SCALES:

Weigh-in's are to be done on a certified scale. To get a scale certified contact:
Bureau of Weights & Measures: Orange: **360-6700** Sullivan: **807-0184**

WEIGH IN ATTIRE: NFHS RULE 4-5-7 (May 2020): a legal uniform shall be worn during weigh-in and no additional weight allowance be granted for it. Shoes and ear guards are prohibited from being worn during weigh-in 4-1-1c: female wrestlers are permitted to wear a form-fitted compression shirt that completely covers their breasts in addition to a one-piece singlet and a suitable undergarment. With the institution of the legal uniform (one-piece singlet or two-piece), male and female wrestlers are now able to weigh-in together in the same lineup, allowing gender-specific language to be removed from previous rules. Additionally, the form-fitted compression shirt offers females a more suitable uniform for post-weigh-in skin checks, which are typically done by male officials. No sweatpants are allowed. Underwear only is not allowed. Weighing in naked is not allowed. If a wrestler is found to have weighed-in without following the approved weigh-in clothing as listed above, the weigh in shall be declared an illegal weigh-in. **Penalty shall be that the wrestler(s) involved would be ineligible participants.**

(At no time is there to be a .2 or any other weight allowance granted for the weight of the undergarment).

WEIGH INS:

Beginning with the 2023-24 Season: All weigh in forms for dual meets must be printed from Track. All dual meet weigh ins will be matside. If needed, the home school should afford their opponent every opportunity to generate a weigh-in form on site. **If a coach shows up at the matside weigh in without the nys GIRLS weigh in form, the weigh in and the dual meet cannot take place and they must forfeit the dual meet.**

If the dual meet is forfeited, the team who won by forfeit (and had the weigh in form) must officially weigh in and record the weigh in into Track (so as to be able to have the weigh in data entered into each wrestler's WLP).

Wrestlers may check weights prior to weigh ins. Once the first wrestler of the first weight class steps on the scale, weigh ins have begun. **Anyone who steps on the scale during the weigh in period must have their weight recorded in Track (even if they do not wrestle).** If they are over, they can come back and re-weigh and the lowest of their weights shall be the one to be entered into Track.

S.A.T. accommodation for tournaments From 10/12/10 NYSWC Conf Call:

Each Section can determine how they want to handle the conflict. As honor weigh in's are no longer permitted, the Section 9 procedure shall be:

1-Coach informs Chairmen of the name of wrestler and the event they will be attending on S.A.T day., their weight class and the email of the Tournament Director.

2-Chairman contacts Tournament Director to give them a "heads up" that the wrestler shall be entered in the in the tournament and may weigh in upon arrival. If this is a bracketed tournament and they do not arrive prior to their first match, they may not compete. If this is a dual meet tournament, they may join the team and be able to participate immediately after they weigh in.

WEIGH INS: DUAL MEETS

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS: **Contestants shall weigh in at the dual meet site wearing a legal uniform and a suitable undergarment** Contestants shall have the opportunity to weigh in, shoulder-to- shoulder, a maximum of 1 hour and a minimum of half an hour before the time a dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, the 30-minute weigh in period for the second meet may, by mutual consent, precede the preliminary meet. The weigh in period shall extend no longer than 30 minutes and shall be conducted at the dual meet site. The referee or other authorized person shall supervise the weigh ins.

Suggested procedure: The coaches will use a random draw method to determine the starting weight class. (Example: Use a 3x5 card for each weight class, shuffle and pick one). Once the starting weight is drawn, the first wrestlers to weigh-in will be the ones participating in the starting weight class. Example: 235 is drawn as the starting weight.

28 **Weigh in order will be: 235, 94, 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185**

WEIGH INS: TOURNAMENTS

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS: Contestants shall weigh in at the tournament site wearing a legal uniform and a suitable undergarment a maximum of two hours and a minimum of half hour before the first session. The tournament manager shall establish the weigh in time within the maximum and minimum time period. Weigh ins for the second day of a tournament must be conducted on the second day, following the same time limits as the first day. Weigh ins at the conclusion of the first day are not allowed. When a dual meet tournament lasts 2 days, the weigh in will be treated the same as a regular tournament. The weigh in on day one locks a wrestler into a weight class. (Therefore, a wrestler must weigh-in on Day 1 to be able to wrestle on Day 2). A wrestler who does not make weight on day two, may not move up to the next weight class, and is scratched from the tournament.

Note: Since one day of rest is required between contests a wrestler cannot be pulled from a 2-day contest to enter a separate contest on the second day (even if the wrestler was eliminated on the first day of the 2-day contest). Example: If a team has a 2-day tournament and a dual meet scheduled on the same day as the second day of the 2-day tournament, a wrestler cannot be pulled from Day 2 of the 2-day tournament to wrestle in the dual meet on the second day as they will not have a day of rest between the two contests.

All wrestlers must make the minimum weight on both days of a 2-day tournament.

Example: At a December tournament a wrestler weighs 152.5. They do not make weight for 152 so they must compete at either 165 or 185. It is decided they will enter the tournament at 165. The 1-pound weight allowance is granted for day 2. If the wrestler were to weigh in at 152.5 again, they would not be eligible for 185. They would have to weigh in excess of $152+1=153$ on day 2 to wrestle at $170+1=171$.

Coaches must collect the original copy of the tournament weigh-in sheet (signed by the tournament director-or their designee) before leaving the tournament.

MINIMUM WEIGHTS

Minimum weights are only required for Athletic Placement Process (APP) wrestlers. A wrestler must weigh **in excess of 93** for the 101 lb weight class, **98** for 108, **180** for 215, and **210** for 285. These minimum weights do not increase when the 12/25 Growth Allowances take place. Minimum Weights **MUST** be met and **RECORDED** at the matside weigh in. Students in grades 9th through 12th do not have to make minimum weights in the weight classes in which NYSPHSAA has specified minimum weights.

In a situation where a 7th/8th grader is 15 years old as of July 1st then they meet eligibility for high school and therefore do not have to make the minimum weights listed above. To avoid confusion at weigh ins, as they will be listed as a 7th/8th grader on the weigh in sheet but do not have to make minimum weights in the weight classes in which NYSPHSAA has specified minimum weights, the coach should present the **NYSPHSAA Wrestling Minimum Weight Waiver Form** as proof.

ADDITIONAL POUNDS

Under no circumstances may coaches or school administrators agree to grant an extra pound(s), with the following exceptions:

- a. A 1 lb allowance is granted when an individual from a school has back-to-back competitions. (In tournament situations: if just one individual from a team in the tournament has back-to-back competitions, then all teams in the tournament get the extra pound. 48 hours' notice is required to get the extra pound). NHSF-Rule 4-5-5.
- b. A 1 lb allowance is granted when a competition is postponed for one calendar day for reasons beyond the control of the participating school(s) or if one teams practice (the day before a competition) is cancelled due to school policy. (Example: Superintendent cancels after school activities due to weather). In these situations, the other school should be made aware of the extra pound as soon as the first school learns of the cancellation, 48 hours' notice is not required.
Suggestion: The day prior to a dual meet, all coaches should check the status of "After school activities" for their next day opponent's school (on the radio or internet) to keep this situation from occurring. If they learn their opponent is leaving school, they should contact their opponent to confirm the extra pound(s) and not necessarily wait for their opponent to contact them.

In the case of a tournament: A tournament director grants all the teams in the tournament an extra pound because one of the individuals from a team entered is wrestling a dual the day before the tournament. The dual the day before the tournament is cancelled (bad weather, etc), or the team that enabled the other teams to get the extra pound is told by their administration that they are no longer allowed to attend. All teams in the tournament still get the extra pound. NFHS-Rule 4-5-5. So long as all the teams were given the 48 hours' notice of the extra pound, the extra pound cannot be taken away.

Note: A school being closed for budget concerns does not give the teams an additional pound. The following examples do not allow for extra pounds: Most schools do not wrestle Monday dual meets as most schools are not allowed access to their buildings to practice on Sundays. No additional pounds are allowed for Monday dual meets. The same holds for a school not being able to practice on a Holiday Monday for a Tuesday dual meet. No additional pound is allowed.

Note; **Merged Teams-Additional Pounds-**

If all of the merged schools are not allowed to practice the extra pound will be allowed. If any of the merged schools are allowed to practice, no extra pound will be granted.

- c. The **maximum allowance** to be granted is 2 lbs. (not including the growth allowance). A third consecutive day of completion would grant this 2 lb allowance to the schools involved. A fourth and fifth consecutive day would require the 2 lb allowance to carryover. The allowance would never go to 3 lbs over (not including the growth allowance).

Example: After December 25 the 2 lb growth allowance is in effect.

Dual Meet Tuesday: $145+2= 147$ lbs.,

Dual Meet Wednesday: $147+1= 148$ lbs.,

Dual Meet Thursday: $148+1= 149$ lbs.,

Tournament Friday: All teams in the tournament at 149 lbs.,

2nd day of Tournament on Saturday: 149 lbs. Since the maximum allowance is +2; that would mean NO EXTRA POUND for a second day of a 2-day tournament (if the tournament began on Friday with +2). The +2 would carry over from the first day. NFHS-Rule 4-5-5

ADDITIONAL POUNDS (continued)

- d. Weight allowances could prohibit a wrestler from being able to go up one weight class from the weigh-in weight:

When a wrestler's certified weight is in-between the Growth Allowance Weight and the weight class being contested that day (due to additional pounds), and their actual weight is greater than their certified weight, they are prohibited from going up one weight class from the weigh-in weight.

Example: The wrestler is certified at 148 (they can never wrestle at 147)
January Dual Meet Wednesday: $145+2=147$ lbs.,
January Dual Meet Thursday: $145+2+1=148$ lbs.,
Tournament-Day 1-Friday: $145+2+2=149$
Tournament-Day 2 Saturday: $145+2+2=149$ (max +4 has been granted)
Wrestler actually weighs 148.5 on Friday.

Even though 148.5 is less than the weight class that day (149), they are actually attempting to weigh-in in at the 147 wt class, (which is a weight they are not certified to wrestle at).

Therefore, they **must** wrestle at $152+4=156$ for this tournament
They weighed in at the 147 wt class but are not allowed to wrestle there.
Yet, they cannot move up to $160+4=164$ as that would be going up two weight classes from where they weighed in at
If they were to wrestle at either $145+4=149$, or if they were to wrestle up two weight classes at $160+4=164$, they would be considered ineligible.

Back to back matches (example):

Tuesday: Regularly scheduled Dual Meet Team A vs Team B: +0 for the dual meet.
Wednesday: Regularly scheduled Dual Meet Team A vs Team C: +1 for the dual meet.
Thursday: Regularly scheduled Dual Meet: Team C vs Team D: +2 for the dual meet.

Back to back tournaments

Back to back tournaments are allowed. A minimum of one-night rest is required between tournaments.

However: A tournament ends the day it's finals are contested (not the day a wrestler is eliminated from it).

Example: If a wrestler is entered in a 2-day tournament on Friday and Saturday and is eliminated from it on Friday, they cannot compete in another tournament on Saturday. The original tournament finals were held on Saturday, so one night's rest (Saturday) is required before the next tournament can be entered.

Varsity Events following JV events (and vice-versa): Varsity and JV events are to be treated as separate entities with respect to allowing additional pounds. Example: If a wrestler participates in a JV tournament on a Friday, then a Varsity dual meet on Saturday, there should be no extra pound allowed for Saturday's Varsity event. A minimum of one night's rest is required between tournaments. Tournament directors need to clearly identify if the tournament is a JV or Varsity event prior to the event. Just because there may be some individual Varsity wrestlers entered in a JV event, it should not be labeled as A Varsity event so as to take advantage of getting an extra pound the next day, or for inflating W-L Varsity records for post-season. If it is a JV event, it should be labeled as such.

ADDITIONAL POUNDS (continued)

Post-season wrestling tournaments: (namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition and Sectional dual meet tournaments that are qualifiers for the NYS Dual Meet Championship) **do not allow for the extra pound** on the first day (if a team happened to wrestle the day before). If the post season tournament is a two-day event, the extra pound will be given for the second day. Example: First day must be $145+2=147$ lbs (can never start at 148 lbs), Second day would be $147+1=148$ lbs (can never be 149 lbs.)

Beginning in 2018-19-When a Class or Sectional tournament is postponed one calendar day for reasons beyond the control of the participating school(s), or if one team's practice is cancelled the day before the tournament due to school policy, the rule for an additional pound will apply. **(A maximum of 1 additional pound would be granted).** The additional pound is **not** granted for back-to-back events.

Note: In the event a Section has multiple tournaments by Class, only the classes where a school cancelled will receive the additional pound.

Example: A Section hosts a Class A, B, and C tournament. One school in Class A and one school in Class B have after school activities cancelled the day prior to the Class Tournament. All teams in the Class A and B tournaments will be granted the additional pound, but NO school in Class C will be granted the pound (as none of their schools cancelled the day prior).

50% RULE

Beginning with the 2023-24 season, the 50% Rule will no longer be in effect.

RECORDING YOUR RESULTS

All Section 9 Coaches are required to email **results of all home dual meets**, or use TrackWrestling to send results Email form: **Form09-S9Dual ResultForm**

Send **results of all home dual meets** to:

SectionIXWrestling@GMail.com and

KMcMillan@TH-Record.com (or The Record: Phone #: **1-800-295-2181**

Fax #: **342-6024**)

Dual meet team scores must be entered into the arbiter app so the league office can monitor league standings.

All Section 9 Coaches are required to update your wrestler's records in TrackWrestling in a timely manner. (You will be issued a password at the start of the season to access your team). A separate **TrackWrestling-DataEntry-25** document will be sent to you with specific instructions on how the database works.

All Section 9 Coaches are required (in a timely manner) to update your wrestlers: Results should be entered no later than 2 weeks after the event.

Form11-Excel-NYS-PointsTracking Form-24-25 to track their points.

PROCEDURE FOR WEIGH-IN'S WHEN:

1. A wrestler is declared ineligible by a referee because of a skin condition.

When a referee determines that a wrestler is ineligible to participate due skin issue, the official and the coach will notify the opposing coach prior to the start of the dual meet and the name of the wrestler shall be crossed off the team's weigh in sheet. The ineligible wrestler shall not participate in the warm ups or introductions

Suggestion: For a wrestler to be eligible to wrestle JV or Varsity, they must be skin checked by either the JV or Varsity official. If they are not checked off on the weigh-in sheet, they would be declared an ineligible wrestler.

For sections that wrestle JV prior to Varsity (where a separate JV ref is being used), the coach shall be required to make two separate copies of the weigh-in sheet (one for the JV ref's pre-meet check, and one for the Varsity ref's pre-meet check). When the pre-meet meeting is concluded, both sheets should be sent to the scorer's table. So long as a wrestler was checked off by the JV ref, they are eligible to wrestle in the Varsity meet. They do not have to be checked by both the JV and Varsity official. All officials should indicate on the weigh-in sheets any wrestler that had a proper skin form that was accepted.

2. Two duals are allowed on the same day at different sits due to end of season make up's.

Permission from the Sectional Chairman must be granted. Wrestling two duals on the same day by permission is limited to two times per season.

Team A wrestles vs Team B.

Team A then travels to Team C for the second match.

Team A does not have to re-weigh, they must just provide the weigh in sheet from the first dual meet. Team C weighs in one hour prior to scheduled start time (with a referee or an administrator). Team A does not have to be present.

3. Entering a 2-day: Dual Meet Tournament: When a dual meet tournament

lasts 2 days, the weigh in will be treated the same as a regular tournament. The weigh in on day one locks the wrestler into a weight class. If the wrestler does not make weight on day two, the wrestler may not move up to the next weight class. The wrestler is scratched from the tournament.

With respect to 7th/8th graders who must make a minimum weight:

On Day 1: If they weigh between 93.1 and 101.0 they lock in to the 101 lb. weight class for Day 1. If they are in excess of 98 (which is the minimum weight for 108), they could be allowed to move up to 108 for Day 1. If they are exactly 98 or below, they cannot move up to 108.

To be consistent with how the other weight classes are treated: **Assuming they were not in excess of 98 on Day 1:** If on Day 2: they now weigh between 98.1 and 102, they must remain at 102 (101+1). Even though they are now in excess of 93 for 101 and also in excess of 98 for 108, they cannot wrestle at either 102 (101+1) or 109 (108+1) and can only wrestle at 102 (101+1) as the weigh in on the first day was not in excess of 98 and that locked them into the 101 weight class for the tournament.

PROCEDURE FOR WEIGH INS WHEN: (continued)

4. **Entering a 2-day: Individual Tournament:** When an individual tournament lasts 2 days the weight class the wrestler weighs in at, on the Track weigh in form, enables the wrestler to either wrestle at that weight or move up one weight class. Should the wrestler opt to go up one weight class, the wrestler would not have to make weight at the lower weight class shown on the weigh in sheet on the second day because they are not entered at that weight.
5. **A wrestler is overweight for a tournament weigh in:**
Individual tournament: A wrestler enters an individual tournament at a weight class (124 lbs), gets on the scale and is overweight. They do not wrestle in the tournament.

Dual meet tournament: If the wrestler in the above example was entered in a dual meet tournament, the wrestler could wrestle at the 131 lbs class.
The coach will decide on a meet by meet basis if the wrestler will be used. It may be possible that the wrestler does not actually compete, but since they were eligible to compete in the tournament, they must enter the weigh in into Track. They are NOT charged 2 points for the tournament because they did not compete.
6. **When Weigh in is Out of State and the NYS Weight class is not contested:**
A wrestler is entered in an out of state tournament where the NYS Weight is not contested. The wrestler weighs in at the NYS weight on the Track weigh in sheet but wrestles up at the out of state weigh class.
7. **Schools are cancelled:**
(Snow days are treated like competitions with respect to extra pounds)
Situation 1: Back to Back Duals – Snow Day – Tournament
Wednesday: Regularly scheduled Dual Meet: +0 for the dual meet.
Thursday: Regularly scheduled Dual Meet: +1 for the dual meet.
Friday: Snow Day (No school)
Saturday: Tournament: All teams get +2 allowance

Situation 1A: Snow Day – Snow Day – Tournament
Wednesday: Regular Practice is held.
Thursday: Snow Day (No school)
Friday: Snow Day (No school)
Saturday: Tournament: All teams get +2 allowance

PROCEDURE FOR WEIGH INS WHEN: (continued)

7. **Schools are cancelled:**
(Snow days are treated like competitions with respect to extra pounds)

Situation 2: Snow Day – Dual – Tournament

- Wednesday: Snow day (or schools cancelled) (Day 1),
Thursday: Teams who had school closed on Wednesday (Day 1) who have dual meets on Thursday (Day 2) will get +1 for the dual meet.
Friday: If any of the teams with the dual meets from Thursday (Day 2) then enter a tournament on Friday (Day 3): All teams in the tournament are at +2
Saturday: If the tournament is a 2-day tournament, the allowance remains at +2 (No allowance can ever exceed +2)

Situation 3: Dual – Snow Day – Tournament

- Thursday: Regularly scheduled Dual Meet: +0 for the dual meet.
Friday: Snow Day (No school)
Saturday: Tournament: All teams get +2 allowance

Situation 4: Dual – Dual – Tournament Snowed Out – Tournament

- Thursday: Regularly scheduled Dual Meet: +0 for the dual meet.
Friday: Regularly scheduled Dual Meet: +1 for the dual meet.
Saturday: Regularly scheduled Tournament Postponed due to weather.
Sunday: Tournament: All teams get +2 allowance

Situation 5: Dual Or Tournament – Tournament Snowed Out – Tournament

- Friday: Regularly scheduled Dual Meet or Tournament: +0.
Saturday: Regularly scheduled Tournament Postponed due to weather.
Sunday: Tournament: All teams get +2 allowance

Situation 6: Tournament – Tournament – Dual – Dual

- Sunday: Due to make-ups: Teams enter in a one-day Sunday tournament.
Monday: Some of the teams who wrestled on Sunday are then entered in a Monday-Holiday tournament.
All teams in the Monday tournament are at +1.
Tuesday: Many of the teams from the Monday tournament are scheduled to wrestle dual meets on Tuesday which would be at +2.
Wednesday: Some of those same schools are also scheduled to wrestle again on Wednesday. The +2 remains in effect for the Wednesday duals as you can never go above +2.

Note: If Tuesday is a snow day and all schools are closed. Teams that were in the Monday tournament and closed on Tuesday would still get the +2 for the Wednesday dual meets.

PROCEDURE FOR WEIGH INS WHEN: (continued)

7. Schools are cancelled:

(Snow days are treated like competitions with respect to extra pounds)

Situation 7: Weekday match cancelled (due to reasons beyond school's control: weather, transportation etc),
As the matside weigh-in for both teams did not occur, the weigh-in should **not** be entered into Track.

8. Interrupted Duals:

A dual meet is interrupted due to a situation beyond either teams control (Example: a power failure).

The dual meet should be made up the next day if both schools are available. If either school has a conflict it should be made up on a date agreeable to the schools involved.

The dual meet will pick up from the end of the point of interruption. Bouts in progress will be restarted.

If the dual meet can be made up:

The weigh in sheet from the original match will continue to act as the official weigh in sheet (as it locks the wrestlers into a weight class for this competition). A new Track weigh-in sheet column should be used for the wrestlers that need to compete on the makeup day.

Normal rules for granting additional pounds shall be followed.

If the dual meet cannot be made up:

All individual results of the bouts wrestled shall be counted.

Each league can rule independently on the outcome of the dual meet.

NYS will not mandate the outcome.

Examples could be:

-The dual meet could be entered as a "No Contest" with respect to the team score regardless of the score at the time it was interrupted.

-If one team had already clinched the dual meet, the bouts yet to be wrestled will be entered as "no contests" and the team score shall be counted.

-If no team had yet to clinch the dual meet, there will be no final team dual meet score and no team winner or loser.

PROCEDURE FOR WEIGH INS WHEN: (continued)

9. Teams that do not show up for a dual meet:

Situation 1: Meet is not wrestled and **no weigh in occurs:**

In situations where a team did not show up for a dual meet, the weigh in is not conducted and the match does not occur:

The team available to wrestle the dual has one of two choices:

Choice 1: Schools involved agree to treat the meet as a “no contest”. No team or individual records are affected. No points are charged.

Choice 2: Schools involved agree to treat the meet as a “forfeit” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected.

Situation 2: Meet is not wrestled (not due to school closing)

In situations where a team does not show up for a scheduled match (not related to school closing or transportation problems) as they just do not want to wrestle the match.

The team that was in compliance to wrestle the dual has one of two choices:

Choice 1: Schools involved agree to treat the meet as a “no contest”. No team or individual records are affected. No points are charged.

No weigh in should be entered into Track.

Each team may reschedule another match with another team at a different date.

Choice 2: The meet will be treated as a “forfeit” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected.

No weigh in should be entered into Track

Situation 3: Meet is not wrestled (due to school closing).

In situations where a team does not show up for a scheduled match because of conditions beyond their control (weather/transportation problems):

If the meet will be rescheduled:

No weigh in should be entered into Track.

No team or individual records are affected, and no points are charged.

If the meet will **not** be rescheduled:

The meet will be treated as a “no contest”.

No weigh in should be entered into Track.

No team or individual records are affected.

Situation 4: If the dual meet (that wasn’t wrestled) was **part of a dual meet tournament** (as **one team leaves** and does not wrestle their match):

The meet will be treated as a “forfeit” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected. (Two points have already been charged to these individuals 20 point maximum as this was a tournament. The dual meet will be recorded as a 1-0 team score (but the TrackWrestling will show the team score to be 78-0 based on 13 weights at 6 points each).

PROCEDURE FOR WEIGH INS WHEN: (continued)

Situation 5: If in a 2-day dual meet tournament a team does not show up for any matches on the second day, the following procedure will apply for all matches that were scheduled on the second day. Each team will earn a dual meet win by forfeit over the other team. Each team adds either a win or a loss to their team's record for every match that was scheduled. As per NFHS interpretation: Since no matches were contested no individual records would be affected.

Situation 6: No Official

Both teams do a matside weigh-in in the afternoon and set the matchups for the scorebook. The **official does NOT show up AND the dual CANNOT** be rescheduled. The weigh in should be entered into Track.

TOURNAMENTS: WHEN IS A WRESTLER CONSIDERED TO BE OFFICIALLY ENTERED IN A TOURNAMENT?

NFHS Rule 4.5.6 states "a contestant representing a school in an individually bracketed tournament shall be named by weight class prior to the conclusion of the weigh in Interpretation from NFHS: Rule 10-2-1-"Failure to verify entries by a stipulated deadline or by the completion of weigh ins shall result in disqualification from the tournament. If a stipulated deadline has not been predetermined as per below, the deadline shall be the completion of weigh in's".

Example A: Dual Meet Tournament Weigh in

In a Dual Meet tournament wrestlers who are eligible to wrestle when the weigh ins conclude are officially entered in the tournament. (In this example, wrestlers who do not make weight can move up a weight class and still be officially entered in the tournament).

A wrestler who is not eligible to weigh in for the first day of a Dual Meet Tournament is not eligible to weigh in for the second day.

Example B: Scratch at Tournament Weigh in

When an individual tournament is seeded and the brackets are set prior to the tournament and the tournament director determines that the wrestlers may not change weight classes from that class they were entered at on the day of the tournament (whether seeded or not), then if a wrestler does not make weight at the weight class they were entered at, they are scratched at the weigh in. The tournament director will determine if the spot on the bracket sheet would become a BYE or redrawn. (In this example, wrestlers who do not make weight are **not** officially entered in the tournament).

Example C: Scratch at Tournament Scratch Meeting

If the tournament director of an individual tournament announces there will an official coach's scratch meeting after weigh ins are concluded and before the brackets are prepared, the stipulated deadline is still the conclusion of the weigh in. Wrestlers who are eligible to wrestle when the scratch meeting concludes are officially entered in the tournament. (In this example, wrestlers who do not make weight are **not** officially entered in the tournament). The wrestler who cannot compete should be entered as a Bye. The tournament director can leave the Bye where it falls or re-draw the bracket.

Example D: Bracket Changes made as teams Weigh in

If the tournament director of an individual tournament allows wrestlers to change weight classes on the day of the event and the tournament scorekeeper (or their designee(s)) is in attendance at the weigh ins to make additions and deletions to the brackets as each team weighs in, then the stipulated deadline is the conclusion of the weigh in's. Coaches of wrestlers who do not make weight must inform the scorekeeper or designee if the wrestler is moving up to the next weight class. If the scorekeeper is not informed, then the wrestler is scratched and not entered in the tournament. Wrestlers who are eligible to wrestle when the weigh ins conclude are officially entered in the tournament. (In this example, wrestlers who do not make weight are **not** officially entered in the tournament).

Note: In all the above examples, the wrestler must enter their actual weight from the weigh in into Track as it will be counted towards their WLP (whether they wrestle in the tournament or not).

TOURNAMENTS: WHEN IS A WRESTLER CONSIDERED TO BE OFFICIALLY ENTERED IN A TOURNAMENT? (continued)

Process for Sectional Tournaments:

Most Sections pre-draw the brackets. If a wrestler slated to wrestle one of the Top seeds decides not to show up the seeded wrestler should not get a Bye but instead earn a forfeit. Earning a Bye could easily have an impact on the Sectional team scoring as the top seeded wrestlers could lose opportunities of getting bonus points for pins/TF etc. Sectional Chairmen should announce prior to the start of their seeding meetings if the “no-shows” will be counted as Byes or Forfeits. If counted as forfeits:

Winner: Earns a win by forfeit over the school (but not a name of the specific opponent). Unless the bracket is re-drawn (perhaps because the wrestler who scratched was a seeded wrestler and the seeds are being rotated): In this situation the wrestler may now get a different first round match or even a bye.

Loser: The wrestler who forfeited does not take a loss on their record as they never actually entered the tournament.

Summary of Tournament Entry:

Once a wrestler is officially entered in a tournament, if the wrestler then needs to be removed from the tournament: follow the rules for “WRESTLING FORFEITURES” (Situations 2 thru 11).

Once a wrestler is officially entered in the tournament, the tournament must count as one of their six allowed tournaments, as 2 points towards their 20 points, and the weigh in must be entered into Track.

EXTENDED INJURY TIME-CONCUSSION EVALUATION

Extended injury time will be handled in one of the following three ways:

1. Tournament designates medical personnel for the tournament (physician, physician’s assistant, certified athletic trainer, registered nurse, nurse practitioner, EMT). The athlete may be granted extended time.

Example: All teams in attendance at the tournament can use the designated trainer for extended time.

Example: Tournament does not designate a medical person, but some teams bring their own trainer(s). ONLY the teams who have a trainer can get extended time only for wrestlers belonging to their school.

2. No designated medical personnel but the school has brought their own school appointed medical personnel. The athlete may be given extended time.

Example: Home team designates their trainer as the medical personnel.

Away team did not bring a trainer.

Trainer can be used for extended time for both Home and Away teams.

Example: Home team does not have a trainer to designate.

Away team did bring a trainer.

Trainer can be used for extended time ONLY for the Away team.

3. No designated medical personnel or school appointed personnel. The athlete is not given extended time.

WRESTLING FORFEITURES

Notes: A wrestler who earns a forfeit **does not have to wait 30 minutes** before their next match. (Dec. 2010). A forfeit will no longer be counted in the count of tournament matches wrestled in a day. In an individually bracketed tournament, a wrestler can compete in a 7th bout in a day if one of the previous bouts was a forfeit.

If the forfeit was received in a dual meet tournament and an exhibition bout is set up as the 7th bout of the day, **then no additional points will be charged to wrestlers who compete in exhibition matches.**

The “no additional points will be charged” as listed above refers to wrestlers already competing in the tournament. If an “extra wrestler” is weighed in on a dual meet roster and they participate in just one exhibition match, they are charged 2 points and charged for a tournament.

Recording results: You are only allowed to record **6 non-forfeit matches** in a day as wins/losses. The wins by forfeit are the matches that should be recorded in Track and the total matches should not exceed **6 (plus the # of forfeits received)**. The additional matches (which could have been at one weight above the weigh-in weight class) should **not** be recorded in Track as Varsity matches for either participant. They could be entered as JV or Exhibition, but they cannot appear on the Varsity record.

The following is provided to assist administrators and coaches to appropriately deal with forfeitures. Procedures for recording W/L Records:

WRESTLING FORFEITURES (cont.)

The following is provided to assist administrators and coaches to appropriately deal with forfeitures. Procedures for recording W/L Records:

Dual Meet Forfeits:

Situation 1: A team has multiple wrestlers weighed in at a weight class. When it comes time to produce a wrestler for a weight class, the coach decides to forfeit the match.

Record as follows:

Winner: Earns a win by forfeit over the school (but not over any specific opponent)

Loser: There is no loser in this scenario, so no individual wrestler would take a loss on their record.

Tournament-Forfeits: Due to injury/sickness

Acceptable reasons for injury/sickness: All of the following are acceptable reasons why a wrestler may not compete due to an injury/sickness: On site trainer does not let wrestler continue, On site trainer approves wrestler to continue but the coach does not let them continue, On site trainer and coach approves wrestler to continue but wrestler does not want to continue, no on-site trainer available, coach does not let wrestler continue, and no on-site trainer available, coach approves wrestler to continue but wrestler does not want to continue.

Summary: The forfeit procedure (to follow) basically attempts to make the number of losses that a wrestler must take for withdrawing from a tournament consistent for both Individual Bracketed tournaments and Individual Round Robin tournaments. With the exceptions noted in Situations 4 and 5 (Medical Forfeits) below, a wrestler who withdraws from a tournament will normally be charged with just two losses.

Tournament-Forfeits in Individual Bracketed Formats

Situation 2: A wrestler withdraws from a bracketed tournament **(but is not injured)**.

Winners over the withdrawing wrestler: Earn wins by forfeit over the school and name of the wrestler who forfeited.

Loser (the withdrawing wrestler): The wrestler who withdrew takes a loss on their record against the school and name of the opponent they forfeited to in each and every round they are still scheduled to wrestle on the bracket.

Note: Most bracketed tournaments are double elimination so in this scenario the withdrawing wrestler is taking **two losses on their record**, as it would take two losses to remove them from the official bracket.

Note: If a wrestler had advanced to a semifinal (in a tournament that places the Top 6) the wrestler would receive **three losses on their record**: One for the semi, one for the consolation semi and a third for the consolation final for 5th/6th. The reason the wrestler would take an additional loss in this example is because they are earning a place in the tournament which would require an additional round beyond the double elimination.

Not making weight on the second day of a bracketed tournament:

Loser (the wrestler who did not make weight): The wrestler who forfeited takes a loss on their record against the school and name of the opponent they forfeited to in each and every round they are still scheduled to wrestle on the bracket.

Note: They would be denied their place finish in the tournament and the team would not receive any placement points for the wrestler (but the team would earn any advancement or bonus points earned by the wrestler)-2013-14 Wrestling Casebook Manual p.66 *10.2.7.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Bracketed Formats

Seventh bout of the day (during regular season):

Situation 3: A wrestler is not allowed to compete in a consolation round match because if they wrestled their next bout, it would be their 7th match of the day which would put them over the allotted 6 bouts per day.

Record as a “no contest”:

Winner: The wrestler who is eligible to wrestle (who has not exceeded their 6 bout limit) earns the higher place and earns a win by forfeit over the school of the wrestler who forfeited (not the name of the wrestler).

Loser: The wrestler would exceed the 6 bout limit: takes the lower place.

The wrestler who forfeited does not record the match and does not receive a loss on their record against the school and name of the opponent they forfeited to.

Note: If both wrestlers are not eligible to wrestle the consolation bout the two wrestlers involved both earn the lower place. Ex: Do not add the 5th and 6th place points and split them. There is no 5th place wrestler. Each wrestler will earn the 3 points for 6th place.

Neither wrestler who forfeited records the match neither receive a loss on their record.

If a seventh bout of the day is wrestled the penalty for an ineligible wrestler as described in the NYSPHSAA handbook (page 37) would apply. The ineligible wrestler would forfeit ALL matches wrestled in the event, and the team will lose all their team points. In addition, the violation must be reported to the Sectional Chairmen who must then report it to their Athletic Council for a determination if further action is required.

Tournament-Individual Round Robin:

Tournament-Forfeits: Following an injury default or Due to injury/sickness

Situation 4: If a wrestler loses a match by injury default and will withdraw from the tournament due to medical reasons, the coach must inform the head table (tournament administrator) that the wrestler is withdrawing from the tournament for medical reasons. This situation will now be considered a **MEDICAL FORFEIT**. (Note: MEDICAL FORFEITS were not allowed in NYS prior to the 2023-24 season). **MEDICAL FORFEITS do NOT count against the wrestlers won/loss record.**

To be recorded as follows:

Winners over the injured wrestler: Earn wins by MEDICAL FORFEIT over the school and name of the wrestler who forfeited.

Loser (the injured wrestler): The wrestler who is forfeiting must record **all remaining matches** as MEDICAL FORFEITS but will not receive losses on their record against the school and name of the opponent they forfeited to.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Round Robin:

Tournament-Forfeits: Re-Entering a Tournament (after a Forfeits due to injury)

Situation 5: Due to the nature of the injury or sickness a wrestler may forfeit a round of a tournament but return in a later round if they are feeling better. The coach should inform the Head Table when they originally scratch that there is a possibility that the wrestler may return in a later round and therefore the wrestler should not be removed from the round-robin bracket. In this situation, bouts that the wrestler does not compete in shall be recorded as losses by forfeit (not MEDICAL FORFEITS) and the losses will be entered on their won/loss records. If they then return to the tournament in a later round and get injured again, after recording the result of that match, the coach must now inform the head table (tournament administrator) that the wrestler is permanently withdrawing from the tournament for medical reasons. All bouts to be wrestled after this point shall be considered MEDICAL FORFEITS and will follow the procedures listed in Situation #4 above.

Reason for the rule: is to not give a wrestler the option of “saying they are injured” and being able to take a Medical Forfeit so as not having to record a loss on their record, but then return to the tournament in the next round.

Example: A coach informs the head table his wrestler is not able to compete in the next round but is hopeful that they can return the following round. If the wrestler is able to compete in the following round, the current round that they missed must be recorded as a loss by forfeit (**not** a medical forfeit as they did not withdraw permanently from the tournament). However: if it turns out the wrestler was not able to recover and was not able to participate in the following round either, then the coach should go back to the head table and inform them that the wrestler is now permanently scratching from the event. In the situation, since they never wrestled another match after their injury and they were permanently removed from the event, the current round and the following round can now **both** be entered as MEDICAL FORFEITS and no losses will appear on the W/L record.

Tournament-Individual Round Robin

Tournaments-Forfeit due to not wrestling on a 2nd Day:

Situation 6: A wrestler who advanced on a bracket to the second day of a round robin tournament does not show up, does not make weight, or is sick or injured on Day #2. Although they never take the mat:

Record as follows:

Winners over the wrestler who is withdrawing: Earn a win by forfeit over the school and the name of the wrestler who withdrew.

Loser (the wrestler who withdrew): The wrestler who withdrew takes a loss on their record against the school and name of the opponent they forfeited to in the next two rounds they were scheduled to wrestle. They do not have to record any additional losses in any remaining rounds.

Note: To stay consistent with recording forfeit losses in a bracketed tournament the injured wrestler is taking **two losses on their record**, for the next two scheduled matches only.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Round Robin:

Weight Class is short entries

Situation 7: In a round robin pooled tournament a weight class is short one or more entry(s) due to a team(s) not having a representative(s) at that weight class. The missing entries become BYES and not forfeits.

Record as follows:

Winner: Earns a Bye in each round they were scheduled to wrestle a school without an entry.

Loser: There is no loser as no wrestler was entered in the weight class.

Tournament-Individual Round Robin:

JV wrestler inserted as a forfeit

Situation 8: In a round robin pooled tournament a weight class is short an entry due to a team not having a representative at that weight class. Another team enters a “JV” or “extra” Varsity wrestler in the weight to fill the bye. But this wrestler never actually wrestles; they are entered but will forfeit all of their matches.

Record as follows:

Winner: Earns a win by forfeit over the school and the name of the “extra” wrestler who forfeited.

Loser: The “extra” wrestler who forfeits each round takes a loss on their record against the school and name of the opponent they forfeited to for the first two rounds only. This “extra” wrestler must count the tournament as one of their 6 tournaments, and it will cost them 2 points towards their 20 point maximum and they will take two losses on their record.

Tournament-Flagrant Misconduct Removal:

Situation 9: A wrestler is removed from a tournament for Flagrant Misconduct. The deduction of team points is three plus all points earned in the tournament by that wrestler. With respect to won/loss records: Even though team points and points earned from that individual are being deducted because of the flagrant misconduct, the previous matches still count because the bracket does not change.

Record as follows:

Winner by DQ: Flagrant Misconduct: Earns a win by DQ over the school and the name of the wrestler who was just disqualified.

Loser by DQ: Flagrant Misconduct: The disqualified wrestler takes a loss against the school and name of the wrestler they were wrestling at the time of the DQ. All wins and losses earned in the tournament prior to being disqualified are not erased and count on their won/loss record. Any other wrestlers who faced the disqualified wrestler prior to them being disqualified will have the wins and losses stand.

Example: If there is an 8-person bracket and Wrestler A won their quarter and semifinal match they would be 2-0 going into the finals match. The two matches are completed and the results count with respect to win-loss records. If the flagrant misconduct happens during the finals, it would be a loss for Wrestler A and a win for Wrestler B. Scoring: Deduct three team points and remove all previous team points earned in the tournament by Wrestler A.

Note: In cases where the wrestler who was DQ'd for flagrant misconduct still had scheduled matches to wrestle, the disqualified wrestler takes additional losses by forfeit against the school and name of the wrestler they were still scheduled to wrestle. The wrestlers they were still scheduled to wrestle earn wins by forfeit over the name and school of the wrestler DQ'd for flagrant misconduct.

Note: To be consistent, if the wrestler DQ'd for flagrant misconduct still had scheduled matches to wrestle in an **Individual Round Robin tournament**, then they would only take **two losses by forfeit** for the next two rounds they were scheduled to wrestle.

WRESTLING FORFEITURES (cont.)

Tournament-Withdrawal by School Administration ⁵³

Situation 10: Reason for withdrawal is not fault of the wrestlers

An entire school is withdrawn by their school administration (could either be forced to leave a tournament early or to not be able to return at all for a second day). Some possible reasons for withdrawal by school administration could be for weather conditions or if a team with only one coach, has an injured wrestler who must go to the hospital and the coach is required to go with him, thus leaving no one else to coach the team.

Record as follows:

Winners: Earn wins by forfeit over the school of the wrestler who forfeited (not the name of the wrestler).

Losers (team that left): The wrestlers who forfeited do not record the matches and do not receive losses on their record against the school or names of the opponent they forfeited to.

Reason for withdrawal is not the fault of the wrestlers-2 Day Dual Tournament

School administration does not allow a team to enter Day 1 of a Two-day Dual meet tournament. Assuming the School administration allows, the team can be entered for the second day.

The tournament will count as one of the two allowed 2-Day event tournaments.

They will be allowed the +1 weight allowance that the other teams are being granted and the Day 2 weigh-in will be entered into Track.

To be consistent with page 46:

Teams that do not show up for a dual meet: Situations 4 and 5:

For all duals the team was scheduled to wrestle on Day 1, each meet will be treated as a “forfeit” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected. The dual meet will be recorded as a 1-0 team score (but the TrackWrestling will show the team score to be 78-0 based on 13 weights at 6 points each).

When the team rejoins the tournament on Day 2 they will continue with their original spot on the bracket sheet, pool, or round robin.

Note- The team that could not attend Day 1 has the right to decide not to go on Day 2 (even if allowed) if they do not want it to count as one of their 2-Day contests.

Note: A team cannot join a 2-Day tournament on the second day, if they were not originally scheduled to be a participant in the tournament.

Forfeits effect on seeding:

Wins and losses by forfeit count for seeding but wins and losses by forfeit do NOT count as head to head wins. However, a wrestler who wins by forfeit will earn any available Seeding Competition Points for the win. (The logic is that there should be some type of penalty to keep wrestlers from not wrestling).

PENALTIES

PENALTIES FOR EXCEEDING MAXIMUM NUMBER OF POINTS:

If a wrestler exceeds the maximum points **or tournaments** permitted (as explained on **Page 23**) at any time during the season, the wrestler will be ineligible for the remainder of the season. In addition, the coach of the wrestler who exceeded the maximum number of points or tournaments will be suspended from the team's next previously scheduled competition and could be subject to additional penalties by their Sections Athletic Council.

If the individual exceeds the maximum points in a dual meet competition, the team will forfeit the match, the individual will lose by forfeit, but the individual performances of all the other matches would stand. If the individual exceeds the maximum points in a tournament competition, the team will earn zero team points, the individual will lose all matches competed in by forfeit, but the individual performances of all the other matches would stand. NYSPHSAA HANDBOOK.

PENALTIES FOR ALLOWING UNAUTHORIZED ADDITIONAL POUNDS:

Should a Sectional Chairman become aware of two teams allowing an extra weight allowance for any other reason, not specifically covered by the Additional Pound section above the following procedures will apply:

Dual Meet: The teams will both forfeit the dual meet. The weigh in sheet will be used to determine which individual wrestlers receive forfeit wins and losses. Each individual wrestler who accepted the extra pound will receive a loss on their individual records. Any individual wrestler who did not take the unauthorized extra pound will not be penalized and their individual match performance will stand.

Tournament: If a tournament allowed an unauthorized additional pound, all teams who had at least one wrestler accept the unauthorized pound will receive a team score of zero. The tournament weigh in sheets will determine which wrestlers accepted the unauthorized pound and their matches will be forfeited.

PENALTIES FOR INELIGIBLE WEIGHT CLASS

After a dual is wrestled, it is found out that a team used a wrestler at a weight lower than his/her certified weight (or at a weight above the State minimum weight: (Example: 8th grade 85 pounder wrestles at 99 and does not meet the 91 pound minimum), the team forfeits the dual meet and the wrestler takes a loss on his/her record. The won/loss records of the other wrestlers who wrestled in the dual meet are not affected and the results of their individual bouts stand. (NYSPHSAA Handbook-Penalties). If the ineligible wrestler was competing in a Dual Meet tournament, the team would forfeit all Dual meets that the ineligible wrestler participated in. The ineligible wrestler would take losses for every bout they wrestled that day which could result in a maximum penalty of going 0-5 if they had 5 matches.

If, while a dual meet is in progress, it is discovered that an ineligible wrestler has competed, the dual meet becomes a forfeit. However, the meet will be wrestled to its conclusion so that the win/loss records of the other wrestlers who competed in the dual meet are not affected. As penalty corrections only involve bookkeeping, there is no time limit for identifying them.

PENALTIES FOR NOT HAVING A TRACK WEIGH IN FORM AT THE MATSIDE WEIGH IN FOR A DUAL MEET:

The team without the weigh in form must forfeit the dual meet.

SECTIONAL COMPETITION

ELIGIBILITY FOR SECTIONAL SPONSORED INDIVIDUAL COMPETITION

Participation in a minimum of six (6) **contests** is required to be eligible for Individual Sectional competition. Therefore, a wrestler must compete (exhibition, **Varsity** forfeit, varsity/JV match) and be charged with at least six (6) points towards their maximum number of points **and** the six required **contests** must be held on six separate dates. There is no such thing as a JV forfeit or Exhibition forfeit and these will not count as a contest. **MIXED COMPETITION GIRLS CANNOT WRESTLE IN THE SECTION 9 DUALS OR BOYS SECTIONAL TOURNAMENT IF THEY WANT TO BE ELIGIBLE FOR THE GIRLS SECTION 9 CHAMPIONSHIP.**

Note: a 2-day tournament is only one contest.

REPRESENTATION: *To be eligible for sectional, intersectional, or state*

competition, a team must have competed in six (6) school scheduled contests during the season. Wrestlers must also have represented their school in (6) scheduled contests during the season to be eligible. These required contests must occur on six different dates and must be concluded prior to the conclusion of the team's regular schedule. NYSPHSAA HANDBOOK

Section sponsored tournaments (Sectional Individual Or Sectional Dual meet tournaments) are not considered part of the regular season and do not count as contests towards the six required contests for eligibility, do not count as one of the six allowed tournaments, do not count as points towards the 20 point limit. Team and Individual wins and losses from these events will count and should be entered into the TrackWrestling results.

To enter into the Sectional Tournament a TrackWrestling District Report form must be printed and signed by every wrestler and coach prior to the start of the post season qualifier seeding meeting. All Varsity results for individual wrestlers must be entered into the TrackWrestling database prior to the post season seeding meetings.

NYSPHSAA STATE CHAMPIONSHIPS

AUTO QUALIFIER SYSTEM

The Auto Qualifier system (which began in 2021-22) will be used to fill byes in the tournament. This format allows for multiple entries from each section. The procedure and timeline for determining the Auto-Qualifier System for the season will be posted on the NYSPHSAA website and sent to all Sectional Chairmen for distribution to wrestling coaches and Athletic Directors prior to the start of the wrestling season.

NYS TOURNAMENT SEEDING

The procedure and timeline and mechanics for seeding the NYS tournament will be included on the NYSPHSAA website and sent to all Sectional Chairmen for distribution to wrestling coaches and Athletic Directors prior to the start of the wrestling season. "The NYSPHSAA Wrestling Committee maintains the authority to make adjustments in tournament seeding, through the appeal process, when the purpose and objective of the seeding procedure has not been met".

Previously scheduled matches or make-up matches held after the Sectional tournament would count for NYS Seeding. No other individual record or statistic forms are permitted.

NYS TOURNAMENT APPEALS PROCESS

1. The Appeals Committee shall be the NYSWOA President, NYSWOA Past President and the NY State Rules Interpreter. The NY State Wrestling Chairman will oversee the operation and participate in the process but will not be a voting member of the committee. The NYSWOA President is the Head Official at the State Tournament, so he directs the process. The interpreter is a participant and of course his knowledge and expertise carry a lot of weight in the discussion within the Appeals Committee, but it is the NYSWOA President as the Chairman of the Appeals Committee who is out front and dealing with the coaches and not the interpreter. If there is a question, only the official and assistant confer. The call is determined and stands.
2. What Qualifies for Appeal and what procedures are followed
 - a. The **ONLY** appeals that will be honored and ruled on by the Appeals Committee must involve a misapplication of a rule or a rule interpretation rule interpretation. As usual, calls involving judgment cannot be questioned nor can they be appealed.
 - b. The coach must first follow the procedures in the Rulebook (Rule 6-6-6). The coach must tell the mat official that he wants to appeal the referee's application of the rule or interpretation as soon as possible and prior to the start of the subsequent period.
 1. If the appeal is at the end of the match, only the offended wrestler must remain on the mat, but the mat official shall instruct the other wrestler to remain in the mat area. If coach insists on appeal, the NYSWOA President will be summoned and the NYSWOA President will initiate the process which will be followed specifically as written below. The Appeals Committee shall be summoned. The coach has two (2) minutes to state his case, but the Committee may want to question him additionally. Videotape will, NOT be submitted as evidence, nor shall the Appeals Committee review any tape prior to making their decision. The referee and assistant shall explain the call and the rationale for it. *The NYSPHSAA has granted a waiver of National Federation Rule 3-1-9 and will allow video review for **ONLY the NY State Wrestling Tournament Semifinals and Finals only if the Appeals Committee requests it** (no coach can request the video replay) and only video from State Tournament supplied cameras will be used.* (Waiver approved 2021)
Note, the official does not call the Interpreter to the mat; only the NYSWOA President will summon the Interpreter as part of the Appeals Committee when it is decided that there will be an appeal and only the Appeals Committee can decide if a video is to be reviewed. There will be no separate discussions between members of the Appeals Committee and the coaches or officials.
3. The Appeals Committee shall meet alone where they can be free from any interference and once they present their decision, it is FINAL. The NYSWOA President will inform both coaches of the committee's decision.
 - a. If a rule or interpretation has been misapplied, any penalties for misconduct levied against the coach because of his protest shall be removed. The situation shall be corrected and bad time re-wrestled, if necessary.
 - b. If the appeals Committee rules that it is judgment being questioned, the coach shall be penalized for misconduct according to the rulebook only if he has not already been penalized during the match for questioning the same judgment call.
 - c. If the Appeals committee rules that the referee's decision was correct, the coach will be penalized for misconduct in accordance with the penalty chart. However, the coach may be penalized for any unsportsmanlike actions after the decision has been rendered.



PostSeason



GIRLS WRESTLING POST – SEASON TOURNAMENTS ***2025-26***

MONDAY, FEBRUARY 16, 2026
GIRLS -SECTION 9 TOURNAMENT
@ MOUNT ST. MARRY COLLOEGE

NY STATE TOURNAMENT
GIRLS DIVISION- THURSDAY FEB 26TH
@ MVP ARENA, ALBANY

	<u>SECTION 9 GIRLS WRESTLING CHAMPIONSHIPS</u>	
	<u>FINALS AT MOUNT ST MARY COLLEGE</u>	
<u>TIME</u>	<u>ROUND OF EVENTS</u>	<u>MATS</u>
<u>8:00-9:00 AM</u>	<u>WEIGH-INS</u>	
<u>9:00 AM</u>	<u>COACHES MEETING</u>	
<u>9:30 AM</u>	<u>OUTBRACKET AND ROUND OF 16</u>	<u>3 MATS</u>
<u>10:00 AM</u>	<u>QUARTERFINALS</u>	<u>3 MATS</u>
<u>11:30 AM</u>	<u>SEMIFINALS</u>	<u>2 MATS</u>
	<u>WRESTLEBACKS (QUARTERFINALS LOSERS)</u>	<u>1 MAT</u>
<u>12:45 PM</u>	<u>CONSI-SEMIS</u>	<u>2 MATS</u>
<u>2:00 PM</u>	<u>BREAK</u>	
<u>2:30 PM</u>	<u>CONSOLATION FINALS</u>	<u>2 MATS</u>
<u>4:00 PM</u>	<u>SET UP FOR FINALS</u>	
<u>4:30 PM</u>	<u>INTRODUCTIONS</u>	
<u>4:45 PM</u>	<u>FINALS</u>	<u>1 MAT</u>
	<u>TRUE-SECOND MATCHES IF NEEDED</u>	
<u>6:45 PM</u>	<u>MEETING WITH QUALILFIERS, COACHES AND PARENTS</u>	



Section IX Athletics

Greg Ransom, Executive Director

Section IX Championships – Neutral Site

Approved by the Section IX Athletic Council – Tuesday, September 16, 2014

The Section IX Executive Director, with input from the sport chairperson, will be responsible for determining where the Section IX Tournament Finals will be played in the event of a host team conflict at a designated site. The Executive Director will get involved with neutrality issues only when a particular sport's championship venue is formally called into question based on a host team's involvement in the finals.

With the implementation of the new Neutral Site Rule every effort should be made to choose a neutral site as close to participating schools as possible. The Section IX sports chairpeople should make this part of the decision making process on selecting a site for the Championships.

Greg Ransom, Executive Director
Section IX Athletics

SECTION 9 WRESTLING TOURNAMENT (INDIVIDUAL - STATE QUALIFIER)

SITE SELECTION:

A. THIS YEARS SITE AND FUTURE YEAR SITES:

The **2025-26** GIRLS Division SECTIONAL Tournament will be held on ONE day: Qualifier on: Monday, **February 16th** at MOUNT SAINT MARY COLLEGE (on 3 mats) with wrestle-backs to 4 places. **This year the champions and select runner-ups will qualify for the NYS Tournament so True Second matches are needed.** Sites for **2026-27** will be **TBA** for Girls Division. Schools interested in hosting in **2026-27** must have the ability to hold 3 mats with adequate space for score tables and spectators. Schools interested in hosting must send a letter of intent to the Section 9 Chairman as described below.

B. LETTER OF INTENT:

To be selected to host a Class Tournament any year in the future, a letter (e-mail) of intent must be sent to the Section 9 Chairman. This letter (e-mail) should give a brief description of your facility and formally express your interest in hosting the tournament for a stated year. This letter (e-mail) shall include signatures of the Athletic Director, and High School Principal. Once received, the Chairman will follow up by sending the school a **Request for Hosting worksheet**. The worksheet will list your school's mat availability, spectator capacity, and a budget for costs: including: facility rental, custodial fees, security fees, copying fees, etc. The worksheet will also provide a list of both paid and volunteer staff you will need to provide, supplies needed to host, and a list of areas of your building that will need to be designated for the tournament. Your letter of intent and worksheet will be evaluated by the Section 9 Chairman, Asst Chairman and OCIAA office. Based on number of requests received, a schedule of hosts by class will be developed for up to the next 4 seasons. The Section 9 Chairman will forward the names of the schools selected to host next season's sites to the Section 9 Secretary for notification.

Letters of intent for next season should be received by: **MAY 1, 2026**

CURRENT YEAR SECTION 9 TOURNAMENT- SPECIFICS:

A. # OF ENTRIES:

The Girls Division will be an open tournament. **Each school with eligible Girls Wrestlers is allowed 3 additional Sectional entries over the total number of weight classes for a total of 16 entries. You may not enter more than 2 wrestlers at a weight class but can enter your 16 wrestlers in any combination you want so long as you do not exceed two per weight.** Girls Division will compete in a one-day tournament that will have wrestle-backs from the quarterfinals to 3rd/4th place.

CURRENT YEAR SECTION 9 TOURNAMENT- SPECIFICS continued:

B. ELIGIBILITY RULE FOR PARTICIPATION IN SECTIONALS:

By [NYSPHSAA Handbook p.104](#):

REPRESENTATION: To be eligible for sectional, intersectional, or state competition, a **team** must have competed in **six (6) school scheduled contests** during the season. **Wrestlers** must also have represented their school in **(6) scheduled contests** during the season to be eligible. These required contests must occur on **six different dates** and must be concluded prior to the conclusion of the team's regular schedule.

To count a contest:

1-First the wrestler must be **eligible**:

The official weigh-in sheet that will be kept at the head table for each dual meet and tournament will list the wrestlers who were **eligible** to wrestle for that contest.

To be eligible and appear on the weigh-in sheet, you must meet the following three conditions:

1. **have made weight**
2. **be academically eligible**
3. **be physically eligible** (cleared of any injuries or skin rashes)

It is the responsibility of the coach, and not the official, to list the eligible wrestlers.

Just because you are eligible does not mean you can count the contest as one of your 6 contests. You must have actually wrestled or received a forfeit.

2-Second they must have **earned at least one** point toward their 20 point total from the event. For the sport of wrestling: "**REPRESENTED**" is defined as competing (exhibition, forfeit, varsity/JV match) and being **charged with six (6) points** towards their maximum 20 points.

3-If they were eligible and they earned at least one point at the contest, the contest counts, **To compete in post-season tournaments, a wrestler must have appeared in 6 or more contests on six different dates. The rule is school specific. All six weigh-ins must be for the same school.**

Just because a wrestler has 6 matches or 6 points on their record for seeding that does not mean they are eligible for post season.

EXAMPLES:

-Wrestling 3 matches at a tournament counts as 2 points but will only count as 1 contest. It is the responsibility of each coach to document that a wrestler has wrestled in 6 different contests.

-A 2-day tournament and/or a Tri-meet are each only one weigh-in and each only one contest, (even though you may have wrestled 3 or more times and accumulated either 2 or 3 individual points toward your 20 point total),

NOTE: Section sponsored tournaments (Sectional Individual Or Sectional Dual meet tournaments) are **not** considered part of the regular season and do **not** count as contests towards the six required contests for eligibility.

ELIGIBILITY WAIVERS:

A coach may request a waiver for an athlete who does not meet the maximum number of contests due to injury. The request must be made **by your AD** to: Greg Ransom: Section 9 Executive [Director \(via email\) prior to the post season tournaments](#). e-mail: gransom1@hvc.rr.com Documentation is normally required (Ex Doctors note) Greg Ransom-Section 9 Executive Director 53 Gibson Road, Goshen, NY 10924

CURRENT YEAR SECTION 9 TOURNAMENT- SPECIFICS continued:

C. DEVELOPMENT OF BRACKETS BY WEIGHT CLASS:

Coaches will meet prior to the tournament and apply a pre-approved seeding criterion, to determine the seeds. Preliminary brackets will be set up at the seeding meeting. Finalized brackets will be prepared after weigh-ins to account for scratches, movements, and forfeits.

D. WEIGH-IN's:

By Federation rule, p.16, art. 2, contestants shall have the opportunity to weigh-in, shoulder-to-shoulder. The S9 Chairman will set the weigh-in time a maximum of two hours, prior to the start of competition. Girls Division will weigh in first come-first serve. The Chairman will create the list.

E. WEIGHT CLASSES:

By direction of the NYSPHSAA there will be a **2 pound growth allowance** for the **2025-26** season. As the 50% rule has been removed, a wrestler may wrestle at a weight class so long as they are certified for that weight. Competition weight classes for the Section 9 tournament will be **scratch +2**

F. WEATHER DELAY:

The decision to institute a weather-related delay shall be made by the Section Chairman no later than two hours prior to the scheduled weigh-in time. Either an hour or two-hour delay shall be declared at decision time, with adjustments made to the time schedule.

As per the S9 Athletic Council Policy of 9/9/08: In Sectional competition involving multiple schools, the Section Chairman will advise the Executive Director or Designee of any adverse conditions. The Executive Director or Designee will consult with the participating schools then decide whether to hold or cancel the competition.

In the unlikely event that the tournament cannot be held, the Executive Director or Designee in consultation with the Sectional Chairman will determine the Sectional Champions at each weight class. Under ordinary circumstances, this will be the highest seed. If due to unforeseen circumstances, this highest seed is not chosen, the selection of the Section Champs at each weight by the Executive Director or Designee is final and binding.

Phone Tree:

Sectional Chairman calls:

Section 9 Executive Director

Section 9 Executive Director calls:

AD of host school, OCL Coordinators office, S9 Chairman

Based on decision of Executive Director:

Sectional Chairman calls:

All head coaches of teams competing

OCL Coordinator calls:

Head official

G. LATE ARRIVAL:

If for some unforeseen reason your team will arrive late for weigh-in's it is the responsibility of the head coach to place an alert phone call. Section Chairman Cell: **845-551-1762** Also call: -the site of the tournament (Phone # given at seeding meeting)

CURRENT YEAR SECTION 9 TOURNAMENT- SPECIFICS continued:

H. ADMISSION FEES:

The following fee structure was approved for wrestling. These fees have been agreed upon to off-set sectional tournament expenses. The tournament tickets will be on-line ticket purchases thru GOFAN .

<u>GIRLS DIVISION :</u>	GOFAN	
MONDAY 2/16: ALL DAY PASS	\$10.00	Adults & Students

I. GATE LIST:

Head coaches of each school will receive full day passes for administrators, coaches, coaches' wives and coaches' families, who require entrance privileges, **at the Section 9 Seeding Meeting**. (Parents of wrestlers and Booster Club members may not be entered on Gate lists). Envelopes for each school will be made available at the gate, for guests that coaches were not able to get passes to, prior to the tournament. If a school exceeds a maximum of 20 passes, the district will be billed for any number over.
(As per S9AC Minutes 4/5/05).

J. PROGRAM:

A virtual program shall be developed and supported by the Friends of Section 9 Wrestling Coaches Association. Each school shall submit a full page ad. Copies of the program will be sent to coaches for email distribution to parents and fans.

K. REFEREE SELECTION:

Coaches are encouraged to submit: Referee Rating Cards throughout the season. The Section 9 Chairman will request the top-rated officials from the OCIAA and MHAL offices.

CURRENT YEAR SECTION 9 TOURNAMENT- SPECIFICS continued:

L. AWARDS CEREMONY:

Individual Medals shall be awarded to in each weight class as follows:

1st, 2nd, 3rd for the Girls Division.

Note: Awards will be distributed prior to the TRUE Second Matches. The loser of the finals will receive the 2nd place medal. When needed: the True Second match is only for determining state qualifiers for certain weights, where the 2nd place finisher did not defeat the 3rd place finisher. So if the the 3rd place finisher does defeat the runner-up in the True-2nd match, they will still receive the bronze medal.

Champions shall receive: Wall charts and medals the night of the finals.

Championship Plaques shall be awarded to the 1st place team only: as determined by the tournament team scoring system.

A “**Most Outstanding Wrestler**” plaque shall be awarded to the wrestler who has been selected by a poll of head wrestling coaches. Coaches will also vote to determine the **Michael DeCapua Award** for the: **Most Exciting Match of the Finals**. (Both wrestlers in this weight class will receive plaques). Plaques are purchased and donated by the Friends of Section 9 Wrestling. The awards ceremony shall occur during the finals at the end of each weight class following a two-weight class delay.

At the end of the 114 lb final: Awards for the 94 lb. classes shall be presented. At the end of the 120 lb final: Awards for the 100 lb. classes shall be presented, etc. Award recipients should wear their team warm-up top. No hats worn on awards stand.

OTHER:

1. **Wrestle-backs** from Quarters will be held for 3rd-4th place.
2. An **appeals committee** will be announced by Chairman AND head ref prior to the start of wrestling. Committee will hear and resolve potential problems.
3. **No substitution** of a wrestler is permitted once initial weigh-ins are concluded and the tournament has been bracketed. Winners will advance to the NYS tournament.
4. Winners by **Forfeit** (as defined within the tournament) will receive appropriate team points as listed in the rule book.
5. **TRUE SECOND MATCHES** for the Auto-Qualifier procedure need to be held in Girls Division, any year certain weight classes that our section earns 2 qualifiers. Any situation where the 3rd place wrestler did not lose to the 2nd place wrestler **during the Sectional tournament** will require a True Second match to be contested (if requested by the 3rd place finisher). These matches will be held immediately after the awards presentations (allowing for a 45-minute rest if needed). The True-Second matches will have no impact on the awards presentation or the team scoring.



Section IX Athletics

Robert Thabet, Executive Director

Greg Ransom, Section IX

Emergency Preparedness and Crowd Control

D. Check List

Directions: Please instruct your Site Chairperson(s) to verify each of the following measures will be in place at the time of your sport's tournament.

Have this checked and signed prior to the Section IX Tournament. Forward a copy to the Section IX Office, c/o Section IX Secretary. Fax number: 845-291-7306.

- ☐ A site emergency plan is in place for the Section IX Tournament.
- ☐ The local authorities (fire department, police, and school personnel) have been contacted on reacting to an emergency.
- ☐ Plans have been made to have the tournament site secured prior to team/spectator arrival.
- ☐ Evacuation routes for cars and pedestrians are planned.
- ☐ Proper supervision (police and non-police) including duties outlined and times to remain on site has been arranged.
- ☐ Participating schools have been notified of all emergency and crowd control measures that will be in place before, during and after the tournament.
- ☐ Parking for contest officials and emergency medical personnel has been provided.
- ☐ Our announcer will be familiar and possess a copy of what to broadcast in case of emergency.

Sport: _____

Date: _____

Signature/Title: _____

Section IX Athletics | 53 Gibson Road | Goshen, NY 10924 | Phone: (845) 294-6799 | Fax: (845) 291-7306

Web site: <http://www.sectionixathletics.org>



SECTION IX ATHLETICS

Robert Thabet, Executive Director

Greg Ransom,

December 4, 2008

Dear Sports Chair:

As per the discussion at the December Section IX meeting, I am asking that you put the following directive in your handbook:

In the event that you schedule an ambulance to be present at a sectional contest, please make sure that ambulance drivers have printed directions available to the hospital(s) where they would transport an injured athlete. These printed directions should be given to school personnel and/or parents as needed."

Thanks for your cooperation.

Robert Thabet
Executive Director, Section IX

Greg Ransom

AED PROVISION

Directions: Please complete the form below indicating that the Section IX Tournament site(s) will have an Automated External Defibrillator(s) (AED) provided with trained personnel available for the AED's proper operation in case of an emergency. File this form with your paperwork as Site Chairperson. Make sure all site personnel are aware of your procedures.

☐ An AED and trained personnel to operate an AED will be present at the site(s) being used for the Section IX Tournament in my sport.

☐ The personnel and equipment will be provided by:

(name of organization or institution/school)

Signature

Sport

Date

Section 9 Tournament Seeding Meeting 2025-26

Two separate seeding meeting will be held for both Divisions

	DATE	TIME	LOCATION
GIRLS DIVISION	MONDAY, February 9th	3:30 pm	Middletown High School Lecture Room

MANDATORY ATTENDANCE REQUIRED OF ALL COACHES

- **This will be the OFFICIAL seeding meeting.** Only scratches and weight class changes (for wrestlers seeded at more than one weight class) and name changes will be considered the day of the tournament. Come prepared. We will not consider “missed” head to heads or “missed” Competition Points the day of the tournament. **Once the meeting is concluded you may not go back and appeal a weight class unless an error in applying the seeding criteria or if incorrect information provided by an opposing coach that allowed them to earn a seed above you can be documented.** These errors can be corrected prior to, or at the coaches meeting the day of the tournament.
- **Each team is allowed **three additional Sectional entries** over the total number of weight classes. for a total of **16 entries**.** You may not enter more than 2 wrestlers at a weight class but can enter your 16 wrestlers in any combination you want so long as you do not exceed two per weight. When the meeting ends you must lock in your 16 entries. You will not be allowed to enter replacement wrestlers on the day of the tournament at weights where you did not have an original entry.
- **Wrestlers will not be allowed to move up or down weight classes on the day of the tournament.** You may seed a wrestler at more than one weight class at this meeting. At the end of every two weight classes completed you must make a decision as to what weight your wrestler will be competing at. **You may not move a seeded wrestler on the day of the tournament.** Wrestlers may only compete at weights they were seeded at. If they were seeded at a weight, they cannot change weight classes to a weight class they were not seeded at. They will have to wrestle at their seeded weight or be scratched.
- **A coaches meeting will follow weigh-ins at the actual tournament.** Remember, your wrestler must be eligible for the weight class they are seeded at **as per their weight certification**. Time constraints prohibit us from meeting and making numerous changes for an hour or more prior to the start of the actual tournament. Only scratches and name changes will be considered at this meeting.

SECTION 9 TOURNAMENT - SEEDING CRITERIA

2025-26 SEASON

Each coach will be responsible for adhering to the following, prior to the seeding meeting:

1. Email your Sectional entries with W-L records (on the form provided prior to sections) to the Section 9 Chairman by: **Sunday 2/08/26**
2. To enter into the Sectional Tournament a TrackWrestling: NYSPHSAA-Season Record Form must be printed and signed by every wrestler and coach prior to the start of the Sectional tournament (preferably at the seeding meeting). All individual wrestlers Varsity results must be entered into the TrackWrestling database prior to the post season seeding meetings. No other individual record or statistic forms are permitted. **THE SHEETS MUST BE SIGNED BY BOTH THE COACH AND THE WRESTLER**
3. To be consistent on recording Individuals records:
You must follow the rules for recording FORFEITS (pages 50-54)
4. Prepare a packet for your school. The packet will consist of the TrackWrestling forms you have prepared for each wrestler you are entering, listed in weight class order. If you have a full team, then your packet will consist of at least 16 pages (more if an individual wrestler's printout is more than one page). Please photocopy the packet in order from **94-235** pounds.
5. Make a photocopy of your packet. The Section Chairman will need the original and you will need a copy. (With most having internet/phone access to TrackWrestling, it is no longer needed to make packets to share with other coaches).
6. **Bring your nys weigh-in sheet for Sections.**
Bring Form 11- NYS-PointsAndWeighInTracking Form

Note: JV and Assistant coaches may attend the meeting; but may not participate in the actual seeding. JV coaches may communicate their opinions through the Varsity coaches, but the Chairman of the meeting will not recognize them.

Please come prepared and on time to the meeting.

Pizza and soda will be provided by the Friends of Section 9 Wrestling.

SECTION 9 TOURNAMENT - SEEDING CRITERIA

2025-26 SEASON

- To be eligible for Sectionals: Wrestlers must have at least 6 separate competitions. and Show they are eligible for the weight class on their Track weigh in sheet.
- All wins and losses need to be entered into Trackwrestling.com

Procedure I: Establishing Initial Order

Note: Wins/Losses, Place Finishes at non-NYSPHSAA-sanctioned (out of season) events will NOT be utilized to establish an initial order. The PINs rating will only have matches that are from the NYSPHSAA Season.

1. Returning NYSPHSAA state place finishers (1-6) will automatically move to the top of the weight class order.

- a. If there are multiple place finishers, they will be ordered based on their place finish (ie, Champion to the top, 2nd place to follow, etc).
- b. If multiple wrestlers have the same place finish, they will be ordered based on their PINS rating.
- c. If (a) and (b) are still tied, the winning percentage will determine the order. A higher winning percentage will be placed higher.
- d. If (a), (b), and (c) are still tied, the total number of wins during the current season will determine the order. The greater number of wins will be placed higher.
- e. Coin Flip

2. Non-Returning NYSPHSAA state place finishers will be placed in order by Sectional Place from the previous season.

- a. If there are multiple place finishers, they will be ordered based on their place finish (ie, Champion to the top, 2nd place to follow, etc.)
- b. If multiple wrestlers have the same place finish, they will be ordered based on their PINS rating.
- c. If (a) and (b) are still tied, the winning percentage will determine the order. A higher winning percentage will be placed higher.
- d. If (a), (b), and (c) are still tied, the total number of wins during the current season will determine the order. The greater number of wins will be placed higher.
- e. Coin Flip

3. Non-Returning NYSPHSAA state place finishers and Non-Returning Sectional place finishers will be placed in order by PINS rating.

- a. If there are multiple girls with the same PINS rating, the order will be determined based on win percentages. A higher winning percentage will be placed higher.
- b. If (a) are still tied, the total number of wins during the current season will determine the order. The greater number of wins will be placed higher.
- c. Coin Flip

Procedure II: Movement to Final Seeds

Note: Wins/Losses, Place Finishes at non-NYSPHSAA-sanctioned events will NOT be utilized for movement from the initial order during seeding.

1. Procedure II Head-To-Head Competition

- a. Defaults and Disqualifications count.
- b. Forfeits do not count as head-to-head wins
- c. We will start the head-to-head evaluation with the wrestler at the highest spot from Procedure I.
- d. The second-ranked wrestler has the first opportunity to advance on a head-to-head competition over the top-ranked wrestler. The third-ranked wrestler follows and so forth in the order of procedure I rank. However, a wrestler may not move over an opponent to whom they have lost. Each wrestler in point order will be asked, "Did you beat anyone above you?"
- e. If a wrestler has a win over another wrestler ranked higher but has been defeated by someone else who is ranked between them, they are blocked. The lower-ranked wrestler will be moved to the spot directly behind the wrestler to whom they have lost. (Ex #7 beat #1 but lost to #2, #7 moves to #3 as long as they have not lost to #3, #4, #5, and #6).
- f. In head-to-head situations where opponents have wrestled multiple times, the wrestler with the best record in these matches will receive the higher seed. However, the wrestler with the lower ranking can move to the spot behind the other wrestler as long as they are not blocked AND have at least one win over the opponent.
- g. In head-to-head situations where opponents have met multiple times AND split, the current order, determined by Procedure I, will not change. The wrestler listed second will then be "blocked" by the person with whom they split with. The wrestler with the lower ranking can move to the spot behind the other wrestler as long as they are not blocked AND have at least one win over the opponent.
- h. This will establish the seeding order.

SECTION 9 TOURNAMENT:

RULES FOR SEED MOVEMENTS

At the conclusion of weigh-ins, In the event that one or more wrestlers in a weight class need to be changed, the following guidelines will be used in moving wrestlers within the bracket.

No weight class should have a situation where a wrestler advances from the quarters to the semifinals due to a BYE, (unless there are less than 8 total wrestlers in the bracket). If a wrestler scratches then wrestlers move up 1 spot.

16 MAN BRACKET WITH OUTBRACKETS AND WRESTLEBACKS (SEEDS PLACED ON LINE NUMBERS)

**QUARTERFINAL
LOSERS
WRESTLEBACK
TO 3rd/4th PLACE**

"BLOOD
ROUND"

8

Loser of A

G

5

Loser of B

5

Winner of G

J

3

Loser of F

3

Winner of J

3

3rd Place

6

Loser of C

H

7

Loser of D

6

Winner of H

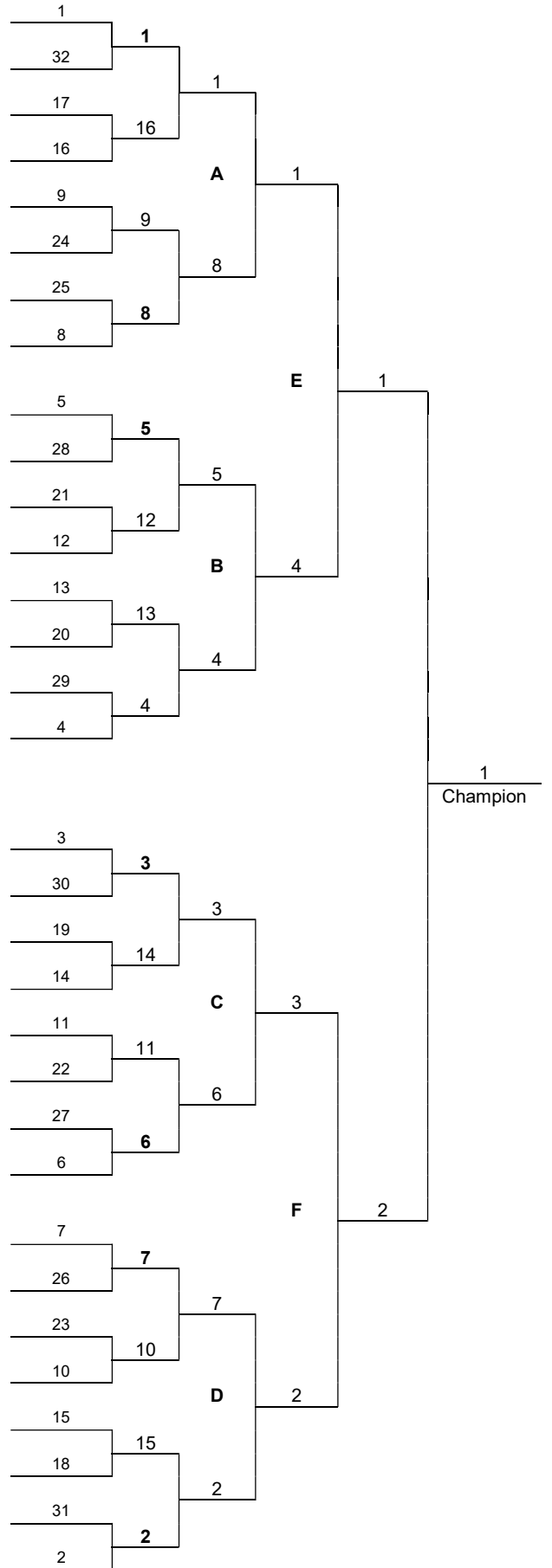
K

4

Loser of E

4

Winner of K



NYSPHSAA STATE CHAMPIONSHIPS

QUALIFIERS

Automatic Qualifiers for NYSPHSAA Championship (updated Sept. 2025)

Total reps: 21

All of the Section 9 Champions at each weight go to the NYS Tournament.

Runner-ups at these weights have an automatic bid to the NYS Tournament: 107, 114, 126, 132, 138, 145, 152, 165

Section 9 has no 1st Alternates

Section 9 has 2nd Alternates at the following weights: 120 and 185

SECTION 9 TRUE SECOND MATCH POLICY

The Auto-Qualifier procedure will need to be held in the Girls Division when our section earns 2 qualifiers. Any situation where the 3rd place wrestler did not lose to the 2nd place wrestler during the Sectional tournament will require a True Second match to be contested (if requested by the 3rd place finisher).

These matches will be held immediately after the awards presentations (allowing for a 5-minute rest). The True-Second matches will have no impact on the awards presentation or the team scoring.

New for 2025-26: There will be an expansion of the appeal procedure by coaches to include all rounds of the NYSPHSAA Girls Wrestling Championships.

NYS TOURNAMENT SEEDING

The Sectional Chairman will meet with all coaches (with state qualifiers) at the:

Thursday 2/19 practice to review each qualifier's seeding points and Head to Head Victories earned over other state qualifiers.

The actual NYS Seeding meeting will be held the night of February 19th.

The meeting must be attended by the Sectional Chairman or their designee. Wrestlers will be seeded and brackets created. The meeting normally lasts the entire day. You will be notified via e-mail when the brackets will be available on-line at official tournament website:

www.NYSPHSAAWrestling.com. Sectional Chairmen will meet in Albany late Wednesday afternoon **2/27** to make any final revisions to the brackets prior to weigh-in's the next morning

GIRLS WRESTLING:

In 2019-20 NYSPHSAA passed a proposal from Section 9 to change the representation rule to increase participation for girls, so that girls (that wrestle on a boy's team) can compete in "girls only" tournaments during the season (so long as they do not exceed the 20-point rule or maximum # of tournaments rule) and in their own post-season tournament.

Eric Hartmann-Port Jervis is the S9 Girls Chairman and can be contacted at:
ehartmann@pjschools.org

OFF-SEASON WRESTLING

When wrestling in the off-season:

- 1- There can be no school affiliation. (No formal school name, no school uniform, no school transportation).
- 2- Participation cannot be mandated, and no one can be excluded from participation.
- 3- Any coach can coach the off-season team.
- 4- If there are violations, the NYSPHSAA is not responsible for issuing penalties. Penalties are to be handled by the Sections and Leagues. Penalties could consist of sanctions, suspensions, etc.

CHECKLIST FOR AVOIDING PENALTIES

Some of the most common mistakes that could cause a wrestler/team to become ineligible. Ineligible wrestlers will cause the wrestler, the team, and the coach to be subject to the penalties listed on page 55.

- An individual wrestler is caught cheating on their weight certification.
- An individual wrestler exceeds the 20-point limit.
- An individual wrestler exceeds 6 tournaments.-FOR MIXED COMP GIRLS ONLY
- An individual wrestler exceeds the maximum of 2 two-day non-individual bracketed tournaments. (see Individual Points: Tournaments page 23).
- An individual wrestler competes in back to back tournaments while the first tournament they were entered in has not yet ended (see Individual Points: Tournaments page 23).
- A wrestler illegally competes in a 8th bout in a one-day tournament: page 51)
- An honor weigh-in is conducted: Honor weigh ins are no longer allowed. The weights at the matside weigh-in will determine the eligible weight classes for the event. (see removal of Honor Weigh-In's page 35).
- Granting unauthorized additional pounds for Post Season or a Sectional Dual Meet Tournament (see page 41)
- The coach of a team grants unauthorized additional pounds. (see pages 39-41)
- A coach weighs in a wrestler for an event (who has already reached the 20-point limit) (see page 23 #2)
- A coach lists an ineligible wrestler on their weigh-in sheet. (wrestlers listed must be academically eligible, cleared of injuries requiring school/doctor release, and not currently restricted by a doctor by a skin disease)
- An individual wrestler wrestles at an ineligible weight class.

Typical examples would be:

- A 7th/8th grader not meeting their minimum weight requirement at the shoulder to shoulder weigh-in, but still wrestles in a dual meet/tournament.
- A wrestler competes below their certified weight because the coach thought that the additional pounds granted for that event made the wrestler now eligible to compete there. (see Growth Allowances page 35 & 42).
- A coach shows up to a matside weigh in without a Track wrestling weigh in sheet (see page 36-37 & 55).
- When a weight class shows up in red on the wrestlers WLP (Weight loss plan) it means they were not eligible to compete at that weight.

COACHES MUST REPORT ALL WEIGHTS SHOWING IN RED TO THEIR SECTIONAL CHAIRMEN IMMEDIATELY if the wrestler competed in an ineligible weight class (see page 14).

SECTION 9 ATHLETIC COUNCIL

COUNCIL OFFICERS:

EXECUTIVE DIRECTOR	GREG RANSOM 914-805-6302	GRansom1@HVC.RR.com
PRESIDENT	STEPHEN BOUCHER 871-5500 x5535	SBoucher@RhinebeckCSD.org
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2nd VICE PRESIDENT	TOM CASSATA 758-2241 x3248	TCassata@RHCSd.org
PAST PRESIDENT	TIM BULT 355-5172	TBult@Minisink.com
TREASURER	LINDA TRAPANI 742-5867	OCIAA BOCES LTrapani@HVC.RR.com
SECRETARY	JAMES OSBORNE 570-618-2200	OCIAA BOCES JOsborneSection9@GMail.com

NYS CENTRAL COMMITTEE MEMBERS:

SUZANNE LENDZIAN Washingtonville 987-4511 SLendzian@WCSDk12.org	DAVID COATES Middletown 326-1532 David.Coates@ECSDM.org
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SUPERINTENDENT REPRESENTATIVES:

ULSTER PAUL PADALINO -Kingston PPadalino@KingstonCitySchools.org	SULLIVAN IVAN KATZ -Fallsburg 434-6800 x1214 IKatz@FallsburgCSD.net
ORANGE BRIAN MONAHAN -Minisink 355-5115 BMonahan@Minisink.com	DUTCHESS RAY CASTELLANI -Webutuck 373-4123 Raymond.Castellani@Webutuck.org

LEAGUE REPS:

MICHAEL BELLAROSA OCIAA: 457-2400 x18885	KEVIN CRUDELE OCIAA: 985-2298 X5524	MICHAEL DOUCETTE OCIAA: 469-2231 X33077
JJ GASS OCIAA: 858-3100 X1880	MARCO LANZONI MHAL: 463-7824	JONNAH O'DONNELL MHAL: 657-2373 X2113

NYSPHSAA OFFICERS

EXECUTIVE DIRECTOR ROBERT ZAYAS 518-690-0771 x11 RZayas@nysphsaa.org		ASST. DIRECTOR TODD NELSON 518-690-0771 x13 TNelson@nysphsaa.org		ASST. DIRECTOR JOE ALTIERI 518-690-0771 x14 Altieri@nysphsaa.org	
General Administration Liaison: National Fed. Liaison: State Ed Dept CFO Central & Executive Com Mtgs Official Rule Interpreter Handbook	Financial & Legal Matters Legislative Relations Section Appeals Coordinator Public Relations NYSPHSAA Calendar Spaulding Contract	Safety Committee Unified Sports Sportsmanship Programs Modified Athletics Handbook Updates Eligibility Interpretations	Interstate Sanctioning Classification Wrestling Min Wt Cert Program Cheerleading Championship Programs OCF	Time Warner Contract Internship Program Apparel Contract Hotel Contracts Championship Branding Ticketleap Liaison-Sports Coords Facilities Contracts NYSPHSAA/NFHS	Championship Advisor Committee Championship Official Photographers Handbook Interprets Championship Logistics & Expenses Public Relations Site RFPs Plaques & Medals



SEC	CHAIRMAN's NAME	Chairman's E-Mail
State	Ryan Palmer	rpalmer@schodack.k12.ny.us
1	Jamie Block	JABlock@chappaquaschools.org
2	Frank Fronhofer	ffron@salemcsd.org
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