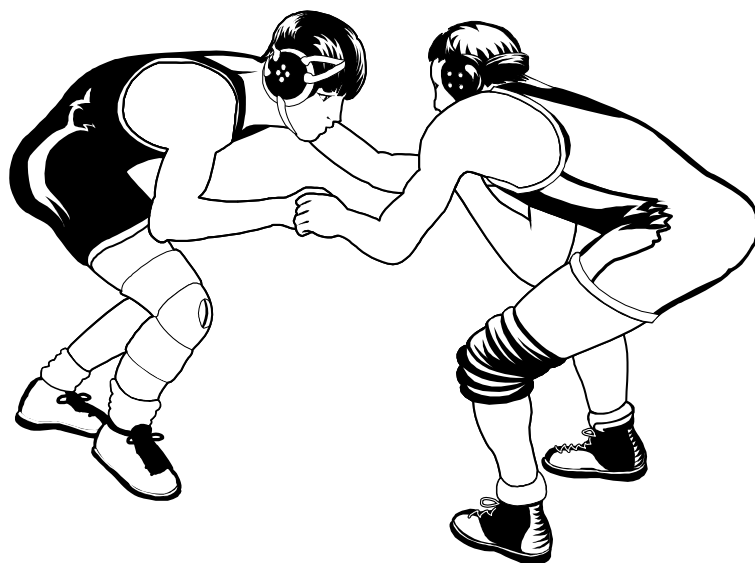




Section One
Wrestling Booklet
2018 – 2019





**Section One
Wrestling Calendar
2018 – 2019**

First Practice: permitted **November 5, 2018**

First Scrimmage: Permitted after 10 Practice days for Team - 8 days for Individual

First Game: Permitted after 15 Practice days for Team - 13 days for Individual

Representation:

NYS Individual Championship:

Minimum Number of Contests required for Individual for Sectional/State competition – 6 contests. Each athlete must have competed in 6 contests prior to Sectionals. An athlete who is too injured to play **cannot** count that contest as one of the 6. A waiver must be approved by the Section One Executive Director.

NYS Dual Meet Tournament:

Team Sports: An individual is eligible for the team if he/she has been an **eligible** participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season.

Section I Weight Certification

November 17, 2018

Section I Dual Meet Tournament

12-4-18 – DI Out brackets * DII Out bracket quads

12-5-18 – DI Quads

12-6-18 – DII Quads

12-11-18 – DI ¼'s

12-13-18 – DI Final Four and D II Final Site TBA

NYS Dual Meet Championships
Saturday, January 26th, 2019 – Onondaga, NY Section 3

Sectional Qualifying Tournament for Division I Schools

Division I @ **Rye**
Division III @ **Arlington**

Division II @ **JJEF**
Division IV @ **Horace Greeley**

Saturday, **February 2nd 2019** Weigh Ins 7:30 – 8:30 AM
Wrestling Begins 9:00 AM

SNOW DATE: SUNDAY, FEBRUARY 3rd, 2019

NYS Qualifying Tournament

DIVISION I

Saturday, 2/9/19 @ **Arlington**

Weigh Ins 7:30 AM – 8:30 AM
Wrestling Begins 8:45 AM

Sunday, 2/10/19 @ **Clarkstown South**

Weigh Ins 8:30 – 9:30 AM
Wrestling Begins 10:00AM
Championship Finals 2:00PM

DIVISION II

Friday, 2/8/19 @ **Edgemont**

Weigh Ins 4:00PM – 5:00PM
Wrestling Begins 5:15PM

Saturday, 2/9/19 @ **Edgemont** Weigh Ins 8:30AM – 9:30 AM
Consolation Finals 1:30 PM
Championship Finals 3:30 PM

*******SNOW DATE: DII on SUNDAY and DI TBA*******

NY State Tournament

Championship 2/22/19 & 2/23/19 @ Albany

Section One tournament times and sites are tentative. The Sports Committee will finalize the tournament at the Seeding Meeting. Regional and State tournament dates may change due to weather, travel and site availability.

Section One Wrestling
2018 – 2019
Sports Committee Members

Chairperson: Jamie Block
Address: Valhalla HS
300 Columbus Avenue
Valhalla, NY 10595

Asst. Chairperson: Bob Bernaducci
Address: Pleasantville HS
60 Romer Avenue
Pleasantville, NY 10570

Phone: (Day) 914-683-5000
(Cell) 914 403-0668
(Fax) 914-683-5003

(Day) 914-741-5370
(Cell) 914-274-7870

Email: jblock@valhallaschools.org

Email: bernardr@pleasantvilleschools.org

Modified Wrestling Coordinator: Kevin Roemer
Scarsdale MS
134 Mamaroneck Rd
Scarsdale, NY 10583
(Day) 914-721-2600
(Cell) 203-733-8177
Email: Kroemer@scarsdaleschools.org

Committee Members:

Conference I	Athletic Director	Andy Guccione, Suffern HS
Conference II	Athletic Director	Dan Belfi, Lakeland Schools
Conference III	Athletic Director	Jamie Block, Valhalla HS

Executive Committee:

Pete Vulpone, President
Jamie Weaver , Vice President, Dutchess
Peter Jacobson, Vice President, Westchester
Tony Melino, Vice President, Rockland
Brian Bernarducci, Secretary
Bill Swertfager, Treasurer
Vincent Nicita, Harrison
Dennis DiSanto, Mahopac
Sam Occhipinti, Croton

Official Association Reps:

Tom Cunningham, Dutchess
Ray Sarcone, Westchester/Putnam
Nick Graziano, Rockland

SOWCA Liaisons to Officials: Pete Vulpone and Vinny Nicita

OFFICIALS

PROCEDURE FOR SELECTING TOURNAMENT OFFICIALS

All coaches must submit referee ratings on line with BOCES. Ratings must be done by **January 27, 2019**. Any school not completing their ratings will not be eligible for post season competition. This is the same procedure used for all sports.

SWBOCES will assign officials for **ALL** Section One contests in cooperation with individual Sports Chairpersons.

Officials are ranked based on coaches' ratings. It is imperative that coaches rate properly, honestly and in a timely manner.

Teams hosting tournament during the season must submit the names of the schools competing in order for those coaches to rate officials working their tournament.



**SECTION ONE WRESTLING
SIX (6) COMPETITION WAIVERS**

Must be approved by the Section One Executive Director by January 28, 2019.

WAIVERS WILL ONLY BE APPROVED FOR MEDICAL REASONS.

A contestant, or athletic team shall not represent a school except in conformance with all rules and regulations. It shall be the duty of trustees and boards of education to require that athletic activities be limited to competition between secondary school students.

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

Team/Individual and Individual Sports: For the sport of wrestling an individual must also have represented (*actually competed*) their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion of the team's regular schedule.

SECTION I QUALIFYING TOURNAMENT (Divisionals) FORMAT – DIVISION I

Dates: February 2, 2019

Division I @ **Rye**
Division III @ **Arlington**

Division II @ **JJEF**
Division IV @ **Horace Greeley**

Multiple Entries

- a) 17 Maximum entries per team
- b) No more than 2 entries per weight class

Format: Double Elimination from the Quarter Final Round Wrestlers in the round of 16 will be placed against unseeded wrestlers (just as in prior years). NO TEAM SCORING.

Seeding Criteria

Seeding will be done by a point system.

Number of Wrestlers Qualifying for the NYS Qualifier – 4

MVP Awards will be sponsored by SOWCA

Division I Schools Qualifier for the New York State Championships

Dates: February 9-10, 2019

2 Day Tournament

Saturday, February 9th @ Arlington HS

Sunday, February 10th @ Clarkstown South

Format

Day #1 Wrestle to Semi-Finals

Day #2 Semi Finals – Wrestle Backs - Consolation Finals and Championship Finals

16 Man Bracket

Double Elimination

Seeding Criteria

All wrestlers entered in tournaments will be seeded based on the Section I Seeding Criteria.

Division II Schools Qualifier for the New York State Championships

Dates: February 8-9, 2019

2 Day Tournament

Friday, February 8th @ Edgemont HS

Saturday, February 9th @ Edgemont HS

Format

Day #1 Wrestle to Semi-Finals

Day #2 Semi Finals – Wrestle Backs - Consolation Finals and Championship Finals

16 Man Bracket

Double Elimination

Multiple Entries

a) 17 Maximum entries per team

b) No more than 2 entries per weight class

Seeding Criteria

All wrestlers entered in tournaments will be seeded based on the Section I Seeding Criteria.

Track Wrestling

Track wrestling is the required database that must be used for statistical information.

Coaches are responsible for inputting statistics after dual meets and tournaments in a timely fashion.

Post Season: The Section I Seeding Form is the only acceptable record that will be accepted. All Coaches must submit signed copy of Track Wrestling Individual Record Form.

NO OTHER DOCUMENTS WILL BE ALLOWED OR ACCEPTED

**PROCEDURE FOR D I DM CHAMPIONSHIPS and SECTION I QUALIFYING
TOURNAMENT BREAKDOWN**

D I DM Championships

&

D I Divisional

1. Divisional place winners 1st, 2nd, 3rd, 4th

Points: Divisionals 6-3-2-1 (D II Section place finish)

2. Only points from previous year will be used. (i.e. wrestler is injured previous year but earned point prior to that year.) Points do not count.

3. Ties shall be broken by:

a. Number of Sectional Qualifiers returning

b. Number of Sectional Place Finishers returning

c. Flip

Use "S" Curve to place in Divisions. When Divisional Sites double up, lower seed must move down until it fits into an open site.

DII DM Championships

Sectional place winners 1st, 2nd, 3rd, 4th

Points: Sectionals 6-3-2-1 (D II Section place finish)

Returning Sectional Qualifier – 1 point

2018
SECTION ONE DUAL MEET CHAMPIONSHIPS

1. The cost of all Quads and Tri's will be split between the schools involved in the meet.
2. **This tournament does not count towards a wrestler's 20 points, 50% weigh-ins or 6 competitions towards eligibility.**
3. All Coaches should confirm opponents before each round.
4. Rounds need to be complete prior to the beginning of the next round.
5. School having the higher seeds will be the home team. Those schools are responsible for notifying BOCES for officials.
6. **Weigh-ins** – will be treated the same as a dual meet and a regular season tournament. The weigh-ins on day one counts.
7. A wrestler is only eligible for the weight class he has weighed in at and the next weight class above throughout the tournament.
8. If a wrestler misses the first round weigh in, he **MAY NOT** enter the tournament for the following rounds.
9. To be eligible for each round of the tournament, wrestlers need to weigh in from the first round to the last round. **It is recommended to weigh in more than one wrestler for each weight class so that they will be eligible for each round. This does not mean a wrestler is required to wrestle.**
10. **If a wrestler misses weight for any round, the wrestler is OUT of the tournament.** Wrestlers **CANNOT** weigh in at a different weight classes.
11. Wrestlers can move up one weight class, providing the wrestler has weighed in at his original first round weight class (no different than a dual meet or a one day dual meet tournament).
12. If on the opening round a wrestler is missing the skin form, that wrestler may enter the tournament on the next round providing the wrestler weighed in on the opening round.
13. **THERE ARE NO HONOR WEIGH-INS**
14. **Weight In Sheets** - Each coach **must** use the Section I Dual Meet Championship Weigh-In Form.
15. Coaches need to bring all previous matches weigh in sheet with them to each match

Prior to 12/25, a wrestler may only wrestle at these weight classes:
99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

Situation 1: A wrestler is certified at 139.0 lbs cannot wrestle at the 138 lb weight class and must move up to the 145 lb weight class.

Situation 2: A wrestler is certified at 139.0 lbs. Due to back to back competitions an extra pound is granted for a contest. **They still cannot** wrestle at the 138+1=139 lb weight class and must still move up to 145 lb weight class.

The plus lbs in December do not make you eligible for MWW

Starting weights

PROCEDURE FOR DM CHAMPIONSHIPS and SECTIONAL QUALIFYING TOURNAMENT BREAKDOWN

DM Championships

Divisional

1. Keep record of previous years' Divisional place winners 1st, 2nd, 3rd, 4th
Points : Divisionals 6-3-2-1 (D II Section place finish)
2. Only points from previous year will be used. (i.e. wrestler is injured previous year but earned point prior to that year.) Points do not count.
3. Ties shall be broken by:
 - d. Number of Sectional Qualifiers returning
 - e. Number of Sectional Place Finishers returning
 - f. Flip

Use "S" Curve to place in Divisions. When Divisional Sites double up, lower seed must move down until it fits into an open site.

LOWER HUDSON ATHLETIC CONFERENCE

WRESTLING STANDARDS

1. Because of the nature of the sport, a boy/girl, regardless of grade, will wrestle on the JV and/or Varsity Level. If a senior is going to be used on a JV level and is going to wrestle a 9th or 10th grader, there must be mutual consent between coaches. If no agreement is reached, the bout will be thrown out.
2. Home scales will be official and are to be certified annually.
3. The Home Team will provide an **ADULT** Timer for all Varsity matches.
4. The Home Team is responsible to contact the visitors regarding the number of JV matches and when they will be conducted.
5. Team warm-ups are only permissible if started 15 minutes prior to the official starting time.
6. 99-lb. and 285 lbs. Weight classes are **mandatory** in Section One. Count towards team points.
7. A maximum number of competitions totaling no more than twenty (20) points based upon two (2) points for a tournament (any match involving more than two (2) teams and one (1) point for a dual meet). **REFER TO NYSPHSAA WRESTLING RULE BOOK.**
8. Each school must send their weight certification roster to the Section One Wrestling Chairperson and each opponent prior to their first match.

In addition weight certification rosters should be in place at the scorer's table both at the beginning of the match and during the match.

9. Honor Weigh-Ins:

a. Honor Weigh-Ins must be conducted by a school representative must be the person who. They cannot be a member of the school's wrestling staff. Schools that do not want to comply with the above have the option to weigh-in at scratch weights, at the mandatory weigh-in with the other school, prior to the match. Coaches or members of the school's wrestling staff may still be present at the honor weigh-in but may not be the one who announces the weight displayed on the scale. They can act as a recorder and write the weights down that are read by the Athletic Director or School Designated Representative. Based on the above procedure, it is possible for one school to have an honor weigh-in and the other school to not have an honor weigh-in (if they cannot meet the required conditions for conducting them).

b. Honor weigh-ins must be completed before the start of school.

c. There are no honor weigh-ins for tournaments or matches held on Saturdays or vacation days.

d. There must be weigh-ins both days for a two-day tournament.

10. Weigh-in procedures must include exact weights recorded on the Weight Form for honor weigh-ins as well as mat side weigh-in. For tournaments, including Divisions and Sectionals, exact weights must be recorded.

NYSPHSAA
WRESTLING WEIGHT CONTROL PLAN

On the recommendation of the State Wrestling Committee and with the approval of the State Executive committee the following weight classes are in effect: 99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285 for dual meets and tournaments. (August 2011)

1. The NYSPHSAA Wrestling Minimum Weight Certification Program is to be followed by all high schools sponsoring wrestling. Based on 7% body fat for males/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. Wrestlers will be certified at a minimum weight (May 2010). A wrestler cannot begin practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification (Aug. 2011). Centralized Assessment Sites will be mandated for the minimum weight assessment of all wrestlers. Only the refractometer shall be used to test hydration.
2. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suites; or similar **artificial** heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. **See NFHS Rule 4-4-4.**
3. A profile form from a NYSPHSAA Approved Assessor must be filed in the home school prior to competition. Sectional wrestling forms must be received by Section Wrestling Chairperson before competition
4. Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. Honor Weigh-Ins for a school day, dual meet wrestling matches are allowed; Honor Weigh-Ins for non-school day, dual meet wrestling matches are not allowed and if one team has school and the opponent does not have school on the day of a dual meet, Honor Weigh-Ins are allowed. Each wrestler shall make the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match and may be permitted an allowance of 3 pounds at the mat side weigh-in. One not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at the mat side in order to compete. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count towards the 50% rule.

NYSPPHSAA
WRESTLING WEIGHT CONTROL PLAN (cont.)

5. Restrictions for Competition: A minimum required weight for selectively classified athletes. Students in grades 9-12 do not have to make minimum weight (Aug. 2011). The minimum required weight for all weights as listed **MUST** be met and **RECORDED** at both the honor weigh-in and the mat side weigh-in.
- a) To compete at the 99 lb. Class, a wrestler **MUST** weigh in excess of 91 lbs. to be eligible.
 - b) To compete at the 106 lb. Class, a wrestler **MUST** weigh in excess of 96 lbs. to be eligible.
 - c) To compete at the 220 lb. Class, a wrestler **MUST** weigh in excess of 185 lbs. to be eligible.
 - d) To compete at the 285 lb. Class, a wrestler **MUST** weigh in excess of 210 lbs. to be eligible.

Sports Standards

6. The minimum required weight for the 99 lb., 106 lbs., 220 lbs., and 285 lb. weight class **MUST** be met and **RECORDED** at both the honor weigh-in and the mat side weigh-in.
7. 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.
8. There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. There is a 1-pound allowance for all involved teams the second day of a dual meet or tournament competition conducted on consecutive days. The maximum allowance for consecutive dual meets or the first day of a tournament following a dual meet is 2 pounds. **NOTE:** a minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. This rule is voided at post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition. NYSPPHSAA will grant a 2 pound growth allowance for each weight class on December 25th. This 2 lbs. growth allowance does not apply to the minimum weight requirements for the weights of 99 lbs., 106 lbs., 220 lbs. and 285 lbs.
9. Weigh-in for the second day of a tournament must be on the morning of the second day, with a 1 lb. allowance.
10. 50% of the weigh-ins during the season must be at the minimum weight he/she will wrestle during the state tournament series.
- a) An official weigh-in counts towards this 50% rule whether an athlete competes or not, as long as he/she is eligible to compete and has made weight at both the honor weigh-in (a.m.) and the mat side weigh-in (p.m.).

**CONFERENCES/LEAGUES
WRESTLING 2018-2019**

CONFERENCE I

League A

JJEF
Arlington
RCK
Carmel
Mahopac

League B

New Rochelle
Mamaroneck
Scarsdale
Mount Vernon

League C

North Rockland
Suffern
Clarkstown North
Clarkstown South
East Ramapo

League D

Fox Lane
White Plains
Ossining
Port Chester

CONFERENCE II

League A

JJCR
Yorktown
Somers
Beacon
Hendrick Hudson
Lakeland/Panas

League B

Tappan Zee
Horace Greeley
Harrison
Yonkers
Sleepy Hollow
Nyack

League C

Eastchester
Byram Hills
OLL
Peekskill
Rye
Poughkeepsie

CONFERENCE III

League A

Pleasantville
Edgemont
Putnam Valley/Haldane
Croton-Harmon

League B

Pearl River
Pawling
Nanuet
Irvington

League C

Ardsley
Hastings
Woodlands