



Section One
Wrestling Booklet
2017 – 2018





Be reminded if asked, an athlete who is eliminated Friday from a two-day tournament is not eligible to wrestle in another tournament on Saturday. Said athlete is still in the tournament and cannot compete in two tournaments on the same day. You might remind your coaches if you have not already done so.

**Section One
Wrestling Calendar
2017 – 2018**

First Practice: permitted **November 6, 2017**

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

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.

**Section I Weight Certification
November 18, 2017**

Section I Dual Meet Tournament

12-5-17 – DI Out brackets * DII Out bracket quads
12-6-17 – DI Quads
12-7-17 – DII Quads
12-12-17 – DI ¼'s
12-13-17 – DII Final
12-14-17 – DI Final Four

**NYS Dual Meet Championships
Saturday, January 27th, 2018 – Onondaga, NY Section 3**

Sectional Qualifying Tournament for Division I Schools

Division I @ **Carmel**
Division III @ **Horace Greeley**

Division II @ **Somers**
Division IV @ **JJCR**

Saturday, **February 3rd 2018**

Weigh Ins 7:30 – 8:30 AM
Wrestling Begins 9:00 AM

SNOW DATE: SUNDAY, FEBRUARY 4, 2018

NYS Qualifying Tournament

DIVISION I

Saturday, 2/10/18 @ **Sleepy Hollow**

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

Sunday, 2/11/18 @ **Clarkstown South**

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

DIVISION II

Friday, 2/9/18 @ **TBA**

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

Saturday, 2/19/18 @ **TBA**

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 2/23/18 & 2/24/18 @ 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.

IMPORTANT DATES

DATES	EVENT
10/23/2017	Pre-Season Coaches Meeting@ Valhalla 6PM
11/6/2017	1st Day of Practice (by School Choice)
11/18/2017	Weight Certifications
12/5/2017	Section I Dual Meet Tournament * D I Outbracket/Quad & D II Quads
12/6/2017	Section I Dual Meet Tournament * DI Quads
12/7/2017	Section I Dual Meet Tournament * D II Quads
12/12/2017	Section I Dual Meet Tournament * D I Quarters
12/13/2017	Section I Dual Meet Tournament * D II Final
12/14/2017	Section I Dual Meet Tournament * D I Final Four
1/12/2018	Eastern States
1/13/2018	Eastern States
1/27/2018	NYS Dual Meet Championships – Onondaga, NY Section 3
1/28/2018	Last day to rate officials
1/30/2018	DI last day to compete
1/31/2018	DI submittal information Divisionals 10AM
2/1/2018	DI Divisional seeds released
2/1/2018	DII last day to compete
2/2/2018	DII submittal information - 10:00 am
2/3/2018	D I Divisional Tournaments 7:30AM weigh-ins
2/4/2018	DI update track wrestling and excel sheet - delete wrestlers eliminated from Divisionals
2/4/2018	DII submit updated sheets if points changed due to beating a DI Divisional Champ 10AM

IMPORTANT DATES

DATES	EVENT
2/5/2018	DI submittal of information for sectionals 10am
2/5/2018	DII seeding meeting at Valhalla - Kensico School - 6:00 pm
2/6/2018	DI sectional meeting Valhalla - 5:00 pm
2/9/2018	Sectionals - D II @ TBA
2/10/2018	Sectionals - D I @ Sleepy Hollow * D II @ TBA
2/11/2018	Sectionals - D I @ Clarkstown South
2/14/18- 2/21/18	Section I Team practices - specific dates/times @ JJCR
2/22/2018	Section I Team departs for NY State Championships @ Albany
2/23/2018	NY State Tournament @ Albany
2/24/2018	NY State Tournament @ Albany
3/11/2018	All Section Brunch @ Arrowood

**Section One Wrestling
2017 – 2018
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
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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
Fred Perry, Vice President, Dutchess
Peter Jacobson, Vice President, Westchester
Tony Melino, Clarkstown North
Jason Parker, Secretary
Bill Swertfager, Treasurer
Grier Yorks, Vice President, Rockland
Vincent Nicita, Harrison
Dennis DiSanto, Mahopac
Sam Occhipinti, Croton
Eric Romanino, Retired

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 28, 2018**. 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 25, 2018.

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 3, 2018

Sectional Qualifying Tournament for Division I Schools

Division I @ **Carmel**
Division III @ **Horace Greeley**

Division II @ **Somers**
Division IV @ **JJCR**

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 10-11, 2018

2 Day Tournament

Saturday, February 10th @ Sleepy Hollow HS

Sunday, February 11th @ 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 9-10, 2018

2 Day Tournament

Friday, February 9th @ TBA

Saturday, February 10th @ TBA

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

2017-18

**NYS SECTION ONE DUAL MEET CHAMPIONSHIPS
Qualifier for NYS DM Championships**

2017 DM Championships Starting Weights

Division I

12/5 - Out bracket 96lbs

12/6 – D I Quads 106lbs – 113lbs

12/12 – Quarters 126lbs

12/14 – Final Four semi 132lbs - Final/Consi 138lbs.

Division II

12/5 - Quad – 96lbs – 106lbs

12/7 – Quad 113lbs – 126lbs

12/13 – Final 132lbs

2017
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 **North – South Bracket**

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.

2017 DM Championships Starting Weights

Division I

12/5 - Out bracket 96lbs
12/6 - D I Quads 106lbs - 113lbs
12/12 - Quarters 126lbs
12/14 - Final Four semi 132lbs - Final/Consi 138lbs.

Division II

12/5 - Quad - 96lbs - 106lbs
12/7 - Quad 113lbs - 126lbs
12/13 - Final 132lbs

2017-18 Section One Wrestling Seeding

All wrestlers will earn points based on their performance throughout the season. It is every coach's responsibility to accurately calculate their wrestler's points and submit the proper form before the seeding deadline.

ALL COACHES MUST USE THE NYS ENDORSED DATA BASE: Track Wrestling

- **D I School Sectional Qualifier and the D I and D II School NYS Qualifier:** Coaches must calculate the points for all wrestlers entered into the tournaments. All wrestlers entered in tournaments will be seeded.
- **Submitting Record/Points Forms:** Coaches must use the Section I TEAM SEEDING INFORMATION FORM. Failure to email in wrestlers' points will result in a team or individual not being entered into the tournament. This is the coach's responsibility!

Division I: Any matches after January 30th 2018 will not be considered for Divisional seeding but can be used for Sectional seeding

Division II: Any matches after February 1st 2018 will not be considered for seeding purposes. It will be used for NYS Championship seeding

- **Multiple Entries**
 - a) 17 Maximum entries per team
 - b) No more than 2 entries per weight class
- **Release of Seeds**
 - ***D I Divisionals seeds will be released simultaneously Wednesday 2/1/18 at 10AM***
 - Coaches will have an opportunity to challenge the seeds.
- **Both Divisionals and Sectionals:** Wrestlers will be seeded 1-16. *Refer to Seeding Criteria and mechanics for Section One.*
 - **D I School Divisionals:** If a wrestler drops out, then all wrestlers move up. If Seed #4 drops out, #5 moves to #4 and is eligible for head to head consideration for top 4 seeds.
 - **D I School Sectionals:** If a wrestler drops out, then all wrestlers move up. If Seed #8 drops out, #9 moves to #8 and then #8 is eligible for head to head for top 8 seeds.
 - **D II School Sectionals:** If a wrestler drops out, then all wrestlers move up. If Seed #4 drops out, #5 moves to #4 and is eligible for head to head consideration for top 4 seeds.
- **No Movement** – Once the sheet is emailed, the wrestler is officially entered into the tournament. There can be **no movement to a different weight class or changes made after seeds are released. If a wrestler does not make weight, then he/she is out of the tournament. You cannot add a wrestler after submission unless there is a scratch (see injured wrestler).**

Injured Wrestler – If a wrestler is injured after the sheet is emailed and cannot compete, you may replace that wrestler with another wrestler. The new wrestlers seeding form must be submitted to the seeding chair in order to properly seed the wrestler.

Division I – can only replace a wrestler at the same weight.

Division II – can replace a wrestler up to 48 hours prior to the Sectional Tournament and that wrestler will be seed last.

****Documentation of Points** - It is the coach's responsibility to provide all documentation if a wrestler's point total is challenged. You must bring Track Wrestling Individual Record Form and any information about out of section opponents to the seeding meeting. If proper documentation is not presented the night of the seeding meeting, the wrestler will forfeit those points.

JV or "Exhibition Matches" - are not to be used in any point accumulation.

Teammates in the Same Weight Class - will be seeded by their respective point totals and shall not meet in the opening round if it is elimination round.

Filling a Vacant Line – This applies to D I School NYS Qualifier. If a Divisional Tournament does NOT have four wrestlers who qualify (less than 4 wrestlers) for the sectional tournament, a “wild card” wrestler will be entered in the sectional tournament. A “wild card” is a wrestler from any division who has accumulated the most points.

Six (6) Competition Waivers

Must be approved by the Section One Executive Director by January 25, 2018.

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

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).

SEEDING POINTS AND CRITERIA

TIES

In the event of a tie the order of tie breakers is as follows:

1. Head to Head
2. Highest returning place: State, Section or Divisional winner
3. Most Wins
4. Most Caliber of Competition Points by victory
5. Coin Flip

Criterion # 1 - Record

Percentage record of this season's varsity dual meets, multi meets and tournament bouts; based on total won/lost record

Total wins divided by total bouts (**Always round out to two decimal points**)

Example: 15 - 5 15 divided by 20 = 75.00

Example: 12 - 5 12 divided by 17 = 70.59

You must have 12 bouts minimum to get full total. If not, subtract 8 points for each bout under 12 from the total.

Example: 6 - 2 Record

6 divided by 8 = 75.00 (4 bouts short of 12) (4 X 8pts = 32.00)

75-32= 43

Criterion #2 - Prestige

Award bonus points for this wrestler's accomplishments in last, State Qualifier (Sectionals), and State Tournament. **Only the highest point value will be awarded, not a combination of all place finishes.**

	<u>Division I</u>	<u>Division II</u>
State Champion	= 175	175
State - 2 nd Place	= 150	150
State - 3 rd Place	= 120	120
State - 4 th Place	= 110	110
State - 5 th Place	= 105	105
State - 6 th Place	= 100	100
State - 7 th Place	= 70	70
Section Champion	= 65	45
Section - 2 nd Place	= 50	30
Section - 3 rd Place	= 30	20
Section - 4 th Place	= 25	10
Section - 5 th Place	= 20	0
Section - 6 th Place	= 15	0

Criterion #3 - Caliber of Competition

Bonus points are awarded for competing against the best competition during this year's varsity dual meets, multi meets and tournament bouts. Only the highest point total per unique wrestler will be awarded.

If a wrestler wrestles a state, section or division place finisher more than one time, that wrestler will be awarded the highest points for each bout wrestled (i.e. If a wrestler wrestles a Division I section champion 3 times, wins twice and loses once, that wrestle would get $50 + 50 + 2 = 102$ Caliber Points.

NYS PHSAA CHSAA and PSAL Schools	WIN AGAINST		LOSS AGAINST	
	Division I	Division II	Division I	Division II
State Champion	125	125	5	5
2nd State	100	100	5	5
3rd State	90	90	4	4
4th State	85	85	4	4
5th State	80	80	4	4
6th State	75	75	4	4
Section Champion	50	30	2	2
2nd Section	40	20	0	0
3rd Section	35	6	0	0
4th Section	30	4	0	0
5th Section	20	0	0	0
6th Section	15	0	0	0

OUT of STATE WINS vs. State Place Finishers (1-3. The following points will be awarded regardless of school size;

1st – 80 points

2nd – 60 points

3rd – 30 points.

All wins must be verified and on record with the Section Chairman prior to post season.

WINS and Losses vs. Independent Schools (Privates) NOW COUNT for seeding purposes.

Private School states are considered the same as D II Sections

CHSAA States are equal to D I Sections

WINS OVER THE SAME WRESTLER: a wrestler with multiple wins over the same wrestler may only accumulate points for a maximum of three (3) wins or losses.

****DIVISION I SCHOOLS** (only) –

An additional 15 points will be awarded to Divisional Champions at the conclusion of the 2018 Divisional Tournament (for section seeding purposes only). There is a column for this on Seeding Form.

D I and D II SCHOOLS: An additional 10 points will be awarded for beating a 2018 Section I Divisional Champion. Points will be awarded at the conclusion of the D I School Divisional Tournaments.

- a. A wrestler will earn 10 points over a 2018 Divisional Champion at any weight. If a wrestler beats three different divisional champions, that wrestler would get 3 X 10 points = 30 points.
- b. A wrestler with multiple wins over the same Divisional Champion would only earn 10 points.

Criterion #4 - Returning NYS Place Finisher (1-4) within 2 weight classes will be the number one seed unless beaten by a top 8 wrestler in the weight class and in that case revert back to points (wrestlers remain in same ranked position). If more than one wrestler is a returning place finisher than the order of seeding would be highest place finish and then points.

Criterion #5 Returning Section Champion same weight class will be the number one seed unless beaten by a top 8 wrestler in the weight class. This criterion will not be used if there is a returning state place finisher from Criterion #4. If a section champion was beaten by a top 8 wrestler, then revert back to points (wrestlers remain in same ranked position).

Criterion #6 - HEAD TO HEAD

Head to Head - A split (1 win and 1 loss against the same opponent – revert back to points.) A win advantage by one of the wrestlers could get that wrestler with head to head wins a higher seed. At the Sectional Tournaments, the Head to Head Criteria will be considered.

Division I Schools

Divisionals: Coaches will have an opportunity to review each weight class allowing for challenges on points:

1-4 Head to Head criterion shall be used to determine top 4 seeds. Wrestler cannot jump another. Wrestlers move one spot working down in order (2 beat 1, 3 beat 2 etc.)

Sectionals: Coaches will have an opportunity to review each weight class allowing for challenges on points:

Once **1-8 seeds** are established with wrestler's only moving one spot working down in order.

(2 beat 1, 3 beat 2 etc.)

1-4 Head to Head criterion shall be used to determine top 4 seeds. Wrestlers can now jump and be blocked. In the event that there is a round robin then seeding will revert back to points.

Division II Schools

Sectionals: Coaches will have an opportunity to review each weight class allowing for challenges on points:

Once **1-8 seeds** are established with wrestler's only moving one spot working down in order.

(2 beat 1, 3 beat 2 etc.)

1-4 Head to Head criterion shall be used to determine top 4 seeds. Wrestlers can now jump and be blocked. In the event that there is a round robin then seeding will revert back to points.

APPEALS:

1. A coach may appeal to the Section One Wrestling Committee the seeding of wrestlers due to awarding wrestlers improper number of seeding points.
2. A wrestler may appeal to the Section One Wrestling Committee for Extenuating Circumstances due to the following reasons;
 - **Injury during the season** that prevents a wrestler meeting the minimum required matches for seeding.
 - **An injury** that prevents a wrestler from being **awarded previous season's Prestige Points**.
3. The Section One Wrestling Committee's decision shall be final.

SEEDING MECHANISM Instructions

Step 1	Verify points using Criterion #1, 2, and 3 . Then rank wrestlers according to points.
Step 2	<p>Use Criterion #4 – Returning State Place Finisher: Same weight</p> <ul style="list-style-type: none"> • The returning place finisher moves to the #1 seed if he was not beaten by a wrestler in the top 8. • If the returning place finisher was beaten, then revert back to points and all wrestlers remain in their ranked position.
Step 3	<p>Use Criterion #5 – Returning Section Champion: Same weight</p> <ul style="list-style-type: none"> • The returning champion moves to the #1 seed if he was not beaten by a wrestler in the top 8. • If the returning champion was beaten by a top 8 wrestler, then revert back to points and all wrestlers remain in their ranked position.
Step 4	<p>Use Criterion #6 - HEAD TO HEAD</p> <ul style="list-style-type: none"> • Head to Head - A split (1 win and 1 loss against the same opponent – revert back to points) • Once 1-8 seeds are established with wrestler’s only moving one spot working <u>down in order</u>. • 1-4 Head to Head Criterion shall be used to determine top 4 seeds. Wrestlers may move up or down more than one seed within the top 4 seeds only. In the event that there is a round robin then seeding will revert back to points.
Step 5	All entries are now filled using the 6 criterion.

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.

NYSPPHAA
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. NYSPHAA 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.).

New York State Public High School Athletic Association, Inc.
WRESTLING MINIMUM WEIGHT CERTIFICATION
Request for Waiver of the 14-Day Rule

All requests for minimum weight certification of a wrestler after the first 14-days of the season, exclusive of Sundays and school holiday closings, are to be submitted on this form to the Sectional Wrestling Chairman.

The wrestler is not eligible to practice until this document is received by the Sectional Chairman. The date this form is received by the Chairman starts the 14-day clock for obtaining a weight certification. **The wrestler is not eligible to compete** until the wrestler's Individual Profile Form is received by the Section Chairman (which must be within 14 days of the receipt of this form).

Name of Student Requesting Waiver: _____

Name of School: _____ Section: _____

Signatures: _____
Head Coach Date

_____ Date
Athletic Director

_____ Date
High School Principal

Rational for Request: (Attach all pertinent documentation)

-Option 2: Fall athlete involved in post-season play Last Contest: _____
If Option 2 is selected the wrestler receives 4 allotted practices Date
and only needs 9 (instead of 13) (Has 14 days from day following
Last Contest date to certify)

Rational for Request Other: _____

Coordinator's Use Only ↓

Section Wrestling Coordinator: _____

Request is Approved Denied Date: _____

Reason(s) for approval / denial: (Coordinator may consult with NYSPHSAA staff)

Section Wrestling Coordinator's Signature: _____

Section Chairman returns one copy to school, one copy for Chairman, one copy to NYSPHSAA office

**CONFERENCES/LEAGUES
WRESTLING 2017-2018**

CONFERENCE I

League A

Arlington
Carmel
JJEF
Mahopac
RC Ketcham

League B

Scarsdale
New Rochelle
Mount Vernon
Mamaroneck
White Plains

League C

Clarkstown North
Clarkstown South
East Ramapo
North Rockland
Suffern

League D

Fox Lane
Horace Greeley
Ossining
Port Chester
Yorktown

CONFERENCE II

League A

Beacon
Brewster
Hen Hudson
JJCR
Rye
Somers

League B

Harrison
Nanuet
Pearl River
Sleepy Hollow
Tappan Zee
Yonkers

League C

Ardsley
Byram Hills
Eastchester
Lakeland/Panas
Nyack
OLL
Peekskill

CONFERENCE III

League A

Croton
Irvington
Pawling
Westlake
Woodlands

League B

Edgemont
Hastings
Pleasantville
Putnam Valley