

SUPPLEMENT TO NYSWOA RULES MEETING FOLDER 2008-2009

The following information, which was not covered at the October NYSWOA rules interpretation Meeting, is listed below for coaches and officials. They are changes in effect for the current season and the information has been taken from the NYSPHSAA Handbook 2008-2010 and/or State Wrestling Committee meeting minutes and National Federation interpretations. This information has been included in the NYS Wrestling Interpretation Handbook 2008-2010 (Green Book).

1. *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 the limitation of two per season.*
2. *A contestant may participate in competitions not to exceed 22 points during the regular season. A dual meet will be assessed one point, while tournaments will be assessed two points. Participation as a contestant or in any exhibition match in any meet shall count as a contest and only six tournaments shall be permitted within the 22 point limitation. A contestant may compete in a maximum of five bouts in one day in tournament competition only. A wrestler must compete (exhibition, forfeit, varsity/JV match) and be charged a competition point, toward the 22pt. maximum; in order to count toward the minimum required contests under the Representation Standard (six contests).*

3. Exhibitions

A wrestler may compete two times in a regular two-team dual meet in the following situations:

1. *A wrestler from Team A accepts a forfeit from Team B.*
 - a. *The Team A wrestler may wrestle an exhibition match with a Team B member.*
 - b. *Points Team A: 1 for the forfeit and 1 for the exhibition match.*
 - c. *Points Team B: 1 for the exhibition match.*
2. *Wrestling vs. the extra wrestlers weighed in.*
 - a. *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.*
 - b. *Points Team A: 1 for the first match and 1 for the exhibition.*
 - c. *Points Team B: 1 for the exhibition match.*
3. *Team A and B may match a wrestler in two exhibitions.*
 - a. *Points Team A: 2 for the exhibitions.*
 - b. *Points Team B: 2 for the exhibitions.*

The following must be followed in each of the above situations:

1. *There must be a 45 minute rest between matches.*
2. *The wrestler may only wrestle one weight class higher than their weighed in weight class.*
3. *Each match/forfeit counts 1 point toward the individual's 22 point limit. (May 2008)*

Additional information:

- a. *All wrestlers with braces on their teeth are required to wear a mouth guard to cover all appliances. (Oct. 2006) Headgear and other equipment (e.g. tooth and mouth protector to cover braces) required for competition must also be worn in practice (State Wrestling Committee Minutes 10/1/07)*
- b. *NFHS 1.5% Weight Loss Rule is waived. (May 2007)*
- c. *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)*

4 . NYSWOA Rules

For safety reasons, no visible jewelry shall be worn except a wedding band, medical ID or timing device. The authorized NYSWOA, Inc. officials patch shall be worn on the shirt on the left sleeve with the top 1" from the shoulder seam. A local wrestling association patch may be worn. An American

flag patch, approximately 2 ¼” by 3 ½” in size shall be worn on the center back of the shirt, with the top of the patch 1” to 2” from the collar seam. No other emblems, patches, numbers, etc. are permitted as part of or on the officiating uniform unless specifically authorized by the NYSWOA, Inc. Executive Committee. (NYSWOA Constitution March 2008)

5. Wrestling Communicable Skin Disease Form

NFHS requires current written document to be furnished at the weigh-in. If the referees are not conducting or supervising the weigh-in this documentation must be provided to the official when he or she conducts the pre-meet inspection of contestants. Note: In New York the only document that will be accepted will be the original signed by a M.D. or D.O., NYSPHSAA Wrestling Communicable Skin Disease Form, revised/approved August 2008.

6. When a wrestler must wear a mouth guard and/or a legal hair cover, the mouth guard and hair cover will also be considered required equipment. (National Federation)

7. To compete at the 285 lb. class a wrestler MUST weigh in excess of 210 lbs. to be eligible.

8. For dual meet tournament that last 2 days, the weigh-in will be treated the same as a regular tournament. The weigh-in on day one counts. If you miss weight on day two, you may not move up and you are out of the tournament. (State Wrestling Committee Minutes 1/9/07)

9. National Federation defines imminent nearfall as 90 degrees or less. (NHFS email Jan. 2006)

10. Sportsmanship Additions - See NYSPHSAA Handbook 2008-2010 pp. 102- 103) for complete text.

a. Coach:

. The coach may not be present at the game site nor communicate in any manor during the contest with any person present at the site.

Any coach:

- 1. Ejected from one contest shall not participate in the next regularly scheduled contest;*
- 2. Ejected from a second contest in the same sport in the same season shall not participate in the next two regularly scheduled contests; and*
- 3. Ejected from a third contest in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.*

b. Player: Any Player

- 1. Ejected from one contest shall not participate in the next regularly scheduled contest;*
- 2. Ejected from a second contest in the same sport in the same season shall not participate in the next two regularly scheduled contests; and*
- 3. Ejected from a third contest in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.*

11. Rubber gloves on both hands are mandated for blood clean up. (NYSPHAA) Violation of this rule is not penalized by the official.

12. In the NYS Tournament, the higher finisher from the Section scores the points. In all other multiple entry tournaments, the tournament director sets the number of entries. Either every wrestler scores or no wrestler scores. (State Wrestling Committee Minutes 4/1/06).

13. MODIFIED WRESTLING PROGRAM

This is a change from what is written in the NYSPHSAA Handbook 2008-2010

If a contestant competes in two or three bouts per contest, the time periods can be: EITHER 3 one minute periods OR;

1st period – 1 minute

2nd and 3rd periods – 1 and ½ minutes

There must be a 45 minute rest between bouts.

(Approved by NYSPHSAA Executive Committee 10/20/08)