

2023 — 2024

District IV AA-AAA-Girls

Wrestling Handbook

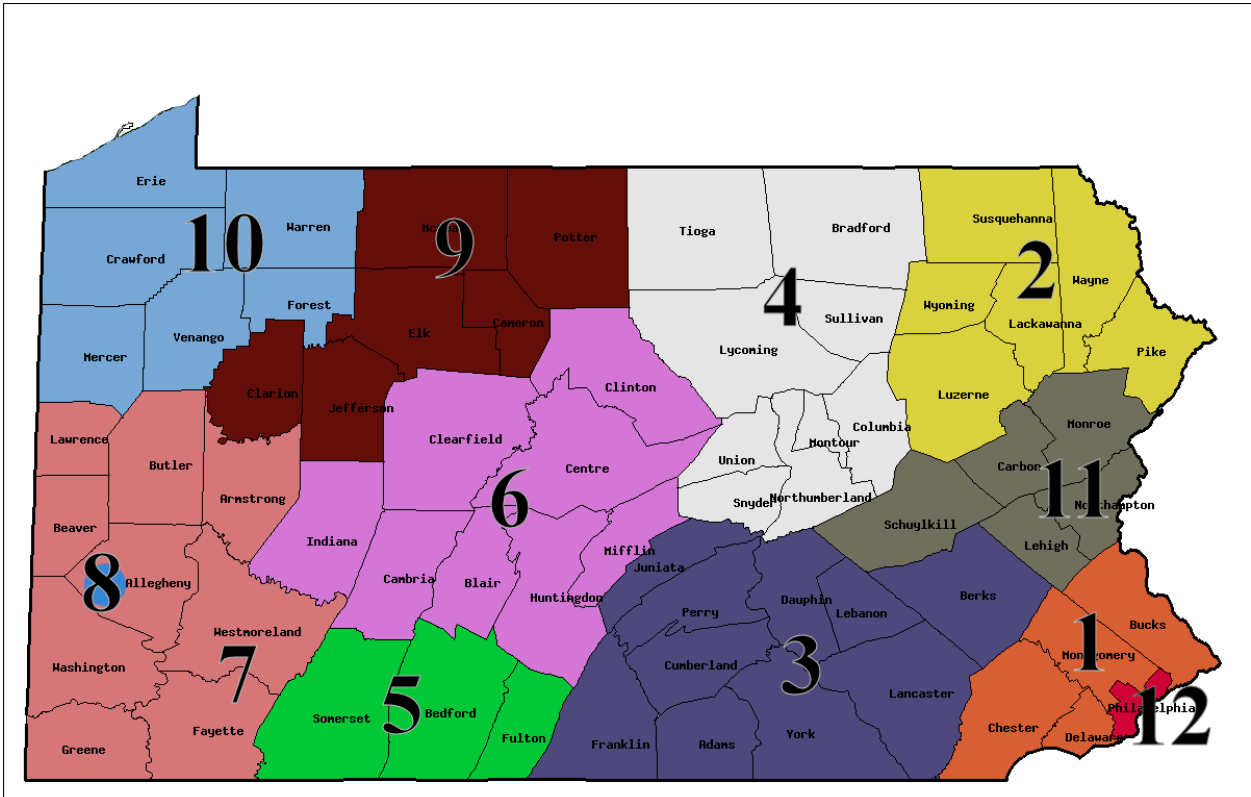


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Wrestling Committee Contacts

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AA District Tournament Director: Hal Stockdill

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AAA 4/9 District Tournament Director: Hal Stockdill

Girls District Tournament Director: Hal Stockdill

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North Section Director: Gary Otis

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Central Section Director: Mike Snyder

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Southern Section Director: Jim Zack

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AA District/AAA District/Girls Co-Director: Sean McCann

Email—smccann@wasd.org

Cell—570-220-8024

AA Regional Director: Mike Snyder

Girls Regional Director: Hal Stockdill

Important Dates

Friday, October 20, 2023:

First day for Minimum Wrestling Weight (MWW) Certification.

Friday, November 17, 2023: 1st Day of Practice.

Friday, November 24, 2023: 1st Scrimmage Date.

Monday, November 27, 2023: Deadline for inputting team schedules into the OPC Calculator. After this date any subsequent additions or substitutions to a PIAA member senior high school's complete varsity wrestling schedule must be approved by that school's PIAA District Wrestling Chairman.

Monday, November 27, 2023: Last Day for Minimum Wrestling Weight Certification. (late assessments may occur up until January 15)

Thursday, November 30: Appeal deadline date:
(appeals can be made after 11/30 so long as a wrestler has not participated in a contest)

Friday, December 1, 2023: 1st regular season contest date.

Monday, December 25, 2023: 2lb Weight Allowance.

Saturday, January 27, 2024: Team Seeding Deadline.

Wednesday, February 14, 2024: AA, AAA and Girls Individual Seeding Deadline.

Friday, February 16, 2024: MWW Deadline.

AA - Team Wrestling

(2 Teams to states) True 2nd

Pig-Tail Round (17 or more Teams) Monday, January 29, 2024:

- * Home team is the higher seed.
- * Weigh-ins—6pm.
- * Wrestling begins—7PM.

Round of 16—Wednesday, January 31, 2024:

- * Home team is the higher seed.
- * Weigh-ins—6pm.
- * Wrestling begins—7PM.

Saturday, February 3, 2024 — Milton High School:

- * Weigh-ins—10am.
- * Round #1-Quarter-Finals 11:00am.
- * Round #2-S. Finals & 1st Rd. Cons.1:00pm.
- * Round #3-Consolation Semi-finals 3:00pm.
- * Hall of fame 4:45
- * Round #4-Consolation & Champ Finals 5:00
- * Round #5-True 2nd(if needed) following Finals

AAA- Team Wrestling

(1 team to States)

Saturday, February 3, 2024 – Jersey Shore HS

- * Weigh-ins—10am.(12pm if no quarter finals)
- * Round #1—Quarter-Finals 11:00am.
- * Round #2—S. Finals 1:00pm.
- * Hall of fame 2:45
- * Round #3—Finals 3:00pm.

DISTRICT IV - TEAM WRESTLING TOURNAMENT

2023-24

AAA –D4- 5, D9-3 schools

AA - 31 schools

QUALIFICATION PROCEDURES:

- AA teams must have at least a .500 record to qualify for the District team tournament
- AAA teams 4 best records or all teams .500 and above
- **Teams must declare their intent to either participate or not to participate in the District IV team tournament by email to the District IV wrestling chairman by noon on Friday, January 26, 2024.** (Email Hal Stockdill stochal@sulcosd.k12.pa.us or call 570-447-4415
- Only matches wrestled on or before Saturday, January 27, 2024 will be counted toward seeding.

SEEDING PROCEDURES:

- All seeding will be done by the District IV wrestling chairman on Sunday, Jan. 28, 2024.
- Participating teams, AA and AAA, will be seeded by their won/loss percentage in matches wrestled on or before Saturday, January 27, 2024.
- If participating teams have the same won/loss percentage, the higher seed will go to the team who won the dual meet between the two teams involved.
- If participating teams have the same won/loss percentage, the higher seed will go to the team with the greater number of victories.
- If participating teams have the same won/loss record and did not wrestle each other, the higher seed will be determined by a flip of a coin.
- If the number of participating schools is not a power of 2, the highest seeded teams will receive byes in the quarter-final and semi-final rounds as necessary to complete the bracket to a power of 2. (Highest seeded = #1, #2, etc.)

****NOTE** District team championship bouts do count on an individual wrestler's overall record, but DO NOT count toward individual seeding points for sectionals or districts.**

PIG-TAIL ROUND: (AA only) - if necessary

- If more than sixteen teams participate, a pig-tail round will be held on Monday, January 29, 2024 @ 7:00 pm to reduce the field to sixteen teams.
- Matches will be wrestled at the higher seeded school. (Higher seeded= #1, #2, etc.)

PRELIMINARY ROUND: (AA only) - if necessary

- Matches will be wrestled at the site of the higher seeded team on Wednesday, January 31, 2024 at 7:00 PM to reduce the field to 8 schools.
- If the number of participating schools is not a power of 2, the highest seeded schools will receive byes in the quarter-final round. (Highest seeded= #1, #2, etc.)

AA QUARTER-FINAL, CONSOLATION ROUND, CONS, SEMI ROUND & FINALS:

Will be wrestled on Saturday, February 3, 2024 at Milton H.S.

- 11:00 AA Team Quarterfinals (4 mats)
- 1:00 AA Semi-finals, Consolation Quarterfinals(4 mats)
- 3:00 AA Consolation Semi-final (2 mats)
- 5:00 AA Finals and 3rd place (2 mats)
- Following finals true 2nd if needed

AAA QUARTER-FINAL, SEMI FINALS & FINALS:

Will be wrestled on Saturday, February 3, 2024 at Jersey Shore H.S.

- 11:00 AAA Team Quarterfinals (3 mats)
- 1:00 AAA Semi-finals (2mats)
- 3:00 AAA Finals (2 mats)

ADVANCEMENT:

- For 2024, District IV will advance two (2) AA teams and one (1) AAA team to the State team championship tournament.

- Team States

February 8-10, 2024: Giant Center Hershey

AA District 4 Champ vs. 10-2 or 7-4.

AA District 4 Runner-up vs District 3-1

AAA District 4/9 Champ vs District 7-2.

EXPENSES / PROCEDURES: District team wrestling tournament

- The responsibility for preparing the site, arranging for sufficient help, security, and medical personnel will rest with the host school for each District team tournament match.

- The District IV wrestling committee will issue contracts for officials for the District team tournament.

- The wrestling committee will assign a game manager for each match wrestled in the District team tournament.

- No Rental Fee will be assessed by host schools in preliminary rounds. District IV will pay for a Game Manager, Site Manager, and the Contest Officials. Host schools are responsible for paying all other workers (including a trainer).

- All ticket sales will be done online through **Hometown Ticketing**. The school administration is responsible for notifying parents and fans how to access tickets. **No cash sales at the door**. More information regarding online ticket sales is forthcoming. District IV will charge \$6 per session for all tickets (plus additional fees set by Hometown Ticketing).

AA Sectionals

4 qualifiers to Districts

Saturday, February 17, 2024

Weigh-Ins: 9am.

1st Session—10:00am

**2nd Session Consolation & Championship
Finals—6:00pm.**

**North - Gary Otis
@ Athens H.S.**

Athens
Canton
NEB
North Penn
Sayre
Sullivan County
Towanda
Troy
Wellsboro
Williamson
Wyalusing

**Central – Mike Snyder
@ Hughesville H.S.**

Benton
Bloomsburg
Central Columbia
Hughesville
Loyalsock
Montgomery
Montoursville
Muncy
South Williamsport
Sugar Valley

**South – Jim Zack
@ Southern Columbia H.S.**

Danville
Lewisburg
Line Mountain
Mid-West
Mifflinburg
Milton
Mount Carmel
Shamokin
Southern Columbia
Warrior Run

AAA Districts/Girls Districts

5 Qualifiers to Regionals(Boys)/ 3 qualifiers to Regionals(Girls)

Saturday: February 17, 2024

Williamsport High School

Participating Schools

Boys

D4-CMVT, Jersey Shore, Selinsgrove, Shikellamy, Williamsport.

D9-Bradford, Dubois, Punxsutawney

Girls

Athens, Benton, Central Columbia, Danville, Hughesville, Line Mt.,
Montgomery, Milton, Muncy, Northeast Bradford, Sayre, Selinsgrove,
Shikellamy, Williamsport.

Registration from 8:30-9:00.

Weigh-in begins @ 9:00am.

Coaches meeting @ 9:30.

Wrestling begins @ 10:00am.

1st Session @10:00am.

Semi-Finals & Consolation Quarter-finals. Followed by
Consolation Semi-Finals

Coaches meeting 4:00.

2nd Session @ 4:30

5th & 6th place bouts begin Followed by

3rd & 4th place bouts

Hall of Fame @ 6:00pm

Parade of champions @ 6:15pm.

Championship Finals @ 6:30pm.

AA Districts

6 qualifiers to Regionals

Williamsport High School

Friday: February 23, 2024

Registration from 3:00-4:00.

Weigh-in begins @ 4:00pm.

Coaches meeting @ 4:30.

Wrestling begins @ 5:00pm.

Saturday: February 24, 2024

Weigh-in begins @ 8:00am.

1st Session @ 9:00am. Elimination round.

Followed by Semi-Finals & Consolation
Quarter-finals. Followed by Consolation Semi-
Finals. Followed by 7th & 8th Place bouts

Coaches meeting 4:00.

2nd Session @ 4:30pm. 5th & 6th place bouts

Followed by 3rd & 4th place bouts

Hall of Fame @ 6:00pm

Parade of champions @ 6:15pm.

Championship Finals @ 6:30pm.

AAA Regionals

Districts IV, VI, VIII, IX, X

3 qualifiers to States

Altoona High School
February 23-24, 2024
TBA

Girls Regionals

Districts II, IV, V, VI

4 qualifiers to States

Milton High School
March 2, 2024

Weigh-in begins @ 8:00am.

1st Session @ 9:00am. Prelims, Quarter-finals.
Followed by Semi-Finals & Consolation Quarter-finals.
Followed by Consolation Semi-Finals.

Coaches meeting 4:00.

2nd Session @ 4:30pm. 5th & 6th place bouts
Followed by 3rd & 4th place bouts
Parade of champions @ 6:15pm.
Championship Finals @ 6:30pm.

AA Regionals

Districts II, IV
4 qualifiers to States

Williamsport High School

Friday: March 1, 2024

Registration from 3:00-4:00.

Weigh-in begins @ 4:00pm.

Coaches Meeting @ 4:30.

Wrestling begins @ 5:00pm.

Saturday: March 2, 2024

Weigh-in begins @ 8:00am.

1st Session @ 9:00am. Elimination round.

Followed by Semi-Finals & Consolation Quarter-finals.

Followed by Consolation Semi-Finals.

Coaches meeting 4:00.

2nd Session @ 4:30pm. 5th & 6th place bouts

Followed by 3rd & 4th place bouts

Hall of Fame @ 6:00pm

Parade of champions @ 6:15pm.

Championship Finals @ 6:30pm.

2024 Seeding Dates and Criteria

AA Sectionals-AAA Districts-Girls Districts

A. Dates

1. Cut-off date for seeding points for AA Sectionals, AAA Districts and Girls Districts is 9am Wednesday, February 14, 2024.
2. Matches can be made up until Tuesday, 2/13/2024.
3. Seeding points are final upon closing of the Becker Networks program 9am Thursday, February 15, 2024.
<http://wrestling.beckernetworks.com/login-form.php>
4. No shifting of weight classes is permitted after the seeding is completed in the Becker Network Program.
5. Replacement for injury and illness is permitted.
6. Note brackets will be reseeded if a wrestler withdraws, or is disqualified at weigh-ins.
7. Losers in round of 16 are out of the tournament.
8. **Seeding information will be sent out via email to Head Coaches by 2pm Thursday 2/15/24 for review prior to the release of seeding to the District IV webpage and Media outlets at 8:00pm Thursday, 2/15/2024.**

B. Criteria

1. If two wrestlers have the same point total, the higher seed will go to:
 - * 2023-2024 head to head result.
 - * Greater number of matches wrestled.
 - * Coin flip by tournament director.
2. Only varsity records can be counted for seeding
3. All forfeits count on a wrestler's record for seeding.
4. All wrestlers must have 10 bouts to get full total if not subtract 8 points or each bout under 10 from total.
5. Byes:
 - * Points will be earned for a bye when that wrestler wins his next bout.
 - * A win via bye does not apply to the individual record.

2024 Seeding Dates and Criteria (cont.)

AA Districts

A. Dates

1. Seeding will be completed Sunday, February 18, 2024.
2. Seeding will be first released to coaches for review and confirmation as early as 11pm Saturday and no later than 12pm Sunday, February 18, 2024.
3. Seeding will be officially released after this confirmation period @ 4pm by the District Wrestling Chairman.

B. Criteria / Placement

1. Champions only will be seeded 1-3 by points only.
2. All other seeds will be predicated by the seed of sectional champions using the following formula.

Champs	2nd	3rd	4th
1	6	7	12
2	5	8	11
3	4	9	10

3. Example Brackets can be found on the next page.

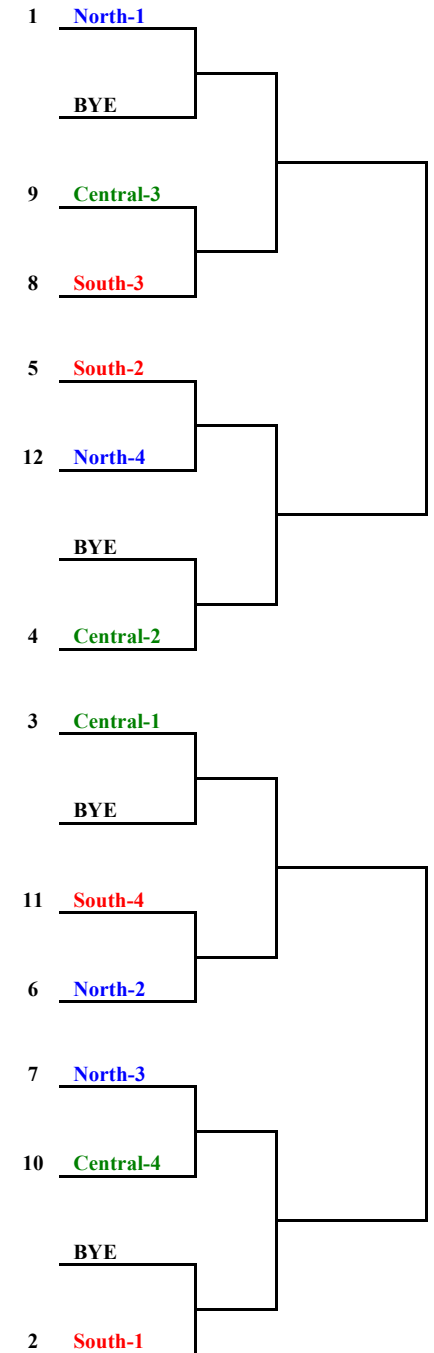
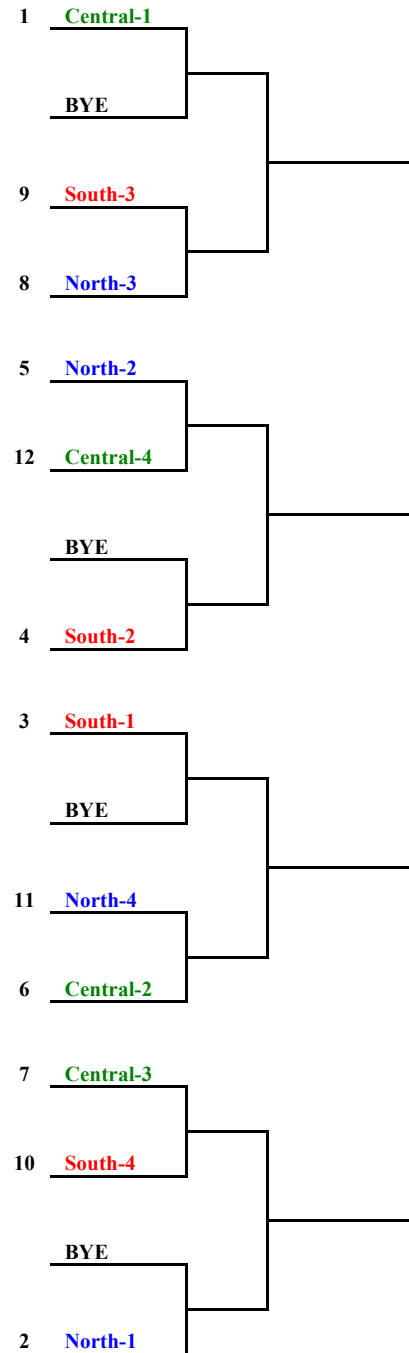
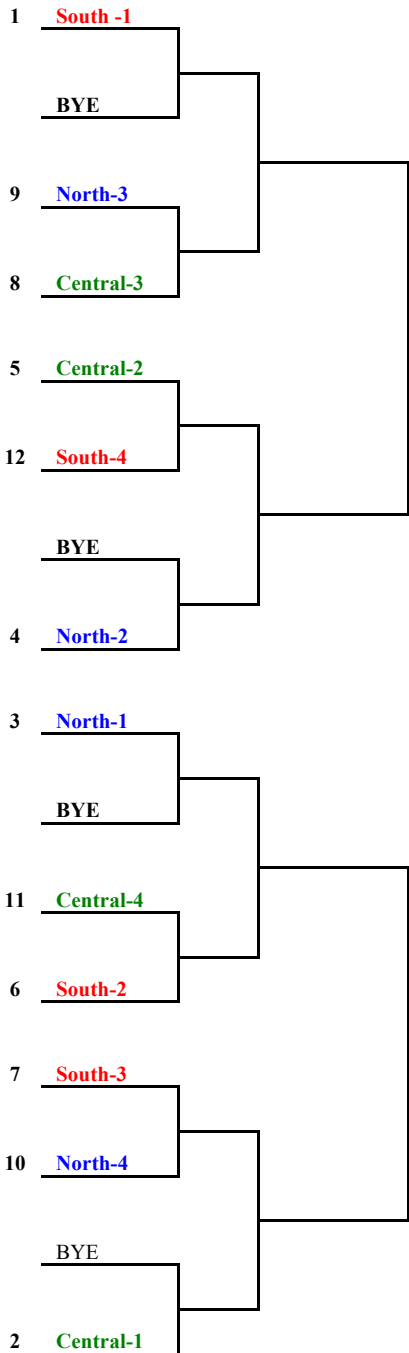
District 4 AA Individual Brackets Pairings

The following are "EXAMPLES" of brackets with each section having the highest points at a weight class.

	Champ	2nd	3rd	4th
S	1	6	7	12
C	2	5	8	11
N	3	4	9	10

	Champ	2nd	3rd	4th
C	1	6	7	12
N	2	5	8	11
S	3	4	9	10

	Champ	2nd	3rd	4th
N	1	6	7	12
S	2	5	8	11
C	3	4	9	10



**District II, IV.
AA Regional Seeding formula**

#1

Winning % **Number of wins divided by total matches (20-5 20 divided by 25=80)**
Subtract -8 for each match under 10 (8-0 =100 - 16=84)

#2

State

1=100, 2=95, 3=90, 4=85, 5=80, 6=75, 7=70, 8=65

Regional

1=60, 2=55, 3=50, 4=45, 5=40, 6=35

District

1=30, 2=25, 3=20, 4=15, 5=10, 6=5

Total example

20-5=80

8-0=84

R3rd=50

R3rd=50

Total 130

Total 134

This formula is for the District champ only all other wrestlers are seeded following the chart below.

Regional Seeding

D IV Champ has higher point total.

D II Champ has a higher point total.

#1 District IV Champ
#2 District II Champ
#3 District IV Runner-up
#4 District II Runner-up
#5 District IV 3rd place
#6 District II 3rd place
#7 District IV 4th place
#8 District II 4th place
#9 District IV 5th place
#10 District IV 6th place

#1 District II Champ
#2 District IV Champ
#3 District II Runner-up
#4 District IV Runner-up
#5 District II 3rd place
#6 District IV 3rd place
#7 District II 4th place
#8 District IV 4th place
#9 District IV 5th place
#10 District IV 6th place

1. If a wrestler forfeits in the placement round of the District Tournament the wrestler receiving the forfeit may choose the placement he wants for regionals. Example the #3 From district IV may choose the top or the bottom bracket #5 or #7.

**District II, IV, V, VI.
Girls Regional Seeding formula**

#1

Winning % **Number of wins divided by total matches (20-5 20 divided by 25=80)**
Subtract -8 for each match under 10 (8-0 =100 - 16=84)

#2

State

1=100, 2=95, 3=90, 4=85, 5=80, 6=75, 7=70, 8=65

Regional

1=60, 2=55, 3=50, 4=45, 5=40, 6=35

District

1=30, 2=25, 3=20, 4=15, 5=10, 6=5

Total example

20-5=80	8-0=84
R3rd=50	R3rd=50
Total 130	Total 134

NFHS RULES BOOK ADOPTION/MODIFICATION

PIAA adopts the 2023-24 NFHS Wrestling Rules Book.

Modify Rule 4-2-1 to permit wrestlers to have facial hair of up to a half-inch in length, as long as the skin of the wrestler is visible so that a proper medical examination can be performed.

Pursuant to Rule 4-2-3, adopt the NFHS Medical Release Form for Wrestler to Participate with Skin Lesion(s).

Modify Rule 4-4-1 to include the following:

13 boys weights: 107, 114, 121, 127, 133, 139, 145, 152, 160, 172, 189, 215, and 285.

13 girls weights: 100, 106, 112, 118, 124, 130, 136, 142, 148, 155, 170, 190, and 235.

Adopt Rule 1-5-2, hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment, to determine a minimum wrestling weight (MWW), pursuant to the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC).

Pursuant to Rule 4-4-4, authorize a two (2)-pound growth allowance on or after December 25, at all levels (varsity, junior varsity, or otherwise) of competition.

Modify Rule 4-5-3 to provide that a wrestler is eligible for the weight class their weight makes them eligible, plus the next highest weight, subject to their descent plan.

Modify the interpretation of Rule 11-1-4 to permit a wrestler to weigh-in for any weight class in a multiple day dual event if their MWW makes them eligible for that weight class.

Modify Rule 5-13: Tournament physician approval required for medical forfeits.

Requirement of participation in at least seven (7) duals to be eligible for participation in postseason for the Team Wrestling Championships; Board of Director's action March 30, 2022.

WEIGHT CONTROL PROGRAM

Pursuant to the Weight Control Program adopted by PIAA:

1) the deadline for a PIAA member senior high school to enter its complete varsity wrestling schedule into the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) is the Monday prior to the first competition date (Monday, November 27, 2023) (see NOTES 1 and 2);

2) prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (a) certified to by an Authorized Medical Examiner (AME), and (b) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season (Friday, October 20, 2023) and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (Monday, November 27, 2023 - see NOTE 2). This certification shall be provided to and maintained by the student's Principal, or the Principal's designee. In certifying to the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator, Scholastic Edition (together, the "Initial Assessment").

NOTES:

1. Any subsequent additions or substitutions to a PIAA member senior high school's complete varsity wrestling schedule must be approved by that school's PIAA District Wrestling Chairman.

2. For senior high school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open until January 15th and for junior high/middle school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest day of the wrestling season the OPC will remain open all season.

3. Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement

Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment. Where the Initial Assessment and/or a second Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

For all wrestlers, the MWW must be certified to by an AME.

To reduce or eliminate “clerical errors”, it is required that each head wrestling Coach initial the MWW of each wrestler before the school’s Principal certifies to the eligibility of the school’s wrestlers.

A two (2)-pound growth allowance is authorized on or after Monday, December 25, 2023 for both junior high/middle school and senior high school wrestlers.

The deadline for senior high school wrestlers to establish their MWW is Friday, February 16, 2024.

PROCEDURE TO REQUEST RELIEF FROM DELINQUENT HYDRATION TEST(S) AND/OR WEIGHT ASSESSMENT(S) IN PIAA WRESTLING WEIGHT CONTROL PROGRAM

1. A member school shall submit the following, relative to its request for relief:
 - a) A letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) submitted, on behalf of the affected student(s), by the concerned Principal.
 - b) Confirmation from the school’s attending assessor of the respective dates of failed hydration test(s) and the hydration level(s) achieved.
 - c) Any pertinent information from the attending assessor of any assessments attempted and the rationale of why those assessments failed.
2. All information must be forwarded to the PIAA District Wrestling Chairman on or before Friday, February 9, 2024, for that wrestling chairman’s consideration, with a courtesy copy of the cover letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) forwarded to the involved PIAA District Chairman.
3. The District Wrestling Chairman will submit all provided information to that District’s Chairman with a cover letter of support or nonsupport of the request for relief.
4. The District Chairman will review all information and either approve or reject the request for relief.
5. Upon request by the Principal of the concerned school, the District Chairman may convene a hearing before his District Committee into the request for relief.
6. Decisions of District Committees may be appealed by the Principal of the concerned

school to the PIAA Board of Directors or a PIAA Board of Appeal by requesting an appeal, in writing, to the PIAA Executive Director. PIAA has used the definition of: Premises are defined as a tract of land with the building thereon.

State Tournament

PIAA has used the definition of: Premises are defined as a tract of land with the building thereon.

The PIAA Wrestling Championships are one Tournament series, starting with section Tournaments. A Coach, other Team personnel, and/or contestant disqualified and ejected from a PIAA Section, District, or Region Tournament for unsportsmanlike conduct or flagrant misconduct is eliminated from further participation in any remaining competition in the PIAA Wrestling Championships Tournament series.

A written report must be filed with the PIAA Office by the appropriate PIAA registered wrestling official when a Coach, other Team personnel, and/or contestant is disqualified and ejected from a Regular Season and/or Postseason Contest for unsportsmanlike conduct or flagrant misconduct.

Written reports received by PIAA shall be copied and distributed to the Principal of the involved school, the District Chairman, sport specific chairperson, District Officials' Representatives, and the Sportsmanship Chairperson of the PIAA District Committee having jurisdiction over the school. In addition, the Principal of the involved school is required to complete a disqualification response form and submit same to the sport specific chairperson of the PIAA District having jurisdiction over the member school.

MAXIMUM NUMBER OF ENTRIES (QUALIFIERS) TO THE 2023-24 PIAA TEAM WRESTLING CHAMPIONSHIPS

DISTRICT 2A		3A		DISTRICT 2A		3A	
I	1	4	VII	4	3		
II	1	1	VIII	0	1		
III	3	4	IX	1	0		
IV	2	1	X	2	1		
V	1	0	XI	2	2		
VI	2	1	XII	1	2		
			TOTALS	20	20		

PIAA INTER-DISTRICT WRESTLING REGIONS

Member schools are responsible for acquiring their own lodging and meals. Each competing member school is responsible for the transportation expenses of its contestants and Coaches. PIAA will not reimburse member schools for lodging, meals, or transportation expenses.

PIAA WRESTLING CHAMPIONSHIPS

Member schools are responsible for acquiring their own lodging and meals. Each competing member school is responsible for the transportation expenses of their Coaches and contestants. PIAA will not reimburse member schools for transportation expenses.

PIAA WRESTLING CHAMPIONSHIPS PAIRINGS

1. No Region champions shall meet in the first round.
2. Region champions and runners – up shall not meet until the finals.
3. Regional champions in each weight class shall be ranked utilizing a formula which includes a combination of the winning percentage of each wrestler and prestige points from placement in the previous year's Championship, and/or Region, as applicable. All remaining qualifying wrestlers will be placed on the bracket according to the ranking of each Region champion.
4. Separation of returning champions in the same weight classification, qualifying as Region champions, shall be done, if necessary.

Junior High / Middle School Wrestling Weight Classifications

Boys competition shall be divided into 15 weight classifications as follows: 80, 87, 94, 101, 108, 115, 122, 130, 138, 145, 155, 170, 190, 210, 250.

Girls competition shall be divided into 13 weight classifications as follows: 71, 77, 83, 89, 96, 103, 110, 117, 125, 135, 148, 165, 200.

A contestant is permitted to wrestle up one weight classification above that for which the contestant's actual stripped weight qualifies that contestant to wrestle.

A two (2) pound growth allowance shall be added on or after December 25.

OPTIONAL JUNIOR HIGH/MIDDLE SCHOOL INTERSCHOLASTIC WRESTLING COMPETITION

A junior high/middle school, in cooperation with other junior high/middle schools, may conduct interscholastic wrestling competition using the following criteria:

- a. At weigh – in, **all** wrestlers shall be listed from lowest to highest match – up weights.
- b. To the weight of 138 pounds, the difference in stripped weight for that day shall not exceed 5 pounds. Above 138 pounds, the difference in stripped weight shall not exceed 10 pounds. Minimum weight classification certification shall be done at the 15 weight classifications set forth herein.
- c. The selection of wrestlers in the bouts shall be done by the two schools alternating with the visiting Team having first choice.
- d. Forfeits shall not be permitted.

JUNIOR HIGH/MIDDLE SCHOOL WRESTLING LENGTH OF MATCH

Regular matches in dual meets or Tournament Championship competition shall be four and one-half minutes in length divided into **three periods of one and one-half minutes** each.

Consolation matches in Tournaments shall **be three-minutes in length divided into three periods of one-minute** each.

Overtime matches, in Tournaments and dual meets, shall consist of one, **one minute period followed by two, 30-second tiebreakers**, if necessary, and one, **30-second ultimate tiebreaker**, if necessary.

In all matches there is no rest between periods and the match is recessed only long enough to position the wrestlers for the start of the next period.