
SECTION XI – Wrestling



POUDRE SCHOOL DISTRICT

Middle School Athletic Constitution

ARTICLE I - Governing Rules/Levels Specific to Wrestling

Section 1 The current edition of the NFHS Wrestling Rules Book shall be the official rulebook for the league contests and the championship tournament.

- 1.1** Each school has the opportunity to form one varsity level team.
- 1.2** Each school will also have the opportunity to have athletes compete at the junior varsity level.
- 1.3** Competition at the varsity level will include 16 weight classes (75, 80, 85, 90, 96, 102, 108, 114, 120, 126, 132, 138, 145, 155, 167, HWT). Heavy weight shall include only those wrestlers that weigh between 165 – 275 pounds.
- 1.3.1.1** During the regular season, any wrestler who weighs in may wrestle in the weight class that matches his/her weigh-in weight **or** may wrestle one weight class higher than the weight he/she weighed in.
- 1.4** All wrestlers must maintain the appearance and health guidelines outlined in the NFHS Wrestling rulebook. Weigh-in procedures will be held in accordance with the guidelines established in the NFHS Wrestling rulebook.
- 1.5** Female students are eligible to wrestle. Weigh-in for female wrestlers will occur separate from the weigh-in for male students (either before or after), on the same scale and in the presence of an adult female as directed in the NFHS Wrestling rulebook.
- 1.6** No artificial means may be used to promote weight loss.
- 1.7** During the regular season, any wrestler that weighs in, may wrestle in the weight class that matches his/her weigh-in weight **or** may wrestle one weight class higher than the weight he/she weighed in at.
- 1.8** Each school must educate wrestlers and parents on safe and effective practices regarding maintaining and cutting weight. A copy of the article found at: <http://www.mpssaa.org/assets/wintersports/wrestling/wrestling%20diet%20guide.htm> should be made available to the parent(s) and/or legal guardian(s) of all wrestlers. In addition, coaches should convey the philosophy of wrestling at the natural weight for middle school wrestlers to all participants and parents.
- 1.9** Each school must maintain a weight chart for all wrestlers throughout the season which may be examined by opposing coaches or the District Athletic Director. Weight for all wrestlers shall also be recorded in the official scorebook at each event.
- 1.10** The following procedures will be used during the regular season:
 - Coaches will weigh in all varsity wrestlers as soon as the visiting team arrives at the host site.
 - Coaches should note any grooming and skin issues during the weigh-in period.
 - The certified official will report to the site no later than 3:15PM.
 - When the certified official reports, any grooming and skin issues will be checked by the official.
 - Immediately following the last varsity match, the junior varsity matches will begin.
 - The certified official will stay as needed until 6:00PM. Any matches after 6:00PM will be officiated by the coaches involved.

For the District Championship:

- All weigh-ins must be supervised by the official(s) or the head coaches of both schools involved. Determinations will be made in regard to weight, appearance, health and special equipment at the weigh-in.
- 1.11** A one pound allowance will be instituted for all matches beginning with the 4th week of the regular season, continuing through the District Championship.
- 1.12** The night before each regular season match, the visiting team shall email his/her line-up to the host school to allow him/her to prepare the schedule for the night. Changes may be made to this preliminary line-up on the day of the match, but this is an expected courtesy to allow host coaches to be able to plan the meet outside of the school day.
- 1.13** Following each match, both schools shall send the results to Judy Lilly who will maintain rankings for each weight class throughout the season. The host school will email match results to all ten middle school wrestling coaches and record the team score for the match in the Athletic Scheduler.
- 1.14** All regular season matches will be scored using Trackwrestling. Annual training will be conducted for scorekeepers at each site.
- 1.15** Standings will be kept during the regular season to determine the final regular season standings. In the event of a tie for one of the two positions, the following tie-breaker will be used.
- 1.16** Following each match, both schools shall send the results to Judy Lilly who will maintain rankings for each weight class throughout the season. The host school will email match results to all ten middle school wrestling coaches and record the team score for the match in the Athletic Scheduler.
- 1.17** If two teams are tied for any place, the team that won the head-to-head match during the regular season will be declared the higher place in the regular season standings. The team that lost the head-to-head match during the season will be declared the lower place in the regular season standings.
- 1.18** If three (or more) teams are tied for any place, the tie will be broken as follows. Starting at the top of the standings, results will be compared versus each team (i.e. how the tied teams did versus #1 seed, the #2 seed, etc.). If ever two teams remain in a tie, head-to-head results of the regular season will be used to break the remaining tie. If this procedure fails to break the tie between the tied teams, the District Athletic Director will break the ties using coin flip(s) with a representative of each tied team present.

Section 2 The District Athletic Director will serve as the League Commissioner and will coordinate all schedules, facility use, sport meetings, hiring of Championship Game Director(s), maintain standings, and will rule/act on all matters relative to the Wrestling and League Constitution on behalf of member schools.

ARTICLE II - Practice and Game Limitations

Section 1 Practice limitations are governed by the practice guidelines for all middle school sports. This includes first allowable day of required practice, number of days of practice, in-season vs. out-of-season vs. summer guidelines, etc.

Section 2 No changes will be made to competition schedule without approval of the District Athletic Director except for weather-related postponements/cancellations. In the event of such occurrence, the host school Athletic Director shall contact the District Athletic Director to reschedule the contest. Playing a contest outside of the formal schedule will result in a forfeit being recorded for both teams. Further sanctions are possible if deemed necessary by the District Athletic Director

Section 3 Playing a contest outside of the formally approved schedule without approval from the District Athletic Director will result in a forfeit being recorded for both teams. Further sanctions will be possible if deemed appropriate by the District Athletic Director.

ARTICLE III - Player Eligibility

Section 1 All athletes must have completed all check-out requirements prior to being allowed to practice or participate in any competitions.

ARTICLE IV - Match Management

Section 1 Starting times: All varsity league contests will begin promptly at 3:30 p.m. The junior varsity contests will begin **five** minutes following the conclusion of the varsity contest. The certified official shall be contracted until 6:00PM. After this time, coaches will officiate any remaining JV matches.

Section 2 All varsity and junior varsity matches will consist of three, 1 ½ minute periods. If a tie exists at the conclusion of the match, overtime procedures as outlined in the NFHS Wrestling rulebook will be used. Junior varsity matches will consist of three 1 ½ periods with running clock. There should be a 20 minute rest period between matches for JV wrestlers.

Section 3 At the junior varsity level, wrestlers will be matched as evenly as possible in terms of weight. If the weight difference is greater than two weight classes, the wrestlers may not be paired for a match.

Section 4 Head gear must be worn by all wrestlers.

Section 5 The host school is responsible for supplying and maintaining correct measures for Communicable Disease Control, and the handling of blood and other body fluids according to NFHS Wrestling guidelines. Bloodborne Pathogen procedures must be followed for all contact with body fluids and blood.

Section 6 Coaches are responsible to instruct and monitor their wrestlers in regard to sportsmanship, the use of dangerous holds and moves, unnecessary roughness, etc.

ARTICLE V – Championship Tournament

Section 1 The championship tournament will be held during the last week of the season.

Section 2 As with all of the championship events for PSD middle school athletics, a tournament director will be hired to run the event. The determination of the individual or individuals selected to be the tournament director shall be made by the middle school athletic directors and District Athletic Director. Input will be solicited from the head football coach at each school.

2.1 Once the tournament director has been hired, he/she will have authority to run the championship event within the context of the league constitution. Coaches will allow the tournament director to conduct the responsibilities of running such events as a representative of the PSD Athletic League membership and not in the interests of an individual coach or school.

Section 3 The PSD Athletic League will award a championship trophy to the school that wins the championship tournament that will travel to the winning school each year. The second place team will be awarded a plaque. Individual medals will also be presented to the top **four** wrestlers in each weight class at the championship tournament.

Section 4 The following weight management and scoring procedures shall be used:

Weight management procedures:

- A 1-pound allowance to allow for growth will be instituted beginning with all matches during the 4th week of the season and will continue through the District Championship.
- During the regular season, any wrestler who weighs in may wrestle in the weight class that matches his/her weigh-in weight **or** may wrestle one weight class higher than the weight he/she weighed in.
- For the District Championship a wrestler with a minimum of 2 matches or more at the varsity level during the regular season must wrestle at the weight that he/she has wrestled during 50% or more of the matches. If a wrestler has wrestled one match or less at the varsity level during the regular season, he/she may wrestle in the weight class the wrestler weighs-in at during weigh-ins for the District Championship **or** one weight class above the weight weighed in at during weigh-ins for the District Championship.
- The District Championship will use 16-person brackets for all weight classes that have nine or more wrestlers entered. If a weight class has eight or fewer wrestlers entered, an 8-person bracket will be used.
- No pigtail matches will be included in the format for the District Championship, therefore all matches shall count in the team scoring for the event.
- Trackwrestling shall be used to seed and score the District Championship.

Section 5 The ranking criteria will be based on the following criteria:

- Fall, Forfeit, Default, and Disqualification Wins = 6 points
- Technical Fall Wins = 5 points
- Major Decision Wins = 4 points
- Decision Wins = 3 points
- Participation = 1 point

Section 6 The tournament director shall schedule a seeding meeting to complete the seeding for the district wrestling championship tournament. A coach or representative from each school must be in attendance at this meeting.

Section 7 Weigh-ins for the championship tournament will occur at 7:00AM unless otherwise communicated in advance by tournament director and/or District Athletic Director. Weigh-ins will proceed school by school in assigned order. If someone does not make weight, a replacement may be made by head coach **only if replacement is present to be immediately weighed, makes respective weight and is eligible to wrestle at that weight according to PSD WR constitution. If a replacement is not available or the replacement does not meet all above criteria, the school will not be represented in that weight class.** If a replacement is available and meets all criteria, the seeding will be revised for that weight class prior to the tournament starting. If a wrestler is absent due to illness or family reason, a replacement may be made by the school. The replacement wrestler must make weight, and be eligible to wrestle at the weight as prescribed in the PSD WR constitution. The bracket will be re-seeded accordingly.

Section 9 Match times will consist of three periods of 1 ½ minute each for the championship round and 1 minute, 1 ½ minutes and 1 ½ minutes in the consolation rounds.

Section 10 Once a wrestler is entered into a weight class, that wrestler must wrestle or forfeit.

Section 11 Team points will be awarded on a 14-10-7-4 basis.

ARTICLE VI - Wrestling Chairperson/District Athletic Director

Section 1 The chairperson will be one of the middle school athletic directors. The role of the chairperson is to assist the District Athletic Director in the operation of the middle school wrestling program and championship event as needed.

Section 2 The chairperson for each year will be designated at the final middle school AD meeting. The chairperson will be an AD that is not a coach of the respective sport to which he/she is assigned.

Section 3 The middle school athletic directors and District Athletic Director are responsible for the by-law revisions made following each season. Input will be gathered from the head wrestling coach at each of the middle schools. Changes in the constitution must be voted on by middle school athletic directors with a 66% majority required to amend the existing constitution. The District Athletic Director may mandate changes or additions to the constitution in issues relative to District policy and matters in the best interest of all member schools and students. Such action must only be done after informing league coaches, athletic directors and middle school principals.

Section 4 The District Athletic Director will schedule and coordinate the pre-season and post-season coaches meetings for each sport.

Section 5 The District Athletic Director will present a two-year PSDMSAL schedule in the sport of football by May 1st each scheduling cycle. The schedule will follow the steps below:

- Teams participating in the PSDMSAL in each sport will be randomly drawn every two years.
- The schedule for Year #1 will be drawn.
- The Year #2 schedule will remain the same as the Year #1 schedule except that the home and away locations will be flip-flopped.
- The next two-year schedule will be presented after re-drawing all schools.