

# PSD Middle School Wrestling

## **Article 1                    Operating Structure**

- 1.1     Eligible Grades: Each member school may form teams composed of 6th, 7th, and 8th grade students.
- 1.2     Roster Size: Each school may carry unlimited participants in the program.
- 1.3     Levels: Varsity, JV, Competition at the varsity level will include 21 weight classes (70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 132, 140,145, 150, 155, 165,180, 200, 275).
- 1.3.1   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     Division A will include teams 1,4,5,8,10. Division B will include teams 2,3,6,7,9.
- 1.5     Scheduling: The district athletic office will create a schedule consisting of 4 duals within the division. Each team will also compete in 2 cross-divisional duals based on current year's divisional standings. Scheduling will take place on an annual basis and new divisions will be established prior to each season. Teams also have the opportunity to participate in or host up to 2 additional Saturday Invitationals. These tournaments may include PSDMSAL member schools, as well as schools/districts outside of the PSDMSAL. The season will conclude with a seeded District Championship tournament.
- 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.
- 1.11    A one-pound allowance will be instituted for all matches beginning with the 3rd week of the regular season, continuing through the District Championship. We will add a 2lb allowance after the 6th week. When there are consecutive days of team competition there shall be an additional 1lb allowance expanded each day for all wrestlers.

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 the wrestling coordinator (Trackwrestling software) who will maintain rankings for each weight class throughout the season. The host school will email match results to all nine middle school wrestling coaches and record the team score for the match on [www.psdathletics.org](http://www.psdathletics.org).

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 tiebreaker will be used.

1.16 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.

1.17 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 2 Event Administration**

2.1 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.

2.2 No changes will be made to the 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

2.3 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 Two hosted outside of PSD (& JV) can be scheduled and the district will provide transportation. Unlimited outside tournaments can be scheduled with individual schools responsible for entry fees and transportation.

## **Article 3 Additional Sport Specific Considerations**

3.1 Two tournaments hosted outside of PSD (Var and JV) can be scheduled and the district can cover entry fees and transportation. Unlimited outside tournaments can be scheduled with individual schools responsible for entry fees and transportation.

## **Article 4 Championship/Playoffs**

Championship format

4.2 A varsity wrestler may wrestle in the weight class the wrestler weighs in at during weigh ins for the district championship or one weight class above .....

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

4.4 As with all the championship events for PSD middle school athletics, a tournament director may 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 coach at each school.

4.5 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.

4.6 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.

4.7 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 start of the 3rd week of the season and a 2 pound allowance will be given the 6th week and will continue through the District Championship.
- During the championship event, 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.
- A varsity wrestler 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.

4.8 The ranking criteria will be based on the following criteria in order:

- 1<sup>st</sup> Criteria-Overall wrestling record and placed in order by overall win percentage. Once the order is established use head to head criteria to move a wrestler no more than one position or seed at a time. Record and seed must be based on a 5-match minimum and any wrestler with less than 5 matches minimum will be assessed losses to get to 5 match minimum.
- 2<sup>nd</sup> Criteria-Returning district placer from previous year. Higher place winner from the previous year has seed priority.
- 3<sup>rd</sup> Criteria-Most wins
- 4<sup>th</sup> Criteria-Most falls
- Coin Flip

4.9 If necessary, 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 attend this meeting.

4.10 Weigh-ins for the championship tournament will occur at 7:00 AM 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.

4.11 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.

4.12 Once a wrestler has entered a weight class, that wrestler must wrestle or forfeit.

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

## **ARTICLE 5 – Sportsmanship**

**Section 1** It is expected that each building principal and athletic director commit to educating coaches, athletes, the student body and parents regarding good sportsmanship practices.

5.1 Cheers should be positive and directed towards (and in support of) the school that the fans represent and not directed at the opposing team, coaches, officials, or participants.

5.2 Cheers or comments considered vulgar, derogatory, or profane are grounds for immediate ejection from the contest. If such behavior involves a PSD student or students, the offending person(s) may face further consequences according to the PSD Code of Conduct.

5.3 It is recommended that any adult affiliated with PSD schools that is ejected or removed from an athletic venue due to poor sportsmanship be placed on probation and not allowed to return to further PSD athletic events until the following have occurred: 1). The parent meets with the building administration to discuss future expectations for behavior. 2). The parent completes an approved NFHS Sportsmanship course. The course is free and is available online. A certificate of completion must be presented to the District Athletic Director as proof of meeting this requirement.

5.4 Future incidents may result in PSD disallowing the parent to attend any future PSD contests.

5.5 It is also expected that coaches understand and commit to their role of modeling superior sportsmanship. The spectators and participants in most cases behave in the manner in which the coach behaves.

5.6 PSD does not condone coaches or athletes at the middle school level receiving sanctions of any kind for unsportsmanlike conduct (i.e. technical fouls, yellow or red cards, etc.). It is the responsibility of each coach to assure that these violations do not occur. Building administrators and the District Athletic Director may impose sanctions for egregious acts or repeated acts of unsportsmanlike conduct by coaches or participants. Coaches are to enforce violations of this expectation involving a participant or participants.

5.7 Ejections by a participant or coach will result in the following actions:

- The offending party must meet with the building athletic director to develop a plan of action to assure that the behavior will not occur in the future.
- The offending party will be suspended for one contest at the level involved. The suspension will include suspension from all levels until the one game suspension is served at the level involved. For example, if

a player or coach is ejected from a JV wrestling match, the player or coach is suspended from all wrestling contests (at any level) until the player or coach sits out one JV contest.

- In the case of a coach, the coach may not assist or coach at any other level until the suspension is served at the level involved. If no contests remain at the level involved, and the coach regularly assists at a higher level, the coach will serve the suspension at the higher level before being allowed to coach at any level.
- In the case of a participant, if no contests remain at the level involved (and the participant does not suit up for another level in that sport), the suspension will carry over to the next season of middle school competition in that sport.
- If no contests remain at the level involved (and the participant **does** suit up for another level in the same sport), the athlete shall serve the suspension at that level. A coach may not suit up an athlete for the sole purpose to serve the suspension. The athlete must be a regular member of the level involved.