

N.C.S.S. A.A. WRESTLING BY-LAWS

Weight Classification:

Boys	Girls
Kilos	Kilos
38	-----
41	41
44	44
47.5	47.5
51	51
54	54
57.5	57.5
61	61
64	64
67.5	67.5
72	72
77	77
83	83
89	Unlimited
95	
Unlimited	

A wrestler may wrestle in only one weight class. If he/she fails to make that weight he/she may wrestle up one weight class only.

In order to compete in the unlimited class; a boy wrestler must weigh in at a **minimum** of 95 kilograms and a girl wrestler a **minimum** of 84 kilograms.

Dress:

Competitors shall be dressed in a one piece singlet, tight fitting, which covers the body from the thighs to the arm pit area. Running shoes or wrestling boots must be worn. No watches, bracelets, rings may be worn. Fingernails must be clipped. Helmets are optional.

Composition of Matches:

1. Each match shall consist of 3(three) round of 2 (two) minutes.
2. Both rounds are started in a neutral standing position. The wrestlers shall shake hands at both rounds.
3. Once a match has started a wrestler may not leave the mat nor may any one except the two wrestlers and referee step onto the mat.
4. Only one person shall be allowed at matside to coach the wrestler; this must be the identified coach or a qualified senior teammate. All other wrestlers, coaches and fans must remain in the designated viewer area.
5. No solid substances may be given to wrestlers during the rest period.
6. The referee shall be in full charge of the match at all times. A coach or wrestler may be disqualified for an infringement of the rules.
7. For further interpretations of Rules see the current rule book.
8. Any school entering a wrestling team in any NCSSAA sanctioned event must allow their wrestling mat to be transported for a least one (1) meet or host at least one (1) major meet.
9. Participants in any NCSSAA sanctioned wrestling meet/tournament must be enrolled at a minimum grade 9 level.
10. Any wrestler unable to compete in their designated qualifying tournament (East or West Conference) for any reason, will not be permitted to participate in the NCSSAA Championship meet for OFSAA qualification.
11. The NCSSAA Championship meets follow the guidelines indicated in the current CAWA rulebook for team classification as follows:

At the NCSSAA tournaments (Novice, Conference and NCSSAA Championship), team points will be awarded in each weight class and shall be proportional to the number of participants in that weight category. The team points shall be weighted in the following manner:

Number of Competitors	6 (or more)	5	4	3	2	1
1st Place.....	10	9	7	5	4	3
2nd Place	7	6	5	3	2	
3rd Place	5	4	3	2		
4th Place	3	2	1			
5th Place	2	1				
6th Place	1					

Only the top wrestler per team will count towards team classification points. In the case where the same team places more than one wrestler in the top six places that team will score only the highest team points for the top placing wrestler, and nullify the points in the places where that team's other

wrestlers finish. For example, in a weight class that is comprised of either wrestlers, team "A" places wrestlers 1st and 2nd, and team "B" places a wrestler in 3rd place. Team A would score 10 team classification points, no team would score the team classification points for second place (7 points), and Team "B" would score 5 team classification points.

In the event of a tie between two teams in team classification points, the placing will be determined using the following tie breaking criteria, followed in order until the tie no longer exists:

- The team with the most 1st place finishes
- The team with the most 2nd place finishes
- The team with the most 3rd place finishes
- The team with the most 4th place finishes
- The team with the most 5th place finishes
- The team with the most 6th place finishes

If a tie still exists, it shall be recorded as such.

If a tie occurs between more than two teams, the tie breaking criteria will be used until first place can be determined, then start over to determine the next place, etcetera.

12 **PRE-COMPETITION REGULATIONS**

Every athlete weighing in for an NCSSAA event must do so wearing a competition wrestling singlet.

AND

An athlete weighing in must be adjudicated/(validated) by another teacher/coach/official NOT from their own school.