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2009 - 2010 Wrestling Handbook

Published: 11/6/09

www.nysphsaa.org
www.section6.e1b.org

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Forms

(available at www.section6.e1b.org click on *General Information, Handbooks and Sport Forms*)

Forms 1-2 are State forms. Please use the link to State Website:

1. NYSPHSAA Physician Permission to Compete in Wrestling Form with Skin Lesion Form
http://www.nysphsaa.org/sports/pdf/wrest_SkinForm.pdf
2. Parental Awareness form
http://www.nysphsaa.org/sports/pdf/wrest_ParentAwareness.pdf
3. NYSPHSAA-Dual Meet Weigh-In Sheet
4. NYSPHSAA Individual Profile Form
5. Request for Waiver of the Two Week Rule
6. Wrestling Tournament Guidelines for Section 6
7. The 50% Rule for NYS
8. Section VI Admittance Forms for Tournament and Qualifiers
9. Tournament Weigh-in Form
10. All-WNY Scholar-Athlete Nomination Form

2009 - 2010 Wrestling Calendar

The Section VI approved Wrestling season is November 9th to March 29th

First Practice*	November 9
First Scrimmage	November 20
First Contest	November 26

*Section approved- subject to league approval.

Weight Certification

Cheektowaga High School.....	November 14
Lockport High School.....	November 16
Olean High School.....	November 17
Falconer High School.....	November 18

Hydrostatic testing

SUNY Cortland.....	Thurs.-Fri. November 19,20
SUNY Brockport.....	Fri. November 20

Admittance form for Class Tournaments & State Qualifier due	December 1
Officials ranking forms due	Thursday January 14
Seeding Meeting for qualifier.....	Sunday February 7
All-WNY Scholar Athlete Nomination Forms.....	March 1

Division Tournaments

Friday	February 5	Start: 4:30 PM	
Saturday	February 6	Start: 9:30 AM	Finals 4:30 PM
	Class AAAA	Williamsville North OR North Tonawanda	
	Class AAA	Starpoint	
	Class AA	TBA	
	Class A	Frewsburg	

Section VI State Qualifier

February 12-13 at Site Niagara Community College			
Division 1	Fri. Feb. 12	Start 10:00 AM	Finals 4:30 PM
Division 2	Sat. Feb. 13	Start 10:00 AM	Finals 4:30 PM

State Championship

Friday-Saturday February 26 -27, 2010
Times Union Center, Albany NY (Section 2)

Section VI Wrestling Committee

Co Chairs:

Mike DeBarbieri - Portville HS
W: 933-6005 500 Elm St.
H: 933-7487 Portville, 14770
C: 378-1190 Fax: 933-7124
mdebarbieri@portville.wnyric.org

Israel Martinez - Niagara Falls HS
W: 278-5800 x41237 4455 Porter Rd.
H: 773-1664 Niagara Falls, 14305
C: 628-0664 Fax: 286-7964
imartinez@nfschools.net

Committee voting privileges: As per the Section VI Constitution p.11 Item 7.6 "The representative members on each sport committee will be appointed by each league and have only one vote per league. Other non-voting members may be selected by the sports chairperson." Voting rights on a federated sports committee are the same as league sports: one vote for each league or division represented. The chairperson generally exercises his right to vote when there is a tie. The voting members of the committee are indicated below with an **asterisk**.

CCAA 1:

* **PJ Wendel** Falconer HS W: 665-6624 x4181
2 East Ave., Falconer 14733 H: 763-0042
pwendel@falcon.wnyric.org Fax: 665-9265

CCAA 2:

Jeremy Beichner Cassadaga Valley HS W: 962-8581
PO Box 540, Rt. 60, Sinclairville, 14782
jbeichner@cvcs.wnyric.org Fax: 962-5788

CCAA 3:

Rex Brown Pine Valley HS W: 988-3276
7827 Rt. 83, S. Dayton 14138 H: 988-5520
rbrown@pval.org Fax: 988-3139

CCAA 4:

Alex Conti Fredonia HS W: 679-1581
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NFL:

* **Joe Scapelliti** Lockport HS W: 478-4450
250 Lincoln Ave., Lockport 14094 H: 433-1066
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Niagara Orleans

* **Sal Montesanti** Newfane HS W: 778-6850
1 Panther Dr., Newfane, 14108 H:
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ECIC 1:

Brian Swatland Williamsville North HS W: 626-8542
1595 Hopkins Rd., Wmsv. 14221 H: 832-2978
bswatland@williamsvillek12.org Fax: 626-8537

ECIC 2:

* **Dennis Bauer** Amherst HS W: 362-3000 x8336
4301 Main Street, Amherst 14226 H: 683-0442
dbauer@amherst.k12.ny.org Fax: 836-4972

ECIC 3:

Tom Page Eden HS W: 310-3712
3150 Schoolview Rd., Eden 14057 H: 648-6019
tpage420@yahoo.com Fax: 992-3652

Wrestling Rule Changes and Clarifications for 2009-2010

1. If a wrestler does not attend his/her assigned weight certification date, the request for a waiver must include medical proof. Otherwise, approval may be significantly delayed while the reason for absence is substantiated through school officials.
2. There is now a **Parent Awareness Form** that is to be signed by parent/guardian and wrestlers. The form explains the process of weight certification. This form is to be kept on file by the athletic director of your school until the end of the season. The form can be found on page 5 of The Wrestling Minimum Weight Certification Program School manual or on the State Website at:
http://www.nysphsaa.org/sports/pdf/wrest_ParentAwareness.pdf
3. The new minimum weight for the 285 lb. weight class is now 210 lbs. (see page 119 of the NYSPHSAA handbook).
4. A team may enter a maximum of 15 contestants into the class tournament. No more than 2 contestants may be entered in any weight class. www.nysphsaa.org/handbook/pdf/Handbook_0910.pdf

2009-10 Wrestling Rules Changes NFHS.org	
1-2-1:	In individually bracketed tournaments, the contestant representing a school shall be named by weight class prior to the conclusion of the weigh-in and no substitution is allowed after the conclusion of the weigh-in.
4-2-3:	If a designated, on-site meet physician is present, the physician may examine a wrestler for a communicable skin disease or any other condition, either immediately prior to or immediately after the weigh-in.
4-5-3:	Meet administrators now have the option to weigh-in contestants by weight class or team(s) in tournaments.
5-20-5 NOTE:	In the offensive starting position, the offensive wrestler's head must be on or above the mid-line of the opponent's back and both wrestlers must become stationary.
9-2-2b, c NEW:	Two new steps have been added to the dual-meet team tie-breaking system.
Editorial and Other Changes	
3-1-4a; 3-1-7; 3-2-2a; 4-2-4; 4-5-2; 4-5-8; 5-1-3; 5-14-1, 2; 5-31-1; 6-6-5b1; 8-2-1 EXCEPTION g; 8-2-7; PHOTOS 10, 32-33, 59, 77 (NEW), 78, 85-86, 88; REFEREES'	

Additional Names and Numbers

Section VI:

President:	Mike Wendt	W: 751-9341
Executive Secretary:	Bob Dinse	W: 821-7299
Executive Director:	Timm Slade	W: 821-7092
Sportsmanship Chairman:	Doug Ames	W: 778-6560
President WNY Coaches Assoc:	Brian Swatland	W: 626-8542
State Wrestling Chairman:	Don DeBadts	W: 585-243-3450 x4155
NYSPHSAA, Executive Director	Nina Van Erk	W: 866-598-2816
Section VI Certified Weight Coordinator:	Mike Pilato	C:585-329-6463

Publicity & Media

1. Media request for approval: Radio and TV stations must secure approval from the local school, officials, Section VI Wrestling Chairpersons and Section VI Media Chairman Leo Kaminsky (716-684-3157).
2. At the conclusion of meet, the winning coach must give results to radio and television; and then notify the Sports Department collect. Please make certain of this. Each year, sportswriters and sportscasters criticize Section VI for lack of cooperation in reporting game results.

Additional media are listed on page 10 of the Section VI Directory or use link below for the most current list of Media.

<http://www.section6.e1b.org/11391041014336120/lib/11391041014336120/media.pdf>

or go to <http://www.section6.e1b.org> General Information, Media

NYSPHSAA Wrestling Minimum Weight Certification Program

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers use inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures have continued. Medical concerns for the wrestlers, and the success of other state associations' programs to determine minimum wrestling weight, have resulted in the NYSPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPHSAA Wrestling Committee.

The NYSPHSAA Wrestling Minimum Weight Certification Program is mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance.

The NYSPHSAA Wrestling Minimum Weight Certification Program is supported by the National Federation of State High School Associations (Rule 1-3-1) and the American College of Sports Medicine. The program has the endorsement of the Medical Society of the State of New York Sports Medicine and School Health Committee, the division of Comprehensive School Health of the State Education Department, the American Dietetic Association's Sports, Cardiovascular and Wellness Nutritionists (SCAN), and the New York State Dietetic Association.

The Association is indebted to the Wisconsin Interscholastic Athletic Association and the Michigan High School Athletic Association for their generosity in sharing their program materials.

Assessment Component: Establishing Minimum Weight

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity program. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. **The minimum wrestling weight is not established as the athlete's best weight, but rather the minimum weight at which the athlete will be allowed to compete.**

General Protocol

All wrestlers must be assessed within two weeks from the first day of the season. The two weeks time frame is exclusive of Sundays and school holiday closings. For any certification after the first two weeks of the season, permission must be received from the section wrestling coordinator. Requests must be put in writing on a standardized form obtained from the section coordinator (see Request for Waiver of 2-week rule – See Forms page 1). At the end of the season, each section wrestling coordinator will report the number of exceptions, with accompanying rationale.

Schools are to identify the modified level wrestlers who are exceptional and who may qualify for high school wrestling in the Selection Classification Program (S/C) at the onset of the season. The S/C wrestlers are to be weight certified with the high school wrestlers following the "two week" rule.

When a school believes a modified level wrestler deserves to be elevated to the high school competition level after the two-week time limit, the standard waiver form must be used.

- The wrestler has two weeks from the date of the section coordinator's approval to complete weight certification.
- If the wrestler fails to complete the certification program on time, the wrestler will not be eligible to participate in the high school program.

NOTE: General Eligibility Rules for Modified: Promotion Rule #13 and Tryouts #17. Contestants shall not be promoted to a higher classification within the modified program or to a junior varsity or varsity team after completion of fifty percent of their modified schedule (for exceptions see page 129 of state handbook 2008-2010).

The assessment process (urinalysis and skinfold) must be administered contiguously. There is no break in the time between the two. No pretest sessions are permitted.

Emphasize the need for wrestlers to be hydrated. Wrestlers should also be reminded that chocolate, soft drinks and the use of substances such as creatine may adversely affect the specific gravity of their urine. It is recommended that early morning assessment be avoided because of the hydration factor being affected by the night's respite.

The Individual Profile Form can be found on-line (see Forms page 1). You may duplicate this form, or a computer generated form may be used by the assessor if it includes all items on the official form. A computer program that rounds off data should not be used.

Wrestler's Dress: Males must be in shorts or swim suit only; females must be in shorts and halter.

Height and Weight: A certified Toledo or digital scale (certified at the beginning of the school year) and an accurate means of measuring each wrestler's height to the nearest one-half (1/2) inch must be available. School personnel (i.e. nurse, AD) or an approved measurer may obtain height and weight of each wrestler. Height and weight is recorded in the Individual Profile Form.

Dehydration State: Wrestlers have traditionally used dehydration to reduce body weight. Because dehydration will affect accurate determination of minimal wrestling weight, assessment of dehydration will be completed prior to completion of the skinfold measurements. **NOTE: If the wrestler fails the specific gravity criteria, the wrestler will not be permitted to continue and is required to return on another day for testing (a minimum of 24 hours later).** A reagent strip or urinometer will be used to determine the state of dehydration. The acceptable specific gravity will be 1.025 or lower. Urinalysis may be completed only by health care professionals who have successfully completed the NYSPHSAA's Urinalysis Workshop.

Skinfold Measurements: Skinfold measurements (Lohman equation as adopted by Wisconsin) will be utilized to determine each wrestler's body fat percentage. Only measurements taken by health care professionals who have successfully completed the NYSPHSAA skinfold measurement workshop will be accepted.

The lowest weight class a wrestler may compete at will be determined by:

1. If the predicted weight, at 7% body fat (14% for girls), is exactly that of one of the weight classes, that shall be the wrestler's minimum weight class.
2. If the predicted weight, at 7% body fat (14% for girls), falls between two weight classes, he must wrestle at the higher weight class. If weight is recorded below .5, round down to the nearest pound; if .5 or above, move up to the next pound.
3. Some athletes are **naturally lean**, that is, their body fat will be under 7%. In such cases the assessor will use their actual weight to be their minimum weight at which they can compete.

The Minimum Weight Class the student may wrestle at will be recorded on the bottom of their Individual Profile Form. *96 103 112 119 125 130 135 140 145 152 160 171 189 215 *285. (* = optional class). **No recertification to a lower weight class may occur.**

Growth Allowance:

The National Federation Wrestling Rule (4-4-5) has been adopted by the New York State Public High School Athletic Association permitting a two pound growth allowance addition to each weight class on or after December 25.

Approved Assessors: Only NYSPHSAA Approved Assessors may complete the urinalysis and skinfold measurements. Assessors may charge up to \$6.00 per student-athlete for the skinfold assessment or a maximum of \$8.00 if urinalysis is included.

Assessment Protocol: Testing will proceed in this order: 1. Urine sample collected and specific gravity determined; 2. Body weight determined; and 3. Fat analysis through use of skinfold measurements. **NOTE: If a wrestler "fails" the specific gravity criteria THE WRESTLER WILL NOT BE PERMITTED TO CONTINUE AND IS REQUIRED TO RETURN ON ANOTHER DAY FOR TESTING. (A minimum of 24 hours later)**

Appeal Procedure: A wrestler may appeal his/her skinfold measurements or calculations. Appeal procedures must be completed prior to any competition. **ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT ATHLETE.** Step 1 must be completed **three days** after the date of the original assessment. Step 2, hydrostatic testing, must be completed within **five days** of Step 1. If Step 1 is bypassed, Step 2 must be completed within **five days** from the original assessment.

For both steps of the appeal process, the wrestler shall not weigh less than his/ her weight from the original assessment. Furthermore, the urinalysis must be repeated and passed.

The steps of the Appeal Process are:

STEP 1: If the wrestler is dissatisfied with the results of the skinfold and minimum weight determination, the wrestler is remeasured by the same skinfold assessor. **The official assessor is the person taking the skinfold measurements.** Measurements must be within 3 days of the original date of measurement. **The wrestler's actual weight on the appeal date will now be used.** The urinalysis must be repeated and passed. The wrestler may choose which measurement to accept (the original or the second measurement).

STEP 2: If still dissatisfied with the results, the wrestler may choose to be hydrostatically weighed to determine body fat percentage. Results obtained by this step are automatically accepted; the wrestler has no further choice. This step must be completed within five days of Step 1, or if Step 1 is bypassed, within five days from the original assessment. The wrestler shall not weigh less than his/her weight from the original assessment. **The Athletic Director must supply a copy of the original assessor's Profile Sheet to verify the weight.** The urinalysis must be repeated and passed prior to the testing.

For students electing to pursue hydrostatic testing, the athletic director must send the section wrestling coordinator a copy of the hydrostatic weight form. At the end of the season the wrestling coordinator will report the number of students completing this process.

Notify your Sectional Wrestling Coordinator of all appeals.

School's Responsibilities for Assessment Process

1. **All schools must attend the regional assessment site they are assigned to. You will be turned away from a site if it is NOT your designated assessment site.**
2. Reporting results of team assessment to your Section Wrestling Coordinator:
 - a. The assessor will keep one copy of the Individual Profile Form with a copy provided for the school's files.
 - b. The assessor will complete a composite team form. This form must be signed by the assessor, the head coach and the athletic director. **THE ORIGINAL MUST BE SENT TO YOUR LEAGUE REPRESENTATIVE BEFORE YOUR FIRST COMPETITION. COPIES MUST ALSO BE SENT TO ALL TEAMS ON YOUR SCHEDULE. (FAILURE TO COMPLY WITH THIS MAY RESULT IN FORFEIT OF MATCHES AND EXCLUSION OF YOUR TEAM FROM SECTIONAL COMPETITION)**
 - c. Also submit the composite team form mentioned in (b) above to your League Chairman:
Israel Martinez (AAAA & AAA) or Mike DeBarbieri (AA & A). (See page 3)
 - d. For wrestlers who join your squad after the certification forms are mailed in, you must make a copy of his/her individual certification form and mail it to all schools on your schedule and to the Sectional Chairman:
Israel Martinez (AAAA & AAA) or Mike DeBarbieri (AA & A). (See page 3)
 - e. The assessor, not the school doctor, has the responsibility for determining the certified weight classes for each wrestler.

NOTE: All other aspects of the NYSPHSAA, Inc. Wrestling Weight Control Plan, NYSPHSAA Handbook pages 119-120 are to be adhered to. (See Page 9)

Tournament Competition

- PLEASE NOTE ITEM #8 of the NYSPHSAA Wrestling Weight Control Plan on page 10.
- Two Day Tournaments: Athletes must weigh-in each day prior to competition.
- Athletic Directors must complete & sign the admittance form for Class Tournaments & the State Qualifier (see forms page 1) and submit to Wrestling Sportchairs by December 1.

Nutrition Component

The nutrition education component is critical to the success of the Wrestling Minimum Weight Certification Program. This component has been designed to promote healthy eating patterns and improve athletic performance for wrestlers. The program emphasizes how to achieve and maintain a healthy composition, sustain adequate hydration levels, plan pre-competition meals and balance training diets with appropriate caloric intake to support growth and development as well as training needs.

Each section has a NYSPHSAA approved SCAN nutritionist (Sports, Cardiovascular and Wellness Nutritionists). It is recommended that each school contact these consultants to provide training, resources and information for wrestlers and their families. These nutritionists are listed on Page 11.

In the fall of 1997, an extensive portfolio of information was distributed to schools at NYSPHSAA workshops. These materials should be reproduced for coaches, athletes and parents.

Weight Loss Per Week. Healthy weight loss requires the wrestler to gradually lose weight toward his/her minimum wrestling weight. A Weight Loss Grid to assist wrestlers in establishing healthy weight loss goals of no more than three percent weight loss per week, based on his/her weight on the date of assessment, is found on the NYSPHSAA web site www.nysphsaa.org Additionally, the grid provides guidelines which can be used in monitoring healthy weight loss.

School's Responsibilities for Nutrition Education

Conduct a preseason or early season meeting on nutrition for wrestlers and their parents.

2009- 2010 NYSPHSAA Wrestling Standards

www.nysphsaa.org/handbook/pdf/Handbook_0910.pdf

- 52. WRESTLING - Multiple Dual Meet Events:** Each individual competing in these events is charged 1 point for each dual meet. **Triangular Meet:** Three teams compete, with each team wrestling a dual meet against each of the other two teams at the same site. Each individual is charged 2 points toward their dual meet schedule. **Double-Dual Meet:** Three (or more) teams compete, with each team wrestling a dual meet against two of the other teams at the same site. Each individual is charged 2 points toward their dual meet schedule. **Quadrangular Meet:** Four teams compete, with each team wrestling a dual meet against each of the other three teams at the same site. Each individual is charged 1 point for each match wrestled counting toward their dual meet schedule. **Dual Meet Tournaments - Bracket Tournament:** Teams are placed in a bracket, with the winning teams advancing to a championship. Losing teams may compete in a consolation bracket to determine team placement. **Pool Tournament:** Teams are placed in pools. Teams compete in dual meet competition against every team in their pool, to determine the rank of teams in each pool. Teams from each pool wrestle against the same-ranked team(s) from the other pool(s) to determine team placement. **Round-Robin Tournament:** Each team wrestles a dual meet against every other team in the tournament. Team placements may be determined by win/loss record, or by total points accumulated in all meets. Each individual competing in these events will be charged two points toward their twenty-two point limitation and one tournament of the allowable six maximum tournaments as per the NYSPHSAA Handbook. Any school wishing to conduct a dual meet tournament with a unique format shall apply to NYSPHSAA for consideration. 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 a limitation of two per season.
- 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, towards the 22 pt. maximum, in order to count toward the minimum required contests under the Representation Standard (six contests).
 - The minimum weight class in which a contestant may compete will be determined by a NYSPHSAA approved assessor, following guidelines of the Minimum Weight Certification Program. A contestant shall be prohibited from wrestling within a weight classification more than one class above his/her actual weight. For other requirements see p. 109 of the NYSPHSAA 2008-2010 handbook (see link above).
 - A contestant may compete in a maximum five bouts in one day in tournament competition **only**.

2009- 2010 NYSPHSAA Wrestling Standards (Continued)

- d. 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.117
 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 match.
 - 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 wrestlers 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)
- 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)
- d. A Parents' Awareness Form for the wrestling minimum weight certification is required to be signed by the parent/guardian and the student and kept on file by the school athletic director.

NYSPHSAA, Inc. Wrestling Weight Control Plan

On the recommendation of the State Wrestling Committee and with the approval of the State Executive Committee the following weight classes are in effect: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 with 96 and 285 as optional weights for dual meets and tournaments.

1. The NYSPHSAA Wrestling Minimum Weight Certification Program is to be followed by all high schools sponsoring wrestling. Based on 7% body fat for males/14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days, exclusive of Sundays and school closing for holidays or emergencies, from the first day of the season. Centralized Assessment Sites will be mandated for the minimum weight assessment of all wrestlers (other than those utilizing hydrostatic testing). Only the refractometer shall be used to test hydration.
2. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition **See NFHS Rule 4-4-4.**
3. A profile form from a NYSPHSAA Approved Assessor must be filed in the home school prior to competition. Sectional wrestling forms must be received by the Section Wrestling Chairman before competition.
4. Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. Honor Weigh-Ins for a school day, dual meet wrestling matches are allowed; Honor Weigh-Ins for non-school day, dual meet wrestling matches are not allowed and if one team has school and the opponent does not have school on the day of a dual meet, Honor Weigh-Ins are allowed. Each wrestler shall make the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match and may be permitted an allowance of 3 pounds at the mat side weigh-in. One not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at the mat side in order to compete. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count towards the 50% rule.

5. **Restrictions for Competition:** The minimum required weight for all weights as listed MUST be met and RECORDED at both the honor weigh-in and the mat side weigh-in.
 - a) To compete at the 96 lb. class a wrestler MUST weigh in excess of 88 lbs. to be eligible.
 - b) To compete at the 103 lb. class a wrestler MUST weigh in excess of 93 lbs. to be eligible.
 - c) To compete at the 215 lb. class a wrestler MUST weigh in excess of 180 lbs. to be eligible.
 - d) To compete at the 285 lb. class a wrestler MUST weigh in excess of 210 lbs. to be eligible.
6. The minimum required weight for the 96 lb., 103 lb., 215 lb. and 285 lb. weight class MUST be met and RECORDED at both the honor weigh-in and the mat side weigh-in.
7. 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.
8. There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. There is a 1 pound allowance for all involved teams the second day of a dual meet or tournament competition conducted on consecutive days. The maximum allowance for consecutive dual meets or the first day of a tournament following a dual meet is 1 pound. NOTE: A minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. This rule is voided at post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition. NYSPHSAA will grant a 2 lb. growth allowance for each weight class on December 25. This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 96 lbs., 103 lbs., 215 lbs. and 285 lbs.
9. Weigh-in for the second day of a tournament must be on the morning of the second day, with a 1 lb. allowance.
10. Effective in 2006-2007 and after, 50% of the weigh-ins during the season must be at the minimum weight he/she will wrestle during the state tournament series.
 - a. An official weigh-in counts towards this 50% rule whether an athlete competes or not, as long as he/she is eligible to compete and has made weight at both the honor weigh-in (a.m.) and the mat side weigh-in (p.m.).
11. Section sponsored tournaments are not considered part of the regular season; therefore, do not add to the 50% rule, 22 pt. rule or the Representation Standard.

Hydrostatic Weighing

One of the methods which may be used by a wrestler to appeal their minimum weight certification is to be hydrostatically weighed to determine body fat percentage. **All arrangements and costs incurred are the responsibility of the student/athlete.** Should a wrestler choose to pursue this method of appeal, one of the NYSPHSAA approved hydrostatic weighing facilities would have to be contacted to make arrangements.

A wrestler shall not weigh less than his/her weight from the original assessment. The school's athletic director must supply a copy of the original Individual Profile Form for verification. Furthermore, the wrestler must pass the urinalysis test to determine hydration.

The wrestler must be provided copies of the Hydrostatic Weighing Form as well as the Contract for Determination of Body Composition By Hydrostatic Weighing Form.

Results obtained by this step are automatically accepted.

Hydrostatic Testing Dates: See Calendar on page 2.

NYSPHSAA Approved Sites

Adelphi University
 South Ave
 Garden City, NY 11530
 Contact: Dr. Robert Otto
 516-877-4276

SUNY at Brockport
 350 Campus Drive
 Brockport, NY 14420
 Contact: Heidi Byrner
 716-395-2601

State University Buffalo
 Department of P.T. Exercise and Nutrition
 208 Kimball Tower
 Buffalo, NY 14214
 Contact: Karl F. Kozlowsky
 716-829-6789 Fax: 716-829-2428

Syracuse University
 Health and Physical Education Building
 Contact: Mitchell Lemelbaum
 315-443-2114
 Fax: 315-443-9375

Section VI NYSPHSAA Approved Assessors

The list of approved assessors is also available in the NYSPHSAA School Manual for the Wrestling Minimum Weight Certification Program and the State website www.nysphsaa.org.

Regional Assessor Consultant:

Mike Pilato
Pilato Sports Consulting
1055 Larkston Dr.
Webster, NY 14580
C:585-329-6463

Section VI Nutrition Consultants:

Denise Marie Feeley, MS, RD
287 Potters Road, Buffalo, NY 14220
W: (716) 826-7000 H: (716) 822-0718

Mary Jo Parker, MS, RD, CDN
8160 Wehrle Drive, Williamsville, NY 14221
W: (716) 634-0906

Communicable Disease Procedures

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/ disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth-guards and other articles containing body fluids.
10. Refer to the State Website for the appropriate form Physician Release for Wrestler to Participate with Skin Lesion(s) <http://www.nysphsaa.org/html/SkinLesionForm.pdf>

Additional information is available from your state high school association and from the National Federation TARGET program *Revised March 1994*

Classifications 2009-2010

Class AAAA - 14 Schools

Niagara Falls	1704	NFL
Lancaster	1517	ECIC
Lockport	1326	NFL
Frontier	1300	ECIC
Orchard Park	1263	ECIC
Clarence	1255	ECIC
Jamestown	1172	ECIC
Kenmore West	1141	NFL
North Tonawanda	1104	NFL
West Seneca West	1080	ECIC
Niagara Wheatfield	1058	NFL
Williamsville North	1052	ECIC
Sweet Home	951	ECIC
Hamburg	951	ECIC

Class AAA – 12 Schools

Kenmore East	847	NFL
Grand Island	797	NFL
Williamsville South	776	ECIC
Williamsville East	772	ECIC
West Seneca East	771	ECIC
Lake Shore	765	ECIC
Iroquois	753	ECIC
Starpoint	730	ECIC
Amherst	678	ECIC
Albion	620	NO
Cheektowaga	615	ECIC
Pioneer	600	ECIC

Class AA – 18 Schools

Lewiston Porter	587	NFL
Maryvale	585	ECIC
Olean	536	CCAA
East Aurora	535	ECIC
Springville	534	ECIC
Tonawanda	527	ECIC
Depew	527	ECIC
Dunkirk	505	CCAA
Alden	504	ECIC
Lackawanna	498	ECIC
Newfane	482	NO
Medina	463	NO
Fredonia	439	CCAA
Eden	439	ECIC
Akron	394	NO
Royalton-Hartland	371	NO
Southwestern	369	CCAA
Gowanda	342	CCAA

Class A- 19 Schools

Wilson	336	NO
Allegheny-Limestone	335	CCAA
Falconer	331	CCAA
Cassadaga Valley	317	CCAA
* Franklinville	301	CCAA
Salamanca	292	CCAA
Holland	276	ECIC
Silver Creek	265	CCAA
Barker	255	NO
Catt/Little Valley	248	CCAA
Frewsburg	245	CCAA
Westfield	243	CCAA
Randolph	223	CCAA
Portville	207	CCAA
Chautauqua Lake	199	CCAA
Maple Grove	181	CCAA
Pine Valley	177	CCAA
Panama	141	CCAA
Ripley	83	CCAA

Combining schools

* West Valley (109) with Franklinville (192) = (301) Approved AC 9/16/09

Section VI Qualifying Procedures

Section VI will conduct 4 Divisional tournaments, based upon enrollment. These four tournaments will be called (1) AAAA tournament for the 14 largest schools (2) AAA for next 12 largest schools (3) AA tournament for the next group of 18 and (4) A tournament for the smallest 19 schools.

If two teams tie in enrollment for the 1st spot in a division both teams will be placed in the upper division. The number of qualifiers from the individual divisional tournaments will not change.

Each tournament will qualify 4 wrestlers per weight class to the Section 6 Qualifier. Medical wildcards for sickness and/or injury will be considered only under the following conditions:

- a. Written verification by a doctor as to injury and/or illness-this must be presented to the site chairman.
- b. A medical wildcard must meet the criteria to be seeded 1-4 in his/her weight class.
- c. Application for a wildcard spot must be approved by a majority vote of the schools involved in that tournament.
- d. Approved wildcards will be in addition to the four qualifying place winners.
- e. Teams can not enter another contestant in the same weight class as a pre-approved wildcard.
- f. Tournaments will wrestle back to six places.

Medical wildcards: The position of medical wildcards in the Section Championships will be forthcoming.

Divisional Tournaments

Divisional Tournament Sites are listed on the calendar on the page 2.

Factors considered in selecting sites are:

1. Availability of housing for traveling teams
2. Facilities
3. Experience in conducting tournaments
4. Location
5. Experienced personnel to conduct the tournament
6. Cost- The Section is very interested in making sure that every tournament makes a profit. Please secure volunteers whenever possible.
7. Submit an estimated bid of what expenses you would have to pay to conduct this tournament. The Section allows \$800.00 to run the tournament.

Entries: Each school is allowed to enter up to 2 contestants per weight class with a maximum of 15 wrestlers. The wrestler must be entered in the same weight class for both the Divisional and State Qualifying Tournaments. All wrestlers are officially entered in the tournament at the conclusion of seeding their weight class. A wrestler can not be moved after seeding of his weight class is completed. To be eligible for sectional or state competition, contestants in individual sports must have represented their school in six (6) scheduled contests. The required contests must occur on six different dates and must be concluded prior to the conclusion of the teams regular season.

Seeding for Divisional Tournaments only:

Weight classes will be redrawn if there are changes other than a replacement for a non-seeded wrestler.

Seeding Criteria: The following seeding criteria will be used for the Divisional Qualifying Tournaments. To be considered for a seed in a weight class, a wrestler must have a better than .500 record and 50% of his weigh-ins in that weight class. Private / Catholic and out of Section opponents do no count toward his win/loss record.

If a team enters two contestants in the same weight class, the second wrestler entered must have at least 6 varsity wins and better than .500 record to be eligible for a seed.

1. Head-Head this year
2. Common opponents this year
3. Highest returning state place winner
4. Highest returning Section VI place winner
5. Returning Champions: plus or minus two weight classes
6. Returning Place winner: plus or minus two weight classes
7. Section 6 Record
8. Overall Record
9. Coin Flip

Before a wrestler can be entered into the Divisional and Sectional Tournaments, the coach must submit a complete and up-to date NYS record form as provided by the NWCA website that is signed by both the coach and the participating wrestler prior to the beginning of the seeding meeting for the divisional tournaments (class tournaments).

Awards: At Divisional Tournaments team scoring will be kept. The first and second place teams will receive sectional plaques. The top four place winners in each weight class will receive sectional patches

Admission for Divisional Tournaments: \$5 per session. \$10 All tournament pass.

Sectional Tournament

Seeding: The Section 6 Championship tournament will be seeded by a committee consisting of our Section and League Chairmen using the same criteria as the Divisional Tournaments. All sectional qualifiers will be seeded including any medical wildcards. No preference will be given to Divisional champions when the seeds are determined (Divisional champions might not be separated if the seeds do not call for it).

Alternates will be permitted to weigh-in at the Section 6 Championships. If any qualified wrestler is not able to compete in the Section 6 championships or does not make weight, all remaining seeds will be moved up in rank and the **alternate(s)** from the same division (as the wrestler(s) who cannot compete) will be entered into the state qualifier tournament. **Alternates** will not be seeded as they did not qualify for the Section 6 championships via the standards set by the qualifying process. Any **alternates** who enter the Section 6 championships will be placed as the lowest ranked seed(s) on the bracket. If there is more than one **alternate**, a blind draw will determine their final placement on the bracket.

If no **alternate** is available to replace a qualified wrestler, all seeds will be moved up in rank and a random draw will determine the placement of the bye(s).

Admission for Sectional Tournaments: \$5 per session. \$10 All tournament pass.

Officials Selection Process

There will be a meeting of the Wrestling Committee and representatives of the two officials organizations to select working officials and alternates for the Sectional Wrestling Tournaments.

Prior to the meeting, each league chairman will send to the coaches and then collect, the officials rating sheets.

Officials will be rated by the coaches as follows:

- 1) Preferred
- 2) Acceptable
- 3) Not acceptable
- 4) Have not seen/ Do not know

Using the rating sheets and list of officials who are available, the Wrestling Committee and Officials Reps will select working officials. There will be an attempt to balance officiating teams assigned to each tournament site. A head official will be designated to each site. Those officials evaluated as preferred officials, will be selected to work the qualifier, with the top-rated officials selected to work the semi-finals and finals.

State Tournament

Code of Conduct: Head coaches and assistant coaches must sign the Code of Conduct and will be expected to adhere to all responsibilities.

Section VI Travel to State Competition Policy (updated 9/16/09)

Summary for Individual Sports

This policy in its entirety is posted on the Section website:

http://www.section6.e1b.org/11391049112849960/lib/11391049112849960/Travel_Policy_Jan09.pdf

Member schools participating in state competition will be responsible for all costs related to that participation.

Supervision (approved 1/21/09)

One or more certified coaches are required to travel with the student athletes from **their school** and must be present on any Section VI contracted bus, as well as the location where the athletes are housed, state competition where the athlete(s) will compete and all related events.

Transportation (approved 3/19/08):

- For small scale sports (Rifle, Golf, Tennis and Gymnastics) and Wrestling: The districts will be responsible for transporting their athletes to state competition.

Lodging (approved 3/19/08):

Schools will be responsible for all lodging costs. The Sportchair will be responsible for reserving a block of rooms for all athletes (4 per room).

- For large scale sports: The block will be increased by 50% to allow for coaches. (e.g.: If XC needs a block of 40 rooms for athletes and supervisors, they will now reserve a block of 60 rooms) When the qualifiers have been determined, the Sportchair will register all athletes and coaches who are using Section transportation from the block of reserved rooms. Districts that opt-out of Section transportation are responsible for registering their own athletes and coaches. They may register from the remaining rooms in the reserved block until the rooms are exhausted or choose their own lodging.

Meals:

Schools will be responsible for the cost of athletes' meals at state competition.

Sportsmanship Policy

The Sportsmanship Policy is item 27 on page 103 of the NYSPHSAA, Inc. Handbook 2009-2010: http://www.nysphsaa.org/handbook/pdf/Handbook_0910.pdf Note: The 2008-2010 Handbook was updated by the State Association in fall 2009.

Sportsmanship Responsibility of Officials:

An official who excludes a coach or squad member for unsportsmanlike conduct will.

1. On the next school day, the working official or a representative of the official's organization, will verbally or personally notify the appropriate school authority (principal, athletic director, etc.) that a member of that school has been excluded for unsportsmanlike conduct.
2. The official will complete the Section VI Player/Coach Disqualification Form and
 - a. keep one copy for himself.
 - b. send copies to:
 - Section VI Office
 - Sports Chairman
 - Officials organization
 - Offending school Principal or Athletic Director
 - League President of designee

Sportsmanship Responsibility of Schools:

The Coach and Athletic Director shall:

1. Complete the Section VI Incident Report and file with Section VI office.
2. Complete the Section VI Player/Coach Disqualification Response Form and send it to:

The official will complete the Section VI Player/Coach Disqualification Form and

 - Section VI Office
 - President of the League
 - President of officials organizations
3. Schools may also file a Sportsmanlike Hearing Request Form with the Section VI Sportsmanship Chairperson listed on page 3.

ALL-WNY Scholar Athlete Wrestling Team

Coaches and Athletic Directors are encouraged to nominate athletes for selection to the **All-WNY Scholar Athlete Wrestling Team**. The criteria for selection are listed on the Nomination Form (see forms page 1) which must be submitted to the Section VI office by **March 1**. The team will be honored by both Section VI and the Buffalo News.

Section VI AED Policy

(effective Feb. 2003)

The game site-chairperson will be responsible for securing an AED for the certified trainer's use at all sectional contests, and at all regional and state contests that are hosted by Section VI. The certified trainer will be provided by an orthopedic group contracted by Section VI, at all post-season contests held at **NEUTRAL SITES**. Note: If a school suffers loss or damage to an AED that is being used for post-season contests, the Section will be financially responsible.

Regulations Regarding Senior All-Star & Outside Agency Contests

(updated April 2009)

1. All Senior All-Star and Outside Agency contests MUST be approved by Section VI. In addition, Senior All-Star contests must be approved by NYSPHSAA. The forms required are posted on the section website*
2. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the Section VI Athletic Council for that sport. The calendar of approved season dates for all sports is posted on the section website*
3. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests.
4. A contestant may participate in no more than one approved senior all-star athlete contest in the same sport during the school year.

NOTE: A Senior All-Star contest by NYSPHSAA standards, is one in which an athlete's participation is based solely on outstanding performance as a member of a high school team. If open-tryouts are held, the contest is **NOT** a NYSPHSAA All-Star contest.

*www.section6.e1b.org Under General Information, Click on *Forms and Information*, or call the Section office 821-7365.

Cancellation and Rescheduling Policy for Section VI Divisional & Sectional Wrestling Tournaments

Divisional and Section VI Tournaments will be cancelled if:

1. The host school is closed and not available for use. OR
2. Five or more schools are not allowed to participate because of bad weather.

Decisions not to participate should be made at the earliest possible time. The tournament chairman should be notified immediately so final decisions can be made and all schools notified of his decision.

If the Divisional Tournament is cancelled on Friday:

The Tournament will become a one-day tournament beginning at 9 a.m. on Saturday. The rulebook will be used to determine team points and places in the event that wrestlers have already competed in five bouts that day

If the Tournament is held on Friday but cancelled on Saturday because of either items #1 or #2, the four semi-finalists and all pre-approved medical wildcards will advance to the Sectional Tournament.

If the Divisional Tournament is cancelled on both Friday and Saturday, the top four seeds and pre-approved medical wildcards will advance to the Sectional Tournament. Any fifth seed that was determined by seeding criteria #9 will also advance to the Sectional Tournament and will wrestle the fourth seed in a rat-tail bout.

If the Divisional Tournament is a conducted but a school is unable to attend and participate because of bad weather, any wrestler from that school who was seeded in the top four or a fifth seed determined by criteria #9, will be awarded a wildcard to the Sectional Tournament and will be placed against another qualifier from his Divisional Tournament in a rat-tail bout. Wildcards will be matched in reverse order to their seed. (Example: A number one seed would be placed against a #4 finisher.)

Any school that is closed due to bad weather but is allowed to participate must provide to the tournament chairman written authorization to participate from a school administrator.

SECTION VI – NYSPHSAA

Sportsmanship Philosophy & Code of Conduct

Philosophy

1. We believe that interscholastic athletics is an important part of education and support the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Code of Conduct

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests as a part of an overall school program are intended to be enjoyed. Behavior that reflects a winning at all cost attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and a genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

******* Sportsmanship Statement Reminder *******

The following statement will be read over the public address system just prior to the pledge to the flag. If there is no public address system, the statement will be read to both teams by the site chairperson or his representative:
“Welcome to Section VI (name of sport). Athletic competition can provide everyone with a sense of accomplishment and pride, if all of us - players, coaches and spectators - abide by the rules of good conduct. We ask that you enjoy the performance of our outstanding athletes in a spirit of sportsmanship and appreciation of competition.”