

ECIC MODIFIED WRESTLING STANDARDS

Tryouts:

- If student athlete passes Athletic Placement Process, they may try out for higher level (JV or Varsity), 3 of the first 5 days of the high school season. Any student practicing with higher level after their 3rd day MAY NOT return to the modified level.

Player Movement:

- No player may be advanced to a higher level of competition after completion of 50% of their modified scheduled & must pass the athletic placement process
- If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
- A player is ineligible when his/her 16th birthday is reached though he/she may finish the season

Practices:

- Practice may start Nov 18
- Modified teams shall not practice with JV or Varsity Teams
- Limited to one practice per day.
- No more than 6 calendar days per week can teams practice
- Practice times are limited to 2 hours maximum (45 minutes minimum)

Scrimmages:

- Teams and individuals must have 10 practices before first scrimmage
- Teams need (2) two nights of rest between scrimmages

Matches:

- Teams and individuals must have 10 practices before first match
- Need (2) two night's rest between matches
- Maximum of 14 points
- Individuals are allowed up to 4 bouts per day
- NYS recommends 2 days of competition per week. There shall be no more than 3 days of competition per week and Never 3 days in a row
- No tournaments
- A sudden victory overtime shall be permitted in modified wrestling. Wrestlers must start in the standing position or the referee's position, and the period shall not exceed 30 seconds (May 2010)
- Tournament competition is not permitted in the modified program.
- Points assessed for competitions
 - (1) 1 point meet – compete in 1 or 2 bouts
 - (2) 2 point meet – compete in 3 or 4 bouts
- No contestant (or team) can accumulate more than 10 points out of the maximum 14 points allowed via 2 point competitions.
- Time periods for bouts:
 - One bout: Program1: 3-1 ½ minute periods (specific weight classes)
 - Program 2: 1st period – 1 minute, 2nd, 3rd periods, - 1 ½ minutes (weigh variance program)
- If a contestant competes in two, three, or four bouts per contest, the time periods will be three (3) one minute periods.
- There MUST be a 30 minute time period between bouts

- There shall be no competition between wrestlers with an age difference of more than 24 months.
- No contestant or team can accumulate more than 4 points per week

Weight Control:

- The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under
- No attempt at weight reduction before the official weigh-in is permitted except on written permission from the parents and a written recommendation of a physician. Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.
- A squad list, indicating the established weight classes for each team member as well as birth dates and ages, shall be sent to all opposing schools.
- Wrestler's participating in the Modified Program may progress in weigh in their individual classes at the same pound and date allowance as high school wrestlers.
- For Multi-school contests, refer to General Eligibility Rule #10
- Wrestlers shall have the option of wearing an alternative to the traditional singlet. Uniform **MUST** include a form fitting compression shirt and compression shorts, or a form fitting compression shirt under the school uniform singlet. **"Fight Shorts" are also permitted.**

Game Rules:

- Wrestlers may wrestle each other within a 10-lb. weight variance.
- Matching wrestlers: both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.
- There is no limit to the total team bouts in a contest. Matching individuals is the focus.
- Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.