

Middle School Wrestling Guidelines

1-22-18

1. Rule Book: National Federation Wrestling Rules Book applies.
Modifications:
 - a. length of Matches – There shall be three, one and one-half minute rounds. Total time 4 ½ minutes. Matches that end in a draw will be wrestled to a conclusion using the overtime procedures as written in the National Federation Rules Book.
 - b. Weight divisions as listed below:

78	114	155
84	120	165
90	126	UNL (over 165 lbs. & within 20 lbs.
difference)		
96	132	
102	138	
108	145	
 - b. Participants may wrestle in any kind of soft soled athletic shoe provided the shoe has no exposed metal or hard plastic protrusions that might be hazardous to opponents.
2. Each participant must complete ten (10) practices before becoming eligible for an interschool contest.
 3. Weigh ins will be done on each school's home scales the day before each meet. The weigh in can take place during or after a practice and should be supervised by a building administrator or designee. Coaches should exchange weigh in sheets before each meet.
 4. Dual meets parings should be done the evening prior to a match. Established lineups should not be adjusted on match day unless a scheduled contestant is not available to wrestle.
 5. An all-city tournament will be held on the last week of the season. Every participant turning out will be eligible to wrestle in this tournament. Four-person competition brackets will be made based upon wrestler's weight and skill level.
 6. Meet officials will be assigned by the Coordinator of Athletics.