

# WRESTLING

## GENERAL INFORMATION:

- A. *Wrestling will be a state open meet with separate competitions for classes A through 6A and Girls. Traditional wrestling teams will compete in Region/Area Tournaments (Classes A, 2A and Girls will be divided into eight (8) Areas each, while classes 3A through 6A will be divided into eight (8) Regions each), a State Traditional Tournament and the State Traditional Finals.* There will also be separate competitions in Team Dual Wrestling. Beginning and ending dates for practice and competition can be found at the front of this publication.
- B. The National Federation Wrestling Rules shall be the official rules for Georgia schools with the exception of any special regulations found in this section.
- C. *Notification of entry in Wrestling must be filed with the GHSA office no later than March 1 for the next school year. Schools in Classes A and 2A will be assigned to a geographic area by the GHSA Executive Director, and then will be notified of that assignment. Schools in Classes 3A through 6A will compete in their assigned Regions.*
- D. Free Style and Greco Roman wrestling are considered to be the same sport as Folk Style (high school) wrestling and are subject to GHSA rules concerning illegal practices.
- E. A school may enter its wrestling team in competition for twenty (20) playing dates, not including post-season competition. A school may enter its girls wrestling team in competition for twenty (20) playing dates, not including post-season competition. *Wrestling is a Dual Gender sport.* NOTE: After December 31, no new wrestling competitions may be scheduled unless approved by the GHSA Executive Director.
  1. An invitational tournament is defined as five (5) or more schools competing in a single or double elimination format that leads to a champion being declared. The use of pool play is acceptable. The maximum number of days for an invitational tournament is two (2) dates.
  2. A student may not wrestle more than six (6) matches per day. No student shall wrestle in more than 10 matches in a period of two consecutive days. Forfeits do not count toward the match limit.
  3. Contestants must have 30 minutes rest between matches.
  4. A wrestler may wrestle in both a varsity and a sub-varsity match on the same day as long as that wrestler does not exceed the maximum number of matches allowed for that day.
  5. It is permissible for coaches to use "split squads" during the regular season. However, the use of split squads will count as two (2) of that school's maximum allowed competitions.
  6. All girls vs. girls Dual and Traditional results should be entered into TrackWrestling.
- F. Beginning and ending dates for practice and competition can be found at the front of this publication.
  1. A school shall not allow its team to engage in any interscholastic exhibition, practice, and/or scrimmage match, except for one (1) interscholastic scrimmage consisting of a Tri-match on a school night or a Quad-match on a non-school night format with officials registered with the GHSA.
  2. A practice shall involve only eligible students in the member school and their approved coaches. Participation by outside individuals constitutes an illegal practice.
  3. Wrestling matches in practice must be conducted in adherence with National Federation and GHSA rules, and will involve only eligible team members.
  4. Schools having contestants in the State Tournament may provide a teammate of comparable size to practice for the State Tournament.
  5. There will be no Spring practice for Wrestling.
- G. Weight classifications shall be as follows:  
 106 lbs. 132 lbs. 157 lbs. 190 lbs.  
 113 lbs. 138 lbs. 165 lbs. 215 lbs.  
 120 lbs. 144 lbs. 175 lbs. 285 lbs.  
 126 lbs. 150 lbs.  
 Girls weight classes when girls are wrestling girls shall be as follows:  
 100 lbs. 120 lbs. 140 lbs. 170 lbs.  
 105 lbs. 125 lbs. 145 lbs. 190 lbs.  
 110 lbs. 130 lbs. 155 lbs. 235 lbs.  
 115 lbs. 135 lbs.
  1. When there are consecutive days of team competition, there shall be a one (1) pound additional allowance granted each day for all wrestlers (up to a maximum of two (2) pounds for any weigh-in). In order to be granted this one (1) pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s). NOTE: There shall be no consecutive day weight allowance granted for teams/athletes which compete the day before any post-season championship series tournament.
  2. The GHSA does not approve any practice that endangers the health and safety of wrestlers. Crash dieting, the use of diuretics and other drugs for rapid weight reduction, the use of a sweat box, any type of vinyl or plastic sweat suit or bag, hot showers, whirlpool, or any other type of artificial heat device for rapid weight reduction is

- prohibited.
- 3. Effective for ALL weekday meets and tournaments, all weigh-in procedures of the National Federation (Rule 4-5) will apply.
- 4. In tournament competitions (regular season dual and invitational, and the State Championship series), wrestlers shall not have an option to weigh-out at the conclusion of the first day of competition. All weigh-ins shall take place prior to the start of competition each day.
- 5. All contestants may engage in legal weight loss activities on site until weigh-ins begin. Once weigh-ins begin, activities that promote weight loss/dehydration or weight gain are prohibited. Contestants shall not leave the designated weigh-in area unless permission is granted by the school administrator or meet director.
- 6. Only two (2) certified coaches (affiliated with the school of the athlete on the mat) will be allowed at mat side during regular season tournaments and at the Region/Area Tournament, State Tournament and State Finals.
- H. Coaching requirements:
  - 1. All coaches are required to complete the GHSA/NFHS Wrestling Rules Clinic which includes the policies and procedures for the "Wrestling Weight Management Program" presented online via the GHSA web site.
  - 2. Failure to abide by the above requirements will result in fines assessed against the school.
  - 3. Prior to all competitions, coaches must present a properly-dated weigh-in roster (created no more than three (3) calendar days prior to the event) to the head official, demonstrating that the Weight Management Program is being followed.
- I. All wrestling matches shall be held with officially-dressed wrestling officials who are registered under the GHSA plan for the registration of officials.
  - 1. Before each meet, the referee shall perform skin checks and sign a verification form.
  - 2. The referee shall also check for items outlined as pre-meet duties for officials in the NFHS Wrestling Rules Book.
- J. Appropriate health-care professionals shall be available at all wrestling tournaments.
- K. Communicable Skin Disorders:
  - 1. The GHSA strongly recommends that wrestling mats be left unrolled during the competitive season, and be disinfected a minimum of three (3) times per week with a medically-approved cleansing solution.
  - 2. In the event an athlete develops a skin disorder or skin lesion that is considered contagious, the school must complete and provide the "Physician's Release for Wrestler to Participate" form. No other form of documentation will be accepted at the site of the competition. The release form is to be presented by the coach at the weigh-in or prior to competition. NOTE: The form and information can be found on the GHSA web site ([www.ghsa.net](http://www.ghsa.net)).
- L. When a coach is charged with a flagrant misconduct penalty, that individual must go to a location outside the "sight and sound" of the competitive area, and can have no interactions with wrestlers or any other team personnel (removal from premises).

## **WEIGHT MANAGEMENT PROGRAM:**

- A. All GHSA wrestling schools will participate in the mandatory and binding "Weight Management Program."
- B. Schools must enter weigh-in results in the computerized weight management program (OPC) within 48 hours of each weigh-in or before the next scheduled contest (whichever comes first). An athlete's weight descent plan ends on the Last Play Date indicated on the Beginning and Ending Dates table at the front of this publication; it is not necessary to enter Region/Area Traditional tournament weights into the OPC.
- C. The "Wrestling Weight Management Coaches Handbook," which contains details of program guidelines and forms, will be posted on the GHSA web site.
- D. Schools must have all scales used for wrestling weigh-ins certified annually by the Georgia Department of Agriculture (Fuels and Measures; 404-656-3605).

## **TEAM DUAL WRESTLING**

### **GENERAL INFORMATION**

- A. *Team Dual Wrestling will be a state open meet with separate competitions in all six classifications and two Girls Divisions (D1 and D2). NOTE: The seeding/bracketing committee will seed/bracket teams before the State Dual Championship.*
- B. National Federation and GHSA rules governing Traditional wrestling are in effect for Team Dual Wrestling.
- C. GHSA weight certification policies will apply to Team Dual Wrestling.
- D. Athletes may not wrestle at a weight class lower than allowed by the "Weight Loss Plan" of the GHSA Weight Management Program for that date.
- E. All wrestlers must weigh-in at each weigh-in of a multiple-day event, and they must weigh-in at the same weight class each time.
  - 1. A wrestler is only eligible for two weight classes during a multiple-day team advancement tournament.
  - 2. The weight classes for which a wrestler is eligible to compete are determined on the first day's weigh-in, and cannot change during the remainder of the event.
- F. Teams may weigh-in all eligible and weight class-certified wrestlers.

## REGION/AREA TOURNAMENTS:

- A. *A school must have a minimum of eight (8) wrestlers and have seven (7) weight classes covered to participate in a Region/Area Dual Tournament.*
- B. Each Region/Area may determine its procedure for selecting and ranking its top two (2) teams for the state playoffs by the date indicated in the Beginning and Ending Dates table at the front of this publication.
- C. *Girls D1 and D2 will have wrestle a preliminary meet to determine the State Dual Tournament participants.*
- D. Schools which do not qualify for the State Dual Tournament may schedule individual matches and/or tournaments on the dates of the State Duals Championships.

## STATE TOURNAMENTS:

- A. Two (2) teams from each Region/Area will advance to the double-elimination Team Dual State Tournament. The Team Dual State Championships for all classes and Girls will be held at a site or sites to be determined on the dates indicated in the Beginning and Ending Dates table at the front of this publication. (See the GHSA web site for final information).
- B. The teams advancing to the state tournament must be designated to the GHSA office immediately after the Region/Area has determined the teams, but all must be designated by the date indicated in the Beginning and Ending Dates table at the front of this publication.
- C. The GHSA will assign and pay all officials for State Championships.
- D. Trophies and medals will be provided by the GHSA and will be presented to the State Champion and the Runner-up in each classification.
- E. Each school participating in the State Dual Championship will be allowed free admission for a maximum of 28 wrestlers and team essential personnel. Coaches will be admitted with a GHSA coaching pass.
- F. *Admission fee for State Tournaments and State Championships at all sites will be posted on the GHSA web site.*
- G. In the event the State Dual Tournament ends in a tie, the winner shall be determined using the National Federation tie-breaking system published in the Wrestling Rules Book (rule 9-2-2).
- H. All weigh-ins for the State Dual Tournament will be in accordance with the NFHS Rule 4-5. Exact times will be determined by tournament administration.

## TRADITIONAL WRESTLING

### REGION/AREA TOURNAMENTS:

- A. *Region/Area tournaments in classes A through 6A and Girls may be held on the dates indicated in the Beginning and Ending Dates table at the front of this publication. Those hosting Region/Area Tournaments are encouraged to hold a one-day tournament whenever possible. NOTE: Hosts are required to run the tournament through TrackWrestling.*
- B. *Classes A through 2A and Girls will be divided into Areas with consideration to geographic proximity and to the number of schools involved. The top four (4) wrestlers in each weight class from each Region/Area Tournament (classes A through 6A) and the top four (4) wrestlers in each weight class from each Girls Area will advance to the State Tournament.*
- C. A listing of all traditional Region/Area Tournament sites can be found on the GHSA web site.
- D. Officials are to be secured and paid by the Region/Area.
- E. All finances will be handled by the Region/Area, including all expenses, payment of officials and distribution of receipts.
- F. *Region ticket prices are set by the Region. Area ticket prices are \$10.00 per day, or a total tournament ticket for two-day events may be sold for \$17.00. The GHSA will receive 5% of the gross gate receipts.*
- G. Scoring for wrestlers failing to report, failing skin checks, not weighing in or not making weight will follow NFHS guidelines for forfeitures.
- H. JV Region/Area Tournaments may be held as long as they are completed by the last play date of the season. The JV tournament date(s) will count toward the maximum number of playing dates allowed. JV Region/Area tournaments do not need GHSA sanctioning.

### STATE TOURNAMENTS:

- A. All State Tournaments will be held on the dates indicated in the Beginning and Ending Dates table at the front of this publication.
- B. Schools in all classifications and Girls will be assigned to State Tournament sites. A listing of all State Tournament sites can be found on the GHSA web site.
- C. *The top eight (8) wrestlers in each weight class in boys and top four (4) wrestlers in each weight class in girls from each State Tournament will advance to the State Championship Finals. NOTE: The State Tournaments are qualifying tournaments only, therefore no team scoring will be used. However, penalties which normally result in team point assessments will have the team point(s) deducted at the start of the State Championship Finals.*
- D. Officials in all classes and Girls will be assigned and paid by the GHSA.
- E. All replacements for wrestlers who qualified for the Sectional Tournaments and State Tournaments should be

reported to the GHSA office by noon on the Wednesday immediately following the Region/Area Tournament and Sectional Tournaments.

F. *Admission fee for State Tournaments at all site will be posted on the GHSA web site.*

#### **STATE CHAMPIONSHIP FINALS:**

- A. The Traditional State Finals will be held at the Macon Centreplex on the dates indicated in the Beginning and Ending Dates table at the front of this publication.
- B. Reports of wrestlers advancing to the State Finals must be transmitted electronically to Track Wrestling no later than 10:00 p.m., on the date the State Tournament is completed. Specific reporting instructions will be forwarded to each State Tournament Director.
- C. All replacements for wrestlers who qualified for the State Finals should be reported to the GHSA office by noon on the Wednesday immediately following the State Tournament. A wrestler who cannot wrestle (for any reason) at the State Tournament may be replaced by an alternate (from the same State Tournament) prior to the Wednesday preceding the State Finals.
- D. Wrestlers must wrestle in the Region/Area and State Tournaments at the weight certified in accordance with all provisions of the GHSA Wrestling Weight Management Program.
  - 1. All weigh-ins for the State Championship Finals will be in accordance with the NFHS Rule 4-5.
  - 2. Exact weigh-in times will be determined by tournament administration.
- E. *Admission fee for State Championship site will be posted on the GHSA web site.*
- F. Each school participating in the State Finals will be allowed free admission for all wrestlers who qualify for the tournament and any wrestlers and wrestlerettes who volunteer to work the tables at the State Championships.
- G. Schools having athletes qualified for the State Finals must electronically submit the "Roster of Admissions Form" found on the GHSA MIS website. The deadline to submit this form is noon on the Tuesday immediately following the State Tournament. Only persons listed on this form will be admitted without charge.
- H. *The State Finals will be scored to co-fifth (5th) places.*
  - I. Full wrestlebacks (double elimination) will be allowed in all classifications. Cross-bracketing shall be used for wrestlebacks.
- J. Each school will be assessed \$10.00 per participating wrestler to cover the rental and cleaning of the state championship site.