

Wrestling

First Day of Organized Practice	November 3, 2008
First Playing Date.....	November 17, 2008
Duals-State Tournament	January 31, 2009
Individual Tournament	February 7, 2009

RULES:

1. National Federation Rules shall be the official rules unless SCISA has an otherwise stated policy.
2. Schools are reminded of the uniform requirements specified in the rules.
3. The rules strongly recommend that protective headgear be used in all practices. The headgear will be required in all competitions.
4. Weight classes will be as listed in the rules book.
5. A student may not wrestle more than one class above his actual weight.
6. Each school MUST report all player/coach/fan disqualifications or incidents to the SCISA Office. A school shall use a Form B - Disqualification/Incident Report.

PRACTICE:

1. Practice is allowed for ten (10) days in the Spring. Spring practice should not conflict with other spring sports. Practice sessions shall be limited to no more than one and one-half hours.
2. OPEN SEASON: : Teams are allowed to work out from June 1 - July 15, 2009 (Open Season). This includes leagues or organized practice. Sessions are limited to 1 1/2 hours, no more than two (2) times weekly.
3. CLOSED SEASON: Closed Season is defined as all other dates excluding the open season dates and the established sports season (Closed Summer dates: June 28-July 5, 2009) and after the completion of the 2008 season until spring practice. A coach may work-out (practice) with not more than three (3) players at a time.
4. Conditioning and Weight Programs: conditioning and weight programs are legal throughout the year.
5. See Organized practice rule in Article VII, Section V. See out-of-school, out-of-season coaching restriction.

MEET OFFICIALS:

1. Schools must adequately staff all meets. Officials certified by the SCHSL shall be used.

LEVEL OF COMPETITION: *(Note- Students must also meet all other SCISA eligibility standards)*

Varsity Teams: Eligible students in grades 7-12 may participate in varsity wrestling.

Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 9th grade before permitting participation on any varsity teams.

HOME TEAM RESPONSIBILITIES:

1. **Event Security/Game Management:**
 - A. A Designated Representative is required of both teams (see Article XIII, Section V). A school's head coach may serve as the Designated Representative in wrestling and shall assist home management when requested.
2. The Home Team shall provide a safe and well maintained wrestling mat.
3. **Reporting Meet Results:** The Home Team shall report the meet results to the news media.

COACHING NOTES:

1. Sportsmanship: What you permit, you promote! Coaches must emphasize and promote good sportsmanship and fair play according to the rules.
2. Coaching requirement: the head coach must be CPR certified.

WEIGHT CONTROL:

- A wrestler will establish his minimum weight on or before January 15. No wrestler may participate in any match after January 15 at a weight lower than he has previously been certified. This applies to regular season as well as post-season competition. Each school will be required to submit a roster of their wrestlers listing minimum weights and the date of certification.
- After January 15, a wrestler may not weigh in more than one weight class above the weight of certification without re-certifying at a higher weight.
- The use of a sweatbox or similar box device for weight reduction purposes is prohibited. Refer to the wrestling rules book for other restrictions.