

**COLONIAL LEAGUE**  
**WRESTLING RULES AND REGULATIONS**

1. Head Coaches are to conduct the weigh-ins for the Junior High and Exhibition matches upon the arrival of the visiting team. This will allow the opposing coaches the time to set up the exhibition matches allowing wrestling to start at 5:30 p.m., if necessary. The official for the Junior High Match will conduct the Varsity weigh-ins at 5:00 p.m. as well as addressing any safety issues that may have occurred during the Junior High and Exhibition weigh-ins.
2. Weigh-ins (Varsity, JV, & Jr. High) will start no later than one hour prior to the team's dual meet start time. Jr. High, JV and Varsity weigh-ins will be at 5:00 p.m. and 11:00 a.m. on Saturdays.
  - a. Weigh-in shall be done by respective coaches and officials.
    - (1) Disagreements shall be resolved by the official.
    - (2) All wrestlers must be weighed-in shoulder-to-shoulder at the host site. NO EXCEPTIONS!
    - (3) All wrestlers must be present at the time of weigh-ins and remain in the designated weigh-in area unless granted permission to leave by the referee.
    - (4) Weigh-ins shall begin with the lowest weight class and end immediately upon the completion of the highest weight class. Starts with a random draw of weight classes
    - (5) Wrestlers may weigh-in for one weight class only during the weigh-in period.
    - (6) Wrestlers may step on and off the scale two times to allow for mechanical inconsistencies.
      - a) If a second scale is available, the wrestler, upon failing to make weight twice on the first scale, may step on and off the second scale only once in an attempt to make weight.
      - b) During time off the scale, activities promoting dehydration are prohibited.
      - c) Home Team scale is the primary (official) scale, visitor's team scale can be used as a secondary scale.
      - d) Any wrestler failing to make weight during the weigh-in period shall be ineligible for that weight class. And is only eligible for the next weight class.
      - e) At any time, the use of sweat boxes; hot showers; whirlpools; rubber, vinyl, and plastic suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.
  - b. **ONLY Junior High-**
    - (1) **Junior High wrestling will follow the PIAA rules for Madison weigh-in system as cited below from the PIAA handbook.**

**A junior high/middle school, in cooperation with other junior high/middle schools, may conduct interscholastic wrestling competition using the following criteria:**

- a. **At weigh-in, all wrestlers shall be listed from lowest to highest match-up weights.**

**b. To the weight of 138 pounds, the difference in stripped weight for that day shall not exceed 5 pounds. Above 138 pounds, the difference in stripped weight shall not exceed 10 pounds. Minimum weight classification certification shall be done at the 18 weight classifications set forth herein.**

**c. The selection of wrestlers in the bouts shall be done by the two schools alternating with the visiting Team having first choice.**

**d. Forfeits shall not be permitted.**

2. Officials:

- a. Varsity official shall be present no later than one hour prior to the scheduled Varsity Meet start time.
- b. Jr. High/JV officials shall be present no later than one hour prior to the scheduled Jr. High Meet start time.

3. All exhibition matches (Jr. High and JV/Varsity) will begin immediately following weigh-ins and must be concluded by 6:00 p.m. (evening matches) or 12:00 p.m. (noon) weekend matches. Exhibition matches will not be permitted between the Jr. High and JV/Varsity meets.

4. Length of Jr. High and JV bouts shall be 1.5, 1.5, 1.5 minutes unless changed to a shorter time period only by mutual agreement of both schools and the referee.

5. Scales must carry current certified Seal of Weights and Measurements.

6. The Junior High/JV official shall not be used for Varsity matches except in cases of emergency.

7. Faculty member or adults should be used to be official scorers and timers at varsity meets.

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8. The Colonial League prohibits the use of tobacco and/or tobacco products by participating and non-participating team personnel, including coaches, during any interscholastic athletic contest at any level of interscholastic athletic competition.

Miscellaneous

- |                   | <u>Saturdays</u>   | <u>Evenings</u>                             |
|-------------------|--|---|
| 1. Starting Times | 12:00 Noon (Jr. High/JV)<br>1:00 pm (Varsity)  | 6:00pm (Jr. High/JV)<br>7:00 p.m. (Varsity) |
| 2. Rule           | -The results of the competition must be submitted via the Colonial League website and all other applicable media outlets by the home/host team. These results must be reported on the same day the competition took place. |   |