

WRESTLING

1. Minimum number of practices: 8
2. Maximum number of wrestling dates: 10 plus a jamboree
3. Maximum number of individual matches: 22
4. No more than 2 matches per week per team and/no more than 4 matches per individual wrestler per week. (44.65.1)
5. The Washington Wrestling Weight Management Program will be followed. (WIAA 44.6.0)
6. Our weight classifications will follow WIAA recommendations. The weights are: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 137, 147, 157, 167, 177, 187, and unlimited (over 187). To wrestle in the unlimited classification a wrestler must weigh at least 187 lb., and unlimited wrestlers must be within 30 lb. Minimum weight for 70 lb. is 64 lb.
7. Starting time for all matches unless noted: 4:00 P.M.
8. A registered official will be used for all matches.
9. A participant can wrestle only one weight division higher than his/her actual weight.
10. A wrestler must wait 45 minutes between matches.
11. There shall be a maximum of three one and one-half (1 1/2) minute rounds (90 seconds).
12. WIAA and National Federation rules apply.
13. End of the year tournament will have ribbons awarded if applicable.
(provided by the league)
14. Weigh-in will take place after practice. Submit name, weight and skill level to host school by 9:00 P.M., 2 days prior to the match (ex. Tues. for a Thurs. match).
Preferably on an Excel Spreadsheet.
15. Ties are determined by first points scored starting in the neutral position.

Revised 6/3/22