

Wrestling Manual



SY26



Introduction

Please review the included manual document for key program information, requirements, and rules and regulations as it relates to the season, to the Chicago Public League (CPL), and to the Illinois High School Association (IHSA).

Non-compliance with any of the following information may result in the forfeiture of coaches' season stipend. All questions can be directed to the Athletic Program Administrator (APA) listed below.

Athletic Program Administrators

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I. OSA Mission Statement

The Office of Sports Administration oversees the equitable implementation of sports programs across all elementary schools and high schools within the Chicago Public School District (CPS) and Chicago Public League (CPL). Through effective sports policy creation and program management, OSA helps create an environment for schools to provide essential athletic and academic development for each student-athlete. It is the goal of OSA to promote sportsmanship, teamwork, integrity, and a sense of community as we prepare students for the next level in athletics and in life. Our students will be able to learn the importance of Academic, Athletic and Social Awareness as they advance through our program and become leaders in their communities.

II. League Governance & Key Links

The official rules of the **National Federation of High Schools Association** shall govern all Public League competitions. Any exceptions to these rules are listed in these Terms and Conditions. *The Chicago Public League is governed by the [Chicago Public Schools Athletics Constitution and By-laws](#). All coaches must read this document to be informed about CPL policies, procedures and expectations.*

Whereas the specific Terms and Conditions are listed in this document, the following links that make up the [General Chicago Public League Rules](#) is an appendix to this document which lists issues of general governance, coach expectations, roster management/vertical movement/eligibility and eligibility certificates, and other issues of league contest management.

The [2025-2026 Wrestling Resource Sheet](#) / [IHSA Girls Wrestling](#) / [IHSA Boys Wrestling](#) contains other logistical information regarding the season for coaches and athletic directors including the [coaches directory](#).



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**IV. League Calendar
CPS Calendar Regular Season**

Season Starts - 1st Practice	Nov. 10, 2025
Team Roster Loaded To ASPEN Deadline	Nov. 10, 2025
First Contest Allowed	Nov. 24, 2025
Hard Copy Central Office Record Sheets (CORS) Due	Jan. 12, 2026
CPS Regular Season Competition Starts	Nov. 24, 2025
CPS Regular Season Competition Ends	Jan. 31, 2026

CPS Calendar Post Season and Championship

Team/Individual Rosters for Qualifier Rounds Due	Dates Jan. 12th
Championship Seed Meeting	Jan. 14, 2026 Girls Jan. 21, 2026 Boys
Championships (Girls) (Boys)	Jan. 17, 2026 Girls @ Curie Feb. 16 2026 Boys Duel @ Curie
Team/Individual seed meeting	TBD
Championship Boys Individual	Jan. 24-25, 2026 Boys Indv.@ Young

IHSA State Series Calendar

List of Participants Due On-Line (Wed. Week 12)	Dates
ISHA Regionals	Boys: Jan. 31, 2026 Girls: Feb. 6-7, 2026
IHSA Sectionals	Girls & Boys Feb. 13-14, 2026
IHSA State Finals (Boys) Champaign, IL Univ. of ILLinois (Girls) Bloomington,IL Grossinger Arena	Boys: Feb. 19-21, 2026 Girls: Feb. 27-28, 2026
Season Ends	Feb. 28-2026

V. Coaches' Committee



The Office of Sports Administration

A DEPARTMENT OF THE OFFICE OF COLLEGE & CAREER SUCCESS



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Name	School	Position
Andrea Hale	Ag. Science	Girls Coach
Francisco A. Reyes	Chicago Military (Bronzeville)	Coach
Veronica Aspan	Westinghouse	Girls Coach
Yahya Muhammad	Curie	Coach
Jared Presley	Goode	Coach
Stephan Kunca	Kelly	Coach
Murice McClinton	Westinghouse	President Coaches Assoc.
Matt Yen	Lane	Coach/IHSA Rep.
Janelle Williams	Speer/ITW	Coach
Calvin Clark	Sullivan	Coach

VI. Team Approvals and Expectations

Team Approval consists of a series of tasks that must be completed by the Athletic Director and Head Coach from each team. Failure to complete the following tasks will result in the resignation of coaching stipends or delayed payments. Anticipated team approval will be reflected in the [Inventory](#). It is the responsibility of the school Athletic Director (assisted by the head coach) to communicate with the appropriate Athletic Program Coordinator regarding the confirmation of team approval.

- Teams must submit a hard copy [Central Office Record Sheet](#) (reflective of an approved team according to participation minimums listed in this document) to the Office of Sports Administration by the specified deadline..
- Teams must compete in all CPL sponsored contests, this includes conference games, and the CPL playoffs (2 forfeits in a season result in loss of team approval).
- Teams are expected to compete in the IHSA Series, if signed up. Teams that sign up but do not show up to games will be mandated to pay a \$500 penalty fee paid directly to the IHSA. [Online Entry Process for the IHSA Series](#)
- Teams looking to join the League for the 2025 season must complete the google form, [School Request to Add a Sport/Level](#).

VII. Host Arrangements

- a. For Chicago Public League contests, it is the responsibility of the school that is designated to be the home team to procure the competition facility. A legitimate option if the school does not have a home facility is to schedule matches at the opponent's home site.
- b. A faculty member, student aide, or student leader should welcome the visiting team on their arrival and should be available to always assist the visiting school during their stay at the host school. The host school is responsible for assisting the visiting team on their departure. The coach is responsible for all players until they have left the playing site.
- c. In the case where a school is not hosting at their home site, the home school must ensure formal procurement of the facility through a permit.
- d. Coaches must ensure the sanitation of mats.
- e. Any match, which is not completed, due to the failure of the home management to make proper arrangements, shall be forfeited to the opponent.

VIII. Coach Expectations

- a. [Chicago Public League Coaches' Code of Conduct and General Expectations](#)
- b. The coaching staff is expected to be well versed in the latest edition of the National Federation of High Schools (NFHS) rules and regulations for the sport that they are coaching, the IHSA Constitution and Bylaws, and the Chicago Public Schools Athletics Constitution and Bylaws
- c. Coaches must complete IHSA and CPS certification requirements before coaching student-athletes.
- d. [Certifications for all coaches](#)
- e. In order for coaches to receive the stipend, coaches must be formally hired/staffed as level 1 volunteers, complete all certifications and professional development offerings and represent an approved program by the Athletic Program Administrator of basketball.
- f. Coaches must use the [CPL High School Coaches Registration Link](#) / [CPL Charter High School Coaches Registration Link](#) to register **prior** to acting in a coaching capacity.

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- g. The Chicago Public League requires all its students, officials, coaches, spectators, and school staff to promote sportsmanship before, during, and after every game. Offensive language, including profanity and derogatory or intimidating remarks directed at officials, event staff, student-athletes, coaches, or team representatives, will not be tolerated. For sportsmanship to prevail, all coaches, students, staff, and spectators must display respect and civility to enthusiastically support our student-athletes to create a safe and inclusive environment. [Sportsmanship Guidelines](#).
- h. The coaching staff is expected to organize and prepare athletes through consistent practice/workouts designed to enhance their performance in basketball games.
- i. **The coaching staff is responsible for the following Game Management for every contest:**
- j. Confirm contest logistics with the opposing coach.
- k. Preparing a printout (preferably laminated) of emergency contact information identified for each student (name and jersey number) for quick reference by medical personnel.
- l. Possessing an ASPEN Generated Eligibility Certificate. *Only students listed on this certificate are eligible for that contest.*
- m. Possessing an accurate numerical roster identifying student-athletes by jersey number.
- n. Reaching out to the host school (coach, athletic director) if there are transportation issues which would delay the start of the game.
- o. Reporting the game score to the Office of Sports Administration designated score reporting mechanism within 24 hours of the contest.
 - 1. All scores should be submitted to the CPL Activity scheduler where the scores are electronically pushed over to MaxPreps (maxpreps.com) website. Athletic Directors must give access to coaches for this submission. Otherwise, scores can be directly submitted to Max Preps
- p. Rating the IHSA officials assigned to the contest through the IHSA Schools Center. It is highly recommended to wait 12 hrs. after the game before submitting an official rating report.
- q. Refraining from using tobacco products, drinking alcoholic beverages, or being under the influence of alcoholic beverages or any illegal substance at any time while performing their coaching duties.

IX. Playing / League Regulations

- a. An AED must be onsite for all matches, with personnel trained to operate the machine.
 - 1. All non-conference games should be contracted with the opposing school.
 - 2. For use in league discipline, the teams' remaining schedule will be determined as the immediate schedule upon access by Office of Sports Administration personnel. Any games added to the schedule after this time will not be considered in League discipline.
 - 3. Matches affected due to a work stoppage will be managed according to the IHSA Constitution and Bylaws.
- b. **Coaching Stipends**
 - 1. The Wrestling program sponsored by the CPS Office of Sports Administration is designated as **Co-ed**, meaning the stipulation of "boys" and "girls" does not initially apply when considering coaching positions. The Co-ed designation is inclusive of all gender identities.
 - 2. The staff of a wrestling program sponsored by OSA consists of: Head coach, Assistant Coach, Junior Varsity Coach. In order for coaches to receive a stipend, the **team** must be approved at the end of the season by the Athletic Program Administrator (APA) from the Office of Sports Administration (OSA).
 - 3. A minimum of **12 varsity team meets** is required to receive approval enabling all coaches to be eligible for a full coach's stipend.
 - 4. Teams competing in a Conference will have 5 team Dual Meets.
 - 5. Any other events/tournaments that the team enters will count as 1 meet unless the team competes with multiple teams in dual meets.



6. **A minimum of 10 participants** listed as eligible on the Aspen Roster is required for Varsity Team approval.
7. **A minimum of 7 participants** listed as eligible on the Aspen Roster is required for JV Team approval. **A school can be granted an additional Varsity Assistant Coach with 5+ girls on the team** listed in Aspen.
8. Upon having a team of 10 girls distinct from the co-ed program that competes in a minimum of 12 Team Meets, a girls' program can be recognized and approved. Additionally, if the participation of girls meets the requirement of having a team of 10 girls distinct from the co-ed program then an Assistant Coach Position can be utilized by that team.
9. A dual meet shall be counted toward the 12 meet minimum if 7 individual matches are contested between teams and a team score is reported to OSA. (the Mega Duel Conference Championship is an exception)
10. Pertaining to the comprehensive (co-ed) program, teams that do not meet the 12 meet minimum or do not meet the minimum number of participants may be approved and designated Developmental Status*, and the coaches will be paid half of the stipend.

***Developmental is an approval status where the coaches of the program can still earn part of the coaching stipend while not meeting minimum participation standards. This can apply to:**

1. First or second year teams
2. Existing teams who do not meet the minimum number of participants, or fail to compete in the minimum number of meets during the season.

Developmental stipends shall be half of the full stipend. If a team has been given developmental Status, that team may not be allowed a JV coaching stipend.

1. A program will lose team approval after the forfeiture of 2 (two) matches due to the lack of participants.
2. The wrestling staff sponsored by OSA consists of: Head Coach, Assistant Coach, Junior Varsity Head Coach.
 - o A team can be granted an additional varsity assistant coach with 5+ eligible girls on the team listed in ASPEN.
 - o A coach can be paid at the Head Coach level upon fielding a team of 10 girls, distinct from the co-ed program, that compete in a minimum of 12 contests/team matches.*
3. A minimum of 10 students listed as eligible on the ASPEN roster is required for varsity team approval.
4. A minimum of 7 *distinct students* listed as eligible on the ASPEN roster is required for JV and Frosh team approval.

*The comprehensive wrestling program is co-ed and is not designated boys or girls. This stipulation can serve as a bridge until the total district participation of girls in wrestling warrants a distinction in the programs.

	Varsity	Girls	JV
Weight Classes	106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285	100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235	101, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

c. Games and Equipment

1. Matches consist of three (3), two (2) minute periods
2. [Uniform Requirements](#)

d. General League Play

1. Schedules provided by the Office of Sports Administration: Athletic Program Administrator.
2. Only the OSA Athletic Program Administrator can reschedule a contest/game.
3. Each school will provide teams' with equipment i.e. uniforms, head gear, etc.
4. OSA assumes game payment for league match officials and if a trainer/paramedic is available for CPS District Managed Schools. Charter Schools must assume payment for officials for contests that they host.
5. All matches are scheduled to begin by 5:00 p.m. (unless otherwise noted)
6. All matches are to be contested as scheduled. Matches may not be canceled or changed without impunity for any reason without the authorization of the Office of Sports Administration.
 - i. **Every athlete must have a current physical and body fat test prior to participating in competition.**
 - ii. Wrestlers can only compete against other wrestlers within their weight classifications
 - iii. A student can wrestle a maximum of 2 events per week
 - iv. Teams can participate in a maximum of 45 matches throughout the season.
7. Secure permission from the school principal to host the match.
8. Coaches must provide a proper competition area with regulation sized mats according to NFHS Wrestling Rule 2.1.
9. A faculty member, student aide, or student leader should welcome the visiting team on their arrival and should be available to assist the visiting school at all times during their stay at the host school. **The host school is responsible for assisting the visiting team on their departure.** The coach is responsible for all athletes until they have left the playing site.
10. Submit the results to the Track Wrestling & Maxpreps websites.
11. **Traditional CPS Schools conference matches Official fees are being paid by OSA through Arbiter Pay.**
12. The home team assumes game payment requirements i.e. clock operator fees.

X. Officials

- a. OSA designates official assignors that are charged with assigning officials for each contest. OSA will work in conjunction with these assignors for playoff game assignments.
- b. Official Fees for League Games when the Home team is a District Managed School will be paid through Arbiter Pay
- c. Official Fees for non-league games must be paid through the school designated as the Home team.
- d. Official Fees must be paid by the Charter school when designated as the Home team.
- e. Varsity (1 Dual) \$75, JV (1 Dual) \$65, Varsity Tri (3 duals) \$220, JV Tri \$160, Flat Rate \$325.
- f. Notify OSA if one or more officials fail to appear at game
- g. Suspended Game? - If a match is suspended, coaches, officials and the OSA representative will determine the next steps.

XI. Student Eligibility

- a. A student is eligible to participate in a contest when listed as "Eligible" on an ASPEN-generated Eligibility certificate (or otherwise documented pertaining to Charter Schools).
 - 1) [Student-Athlete Eligibility](#)
 - 2) [Home School Student Eligibility](#)
 - 3) [Newcomer Student Eligibility](#)
 - 4) Students who have transferred to your school since the end of the previous season are ineligible for interscholastic competition without a ruling from the Office of Sports Administration or the IHSA.

b. Competitive Levels:

- 1) Varsity teams shall consist of students in the first, second, third, or fourth year of attendance who will not reach their 20th birthday during the sports season.
 - 2) For sophomore competition, the student shall be eligible in the first or second year in attendance and shall not have reached the seventeenth (17th) birthday before September 1 of the current school year.
 - 3) For freshmen competition, the student shall be eligible in the first year in attendance and shall not have reached the sixteenth (16th) birthday before September 1 of the current school year.
 - 4) Varsity and Sophomore teams will have separate eligibility sheets. Players may NOT appear on both the varsity eligibility roster and a sophomore eligibility roster on the same day.
 - 5) Freshmen-level players must also have separate eligibility sheets.
- c. Vertical movement will only be allowed between the sophomore and varsity levels. Students are not allowed to play in more than 6 quarters on a given competition day. Once a student appears on the Varsity eligibility certificate, that student is ineligible for the lower levels. Once the student appears on the Sophomore eligibility certificate, the student is ineligible for the Frosh level.
- d. While a member of a school team, a player shall not be allowed to represent any other organization in that sport during the official sport season.
- e. Contest results can be protested according to [Article XI – Infractions and Protests of the Chicago Public Schools Athletics Bylaws](#) if there is some irregularity or infraction of the rules occurring during the contest.

XII. League Structure and Conference Standings

League Alignment

a. Standings

- 1) All teams participating in the Chicago Public League Wrestling will play a single Conference round robin schedule, or participate in Mega Duel Tournament. Coaches in the conference will vote to decide which of these two options will be used in their conference. The majority shall rule. Sports Administration shall be governed in case of a tie. The Two Red Conference will compete in Duel, or Tri Matches only, While the White and Blue Conferences will vote on how they will determine their Conference Champion.
- 2) Team standings are determined based upon Conference games wins and losses.
- 3) Final results and stats must be submitted to the Sports Administration. Athletic Directors and Head Coaches are responsible for verifying scores/results.
- 4) All teams must participate in a minimum of 10 meets.
- 5) Tie breaker rules
 - a) Previous City Champion in same weight class
 - b) Head to head competition winner
 - c) Common opponent winner.

b. Scores and Forfeitures

- 1) Each team must report game results to the Sports Administration.
- 2) Each team must rate the match officials through the IHSA School Center portal.
- 3) Any team that does not show or participate in a scheduled contest/match.
- 4) A forfeiting team must notify their opposing team before 10:00 am the day before the scheduled contest to give the necessary time to cancel transportation.
- 5) Forfeit score is 1-0 per the IHSA terms and conditions.



c. Promotion and Relegation

1. The last place conference team at the conclusion of conference mega dual may move to a Lower Conference
The First-Place Conference Team at the conclusion of Conference Mega Dual or Duel meets will be considered for moving to a higher division.

XIII. Chicago Public League Championship Tournaments

a. City Championship Boys & Girls

1. 32 participant brackets per weight class.
2. All CPL approved schools are invited to have their wrestlers participate in the Varsity or JV Championships

Boys Wrestling Team Duel Playoff

The 8 Team Boys Duel CPL Championship shall be composed of the 1st and 2nd place Conference finishers from the Red Conferences (North and South) and the 1st place finishers from the 4 White Conferences.

<u>Round 1</u>	<u>Round 2</u>	<u>Round 3 Championship</u>
<p>Match 1: 1 vs 8</p> <p>Match 2: 2 vs 7</p> <p>Match 3: 3 vs 6</p> <p>Match 4: 4 vs 5</p>	<p>Match 5: Winner Match 1 vs Winner Match 4</p> <p>Match 6: Winner Match 2 vs Winner Match 3</p> <p>Match 7: Loser Match 1 vs Loser Match 2</p> <p>Match 8: Loser Match 3 vs Loser Match 4</p>	<p>Match 9: Seventh Place Loser Match 7 vs Loser Match 8</p> <p>Match 10: Fifth Place Winner Match 7 vs Winner Match 8</p> <p>Match 11: Third Place Loser Match 5 vs Loser Match 6</p> <p>Match 12: First Place Winner Match 5 vs Winner Match 6</p>

XIV. Media and Social Media Expectations

The Chicago Public League (CPL) is proud to offer in-depth coverage of all of our student-athletes across each sports season.

a. To continue to tell these stories, the CPL Sports Communications team asks the following of all participating coaches and student-athletes:

- 1) Ensure all student media consent forms are signed via the standard CPS enrollment packet.
- 2) Make coaches/players available as requested for pre- and post-game interviews.
- 3) Share accomplishments and milestones with the CPS Sports Communications Team so they can highlight your school.
- 4) Interact and follow all CPL athletics content via our website, CPSAthletics.com, or Twitter [@CPLAthletics](https://twitter.com/CPLAthletics).



CPS Sports Communications Team:

- 1) Communications Manager - Joey Gelman - jdgelman@cps.edu
- 2) Communications Specialist- Dominic Scianna - dscianna@cps.edu
- 3) Communications Specialist - Michael Wojtychiw - mmwojtichiw@cps.edu

b. Digital Citizenship Expectations

Being a good digital citizen means that athletic staff and student-athletes are positively contributing to the digital space, respecting other people’s views even if in disagreement, and reporting issues that disrupt a positive digital environment.

A digital footprint and reputation is left online when videos and pictures are uploaded, and when posts and comments are made on websites and social media. Athletic staff and student-athletes must consider the temporary and/or permanent effect actions online can have for themselves and their community both in the digital space and in person.

That is why the Chicago Public League asks all athletic staff, coaches, and student-athletes to engage in respectful and positive social media interaction. Should there be any inappropriate social media being created or shared in your community, please report it to CPS administration within your school building so the situation can be properly assessed and appropriate action can be taken as necessary to ensure a safe environment for all those involved.

XV. Misc Sports Information

a. Accessing Sport Schedules

There are a number of ways to access the schedules of the various levels.

1. Your GoFan School site: [District Managed Schools](#) / [Charter Schools](#)
2. The [CPS athletics site](#) - *Choose the sport/level*
3. The Rschooltoday mobile app - download this app, change the settings to access different levels
4. The AD can go directly to the AS and print it for you or he can set you up with an administrative log in so that you can enter your team scores.
5. cpsathletics.info - go to school athletic calendar, choose your school and then the sport

b. Protocol for Handling Fights on the Mat

Make sure to review this Guidance: [Protocol for Handling Fights](#).

Additionally we believe that it is important to provide you with guidance toward proactive preparation for these activities hoping to promote the safety of the student-athletes and likewise protect you in these situations.

1. The only person that should run onto the court to stop a fight is the Head Coach.
2. Assistant coaches **must** work to control the bench and keep players from running onto the floor in order to keep them from potential danger.
3. Build your culture and instruct your players that the rules of engagement in regards to interscholastic competition requires absolute sportsmanship and **that all fighting is unacceptable**.
4. **Retaliatory actions also have consequences.**



Instruct/train your players to respond in the moment that are not involved in an/the altercation to take aback away and return to their bench area **rather than run toward** the altercation.

Coaches may face disciplinary action if there are on the court altercations involving multiple students as well as if students leave the bench to join in and contribute to a melee.