



SECTION VIII

2022-2023

MODIFIED WRESTLING

HANDBOOK

SECTION VIII MODIFIED WRESTLING

Modified Athletic Council President

Cathleen Dnyprowsky

516-441-4668

cdnyprowsky@greatneck.k12.ny.us

Modified Wrestling Sport Coordinators

Peter Cardone Uniondale High School

516-560-8953 pcardon@uniondaleschools.org

IMPORTANT INFORMATION

Sport Season - Winter II

Start Date: January 17, 2023

Athletes need 10 practices for scrimmages and contests.

Last Competition Date: March 25, 2023

Points: 14

Wrestler Rankings: 1, 2 or 3: What should you look for when you rank your wrestlers?

1's:

First time wrestler who is un-athletic, very limited in skill and technique.

2's:

Athletic, Has some experience, but could be a 1st year wrestler, inconsistent with skills and technique but has a decent understanding of basics.

3's:

Athletic, Experienced (could also be novice, but very athletic), More consistency with skills, "Chain Wrestler" can put some moves together in sequence.

Example: Your starting running back on your football team is a 1st year wrestler. He is most likely a 2 based on his athleticism even though he is a novice.

- Our goal must be to get as many kids wrestling as possible every match.
- There is nothing wrong with 1's wrestling 2's, and 2's wrestling 3's.
- It is okay for kids to lose.

Officials:

- Please let BOCES know how many are needed (1 or 2 mats)
- No add-on teams, Officials will not referee matches with teams not on schedule

From the NYS Modified Handbook:

WRESTLING

Game Conditions:

1. A contestant (or team) may participate in competitions not to exceed 14 points during their season. Points assessed to competitions are as follows: a. 1 Point Meets

are any competitions where a wrestler or wrestlers compete in one or two bouts.

b. 2 Point Meets are any competitions where a wrestler or wrestlers compete in 3 or 4 bouts.

2. No contestant (or team) can accumulate more than 10 points out of the maximum 14 points allowed via 2 point competitions.

3. No contestant (or team) can accumulate more than 3 points per week.

4. There shall be no competition between wrestlers with an age difference of more than 24 months.

5. At least 2 nights shall elapse between contests.

6. The time periods for bouts shall be as follows:

a. If a contestant competes in only one (1) bout per contest, the time periods are:

Program 1: Three 1 and 1/2 minute periods

Program 2: 1st Period- 1 minute,

2nd & 3rd periods. 1 and 1/2 minutes

b. If contestant competes in two, three or four bouts per contest, the time periods will be either: (1) Three one (1)minute periods, or

(2) 1st period: One i. minute, 2nd & 3rd periods: 1 1/2 minutes.

There must be a 45 minute rest period between bouts.

c. With Section approval, a sudden victory overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing position or the referee's position, and the period shall not exceed 30 seconds. (May 2010)

vii. Weight Control:

a. The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under b.

b. No attempt at weight reduction before the official weigh-in is permitted except on written permission from the parents and a written recommendation of a physician.

Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.

c. A squad list, indicating the established weight classes for each team member as

well as birth dates and ages, shall be sent to all opposing schools.

d. Wrestler's participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.

viii. Weigh-ins on the day of a dual meet shall be established by the Section Athletic Council.

ix. For multi-school contests, refer to General Eligibility Rule #10

With Section/League approval, wrestlers shall have the option of wearing an alternative to the traditional singlet. Uniform must include a form-fitting compression shirt and compression shorts, or a form-fitting compression shirt under the school uniform singlet.

Game Rules(Program 1)

1. **Weight Classes:** the official weight classes for competition are 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 140, 148. For schools having only 7th and 8th grade students a 155 pound weight class may be optional. Optional classes may be 74, 165 and unlimited classes with contestants competing weighing within 10 pounds of each other. A minimum weight of 67 lbs. will be required to compete in the optional 74 lb. weight class.

2. **Honor Weigh-In:** The procedures described in the Wrestling Weight Control Plan shall be followed. (Not in Section VIII)

3. There is no limit to the total team bouts in a contest.

4. **Scoring:** Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Game Rules (Program 2)

1. **Weights:** Weight class is listed first, variance second:70-80 lbs. (6 lbs.); 80-90 lbs. (6 lbs.); 90-100 lbs. (6 lbs.); 100-110 lbs. (6 lbs.); 110-120 lbs. (6 lbs.); 120-130 lbs. (6 lbs.); 130-140 lbs. (6 lbs.); 140-150 lbs. (6 lbs.); 150-160 lbs. (6 lbs.); heavier weights (as much as 6 lbs.). (CHANGED TO 10 LBS. 2017)

Variance: The variance listed above permits a contestant to compete against a contestant who is either in a lower or upper weight group. As long as both wrestlers stay within the variance listed. (i.e. a wrestler in the 70-80 lbs. group who weighs 78 lbs. can compete with a wrestler in the 80-90 lbs. group

as long as the heavier wrestler does not weigh more than 82 lbs.)

2. Matching wrestlers: both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.

3. There is no limit to the total team bouts in a contest.

4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Section VIII Modified Wrestling Meeting

*Number of practices required:

10

1. Teams & wrestlers – Maximum 8 bouts (2 bout max), 14 point system.
 - a. Up to 2 bouts = 1 points (regular dual)
 - b. Up to 3 bouts = 2 points (Tri-meet)
2. No competition between wrestlers with an age difference of more than 24 months.
3. At least 2 nights between contests unless rescheduling-then you may wrestle with 1 nights rest (max 3 times for the year). Never 3 days in a row.
4. Individuals - maximum of 2 bouts (3-1 minute periods - 45 min. rest).
Multi-team bout - 3 bout maximum.
5. Weigh in program – Matches are 3: 172 minute periods. (Conf. III)
Match up programs - First period – 1 minute (Conf. I & II)
Second & third period – 112 minutes.
6. Weight classes – 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 140, 148 & 155 lbs. Optional weight classes - 74 (min. 67 lbs), 165.
7. In match up, honor weigh-ins accepted, but if 2 wrestlers appear mismatched, you should not hesitate to ask to see his weight.
 - Coaches must contact each other a night or 2 before match to create match-ups. Do not wait until you get to your opponent to create the bouts. This will only delay the start of your match. Be honest... We want to create as many wrestling opportunities for our athletes as possible. If you bring 20 wrestlers to a match, your goal should be to get everyone a match.

8. Weight Variances: 70-80 lbs (10 lbs), 80-90 lbs (10 lbs), 90-100 lbs (10 lbs), 100-110 (10 lbs), 110-120 lbs (10 lbs) 120-130 (10 lbs), 130-140 lbs (10 lbs), 140-150 lbs (10 lbs), 150-160 lbs (10 lbs), >160 lbs (10 lbs)
9. Sudden Victory: Must be decided before the match:
 - a. 1 min on feet (bout remains tied in no one scores)
 - b. 30 sec rideout (top man rides out or bottom man escapes)
10. Scorer's table: Spray bottle, protective gloves, disposable bags and paper towels.
10. Rosters must be sent to all opponents.
11. Tri-Meets should be scheduled with 2 mats whenever possible.
12. Team Scoring
13. Please be sensitive to girl wrestlers.

RANKINGS 1, 2 or 3:

What should you look for when you rank your wrestlers ?

1's:

First time wrestler who is **un-athletic**, very limited in skill and technique.

Athletic, Has some experience, but could be a 1st year wrestler, inconsistent with skills and technique but has a decent understanding of basics.

3's:

Athletic, Experienced (could also be novice, but very athletic), More consistency with skills, "Chain Wrestler" can put some moves together in sequence.

Example: Your starting running back on your football team is a 1st year wrestler. He is most likely a 2 **based** on his athleticism even though he is a novice.

- Our goal must be to get as many kids wrestling as possible every match.
- There is nothing wrong with 1's wrestling 2's, and 2's wrestling 3's.
It is okay for kids to lose.

Wrestling Links

[NYSPPHSAA wrestling](#)

[NYSPPHSAA Handbook](#)