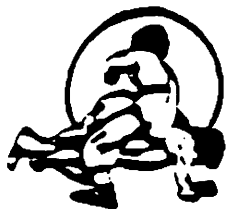


2001 – 2002

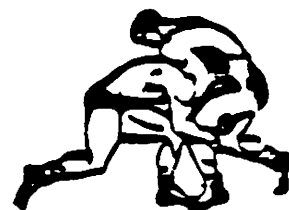


SECTION

V

WRESTLING  
COACHES'

HANDBOOK



**DONALD J. DEBADTS**  
SECTION V WRESTLING COORDINATOR  
GENESEO CENTRAL SCHOOL  
GENESEO, NEW YORK 14454



## **SECTION V WRESTLING COMMITTEE**

**2001 - 2002**

Coordinator	Don DeBadts	Geneseo Central School
Asst. Coordinator	Lynn Tewksbury	Midlakes Central School
Class A Chairman	Mark Hoyt	Brighton High School
Class B Chairman	Bill Hadsell	Geneva High School
Class C Co-Chairman	Bob Gately	LeRoy Central School
Class C Co-Chairman	Jim Sauberan	Kendall Central School
Class D Chairman	Mary Shimmel	York Central School
Allegany-Steuben Chairman	Matt Sheldon	Hornell Central School
Monroe County Chairman	Frank Vito	Greece Athena High School
Livingston Conference Chairman	Sam Linsner	Warsaw Central School
City Catholic Chairman	Lem Rogers	East High School
Genesee Region Chairman	Jim Sauberan	Kendall Central School
Wayne F.L. West Chairman	Dave Poulsen	South Seneca Central School
Wayne F.L. Central Chairman	Chris VanGorden	Midlakes Central School
Wayne F.L. East Chairman	Jack Fisher	Newark Central School
Section V Liason	Jackie Meyer	North Rose-Wolcott Central
Wrestling Officials Representative	Frank Marotta	Rochester

## **SEEDING COMMITTEE**

### **CLASS A**

Mark Hoyt  
Fred Kemp  
Frank Vito  
Bill Jacoutot  
Rick Romeo  
Lem Rogers  
Pete Tabone  
John Leone  
Chuck partridge  
Ron Gross

### **CLASS B**

Bill Hadsell  
Jim Prentice  
Jack Fisher  
Matt Sheldon  
John Pangia  
Eric Romesser  
Brian Quick  
Barry Alexander  
Scott Frieschlag  
John Vandermark

### **CLASS C**

Bob Gately  
Jim Sauberan  
Sam Linsner  
Frank Beilski  
John Wilbur  
Mike Jeffords  
John Grillo  
Vince Asito  
Jason Bovenzi  
John Lawson

### **CLASS D**

Marv Shimmel  
Mike Wikowski  
Mike Davis  
Dave Stein  
Wayne Hartman  
Mike Uveino  
Bob Neamon  
Dave Poulsen  
Kyle Banser  
Rich Schubmehl

## **THE SECTION V WRESTLING SEEDING MEETING**

The seeding meeting for the 2002 Section V Class Tournaments will be held on Thursday, February 14, 2002 at Leisure's in Lakeville, NY. We will start at 9:00 a.m. Please bring with you any seeding information that the coaches give you, plus any updated weight certifications.

All coaches are welcome to come to the seeding meeting. However all decision will be made by the seeding committee. We will start at 9:00 a.m. lunch will be available for members of the seeding committee ONLY!

Every class chairman should make arrangements to have copies for coaches and programs made on their own.

The class chairmen and site chairmen will meet while the other seeding committee members are checking the weight certifications.

### **SEEDING PROCEDURE**

The seeding for the class tournaments will be done by the seeding committee, appointed by the coordinator. Each class committee will have a minimum of 7 members, with a representative from each league.

Wrestlers will be seeded to at least 8 places. More places will be seeded if the committee deems it necessary. Other places will be drawn.

A point system will be used to place the wrestlers initially.

#### **USING OVERALL RECORD**

2 points for a win

-1 point for a loss

Minimum of 12 matches to be considered for seeding. Non-Section V matches are to be included.

After the initial placing, wrestlers can be moved when the committee considers the following:

- Past Section V place finishes
- Level of competition
- Winning percentage
- Tournament competition
- Head to head competition

Any changes at tournament time will be made by the chairman and members of the seeding committee.

## SECTION V WRESTLING

### 2002 CLASS TOURNAMENTS

CLASS A ..... Fairport High School  
CLASS B ..... Wayland Cohocton High School  
CLASS C ..... Letchworth High School  
CLASS D ..... Keshequa High School

The time schedule will be the same for all tournaments as follows:

Friday, February 15, 2002 ..... Weigh-Ins – 2:30 to 4:00  
Coaches' Meeting – 3:30  
Wrestling Starts – 4:30  
Weigh-Ins for Saturday will end 1 hour after wrestling is finished.

Saturday, February 16, 2002 ..... Weigh-Ins – 8:00 to 9:30  
Coaches' Meeting – 9:00  
Wrestling Starts – 10:00  
FINAL ROUND STARTS – 7:00

NOTE: The Class Chairman is allowed to make any changes that are necessary.

### NEW YORK STATE QUALIFYING TOURNAMENT AT TUTTLE NORTH GYM AT SUNY BROCKPORT

Friday, February 22, 2002 ..... Weigh-Ins – 3:00 to 4:30  
Coaches' Meeting – 4:00  
Wrestling Starts – 5:00  
Weigh-Ins for Saturday will end 1 hour after wrestling is finished.

Saturday, February 16, 2002 ..... Weigh-Ins – 9:00 to 10:30  
Coaches' Meeting – 10:00  
Wrestling Starts – 11:00  
FINALS - APPROXIMATELY – 7:00

MEETING: For all coaches and parents of the champions immediately following the conclusion of wrestling.

NEW YORK STATE TOURNAMENT AT SYRACUSE ON MARCH 1 & 2, 2002.

**WEIGHT CLASSES:** 96 (Optional), 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 275 (Optional)

**OPTIONAL WEIGHT CLASSES:** 96 and 275 are optional, however a league can make one or both mandatory. They can not be made mandatory for non-league matches. If teams agree to wrestle optional weight classes they must be counted in the team score. Optional weight classes can be wrestled as exhibition matches, however these matches can not be counted for seeding purposes for Section V Tournaments.

**CERTIFIED WEIGHT LISTS:** Must be on file with your league coordinator and the Section V Coordinator before your first match. AS a courtesy you should also sent a copy to each of your opponents.

Individual Profile Sheets from your weight assessors should be kept on file at your school.

**HYDROSTATIC WEIGHING:** If a wrestler chooses to do the hydrostatic weighing for certification, a copy of this form must be sent to the Section V Coordinator.

**NO RE-CERTIFICATION IS ALLOWED:** Appeal of the skinfold measurements or calculations can be made following the guidelines in the manual.

**NO COIN TOSS FOR DUAL MEETS:** The HOME team will put their wrestler on the mat first in the EVEN bouts and the VISITING will do the same in the ODD bouts. When wrestling is at a neutral site, a coin toss can be used OR home and visiting teams can be designated in advance by the person in charge of the meet.

#### Guidelines for Weigh-Ins

- 1) The wrestler from the visiting team will take the scale first, followed by the wrestler from the home team.
- 2) The entire weigh-in period for dual meets shall be 1/2 hour beginning from the time the first wrestler steps on the scale. (This time should be established as per the Federation Rule Book.)
- 3) The scale shall be available to the visiting team at least 1/2 hours prior to actual weigh-ins so that visiting wrestlers may check their weight.
- 4) If a wrestler is not prepared to make weight at his normal place in the shoulder-to-shoulder line up, he may still have until the end of the 1/2 hour weigh-in period to make weight. He must, however, be ready to step on the scale prior to the close of the weigh-in period. (No additional time will be granted for stripping down, towel off, etc.)

## New York State – Scoring

Dual Meets:	Fall _____	6 points.
	Technical Fall _____	6 points.
	(15 or more match points)	
	Superior Decision _____	5 points.
	(12 or more match points)	
	Major Decision _____	4 points.
	(8 or more match points)	
	Decision _____	3 points.
	Draw _____	2 points.
	Forfeit _____	6 points.
	Default _____	6 points.
	Disqualification _____	6 points.

Tournaments:	Fall _____	2 points.
	Technical Fall _____	2 points.
	Superior Decision _____	1 point.
	Major Decision _____	1/2 point.
	Forfeit _____	2 points.
	Default _____	2 points.
	Disqualification _____	2 points.
	Advancement _____	2 points.
	(Championship Bracket)	
	Advancement _____	1 point.
	(Wrestle-Back Bracket)	

Place Points:	4 Places	6 Places	8 Places
	1 <sup>st</sup> ....14	1 <sup>st</sup> ....16	1 <sup>st</sup> ....16
	2 <sup>nd</sup> ....10	2 <sup>nd</sup> ....12	2 <sup>nd</sup> ....12
	3 <sup>rd</sup> ....7	2 <sup>nd</sup> ....9	2 <sup>nd</sup> ....9
	4 <sup>th</sup> ....4	4 <sup>th</sup> ....7	4 <sup>th</sup> ....7
		5 <sup>th</sup> ....5	5 <sup>th</sup> ....5
		6 <sup>th</sup> ....3	6 <sup>th</sup> ....3
			7 <sup>th</sup> ....2
			8 <sup>th</sup> ....1

- Important Reminders:
- 1) Weight Lists should be sent to your league chairman before your first competition. A copy of this list should also be sent to each of your opponents.
  - 2) Entries for the class tournaments have to be in on time. We will not accept entries by telephone. The entry forms will be mailed later along with evaluation forms for officials.
  - 3) Coaches are responsible for knowing the rules, eligibility requirements, sports standards, etc.
  - 4) Coaches are responsible for the conduct of their wrestlers, assistant coaches, spectators, and any others associated with the team.

**N.Y.S.P.H.S.A.A., INC. HANDBOOK, 2000-2002**  
**WRESTLING WEIGHT CONTROL PLAN**

On the recommendation of the State Wrestling Committee and with the approval of the State Executive Committee the following weight classes are in effect: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 with 96 and 275 as optional weights for dual meets and tournaments.

1. The NYSPHSAA Wrestling Minimum Weight Certification Program is to be followed by all high schools sponsoring wrestling. Based on 7% body fat for males and 14% body fat for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within two weeks from the first day of the season.
2. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. See N.F. rule 4-4-4.
3. A profile form from a NYSPHSAA Approved Assessor must be filed in the home school prior to competition. Sectional wrestling forms must be received by the Section Wrestling Chairman before competition.
4. Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. Each wrestler shall make the scratch weight at the earlier weigh-in and may be permitted an allowance of 3 pounds at the matside weigh-in. One not making the scratch weight at the early weigh-in will not be permitted the 3 pounds allowable and must make scratch weight at the matside in order to compete. Dual meets scheduled on a non-school day shall have the option of using the honor weigh-in procedure or the matside weigh-ins using the rule book limits of a maximum of one hour and a minimum of a half hour before a meet is scheduled to begin. This option must be agreed upon by the participating schools.
5. **Restrictions for Competition:** The minimum required weight for all weights as listed **MUST** be met and **RECORDED** at both the honor weigh-in and the matside weigh-in.
  - a. To compete at the 96 lb. class a wrestler **MUST** weigh in excess of 88 lbs. to be eligible.
  - b. To compete at the 103 lb. class a wrestler **MUST** weigh in excess of 93 lbs. to be eligible.
  - c. To compete at the 215 lb. class a wrestler **MUST** weigh in excess of 180 lbs. to be eligible.
  - d. To compete at the 275 lb. class a wrestler **MUST** weigh in excess of 215 lbs. to be eligible.
6. The minimum required weight for the 96 lb., 103 lb., 215 lb. and 275 lb. weight class **MUST** be met and **RECORDED** at both the honor weigh-in and the matside weigh-in.
7. There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. There is a 1 pound allowance for all involved teams the second day of a dual meet or tournament competition conducted on consecutive days. The maximum allowance for consecutive dual meets or the first day of a tournament following a dual meet is 1 pound. **NOTE:** A minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. This rule is voided at post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition.
8. All Sections are allowed the option of using the following weigh-in procedure for all two-day tournaments: Wrestlers should be allowed to weigh-in at the conclusion of the first day's competition with a one-pound weight allowance. If the wrestler made weight, the weigh-in on the second day of the tournament is eliminated. **NOTE:** Rule book allows the addition of an extra pound on the second day of a 2-day tournament. If for any reason a wrestler failed to make weight that first day, he would be able to weigh-in at the tournament site as per usual on the second day.

## TEAM ROSTER LIST

SCHOOL \_\_\_\_\_ COACH \_\_\_\_\_ YEAR \_\_\_\_\_

ATHLETIC DIRECTOR \_\_\_\_\_ LEVEL OF COMPETITION varsity/JV

A copy of this sheet **MUST** be on file with your SECTIONAL WRESTLING CHAIRMAN prior to your first competition. The school must also have on file an Individual Profile Form for each wrestler.

**WEIGHT CLASSES:** 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 with 96 and 275 as optional weights.

[illegible]



New York State Public High School Athletic Association, Inc.  
**WRESTLING MINIMUM WEIGHT CERTIFICATION**  
**INDIVIDUAL PROFILE FORM - MALES**

Coach: Please complete (print) to dotted line

Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
Last First

School: \_\_\_\_\_ Section: \_\_\_\_\_

Town/City of School: \_\_\_\_\_

Race: Caucasian, Hispanic, Black, Asian, Native American, Other \_\_\_\_\_

Desired weight class: \_\_\_\_\_

.....

**DATA COLLECTION**

Urinalysis: Specific gravity of urine: \_\_\_\_\_ (indicate pass or fail)  
 Must be 1.025 or lower for testing to continue

Assessor: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs.

**SKINFOLD MEASUREMENTS (SF)**

(nearest .5 mm) Average

Triceps	_____	_____	_____	_____	_____
Subscapular	_____	_____	_____	_____	_____
Abdominal	_____	_____	_____	_____	_____

Take 2 in series.  
 If difference is less than or equal to .5 mm, record average.  
 If difference is greater than .5 mm, take a 3rd and record average.  
 \_\_\_\_\_ SUM

**MINIMUM WRESTLING WEIGHT CALCULATIONS**

BODY DENSITY (BD) from Lohman Equation

$$BD = 1.0973 - \left( \frac{\text{SUM SF}}{\text{SUM SF}} \times .000815 \right) + \left( \frac{\text{SUM SF}}{\text{SUM SF}} \right)^2 \times .0000008$$

$$BD = 1.0973 - \left( \frac{\text{SUM SF}}{\text{SUM SF}} \right) + \left( \frac{\text{SUM SF}}{\text{SUM SF}} \right)^2 \times .0000008$$

$$BD = \frac{\text{SUM SF}}{\text{SUM SF}}$$

% BODY FAT (BF) from Brozek Equation

$$\%BF = (4.57 \div \frac{BD}{BD} - 4.142) \times 100$$

Use data sheet on page ? of Assessors Manual

$$\%BF = \frac{\text{SUM SF}}{\text{SUM SF}}$$

CALCULATING MINIMUM WEIGHT AT 7% BF

$$7\% \text{ BF weight} = \left[ 1 - \left( \frac{\%BF}{\%BF} \div 100 \right) \times \frac{\text{current weight}}{\text{current weight}} \right] \div .93$$

or

$$\text{Minimum Weight at } 7\% \text{ BF} = \text{_____ lbs.}$$

Minimum Weight Class

NYPHSAA Assessor \_\_\_\_\_ Date \_\_\_\_\_

Send one copy to the Athletic Director - Keep one copy for your files

**New York State Public High School Athletic Association, Inc.**  
**WRESTLING MINIMUM WEIGHT CERTIFICATION**  
**INDIVIDUAL PROFILE FORM - FEMALES**

Coach: Please complete (print) to dotted line

Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
Last First

School: \_\_\_\_\_ Section: \_\_\_\_\_

Town/City of School: \_\_\_\_\_

Race: Caucasian, Hispanic, Black, Asian, Native American, Other \_\_\_\_\_

Desired weight class: \_\_\_\_\_

.....  
**DATA COLLECTION**

Urinalysis: Specific gravity of urine: \_\_\_\_\_ (indicate pass or fail)  
 Must be 1.025 or lower for testing to continue

Assessor: \_\_\_\_\_

Weight: \_\_\_\_\_ lbs.

**SKINFOLD MEASUREMENTS (SF)**

(nearest .5 mm)

Average

Triceps \_\_\_\_\_

Subscapular \_\_\_\_\_

SUM \_\_\_\_\_

Take 2 in series. If difference is less than or equal to .5 mm, record average.  
 If difference is greater than .5 mm, take a 3rd and record average.

**MINIMUM WRESTLING WEIGHT CALCULATIONS**

$$\%BF = \left( \frac{\text{SUM SF}}{\text{SUM SF}} \times 1.33 \right) - \left( \frac{\text{SUM SF}^2}{\text{SUM SF}} \times .013 \right) = \text{---} - 2.50$$

%BF = \_\_\_\_\_

**CALCULATING MINIMUM WEIGHT AT 14% BF**

$$14\% \text{ BF weight} = \left[ 1 - \left( \frac{\%BF}{100} \right) \times \frac{\text{current weight}}{.86} \right] \div .86$$

or

Minimum Weight at 14% BF = \_\_\_\_\_ lbs.

Minimum Weight Class

NYPHSAA Assessor \_\_\_\_\_ Date \_\_\_\_\_

# Contract for Determination of Body Composition By Hydrostatic Weighing (underwater)

## Description of procedure

Urinalysis will be repeated and must be passed prior to continuing with procedure.

Dry weight will be taken which cannot be lower than the weight from the original assessment to continue with testing. [Use original weight even if wrestler has gained weight.]

Dry body weight will be taken on a conventional scale.

Residual lung volume will be estimated using a spirometer. The wrestler will hyperventilate two or three times, inhale maximally, and then exhale maximally into the spirometer through a clean mouth piece. This procedure will be repeated three times.

The hydrostatic weighing apparatus consists of a tank filled with water, a scale suspended over the tank, and a swing upon which the subject is seated and submerged below the surface of the water. The subject is initially seated upright with the head above the water. A deep breath is taken, the wrestler lowers the upper body into the water, and exhales as completely as possible. After exhaling, the wrestler remains submerged and still for one or two seconds, and then sits upright, bringing the head above the water. Some wrestlers prefer to exhale prior to submersion.

Attire: Bathing suit

Hydrostatic Examiner: The procedure will be performed by a trained individual. If the gender of the wrestler is different from that of the Examiner, an adult (over 18 years of age) of the same sex as the wrestler will be present during the testing.

Risks: It is possible that the wrestler will experience discomfort while holding his or her breath underwater. The wrestler may also experience anxiety during submersion, may inhale water and choke, or may faint from hyperventilating during the hydrostatic weighing procedure or the residual volume test. Adverse cardiac responses may also occur which could result in death.

Voluntariness: The wrestler is aware that he or she is under no compulsion or duress whatsoever to participate in this procedure, and that the decision not to participate will in no way effect the wrestler's standing as an athlete.

Informed Consent: The signature of the wrestler and parent/guardian indicates understanding of the procedures to be performed. The (facility) and examination personnel will not be held responsible for unforeseen and unavoidable reactions by the wrestler during examination.

---

(signature of wrestler)

(date)

---

(signature of parent/guardian)

(date)

## HYDROSTATIC WEIGHING

One of the methods which may be used by a wrestler to appeal his/her minimum weight certification is to be hydrostatically weighed to determine body fat percentage. All arrangements and costs incurred are the responsibility of the student/athlete.

Should a wrestler choose to pursue this method of appeal, one of the NYSPHSAA approved hydrostatic weighing facilities would have to be contacted to make arrangements.

A wrestler shall not weigh less than his/her weight from the original assessment. [Use original weight even if wrestler has gained weight.] The school's athletic director must supply a copy of the original Individual Profile Form for verification. Furthermore, the wrestler must pass the urinalysis test to determine hydration.

The wrestler must also be provided copies of the Hydrostatic Weighing Form as well as the Contract for Determination of Body Composition By Hydrostatic Weighing Form.

### NYSPHSAA APPROVED SITES

Adelphi University  
South Ave  
Garden City, NY 11530  
Contact: Dr. Robert Otto  
516-877-4276

SUNY at Brockport  
350 Campus Drive  
Brockport, NY 14420  
Contact: Dr. Heidi Byrne  
716-395-2601

State University at Buffalo  
Department of Physical Therapy, Exercise  
and Nutrition  
1410 Kimball Tower  
Buffalo, NY 14214  
Contact: Dr. Frank Cerny  
716-829--2941, Ext. 208

Syracuse University  
Health and Physical Education Building  
Contact: Femia Giannopoulou  
315-443-2115  
Fax: 315-443-9375

Results obtained by this step are automatically accepted.

# MINIMUM WRESTLING WEIGHT FOR MALE WRESTLERS

% BODY FAT (BF) from Brozek Equation

$$\% \text{ BF} = (4.57) / \frac{\text{body density}}{\text{body density}} - 4.142) \times 100$$

% BF = \_\_\_\_\_

## CALCULATING MINIMUM WEIGHT AT 7% BF

$$7\% \text{ BF weight} = 1 - \left( \frac{\% \text{BF}}{100} \right) \times \frac{\text{current weight}}{\text{current weight}} / .93$$

Weight at 7% BF = \_\_\_\_\_ lbs.

Minimum Weight Class

Enter the Minimum Weight Class the student may wrestle at in the box above, \*96 103 112 119 125 130 135 140 145 152 160 171 189 215 \*275. (\* = optional class)

The lowest weight class a wrestler may compete at will be determined by:

- If the predicted weight, at 7% body fat, is exactly that of one of the weight classes, that shall be the wrestler's minimum weight class.
- If the predicted weight, at 7% body fat, falls between two weight classes, he must wrestle at the higher weight class. If weight is recorded below .5, round down to the nearest pound; if .5 or above, move up to the next pound.
- Some athletes are naturally lean, that is, their body fat will be under 7%. In such cases the assessor will use their actual weight to be their minimum weight at which they can compete.

Examiner: \_\_\_\_\_ Facility: \_\_\_\_\_ Date: \_\_\_\_\_  
(Signature)

Complete two copies:

1. Original in sealed envelope to Athletic Director.
2. One copy for your files (maintain for four years).

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION

Wrestling Minimal Weight Program  
MALES  
HYDROSTATIC WEIGHING FORM

Name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Age: \_\_\_\_\_

Urinalysis: passed \_\_\_\_\_ failed \_\_\_\_\_

Height: \_\_\_\_\_ in. \_\_\_\_\_ cm.

Body Weight \_\_\_\_\_ lbs. \_\_\_\_\_ kg.  
(Must not exceed weight from original assessment)

Barometric Pressure: \_\_\_\_\_ mmHg

Air Temperature: \_\_\_\_\_ C

Water Temperature: \_\_\_\_\_ C

Chair Weight: \_\_\_\_\_ kg.

Vital Capacity: \_\_\_\_\_ liters

ATPS to BTPS Conversion: \_\_\_\_\_

Residual Volume: \_\_\_\_\_ liters

Density of H<sub>2</sub>O \_\_\_\_\_ g/ml

Hydrostatic Weight: \_\_\_\_\_ kg.

Body Density: \_\_\_\_\_ g/ml

Estimated % Fat (Brozek): \_\_\_\_\_ %

Estimated fat weight: \_\_\_\_\_ lbs. \_\_\_\_\_ kg.

Estimated fat free weight: \_\_\_\_\_ lbs. \_\_\_\_\_ kg.

Estimated Weight at 7% fat: \_\_\_\_\_ lbs. \_\_\_\_\_ kg.



**Wrestling Minimal Weight Program**  
**FEMALES**  
**HYDROSTATIC WEIGHING FORM**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Age: \_\_\_\_\_

Urinalysis: passed \_\_\_\_\_ failed \_\_\_\_\_

Height: \_\_\_\_\_ in. \_\_\_\_\_ cm.

Body Weight \_\_\_\_\_ lbs. \_\_\_\_\_ kg.  
(Must not exceed weight from original assessment)

Barometric Pressure: \_\_\_\_\_ mmHg

Air Temperature: \_\_\_\_\_ C

Water Temperature: \_\_\_\_\_ C

Chair Weight: \_\_\_\_\_ kg.

Vital Capacity: \_\_\_\_\_ liters

ATPS to BTPS Conversion: \_\_\_\_\_

Residual Volume: \_\_\_\_\_ liters

Density of H<sub>2</sub>O \_\_\_\_\_ g/ml

Hydrostatic Weight: \_\_\_\_\_ kg.

Body Density: \_\_\_\_\_ g/ml

Estimated % Fat (Brozek): \_\_\_\_\_ %

Estimated fat weight: \_\_\_\_\_ lbs. \_\_\_\_\_ kg.

Estimated fat free weight: \_\_\_\_\_ lbs. \_\_\_\_\_ kg.

Estimated Weight at 14% fat: \_\_\_\_\_ lbs. \_\_\_\_\_ kg.



New York State Public High School Athletic Association, Inc.

WRESTLING MINIMUM WEIGHT CERTIFICATION

Request for Waiver of the Two Week Rule

All requests for minimum weight certification of a wrestler after the first two weeks of the season, exclusive of Sundays and school holiday closings, are to be submitted on this form to the Section Wrestling Coordinator. **The wrestler is not eligible to compete** until the written approval of the Wrestling Coordinator is received by the wrestler's athletic director.

Name of Student Requesting Waiver: \_\_\_\_\_

Name of School: \_\_\_\_\_ Section (1-11): \_\_\_\_\_

Signatures:	_____	_____
	head coach	date
	_____	_____
	athletic director	date
	_____	_____
	high school principal	date

Rationale for Request: (attach all pertinent documentation) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

-----  
coordinator's use only

Section Wrestling Coordinator's Name: \_\_\_\_\_  
(print or type)

Request is ☐ approved ☐ denied Date: \_\_\_\_\_

Reason(s) for approval / denial: (Coordinator may consult with NYSPHSAA staff)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Section Wrestling Coordinator's Signature: \_\_\_\_\_

**SECTION V WRESTLING HALL OF FAME NOMINATION FORM**

NAME OF NOMINEE: \_\_\_\_\_

NOMINATED BY: \_\_\_\_\_

SCHOOL OR SCHOOLS NOMINEE IS ASSOCIATED WITH:

\_\_\_\_\_  
\_\_\_\_\_

SUMMARY OF NOMINEES ACCOMPLISHMENTS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**RETURN COMPLETED FORM BY DECEMBER 1<sup>ST</sup> TO:**

Don DeBadts >>>>> Section V Wrestling Coordinator  
Geneseo Central School  
4050 Avon Road  
Geneseo, New York 14454

OR

Frank Marotta, WOA Section V Executive Secretary  
236 Mendota Drive  
Rochester, New York 14626

**APPEALS PROCEDURE FOR SECTIONAL WRESTLING TOURNAMENTS**  
(Effective 1987-1988 Wrestling Season)

**1. FOR "SUPER SECTIONAL" (Final Sectional Qualifier for State Tourn.)**

- a. The Appeals Committee shall be the WOA of Section 5 Official Rules Interpretation Committee (The Official Interpreter and those members of the WOA Executive Committee who attended the most recent State Interpretation meeting held in Oct. prior to start of the season.) This should be a 3 person committee. Otherwise, the WOA President, who is also the official interpreter, shall appoint other officials to fill the vacant position(s). This shall be done prior to the tournament.
- b. If any of the Executive Committee members who are members of the Interpretation Committee are unable to attend the Super Sectional or if any of the Interpretation Committee should have a "conflict of interest" in the match being appealed (e.g. being the official or assistant, school from same town, etc.), there shall be a previously established rank order of substitutes to fill any vacancies. This shall be done following the same procedure followed in "a" above.

**2. FOR CLASS SECTIONALS**

The Section 5 Chairman and the WOA President (who is also the official interpreter) shall cooperate in the selection of a Head Official for each class tournament. They will then designate officials in rank order to serve on the Appeals Committee with the Head Official. The committee shall number 3 persons. The Official Interpreter, when present, shall always be one of the members.

**3. WHAT QUALIFIES FOR APPEAL AND WHAT PROCEDURES ARE FOLLOWED**

- a. The procedure is intended only for Sectional Tournaments. It will be used in some tournaments on an experimental basis prior to the Sectionals, but only if the tournament has enough officials assigned so that the procedure can be implemented as stated above.
- b. Items involving tournament organization, etc. fall under the jurisdiction of the tournament chairman and not the appeals committee.
- c. The ONLY appeals that will be heard and ruled on by the Appeals Committee must involve a misapplication of a rule or a rule interpretation. As usual, calls involving judgement cannot be questioned, nor can they be appealed.

(OVER)

d. The coach must first follow the procedures in the Rule Book (Rule 6-6-6). The coach must immediately tell the mat official that he wants to appeal the referee's application of the rule or interpretation.

1) If the match has ended, only the offended wrestler must remain on the mat, but the mat official shall instruct the other wrestler to remain in the mat area.

2) The Appeals Committee shall be summoned. The coach has 2 minutes to state his case, but the Committee may want to question him additionally. Video tape will not be submitted as evidence, nor shall the appeals committee review any tape prior to making a decision. The referee and assistant, if being used, shall explain the call and the rationale for it.

3) The Appeals Committee shall meet alone where they can be free from any interference and once they present their decision, it is final.

- a) If a rule or interpretation has been misapplied, any penalties levied against the coach because of his protest, shall be removed. The situation shall be corrected and bad time wrestled, if necessary.
- b) If the Appeals Committee rules that it is judgement being questioned, the coach shall be penalized according to the rule book only if he has not already been penalized during the match for questioning the same judgement call.
- c) If the Appeals Committee rules that the referee's decision was correct, there shall be no further penalty against the coach because of the appeal. However, the coach may be penalized for any unsportsmanlike actions after the decision has been rendered.



## WRESTLING COMMUNICABLE SKIN INFECTION

### PERMISSION TO COMPETE IN THE SPORT OF HIGH SCHOOL WRESTLING

---

TO: Physician or Dermatologist or Nurse Practitioner  
(Please use ink when completing form)

Please describe skin condition(s) of: \_\_\_\_\_  
(name of wrestler)

and answer all questions on this form.

1. Describe the specific location of the suspected skin condition (example: left forearm, close to thumb joint, etc.) \_\_\_\_\_  
\_\_\_\_\_
2. Describe the approximate size and color of the above condition (example: it is about the size of a nickel, red in color; it is about two inches in diameter, blotchy red) \_\_\_\_\_  
\_\_\_\_\_
3. Technical name of skin condition: \_\_\_\_\_
4. Do you believe this skin condition is contagious or poses a danger to others?  
Circle One: Yes No  
(Note: If "Yes", the participant is ineligible to wrestle until you give clearance.)
5. If you answered "No" to question 4., can the wrestler compete without having the skin condition covered?  
Circle One: Yes No  
(Note: For eligibility, any existing contagious skin conditions may not be covered.)
6. If contagious, when will it be safe for him to continue wrestling? Please list a calendar date \_\_\_\_\_

Print doctor's name \_\_\_\_\_ Today's date \_\_\_\_\_

Doctor's specialty area \_\_\_\_\_

Doctor's address \_\_\_\_\_

Doctor's phone \_\_\_\_\_

Doctor's signature \_\_\_\_\_

**PHYSICIAN'S NOTE:** If a participant is suspected of having a contagious communicable skin disease or any other condition that makes participation appear inadvisable, his coach must provide written documentation from a physician or nurse practitioner stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. This document shall be furnished at the weigh-in or upon arrival at the site of the dual meet or tournament.

**NOTE: THIS DOCUMENT IS ONLY GOOD FOR 14 DAYS.**

# Section V...Athletic Association

## Disqualification Form

Date of Event: \_\_\_\_\_ Sport: \_\_\_\_\_

Level of Competition ..... Freshman \_\_\_\_\_ Junior Varsity \_\_\_\_\_ Varsity \_\_\_\_\_

Home School \_\_\_\_\_ Opponent \_\_\_\_\_

Name of disqualified coach/player \_\_\_\_\_

Official(s) Assigned – please print, \_\_\_\_\_

Reason for Disqualification:      **Flagrant Misconduct (physical)** \_\_\_\_\_  
   **Flagrant Misconduct (verbal/dissent/taunting)** \_\_\_\_\_  
   **Other** \_\_\_\_\_

Description: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature of Official Issuing Disqualification \_\_\_\_\_

Date \_\_\_\_\_

### NOTE:

The home school Athletic Director *MUST* be notified by the Official issuing the disqualification within twenty-four (24) hours or by the end of the next school day.

The Official issuing the disqualification *MUST* file this report within three (3) days to,

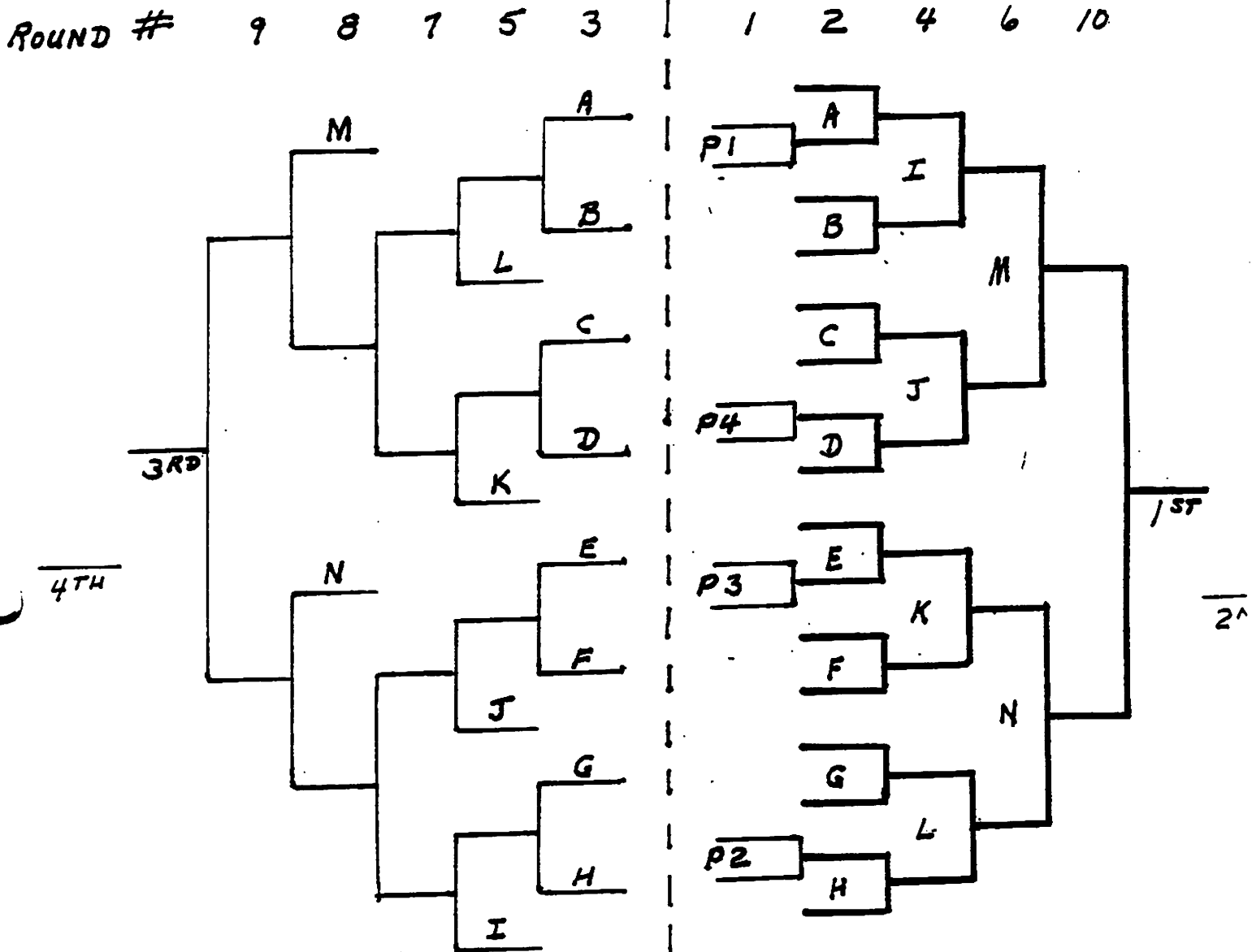
1. The school of the disqualified player;
2. The league coordinator or designee;
3. The President of the Referees Unit; and,
4. Section V Executive Director ... Mr. Ed Stores  
P.O. Box 298  
Attica, New York 14011

It is the responsibility of the school to have a copy of this form available at all home athletic contests.

# CLASS TOURNAMENT BRACKET

## WRESTLE-BACKS

## CHAMPIONSHIP BRACKET



### CLASS TOURNAMENT - TEAM SCORING

- Round #1 - Qualifying - NO TEAM SCORING
- Round #2 - 2 Advancement & Pin Points
- Round #3 - 1 Advancement & Pin Points
- Round #4 - 2 Advancement & Pin Points
- Round #5 - 1 Advancement & Pin Points
- Round #6 - 2 Advancement. 10 Place Points & Pin Points
- Round #7 - 1 Advancement & Pin Points
- Round #8 - 1 Advancement & Pin Points
- Round #9 - 3 Place Points & Pin Points
- Round #10 - 4 Place Points & Pin Points

### PIN POINTS

- Fall.....2
- Tech Fall...2
- Sup Dec....1
- Maj Dec.....1/2
- Forfeit.....2
- Default.....2
- Disq.....2

## SECTION V WRESTLING – AT LARGE ENTRY FOR NYS QUALIFIER

- I. There may not be any at large entries.
- II. To be eligible for an at large entry a wrestler:
  - A. Must be an outstanding wrestler with a winning percentage of .900 in at least 18 bouts including tournaments.
  - B. Must have finished 1<sup>st</sup> or 2<sup>nd</sup> in a previous Section V Class Tournament or NYS Qualifier.
  - C. Either A or B will qualify.
  - D. Must have wrestled in at least 6 scheduled matches during the current season as per the NYS HANDBOOK.
  - E. Must submit a letter of application to the Section V Wrestling Coordinator no later than Saturday night preceding the NYS Qualifier. This letter should explain in detail the reason for making the application and should be signed by the wrestler's coach and athletic director.
  - F. If a medical problem is involved. The application must be accompanied by a letter from a doctor explaining the problem and indicating dates when the wrestler is able and/or not able to participate.
- III. Applications will be considered on there individual merits. Most of the applications in the past have concerned a wrestler who was not able to participate in his class tournament, but is able to wrestle the following week. Because the class tournaments are the first step in qualifying for the New York State Tournament a team should not enter a wrestler in a weight class in the class tournament. If they plan on applying for an at large entry in the NYS Qualifier.
- IV. A majority vote of the Section V Wrestling Committee will determine the entry of the individual wrestler into the tournament.
- V. At large entries will be placed in a pigtail round on the bracket, so that they will wrestle the 4<sup>th</sup> place wrestler from their class tournament.



## **PROCEDURES FOR NEW YORK STATE WRESTLING TOURNAMENT**

**Chaperones:** The Section V Wrestling Coordinator, the Assistant Coordinator and the individual coaches will be in charge of the wrestlers.

**Transportation:** Is the responsibility of the individual schools involved. Everyone should plan on arriving at the Syracuse Hotel between 5:00 and 6:00 p.m. on Thursday for check-in.

**Rooms:** Reservations will be made for all the wrestlers and 2 coaches from each school. The rooms will put on a Section V Voucher and billed back to the school at a later date by the Section V Treasurer. The Hotel Syracuse offers these rooms at reduced rates and only coaches and wrestlers are allowed on these floors. The rooms are reserved for Thursday and Friday nights only. However, anyone wishing to stay on Saturday night can make arrangements to do so on their own.

**Practice:** At about 7:00 p.m. on Thursday we will practice as a team in the War Memorial and have a chance to check everyone's weight.

Other details will be handed out to the coaches and wrestlers at the team practice on Tuesday.

# 2002 NEW YORK STATE TOURNAMENT PAIRINGS

96	103	112	119	125	130	135	140	145	152	160	171	189	215	275
1	3	4	10	5	1	3	P	1	P	2	11	6	7	11
B	B	B	B	B	B	B	B	B	B	B	B	B	B	B
2	7	6	6	6	11	1	3	5	2	10	2	2	5	3
C	EP	EP	3	4	4	5	7	P	1	3	9	7	4	2
4	C	C	7	10	9	2	2	4	3	1	6	4	8	9
B	B	B	B	B	B	B	B	B	B	B	B	B	B	B
11	11	7	4	7	6	11	5	3	9	6	4	10	9	7
10	1	11	1	2	7	P	4	10	7	5	C	11	3	4
8	2	8	11	C	10	8	8	7	5	7	8	1	10	C
B	B	B	B	B	B	B	B	B	B	B	B	B	B	B
6	9	10	C	3	C	10	C	C	11	11	1	8	11	8
9	6	3	P	P	8	9	10	8	5	9	7	9	C	1
7	8	2	5	1	P	7	9	6	C	C	5	5	6	5
3	4	9	9	8	5	4	11	2	4	P	10	3	1	P
P	5	5	8	11	3	6	1	9	10	8	P	C	2	6
5	10	1	2	9	2	C	6	11	8	4	3	P	P	10

# PROCEDURES FOR NEW YORK STATE WRESTLING TOURNAMENT

Chaperones: The Section V Wrestling Coordinator, the Assistant Coordinator and the individual coaches will be in charge of the wrestlers.

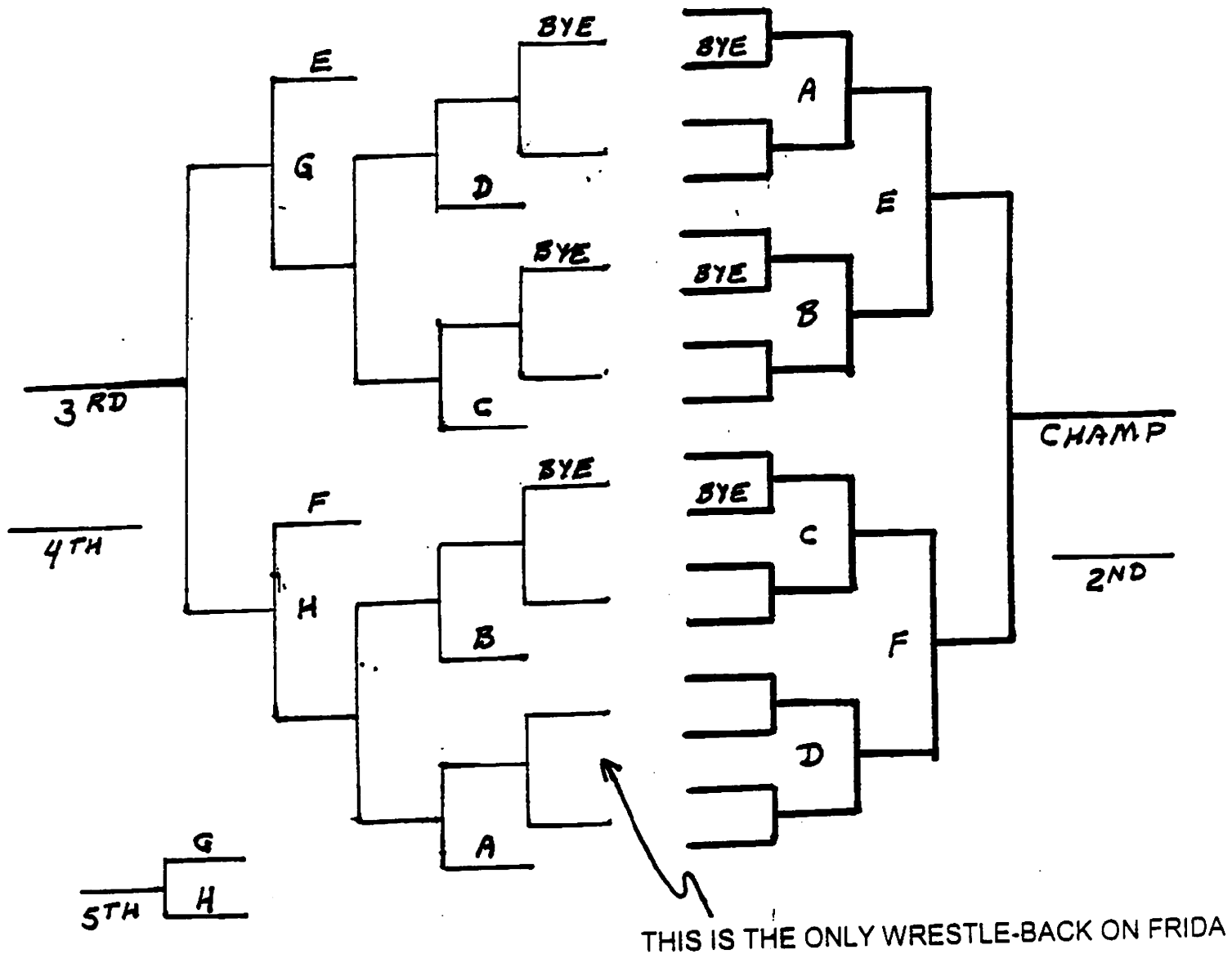
Transportation: Is the responsibility of the Individual schools involved. Everyone should plan on arriving at the Syracuse Hotel between 5:00 and 6:00 p.m. on Thursday for check-in.

Rooms: Reservations will be made for all the wrestlers and 2 coaches from each school. The rooms will put on a Section V Voucher and billed back to the school at a later date by the Section V Treasurer. The Hotel Syracuse offers these rooms at reduced rates and only coaches and wrestlers are allowed on these floors. The rooms are reserved for Thursday and Friday nights only. However, anyone wishing to stay on Saturday night can make arrangements to do so on their own.

Practice: At about 7:00 p.m. on Thursday we will practice as a team in the War Memorial and have a chance to check everyone's weight.

Other details will be handed out to the coaches and wrestlers at the team practice on Tuesday.

## NEW YORK STATE TOURNAMENT BRACKET



## 2

Date: \_\_\_\_\_



## **Changes To The NYS Handbook 2001-2002**

Pg. 1, Rule 1-1-2, Delete the first sentence "If it is mutually decided to vary the order of competition" as this is no longer applicable.

Pg. 5, Rule 4-4-5, Change January 15<sup>th</sup> to December 25<sup>th</sup>.

Pg. 8, Rule 5-1-3, 5-2-1, In an effort to move closer to National Federation interpretations the following interpretation will be in effect immediately. When the position currently described as the "wrong leg in" on page 8 of the NYS handbook is attained by either wrestler a takedown or reversal can be awarded to the wrestler in the top position as soon as he get under both of his opponents arms as pictured in the Federations rules book in photos #13 and #14. Therefore we must delete the criteria which are currently listed on page 8 from the word "situation" to the word "met".

Pg. 11, Rule 5-3-1, Should now read NYS "during the match" is from the time the wrestler who is obligated to report to the wrestling area first enters the wrestling area (inside the minimum 28' circle), to the completion of the end of match procedure (hand shake) or when a fall, technical fall or the first points scored in an overtime ends the match.

Pg. 20, Rule 8-1-1, Add to #1 it is also a technical violation on the wrestler and add to #2 one match point will also be awarded for a technical violation.

Pg. 21, Rule 8-2-1, We must delete the section that reads "if wrestler A is injured for the second time at the conclusion of the first period" from here to the bottom of the page is no longer applicable.

Now when a wrestler takes a second injury time out at the conclusion of the first period the opponent will have choice for both the second and the third periods.

### **Additional Information From NYSPHSAA, Walter G. Eaton**

As of November 28, 2000, body gems are adornments and are considered jewelry. Athletes are not permitted to wear body gems during competition. For those who may be unfamiliar, body gems are hard, plastic like mini stones with a sticky substance to adhere the gems on to the skin.

As of January 23, 2001, any piece of jewelry that is visible at the start of or during a contest, is a violation of the NYSPHSAA jewelry rule. This interpretation now applies to any and all body piercing objects, including tongue studs.

# SECTION V WRESTLING SEEDING SHEET

WRESTLERS NAME: \_\_\_\_\_ SECTIONAL WEIGHT CLASS: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_

OVERALL RECORD THIS SEASON: WINS: \_\_\_\_\_ LOSSES: \_\_\_\_\_

OVERALL CAREER RECORD: WINS: \_\_\_\_\_ LOSSES: \_\_\_\_\_

SECTION V N.Y.S. QUALIFIER: \_\_\_\_\_

SECTION V CLASS TOURNAMENT: \_\_\_\_\_

OTHER TOURNAMENTS:	NAME OF TOURNAMENT	YEAR	PLACE
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

## *LIST ALL INDIVIDUAL MATCH RESULTS*

	WT. CLASS	OPPONENT'S NAME	SCHOOL	WON OR LOST	SCORE	TIME
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						

(Continued)

# SECTION **V** WRESTLING DUAL MEET RESULTS

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

League: \_\_\_\_\_

Home Team: \_\_\_\_\_

Visiting Team: \_\_\_\_\_

SCORE \_\_\_\_\_

SCORE \_\_\_\_\_

Weight Class	Wrestler's Name	Result	Wrestler's Name	Score/Time
96				
103				
112				
119				
125				
130				
135				
140				
145				
152				
160				
171				
189				
215				
275				

Abbreviations: W - Won By Decision  
 L - Lost By Decision  
 WBF - Won By Fall  
 LBF - Lost By Fall

WBD - Won By Default  
 LBD - Lost By Default  
 FOR. - Forfeit  
 W DIS. - Won By Disqualification  
 L DIS. - Lost By Disqualification



# NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION



## SECTION V N.Y.S.P.H.S.A.A.. INC. CLASSIFICATION FOR 2001-2002 WRESTLING

### CLASS A 20 Schools

Webster.....	1044
East.....	1073
Fairport.....	1622
Pittsford.....	1415
Rush-Henrietta.....	1387
Gates-Chili.....	1288
Penfield.....	1199
Brockport.....	1173
Greece Athena.....	1154
Churchville Chili.....	1130
Hilton.....	1122
Irondequoit.....	1085
Spencerport.....	1053
Canandaigua.....	1052
Greece Arcadia.....	1046
McQuaid.....	1032
Greece Olympia.....	1002
Marshall.....	980
Brighton.....	874
Franklin.....	821

### CLASS B 20 Schools

Eastridge.....	784
Newark.....	715
Victor.....	688
Batavia.....	678
Honeoye Falls-Lima.....	639
R.L.Thomas (Webster).....	639
Wayne.....	632
Geneva.....	596
Palmyra Macedon.....	562
Midlakes.....	558
Hornell.....	538
Livonia.....	536
Wayland Cohocton.....	517
Penn Yan.....	512
Attica.....	494
Bath Haverling.....	489
Dansville.....	462
Waterloo.....	450
North Rose Wolcott.....	441
Marcus Whitman.....	440

### CLASS C 20 Schools

Mynderse.....	407
Sodus.....	393
Wellsville.....	380
Letchworth.....	352
LeRoy.....	349
Pembroke.....	341
Williamson.....	338
Bishop Kearney.....	337
Addison.....	328
Caledonia Mumford.....	326
Byron Bergen.....	321
Holley.....	308
Avon.....	298
Marion.....	295
Warsaw.....	293
Perry.....	284
Lyons.....	282
Jendall.....	278
Bloomfield.....	277
East Rochester.....	271

### CLASS D 20 Schools

Pavillion.....	270
York.....	256
Keshequa.....	253
South Seneca.....	252
Campbell Savona.....	250
Bollivar Richburg.....	248
Alexander.....	235
Red Creek.....	233
Dundee.....	230
Red Jacket.....	226
Geneseo.....	222
Canistota.....	202
Lyndonville.....	194
Alfred Almond.....	194
Notre Dame.....	182
Fillmore.....	180
Genesee Valley.....	172
Hammondsport.....	170
Avoca.....	133
Jasper Troupsburg.....	125
Northstar Christian Academy...	76



	WT. CLASS	OPPONENT'S NAME	SCHOOL	WON OR LOST	SCORE	TIME
17.						
18.						
19.						
20.						
21.						
22.						
23.						
24.						
25.						
26.						
27.						
28.						
29.						
30.						
31.						
32.						
33.						
34.						
35.						
36.						
37.						
38.						
39.						
40.						
41.						
42.						
43.						
44.						