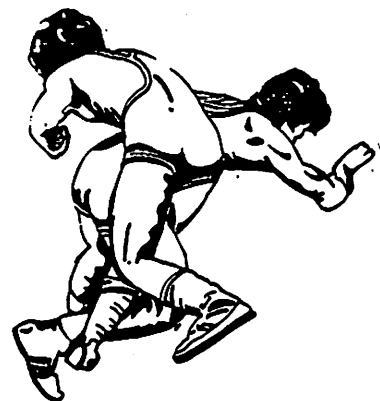




SECTION



1987-88



WRESTLING HANDBOOK

ATTENTION ATHLETES! YOU ARE ELIGIBLE:

1. IF YOU ARE A HIGH SCHOOL STUDENT IN REGULAR ATTENDANCE IN GRADES 9, 10, 11 OR 12.
2. BETWEEN ENTRY INTO NINTH GRADE AND 19th BIRTHDAY.
3. IF YOUR PARENTS AND THE SCHOOL DOCTOR APPROVE,
4. IF YOU ENROLLED DURING THE FIRST 15 DAYS OF THIS SEMESTER.
5. TWO WEEKS AFTER TRANSFERRING FROM ANOTHER SCHOOL,
6. FOR FOUR CONSECUTIVE SPORT SEASONS BEGINNING WITH THE SEASON IN WHICH YOU ENTERED GRADE 9.
7. IF YOU HAVE UNDIVIDED LOYALTY TO YOUR HIGH SCHOOL TEAM, i.e., IF YOU PARTICIPATE ONLY IN INTERSCHOOL COMPETITION DURING THE SEASON IN THAT SPORT, (EXCEPT IN BOWLING, GOLF, RIFLERY, SKIING, TENNIS, ICE HOCKEY),
8. IF YOU HAVE NOT VIOLATED THE ALL-STAR GAME RULE,
9. IF YOU HAVE NOT PLAYED OR PRACTICED WITH A COLLEGE TEAM,
10. IF YOU ARE AN AMATEUR, HAVING NEVER USED YOUR ATHLETIC SKILL FOR GAIN, AND IF YOU HAVE NEVER COMPETED UNDER AN ASSUMED NAME,
11. IF YOU ARE FAMILIAR WITH THE RULES OF THE GAME AND THE STANDARDS OF SPORTSMANSHIP.

Code of Ethics

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game—not a matter of life or death for player, coach, school, official, fan, community, state or nation.

SECTION V WRESTLING

1987-88

IMPORTANT DATES:

- Saturday, November 14, 1987....Wrestling Clinic & Coaches' Rules Interpretation Meeting at Geneseo Central School
- Wednesday, February 17, 1988...Deadline for entries for Class Tournaments
- Thursday, February 18, 1988....Seeding Meeting for Class Tournaments at 9:00 AM at Geneseo Central School
- Friday, February 19, 1988.....Class Tournaments: Class A @ Sperry H. S.
& Class B @ Geneva H. S.
Saturday, February 20, 1988 Class C @ Geneseo C. S.
Class D @ SUNY Geneseo (Schrader Gym)
- Sunday, February 21, 1988.....Wrestling Committee Meeting at Geneseo Central School at 10:00 AM
- Saturday, February 27, 1988.....New York State Qualifying Tournament at SUNY Geneseo (Alumni Field House)
- Friday, March 4, 1988
&
Saturday, March 5, 1988.....New York State Tournament at Syracuse
- Wednesday, March 9, 1988.....Dinner of Champions at The Party House
- Wednesday, March 30, 1988.....Wrestling Committee Meeting at Geneseo Central School (This meeting will be open to all coaches)

IMPORTANT REMINDERS:

- 1) Wrestling Weight Lists should be sent to your league chairman before your first competition.
- 2) Re-certification is not intended for the whole team.
- 3) Entries for the Class Tournaments have to be in on time. We will not accept entries over the phone. The entry forms will be mailed later along with evaluation sheets for officials.
- 4) Coaches are responsible for knowing the rules, eligibility requirements, sports standards, etc.
- 5) Coaches are also responsible for the conduct of their wrestlers, assistant coaches, spectators, and any others associated with the team.

SECTION V WRESTLING COMMITTEE

Wrestling Coordinator - Don DeBadts - Geneseo Central School
Assistant Coordinator - Lynn Tewksbury - Midlakes Central School
& Class B Chairman
Class A Chairman - Mark Hoyt - Brighton High School
Class C Chairman - Dick Fisher - Avon Central School
Class D Co-Chairman - Walt Peterson - Avoca Central School
& Allegany-Steuben Chairman
Class D Co-Chairman - Jim Sauberan - Kendall Central School
& Genesee Region Chairman
Wayne-Finger Lakes West Chairman - Dave Larmouth - Dundee Central School
Wayne-Finger Lakes East Chairman - Jack Fisher - Newark Central School
Monroe County Chairman - ~~Jim Hosenfeld~~ - Gates Chili Central School ^{Jack Yengo}
Livingston Conference Chairman - Sam Linsner - Warsaw Central School
City Catholic League Chairman - Frank Mielnicki - Edison Tech High School

SEEDING PROCEDURE

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

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

A point system will be used to place the wrestlers initially. 2 points for a win. 1 point for a draw. -1 for a loss. For dual meets in Section V only. In order to be considered for seeding a wrestler must have at least 8 matches. Non-Section V matches can be used if needed to reach the minimum.

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

- Past Section V place finishes
- Level of competition during the season
- Winning percentage
- Tournament competition
- Head to head competition
- Etc.

Any changes for any reason will be made by the members of the seeding committee.

Seeding Committee

<u>Class A</u>	<u>Class B</u>	<u>Class C</u>	<u>Class D</u>
Mark Hoyt	Lynn Tewksbury	Dick Fisher	Walt Peterson
Frank Mielnicki	Jack Fisher	Sam Linsner	Jim Sauberan
John Roselli	Don Quinn	Frank Bielski	Wayne Hartman
Bill Jacoutot	Todd Palmerton	Bob Gately	Dave Larmouth
Tobin Tansey	Dave Fiedler	Gene Wild	John Grillo
Jim Hosenfeld	Doug Young	Bill Henry	Todd Audsley
Pete Logan	Fred Ciaburri	Mike Jeffords	Craig Borgus

SECTION V WRESTLING TOURNAMENT INFORMATION

Class Tournaments - Friday, February 19, 1988 & Saturday, February 20, 1988

Tournament Sites: Class A - Rush Henrietta Sperry
 Class B - Geneva High School
 Class C - Geneseo Central School
 Class D - SUNY Geneseo (Schrader Gym)

Times: Friday - Weigh-ins.....2:00 to 3:00 PM
 Coaches' Meeting.....3:00 to 4:00 PM
 Wrestling Starts.....4:00 PM
 Weigh-ins for Saturday will end 1 hour
 after wrestling is finished.

Saturday - Weigh-ins.....9:00 to 10:00 AM
 Coaches' Meeting.....10:00 to 11:00 AM
 Wrestling Starts.....11:00 AM

Saturday Night - Finals & Consolations.....7:30 PM

New York State Qualifying Tournament - Saturday, February 27, 1988

Site: SUNY Geneseo (Alumni Field House)

Times: Weigh-ins.....9:00 to 10:00 AM
 Coaches' Meeting.....10:00 to 11:00 AM
 Wrestling Starts.....11:00 AM
 Finals.....7:30 PM

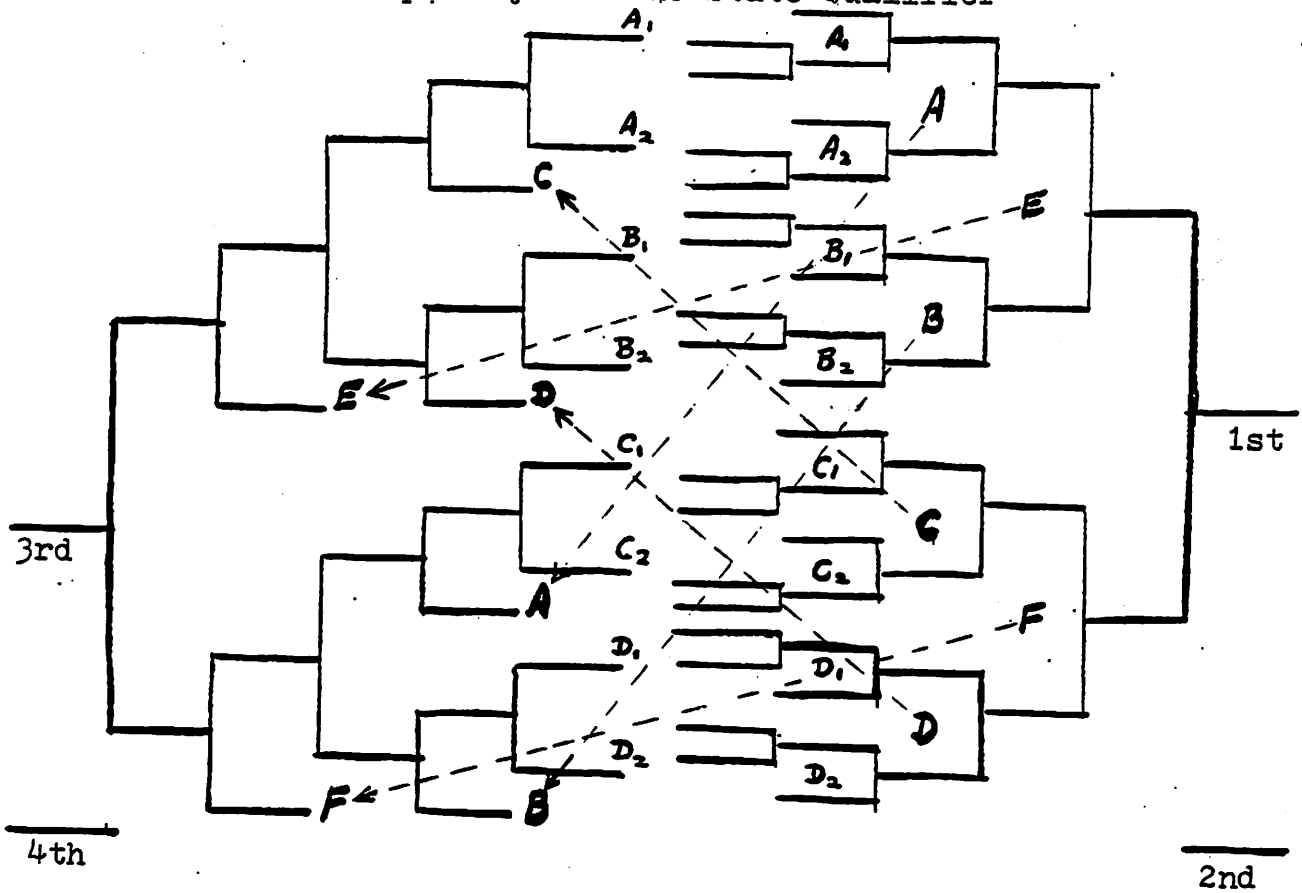
ALL ADMISSIONS ARE \$2.00 PER PERSON PER SESSION.

SECTION V

1986-88 Wrestling Classifications

<u>CLASS A</u>	<u>CLASS B</u>	<u>CLASS C</u>	<u>CLASS D</u>
Fairport	Victor	LeRoy	Kendall
Webster	Eastridge	Sodus	Dundee
Pittsford	Newark	Wayland	Red Creek
Rush Henrietta	Batavia	Addison	Red Jacket
Gates Chili	Wayne	Pembroke	Keshequa
McQuaid	Penn Yan	Byron Bergen	Hammondsport
Irondequoit	Hornell	Williamson	Canesteo
Penfield	Geneva	Avon	Pavilion
Edison Tech	Honeoye Falls	Bloomfield	Notre Dame
Brockport	Palmyra Macedon	Holley	Lyndonville
Jefferson	Waterloo	Caledonia Mumford	Alfred Almond
Brighton	Attica	Marion	Campbell
Mooney	Midlakes	Alexander	Fillmore
Spencerport	Dansville	Perry	Bolivar
Greece Athena	Livonia	York	Avoca
Greece Olympia	N. R. Wolcott	Warsaw	Jasper Troupsburg
Canandaigua	Marcus Whitman	Letchworth	Savona
Hilton	Wellsville	Lyons	Northstar
Churchville Chili	Mynderse	Geneseo	
Monroe	Haverling		
Kearney	East Rochester		
	S. Seneca Romulus		
	Elba Oakfield		

CLASS TOURNAMENTS
 Top 4 wrestlers qualify for the State Qualifier



PAIRINGS FOR STATE QUALIFIER

Weight Classes

105	112	132	138	167
-----	-----	-----	-----	-----

- A1
- B4
- C2
- D3
- D2
- C3
- A4
- B1
- C1
- D4
- A2
- B3
- B2
- A3
- C4
- D1

Weight Classes

91	98	119	126	145
----	----	-----	-----	-----

- A1
- C4
- D2
- B3
- B2
- D3
- A4
- C1
- D1
- B4
- A2
- C3
- C2
- A3
- D4
- B1

Weight Classes

155	177	215	250	
-----	-----	-----	-----	--

- A1
- D4
- B2
- C3
- C2
- B3
- A4
- D1
- B1
- C4
- A2
- D3
- D2
- A3
- B4
- C1

52. **WRESTLING** - (a) A contestant may participate in no more than 18 interschool wrestling meets, exclusive of contests necessary to qualify for sectional contests, intersectional contests and state contests. Participation as a contestant or in any exhibition match in any meet shall count as one of the 18 meets permitted and only four tournaments shall be permitted within the 18 meet limitation, exclusive of sectional and intersectional competition. A contestant may compete in no more than four bouts in one day.

(b) The school physician shall determine the lowest weight class in which a contestant may wrestle prior to the first practice in which the contestant engages. It is recommended that the physician permit a weight reduction not to exceed 5% of the net weight recorded at the physical examination at the start of the winter sports season. A contestant shall be prohibited from wrestling within a weight classification more than one class above the actual weight.

SPORTS STANDARDS FOR INTERSCHOOL COMPETITION

		No. Pract. prior to first scrimmage Team Inc.	No. Pract. prior to first contest Team Inc.	Team and Individual Maximum Number contests	Min. time between contest	Individual Limitations Per Day	Rules
WRESTLING	B	10 8	15 13	18"	1 night	4 bouts a day	NF

N.Y.S.P.H.S.A.A., INC. WRESTLING WEIGHT CONTROL PLAN

Weight classes are specified in the **NATIONAL FEDERATION RULE BOOK: 98, 105, 112, 119, 126, 132, 138, 145, 155, 167, 185, Unlimited.**

On the recommendation of the State Wrestling Committee and with the approval of the State Executive Committee the 185 lb. class is considered as two classes: 177, 215; the Unlimited class is designated as 250 lb. (See item #7 below)

- This weight control plan is designed to prevent excessive weight loss which would endanger the health of the wrestler.
"Rapid weight reduction by any means weakens the wrestler and, unless there is considerable recovery time, he is less effective than he would be at the next higher weight. When unhealthy practices are followed they detract from the program."
(See rule 4-3-6, and also comment on p. 32, **WRESTLING RULE BOOK**).
To protect the well being of each wrestler the determination of the lowest weight class is the responsibility of the school physician. (See Sports Standard #51, Wrestling)
- After a minimum of 15 or a maximum of 20 practice sessions the school physician may re-weigh and re-classify the wrestler to a lower weight class. Re-certification must be made before any competition. A prospective wrestler who reports after the beginning of the season shall be certified in accordance with the above provisions.
- An official N.Y.S.P.H.S.A.A., Inc. Wrestling Weight Permit Card for every wrestler must be filed in the home school after the final certification. No lower re-classification will be permitted after the 15-20 day re-certification by the school physician. A detailed list with all essential information from the Permit Card may be filed in lieu of sending the Permit Cards to the Section Wrestling Chairman.
- 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 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.
- A growth allowance of 2 pounds shall be added to each weight class beginning December 25th and continuing until February 1st, when an additional 1 pound shall be added. An additional pound will be allowed on March 1st for the remainder of the season. Beginning the first of March, there shall be a net increase of 4 pounds per weight class. (Rule 4-3-4) e.g. the 250 lb class becomes 254 on March 1st.
- It is recommended that a wrestler be permitted to compete in the 91 lb class only if the weight is at least 85 lbs.; or in the 98 lb. class only if the weight is at least 88 lbs; or in the 105 lb. class only if the weight is at least 95 lbs.
- All heavyweights (215 lb. class) must weigh in excess of 175 lbs. No one may wrestle in the Unlimited class (250 lb.) who does not weigh in excess of 215 lbs. This class is optional in dual meets.
- 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 or competitors for the Intersectional competition.
- All Sections are allowed the option of using the following weigh-in procedure for all two day tournaments:
(a) Wrestlers would 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 was 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 on that first day, he would be able to weigh-in at the tournament site as per usual on the second day.

NYSPHSAA WRESTLING COMMITTEE
GUIDELINES FOR THE USE OF THE HONOR WEIGH-IN SYSTEM
FOR DUAL MEETS

1. Each wrestler shall make scratch weight at the weigh-in conducted at the home school.
2. Each wrestler who has made scratch weight at his home school will be permitted an allowance of 3 pounds at the matside weigh-in.
3. A wrestler who has not made scratch weight at the early weigh-in will not be permitted the 3 pounds allowance and must make scratch weight at the matside weigh-in in order to compete.
4. All weights will be recorded and certified by the Principal or Athletic Director or a person of authority designated by the Principal or Athletic Director. The list of certified weights shall be submitted at the official weigh-in before the meet.
5. Weigh-ins at the home school may be conducted upon the wrestler's arrival at school in the morning. Individual schools may set a time limit for the completion of the honor weigh-ins.
6. The honor weigh-in is the OFFICIAL WEIGH-IN. The weigh-in at the home school determines the weight class in which the wrestler may compete, e.g. if a wrestler weighs in and qualifies for the 119 lb class, he can legally wrestle at 119 lbs and 126 lbs.
NOTE: A contestant shall not wrestle more than one weight class above that class for which his actual stripped weight, at the time of weigh-in qualifies him (Rule 4-4-5).
If the wrestler exceeds the 3 lb weight allowance at the actual matside weigh-in, he would become ineligible to wrestle at 119 lbs but would be eligible to wrestle at 126 lbs but NO HIGHER, based on the weight class he became eligible at with the honor weigh-in at his home school.
In the event a wrestler who qualified at a weight class exceeds the 3 lb weight allowance at the matside weigh-in, he would have the opportunity to make weight during the time period allotted per matside weigh-in rules.
If he exceeds the 3 lb allowance for the 126 lb class, and cannot make weight as noted in the paragraph above, he cannot wrestle.
7. The honor weigh-in system will be in effect for all dual meets. Dual meets conducted on non-school days have the option of using the regular matside weigh-in procedure as outlined in the National Federation Rules. Non-school days can be Saturdays or holidays. In the event two schools are scheduled for a dual meet, where one school is in session and the other school is not in session, a matside weigh-in may be conducted by either school.
8. Schools that schedule dual meets with out-of-state teams would be obligated to use the regular matside weigh-in procedure as outlined in the National Federation Rules, unless both coaches mutually agreed to use the honor weigh-in system.

SECTION V WRESTLING

Coaches' Directory Information Sheet

(Please fill-out and return as soon as possible to: Don DeBadts at Geneseo Central School)

Coach _____ Assistant Coach(es) _____

School _____

Address _____

Zip _____ Athletic Director _____

School Telephone () _____ League or Conference _____

Number of dual meets scheduled this season _____

Number of triangular meets scheduled _____

Number of quadrangular meets scheduled _____

Total _____

Tournaments (please list)

1. _____ Date _____

2. _____ Date _____

3. _____ Date _____

4. _____ Date _____

Head Coach's Record

Wins _____

Losses _____

Draws _____

Years Coaching _____