

Changes made to the Green Book for the 2023-24 season

Several changes to NYSPHSAA rules are in effect for the 2023-24 season and are indicated by a strikethrough. Page numbers refer to the original 2022-24 Green Book. Page numbers may differ in the version edited for 2024 and available online.

p. 3 ~~A waiver of the NFHS 1.5% weight failure rule (May 2007)~~

p. 4 NYSPHSAA: A wrestler may participate in up to 4 full-length bouts per day in dual meet competition (series of matches in which 1 point is assessed). A wrestler may participate in ~~5~~ **6** bouts per day in any type of tournament competition (where 2 points are allowed toward a maximum of 20 points). The maximum number of points a wrestler will be permitted is established by the NYSPHSAA. Currently, the maximum points permitted shall be 20 points. A contestant **may not exceed** the maximum number of points during the regular season.

Participation as a contestant or in any exhibition match in any meet shall count as a contest and only six tournaments shall be permitted within the 20 point limitation. **No contestant shall wrestle in more than 10 matches in a 2-consecutive day period.**

There must be a ~~45~~ **30** minute rest between matches

p. 5 Extra Wrestlers:

A wrestler from Team A wrestles a match vs. Team B. Team B has a second wrestler weighed in at this weight (or one weight class higher). The Team A wrestler may wrestle an exhibition match with the other Team B wrestler following a ~~45~~ **30 minute rest**. In the event the first match is a forfeit the ~~45~~ **30** minute rest period is waived.

Note: Forfeits are not considered as matches wrestled, as it applies to the ~~5~~ **6** matches in one day limit in tournaments or four match limit in dual meets.

National Federation Casebook: When wrestler **(A)** has wrestled in ~~5~~ **6** matches in a given day, that wrestler cannot wrestle any additional matches. (Forfeits do not count toward the ~~five~~ **6** match limit.) If their next opponent **(B)** has wrestled only ~~4~~ **5** matches, **(B)** would be declared the winner by forfeit. **(A)** would not appear on the mat, nor would **(A)** be given a "loss" on their record. There was no match. When scoring the tournament, **(B)** would receive the placement points for that match and 2 points for the forfeit. If it was the match for third place and both wrestlers had been in ~~five~~ **6** matches, then they would both receive points for fourth place. There could be no one for third. Same procedure would apply for other places.

p. 11 4-1-1a The only items of uniform apparel affected by the Federation rule limiting the number

- 4-1-1b and size of manufacturers' logo/trademark/reference/promotional reference are the singlet, compression shorts, compression shirt, full length ~~form fitted~~ **tights with stirrups**, shorts designed for wrestling, **ear guards (logo can appear once on each ear cup)** and the legal hair cover. (hair covers are considered special equipment by rule 4-3-1a but still must comply with the rule limiting manufacturer's logos Rule 4-1-2.) (National Federation Rules Book)
- 4-1-1c The legal uniform, headgear and wrestling shoes are required equipment. Anything else worn by a
- 4-1-2 wrestler such as hair covers, kneepads, socks, face mask, mouth guards, leg sleeves with attached padding, etc.
- 4-3-1 will be considered special equipment. No additional manufacturer's logo/trademark/reference, promotional or advocacy references **including stickers** shall be allowed on the wrestling ear guards. (National Federation Rules Book)

p. 12-13 NYSPHSAA WRESTLING COMMITTEE GUIDELINES FOR THE USE OF THE HONORWEIGH-IN SYSTEM FOR DUAL MEETS **Check Wrestling Program Booklet for details on the 1.5% Rule and Track Wrestling**

HONOR WEIGH-INS

Dual meets scheduled on a school day shall use the honor weigh-in procedure. The form 07 — NYS Honor Weigh-in form duals, signed by the Athletic Director or school representative shall be submitted at the official weigh-in before the meet.

Honor Weigh-ins for non-school day, dual meet wrestling matches are not allowed. Honor Weigh-ins are **not** allowed for any Tournament. With one exception, if a JV event (that is not a dual meet) is held on a school day, an honor weigh-in can be done at each teams' home school. The weigh-in sheets can then be sent to the tournament director (so that the bouts can be set up prior to the teams arriving). No additional weigh-in will be required at the site of the event since the results of these events will not count on any participant's varsity record, these weigh-ins will not count. The event will count as a tournament and 2 points. Each wrestler who makes the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match is permitted an allowance of 3 pounds at the mat side weigh-in. A wrestler not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at mat side in order to compete. The weight written down on the morning honor weigh-in sheet locks the wrestler into a weight class for that day. (Therefore, the wrestler can only move up one weight class from the locked in weight class). Weigh-in administrators should **not** write down a weight on the honor weigh-in sheet if the wrestler does not make weight. That wrestler, and any wrestlers, who were not present for the honor weigh-in, must make scratch weight if they weigh-in at mat side. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count.

If a wrestler makes weight at the morning weigh-in but does not make weight at the matside weigh-in with the 3 lb. allowance, the weigh-in **will** count for the **higher** weight class, unless the coach scratches the wrestler from the weigh-in sheet at the mat side weigh-in. If the wrestler is scratched from the weigh-in sheet, the weigh-in **will not** count. If the wrestler is not scratched from the weigh-in sheet, the weigh-in will count at the **higher** weight.

Example: Wrestler makes scratch at 126 at morning weigh-in but does not make weight at the 3 lb. check (weighing in at 129.2). They are eligible to wrestle at 132 only (as they were locked in at the morning weigh-in at 126). They cannot wrestle at 138.

As of 2017-2018 the school representative must be the person who actually conducts the weigh-in. They cannot be a member of the school's wrestling staff. Schools that do not want to comply with the above have the option to weigh-in at scratch weights, at the mandatory weigh-in with the other school, prior to the match. Coaches or members of the school's wrestling staff may still be present at the honor weigh-in but may not be the one who announces the weight displayed on the scale. They can act as a recorder and write the weights down that are read by the Athletic Director or school designated representative. Based on the above procedure, it is possible for one school to have an honor weigh-in and the other to not have a honor weigh-in (if they can not meet the required conditions for conducting them). In the event that one team has school on a school day and the opponent does **not**, Honor Weigh-ins are allowed. Honor weigh-ins for non-school day, dual meet wrestling matches are not allowed.

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MINIMUM WEIGHTS ~~2022-2023~~ 2023-2024

Minimum weights are only required for Athletic Placement Process (APP) wrestlers. A wrestler must weigh-in **excess of 94 for the 102 lb. 93 for the 101 lb.** weight class, ~~100 for 110,~~ **98 for 108**, 180 for 215, and 210 for 285. These minimum weights do not increase when the 12/25 Growth Allowances take place. Minimum Weights **MUST** be met and **RECORDED** at the matside weigh-in. ~~If the wrestler does not make the minimum weight at the morning honor weigh-in, the morning weight should not be recorded.~~ The minimum weight must be exceeded at the matside weigh-in for the weigh-in to count. ~~A wrestler who exceeds the minimum weight at the honor weigh-in, is not eligible if they don't exceed it again at the matside weigh-in.~~ Students in grades 9th thru 12th do not have to make minimum weights in the weight classes in which NYSPHSAA has specified minimum weights.

With respect to 7th/8th graders who must make a minimum weight:

~~On Day 1: If they weigh between 94.1 and 100.0 they lock in to the 102 lb. weight class for Day 1 and cannot wrestle at 110 (as they are in excess of 94 but are not in excess of 100).~~

~~On Day 2: If they now weigh between 100.1 and 103 (102+1), they still are not qualified to wrestle at the 110 lb. weight class and must remain at 102. Even though they are now in excess of 94 for 102 and also in excess of 100 for 110, they cannot wrestle at 110. The weigh-in on the first day locked them into the weight class for the tournament.~~

On Day 1: If they weigh between **93.1** and **101.0** they lock in to the **101 lb.** weight class for Day 1. If they are in excess of **98** (which is the minimum weight for **108**), they could be allowed to move up to **108** for Day 1. If they are exactly **98** or below, they cannot move up to **108**.

To be consistent with how the other weight classes are treated: **Assuming they were not in excess of 98 on Day 1:** If on Day 2: they now weigh between **98.1** and **102**, they must remain at **102 (101+1)**. Even though they are now in excess of **93** for **101** and also in excess of **98** for **108**, they cannot wrestle at either **102 (101+1)** or **109 (108+1)** and can only wrestle at **102 (101+1)** as the weigh in on the first day was not in excess of **98** and that locked them into the **101** weight class for the tournament.

- a. The maximum allowance to be granted is two (2) lbs. A third consecutive day of competition would grant this 2 lb. allowance to the schools involved. A fourth and fifth consecutive day would require the 2 lb. allowance to carryover. The allowance would never go to 3 lbs.

Example: After December 25 the 2 lb. growth allowance is in effect.

~~Dual Meet Tuesday: $110+2=112$ lbs.~~

~~Dual Meet Wednesday: $112+1=113$ lbs.~~

~~Dual Meet Thursday: $113+1=114$ lbs.~~

Dual Meet Tuesday: $145+2=147$ lbs.,

Dual Meet Wednesday: $147+1=148$ lbs.,

Dual Meet Thursday: $148+1=149$ lbs.,

Tournament Friday: All teams in the tournament at 149 lbs.,

2nd day of Tournament on Saturday: 149 lbs. Since the maximum allowance is +2; that would mean NO EXTRA POUND for a second day of a 2-day tournament (if the tournament began on Friday with +2). The +2 would carry over from the first day.

NFHS-Rule 4-5-5

Tournament Friday: All weights remain the same as on Thursday.

- d. Weight allowances could prohibit a wrestler from being able to go up one weight class from the weigh-in weight:

When a wrestler's certified weight is in-between the Growth Allowance Weight and the weight class being contested that day (due to additional pounds), and their actual weight is greater than their certified weight, they are prohibited from going up one weight class from the weigh-in weight.

Example: The wrestler is certified at 148 (they can never wrestle at 147)

January Dual Meet Wednesday: $145+2=147$ lbs.,

January Dual Meet Thursday: $145+2+1=148$ lbs.,

Tournament-Day 1-Friday: $145+2+2=149$

Tournament-Day 2 Saturday: $145+2+2=149$ (max +4 has been granted)

Wrestler actually weighs 148.5 on Friday.

Even though 148.5 is less than the weight class that day (149), they are actually attempting to weigh-in in at the 147 wt class, (which is a weight they are not certified to wrestle at).

Therefore, they must wrestle at $152+4=156$ for this tournament

They weighed in at the 147 wt class but are not allowed to wrestle there.

Yet, they cannot move up to $160+4=164$ as that would be going up two weight classes from where they weighed in at

If they were to wrestle at either $145+4=149$, or if they were to wrestle up two weight classes at $160+4=164$, they would be considered ineligible.

The allowance granted can never exceed 2 lbs. Therefore, the example above the wrestler would be required to make 114 on Friday and Saturday if the wrestler were to compete.

Back to back matches (example):

Tuesday: Regularly scheduled Dual Meet Team A vs Team B: +0 for the dual meet.

Wednesday: Regularly scheduled Dual Meet Team A vs Team C: +1 for the dual meet. Thursday: Regularly scheduled Dual Meet: Team C vs Team D: +2 for the dual meet.

The weigh-in on the first day would count as an official weigh-in, even if the wrestler does not participate as the wrestler made weight and was eligible to wrestle.

Post-season wrestling tournaments: (namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition) do not allow for the extra pound on the first day (if a team happened to wrestle the day before). If a post season tournament is a two-day event the extra pound will be given for the second day.

Example: ~~First day must be $110+2$ (for the growth allowance on December 25) = 112 lbs. (can never start at 113 lbs.) Second day would be $112+1=113$ lbs. (can never be 114 lbs.)~~ First day must be $145+2=147$ lbs (can never start at 148 lbs), Second day would be $147+1=148$ lbs (can never be 149 lbs.)

ADDITONS REGARDING WEIGHT

Note: Additional pounds added to dual meets or tournaments due to back to back competitions, inclement weather, etc. do not permit a wrestler to compete at a different weight class. However, after the December 25th growth allowance, a wrestler may adjust the weight class accordingly.

WRESTLERS CERTIFY TO A WEIGHT CLASS (NOT A WEIGHT)

The only choices for weight classes are the ones listed before and after 12/25. A wrestler who certifies at 140 may not wrestle at 138 prior to 12/25 but can wrestle at 140 after 12/25. But at no time can someone certified at 141 wrestle at either 138 (prior to 12/25) or $138+2=140$ (after 12/25). There is never a 141 lb weight class to choose from even though an additional pound is may have been added for back-to-back matches etc. ($138+2+1=141$)

WEIGH INS:

Beginning with the 2023-24 Season: All weigh in forms for dual meets must be printed from Track. All dual meet weigh ins will be matside. If needed, the home school should afford their opponent every opportunity to generate a weigh-in form on site. **If a coach shows up at the matside weigh in without the Track wrestling weigh in form, the weigh in and the dual meet cannot take place and they must forfeit the dual meet.**

If the dual meet is forfeited, the team who won by forfeit (and had the weigh in form) must officially weigh in and record the weigh in into Track (so as to be able to have the weigh in data entered into each wrestler's WLP).

All wrestlers must make the minimum weight on both days of a 2-day tournament.

Example: At a December tournament a wrestler weighs 152.5. They do not make weight for 152 so they must compete at either 160 or 170. It is decided they will enter the tournament at 170. The 1-pound weight allowance is granted for day 2. If the wrestler were to weigh in at 152.5 again, they would not be eligible for 170. They would have to weigh in excess of $152+1=153$ on day 2 to wrestle at $170+1=171$.

p. 19 Wrestling exhibition in a Dual Meet Tournament:

Exhibition: A wrestler from Team A has the ability to wrestle an exhibition match in a dual meet tournament (provided it will not put them over the 5 6 bout limit. Forfeits do not count towards the 5 6 bout limit.

p. 21 Information on the procedures for weigh-ins are listed in the Wrestling Program Booklet.

In New York State the following weight classes will be in effect for the ~~2022-2023~~ 2023-2024 season. Prior to

12/25, a wrestler may only wrestle at these weight classes

~~102, 110, 118, 126, 132,~~ 101, 108, 116, 124, 131, 138, 145, 152, 160, ~~172, 189,~~ 170, 190, 215, 285

New weight classes will be announced for the 2023-2024 season.

After 12/25 Growth Allowance, now a wrestler may only wrestle at these weight classes:

~~104, 112, 120, 128, 134,~~ 103, 110, 118, 126, 133, 140, 147, 154, 162, ~~174, 191,~~ 172, 192, 217, 287

p. 22 Ineligible Weight Class Wrestling Program Booklet

After a dual meet is wrestled, it is found out that a team used a wrestler at a weight lower than their certified weight (or at a weight below the State minimum weight: Example: 8th grader weighing 85 pounds wrestles at ~~102~~ 101 and does not meet the ~~94.1~~ 93.1 pound minimum), the team forfeits the dual meet and the wrestler takes a loss on their record. The win/loss records of the other wrestlers who wrestled in the dual meet are not affected and the results of their individual bouts stand.

p. 30 NFHS Rules Book states "When all the parts of the defensive wrestler's shoulder or scapula are on the mat beyond the boundary line, if the feet including the toes and heels of the offensive wrestler are the supporting points, ~~the offensive wrestler's knee(s) must be inside the boundary,~~ whether in contact with or above the mat."

NYS Interpretation: ~~The rationale for the above ruling was to not allow wrestling to continue until the feet of the offensive wrestler went out of bounds because of the potential safety hazard. There are several examples in wrestling of when similar positions occur that would be equally hazardous. In the interest of safety and consistency,~~ When the wrestlers are down on the mat, **other than in a pinning situation**, the feet including the toes and heels will not be considered supporting points. ~~In the following photos the feet of the offensive wrestler will not be considered the supporting points. Photos 6, 7, 8, 9, 21, 22.~~

If while attempting a takedown or reversal at the boundary line, the wrestlers land on the mat in a pinning situation with only the feet of the scoring contestant remaining on or inside the boundary line, the feet must finish down on the mat within reaction time. Once the requirement for the feet to finish down on the mat has been met, the feet will continue to be considered the supporting points whether on the mat or above the mat inside the cylinder. To be consistent with the definition of “on their back” the same definition will apply here. Once the shoulder breaks 90 degrees it will be considered a pinning situation. It is not necessary to meeting nearfall criteria.

The NYSPHSAA Handbook now states:

p. 55 c. With Section approval, When the contestants are tied at the end of the three regular periods, they may wrestle overtime. Overtime will first consist of one 30 second sudden victory period in which the wrestlers will start in the neutral position, and if the score is still tied after this sudden victory overtime period wrestlers may use another 30-second ultimate ride out tiebreaker using the NFHS game rules for overtime. (July 2023).