



**FRESNO UNIFIED SCHOOL DISTRICT
ELEMENTARY
WRESTLING GUIDELINES - 2018
(updated 1/22/18)**



SEASON:

- January 11 – April 7, 2018

TEAM:

- No cuts, weekly participation within the school to establish a ladder by weight divisions. Interschool competition one (1) per weight.

TRANSPORTATION:

- Pick up time is 1:45p-2:00p to the match, pick up after the match is 4:30p-5:00p.
- Coach must ride on bus and supervise athletes.
- School site must call transportation to arrange all pick dates. Transportation – 457-3138

SCHEDULE:

- 10-15 days of practice, League Schedule, and City Finals Tournament.

OFFICIALS:

- One wrestling official will be assigned to each host school match date.
- SJVOA Wrestling Supervisor: Frank Kerby – 559-313-0578

WEIGHT CLASSES:

- 2017-2018 (18) - 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 150, 160, 175, 200
- Minimum weight in lowest weight class is 55 pounds. Maximum weight in highest weight class is 200 pounds.
- 3rd graders will wrestle 3rd graders only.
- 4th-5th-6th graders will wrestle each other according to weight class.
- An athlete can wrestle no more than 1 weight class above his/her weight class if they weigh under 100 pounds and an athlete can wrestle no more than 2 weight classes above his/her weight if they weigh over 100 pounds.
- Weigh-ins before every dual meet. Wrestlers will weigh in with uniform on. Shoes off is allowed.
- Host school will provide scale.

START AND END TIMES:

- Start time will be 2:30-2:45. Match should be finished by 4:00.



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PROTECTIVE EQUIPMENT:

HEADGEAR

- Each contestant MUST wear a protective headgear which shall provide:
- Adequate ear protection
- No injury hazard to the opponent. i.e. sharp edges, metal, etc.
- An adjustable locking device to prevent it from coming off or turning on the wrestler's head

MOUTHPIECE

- All athletes with braces MUST wear a mouthpiece.

UNIFORM:

- Singlets or doublets are recommended, by not required
- Athletic shorts and a plain t-shirt is acceptable
- Street clothes (non-athletic) are NOT acceptable

SHOES:

- Wrestling shoes not required
- No metal or hard plastic should be on the shoes.
- Waiver requirement of high top shoes. No penalty point for loss
- Match will be stopped at the appropriate time to replace shoe or tie shoes without penalty

KNEE PADS:

- Recommended, but not required.

APPEARANCE AND HEALTH:

- All wrestlers shall be clean-shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well groomed.
- A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible.
- The hair, in its natural state, shall not extend below the top of the ordinary shirt collar in the back; and on the side, the hair shall not extend below earlobe level.
- If an individual has hair longer than allowed above, it must be contained in a cover so that the hair rule is satisfied. The cover shall either be a part of the headgear or worn under the headgear. The cover must be of a solid material and be nonabrasive. No swim caps allowed. If the individual has facial hair it must be covered with a facemask. All hair covers and facemasks will be considered as special equipment.



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TIMER and SCOREKEEPING:

- Adult at scoring table is recommended
- Dual meet team point scoring: 4th, 5th, 6th graders only
- 3rd graders are exhibition only – no team points
- Scorebooks - Recommended but not required. Scorebooks available at First String Sports. There are also FREE wrestling score sheets available online.

LENGTH OF MATCH:

- In dual meets or tournament competition, matches shall be three (3) rounds, 1 minute each.
- Tie at end of regulation, two 30 second rounds – first points scored wins. If still tied, one 30 second period – referees position – person who scored the first point in the match gets choice of top or bottom. First point scored wins.

MATCH MANAGEMENT:

- Wrestlers may only wrestle one match at a dual meet

MAT:

- SIZE: Recommended: Minimum 20'x20' with 5' perimeter safety mats.
- CLEANLINESS: Custodian shall mop with disinfectant daily.
- TAPE: Four rolls of 3" mat tape (Warehouse requisition) may be ordered out of the school budget supply. Also available at First String Sports. Ask your Principal
- Try to have a minimum of five feet perimeter clearance past the 5' safety mat. Make the wrestling area as safe as you can

CITY FINALS TOURNAMENT

- The City Finals Tournament will follow the last regular season match. It will be held at and hosted by an FUSD high school
- Schools must call transportation to schedule a bus if needed for Finals Tournament
- Each team will enter only one (1) wrestler in each weight class in the varsity division.
- JV wrestlers can be listed on a "B" team. Please clarify which wrestlers will be varsity and which will be on the "B" team
- Coaches give team roster (include grade, weight class, record) to the tournament director no later than three days before the tournament
- Weigh-ins for the tournament will be held either the Friday before the tournament or the morning of the tournament. Tournament Director will inform coaches.
- Awards will be given as follows: 1st-3rd get medals, 4th – 6th get ribbons.