

WRESTLING COACHES MEETING AGENDA

November 2, 2011

Chenango Forks Central School

1. Coaches Directory -Attendance

2. Schedules - 20 point system for individuals* - 1 point for dual meets
2 points for tournaments
20 point total
6 tournaments maximum

Sectional tournaments (including Classes and Dual Meet Championship) are not counted in the maximum number of tournaments. League tournaments do count as one of the 6 allowable tournaments.

*** If one individual exceeds the 20-point maximum, or his/her allowed number of tournaments, the individual will be deemed ineligible for the remainder of the season.**

3. Wrestling season - First practice: Monday, November 7th
First scrimmage day: Friday, November 18th
First meet: Thursday, November 24th

4. Tournament dates: January 20th – 21st Section IV Dual-Meet Championship
January 27th - 28th League Tournaments
February 4th Section IV Class Tournaments
February 10th – 11th Section IV Finals at Broome County Arena
February 24th – 25th State Championships at Times-Union Center, Albany

5. Tournament sites: Class B TBA
Class C TBA
Class D Odessa-Montour
Finals Broome County Arena

6. The 2011-2012 Program of Wrestling booklet*. This is an additional reference guide for coaches and Athletic Directors, since all Wrestling information cannot be included in the NYSPHSAA Handbook. It addresses many things you need to know, including:

A. Eligibility: To be eligible for post-season competition, a wrestler must represent his school in at least 6 contests, on 6 different dates. However, a 2-day tournament = 1 contest. Multiple dual-meets on the same day = 1 date/contest. *This requirement must be met to compete in the Section IV Duals, the Section IV Class Tournaments and the Section IV Finals.*

B. Honor Weigh-In Procedures: **The honor weigh-in must be conducted prior to the school's first scheduled academic instruction period on the day of the match (2004).**

Coaches must record actual "stripped" weights for all contestants at each weigh-in. ("Stripped" weight now means the individual must be wearing a suitable undergarment, and only the undergarment.) If a contestant makes weight at the morning weigh-in, he/she is given a 3-pound allowance over scratch weight at the mat-side weigh-in. If a wrestler does not make weight at the morning weigh-in, he/she is not given a 3-pound allowance and must make scratch weight at mat-side. All contestants* must meet the minimum requirements for their weight class each time they weigh-in (*99 and 106 pounders in grades 9-12 have no minimum weight).

C. Weigh-in procedures for 2-day tournaments: All wrestlers must weigh-in on the 2nd day, scratch weight + 1 pound. Honor weigh-ins **do not** apply to any tournaments...in state or out of state.

7. Rules Interpretation: NYS green book is a guideline for referees, and tries to identify the differences between NYS rules/interpretations and Federation rules/interpretations.

8. Skin Conditions: Use form to make copies for your use. Must use athlete's original form, **not photo copies.**

NYSPHSAA Handbook, *The Program of Wrestling*, and skin forms are available on-line at nysphsa.org.

9. Interstate Competition: New York wrestlers wrestling out of state must compete at weights used by the state they are visiting, but not below their certified weight class.
10. **Weight Certification**: All teams will be certified at regional sites. See notice to Athletic Directors for sites and procedures. Times will be assigned by geography and # of wrestlers. We need to know how many wrestlers per team.
 - A. Wrestlers will be certified at a weight, not a weight class. Additional pounds for back-to-back or emergency cancellations are not to be allowed for this purpose. (i.e. – wrestler certified for 107 cannot wrestle at 106 lbs. weight class until Dec. 25th.)
 - B. **Hydrostatic appeals have been eliminated.**
 - C. When requesting a waiver, **the wrestler may not practice until the waiver is approved.** The approval date of the waiver starts the 14-day clock for certification.
 - D. 7th & 8th graders seeking selective classification must be identified early and assessed the same time as the HS teams.
11. NFHS rule:

All wrestlers are eligible to wrestle-back for 3rd/5th place. In the event that a consolation match would be the 6th match of the day for both contestants, no match will be wrestled and both wrestlers will be awarded 4th/6th place. There will be no 3rd/5th place awarded and no points for 3rd/5th place will be awarded. If only one wrestler has wrestled 5 bouts, his opponent will receive a forfeit.
12. Other/New Business:
 - A. 99 & 285 are mandatory for all competition in NYS.
 - B. Standardized Honor Weigh-in Form for dual meets.
 - C. Centralized Assessments for 2011-12 (cheaters ineligible for season).
 - Parent Awareness Form: AD must keep on file for entire season. (If not returned, it does not absolve them of any penalties.)
 - Note assessment/appeal procedures, including payment of assessors.
 - Coaches must go online to update rosters and print off weight assessment forms prior to weight certifications. You will need to add your AD's e-mail address to forms.
 - The name you enter for your wrestler must be the same they use for matches/tournaments for the season.
 - D. Moratorium to be revisited in April.
 - E. Revised seeding procedures for States.
 - NWCA website must be used to record all bouts. Forms must be signed by wrestler(s) and coach prior to class/section tournaments. Log-in IDs and passwords will be e-mailed to coaches. Get results entered asap throughout season. Don't wait!
 - F. Section IV Duals: revert to 8-team field (only 11 last year)
 - G. Classes: Top 4 qualify; 12 per weight for Finals?
 - We need to decide, or the Finance Committee will tell us how we will cut costs.
 - H. Coaches' attire at state finals: Should not be wearing "shorts, hats, etc. Should wear long pants, and school or section shirt if they don't want to wear a full suit or shirt & tie."
13. Need to know.
14. Good of the Order.
15. Coaches' Association
16. Adjourn

**SECTION IV WRESTLING COACHES' ROSTER
2011-12**

Rick Armstrong, Chairman
Rick Gumble, Assistant Chairman

RSArmstrong@gmail.com 607-217-5492
Chenango Forks Central School, Binghamton, NY 13901

School	Location		Coach
Bainbridge-Guilford/Afton	Afton	13730	Brandon MacNaught
Binghamton High School	Binghamton	13905	Dave Campbell
Candor	Candor	13745	Mark Burrell
Chenango Forks	Binghamton	13901	Rick Gumble
Chenango Valley	Binghamton	13901	Greg Lehr
Corning	Corning	14830	John Wilcox
Delaware Academy	Delhi	13753	Jon Pecori
Deposit/Hancock	Deposit	13754	Mike Daly
Dryden	Dryden	13053	Will Avery
Elmira City Schools	Elmira	14901	Dave Guyette
Greene	Greene	13778	Tim Jenks
Groton	Groton	13073	Tim LaFrance
Harpursville	Harpursville	13787	Brett Andrews
Horseheads	Horseheads	14845	Shane Lese
Ithaca	Ithaca	14850	Eric Parker
Johnson City	Johnson City	13790	Jordan Glenn
Lansing	Lansing	14882	Doug Dake
Maine-Endwell	Endwell	13760	Jan Little
Marathon	Marathon	13803	Jamie Bush
Newark Valley	Newark Valley	13811	Eric D'Arcy
Norwich	Norwich	13815	Joe Downey
Odessa-Montour	Odessa	14869	Bill Lindsley
Oneonta	Oneonta	13820	John Nealis
Owego Free Academy	Owego	13827	Bill Kitchin
Oxford Academy	Oxford	13830	Craig Tefft
Sidney	Sidney	13838	Tim Stafford
Spencer-VanEtten	Spencer	14883	Randy Coville
Susquehanna Valley	Conklin	13748	Anthony Raggi
Thomas A. Edison	Elmira Heights	14903	Corey May
Tioga	Tioga Center	13845	Josh Roe
Trumansburg	Trumansburg	14886	Jack Moore
Unadilla Valley	New Berlin	13411	Jim DuVall
Unatego	Otego	13825	Mike Hamilton
Union-Endicott	Endicott	13760	Josh Ruff
Vestal	Vestal	13850	Tony Policare
Walton	Walton	13856	Mark Lamoreaux
Watkins Glen	Watkins Glen	14891	Nils Watson
Waverly	Waverly	14892	Charlie Hughes
Whitney Point	Whitney Point	13862	Bill MacNeill
Windsor	Windsor	13865	Jeff Nolan

**WRESTLING CLASSIFICATION
2011-12**

CLASS A (Div. I)

Elmira	1481
Corning	1374
Binghamton	1222
Ithaca	1156
Horseheads	988
Union-Endicott	987
Vestal	925
Maine-Endwell	600
Johnson City	596
Chenango Forks	358
Newark Valley	297

CLASS B (Div. II)

Owego	527
Norwich	505
Oneonta	466
Windsor	449
Dryden	437
Susquehanna Valley	426
Chenango Valley	415
Waverly	392
BG/Afton	331
Trumansburg	323

CLASS C (Div. II)

Whitney Point	319
Lansing	293
Watkins Glen	292
Sidney	277
Greene	273
Unatego	270
Spencer-VanEtten	255
Groton	252
Walton	242
Thomas A. Edison	241

CLASS D (Div. II)

Tioga	229
Moravia	227
Unadilla Valley	213
Oxford	203
Harpursville	200
Marathon	196
Odessa-Montour	189
Delhi	188
Candor	167
Deposit	130
Edmeston	116

NEW YORK STATE RULES CLARIFICATIONS

1. New York State Weight Classes:

99 lbs. (minimum weight* >91 lbs.)	145 lbs.
106 lbs. (minimum weight* >96 lbs.)	152 lbs.
113 lbs.	160 lbs.
120 lbs.	170 lbs.
126 lbs.	182 lbs.
132 lbs.	195 lbs.
138 lbs.	220 lbs. (minimum weight* >185 lbs.)
	285 lbs. (minimum weight *>210 lbs.)

*Minimum weights above are for selectively classified athletes only. All minimum weights for wrestlers in grades 9-12 are determined by the wrestler's actual weight and the rules allowing them to move up one weight class.

There is a 2-pound growth allowance in New York State as of December 25th.

2. The 99 lb. and 285 lb. classes are **mandatory** weight classes in **all NYS events**.
3. Coaches are responsible for submitting both weigh-in sheets to the scorer's table prior to the start of the meet. This will avoid problems when questions arise -- it is also the rule. All **actual*** weights must be recorded on the weigh-in sheet for both the honor weigh-in and the mat-side weigh-in.
4. Honor weigh-in*:
 - a. The honor weigh-in must be conducted prior to the school's first scheduled academic instruction period on the day of the match.
 - b. There is no honor weigh-in on non-school days.
 - c. The actual weight on the honor weigh-in is the official weigh-in, and determines at which weight classes the wrestler is eligible to compete. Generally speaking he/she may move up one weight class. Keep in mind **all** weight classes have minimum weight requirements, and these must be met and recorded at **both** weigh-ins.
 - d. When confronted with a problem, the honor (morning) weigh-in is the official weigh-in. All **actual** weights must be recorded on the honor weigh-in sheet. If a wrestler's weight is not on the sheet, he/she must make scratch weight at the mat-side weigh-in, and the weight must be recorded on the weigh-in sheet.
 - e. The actual weight must be recorded at each weigh-in. If a wrestler only weighs in at mat-side, this is his/her official weigh-in and will determine the weight classes he/she is eligible to wrestle.

WE ARE TO RECORD ALL WRESTLERS' ACTUAL WEIGHTS AT ALL WEIGH-INS.

***Actual weight now refers to the wrestler's weight while wearing only a suitable undergarment.**

**SCORING - NEW YORK STATE
2011-12**

Dual meet scoring and tournament scoring in NYS is the same as Federation scoring.

FYI

Effective 2006-07 season: “Weigh-in for the second day of a tournament must be on the morning of the second day, with a 1 lb. allowance.”

Effective 2006-07 season: “50% of the weigh-ins during the season must be at the minimum weight he/she will wrestle during the state tournament series.”

**State, Sectional, Class, and Sectional Dual-Meet Championship Tournaments do not count toward the 50% rule. The 50% rule must be met prior to each of these events.*

Excerpt from State Handbook Committee minutes (2004):

“In individual sports the use of an ineligible player would result in the contest being forfeited, however, the performances and outcomes of the other individuals would stand.”

Excerpts from Wrestling Advisory Committee minutes (2004):

“Honor weigh-ins: The NYSPHSAA use of honor weigh-ins on days in which school is in session has been beneficial in keeping wrestlers in class and eliminating weight loss practices during the school day. *All wrestling coaches will be informed that they are to strictly follow the protocol established. ‘Use it correctly or lose it!’ [is the message].*”

“Add to present protocol: Each wrestler shall make 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 and may be permitted an allowance of 3 pounds at mat-side weigh-in.”

“Weight loss monitoring: Schools will be reminded that a wrestler should not lose more than 1-2 pounds per week at any time during the season. The Weight Loss Grid found in the school manual should be followed.”

Things You Need to Know

1. In reference to an “appropriate health-care professional”, in NYS that includes only the following: a physician, a physician’s assistant, or a nurse practitioner.
2. Wrestlers are now certified at a weight. However, additional pounds granted for back-to-back or emergency cancellations cannot be used in regards to this rule. The certified weight refers to weights before, or after December 25th. The NWCA database **will now** be used for recording weight certifications.
3. 99 and 285 are now mandatory for all competitions in NYS.
4. There will be a pre-meet coin-toss for odd/even in all dual meets(new in 2010).
5. An individual is limited to a maximum of two 2-day dual-meet tournaments.
6. There is a precise definition of a scrimmage.
7. Forfeits must be recorded accurately and consistently across the state. See the Wrestling Program booklet for various situations.
8. When requesting a waiver, the wrestler cannot begin practicing until the waiver has been approved.
9. No longer have to wait 45 minutes after a forfeit before wrestling the next bout.
10. Reminder to all, injury time should not be taken unless there is an injury.
Coaching chairs must stay in designated areas and cannot be moved onto the mats.
11. Coaches may use the NYS Honor Weigh-in form (included), or the NWCA form that can be printed for each competition from the NWCA website.
12. Weight certifications scheduled for Nov. 18 & 19. Appeals on Nov. 21. Special situations need to contact Rick Armstrong. No waivers for athletes involved in state play-offs. No more hydrostatic appeal.
13. Modified wrestlers that are potentially selective classifications must be certified with your Varsity/JV teams – no waivers.
14. Wrestlers can wear school singlets in medal rounds; sectional singlets before then.

Wrestling Report
September 2011

- New Weight Classes are: 99, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285.
- Selectively Classified athletes must weigh in excess of: 91 lbs. for the 99 lb. weight class, 96 lbs. for 106 lb. weight class, 185 lbs for 220 lb. weight class and 210 lbs. for 285 lb. weight class. Students in grades 9-12 do not need to make the minimum weight for these weight classes.
- 14 Day Rule: A wrestler cannot begin practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification.
- Exceeding the Maximum Number of Contests Penalty: In the sport of wrestling, when an individual exceeds the maximum number of contests, only the individual would no longer be eligible for that season.
- Skin Disease Form: “For NYSPHSAA member schools an appropriate health care provider is defined as a licensed physician, physician assistant or nurse practitioner.”
- Weight Certification: Beginning in 2011, a third measurement to all skin fold sites is required. The data must be submitted by using Optimal Performance Calculation on the NWCA website. Wrestlers will be certified at a minimum weight, not a weight class.
- Step Two of the appeal process (hydrostatic testing) will be eliminated from the weight certification program beginning with the 2011-2012 season.
- Carl Koenig will need all schools’ codes to input information into the NWCA site.
- Tentative dates for weight certifications are:
 - Nov. 17th: for special cases (i.e. - members of state play-off teams, class trips).
Permission needed from Wrestling Coordinator (Rick Armstrong).
 - Nov. 18th & 19th: regular certifications (plus appeals from Nov. 17th)
 - Nov. 20th: appeals by special appointment from Nov. 17th certifications.
 - Nov. 21st: appeals from Nov. 18th & 19th certifications.
- Section IV Duals: Chenango Forks is interested in hosting the event.
- Carl Koenig, Rick Gumble and Rick Armstrong are looking at adjusting the schedule for the Section IV Finals tournament.