

# **SECTION IV WRESTLING**



**HANDBOOK  
2009-10**



# WRESTLING COACHES MEETING AGENDA

November 4, 2009

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 maximumSectional 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 entire team may be deemed ineligible for the remainder of the season.**
3. Wrestling season -
  - First practice: Monday, November 9<sup>th</sup>
  - First scrimmage day: Friday, November 20<sup>th</sup>
  - First meet: Thursday, November 26<sup>th</sup>
4. Tournament dates:
  - February 6<sup>th</sup> Section IV Class Tournaments
  - February 12<sup>th</sup> - 13<sup>th</sup> Section IV Finals at Broome County Arena
  - February 26<sup>th</sup> - 27<sup>th</sup> State Championships at Times-Union Center, Albany
5. Tournament sites:
  - Class B FBA
  - Class C Walton High School
  - Class D Delaware Academy of CS
  - Finals Broome County Arena
6. Eligibility: To be eligible for post-season competition, a wrestler must represent his school in at least 6 contests (SH p. 101-102). The contests must be 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 Dual Meet Tournament.*
7. Skin Conditions: See another new form, enclosed. Use form to make copies for your team's use. Must use athlete's original form, not photo copies.
8. Honor Weigh-In: **Rule change from 2004: The honor weigh-in must be conducted prior to the school's first scheduled academic instruction period on the day of the match.**  
Coaches must record actual stripped weights for all contestants at each weigh-in. 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 (SH p. 118, #5).  
  
**Weigh-in procedures for 2-day tournaments** (SH p. 119, #9): 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.
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. We may need to know how many wrestlers per team.