

WRESTLING

1. **NFHS RULES APPLY UNLESS NOTED BELOW**

- A. Varsity shall be composed of 19 weights beginning with 70 lbs and increasing in increments of 5 lbs to 125 lbs. Thereafter, in 10 lb increments to 191 lbs. Heavyweight shall be 191 lbs – 235 lbs.
- B. All teams shall weigh-in immediately preceding the match with BOTH teams present.
- C. An athlete may only wrestle in the weight division he/she qualifies at in the weigh-ins or in the next heaviest weight classification.
- D. Every weight classification receives a 2 lb allowance. The 205 lb weight has not been approved for the county meet.
- E. At the end of the regular season each Division will host a Division Finals that will determine who qualifies for the Section Finals.
 - 1. In our 2 Division League format, the top 4 athletes from each weight class will qualify for Section Finals.
- F. If a Division does not host a Division Finals meet, all athletes from that division will not be eligible to participate in the Section Finals.
- G. A wrestler must wrestle a minimum of 50% of their matches in the same weight class during the regular season in order to qualify for the Division Finals in that weight class.
- H. Athletes from the regular season qualify and are seeded for their Division Finals from the Standards below.
- I. ESAL will pay for All Division, Section & Country meet (when hosting) officials & ESAL receives ½ of the gate revenue from these meets. The door cost for the Division Finals is \$3.00 per adult and \$1.00 per student. Children 6 and under are free.
- J. Team scoring will take place at each Division, Sectional and County Meet.

STANDARDS ARE FROM EACH WEIGHT CLASS FROM REGULAR SEASON MATCHES

2 points for win
1 point for loss
0 points for forfeit or no wrestle

- Tie Breakers are:
- 1. Head to Head
 - 2. Common Opponent
 - 3. Pins
 - 4. Technical Falls
 - 5. Coin Flip

WEIGHT CLASSIFICATIONS

70,75,80,85,90,95,100,105,110,115,120,125,135,145