



Section One
Wrestling Booklet
2021 – 2022





**Section One
Wrestling Calendar
2021 – 2022**

First Practice: permitted **November 15, 2021**

First Scrimmage/Competition: Permitted after 10 Practice days

Representation:

NYS Individual Championship:

Minimum Number of Contests required for Individual for Sectional/State competition – 6 contests. Each athlete must have competed in 6 contests prior to Sectionals. An athlete who is too injured to play **cannot** count that contest as one of the 6. A waiver must be approved by the Section One Executive Director.

NYS Dual Meet Tournament:

Team Sports: An individual is eligible for the team if he/she has been an **eligible** participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season.

**Section I Weight Certification
November 20, 2021**

**Section I Dual Meet Tournament
Matches at Higher Seed**

- 12-7-21 – DII Qtrs.
- 12-8-21 – DI Pre-lims – Round of 16
- 12-9-21 – DII Semifinals
- 12-14-21 – DI Qtrs.
- 12-15-21 – DII Final - Higher Seed
- 12-16-21 – DI Final Four Site TBA -If a school will host quad. Otherwise semi round at higher seed.
- 12-21-21 -DI – Finals at Higher seed if no Final Four takes place

**NYS Dual Meet Championships
Saturday, January 29, 2022 – Onondaga, NY Section 3**

Sectional Qualifying Tournament for Division I Schools

Division A @ **TBA**
Division C @ **TBA**

Division B @ **TBA**
Division D @ **TBA**

Saturday, **February 5, 2022**

Weigh Ins 7:30 – 8:30 AM
Wrestling Begins 9:00 AM

SNOW DATE: SUNDAY, FEBRUARY 6, 2022

NYS Qualifying Tournament

DIVISION I

Saturday, 2/12/22 @ **TBA**

Weigh Ins 7:30 AM – 8:30 AM
Wrestling Begins 8:45 AM

Sunday, 2/13/22 @ **TBA**

Weigh Ins 8:30 – 9:30 AM
Wrestling Begins 10:00AM
Championship Finals 2:00PM
NYS True 2nd -Following Finals if required

DIVISION II

Saturday, 2/12/22 @ **TBA**

Weigh Ins 7:30AM – 8:30AM
Wrestling Begins 9:00AM
Semi-Finals 11:45AM
Championship Finals 4PM

********SNOW DATE: DII on SUNDAY and DI Monday********

NY State Tournament

Championship 2/25/22 & 2/26/22 @ Albany

Section One tournament times and sites are tentative. The Sports Committee will finalize the tournament at the Seeding Meeting. Regional and State tournament dates may change due to weather, travel, and site availability.

Section One Wrestling
2021 – 2022
Sports Committee Members

Chairperson: Jamie Block
Address: Valhalla HS
300 Columbus Avenue
Valhalla, NY 10595

Asst. Chairperson: Bob Bernaducci
Address: Pleasantville HS
60 Romer Avenue
Pleasantville, NY 10570

Phone: (Day) 914-683-5000
(Cell) 914 403-0668
(Fax) 914-683-5003

(Day) 914-741-5370
(Cell) 914-274-7870

Email: jblock@valhallaschools.org

Email: bernardr@pleasantvilleschools.org

Modified Wrestling Coordinator: Kevin Roemer
Scarsdale MS
134 Mamaroneck Rd
Scarsdale, NY 10583
(Day) 914-721-2600
(Cell) 203-733-8177
Email: Kroemer@scarsdaleschools.org

Committee Members:

Conference I	Athletic Director	Andy Guccione, Suffern HS
Conference II	Athletic Director	Dan Belfi, Lakeland Schools
Conference III	Athletic Director	Jamie Block, Valhalla HS

Executive Committee:

Pete Vulpone, President
TBA, Vice President, Dutchess
Peter Jacobson, Vice President, Westchester
Tony Melino, Vice President, Rockland
Brian Bernarducci, Secretary
Bill Swertfager, Treasurer

Official Association Reps:

Tom Cunningham, Dutchess
Ray Sarcone, Westchester/Putnam
Nick Graziano, Rockland

SOWCA Liaisons to Officials: Pete Vulpone and TBA

OFFICIALS

PROCEDURE FOR SELECTING TOURNAMENT OFFICIALS

All coaches must submit referee ratings online with BOCES. Ratings must be done by January 30, 2022. Any school not completing their ratings will not be eligible for post season competition. This is the same procedure used for all sports.

SWBOCES will assign officials for **ALL** Section One contests in cooperation with individual Sports Chairpersons.

Officials are ranked based on coaches' ratings. It is imperative that coaches' rate properly, honestly and in a timely manner.

Teams hosting tournament during the season must submit the names of the schools competing in order for those coaches to rate officials working their tournament.



**SECTION ONE WRESTLING
SIX (6) COMPETITION WAIVERS**

Must be approved by the Section One Executive Director for: D I – 2/2/22 and D II 2/6/22.

WAIVERS WILL ONLY BE APPROVED FOR MEDICAL REASONS.

A contestant, or athletic team shall not represent a school except in conformance with all rules and regulations. It shall be the duty of trustees and boards of education to require that athletic activities be limited to competition between secondary school students.

To be eligible for sectional, intersectional or state competition, a team must have competed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

Team/Individual and Individual Sports: For the sport of wrestling an individual must also have represented (*actually competed*) their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion of the team's regular schedule.

SECTION I QUALIFYING TOURNAMENT (Divisionals) FORMAT – DIVISION I

Dates: February 5, 2021

Division A @ **TBA**
Division C @ **TBA**

Division B @ **TBA**
Division D @ **TBA**

Multiple Entries

- a) 15 Maximum entries per team
- b) No more than 2 entries per weight class

Seeding Criteria:

All wrestlers entered in tournaments will be seeded based on the Section I Seeding Criteria.

Format: Double Elimination from the Quarter Final Round Wrestlers in the round of 16 will be placed against unseeded wrestlers. NO TEAM SCORING.

Number of Wrestlers Qualifying for the NYS Qualifier – per Divisional site – 3.

- The **top 3 place finishers** at each Divisional site will advance to the NYS Qualifier for a total of 12 wrestlers.
- The remaining 4 spots (to complete bracket of 16) will be filled utilizing the Wildcard System.
- To be eligible for a Wildcard, a wrestler must have competed in one of the four Divisional Tournaments and is eligible at that weight they competed in at Divisionals only!
- Wild Cards will be selected by Section I Seeding point system. Highest to lowest accumulated points.

Division I Schools Qualifier for the New York State Championships

Dates: 2 Day Tournament

Saturday, February 12, @ TBA

Sunday, February 13 @ TBA

Format

Day #1 Wrestle to Semi-Finals

Day #2 Semi Finals – Wrestle Backs - Consolation Finals and Championship Finals, True 2nd (if required)

16 Man Bracket

Double Elimination

Qualifying to the NYS Tournament: NYS has adopted the auto-qualifier pilot program replacing the At-Large Wildcard system.

Section I – Division I - will send **Two** 2 wrestlers per weight class to the NYS Tournament: The Champion and a true second.

If the 2nd place wrestler has not beaten the 3rd place wrestler at the Sectional Tournament, they will need to wrestle for a true 2nd place. (H2H during the season has no bearing)

This match will take place at the conclusion of the Championship round 2-13-22?

Division II Schools Qualifier for the New York State Championships

Dates: 1 Day Tournament

Saturday, February 12, @ TBA

Format

16 Man Bracket

Double Elimination (May be adjusted based on facility)

Multiple Entries

a) 15 Maximum entries per team

b) No more than 2 entries per weight class

Qualifying to the NYS Tournament: NYS has adopted the auto-qualifier pilot program replacing the At-Large Wildcard system.

Section I – Division II - will send **One** wrestler per weight class to the NYS Tournament: The Champion.

If Division II was awarded an additional spot due to a scratch, utilizing the approved rotation process. The wrestler that took 2nd in that weight class would go. There would be no match for true 2nd.

Track Wrestling

Track wrestling is the required database that must be used for statistical information. Coaches are responsible for inputting statistics after dual meets and tournaments in a timely fashion.

Post Season: The Section I Seeding Form is the only acceptable record that will be accepted. All Coaches must submit signed copy of Track Wrestling Individual Record Form.

NO OTHER DOCUMENTS WILL BE ALLOWED OR ACCEPTED

PROCEDURE FOR D I DM CHAMPIONSHIPS and SECTION I QUALIFYING TOURNAMENT BREAKDOWN

D I DM Championships & D I Divisional

1. Divisional place winners 1st, 2nd, 3rd, 4th
Points : Divisionals 6-3-2-1 (D II Section place finish)
2. Only points from previous year (2019-20) will be used. (i.e., wrestler is injured previous year but earned point prior to that year.) Points do not count.
3. Use "S" Curve to place in Divisions.
4. Ties shall be broken by:
 - Number of Sectional Qualifiers returning
 - Number of Sectional Place Finishers returning
 - Teams ranked 1-12 will be seeded. 13 down may be placed based on geography of host school if it benefits schools. This decision to do or not will be based on when host schools are established.

DII DM Championships

Sectional place winner's 1st, 2nd, 3rd, 4th
Points: Sectionals 6-3-2-1 (D II Section place finish)
Returning Sectional Qualifier – 1 point

LOWER HUDSON ATHLETIC CONFERENCE

WRESTLING STANDARDS

1. Home scales will be official and are to be certified annually.
2. The Home Team will provide an **ADULT** Timer for all Varsity matches.
3. The Home Team is responsible to contact the visitors regarding the number of JV matches and when they will be conducted.
4. Team warm-ups are only permissible if started 15 minutes prior to the official starting time.
5. **WEIGHT CLASSES** The following 13 weight classes are required:
102, 110, 118, 126, 132, 138, 145, 152, 160, 172, 189, 215, 285
for all dual meets and tournaments.
6. A maximum number of competitions totaling no more than twenty (20) points based upon two (2) points for a tournament (any match involving more than two (2) teams and one (1) point for a dual meet). **REFER TO NYSPHSAA WRESTLING RULE BOOK.**
7. Weight certification rosters should be in place at the scorer's table both at the beginning of the match and during the match.

Honor Weigh-Ins:

a. Honor Weigh-Ins must be conducted by a school representative. 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 school to not have an honor weigh-in (if they cannot meet the required conditions for conducting them).

b. Honor weigh-ins must be completed before the start of school.

c. There are no honor weigh-ins for tournaments or matches held on Saturdays or vacation days.

d. There must be weigh-ins both days for a two-day tournament.

WEIGH IN ATTIRE: NFHS RULE 4-5-7 (May 2020): a legal uniform shall be worn during weigh-in and no additional weight allowance be granted for it. Shoes and ear guards are prohibited from being worn during weigh-in 4-1-1c: female wrestlers are permitted to wear a form-fitted compression shirt that completely covers their breasts in addition to a one-piece singlet and a suitable undergarment. With the institution of the legal uniform (one-piece singlet or two-piece), male and female wrestlers are now able to weigh-in together in the same lineup, allowing gender-specific language to be removed from previous rules. Additionally, the form-fitted compression shirt offers females a more suitable uniform for post-weigh-in skin checks, which are typically done by male officials

NYSPHSAA
WRESTLING WEIGHT CONTROL PLAN

On the recommendation of the State Wrestling Committee and with the approval of the State Executive committee the following weight classes are in effect as a pilot: WEIGHT CLASSES The following 13 weight classes are required:102, 110, 118, 126, 132, 138, 145, 152, 160, 172, 189, 215, 285 for all dual meets and tournaments.

1. The NYSPHSAA Wrestling Minimum Weight Certification Program is to be followed by all high schools sponsoring wrestling. Based on 7% body fat for males/14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days, exclusive of Sundays and school closing for holidays or emergencies, from the first day of the season. Wrestlers will be certified at a minimum weight (May 2010). A wrestler cannot begin practice until the waiver is approved. The approval date of the waiver starts the 14-day clock for certification (Aug. 2011). Centralized Assessment Sites will be mandated for the minimum weight assessment of all wrestlers. Only the refractometer shall be used to test hydration.
2. The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suites; or similar **artificial** heating devices; diuretics or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. **See NFHS Rule 4-4-4.**
3. A profile form from a NYSPHSAA Approved Assessor must be filed in the home school prior to competition. Sectional wrestling forms must be received by Section Wrestling Chairperson before competition.
4. Dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. Honor Weigh-Ins for a school day, dual meet wrestling matches are allowed; Honor Weigh-Ins for non-school day, dual meet wrestling matches are not allowed and if one team has school and the opponent does not have school on the day of a dual meet, Honor Weigh-Ins are allowed. Each wrestler shall make 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 and may be permitted an allowance of 3 pounds at the mat side weigh-in. One not making the scratch weight at the early weigh-in **will not** be permitted the 3 pounds allowable and must make scratch weight at the mat side in order to compete. 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 towards the 50% rule.

NYSPPHSAA
WRESTLING WEIGHT CONTROL PLAN (cont.)

5. Restrictions for Competition: Students in grades 9-12 do not have to make minimum weight (Aug. 2011).
- A minimum required weight for Advanced Placement Athletes: The minimum required weight for all weights as listed **MUST** be met and **RECORDED** at both the honor weigh-in and the mat side weigh-in.
- a) To compete at the 102lb. Class, a wrestler **MUST** weigh in excess of 94 lbs. to be eligible.
 - b) To compete at the 110lb. Class, a wrestler **MUST** weigh in excess of 100 lbs. to be eligible.
 - c) To compete at the 215lb. Class, a wrestler **MUST** weigh in excess of 180 lbs. to be eligible.
 - d) To compete at the 285 lb. Class, a wrestler **MUST** weigh in excess of 210 lbs. to be eligible.
- The minimum required weight for the 102 lbs., 110 lbs., 215 lbs., and 285 lb. weight class **MUST** be met and **RECORDED** at both the honor weigh-in and the mat side weigh-in.
7. A wrestler found to have cheated on the hydration test can no longer participate in wrestling from that point for the remainder of the season.
8. There shall be an allowance of one pound granted each day over the weight limit of the previous day in tournament competition. There is a 1-pound allowance for all involved teams the second day of a dual meet or tournament competition conducted on consecutive days. The maximum allowance for consecutive dual meets or the first day of a tournament following a dual meet is 2 pounds. **NOTE:** a minimum of 48 hours notification to your opponent is required in order to be granted this one-pound allowance. This rule is voided at post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition. NYSPHSAA will grant a 2 pound growth allowance for each weight class on December 25th. This 2 lbs. growth allowance does not apply to the minimum weight requirements for (APP) in the weights of 102 lbs., 110 lbs., 215 lbs. and 285 lbs.
9. Weigh-in for the second day of a tournament must be on the morning of the second day, with a 1 lb. allowance.
10. 50% of the weigh-ins during the season must be at the minimum weight he/she will wrestle during the state tournament series.
- a) An official weigh-in counts towards this 50% rule whether an athlete competes or not, as long as he/she is eligible to compete and has made weight at both the honor weigh-in (a.m.) and the mat side weigh-in (p.m.).

Section I Conference League Wrestling 2021-22

Conference I

<u>League A</u>	<u>League B</u>	<u>League C</u>	<u>League D</u>
Arlington	New Rochelle	Suffern	Fox Lane
RCK	Mamaroneck	North Rockland	White Plains
JJEF	Scarsdale	C South	Port Chester
Carmel	Mount Vernon	East Ramapo	Ossining

Conference II

<u>League A</u>	<u>League B</u>	<u>League C</u>	<u>League D</u>	<u>League E</u>
Yonkers	Brewster	Lakeland -Panas	C North	Ardsley
Eastchester	Mahopac	Peekskill	Nyack	Hen Hud
Sleepy Hollow	Somers-N. Salem	Yorktown	Pearl River	Lourdes
BBHVW	JJCR		Tappan Zee	Nanuet
Harrison	Horace Greeley			
Rye				

Conference III

<u>League A</u>	<u>Multi-Meet League</u>
Edgemont	Hastings
Putnam valley	Croton
Pleasantville	Pawling
Irvington	Woodlands