

VJHSAL Wrestling Rules

1. NO JEWELRY or hard clips may be worn.
2. A boy/girl must wrestle at the lowest weight classification for which he/she is eligible in at least one match during the season. He/she may also wrestle in the next weight class above, except from 175 to heavyweight.
3. A minimum mat border of 6 feet should be met for safety.
4. 176-235 Heavyweight classification.
5. Teams may not take part in a chant or cadence yell for their team member on the mat. Example: "PIN! PIN! PIN!"
6. Weight allowances:
 - a. 1 pound gain, approximately November 15
 - b. 1/2 pound allowed for all Monday meets.
 - c. 2 pound gain after Thanksgiving
7. NCAA Guide to be used with appropriate Junior High modifications.
 - a. Three one-minute periods
 - b. No advantage time or points
 - c. Overtimes – 1st period/1 minute Sudden Death or first point scored; second overtime – 30 seconds, which is called 30-second tiebreaker.
 - d. Head gear optional
 - e. Tennis shoes may be worn
 - f. Weight classifications (19): 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 135, 145, 155, 165, 175, 205, Hwt. (175.25-235)
8. ***WEIGHT LOSS IS HIGHLY DISCOURAGED***
9. Weigh-ins are to be conducted prior to noon, the day of the match, except for tournaments.
10. To seed wrestlers, a coach must attend the seeding meeting.
11. For the regular season match, the teams do not have to start wrestling @ 70lbs (lightest division) every match. This is to avoid heavyweight becoming the last wrestler of the match every meet. Pre-setting the starting weight during preseason coaches meeting is highly encouraged.

Revised 6/8/2007

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