

Attention Team Leaders:

This information is
important for your team(s)
to compete at USA
Wrestling's
Junior & 14U Girls
National Dual
Championships





2020
NATIONAL JUNIOR & 14U Girls DUALS

Freestyle & Greco-Roman

JUNE 16-20, 2020

LOCATION

Cox Business Center

100 Civic Center, Tulsa, OK 74103

CONTACT

Zachory Randall, Tournament Director

E-mail: zrandall@teampathways.com

This Packet includes the following:

1. Junior & 14U Girls National Dual Championships Team Registration Form
2. Junior & 14U Girls National Dual Championships Tournament Schedule
3. USAW Nationals Policies & Procedures



2020 USA Wrestling National Junior Dual Championships

Enclosed is the schedule and Team registration form for the 2020 Junior & 14U Girls Duals to be held in Tulsa, Oklahoma on June 16-20. All information and rules regarding this event are available on-line at themat.com.

Reminder: Due at Registration – May 14, 2020

1. Team Registration Form

2. Name of official(s) from your state or \$500 per team per style.

Note: Each state association entered in the National Duals must supply a minimum of **one mat official** for each style in which the state association is competing. If a state association does not provide one mat official per team, a fee of **\$500** will be assessed at registration for each official that is not provided, for a maximum fee of **\$1000** due before a team will be allowed to register (Dual Rules available on-line).

We welcome your participation in this quality event. As always, if you have any questions please do not hesitate to contact Zachory Randall.

Registration:

- a. Roster verification Greco-Roman and Women's Freestyle: Tuesday, June 16 at 3:00 PM Greco and 4:00 PM JR Women– Cox Center.
- b. Roster verification Freestyle (only): Thursday, June 18 at 2:00 PM 14U Girls and 4:00 PM JR Freestyle – Cox Center.
- c. Teams will be entered and verified through USAWmembership.com.
- d. All teams participating in the Duals must register USAWmembership.com. This includes: athletes and coaches.
- e. Draw numbers for each team will be pulled at the time of roster verification for each event.
- f. Coaches' Passes: Maximum of four per team. Coaches must have a current USA Wrestling Card and a Bronze-Level Coaching Certification (must be presented at registration).
- g. Team Leader Passes: One Team Leader pass will be issued per state. Team Leader must have a current Wrestling Leader Membership which includes a background and completed SafeSport.
- h. All State teams must provide one official.

Weigh-in/Eligibility:

- a. Wrestlers able to compete in the Junior National Duals are born 9/1/2000 and after, plus enrolled in grades 9-12. (16U Girls are eligible to compete on their state's Junior Women Dual team)
- b. Junior Men Weight Classes: 100, 106, 113, 119, 126, 132, 138, 145, 152, 160, 180, 182, 195, 219, 285
- c. Junior Women Weight Classes: 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225
- d. 14U Girls born in 2006-2007 are eligible to compete.
- e. 14U Girls Weight Classes : 72, 79, 85, 92, 97, 101, 105, 110, 119, 127, 136, 145, 185
- f. Awards will be presented upon completion of placement duals at mat side.
- g. In order to keep the tournament on schedule, please keep your teams off the competition mats until they have been called for competition.



Junior & 14U Girls Dual 2020 Event Schedule –FINAL

**Start times are subject to change based on number (#) of teams competing*

Tuesday, June 16

Mats open for team workout

1:00 PM to 5:00 PM

Greco-Roman Duals Pairing Clinic

1:00 PM to 2:00 PM

Greco-Roman Duals Registration

3:00 PM to 4:00 PM

Greco-Roman Duals Officials Meeting & Clinic

3:00 PM to 4:30 PM

Greco-Roman Duals Tournament Set-up

3:00 PM to 4:00 PM

Greco-Roman Duals Coaches Meeting

3:00 PM to 4:00 PM

Greco-Roman Duals Weigh-ins & Medical Check *See Weigh-in procedures*

4:00 PM to 5:00 PM

Women's Freestyle Duals Registration

4:00 PM to 5:00 PM

Women's Freestyle Duals Medical Check and Weigh-ins

5:00 PM to 5:30 PM

Greco-Roman and Junior Women Duals Officials Meeting & Clinic

6:30 PM to 8:00 PM

Wednesday, June 17 (GR 32 Teams EST.)

Greco-Roman Duals Officials Breakfast & Assignment Meeting

7:30 AM to 8:30 AM

Greco Roman Duals Session 1: (16 mats) Rounds 1 & 2 Preliminary Championship Match, Championship Semi-Finals, & Consolation Quarterfinals

9:00 AM to 12:30 PM

Women's Freestyle Duals Session 1: (Mats 6) (2 Rounds)

9:00 AM to 12:30 PM

LUNCH BREAK

12:30 to 1:30 PM



Greco-Roman Duals Session 2: (16 mats) Rounds 3, 4 & 5 - Consolation Semi-Finals & 1st Place Match, Placement Match 3rd, 5th, 7th, True 2nd place Match

1:30 PM to 7:00 PM

Women's Freestyle Duals Session 2: (Mats 6) (3 Rounds)

1:30 PM to 6:00 PM

Thursday, June 18

Greco-Roman Duals Officials Breakfast & Assignment Meeting

6:30 AM to 7:30 AM

Women's Freestyle Duals Session 3: (Mats 6) (2 Rounds)

9:00 AM to 12:30 PM

Greco-Roman Duals Session 3: Color Pools (**Gold/Silver, Bronze/Copper, Red/Blue, Green/Yellow**) Rounds 1 & 2 Preliminary Duals (All 16 Mats)

9:00 AM to 12:00 PM

LUNCH BREAK

12:00 – 1:00 PM

Greco-Roman Duals Session 4: (All 16 Mats) *Rounds 3 & 4 Preliminary Duals & Finals Placement Match Dual*

1:00 PM to 5:00 PM

Women's Freestyle Duals Session 4: (Mats 6) (If Needed)

1:00 PM to 6:00 PM

Mats Open for Team Workout

11:00 AM to 5:00 PM

14U Girls Dual - Freestyle Registration

2:00 PM to 3:00 PM

14U Girls Dual - Freestyle Medical Check and Weigh-ins

3:00 PM to 4:00 PM

Freestyle Dual Registration

4:00 PM to 5:30 PM

Freestyle Dual Medical Check and Weigh-ins

5:30 PM to 6:30 PM

Freestyle Duals Tournament Set-up

6:00 PM to 8:00 PM



Friday, June 19 (EST. 36 Freestyle Teams)

Freestyle Duals Officials Breakfast & Assignment Meeting

6:30 AM to 7:30 AM

Freestyle Duals Coaches Meeting

7:30 AM to 8:00 AM

Freestyle Duals Session 1 (Junior Men & 14U girls): (16 mats) Rounds 1, 2, & 3– Preliminaries, Consolations, & Semifinals

8:00 AM to 12:30 PM

LUNCH BREAK

12:30 – 1:30 PM

Freestyle Duals Session 2 (Junior Men & 14U girls): (16 mats) Rounds 4, 5 & 6 – Consolations, Placement (1st-8th), True 2nd & Round 1 of Preliminary Duals Color Pools (**Gold/Silver, Bronze/Copper, Red/Blue, Green/Yellow**)

1:30 PM to 8:00 PM

Saturday, June 20

Freestyle Officials Breakfast & Assignment Meeting

8:00 AM to 8:30 AM

Freestyle Duals Session 3: (16 Mats) Round 2, 3 & 4 - (16 mats) Preliminary Duals and Finals Placement Match (Awards to follow) (**Gold/Silver, Bronze/Copper, Red/Blue, Green/Yellow**)

9:00 AM to 3:00 PM

This schedule is subject to change based on the number of teams entered in each tournament.

***NOTE: TOURNAMENT WILL BE RUN IN ROUNDS BY MATCH NUMBERS. THEREFORE TEAMS MUST BE READY TO WRESTLE AT FIRST AVAILABLE MAT.**



Team Registration Form

USAW Junior National Dual Championships



State (Team Name) _____

Team Leader _____

Address _____

City _____

State _____ ZIP _____

Cell or Work Phone _____

Home Phone _____

Email _____

Hotel Name: _____ Number of Rooms used: _____

Name of your Freestyle official: _____

Name of your Greco official: _____ (if the same please repeat name)

Please check the style (s) your team will be participating in.

Please Check line provided (Freestyle _____ 2nd team _____) (Girls Freestyle _____ 2nd team _____)

(Greco _____ 2nd team _____) (WM Freestyle _____ 2nd team _____)

****Must be enrolled in 9th grade or above to compete

\$750.00 non – refundable entry fee per team per style due Friday May 3rd, 2020.

All fees **MUST ARRIVE** by May 3rd. One team per state per style is guaranteed.

Send entry fee to: Oklahoma Amateur Wrestling Inc.

C/O Zachory Randall-State Chairman

13707 Fairhill Ave

Edmond, Oklahoma 73013

Make checks payable to: Oklahoma Amateur Wrestling Inc.

Teams that want to pay online will be charged \$775 per team/per style

[Click Here for Online payment Option](#)



Notice: All State leaders will need to start a New Team under their National Team Tab in the usaw membership system. Once you start a new team please add a Team Leader, once added that Team leader will have access to enter wrestlers to the roster. Seeding criteria will automatically add to an athlete when they are added to the roster, if you believe criteria is missing please email chargrove@usawrestling.org. Your athlete might have multiple USAW profiles. Contact Zachory Randall (405-414-7284) with any questions or concerns if you have not received an email with registration link by Wednesday May 27th 2020.

Registration Procedure

It is mandatory for teams to register online at www.usawmembership.com Below is the process.

1. Team Registration Form and entry fee (\$750 per team per style) are due to the host by the stated Monday, 14, 2020.deadline.
2. Team Registration Form must include a team leader contact and email address.
3. Upon receipt of your Team Entry Form and fee, you will be e-mailed a packet of policies.
4. Teams must enter their team rosters to include: athletes, coaches, & team leaders in the USAWMembership system. Please follow the directions below on how to create and add a team.
5. Teams will be seeded according to #9 of Policies and Procedures for National Dual Meet Championships.
6. Upon arrival at the event, you will be given your roster for verification. You will need to sign off on team members and seeding points.

USAWmembership System Directions

1. State Leaders please go to www.usawmembership.com and log into your account.
2. Click on your State Leader tab under the Admin section of your profile
3. Click on National Teams and Start a New Team under the 2020 year
4. Add a Team Leader to your National Team, this will give them access to add/delete wrestlers to the roster
5. Team Leaders must also enter all coaches, wrestlers, and if they have medical staff member to the roster
6. Seeding points will auto-populate next to the wrestlers name. (If you think points are missing or incorrect please contact Christina Hargrove at chargrove@usawrestling.org)
7. All athletes must have a current membership to be added to a team roster. If the athlete turns 18 during the membership year they will need to complete SafeSport.
8. Team Leaders and Coaches must have current Wrestling Leader membership. Coaches must Bronze or higher - Level Coaching Certification or higher (must be presented at registration).

ENTRY FEE: \$750.00 PER TEAM

SEND ENTRY FORM AND PAYMENT TO LOCAL HOST



Junior Duals Hotel List

Stay to Play

The Tulsa Sports Commission and USA Wrestling have partnered with several hotels featuring a variety of amenities, brands, locations and hotel rates. These hotels support the sport of wrestling and couldn't be better partners. In order to participate in the 2020 USA Wrestling Jr. National Duals you are required to stay in one of these properties. When booking your room please mention your team name and team leader so we have the ability to identify your reservations. If you have any questions or concerns please reach out to Mark Hargis at markhargis@tulsasports.org.

***Teams **are** required to stay in the options provided below. If you have a different property you would like to stay at, please email markhargis@tulsasports.org prior to booking. We will do the best we can to make them available.

Doubletree by Hilton Tulsa Downtown - Headquarter Hotel

- Rate - \$129-\$139
- Distance to Cox Business Center – Connected via sky bridge.
- [Book Doubletree Downtown Here](#)
- For guests that prefer to make reservations by phone they may call 1-800-838-7914 and provide the group code USW to receive the discounted group rate.
- Self-parking is \$10/day for registered guests.
- Oversized van or shuttle parking has to be setup prior to arrival.
- Complimentary in-room internet and breakfast buffet.
- Reservations must be made by May 25th at 5pm.

***Make sure to book your rooms under the Team Leader you provided during registration.**

Holiday Inn Tulsa City Center

- Rate - \$122
- Distance to Cox Business Center – 0.4 mi., 8 min. – walk
- [Booking Link Click Here](#)
- \$25/night bus parking – please call ahead and confirm.
- \$8 per night vehicle parking.
- Complimentary breakfast for four.
- Four upgrades for head coaches at the group rate. 1 per team.
- Must reserve by May 16th

***Make sure to book your rooms under the Team Leader you provided during registration.**

Wyndham Tulsa

- Rate - \$90
- Distance to Cox Business Center – 10.3 mi., 13 min. – drive
- [Book Wyndham Room Here](#)
- Complimentary bus and vehicle parking.
- Complimentary internet and breakfast buffet for up to 4 people per room.
- Individual Guest Reservations can be made by calling 1-877-999-3223 or local at 918-627-5000.
- 24/7 Fitness Center
- Complimentary shuttle service to/from the airport and within 5 mile radius.
- Cut-off date for reservations June 1st at 5pm.

Holiday Inn Express Tulsa Downtown – Arts District

- Rate \$114
- [Book Holiday Inn Downtown Here](#)
- Distance to Cox Business Center – 1.1 Miles – 13 min walk 6 min drive
- Free high-speed and Wireless Internet access in the lobby and all guestrooms, allowing your guests to easily stay connected to their friends and family while at our hotel.
- Guests have the option to earn IHG Rewards points.
- Free airport and downtown shuttle allowing guests to stay and play downtown.
- Self-parking will be available for the group at a discounted rate of \$10 per night.
- Free on-site fitness center.
- Complimentary breakfast buffet each morning.
- Must book room by May 25th.

***Make sure to book your rooms under the Team Leader you provided during registration.**

Hampton Inn Downtown 211 W 3rd St, Tulsa, OK 74103

- Rate \$124-134
- [Book Hampton Inn Downtown Here](#)
- Valet parking will be available for a discounted group rate of \$18 per night
- Free hot breakfast offered daily, allowing your guests to start their day off right without an additional charge.
- Free high-speed and Wireless Internet access in the lobby and all guestrooms, allowing your guests to easily stay connected to their friends and family while at our hotel.
- Guests have the option to earn both Honors points & airline miles.
- Free airport and downtown shuttle allowing guests to stay and play downtown without ever having to get into their car.
- Fantastic downtown location with 5 locally owned restaurants within 1 block of the hotel
- Mini-fridges in all guest rooms
- Must book room by May 25th.

***Make sure to book your rooms under the Team Leader you provided during registration.**



USA WRESTLING

Policies and Procedures for National Dual Meet Championships [14U/14U girls, 16U, Junior]

UWW Rules and USA Wrestling (USAW) modifications apply in all circumstances not covered in these procedures.

1. Mission Statement

- 1.1. Provide a low cost opportunity for individuals to get the widest possible exposure to national caliber competition prior to the individual Kids, 16U, and Junior National Championships. Provide an opportunity for maximum competition opportunities. Provide a method to determine the National Championship Team in the following divisions: 14U/14U girls, 16U, Men's Junior, and Women's Junior.

2. Team Selection

- 2.1. The appropriate USAW State Chairperson must certify all teams from his/her state association.

3. Preliminary Registration and Deposit

- 3.1. Each state may pre-register up to two (2) teams per style. **Final registration and roster verification shall be conducted onsite the night before the competition whenever possible. Date and time to be determined by USAW and the Local Organizing Committee (LOC).**

4. Team Registration Fee

- 4.1. 14U/14U girls, 16U, and Men's Junior Divisions
 - 4.1.1. Each state must pay a **\$750.00** entry fee for each team entered. Registration fees must be sent to the LOC.
 - 4.1.2. The local organizing committees of each National Dual Championships may set up payment online through tournament registration system. If this option is utilized, the cost for registration becomes \$775. If registration is paid by check by the registration deadline, the cost will be \$750.
 - 4.1.3. Deadline for the registration form and fee will be determined by the host.
- 4.2. Women's Junior Division
 - 4.2.1. Each state must pay a **\$750.00** entry fee for each team entered. Registration fees must be sent to USA Wrestling National Events.
 - 4.2.2. The registration form and fee is due no later than the date determined by USAW.

5. Individual Eligibility

- 5.1. Age and eligibility requirements for the individual 14U/14U girls, 16U, and Junior Division National Championships shall apply.

6. Officials

- 6.1. The USAW National Dual Team Championships are sanctioned as a USA Wrestling National Event. USWOA certified mat officials will receive national credit for participating in these championships. Only assigned pairers receive national credit for dual championships. Other pairers receive credit for working a USAW sanctioned event. The LOC will supply 40 rooms or 80 beds for USWOA designated officials and



staff. *(Accommodation requirements may vary with inclusion of Officials Education Program (OEP) sessions at the National Duals. The official USA Wrestling event contract shall govern accommodation requirements.)*

7. Mission Statement

- 7.1. Provide a low cost opportunity for individuals to get the widest possible exposure to national caliber competition prior to the individual Kids, 16U, and Junior National Championships. Provide an opportunity for maximum competition opportunities. Provide a method to determine the National Championship Team in the following divisions: 14U/14U girls, 16U, Men's Junior, and Women's Junior.

8. Team Selection

- 8.1. The appropriate USAW State Chairperson must certify all teams from his/her state association.

9. Preliminary Registration and Deposit

- 9.1. Each state may pre-register up to two (2) teams per style. **Final registration and roster verification shall be conducted onsite the night before the competition whenever possible. Date and time to be determined by USAW and the Local Organizing Committee (LOC).**

10. Team Registration Fee

- 10.1. 14U/14U girls, 16U, and Men's Junior Divisions
- 10.1.1. Each state must pay a **\$750.00** entry fee for each team entered. Registration fees must be sent to the LOC.
- 10.1.2. The local organizing committees of each National Dual Championships may set up payment online through tournament registration system. If this option is utilized, the cost for registration becomes \$775. If registration is paid by check by the registration deadline, the cost will be \$750.
- 10.1.3. Deadline for the registration form and fee will be determined by the host.
- 10.2. Women's Junior Division
- 10.2.1. Each state must pay a **\$750.00** entry fee for each team entered. Registration fees must be sent to USA Wrestling National Events.
- 10.2.2. The registration form and fee is due no later than the date determined by USAW.

11. Individual Eligibility

- 11.1. Age and eligibility requirements for the individual 14U/14U girls, 16U, and Junior Division National Championships shall apply.

12. Officials

- 12.1. The USAW National Dual Team Championships are sanctioned as a USA Wrestling National Event. USWOA certified mat officials will receive national credit for participating in these championships. Only assigned pairers receive national credit for dual championships. Other pairers receive credit for working a USAW sanctioned event. The LOC will supply 40 rooms or 80 beds for USWOA designated officials and staff. *(Accommodation requirements may vary with inclusion of Officials Education Program (OEP) sessions at the National Duals. The official USA Wrestling event contract shall govern accommodation requirements.)*
- 12.2. Each state association entered in a National Duals event must supply a minimum of one mat official, per team, for each style in which the state association is competing. A \$500.00 fee (per team, per style) will be assessed at registration for each state failing to provide a mat official.
- 12.2.1. The primary team official, and any alternate, must be designated by the Team Leader for each state association team entered into the National Duals no later than 24 hours prior to the first day of any one style contested at the National Duals. This policy shall not apply if a substitution is made with an official from the state association under the 24 hour deadline. If a state fails to comply with this deadline, they shall be fined \$500 per official, per team, per style.
- 12.2.2. The fee for violating the required mat officials' policy shall be collected by the LOC prior to the beginning of the tournament and is to be utilized to offset tournament expenses.

13. Team and Athlete Limitations

- 13.1.** For the 14U/14U girls, 16U, and Men's Junior divisions, the team entries shall be limited to two (2) teams per state per style. For the Women's Junior division, the team entries shall be limited to 16 freestyle teams.
- 13.2.** Each team must be comprised of the following number of athletes: 14U Boys– minimum 9; maximum 27; 14U Girls – minimum 8; maximum 20; 16U – minimum 9; maximum 27; Junior Men – minimum 8; maximum 24; Junior Women – minimum 8; maximum 24.

14. Roster

- 14.1.** Each team must designate all team personnel (athletes, coaches, a medical staff, and a team leader) on the official roster which is submitted on the USAWMembership system. Each team will be limited to four coaches passes and one team leader pass per team per style. If a team is bringing a medical staff member that team must contact USAW Events and will be subject to both background check and SafeSport requirements.
- 14.2.** After submitting the team roster, there shall be no moving of wrestlers who contributed to the team seeding criteria in the 16U and Junior age divisions.
- 14.3.** States will have until the start of weigh-in to make changes in their line-ups (except as noted above) without penalty. They must notify and receive permission from the tournament director and head pairer to make these changes prior to the start of weigh-ins.
- 14.4.** The addition of an athlete(s) to the team roster after the start of weigh-ins (and before the end of weigh-ins) is subject to a \$100.00 late fee per athlete added.
 - 14.4.1.** The late fees for adding athletes after the start of weigh-ins shall be collected by the LOC to be utilized to offset tournament expenses.
 - 14.4.2.** At the National Dual Championships, out-of-state wrestlers shall be allowed to compete on a specified team, but the match takes place and is scored as a forfeit (5-0 team score). In this instance, a release is not required for the out-of-state wrestler to compete on a different state's team. If a state sends a team, no wrestler from that state can be on another state's team as noted above

15. Team Seeding Criteria

- 15.1.** After the initial registration deadline, State Leader will be responsible for going to their USAWmembership profile and adding a New Team on their to their state's National Team. Once a Team is created please add a Team Leader to the Team. Team Leaders will then be able to add wrestlers to the Team roster. All information must be entered online by the stated deadline. Contact the national office with any issues.
- 15.2.** All teams shall be assigned a draw number at final on-site registration.
- 15.3.** **There are no points given for ANY folkstyle championship.**

16. 14U/14U girls Division

- 16.1.1.** If possible, the top sixteen teams will be seeded into pools using the seeding criteria below. All other teams will be placed according to draw number and/or as listed below under "Pairing and Competition Procedures."
- 16.1.2.** Team seeding is based on a style-specific point system. Using the highest points only, one rating per athlete is permitted. One point will be deducted from the scoring criteria for athletes who earned their points in the opposite style in which they are competing (i.e., a Greco-Roman National Champion loses one point from his/her seeding criteria when competing in freestyle).
 - 16.1.2.1.** Coaches must provide verify information on athletes at the time of online roster entry
 - 16.1.2.2.** Coaches must verify in which style the athlete has attained scoring status. (i.e. Junior National Champion – Freestyle or Junior National Champion – Greco-Roman)
 - 16.1.2.3.** Falsification of seeding criteria will result in forfeiture of team placement.
- 16.1.3.** **Only the top 14 scoring athletes for 14U Girls, top 18 scoring athletes for 14U Boys and 16Us and top 15 scoring athletes for Juniors listed on the online entry form will be counted in the criteria. No more than two wrestlers per weight may score points.**

16.1.4. Scoring Criteria:

16.1.4.1. 14U/14Ugirls Division

A.	14U/14Ugirl National Champion	5 points
B.	Previous year 12U National Champion	4 points
C.	14U/14U girl National Place Winner	3 points
D.	Current Year 14U/14U girl Regional Champion	2 points
E.	Previous year 12U National Place Winner	2 points
F.	Current Year 14U/14U girl Regional Place Winner	1 point

16.2. Men's 16U and Men's Junior Divisions

16.2.1. If possible, the top sixteen teams will be seeded into pools using the seeding criteria below.

All other teams will be placed according to draw number and/or as listed below under "Pairing and Competition Procedures."

16.2.2. Team seeding is based on a style-specific point system. Using the highest points only, **one rating per athlete is permitted.** *One point will be deducted from the scoring criteria for athletes who earned their points in the opposite style in which they are competing (i.e., a Greco-Roman National Champion loses one point from his/her seeding criteria when competing in freestyle).*

16.2.2.1. Coaches must verify seeding information on athletes at the time of online roster entry.

16.2.2.2. Coaches must verify in which style the athlete has attained scoring status. (i.e. Junior National Champion – Freestyle or Junior National Champion – Greco-Roman)

16.2.2.3. Falsification of seeding criteria will result in forfeiture of team placement.

16.2.3. Only the top 18 scoring athletes for 16Us and top 15 scoring athletes for Juniors listed on the online entry form will be counted in the criteria. No more than two wrestlers per weight may score points.

16.2.4. Scoring Criteria:

16.2.4.1. Junior Division

A.	UWW Junior World Champion	5 points
B.	Junior National Champion	5 points
C.	UWW Junior National Champion	5 points
D.	16U/UWW 16U National Champion	4 points
E.	UWW Junior World Place Winner	3 points
F.	Junior National Place Winner	3 points
G.	UWW Junior National Place Winner	3 points
H.	UWW Junior World Team Member	2 points
I.	16U/UWW 16U National Place Winner	2 points
J.	Current Year Junior Regional Champion	1 point

16.2.4.2. 16U Division

A.	Junior National Champion	5 points
B.	16U National Champion	5 points
C.	UWW 16U National Champion	5 points
D.	Junior National Place Winner	3 points
E.	16U National Place Winner	3 points
F.	UWW 16U National Place Winner	3 points
G.	14U/girl National Champion	3 points
H.	Current Year 16U Regional Champion	2 points
I.	Current Year Junior Regional Champion	2 points
J.	Current Year 16U Regional 2 nd -3 rd Place	1 point
K.	Current Year Junior Regional Place Winner	1 point

16.3. Women's Junior Division

16.3.1. If possible, the top sixteen teams will be seeded into pools using the seeding criteria below. All other teams will be placed according to draw number and/or as listed below under "Pairing and Competition Procedures."

16.3.2. Team seeding is based on a style-specific point system. Using the highest points only, one rating per athlete is permitted.

16.3.2.1. Coaches must verify seeding information on athletes at the time of registration.

16.3.2.2. Falsification of seeding criteria will result in forfeiture of team placement.

16.3.3. Only the top 11 scoring athletes listed on the entry form will be counted in the criteria. No more than two wrestlers per weight may score points.

16.3.4. Scoring Criteria:

A.	UWW Junior World Champion	5 points
B.	Junior National Champion	5 points
C.	UWW Junior National Champion	5 points
D.	16U National Champion	4 points
E.	UWW 16U National Champion	4 points
F.	UWW Junior World Place Winner	3 points
G.	Junior National Place Winner	3 points
H.	UWW Junior National Place Winner	3 points
I.	16U National Place Winner	2 points
J.	UWW Junior World Team Member	2 points
K.	UWW 16U National Place Winner	2 points

17. Pairing and Competition Procedures

17.1. Line Bracketing and Separation

17.1.1. Line Bracketing Seeds

17.1.1.1. 14U, Men's 16U and Men's Junior Divisions

A. The pairing officials will tabulate the individual seeding points to determine team seeding criteria. Teams will be seeded according to the number of points obtained and placed in brackets A, B, C, or D. The team with the most points awarded receives the top seed. Byes shall be given, in order, to #4, then #3, then #2, and then #1 in each pool.

B. Line Bracket Seeds: **Pool A** – 1, 8, 9, 16; **Pool B** – 2, 7, 10, 15; **Pool C** – 3, 6, 11, 14; **Pool D** – 4, 5, 12, 13

17.1.1.2. Women's Junior & 14U Girls Division

A. Any state association may enter a team(s) into the Women's Junior & 14U Girls Division.

B. Draw teams will also be formed to compete by creating teams from those women athletes who desire to participate, but are not affiliated with a recognized state association national dual team.

C. Draw teams shall be made by random draw of athletes per weight class.

D. Draw teams must be comprised of at least 7 athletes per team.

E. Only one athlete per weight class can be randomly drawn for draw teams.

F. USAW National Staff shall develop guidelines and procedures for the identification of eligible athletes, the random draw of the draw teams, entry fees, and any other procedures necessary to conduct the Women's Junior Division National Duals.

17.1.2. Separation

17.1.2.1. Seeded teams shall be placed into the appropriate pools (see 10.1.1.2). If teams are tied in seeding points, the lowest draw number will be seeded highest. An unseeded team from the same state as a seeded team will be placed in the opposite half of the pools from the seeded same state team as follows: If the seeded team is in pool A, the unseeded same state team

will be placed in pool C; if the seeded team is in pool B, the unseeded same state team will be placed in pool D; if the seeded team is in pool C, the unseeded same state team will be placed in pool A; if the seeded team is in pool D, the unseeded same state team will be placed in pool B.

- 17.1.2.2.** Place all remaining teams in draw number order. If the pools do not have the same number of teams after 10.1.2.1 is completed, start with the first remaining team and place the required number of teams in the pool(s) to make them have an even number of teams. Do not put consecutive draw numbers in the same pool (unless only one pool has fewer teams); move from A through D in that order placing teams as needed until the number of teams in each pool is the same. When all pools have the same number of teams, place the first remaining team in pool A, the next in pool B, etc. until all teams have been placed in pools.
- 17.1.2.3.** Teams shall be placed in pools in even numbers. For example, in an event with 34 teams, Pool A should have 10 teams and each remaining pool should have eight.

A.	Pool A	Pool B	Pool C	Pool D	Total Teams
	9	8	8	8	33
	10	8	8	8	34
	10	9	8	8	35
	10	10	8	8	36
	10	10	9	8	37
	10	10	10	8	38
	10	10	10	9	39
	10	10	10	10	40

- 17.1.2.4.** Check to see that teams from states with more than one unseeded team (doubles) are in pools as follows: If one half of a double is in pool A, the other half must be in pool C, correspondingly pool B and pool D. To move half of a double to another pool, switch it with a single in the destination pool. Move the half of a double with the higher draw number if at all possible.
- 17.1.2.5.** If both teams from a state are seeded, the teams must remain in their designated pool UNLESS the team leader chooses to withdraw the lower seed. If the seed is withdrawn, that team no longer has any consideration as a seed in any other pool. This option must be indicated on the entry form prior to the event in the 14U/girl division. For the 16U and Junior divisions, this option must be indicated immediately upon notification to the team leader by the chief pairer that the situation exists. If the lower seed is withdrawn, the now unseeded team is assigned to a pool as described in 10.1.2.2 and 10.1.2.3. If a team withdraws their lower seed, all other seeded teams will move up in the 16U and Junior divisions. In the 14U/girl division, there will be no eighth seed.
- 17.1.2.6.** Once all teams are assigned to pools, the seeded teams are placed on the appropriate lines as indicated in Appendix A. In each pool, any necessary byes are assigned as follows: The lowest seeded team gets the first bye, e.g., seed number 8 in pool A, seed number 7 in pool B, seed number 6 in pool C, and seed number 5 in pool D. The next to lowest seed in each pool gets the second bye, and the third to lowest seed in each pool gets the third bye.
- 17.1.2.7.** In each pool, all remaining teams are arranged in draw number order and assigned to a line moving from top to bottom.

17.2. Dual Procedures

17.2.1. Home Team Determination

- 17.2.1.1.** At the beginning of each dual meet, a coin flip between the coaches/team captains will determine the designated home team.

17.2.2. Starting Weight

- 17.2.2.1.** The starting weight is to be randomly drawn for the first round of the tournament. With each successive round, the starting weight will move to the next highest weight class: i.e. In Round 1, all dual meets start at 132. In Round 2, all dual meets start at 138 and so on.

17.2.3. Wrestlers from both teams must report to the Mat Chairperson prior to each individual bout.

17.2.4. For each dual meet, each team shall designate the one individual who will be allowed to approach the mat chairman. This designation shall be noted on the team scoring sheet.

17.3. Competition Format

17.3.1. For all age divisions (excluding Women's National Duals), the National Duals shall be conducted utilizing line bracketing to determine which teams end up in which pools for placing purposes.

17.3.2. 14U, 16U and Men's Junior Divisions

17.3.2.1. Teams will wrestle through 8th place in the double elimination, true 2nd place line bracket.

17.3.2.2. Competition will continue after completing the matches in brackets A-D by repooling the top two finishers in each pool into a championship (Gold/Silver) bracket. Brackets A – D will include a True 2nd Place Match if the 2nd Place Team and the 3rd Place Team have not already wrestled against one another. If the teams have already wrestled, then the 2nd Place Team will remain in 2nd Place. The championship bracket will place teams in Gold and Silver pools as follows: Gold – A 1st, B 2nd, C 2nd, D 1st; Silver – A 2nd, B 1st, C 1st, D 2nd.

A. If two teams from the same state advance to the same pool finals they will be scheduled to wrestle the first dual of the pool.

17.3.2.3. The 3rd and 4th place teams from the A, B, C, and D brackets shall be placed in the Bronze and Copper pools as follows: Bronze – A3:B4; D3:C4; Copper – C3:D4; B3:A4.

17.3.2.4. The 5th and 6th place teams from the A, B, C, and D brackets shall be placed in the Red and Blue pools as follows: Red – A5:B6; D5:C6; Blue – C5:D6; B5:A6.

17.3.2.5. The 7th and 8th place teams from the A, B, C, and D brackets shall be placed in the Green and Yellow pools as follows: Green – A7:B8; D7:C8; Yellow – C7:D8; B7:A8. *Can be modified by the Tournament Committee – *Tournament Director, LOC, Head Pairer, USAW Staff.*

17.3.2.6. Teams will wrestle every team in their pool and be placed in order of finish by win/loss record.

A. If there is a tie between two teams in regards to win/loss record, the results of their head-to-head dual will determine the placing within the pool.

B. If there is a three way tie among teams in regards to win/loss record, the least number of total classification points earned among the tied teams, and only for the matches among them, will be used to determine the third place team (least classification points of the three tied teams). The other two teams shall be ranked according to their head-to-head match.

C. If there are three teams tied in regards to win/loss record and in classification points for the matches among them, the least number of classification points classification points earned during the entire pool competition rounds will used to determine the third place team, and the head-to-head result between the other two teams shall determine the placing.

D. When teams from the same state match up against one another, the teams will have an option to either wrestle OR not wrestle and declare the winner. In the instance when the teams decide to not wrestle but instead declare a winner, the final team score shall be 1-0.

17.3.2.7. To ensure that all teams compete in at least 6 dual meets, the format of the tournament will allow for changes to the red, blue, green, and yellow pools if there are 25-27 teams. Every effort will be made to separate teams that have previously met.

17.3.2.8. Team Placing

A. The National Championship shall be determined in the following way:

17.3.2.8.A.1. Gold 1st Place Finisher vs. Silver 1st Place Finisher for 1st Place

17.3.2.8.A.2. Gold 2nd Place Finisher vs. Silver 2nd Place Finisher for 3rd Place

17.3.2.8.A.3. Gold 3rd Place Finisher vs. Silver 3rd Place Finisher for 5th Place

17.3.2.8.A.4. Gold 4th Place Finisher vs. Silver 4th Place Finisher for 7th Place

- B.** The remaining teams will finish the placing in the following way:
- 17.3.2.8.B.1. Bronze 1st Place Finisher vs. Copper 1st Place Finisher for 9th Place
 - 17.3.2.8.B.2. Bronze 2nd Place Finisher vs. Copper 2nd Place Finisher for 11th Place
 - 17.3.2.8.B.3. Bronze 3rd Place Finisher vs. Copper 3rd Place Finisher for 13th Place
 - 17.3.2.8.B.4. Bronze 4th Place Finisher vs. Copper 4th Place Finisher for 15th Place
 - 17.3.2.8.B.5. Red 1st Place Finisher vs. Blue 1st Place Finisher for 18th Place
 - 17.3.2.8.B.6. Red 2nd Place Finisher vs. Blue 2nd Place Finisher for 19th Place
 - 17.3.2.8.B.7. Red 3rd Place Finisher vs. Blue 3rd Place Finisher for 21st Place
 - 17.3.2.8.B.8. Red 4th Place Finisher vs. Blue 4th Place Finisher for 23rd Place
 - 17.3.2.8.B.9. Green 1st Place Finisher vs. Yellow 1st Place Finisher for 25th Place
 - 17.3.2.8.B.10. Green 2nd Place Finisher vs. Yellow 2nd Place Finisher for 27th Place
 - 17.3.2.8.B.11. Green 3rd Place Finisher vs. Yellow 3rd Place Finisher for 29th Place
 - 17.3.2.8.B.12. Green 4th Place Finisher vs. Yellow 4th Place Finisher for 31st Place

17.3.3. Women's Junior & 14U Girls Division

17.3.3.1. To be determined by National Office staff after final registration.

17.4. Dual Meet Tiebreaker Criteria (If two teams are tied in an individual dual):

- 17.4.1.** The team whose wrestlers, coaches, or support staff has been penalized the least number of team point(s) for flagrant or unsportsmanlike conduct shall be declared the winner.
- 17.4.2.** The team with the most victories (including forfeits) shall be declared the winner.
- 17.4.3.** The team with the most victories by fall shall be declared the winner.
- 17.4.4.** The team with the most victories by technical superiority shall be declared the winner.
- 17.4.5.** The team with the most victories by forfeit, default, or disqualification shall be declared the winner.
- 17.4.6.** The team with the most victories by decision shall be declared the winner.
- 17.4.7.** The team with the lowest draw number shall be declared the winner.

18. Weigh-In

- 18.1.** One weigh-in at 14U National Duals is valid for both styles, so long as the wrestler actively competes in at least two matches in the first style. Exhibition matches do not count toward this requirement. Wrestlers competing only in the second style of the tournament will weigh in the night before the competition. Wrestlers changing weight classes must make scratch weight.
- 18.2.** There shall be no weight allowance at any weigh-in, with the exception below.
- 18.3.** For Junior and 16U National Duals, wrestlers must weigh in for each style that is competed. If a wrestler is weighing in for his/her second style of competition at the original weight class or any weight class above, he/she will receive a four (4) pound allowance. A wrestler may only go to a lower weight class provided he/she makes scratch weight. If a wrestler did not compete in two matches in the first style, he/she must make scratch weight. Forfeits count towards this total.
 - 18.3.1.** Weigh-ins for the second style of competition shall commence at the specified time or up to 3 hours after the completion of their last dual meet, whichever comes latest. The entire team must weigh in together, though the team can weigh in before the 3 hour time limit.
- 18.4.** If an individual wishes to change weight classifications for the second style, he/she must weigh in again.
- 18.5.** When extenuating circumstances prohibit a wrestler(s) from weighing in at the specified time, the tournament director and USA Wrestling Director of Events shall make the decisions of whether or not to allow weigh in to occur, provided the entire team weighs in together.
- 18.6.** The actual weight of the athlete at the official weigh-in for each style shall establish the weight class of each wrestler competing in the National Duals and shall supersede any listed weight class previously submitted on the team roster. The actual weight of 14U/14U girls athletes competing in both styles is established during the first weigh-in unless the athlete weighs in again during the official weigh-in for the second style of competition.

- 18.7. Wrestlers are eligible to wrestle in either the weight class they are eligible for by their exact body weight at the time of the official weigh-in or may opt for the next higher weight class. This policy also applies to moving up to the heavyweight class.

19. Protest Procedures

- 19.1. Match Protest – Any protest of an individual match must be announced to the Mat Chairperson and must be resolved prior to the next individual bout of that dual.
- 19.2. 14U, 16U, Junior National Duals shall utilize video review that is consistent with procedures during individual national championships. Please refer to USAW Rule book item 23 Video Challenge Procedures https://www.usawmembership.com/usa_wrestling_rule_book

20. Forfeits

- 20.1. Teams wishing to withdraw during the tournament must notify the tournament director. The remainder of their matches will be defaulted. Subsequent scheduled opponents will receive dual scores of 3-0. In the event of a three-way tie for advancing to pool rounds, classification rounds earned against the default team, whether actually wrestled or not, will not be counted for any team.
- 20.2. A team that forfeits a dual meet will be eliminated from the tournament. All teams must wrestle a minimum of 50% of their available (i.e., not injured, sick, or disqualified) wrestlers in each dual.
- 20.3. Wrestlers with a medical yellow or red card must receive a green card before he or she will be allowed to compete and/or accept a forfeit victory.

21. Dual Tournament Misconduct

- 21.1. All matters of misconduct pertaining to athletes, coaches, and team personnel shall be addressed and administered per the rules stipulated in the *National Federation of State High School Associations (NFHS) Wrestling Rules*.
- 21.2. Unsportsmanlike Conduct – Unsportsmanlike conduct by a wrestler, coach, or other team personnel, prior to or after the conclusion of wrestling results in the deduction of one (1) team point for the first offense. On the second offense, the individual will be removed from the premises and an additional two (2) team points will be deducted. He/she will be suspended from all further competition for the duration of that style. Team points shall only be deducted from the dual in which the incident takes place. (See NFHS Wrestling Rules, Rule 8, Section 1, Article 4)
- 21.3. Coach Misconduct – occurs during competition when a coach improperly questions the referee. Coach misconduct results in the following:
- 21.3.1. First offense – warning;
- 21.3.2. Second offense – deduct one team point;
- 21.3.3. Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day. (See NFHS Wrestling Rules, Rule 8, Section 1, Article 5)
- 21.4. Flagrant Misconduct: Flagrant misconduct results in disqualification of the individual, immediate removal from the premises and the deduction of three (3) team points on the first offense. Any team points earned by that individual shall be negated. Team points shall only be deducted from the dual in which the incident takes place. (See NFHS Wrestling Rules, Rule 8, Section 1, Article 6)
- 21.4.1. When a wrestler is disqualified from the match, but not the tournament, one (1) team point is deducted.
- 21.4.2. When a wrestler is disqualified from the tournament, three (3) team points are deducted.

22. Awards

- 22.1. Eight national team plaques will be awarded to the first through eighth places in the Greco-Roman and Freestyle competitions. Individual medals will be awarded to the members of the first through eighth place teams in both styles. The total number of medals to be awarded per team is: 14U Boys division – 27; 14U girls division – 20; 16U division – 27; Men's Junior division – 24; Women's Junior division – 24.

23. All Tournament Teams

- 23.1. For all men's age divisions, any wrestler who is undefeated with five (5) or more wins shall earn placement on the All-Tournament Team. For the purpose of this criteria, wins shall include any match wrestled or any

forfeit received where said wrestler receives a win. If a team wrestles less than 5 matches, a wrestler can qualify if he/she is undefeated and has competed in all of his/her team's matches. The Women's Junior All-Tournament Team will consist of all wrestlers with an undefeated record, regardless of weight class, who have competed in a minimum of four (4) matches.

23.1.1. Competitors on draw teams in the Women's Junior Division National Duals shall be eligible to make the All-Tournament Team.

24. Exhibition Matches

- 24.1.** For all age divisions (excluding Women's National Duals), the tournament shall be set up with at least one (1) mat devoted solely to exhibition matches.
- 24.2.** All exhibition matches will be wrestled on the designated exhibition mat(s).

25. Team Names

- 25.1.** All teams competing in USA Wrestling National Dual Championships shall be designated first by proper state name followed by either a number or a color (i.e., Maine Blue, Nebraska 1, Nevada Two, and Colorado Red).

26. Developmental Team Entries

- 26.1.** For all USA Wrestling National Dual Team Championships, developmental teams shall be designated as Developmental #1, Developmental #2, etc.
- 26.2.** For all USA Wrestling National Dual Team Championships, developmental teams may compete in the preliminary pools or brackets and in the consolation bracket only.
- 26.3.** Developmental teams can only place and receive awards in the consolation bracket.
- 26.4.** All participants on developmental state teams must be approved by their state association for participation.
- 26.5.** All developmental teams will be governed by the USA National Dual Tournament rules.
- 26.6.** Developmental teams may not be seeded.
- 26.7.** Members of a developmental team may not be from any state that is represented at the tournament as a non-developmental team.
- 26.8.** Individual members of a developmental team may not be from any state that has attended the tournament as a non-developmental team. *****THIS POLICY IS NOT APPLICABLE TO THE WOMEN'S JUNIOR & 14U Girls NATIONAL DUAL CHAMPIONSHIPS.**

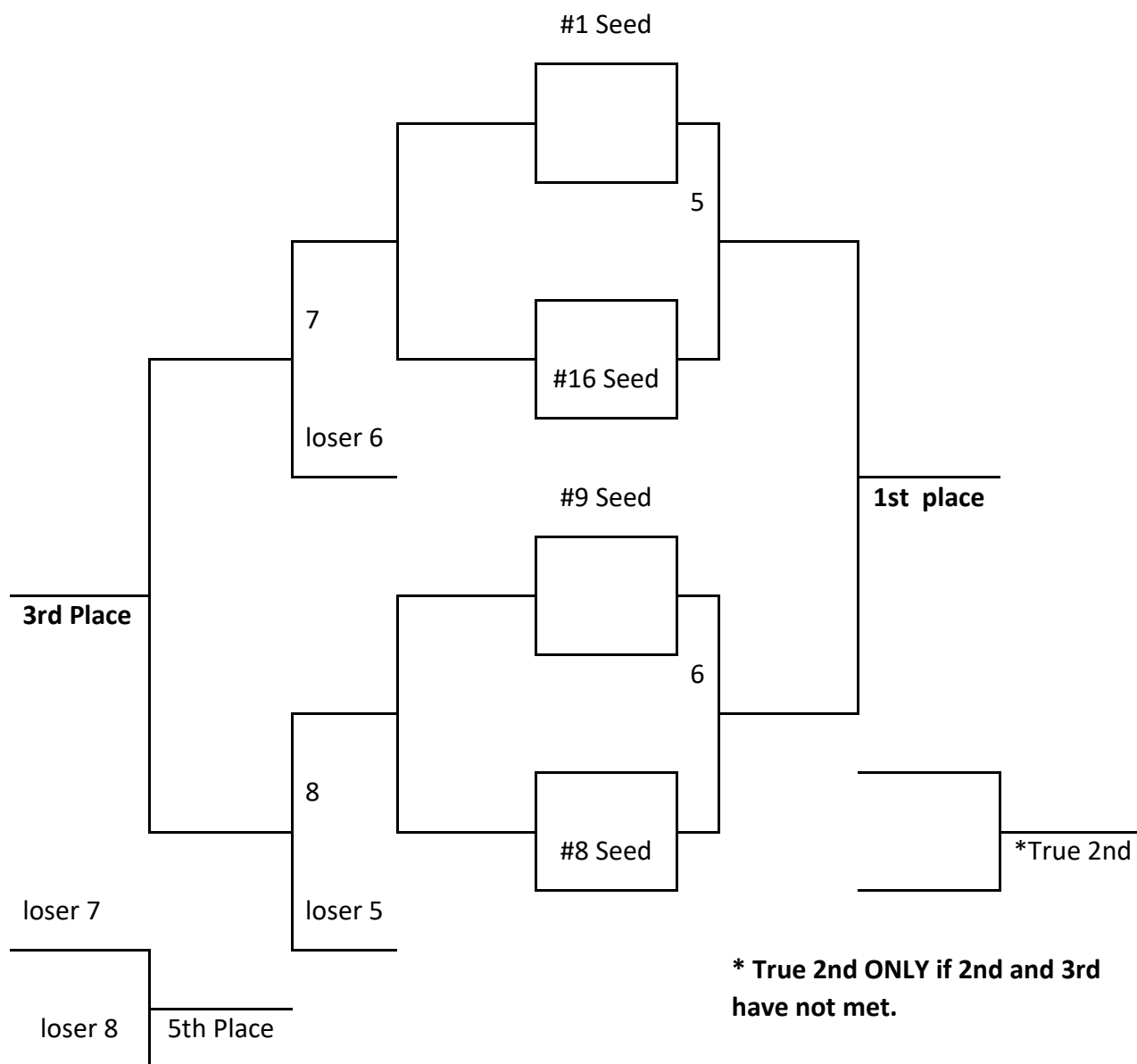
27. Matside Scoring

- 27.1.** At the National Duals, all matches shall utilize a matside scoring system that ensures real-time online scoring updates.

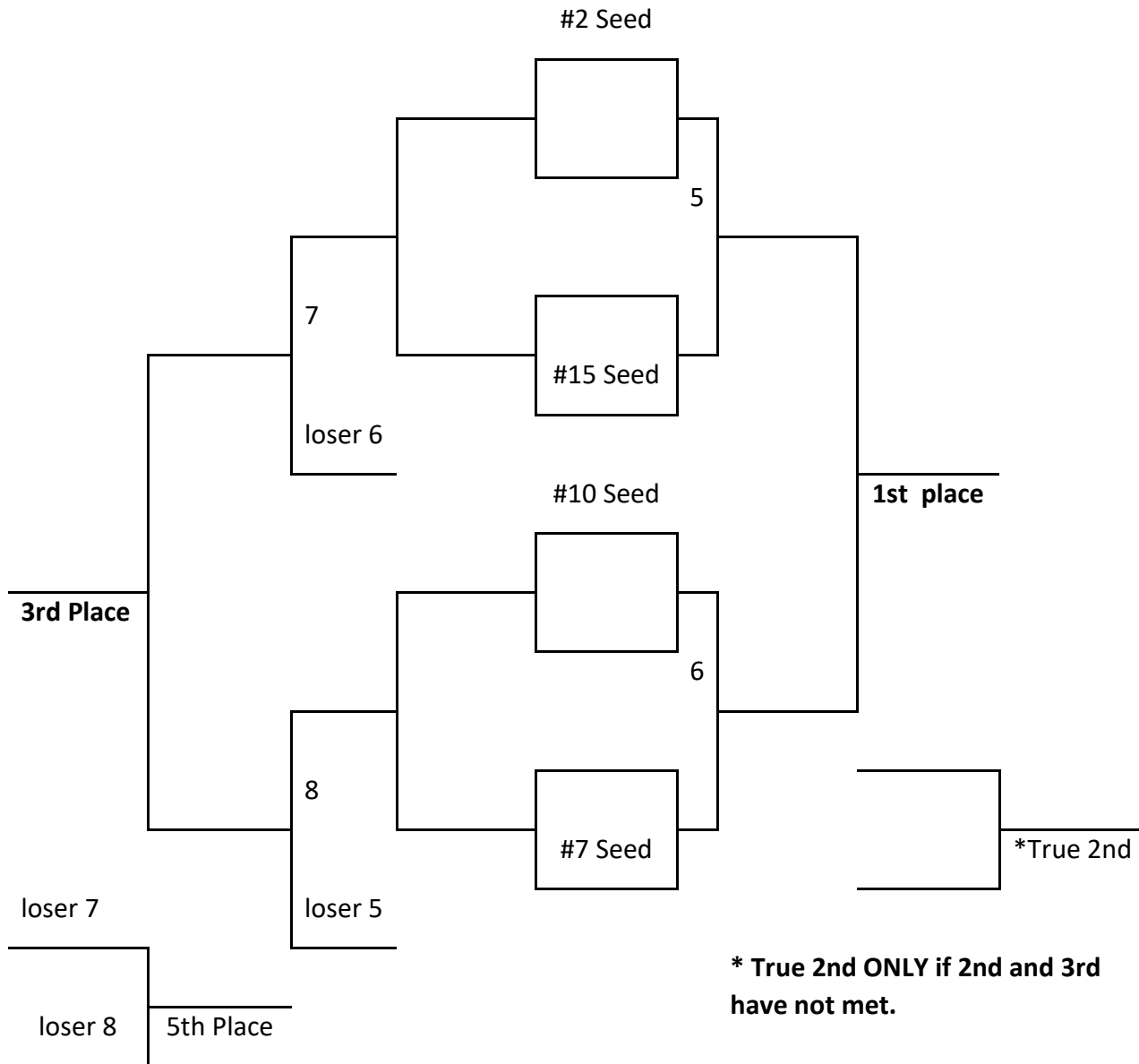
Appendix A - Brackets

14U, 16U, AND JUNIOR BRACKETING FORMAT

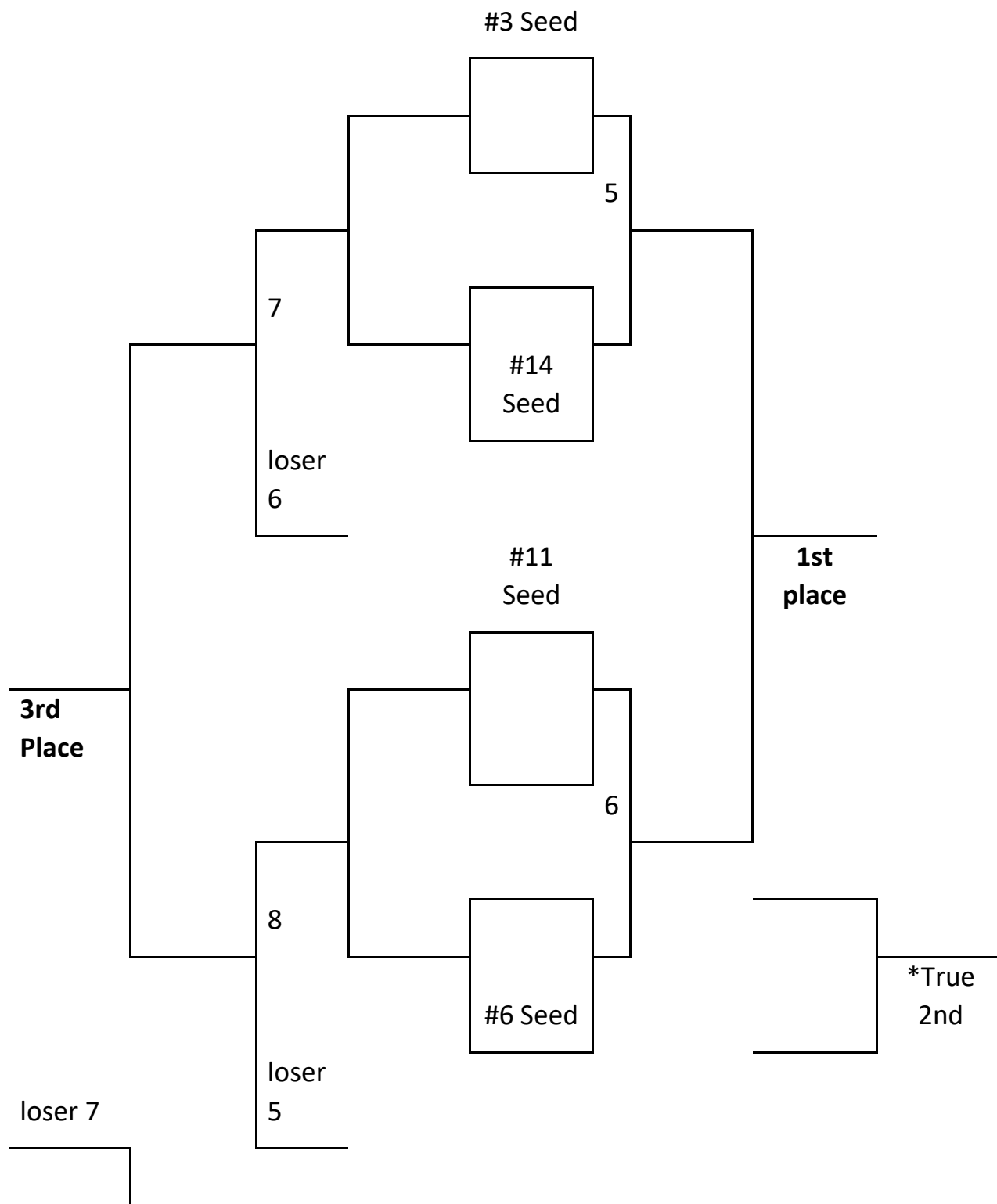
Pool A



Pool B



Pool C

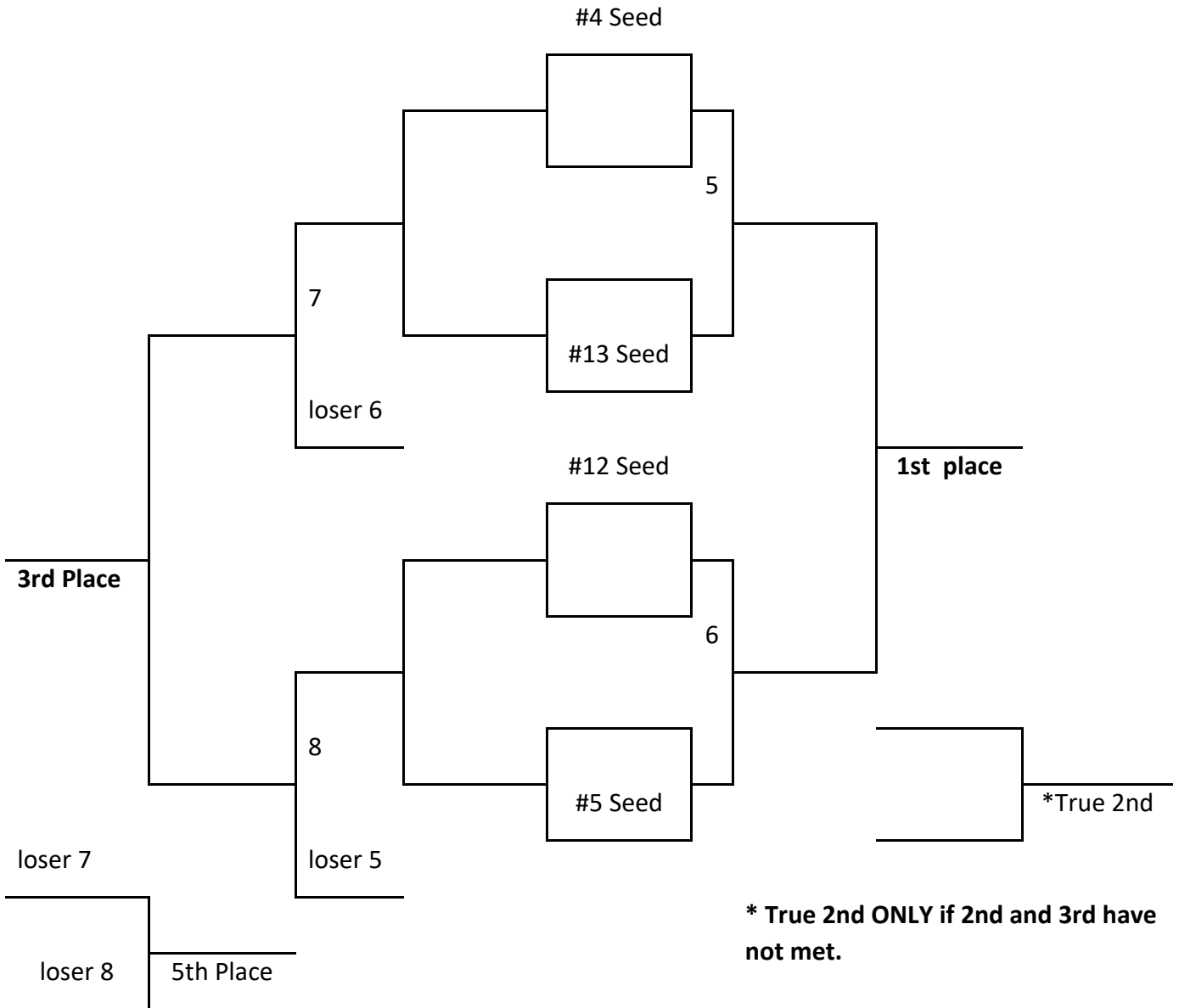


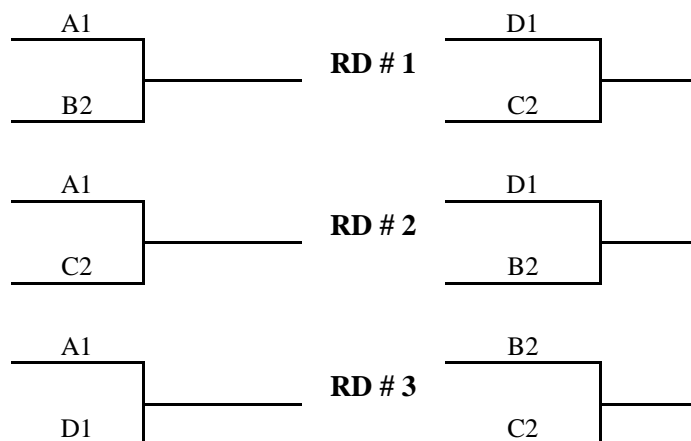
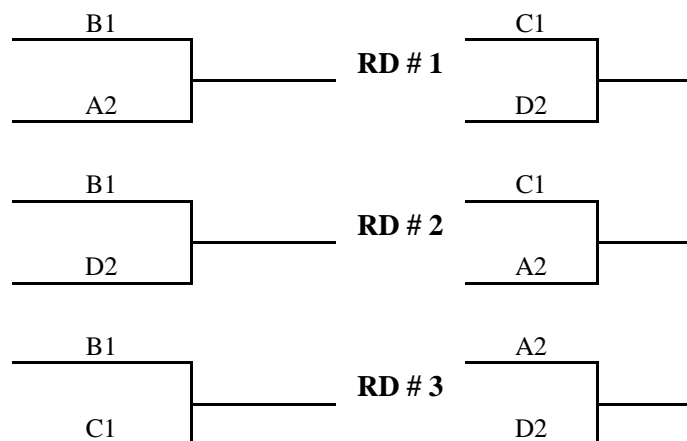
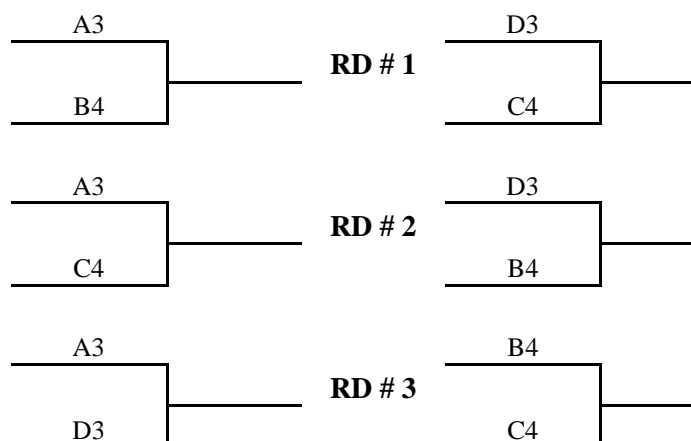
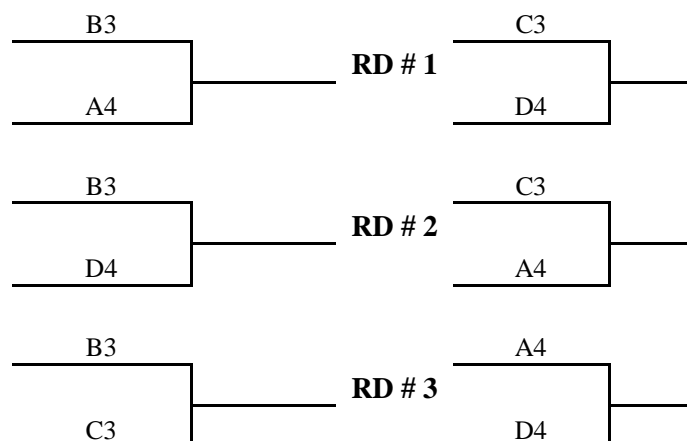
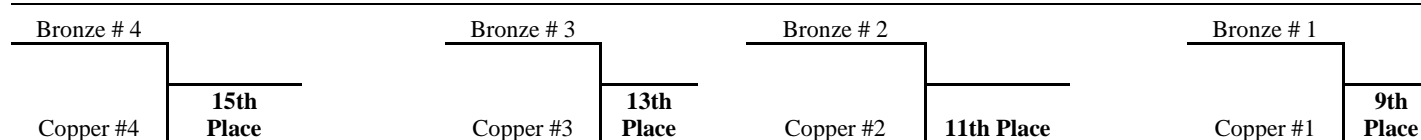
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5th
Place

* True 2nd ONLY if 2nd and
3rd have not met.

Pool D



GOLD POOL**SILVER POOL****PLACEMENT MATCHES BASED ON GOLD/SILVER POOL FINISH****BRONZE POOL****COPPER POOL****PLACEMENT MATCHES BASED ON BRONZE/COPPER POOL FINISH**

RED POOL

A5		RD # 1	D5	
B6	—		C6	—
A5		RD # 2	D5	
C6	—		B6	—
A5		RD # 3	B6	
D5	—		C6	—

BLUE POOL

B5		RD # 1	C5	
A6	—		D6	—
B5		RD # 2	C5	
D6	—		A6	—
B5		RD # 3	A6	
C5	—		D6	—

PLACEMENT MATCHES BASED ON RED/BLUE POOL FINISH

Red # 4		Red # 3		Red # 2		Red # 1	
Blue #4	23rd Place	Blue #3	21st Place	Blue #2	19th Place	Blue #1	18th Place

GREEN POOL

A7		RD # 1	D7	
B8	—		C8	—
A7		RD # 2	D7	
C8	—		B8	—
A7		RD # 3	B8	
D7	—		C8	—

YELLOW POOL

B7		RD # 1	C7	
A8	—		D8	—
B7		RD # 2	C7	
D8	—		A8	—
B7		RD # 3	A8	
C7	—		D8	—

PLACEMENT MATCHES BASED ON GREEN/YELLOW POOL FINISH

Green # 4		Green # 3		Green # 2		Green # 1	
Yellow #4	31st Place	Yellow #3	29th Place	Yellow #2	27th Place	Yellow #1	25th Place

National Federation High School Dual Meet Tournament Rules

The following rules are taken directly from the National Federation of State High School Associations book that defines the rules for all high school dual meets in the USA. This section is designed to provide a clear definition of regulations that pertain to the dual meet competitions in USA Wrestling. Much confusion surrounds melding the collegiate (folkstyle) rules and the Freestyle/ Greco rules for wrestling in these tournaments. This puts those regulations in writing together in one book for easy reference. **This is not a complete set of rules for collegiate wrestling. It is only the rules that deal with dual meet competitions.**

Rule 1

Section 2 Representation

Art 1... A school/team may be represented by only one wrestler in each weight class during dual-meet competition, and no substitution is permitted for any wrestler in dual meets or tournaments once the wrestler has properly reported to the scorer's table.

Art 2... No Wrestler shall represent the school in more than one weight class in any meet.

Art 3... No contestant shall wrestle two consecutive matches with less that a 45-minute rest between them. The conclusion of each match shall be recorded. **(USA wrestling regulations only require a 15-minute rest between matches.)**

Art 4... A contestant shall not accept a forfeit in one weight class and compete in another.

Art 5... A wrestler who weighs in for one weight class may be shifted to the next highest weight class, provided it is not more than one weight class above that for which the actual weight qualifies. The exact weight of all contestants shall be recorded and submitted to the official scorer.

i.e. A wrestler weighing 140.1 is a 145 lb wrestler thus the highest class he could wrestle is 152 lbs.

Art 6... Each team shall designate a captain(s) and head coach. Prior to the beginning of the meet they shall report to the referee for the disk toss to determine which individual is to appear at the scorer's table first at each weight class.

Art 7... Prior to the meet the head coach shall verify that all wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle

Rule 2

Section 2 Team Benches

Art 1... For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area which is at least 10 feet from the edge of the mat and the scorers table, where facilities permit.

Art 2... During the tournament competition, a maximum of two team personnel (coaches and /or non-participating contestants) will be permitted on chairs at the edge of the mat. It is permissible to allow coaches on the corner of the mat in a restricted zone. In tournaments where coaches are permitted on the corner of the mat, the restriction zone shall be defined by either a contrasting line marked on the mat with paint or tape or a contrasting colored surface under the chairs. The restriction zone shall be no closer than 5 feet from the edge of the circle. Coaches shall be seated at least 10 feet from the scorer's table, where facilities permit.

Rule 4

Section 1 Wrestlers Uniform

Art 5... The uniform shall be worn as intended and designed by the manufacturer.

Section 2 Appearance and Health

Art 3 through 5 ... These articles restrict the wrestling of wrestlers with communicable skin disease. USA Wrestling has policies that are enforced by on site physicians and trained personnel that deal with skin issues.

Art 6 ... Each contestant who has braces or has a special orthodontic device on his or her teeth, shall be required to wear a tooth and mouth protector. A tooth and mouth protector (intraoral) shall include an occlusal (protecting and separating the biting surfaces) and the labial (protecting the teeth and supporting structures) portion and cover the teeth and all the areas of the braces or special orthodontic device with adequate thickness. This would include upper and lower teeth if devices are present on both. It is recommended the protector be properly fitted and:

- a. Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.
- b. Constructed and fitted to the individuals by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.

Section 5 Weighing In

Art 3... For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. **In USA Wrestling dual meet competition the general practice is to have contestants weigh in as a team, not as individuals, by weight class.** A contestant shall weigh in for only one weigh class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During the time off the scale(s), activities that promote dehydration are prohibited.

Art 4... The referee, (Weigh Master in USA wrestling) or other authorized person of the same gender shall supervise weigh-ins.

In USA Wrestling dual meet competition there is no weight allowances. (11.1 dual policies and procedures)

USA Wrestling national team dual competitions have modified this rule. Coaches should make sure weight allowance is clearly understood by the wrestlers. See page 5 of this document "Weigh-In" 11.1 through 11.6. USA weigh-in modifications.

Rule 5

Section 2 Biting

Art. 1... Biting is an act of flagrant misconduct and, on the first occurrence the individual shall be disqualified from competition.

Art. 2... In the opinion of the referee, a wrestler has bitten an opponent this will be deemed as an intentional biting and will be called as flagrant misconduct.

Section 5 Coaches Misconduct

Art. 1... Coach misconduct occurs when a coach improperly questions the referee.

Art. 2... When a coach request a conference with the referee regarding a possible misapplication of a rule, and it is determined there is no misapplication or when during a conference, the coach questions the judgment of the referee, coach misconduct shall be called. The coach misconduct penalty shall always be charged to the head coach.

It should be noted that all misconduct by assistant coaches and/or team leaders will be is considered a charged of misconduct against the team's head coach. This rule applies to all personnel associated with the team bench

Art. 3... Coach misconduct results in the following:

- a. First offense-warning
- b. Second offense-deduct one team point
- c. Third offense-deduct two team points and removal of the head coach for the remainder of the day.
The penalty sequence starts anew each day. (See Penalty Chart)

Section 8 Disqualification

A disqualified wrestler is one who is removed from participation in accordance with the Penalty Chart, or properly reports to the scorer's table in a dual meet and then withdraws.

Section 9 Dual Meet

A series of matches, one in each of the specified weight classification, constitutes a dual meet.

Section 12 Flagrant Misconduct

Art. 1... Flagrant misconduct on the part of Coaches or other Team personnel are acts which:

- a. the referee considers serious enough to remove the offender from the premises.
- b. Can occur prior to, during or after a match, including the use of tobacco products.

Art. 2... Contestants

- a. Flagrant misconduct is any physical or nonphysical act which occurs before, during or after a match considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in a multiple school (state/national team) event.
- b. Acts include, but are not limited to:
 1. striking
 2. butting
 3. elbowing
 4. kicking an opponent
 5. use of tobacco products.
- c. If, in the opinion of the referee, a wrestler bites an opponent this will be deemed as intentional biting and will be called as flagrant misconduct.

In USA Wrestling competition where 3 man mechanics are use, all three officials should agree on a flagrant misconduct call.

Section 27 Taunting

Taunting is any act or action which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race religion, gender, or national origin.

Rule 5

Section 30 Unnecessary Roughness

Art 1... Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but not limited to: a) a forceful application of a crossface; b) a forceful trip; c) a forearm or elbow used in a punishing way, such as, on the spine or back of the head or neck.

Art 2... Continuing acts of unnecessary roughness may be construed as flagrant misconduct

Section 31 Unsportsmanlike Conduct

Art 1... Coaches and Team Personnel. Unsportsmanlike conduct of coaches and other team personnel is any act which becomes abusive or interferes with the orderly process of the match. These acts may occur prior to, during or after the match. This includes violations of the bench decorum rule (7-5-2), taunting, acts of disrespect, or those actions which incite negative reactions by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart. The head coach shall be penalized for unsportsmanlike conduct if wrestlers report to the scorer's table not in proper uniform, and not properly groomed, not properly equipped or not ready to wrestle.

Exception: The head coach shall not be penalized when a wrestler reports to the scorer's table with shoelaces that are not properly secured.

Art 2 ... Contestants. Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting and the clearing of the nasal passage in other than a proper receptacle, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-the-match procedure. Continuous acts of unsportsmanlike conduct may be construed as flagrant misconduct.

Art 3... Spectators. Any act (physical or non-physical), which in the opinion of the referee, is serious enough to warrant removal, shall cause the spectator to be removed from the premises for the remainder of the event.

Rule 6

Section 2 Starting the Match

Art 1... A team intentionally delaying its appearance to the mat beyond five minutes of the established dual meet starting time, shall be penalized one team point. If the team does not appear within the next five minutes, there shall be team forfeiture for the dual meet.

Art 2... In dual-meet competition, the wrestlers must be ready to go to the scorer's table immediately when called by the referee. Coaches should escort the wrestlers to the head table to assure that the correct wrestler is entering that bout. The wrestler sent to the scorer's table first, who then cannot be withdrawn or replaced without being disqualified and the weight class forfeited shall be determined by the pre-meet disk toss. Once a second wrestler has properly reported to the scorer's table in proper sequence, as determined in the pre-meet coin toss, neither can be withdrawn or replaced without disqualification and the weight class forfeited. If a coach/wrestler reports out of turn (i.e. odd team reports first but it is even teams turn) that odd wrestler maybe withdrawn without penalty. The first match is odd. If the even number matches are selected, the coach will send its wrestler to the scorer's table first on the even matches. The opposing team then will send its wrestler to the scorer's table first for the odd numbered matches. The referee shall correct errors without penalty to the contestants.

Art 4 ...In matches involving visually handicapped wrestlers, the finger-touch method shall be used in the neutral position and initial contact shall be made from the front. Contact is to be maintained throughout the match.

Rule 6

Section 5 End-of-Match Procedure

Art 1 ... If no fall occurs during the final period, the referee shall direct the wrestlers to return and remain in the center of the mat while the referee verifies the match score. (Mat chairman will indicate color under USA/UWW rules)

Art 2... The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand.

Section 6 Correction of Errors

Art 3 ... When the timekeeper makes an error of the clock fails to start when the referee indicates time is to begin, the referee is to make a judgment concerning the time that should have been consumed. The referred will adjust the clock accordingly. (In USA competition the referee, judge and mat chairman will determine that time.) **Errors must be corrected prior to the start of any subsequent period in Greco and Freestyle competition.**

Art 4... Dual meet scoring errors by referee or scorer:

a. Match Score

1. Errors by the timekeeper, official scorer or referee must be corrected prior to the offending contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offending contestant or coach remains in the mat area.
2. Errors involving the computation of the match score must be corrected within 30 minutes after the conclusion of the dual meet. If the error necessitates additional wrestling, it must be corrected prior to the next match.

b. Team Score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the conclusion of the dual meet.

Art. 5... Tournament scoring errors by the referee or official scorer.

a. Match Score

2. Errors by the timekeeper, official scorer or referee must be corrected prior to the offending contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offending contestant or coach remains in the mat area.
3. Errors involving the computation of the match score must be corrected prior to the next match in which either wrestler (team) competes.

b. Team score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the conclusion of the tournament or before the beginning of the next round of team competition.

Note: It is the coach's responsibility to know the team score at the conclusion of the tournament. Any discrepancy must be reported within a 30-min. time frame following the conclusion of the tournament.

Art 6... When a coach believes the referee has misapplied a rule or disagrees with judgment, the coach may approach the scorer's table, request the match be stopped (when there is no significant action) and discuss with the referee (mat chairman in USA competition) and discuss the matter in front of the scorer's table. Both wrestlers shall return to and remain in the center of the mat. If the referee has misapplied a rule, necessary adjustments will be made, an explanation to the opposing coach will be made, and wrestling will immediately be resumed. If there is no error, or if the coach disagrees with the referee's judgment, the coaching staff will be penalized for coach misconduct. The first time it occurs in a dual meet or tournament it is a warning; the second time is the deduction of 1 team point; the third time the head coach shall be removed from the premises for the remainder of the day and 2 team points deducted.

Rule 7

Section 4 Conduct of Contestants

Art 1... Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but is not limited to, a forceful application of a crossface, a forceful trip or a forearm or elbow used in a punishing way, such as, on the spine or the back of the head or neck, forceful slap to the head or face, and/or gouging or poking of the eyes. Continuing acts of unnecessary roughness also can be construed as flagrant misconduct.

Art 2 ... Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any equipment, spitting and clearing of the nasal passage in other than the proper receptacle, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

Note: The NFHS and USA Wrestling disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstance including on the basis of race, religion, gender, or national origin.

Art 3... Flagrant misconduct involves physical or nonphysical acts and they can occur before, during or after a match and is any act considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in the multiple school event. It would include, but not limited to striking, butting, elbowing, kicking, biting an opponent, or using tobacco products.

Section 5 Conduct of coaches, team personnel and others

Art 1... All persons affiliated with the team including wrestlers, coaches, trainers and managers are subject to the rules and will be governed by decisions of the referee. (In USA wrestling this would be the 3 man officiating team)

Art 2... Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out of bounds and resumption of wrestling. During this time the coach may walk behind the team bench to encourage wrestlers, or, when necessary for the team bench to be located in the bleachers, walk in front of the team area parallel to the bleachers. The coach may approach the scorers table to request the match be stopped to discuss the misapplication of a rule. The coach may move towards the mat only during a charged time-out or at the end of the match.

Art 3 ... Unsportsmanlike conduct of the coaches and other team personnel is any act which becomes abusive or interferes with the orderly progress of the match. These acts occur prior to, during and after the match. This includes violation of the bench decorum rule (7-5-2), taunting, acts of disrespect or those actions which incite negative reactions by others. The offender shall be penalized for unsportsmanlike conduct in accordance to the Penalty Chart.

Art 4... Coach misconduct is called when a conference is requested with the referee regarding a misapplication of a rule, and the referee determines there is no misapplication involved, or when, during a conference, a coach questions the judgment of the referee.

Art 5... Flagrant misconduct on the part of the coach or any other team personnel is an act which the referee considers serious enough to remove the offender from the premises. These acts can occur prior to, during or after a match. This includes the use of tobacco products. Flagrant misconduct shall be penalized in accordance with the Penalty Chart.

Art 6 ... A spectator who acts in an unsportsmanlike manner may be removed from the premises for the remainder of the event. When requested by the referee, the home management shall be responsible for the removal of spectators who become offensive. This shall be done without penalty to either team.

Rule 8 Penalties and Injuries

Section 1 Penalty Administration

Art 1... Any contestant reporting to the mat to wrestle with greasy substance on the body or uniform, improper grooming, objectionable pads and braces, illegal equipment, illegal uniform or any equipment that is detected as being illegal after the match has started shall be disqualified if not removed or corrected within the 2-minute injury time. (USA Wrestling injury time) Reporting to the mat, not properly equipped or not ready to wrestle is a technical violation.

Art 3... Penalties and warnings are cumulative throughout the match. Each infraction has its specific penalty.

This is an area where Freestyle/Greco rules are somewhat different than NFHS rules. Although the NFHS penalty chart should be used for rules that govern dual meet conduct, USA Wrestling rules govern match rules. Remember in the case of a wrestler competing for a team in a dual meet must meet the standards of both sets of rules.

Art 4... Unsportsmanlike conduct by a wrestler prior to or after the conclusion of wrestling, coaches or other team personnel, results in the deduction of one team point for the first offense. On the second offense two team points shall be deducted. The individual will be removed from the premises for the remainder of the event provided authorized personnel are available to supervise. If no supervision is available, the student shall be confined to the bench area. These penalties carry over in a multiple-day event.

Art 5 ... Coach Misconduct results in the following:

- a) First offense – warning;
- b) Second offense – Deduct one team point;
- c) Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day.

Art 6 ... Flagrant misconduct results in disqualification of the individual, immediate removal from the premises and deduction of three team points on the first offense. A student may be removed from the premises on if there is an authorized personnel present to supervise said student. If no supervision is available, the student shall be confined to the bench area. Any contestant disqualified in an individual tournament competition is not entitled to any points earned in the tournament. All advancement points, fall points, placement points, etc. are negated. All vacancies created in the tournament pairing shall be recorded as forfeits. In dual-meet competition, any team points earned shall be negated. Team points earned in previous dual meets stand.

Flagrant misconduct will disqualify any individual from the remainder of a multiple school event or tournament.

Rule 9 Scoring

Section 2 Team Scoring (Dual Meet Tie Breaker)

USA wrestling dual meet modifications

Dual Meet Tiebreaker Criteria (If two teams are tied in an individual dual):

1. The team whose wrestlers, coaches, or support staff has been penalized the least number of team point(s) for flagrant or unsportsmanlike conduct shall be declared the winner.
2. The team with the most victories (including forfeits) shall be declared the winner.
3. The team with the most victories by fall shall be declared the winner.
4. The team with the most victories by technical superiority shall be declared the winner.
5. The team with the most victories by forfeit, default, or disqualification shall be declared the winner.
6. The team with the most victories by decision shall be declared the winner.
7. The team with the lowest draw number shall be declared the winner.

Rule 10 Conduct of Tournaments

Section 2 Entries

Art 1... Failure to verify entries by stipulated deadline or by completion of weigh-in shall result in disqualification from a tournament. If a stipulated deadline has not been pre-determined, the deadline shall be the completion of weigh-ins.

Art 2... Wrestlers (teams) shall be permitted a maximum of five minutes to appear ready to compete at a specific mat. Failure to appear shall result in forfeit to the opponent.

Art 3 ... Defeat due to injury in a tournament does not eliminate a contestant from further competition.

Art 4... In case of injury or illness after verification of entries, the tournament director, in consultation with available medical personnel and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relate to default or forfeit for scoring purposes, shall be considered by the tournament director.

Art 5 ... A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is because of injury or illness which occurred during the tournament.

Art 6 ... Disqualification may eliminate a contestant from further competition, depending on the severity.

Art 7... Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament except as provided in Article 4 of this section. A forfeit shall be awarded to the opponent.

Art 8... All vacancies created in the tournament pairings after the first round shall be scored as forfeits.

Summarized NFHS Penalty Chart

	Rules	Warning	1st Penalty	2nd Penalty	3rd Penalty	
Illegal Holds	7-1	No	1 Pt.	1 Pt.	Disqualify (USA WR)	
Technical Violations	7-3	No	1 Pt.	1 Pt.	Disqualify (USA WR)	
Unnecessary Roughness	7-4-1	No	1 Pt.	1 Pt.	Disqualify (USA WR)	
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No	1 Pt.	1 Pt.	Disqualify (USA WR)	
Not Reporting to the Mat Properly Equipped	8-1-1	No	1 Pt.	1 Pt.	Disqualify (USA WR)	
Coach Misconduct (during the match)	5-5 6-6-6 7-5-4 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day		
Unsportsmanlike Conduct- Contestants (not during the match). Coaches and other team personnel	7-4-2 7-5-3 8-1-4	No	Deduct 1 Team Point	Remove from premises immediately on the second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		
Flagrant Misconduct - Contestants	7-4-3 8-1-6	No	Disqualify on the first offense, deduct 3 team points and remove from the premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of the dual meet, multiple school event or tournament. No team points can be earned.			
Flagrant Misconduct- Coaches and other team personnel	7-5-5 8-1-3 8-1-6	No	Remove from premises immediately on first offence and deduction of 3 team points; Removal is for the dual meet, remainder of a multiple school event or tournament.			
Greasy substance on body or uniform, improper grooming, objectionable pads and braces: Illegal equipment or uniform.	7-3-7 8-1-1		Any contestant reporting to the mat in violation of this article shall be disqualified if not removed or corrected within 2 (USA WR) injury time.			
Note 1- Disqualification due to technical violation, illegal hold, and unsportsmanlike conduct during a match of unnecessary roughness does not eliminate a contestant fro further competition in tournaments.						
Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event						
Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.						