

Fayetteville – Cumberland Parks and Recreation
121 Lamon St. Fayetteville NC 28301
433-1547
www.fcpr.us

WRESTLING
RULES AND REGULATIONS

North Carolina High School Federation rules will be used with exceptions listed below:

1:00 AGE REQUIREMENTS:

- 1:01 For boys and girls ages 6 – 12.
- 1:02 League age is the age the wrestler will be prior to January 1 of the current playing season.
- 1:03 Wrestlers will be paired against other wrestlers of similar age and/or weight.

2:00 WEIGHT REQUIREMENTS:

- 2:01 The maximum weight difference shall be five (5) pounds between wrestlers who are paired against each other.
- 2:02 Each wrestler will be weighed in at least thirty (30) minutes prior to each match. Staff will oversee the weigh-in. Any wrestler failing to weigh in **prior to the start of the match** will not be allowed to participate in that match. A wrestler can only weigh-in once.

3:00 WEIGHT LOSS

- 3:01 Weight loss equipment (rubberized or plastic garments, sweat belts, excessive clothing) or techniques (sauna, steam room, hot box, laxatives) will not be allowed before, during, or after practice or matches.
- 3:02 It is highly recommended that no wrestler lose more than 2 pounds per week.

4:00 ROSTERS AND REGISTRATION REQUIREMENTS:

- 4:01 Wrestlers may register at any recreation center.
- 4:02 No wrestler will be allowed to participate in a match or practice without a completed registration form and birth certificate submitted for review by the Recreation Department.
- 4:03 A roster (including registration forms) must be turned in to the Recreation Department on the date designated by the athletic division.
- 4:04 Any additions to the roster must be accompanied by a signed registration form and birth certificate.

4:05 No wrestler may be added to a roster after the first scheduled match.

4:06 There is no minimum or maximum number of wrestlers on a roster.

5:00 EQUIPMENT:

5:01 Parks and Recreation will arrange for all equipment to be properly stored during the off-season.

5:02 Individual Equipment- Each wrestler will furnish his/her own socks and **wrestling shoes**.

5:03 Each individual will furnish their own mouth piece

5:04 All equipment worn by wrestlers must conform to NFHS wrestling rules.

5:05 In order to be considered for future coaching positions, all Recreation Department issued equipment must be returned to the Recreation Department within thirty (30) days of the last match.

5:06 Mouth pieces are mandatory - wrestlers cannot participate without them.

5:07 Wrestling headgear/singlet will be provided by (FCPR); headgear is mandatory.

5:08 Recreation Department issued equipment cannot be used for matches that are not sponsored by parks and recreation.

6:00 INSURANCE:

6:01 Accident insurance is available for \$10.00. Contact your closest Recreation Center or Athletic Division for accident insurance information.

7:00 COACHES/CONDUCT:

ALL COACHES, TRAINERS/MANAGERS MUST COMPLETE A REGISTRATION FORM TO BE ELIGIBLE TO COACH. THIS FORM IS TO BE TURNED IN WITH THE TEAM ROSTER.

7:01 Only 3 coaches and 1 trainer/manager may sit on the bench with the wrestlers.
Only 1 of these coaches will be allowed on the corner of the mat to coach.

7:02 All coaches must understand and agree to carry out the duties, responsibilities, and policies as established by the Recreation Department.

7:03 No coach will be allowed on the mat except when time is out and with the officials' permission. If there is a problem, the coach must wait until there is a break in action, request the official's attention, and meet with him at the scorers' table. If the issue cannot be resolved, the tournament director will make a final decision.

7:04 Coaches are expected to closely observe their wrestlers at all times to be certain that the wrestlers do not become overly fatigued.

- 7:05 Coaches must set good examples of sportsmanship. Do not tolerate poor conduct in practice or in a match. Coaches have the right to forfeit the remaining matches for any child that shows poor sportsmanship.
- 7:06 Coaches shall refrain from using exercises that may be harmful to the wrestlers physical welfare.
- 7:07 Unauthorized persons will not be allowed on the bench area.
- 7:08 Coaches and wrestlers must stay on the bench during a match. Wrestlers may kneel while waiting to enter the match.
- 7:09 All head and assistant coaches must attend an orientation and rules clinic in order to coach within a Recreation Department sponsored program.
- 7:10 Each coach should have a set of team rules which he/she expects the wrestler and parents to follow. These rules should cover items such as practice schedule, attendance policy, disciplinary actions, providing refreshments, whom to call in case of inclement weather, etc. These guidelines must meet the approval of, and a copy on file with, the local youth association/recreation center before they will be considered valid. Coaches must use discretion and good judgment if they feel it is necessary to suspend a wrestler for violation of team policy.

8:00 SPORTSMANSHIP

- 8:01 No alcoholic beverages are allowed on school or recreation property. This includes athletic fields. This is a **STATE LAW**. If necessary, proper legal action will be taken to enforce this rule. **NO TOBACCO PRODUCTS - SMOKING, CHEWING, DIPPING, ETC...ARE ALLOWED IN THE GYM OR RECREATION CENTER.**
- 8:02 A coach, wrestler, or spectator with the presence of alcohol on their breath will be asked to leave the recreation area.
- 8:03 Any coach or wrestler who is ejected from a match will be suspended for at least 10 days. The suspension could be longer depending upon the severity of the infraction. A coach who is ejected from a match must leave the recreation property immediately. Failure to comply will result in a longer suspension.
- 8:04 *Suspended coaches and wrestlers will not be allowed on recreation premises until the suspension is completed.*
- 8:05 Fighting and/or unsportsmanlike conduct **WILL NOT** be tolerated before, during, or after the match. If a wrestler or coach pushes, shoves, or strikes a member of the other team, he/she shall be ejected and suspended for at least two (2) matches. Persons guilty of a second offense involving fighting shall be suspended for the remainder of the season.

9:00 SEASON MATCHES:

NOTE: IF AN INJURY OCCURS AND AN OPEN WOUND EXISTS, THE FOLLOWING REGULATIONS APPLY:

- A) THE MATCH SHALL BE STOPPED FOR ANY BLEEDING, OPEN WOUND OR EXCESSIVE AMOUNT OF BLOOD ON THE UNIFORM. WRESTLING WILL NOT RESUME UNTIL APPROPRIATE TREATMENT HAS BEEN ADMINISTERED. (SEE COMMUNICABLE DISEASE PROCEDURE.)
- B) ANY WRESTLER WHO IS BLEEDING WILL BE CHARGED WITH BLEEDING TIME. THE NUMBER OF TIME-OUTS FOR BLEEDING IS LEFT TO THE DISCRETION OF THE REFEREE. IF BLEEDING IS NOT CONTROLLED WITHIN A CUMULATIVE TIME OF FIVE MINUTES, THE MATCH SHALL BE TERMINATED AND HIS OPPONENT SHALL BE AWARDED THE MATCH BY DEFAULT.
- C) IF BLEEDING OCCURS AS A RESULT OF UNSPORTSMANLIKE CONDUCT, ILLEGAL HOLDS OR UNNECESSARY ROUGHNESS AND THE BLEEDING WRESTLER USES FIVE (5) MINUTES OF BLEEDING TIME, HE WILL BE THE WINNER OF THE CONTEST BY DEFAULT.
- D) ANY CLEANUP NECESSARY AFTER THE BLEEDING HAS BEEN CURTAILED IS NOT COUNTED AGAINST THE MAXIMUM TIME LIMIT OF FIVE (5) MINUTES.

9:01 All regular season matches shall consist of three (3) one (1) minute periods, the clock being stopped in accordance with rules governed by high school play.

9:02 Each team will be permitted to warm-up five (5) minutes before their match.

9:03 One and Done Rule: After one period, if either the referee or recreation staff on duty determines that one wrestler has a distinct, overwhelming, and obvious advantage over the other wrestler and that his/her continued participation in the match would place them at a high risk of injury, that match will be stopped and a winner declared.

10:00 PRACTICE:

10:01 Practices should be limited to 3 hours per week.

10:02 Practices must be over by 9:00 p.m.

10:03 If the Recreation Department is notified that a coach is in violation of the practice policy, Recreation Center personnel will be notified and the violation will be investigated.

10:04 **Penalty for violation: one (1) match suspension of the head coach.**

11:00 COMPLAINTS/INELIGIBLE PLAYERS:

11:01 Complaints concerning officials, supervisors, & other aspects of the wrestling program can be made in writing at anytime after a match has been played.

11:02 Requests for determining the eligibility of a wrestler (proper age, registered and on the roster) can be made at any point during the season by head coaches only. When requesting the inquiry, head

coaches must give the wrestlers known name, jersey number, and team for which he/she participated.

AGE GROUP AND WEIGHTS (LBS)

6 Years of age/wt. 30, 40, 45, 50, 55, HWT

7-8 Years of Age/wt. 40, 45, 50, 55, 60, 65, 70, 75, 90, HWT

9-10 Years of Age/wt. 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 103, 112, 120, 125, HWT

11-12 Years of Age/wt. 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, HWT

Note: there cannot be more than a 12% weight difference between heavyweight contestants.

Participants may wrestle up one weight class; cannot wrestle down a weight class.