

CYO WRESTLING RULES

The National Federation of State High School Associations (NFHS) Wrestling Rules apply in this league with the exceptions contained within. CYO game contest rules may not be altered by mutual consent of the coaches. Only the CYO office may issue authorized changes.

OFFICIAL TEAM

- Defined as an individual or group of children from one or more parishes listed on the team roster who meet the eligibility rules and are approved by the Parish Designee, Pastor and CYO office. Eligibility Rules, as defined in Bylaw 4 of the Charter & Bylaws, shall be followed to determine all questions regarding eligibility.
- Rosters/Team cannot be split to form two (2) team at any time
- A partial roster or combined roster cannot be entered into any tournament.
- A CYO Team refusing to continue playing a scheduled contest for any reason without the consent of the referee or CYO representative may be subject to a suspension for one calendar year. This also applies to CYO Sanctioned Events.
- Individuals may be added to the official roster up to the Friday before the mid-point of the regular season. The additions to the roster **MUST** be in writing, approved by the pastoral designee and pastor, and submitted to the CYO Office by 4:30pm of that Friday.

OFFICIALS

- Officials have the power to warn, declare infractions or disqualify from the match anyone who commits acts which intend to influence their decisions.
- Officials shall be paid before the team takes the floor to play the match. Payment shall be made to the scorekeeper, in cash.

EQUIPMENT

- **MAT** - The wrestling mat shall be of uniform thickness not more than 4 inches thick nor less than the thickness of a mat which has the shock-absorbing qualities of at least 1-inch PVC vinyl covered foam.
- **AREA** – The wrestling area shall be circular with a minimum diameter of 28 feet with a safety mat area of approximately 5 feet. In the center of the area there should lie a 10-foot diameter circle with starting lines measuring 3 feet wide and being 12 inches apart.
- **ATHLETE EQUIPMENT** – Athletes are to wear light heelless wrestling shoes, reaching above the ankles and wear head gear that provides adequate ear protection, no injury hazard to the opponent and has an adjustable locking device to prevent it from coming off the athletes head.

UNIFORMS

- Athletes shall wear a sleeveless shirt fastened at the crotch and cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt-line
- All players must have the CYO emblem either sewn or stenciled on their uniform.
- Teams must have matching uniforms.
- Jewelry, earrings, metal hair-clips, hair tie-backs with metal parts, band-aids over earrings are not permitted. Chains, earrings, other jewelry, glitter, face paint or other inappropriate items may not be worn during the match.
- Mouth pieces for athletes are recommended.
- The referee shall not permit any player to wear items or equipment which, in his/her judgment, is dangerous, confusing to other athletes or is not appropriate.
- An American flag and or a commemorative/memorial patch not to exceed 2 by 3 inches and with the approval of the CYO may be worn on each of the uniform apparel provided neither the flag or patch interferes with the visibility of the player's number.

PRE-CONTEST COACHES RESPONSIBILITIES

- Coaches are responsible for the supervision of their team before the contest.
- At each contest and practice, coaches are to have in their possessions; an official team roster, a copy of each players' Preparticipation form and Emergency Medical Authorization Form, and a first aid kit.

TEAM BENCHES

- Bench personnel are limited to players listed on the eligibility roster, one student manager and two coaches.
- Team scorers, statisticians, or other volunteers are not permitted on the team bench, nor in the area occupied by the official scorer and timer.

PARTICIPATION

- Each athlete must be treated with dignity regardless of their ability.
- An athlete on a CYO team may not participate on any other wrestling team during the CYO season. For purposes of defining eligibility, an athlete may not be on another team from the published CYO roster due date and the completion of the team's final match.
- Participants may only play and be rostered on one CYO team in the same sport in the same school year.
- By the end of the matches all players on the team's eligibility roster must have participated. (Reference Bylaw 8 - "Mandatory Participation Rule")

- If a coach will not play an athlete because of missed practice, unsportsmanlike conduct, academics or injury, the coach must inform the official scorekeeper before the match begins.
- Violation of these rules will result in a warning, followed by a forfeit with possible disciplinary action toward the coach.

CONTRACT CARDS

- Each participant on the team shall submit two contract cards completely filled out in ink.
- Both cards must contain a recent and recognizable head photograph. Pictures should be attached to the contract. (No hats please.)
- The two cards must be submitted when the wrestler's weight is certified. One set of cards will be retained by the coach to present at all matches for identification purposes.
- Failure to show these cards upon request before the finish of the team match could result in forfeiture.

WEIGHTS & WEIGH-INS

- Weight classes will be as follows: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 130, 145, 165, Heavy (166-210).
- Weight allowances will be as follows: January 1, - 2 lbs; February 1, - 1 lb; March 1, - 1lb.
- During the season, dual meet weigh-ins shall take place a maximum of one hour to a minimum of 15 minutes before the scheduled meet time.
- Weigh-in requirements
 - All wrestlers will be weighed in wearing singlet or shorts and t-shirt
 - All weigh-ins will be witnessed by at least two adults.
- Wrestlers on the eligibility list will be allowed to wrestle at whatever weight class they make prior to the third dual meet or the meet which precedes Christmas Day. At this time a wrestler must be certified at a weight class in order to be able to wrestle at that weight class.
- Once a wrestler is certified he may wrestle in that weight class or one weight class higher. He cannot move down to a lower weight class.
- All initial certifications must be at scratch weight plus and allowance at the time the weight is checked for this purpose.
- The scratch weight of all wrestlers shall be recorded on the eligibility roster at the first dual meet or the first dual meet after the wrestler is added to the roster.
- All boys added to the eligibility list shall have their weights certified by the halfway point through the dual meet season.
- The CYO does not approve of any endeavor that could endanger the health and safety of wrestlers.
- All illegal weight loss as defined by OHSAA is prohibited and the wrestler involved suspended.

- Any coach guilty of encouraging or suggesting illegal weight loss shall be suspended.

GAME & TIME LIMITATION

- No match will start after 8:00 PM, and all matches must stop at 9:00 PM.
- During the Christmas & Easter break, No competition may start after 9:00 PM.
- Practice session may not run past 9:00 PM.
- Athletes must be given 30 minutes of rest between matches.

MATCH RULES

- Individual matches during the season will be 4½ minutes in duration. There will be three periods of 1½ minute each.
- In all CYO tournaments, all consolation matches will be 1 minute (first period), 1½ minute (second period) and 1½ minute (third period) with a 1 minute sudden death overtime period and a 30 second tiebreaker if the match is still tied at the end of the overtime period.
- Any team not present by match time will forfeit the match. In the event of exceptional circumstances, the CYO Commissioner reserves the right to final adjudication.
- Where needed, all teams will provide one parent to run the mat tables.
- Exhibition Matches
 - Defined as any match between two eligible registered wrestlers outside the normal dual meet match up.
 - Fourth Graders submitted on the eligibility list are eligible to wrestle exhibition matches.
 - Exhibition wrestlers will have their weights checked and registered before the match at weigh-in and be within 5 pounds of each other.
 - There will be no more than one grade level difference between participants in the 4th grade exhibition match. In the event of exceptional circumstances, the CYO Wrestling Commissioner reserves the right to final adjudication.
 - Exhibition matches will end 15 minutes prior to the start of the next scheduled dual meet.

(Revised September, 2003)