

## MIDDLE SCHOOL WRESTLING

### General

- Teams will consist of grades 6<sup>th</sup>-8<sup>th</sup>.
- There will be two practice locations North/West (Union or City) and South (Ottawa).
- Teams will combine for competitions to form a unified GRPS team.
- In dual or tournament competition, matches shall consist of three (3) periods, one and one-half minutes each.
- An overtime match shall be a maximum of one minute.
- The overtime tie-breaker period will remain a maximum of 30 seconds.
- Wrestlers are divided into weight classes. They may wrestle up/down up to two weight classes from their weight.

### Equipment

- Singlet and/or sport shirt/shorts are issued for competitions.
- Headgear must be worn in practices and in competitions.
- Wrestling shoes should be worn during competitions and practices.

### Meets

- Wrestlers are weighed in the day before the meet and certified by the coach and athletic director.
- Fingernails must be cut short.
- Athletes are given a skin check prior to the beginning of the meet.
- In most dual meets, wrestlers will wrestle at least once and not more than 3 times.

## **ATHLETIC DEPARTMENT RULES**

- All athletes, coaches and parents should demonstrate EXCELLENT sportsmanship at all times
- No sideline coaching from parents or spectators will be tolerated
- Parents will need to arrange transportation home for their child from HOME games. On AWAY games, busing will be provided to bring the athletes back to their home school. Athletes will be able to ride home with their parents from AWAY games ONLY if they have signed their son/daughter out with the coach and/or athletic director