

Northwest Suburban Youth Wrestling Conference Guidelines

Purpose

Most competitions in the arena of youth wrestling center around the individual in the form of open tournaments. As the team concept is under-utilized at the youth level and is a major part of wrestling at all other levels, the Northwest Suburban Youth Conference (NWSYC) has been formed to give youth wrestlers the opportunity to experience team competition in the same conference as the attached high schools. The goal of the conference will be to create an atmosphere able to teach its participants the benefits of teamwork, camaraderie, and sportsmanship from team competition and build community in each team's club. Competition will be an integral part of this, but will not be held above sportsmanship, team-building, learning the sport of wrestling, and most importantly fun at any time during a NWSYC event.

Eligibility

Any wrestler in grades preK-6 whom is a registered member of a team's club is eligible to wrestle in a NWSYC event. Teams are not allowed to recruit others from outside their club to "stack" their teams. Any teams found in violation of this will automatically forfeit their match.

Match Format

The dual meet schedule will be determined by the coaches prior to the beginning of the season. All teams in the conference must wrestle prior to the NWSYC Championship Tournament. The hosting team will provide mat space, scoring table, a scorer, a timer, and an official. High school varsity wrestlers will serve as officials; if none are available, a coach from either team can serve as an official. However, no parents who are not official coaches will be allowed to officiate.

Weights

The NWSYC will use NYWA Class A weight classes as follows:

45, 50, 55, 60, 65, 70, 75, 80, 84, 88, 93, 102, 115, 130, Hwt – Max 215

At dual matches teams can bring as many extra as they want to regular seasons matches (for alternates & exhibitions), but will only be allowed 5 alternates for the Championship Tournament. During the regular season, the number of exhibition matches to hold will be at the coach's discretion, however at no time should exhibitions hold up scheduled competition.

Weigh-ins

Weigh-ins for regular season competition will occur at the individual team's practice closest to the competition. Wrestlers will weigh in at scratch weight, including at the final NWSYC Championship. Coaches are to have a completed line up for weigh ins complete with alternates. Once weigh ins are completed a copy of the form will be given immediately to the scorer's table. Any exhibitions will not count toward team points. Wrestlers will only be allowed to wrestle up two weight classes from their actual weight.

Matches will begin with a coin flip to determine which team gets choice of odd or even matches for who presents a wrestler first. Odd matches are 45, 55, 65, 75, 84, 93, 115, & Hwt. Even matches are 50, 60, 70, 80, 88, 102, & 130. Each match will start with the first declared wrestler reporting to the scorer's table and stating his name, followed by the opposing wrestler.

Team Scoring

Team scoring will use high school rules as follows:

Win by 1-7 = 3 team points

Win by 8-14 = 4 team points

Win by Technical Fall (15 pts & over) = 5 team points

Win by Fall = 6 team points

Forfeit = 6 team points

Injury Default = 6 team points

Disqualification = 6 team points

Individual Matches

Individual matches will consist of three one minute periods and will follow MSHL rules and scoring, including the new neutral position option.

Overtime procedures

If a tie occurs at the end of the third period, the first overtime will result with both wrestlers starting in the neutral position. A 45 second sudden death period will begin with the first takedown winning the match. If there are no takedowns scored, the match will go into a second overtime.

In the second overtime, a coin flip will occur. The winner of the flip will have choice of top or bottom position. If the wrestler choosing top position rides out the other wrestler, he wins. If the bottom man escapes or reverses, he wins. The period will be 30 seconds long.

League Rules

In an effort to make this a hassle-free and inexpensive experience for all the clubs, coaches, parents, and wrestlers, the involved clubs of the NWSYC have agreed that no gate fees shall be imposed, nor shall any concessions be sold. Hosting teams shall abide by these conditions. Further, any costs incurred during the regular season for hosting any league event will be subject to the club who hosts the event, and will not be split among the other teams in the league. However, all clubs shall offer assistance and volunteers to help run league events, including table workers and clean up assistance after meets, to any team who hosts a match.

NWSYC Championship Tournament

At the end of the regular season competition, the NWSYC will hold a conference championship tournament. The tournament will be an eight team bracketed team tournament. All teams in the NWSYC will qualify for the tournament. The top 4 teams will be seeded according to regular season record and the bottom 4 teams will be randomly drawn. Weigh ins will occur the morning of the competition and all wrestlers must make scratch weight. The hosting team will be allowed to sell concessions and keep the proceeds, but shall not charge any

entrance fees. All teams in the league will share the costs of the year ending tournament including, but not limited to, the cost the facility, mat tape, and 21 t-shirts for the championship team.