

7TH AND 8TH GRADE WRESTLING RULES AND PROCEDURES

Weigh-Ins

1. Seventh and eighth grade wrestlers will be weighed in by the Athletic Director or wrestling coach by 10:00 a.m. on the morning of each dual match. There will be a 1 pound growth allowance after December 1st.
2. If a wrestler is overweight, he must forfeit the match and wrestle the match as an exhibition or be moved up to wrestle in the next weight division.
3. A wrestler may not wrestle more than one weight class above his actual weight.

Reporting

1. Before each match, the visiting coach must fax or e-mail the entries for that match to the home team by 10:00 a.m. of match day.
2. Results of the matches must be faxed or e-mailed by the host school to the school hosting the city tournament, no later than the day after the match.

Matches

There will be three 1½ minute rounds per match. If the match is tied, there will be a 1 minute overtime. If it is still tied, there will be a 30 second double overtime.

City Wrestling Tournament

Tournament Scoring will be the top four places in each weight class. No advancement points will be awarded.

First = 14 pts

Second = 10 pts

Third = 7 pts

Fourth = 4 pts

A wrestler must be capable of wrestling a match to earn team points and place in the city tournament. A wrestler may still earn points and place if injured while competing in the tournament.

Seeding

- 1) Varsity win/loss record min. 5 varsity matches
(forfeits do not count as win toward record)
- 2) Head to Head
- 3) No Head to Head, it goes to winning percentage
- 4) Coin toss

Weigh-ins

1. Wrestlers entering the tournament in a given weight class must have officially made weight at least three times prior to the city tournament.
2. Weigh-ins will be done at the city tournament. Anyone not making weight will be disqualified. An announcement will be made prior to starting the weigh-ins.
3. Once a wrestler enters the weigh-in area, they may not leave the area. The wrestlers are not allowed to exercise, spit, etc. in order to “make weight” while in the weigh-in area.
4. The wrestler is allowed to challenge all scales in the weigh-in room.

Weight Divisions

Each school will have one team comprised of 7th and 8th graders. The following weight classes will be used:

75, 83, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, and Heavyweight.

Wrestling Liaison

The head wrestling coach will be the wrestling liaison for the 9th grade wrestlers involved in the high school program.

The liaison will recruit 9th grade wrestlers and promote the program. They will communicate, facilitate and help coordinate the 9th grade program in conjunction with the high school coach.

Season Results

The results for the matches need to be sent to the city tournament manager the day after a match/quad. Either fax or e-mail the match sheet that has the schools, wrestler, weight class, varsity/exhibition, and result. Wins/losses will be recorded for varsity and exhibition matches (forfeits are not recorded as individual wins). The team scores will also be posted (forfeits do count toward team scores). The varsity record will be used for seeding at the city tournament. If a wrestler wrestles two different weight classes then he will have a record for both weight classes and will be seeded according to that weight record. Please check the results as they are sent out during the season. Notify of any mistakes as soon as possible, records will not be changed at the seeding meeting for the city tournament.

2010 Boise City Wrestling
Practice Starts Monday, October 25th
Matches start at 3:30

Quad 1 Tuesday, November 9th

Matches begin with 75# weight class

At Fairmont Jr. High

Fairmont vs. Riverglen
North vs. Hillside
Fairmont vs. Hillside
North vs. Riverglen

At West Jr. High

South vs. West
East vs. Les Bois
South vs. Les Bois
East vs. West

Quad 2 Thursday, November 11th

Matches start at 90# weight class

At Hillside Jr. High

Hillside vs. Riverglen
West vs. Les Bois
Hillside vs. West
Riverglen vs. Les Bois

At East Jr. High

East vs. South
Fairmont vs. North
South vs. North
Fairmont vs. East

Saturday November 13

Tournament at Capital High School
Time TBA

Quad 3 Tuesday, November 16th

Matches begin with 110# weight class

At North Jr. High

North vs. Les Bois
West vs. Fairmont
Fairmont vs. Les Bois
North vs. West

At Riverglen Jr. High

Riverglen vs. South
East vs. Hillside
South vs. Hillside
Riverglen vs. East

Friday and Saturday Nov. 19, 20

Treasure Valley Tournament
Borah High School
Time TBA

Quad 4 Wednesday, December 1st

Matches begin with 125# weight class

At Les Bois Jr. High

Hillside vs. Les Bois
North vs. East
Les Bois vs. East
North vs. Hillside

At South Jr. High

South vs. Fairmont
West vs. Riverglen
Fairmont vs. Riverglen
South vs. West

Quad 5 Friday, December 3

Matches begin with 145# weight class

At Fairmont Jr. High

North vs. South
Fairmont vs. Les Bois
Fairmont vs. South
North vs. Les Bois

At East Jr. High

East vs. Riverglen
Hillside vs. West
Hillside vs. East
West vs. Riverglen

Quad 6 Tuesday, December 7th

Matches begin with 160# weight class

At Hillside Jr. High

Hillside vs. Les Bois
South vs. Riverglen
Riverglen vs. Les Bois
Hillside vs. South

At West Jr. High

West vs. Fairmont
North vs. East
Fairmont vs. East
North vs. West

Quad 7 Thursday, December 9th

Matches start at 189# weight class

At South Jr. High

South vs. Les Bois
East vs. West
South vs. East
Les Bois vs. West

At North Jr. High

North vs. Riverglen
Fairmont vs. Hillside
Fairmont vs. North
Riverglen vs. Hillside

Coaches Seeding Meeting and Setup

Friday Dec. 10

6:00 West Jr. High

Boise City Wrestling Tournament

Saturday December 11 at West Jr. High

Wrestling starts at 9:00 a.m.

Weigh-ins from 7:30-8:30 a.m.