

Licking County Youth Wrestling League Rules

Agreed upon by vote of League Representatives:

1. Format to be a team sport with individual and team scoring.
2. Scarlet & Grey Divisions determined at annual league meeting
 - A. Divisions will be determined on a yearly basis based upon previous year finishes as well as geography. Historical proposals were Scarlet Division to be comprised of the top 5 teams from the Scarlet Division from the previous year. The Top finishing team from the Gray Division will move to the #6 spot in the Scarlet Division for the following year and the 6th place team from the Scarlet Division will move to the Gray Division #1 spot. The intent is to keep evenly matched and quality duals within the divisions during the normal schedule while giving each team the opportunity to compete for a divisional title. The Year End Championship duals will still allow the premier teams the opportunity to compete for the overall league title.
3. Dual matches between teams in each division with yearend championship dual tournament.
 - A. A 12-team championship dual tournament at end of season to determine final standings. Teams will be seeded by the coaches with the suggestion that the top 4 Scarlet teams receive a bye.. Seeds 5-12 will be determined by the coaches and will wrestle a play in round. Winners advance to 8 team-bracket. Semi Final losers will wrestle for 3rd and 4th. Quarter final losers will continue to wrestle for 5th-8th place.
 - B. Championship Dual Tournaments will start at a randomly selected weight between 70-125 pounds. Subsequent duals will start at the next higher weight class.
 - C. Championship Duals Tournament to be rotated through league, with hosting privileges' given to those teams who have never had the tournament in the past.
 - D. Fan admission: wrestlers & kids 5 and under are free, students \$1.00, adults \$3.00, family (mom, dad, siblings) \$7.00.
4. League Show Case Individual Tournament to be set up like a normal AAU youth tournament by age and weight class (no team score). To be rotated through league.
 - A. Format to be round robin with a preferred 5-man brackets. 4, 6, or 8-man brackets may be used depending upon participation levels. Attempts will be made to keep 1st year wrestlers in their own brackets. Age and skill level will also be taken into consideration. D1 & D2 to begin at 9 or 9:30. D3 & D4 to begin in the afternoon.
 - B. Medals for 1st through 4th place
 - C. Charge admission to attend tournament. Kids 5 and under are free, \$1.00 students, \$3.00 adults, \$7.00 family (mom, dad, siblings), \$12 entry fee for wrestlers.
 - D. Wrestlers will be weighed in advance and money and registration to be collected in advance. Brackets to be made up ahead of time so wrestling can start promptly the morning of the tournament.
 - E. Preferred 4 or more mats, D1 5-6, D2 7-8, D3 9-10, & D4 11-13
 - F. Tournament Date is unknown at this point.
5. Start duals January 2nd and end tournament before February 28th.
6. League controls only the dual matches between the teams and the year end tournament/duals.
 - A. Individual teams can begin and end season, practice and charge program fees as they desire.
 - B. All League sign-up or wrestler registration forms must include a parent/guardian signature line with date stating parents/guardians were given copies of the following
 1. Ohio Department of Health Concussion Information Sheet for Youth Sports Organizations and
 2. Ohio's Return-to-Play Law: What Coaches & Referees Need to Know.
7. Dual meet times will start at the discretion of hosting team.
8. One official mat and Ref if possible. One exhibition/practice mat if possible.
9. Eligible wrestlers shall be kindergarten through 6th grade with their age to be no older than 13 years old as of August 1st of the previous year. Clarification-wrestlers may turn 13 after August 1st prior to the start of the season and still be eligible. This is consistent with HS rules.

10. All wrestlers must live in a Licking County or Centerburg School District.
 - A. All wrestlers must live in their team's school district *or* attend the school. Johnstown wrestlers who were on another team in 2014-2015 are eligible to wrestle on the Northridge team for future years.
 - B. If a wrestler lives outside their team's district then one parent or legal guardian must reside in the team's district for which they wrestle, *unless they attend that school.*
 - C. Home-schooled or private school wrestlers will wrestle for the team in the district they reside or for Newark Catholic.
 - D. Newark Catholic's wrestlers must meet the above requirements and meet one of the following:
 1. Go to a Licking County Catholic School
 2. Be home schooled.
 3. Go to a private school
 4. Have an older sibling that is in the wrestling program
 5. Wrestler must practice with their team on a weekly basis, excluding injury.
 6. For championship duals wrestler must have wrestled in at least three prior duals, excluding injury or extraordinary circumstances so determined by the grievance committee.
 7. Team roster with wrestlers and coaches to be turned into league if requested by the League Secretary.
11. Weight classes 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 101, 107, 113, 119, 125, 138, Hvy.
 - A. Heavy Weight has a 215# Maximum weight to compete in league duals
 - B. Wrestlers will be weighed at each dual with weight marked on their hand
 - C. Wrestlers may wrestle up one weight class (should be marked so on their hand).
 - D. Weight classes may be changed if both coaches agree.
 - E. Wrestlers will have up to 5 minutes before they take the mat to get weighed
 - F. Teams to use certified scales
 - G. Maximum clothing "ready to wrestle less shoes and head gear". Minimum clothing underwear.
 - H. After, but not including the 3rd week of the season (*duals after 1/27/19*), wrestlers will be given a *2#* weight allowance. The weight classes will officially change to 47, 52, 57, and so on. This does not change the max weight for Heavy Weight which stays at 215#.
 - I. High School "Hair Rule" does not apply. The Youth League does not have a hair rule at this time. Wrestlers with long hair are encouraged to use caps but wrestle at their own risk. Any wrestler who uses a skull cap or other form of head covering **MUST** cover the cap with head gear. Therefore, headgear is mandatory if a skull cap is worn.
 - J. Coin toss by referee to determine odds or evens. For odd number matches, odd team sends wrestler to the table first. For even number matches, even team sends wrestler to the table first. Once wrestler has reported, the second team sends wrestler to the table. Scoring table and each coach who sends wrestler to the table is responsible for verifying wrestler is eligible for that weight. Ineligible wrestler will result in forfeit of the match.
 - K. Head Gear is encouraged but not required at this time.
 - L. Wrestlers with Braces must report to the mat ready to wrestle with a mouth guard covering all Dental work. Failure to report to the mat, ready to wrestle, will result in starting and running Injury time until the wrestler is ready to wrestle.

There shall be no attempt to cut weight
12. Official referees (one per dual) \$50.00 suggested fee. Official should conduct Skin and Nail Check
13. Use high school rules with exceptions outlined in this addendum, three periods, one minute each, neutral-top-bottom. Wrestler winning 2nd period flip has choice of top or bottom then takes opposite up or down position 3rd period. i.e.: Each three-period match will have each wrestler wrestle all three positions.

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| 14. Team scoring: | Decision | 3 points |
| | Major decision | 4 points (Win by 8 to 11 points) |
| | Tech fall | 5 points (Win by 12 points) |
| | Pin | 6 points |

Non-point matches may end in a tie. If a match is tied after the 3rd period, an overtime session will begin, following the same guidelines as an OHSAA match. A 4th period will be wrestled for 1 minute on their feet. If the match remains tied, 2 additional 30 second periods alternating top and bottom will be wrestled. If the match is still tied, the wrestler who scored the first points will be give choice of top or bottom. If he chooses top, he must maintain control for 30 seconds to win the match. If he chooses bottom, he must score to win the match. This follows the OHSAA ruling for overtime matches. This Exhibition matches may end in a tie (preferred) as both wrestlers get their hands raised.

15. Dual Team ties will be determined by the same rules that apply at the high school level as outlined in the OHSAA.
 - D. Team standing ties to be determined by head to head dual for 2 teams. For 3 teams, use team to team total scores for the 3 teams involved for the 3 duals between those teams. Use margin of victory-margin of loss for each of the 3 teams. The teams will then be ranked by the numbers, lowest to highest.
16. Two coaches or one coach and one score keeper on the mat during a match. No parents or fans on the mat.
 - A. Coaches try and keep parents and fans in the stands
 - B. Referee has total control on disciplinary actions at meets.
 - C. Coaches to be held to high conduct standards. Coaches/teams misconduct may lead to suspensions and or dismissal of those involved. Coaches/teams are required to participate in all league events. Failure to do so or “Conduct Unbecoming to the League” will result in suspension of the coach and removal of the team from the year end tournament. Continued Individual conduct issues, may result in additional disciplinary measures up to and including a potential lifetime ban from league functions. Exceptions may apply and should be brought to the attention of the League Secretary and or Grievance Committee prior to the event. League events would be the Individual and Year End Tournaments
 - D. All Coaches and administrators must be trained to recognize the symptoms of concussions and head injuries. Only “Concussion Certified” Coaches are allowed in the corner during matches. This certification is required by the Ohio Department of Health every 3 years. A copy of each coach’s certification is required to be submitted each year to be allowed to participate as a coach or administrator for all youth teams. Only “Certified Coaches” can be on the mat during matches.
17. Floating trophies are to be awarded for first, second, and third place teams. The trophies are to be rotated to the placing teams each year. Trophies, plaques or ribbons for individuals will be the responsibility of each team if so desired.
18. League rules and changes to be decided by an announced meeting and voted on. One vote per team. Special meetings shall be announced by phone and every effort made to reach all teams.
19. Grievance Committee to consist of five people two from each division and one at large.
 - A. Grievances must be filed within 24 hours.
 - B. All 5 members to be contacted with a minimum of three votes to settle dispute.
 - C. Our grievance committee consist of the following:
 1. Cody Debevoise - LW
 2. Ricky Storts - LH
 3. Ryan Muzy - LV
 4. Justin Grimes - WM
 5. Patrick Balog - JT
 - D. No grievance committee member can participate in a grievance involving their own team. If a committee member’s team is involved, the secretary shall cast a vote unless the 4 remaining members can reach a majority. If 2 committee member’s teams are involved, the 3 remaining members shall decide.
 - E. Contact the League Secretary if you want to file a grievance. (Only head coach or designee for the head coach can file a grievance).