

WRESTLING

A. ORGANIZATIONAL RULES

1. No outside participation on the day of an ILH scheduled event. School wrestling teams may continue through the USA and Freestyle wrestling programs.
2. The National Federation of High School Wrestling Rulebook shall be the official rulebook and will govern all situations not specifically covered herein.
3. The athletic director in charge of wrestling shall call a meeting of all coaches prior to the start of the season to review the Operational Procedures, rules, and schedule, including interpretations, revisions, and newly adopted ILH regulations.
4. The athletic director in charge of wrestling shall call an evaluation meeting after the ILH tournament to review the season's operations and recommend changes, if any.
5. Schedule
 - a. Week day dual meet schedule: Matches begins at 5:30pm. Weigh-ins will begin at 4:30pm.
 - b. The weigh-in procedure for dual meets and tournaments will follow NFHS rules.
 - c. Teams delayed by unusual traffic problems will be allowed a late weigh-in from the time they arrive. Matches will be delayed enough to ensure appropriate warm up.
 - d. The schedule will be designed, if possible, so that teams with opponents from two small teams will not be the host site.
6. The protest committee for the ILH Tournaments will consist of three neutral individuals chosen from the following:
 - a. the head official
 - b. an official not involved in the disputed match
 - c. the athletic director in charge of wrestling
 - d. a head coach not involved in the disputed match.
7. If an official does not show up for a varsity match, the match will be postponed unless both coaches agree to hold the competition with coaches officiating.
8. An event is defined as:
 - a. A single dual meet on a single day.
 - b. An individual tournament that covers one or more days.
 - c. The ILH round-robin dual-meet tournament.
 - d. Each and every dual meet in the ILH bracketed dual-meet tournament.

B. WRESTLER CLASSIFICATIONS

1. Weight Classes
 - a. The weight divisions for both varsity and junior varsity boys are listed in the National Federation Rulebook: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285.
 - b. The weight classes for varsity girls are: 98, 103, 108, 114, 120, 125, 130, 140, 155, 175, and 220
 - c. The weight classes for intermediate boys will not be used until the ILH Intermediate Championship Tournament: 70 (if there are five or more wrestlers at or under 70 pounds), 77, 84, 90, 95, 100, 105, 110, 115, 120, 127, 134, 142, 150, 158, 167, 180, 200, and 275 (200 and 275 will be optional weight classes utilizing the

- consensus of the head coaches). There will be no growth allowance for the intermediate weight classes
- d. The weight classes for the intermediate girls will be developed as the season progresses and numbers of wrestlers are known.
2. A wrestler in grades 10, 11 and a qualified 9th grader (see rule B. 4.) may move from JV to varsity competition with the following stipulations:
 - a. A wrestler may not wrestle on both the varsity and JV levels against the same team in the same round of the ILH regular schedule. The rounds consist of:
 1. The single round of dual meets spread out over the season
 2. ILH Dual Meet Tournament I
 3. ILH Dual Meet Tournament II
 - b. A wrestler may not compete in both the ILH varsity and junior varsity championship tournaments in the same year.
 - c. A wrestler who has competed in the HHSAA State Championship Tournament can no longer compete on the junior varsity level for the remainder of his or her career. Competing in the qualifying round of the HHSAA State Championships is considered as competing in said tournament.
 - d. A wrestler who has competed in the ILH Varsity Championship Tournament and has placed fourth or higher may no longer compete on the junior varsity level for the remainder of his or her career.
 3. 9th grade wrestlers may wrestle both junior varsity and intermediate, but not on the same day. However, once a 9th grade wrestler has competed in one varsity match in the regular ILH dual meet season (including forfeits), or one varsity open tournament, or four ILH JV events (excluding forfeits), then he can no longer wrestle in the intermediate division. Exception: 9th grade girls wrestling in ILH Open Varsity tournaments may maintain their intermediate eligibility.
 4. 9th grade wrestlers can compete in the varsity competition provided they have the written approval of (1) a parent, (2) his/her coach, (3) his/her athletic director, and (4) his/her principal. This rule is for both genders.

C. DETERMINING CHAMPIONSHIPS

1. Boys and Girls Varsity, and Junior Varsity Boys:
 - a. The team with the greatest number of championship points shall be the ILH champion
 - b. Championship points can be accrued in the following competitions:
 1. A dual meet tournament (named ILH Dual Tournament I) covering two days early in the season in which the tournament format will be a complete round robin.
 2. A single round robin of dual meets spread throughout the season.
 3. A second dual meet tournament, held on one day in which the teams are seeded in a bracket.
 4. An individual championship tournament with team points
 - c. First Dual meet tournament scoring: Dual meet team win = 3 points
 - d. Dual meet team win = 3 points
 - e. Second Dual meet tournament scoring:
 1. First place = 15 points

2. Second place = 12 points
 3. Third place = 9 points
 4. Fourth place = 6 points
 5. Fifth place = 3 points
 - f. Championship point accrual for the Championship Tournaments scoring:
 1. Weight division champion = 14 points
 2. Weight division runner up = 10 points
 3. Weight division third place = 6 points
 4. Weight division fourth place (to be used only for weight classes of 6 or more individuals) = 3 points
 5. Bonus scoring
 - (a) Fall, default, forfeit, disqualification = 2 points
 - (b) Technical fall = 1.5 points
 - (c) Major decision = 1 point
 3. If there is a tie after the combination of the dual meet scoring and the tournament scoring, the ILH Championship shall be decided by the following:
 - a. Results of head to head dual meets in regards to team wins and losses;
 - b. Combined scores of the head to head dual meet scores. The team with the highest total shall be the ILH Champion.
 4. Intermediate Boys:
 - a. The intermediate championship will be determined by by accumulating the placement points (bonus points will not be counted) accrued in the championship tournament only:
 - b. Championship point accrual for the Championship Tournaments scoring:
 1. Weight division champion = 14 points
 2. Weight division runner up = 10 points
 3. Weight division third place = 6 points
 4. Weight division fourth place (to be used only for weight classes of 6 or more individuals) = 3 points
 - c. There will be unlimited entries per weight class per team. However, only the highest placing wrestler from each school can score team points.
- D. BOYS AND GIRLS INTERMEDIATE FORMAT
1. Students in the 7th, 8th and 9th are eligible for intermediate level wrestling.
 2. An intermediate regular season may include dual meets, round robins, open tournaments, a dual meet tournament, and a championship tournament.
 3. Match length - Three (3) rounds of one (1) minute each in January. Three rounds with the first round of two (2) minutes, the second and third rounds of one (1) minute each in February.
 - b. The tournament format shall use an 8-man bracket with qualifying rounds. The semi-finals losers will be cross-bracketed. If a weight class exceeds 12 entries a second bracket will be used. The first bracket will be labeled "A" and the second bracket "B." The "A" bracket must have eight participants, including at least one participant from each school that has a wrestler in said weight class. Only the "A" bracket will score team points. The "B" bracket will be for individual placement only.

- c. Matches tied after the end of regulation time shall use sudden death overtime to determine the winner. The overtime period will follow NFHS procedures.

E. ILH CHAMPIONSHIP TOURNAMENT PROCEDURES

- 1. Seeding
 - a. The tournaments shall be seeded.
 - b. The athletic director in charge of wrestling shall supervise the seeding meeting.
 - c. Four (4) wrestlers shall be seeded for each division. All other wrestlers will be randomly drawn into the appropriate bracket. If there are only (3) wrestlers in a weight class, the third wrestler shall be seeded.
 - d. The regular season will be used to seed the ILH intermediate championship tournament.
 - e. JV entries: Each school may enter a maximum of three wrestlers per weight class in the ILH junior varsity championship tournament. The head coach must designate which wrestler will score for the regular junior varsity team. The team's second entrant will score for a "B" squad for that school. A third entrant from a school shall not score team points.
 - f. Seeding criteria.
 - (1) record against common opponents;
 - (2) a returning champion or runner-up in the same weight class;
 - (3) a contestant with an exceptional record against acknowledged strong opposition; and
 - (4) a contestant with the best over-all record.
 - (5) head to head competition.
 - (6) head to head competition in ILH Dual Meet competition.
 - (7) best over all record in the weight class.
 - (8) The order of the list is not mandated and it is not an all-inclusive list. Coaches consensus will be the deciding factor.
 - g. Forfeits will count as wins for seeding purposes.
 - h. The deadline to verify entries shall be at the seeding meeting. All entries for all levels shall be visibly posted at the beginning of the seeding meeting. Coaches may adjust line-ups at the conclusion of the posting. At the conclusion of the adjustment period the entries will be locked into their respective weight classes.
 - i. The deadline to verify alternates shall be at the seeding meeting. All alternates for all levels shall be visibly posted at the beginning of the seeding meeting. Coaches may adjust line-ups at the conclusion of the posting. At the conclusion of the adjustment period no other names will be allowed to be used as alternates. Wrestlers entered into the Junior Varsity Championship Tournament may be used as alternates for the Varsity Tournament.
 - j. Alternates may enter the tournament only when a medical condition, verified by an Athletic Trainer or physician, precludes an individual entrant from competing. Alternates may only fill in for a wrestler from his or her own team. Alternates may be used at his or her certified weight or at the next higher weight class.

Weight classes that use an alternate in second, third or fourth seeded position will reseed the bracket. Weight classes that use an alternate for the first seeded wrestler will reseed the entire bracket and redraw the unseeded wrestlers. Weight classes that have alternates replacing an unseeded wrestler will not be reseeded or redrawn. If a Junior Varsity wrestler is entered into the varsity tournament as an alternate, the Junior Varsity bracket that the wrestler had previously been in will be reseeded or redrawn according to the procedures listed above.

- k. Pac-5 is allowed to enter extra wrestlers in the ILH Varsity Championship Tournament providing the extra wrestlers are not from the same school as the Pac-5 representative. Any team points earned by the extra wrestler will be credited to their school, not Pac-5. Pac-5 must designate their team representative at the seeding meeting. Pac-5 may redesignate their scoring wrestler if forced to use an alternate in any given weight class.
- 2. A wrestler unable to make weight for the ILH Varsity Championship Tournament will not be allowed to enter the HHSAA State Championship Tournament.
- 3. HHSAA State Tournament Representation
 - a. ILH representation will be determined by the State representation formula:

$$\text{ILH Representation} = \frac{\text{Number of eligible teams in the ILH}}{\text{Number of eligible teams in the State}} * \text{Number of berths (20)}$$

- b. The top four finishers will enter the state tournament providing none of the finishers are from the same school. If any school has two wrestlers finish in the top four places in any weight class, then the lowest finisher from said school will be eliminated from the ILH's state tournament entry list. Wrestlers in the lower places will move up in rank until the ILH berths are filled with individuals from different schools.
- c. The ILH champion receives the seeded berth.
- d. Low place finishers from the ILH Championship Tournament will enter the State Tournament as alternates only.

F. ILH WEIGHT CONTROL

- 1. Coaches must police their own programs so that detrimental weight loss does not occur.
- 2. The ILH will comply with and HHSAA weight monitoring rules.
- 3. All varsity and junior varsity wrestlers are required to establish a certified minimum weight sometime prior to January 15 and are prohibited from recertifying at a lower weight during the season. After certification, a wrestler may not weigh-in more than one weight class above the weight of certification, without recertifying at a higher weight. and: Each wrestler is required to have at least one-half of his or her weigh-ins during the regular ILH season at the minimum weight he or she will wrestle during the State Tournament.
- 4. There will be no late weigh-ins.

5. The first weight monitoring session will serve as a weigh-in to certify for minimum weight as long as the wrestler is hydrated.

G. ILH OPEN TOURNAMENTS

1. One or more open tournaments shall be held.
 - a. The varsity open matches shall not count as varsity events under rule B. 3. for 9th grade junior varsity participants, but shall count as varsity matches for 9th grade wrestlers and the intermediate eligibility under rule B. 3.
 - b. Non-ILH teams may be invited to this tournament.
 - c. There shall be separate varsity, junior varsity and intermediate level tournaments
 - d. Seeding will follow the criteria listed in F1d., but pairings of unseeded wrestlers will avoid, if possible, first round matches between opponents from the same school.
2. Ribbons shall be awarded for first through third place finishers. There shall be no team scoring.
3. If a bracket has more than twelve entrants, then two brackets shall be devised for that weight division. They shall compete separately from each other with a separate champion for each bracket. Weight classes up to 12 entrants will use the first round as a qualifying round.
4. ILH teams which have matches the day before these tournaments may submit their verified weigh-in sheets from the previous day's match, rather than weighing-in the morning of the tournament. These wrestlers must check in at the weigh-in site before the closing of the scales. Those wrestlers who do not weigh-in the day before, and any non-ILH entrants in the ILH All-Division Tournament must weigh-in on the morning of competition.
5. Three man weight brackets will use a round robin format to guarantee two matches per participant.
6. Seeding mistakes for the ILH Open Tournaments can be corrected up until the first match of the weight class in question is called.
7. Pairing mistakes of unseeded wrestlers for the ILH Open Tournaments can be corrected up until the first match of the tournament is called.
8. Wrestlers in the 7th and 8th grades from public schools must have a letter from their school's principal indicating that the school sponsors a wrestling program and that the wrestlers are representatives of that program in order to participate in any of the ILH sponsored intermediate wrestling events. The letter must be presented to the event director prior to weigh-ins.

H. HOME TEAM AND HEAD COACH'S RESPONSIBILITIES

1. Scale - The scale for weigh-ins must be checked by an approved company prior to the first dual meet each year. The ILH will contract and pay for this verification of one scale for each school involved in wrestling.
2. Scoreboard - A scoreboard showing the individual match score and the team score must be kept in clear view of the spectators and the contestants.
3. Official Scorekeeper - The official scorekeeper shall be provided by the home team. Schools are responsible for properly training the scorers and timers.

4. Mats - Mats shall be taped down whenever it is not a complete piece. Border mats, when necessary, shall also be taped down.
5. Stop Watches - Stop watches must be provided for each mat for blood and injury time.
6. Blood Borne Pathogen Disposal and Care Kits - Shall be provided
7. Spectators - the home team is responsible for keeping the spectators in the bleachers during the matches.
8. Publicity - In order to improve our record keeping and increase publicity for our program, the league is requiring that official scorers report match results. Speak to whoever will take the message. Report (a) the team scores of JV and varsity matches, (b) the names and weight divisions of varsity wrestlers who won by fall and (c) intermediate placing. The following need to be notified:
 - a. Honolulu Advertiser sports department at 525-8040; Fax is 525-5491, email is results@honoluluadvertiser.com.
 - b. Honolulu Star Bulletin sports department at 529-4782, fax is 529-4787, email is sports@starbulletin.com.
 - c. Iolani School athletic department at 943-2208; Fax is 943-2399, email is schroers@iolani.org.
9. Reporting Scores and Weigh-in Results - Host sites are responsible for informing the ILH Athletic Director in Charge of Wrestling scores from dual meets and weigh-in results from dual meets and tournaments.