

WRESTLING

Region V Handbook

Refer to Region V Policy guidelines for necessary information not included below.

INFORMATIONAL LETTERS

- Sent to Principal, Activities Director and Coaches of each Region V school.
- Letter #1: Should be sent out three weeks prior to the meet date. In addition to all relevant information covered in the General Guidelines, Letter #1 shall also include an entry form and other information deemed pertinent by the tournament director (i.e. weight cert information, seeding information, program information, etc.)
- Letter #2: Should include all relevant information from General Guidelines, as well as mat times available for practice for early arrivals.
- The person running trackwrestling will email each coach an invitation to the tournament event with a username and password. It is the responsibility of the coach to enter each wrestler (spelled correctly) into the correct weight class before the deadline determined in the email. If there are more than one wrestler to a weight class a point scorer must be designated at this time.

PARTICIPANTS

- All member schools of Region V may compete.
- Team Entries – four wrestlers per weight class.
- Individual Entries – must have competed within the regular season in a minimum of one event
- Competition – a team may have up to one wrestler and three team personnel on the mat

WEIGH IN PROCEDURES

- All wrestlers will weigh in on the mat at a designated area established by the head referee
- All Wrestlers must be in a team singlet
- Wrestlers must be prepared to weigh-in. (no dressing or undressing on the mat)

WEIGHT CONSIDERATIONS

- Coaches must verify the names and weights of their entries with the Tournament Director prior to the stipulated deadline on the day of the seeding meeting. Failure to verify entries may result in disqualification for the tournament.
- Each school will have each wrestler under the correct weight on the ASAA Master Eligibility list
- A weight certification will be present and handed to the tournament director prior to the start of the the tournament (Bring Weight Certifications To The Region Tournament)
- Performance and growth allowance will follow the ASAA handbook

SEEDING

- The Region V wrestling tournament will be seeded in accordance-with the Region V seeding criteria.
The tournament director will establish a seeding committee comprised of
 - 1-tournament director
 - 2-coaches appointed by the tournament director
- The Following seeding process was adopted by Region V at the 2018 meeting:
 - a. The seeding committee will meet one day before Region V tournament to seed the wrestlers based on information provided by Trackwrestling.
 - b. The committee will use the prioritized criteria to seed the wrestlers.
 - c. On the evening preceding competition, the seeding committee will hold a short meeting with the coaches to announce the seeding results. The committee will ask if there are any glaring errors in the seeding and will correct any such errors as per the prioritized criteria.
 - d. Seeding will begin with the lowest weight class and proceed up.
- The following criteria will be used to determine seeding:
 - 1. Results of head-to-head competition this year.
 - 2. Best record against common opponents this year.
 - 3.
 - a) Returning state champion at weight.
 - b) Returning state champion at any weight class.
 - 4.
 - a) Highest returning state place at weight.
 - b) Highest returning state place in any class
 - 5.
 - a) Returning region V champion at weight.
 - b) Returning region V champion at any weight class.
 - 6.
 - a) Highest returning region V place winner at weight class.
 - b) Highest returning region V place winner at any weight class.
 - 7. Contestant with best overall record.
- Unseeded wrestlers and byes will be drawn randomly by trackwrestling
- If there are more than sixteen (16) wrestlers in a weight class extra wrestlers will be feathered in by trackwrestling. Trackwrestling will determine the wrestlers place in the bracket regardless of school.

TOURNAMENT BRACKETING

- Refer to National Federation Wrestling Rule Book, for all necessary information.
- A display bracket for each weight class should be filled in as the tournament progresses.

SCORING

- Follow guidelines in NFHS Wrestling rules.
- Coaches must designate point getters before the tourney is seeded.
- Score only the designated point getter per school in each weight class.
- Four (4) places will be scored in each weight class.
- Coaches should be given periodic score updates throughout the tourney.

OFFICIALS

- The Region V secretary will be responsible for polling schools to determine officials.
- The tournament director has the authority to assign the officials for all matches.
- A referee and an assistant referee will be used when possible, in the Finals, Semi Finals, and Consolation Finals.
- The head table requires one announcer and computer person to run trackwrestling
- Other officials needed for each mat:
 - a. One scorer
 - b. One timer
 - c. One towel person (does not need to be an adult)
 - d. An EMT or doctor should be present for all matches

AWARDS

- All academic certificates – senior with a G.P.A. equal to or exceeding 3.0
- Great Sport Award – 2 individuals from each team that have displayed the outstanding sportsmanship throughout the season
- Individual Awards – medals

Division I	1 st & 2 nd	for each wt class
Division II	1 st , 2 nd , 3 rd	for each wt class
Girls	1 st & 2 nd	for each wt class
- Individual Awards – plaque

Division I	1 wrestler	Voted by the coaches
Division II	1 wrestler	Voted by the coaches
Girls	1 wrestler	Voted by the coaches
- Team Awards – trophies

Division I	1 st	Determined by trackwrestling
Division II	1 st & Runner up	Determined by trackwrestling
	1 st 1A school	Determined by trackwrestling
Girls	1 wrestler	Determined by trackwrestling
- Rick Mills Sportsmanship Trophy – school (participants, coaches, parents, fans) to exhibit outstanding sportsmanship selected by the tournament officials.

SITE AND MATCH PREPERATION

- Scoreboard for each mat area.
- Two Full size wrestling mats
- Two Scales-State Association Certified.
- Officials table
- Red & Green Leg Bands & wrist bands.
- Reliable Mat Cleaner & Sweeper.
- One blood person with blood kits for each mat.
- Brackets for wall.
- Two projectors to display matches
- Experienced person to run trackwrestling tournament online program

ADDED CONSIDERATIONS

- For skin lesions, use form in the ASAA Activity Handbook
- Championship Bio-Introductions – all introductions must be concise, and relevant to the individuals wrestling and scholastic achievements and accomplishments.
- Sanitation
 - Mats cleaned and Sanitized every other round
 - Restrooms cleaned every 2 hours

Forms Attached

- a. Region V Wrestling Schedule
- b. Tournament Workers
- c. Wrestling Bio Form