

CYO Wrestling League Rules & Regulations

The primary objective in a wrestling bout is for either wrestler to hold his opponent's shoulder blades in continuous contact with the mat for two full seconds. This terminates the match. However, when two contestants are evenly matched, this is not always possible. If no fall occurs, the following system is used to determine the winner:

<u>Match Points:</u> Take Down	- 2	Near Fall	- 3
Escape	- 1	Near Fall	- 2
Reversal	- 2	Penalty	- 1

Take Down: When a contestant brings his opponent to the mat on bounds and gains control. Control is a situation in which a contestant exercises and maintains restraining power over his opponent.

Escape: When a wrestler who is underneath gets out to a standing or neutral position facing his opponent.

Reversal: When a defensive wrestler comes from underneath and gains control of his opponent. He gains control by getting on top of or behind him.

Near Fall (2 Points): When the offensive wrestler has control of his opponent in a pinning combination and a near fall is imminent.

- A. When both shoulders of the defensive wrestler are held continuously within four inches of the mat, or less, for one full second.
- B. When one shoulder of the defensive wrestler is touching the mat and the other is held within an angle of 45 degrees or less with the mat for one second or more, but not sufficiently close to cause a near fall. In each of the above cases, two points shall be awarded.
- C. In A and B above three points will be awarded when the defensive wrestler is held continuously for five seconds or more.

Penalty: Points are awarded for stalling, illegal holds and technical violations. Certain punishing and dangerous holds are prohibited. In all cases, except punishing holds, one warning will be allowed.

Definitions and Explanation of Terms and Procedures

Illegal Holds: Any hold which goes against the natural bend of the joint. Also, a full nelson and a head lock are illegal. A hammer lock will be legal as long as the bend of the arm does not become less than a 90 degree angle. Body slams are illegal. Any wrestler who takes his opponent from the mat is responsible for his safe return to the mat. No wrestler may lock his hand unless in a neutral position (on feet or facing each other) or in a pinning position.

Time of Periods: There are three one-minute periods. The first period both wrestlers are on their feet. The second and third periods the wrestlers will have a choice of selecting top, bottom, neutral, or default. The choice is to be determined by a coin flip.

Tie: Overtime matches in tournaments and dual meet competition consists of a one minute sudden death period followed by a 30 second tie breaking period, if necessary.

When the Clock Stops: When one wrestler has all of the supporting parts of his body out of bounds, and the other wrestler has one of his supporting parts out of bounds, then the clock is stopped on the signal of the official. After going out of bounds, the wrestlers are brought back to the center and then restarted.

Scoring of Dual Meets:

Pin	6 points toward team total
Technical fall	5 points toward team total
Decision	
Major(8-14 pts)	4 points toward team total
Regular (fewer than 8)	3 points toward team total
Forfeit	6 points toward team total

Scoring For Tournament: - Scoring begins with the semi-final matches in each event.

Advancement	2 points toward team total (only 1 point earned if advanced by a bye)
Pin	2 points toward team total
Technical fall	1 1/2 points toward team total
1st Place	14 points toward team total
2nd Place	10 points toward team total
3rd Place	7 points toward team total
4th Place	4 points toward team total
Decision	
Major (8-14 pts)	1 point toward team total
Forfeit	6 points toward team total

Note: No pin points are allowed if the wrestlers are from the same parish. No advancement points unless they are earned by wrestling.

Advancement: When a wrestler advances to the next bracket by winning his semi-final match. If he wins by pinning his opponent, he will win two points for advancement and two points for the pin. Advancement points are not given in the final round only pin points.

Weigh-In: The certified weights of all wrestlers will be established at the first meet of the season. This weight will establish the lowest weight class that a

wrestler may compete in during the season and all tournaments. A wrestler may go down one weight only if he weighs within two pounds of the next higher weight class. For dual meets, each school is required to have a medical scale available for the weigh-in. If one is not available then the coach should notify the other and ask him to bring his scale.

Starting Position: The top wrestler is allowed to have one foot behind the wrestler that is in the down position as long as his foot does not break the parallel plane caused by the far side of the body and the extended feet of the other wrestler.

Hair Code: The CYO will adhere to the IHSAA rules concerning hair length. This rule reads that the sideburns cannot be below the earlobe, the hair cannot be down over the ears and the hair cannot extend down in back below a normal shirt collar. Again, this is a suggestion, not a rule.

General Eligibility For CYO Wrestling

A. Age and affiliation

1. Age and Grade - Fifth, sixth, seventh, and eighth grade boys who have not reached the age of 16 before the completion of the athletic season in which they are competing.
2. Parish and School Affiliation - All full-time male students of the parish school and all registered male parishioners of the participating parish.

Note: **Boys only will be permitted to wrestle for their parishes at any level. This includes wrestling programs for boys younger than 5th grade.**

- B. If a student's Catholic school or parish does not have a CYO wrestling team, he is permitted to wrestle for any parish that borders his own parish boundaries.
- C. A participant may under no circumstances wrestle for a CYO team and any other competitive school wrestling team during the same school year.
- D. Boys in the fourth grade and below will not be permitted to wrestle in the CYO program. However, a parish is permitted to organize an instructional or exhibition program for boys in that age group. These boys are subject to the rules as any other boys in the CYO wrestling program

Weight Divisions and Regulations

Weight Classes Offered: 68, 73, 78, 84, 90, 96, 102, 109, 117, 125, 134, 143, 153, 163, 175, 225 and 275

- A. Participation of 5th grade wrestlers shall be limited to weight classes 65, 70, 75, 80, 85, 90, 95, and 100.
Any exception to this rule must be approved by the CYO Office.
- B. Wrestling Clothing: A headgear is mandatory.
- C. A wrestler must compete in his certified weight class established at the official CYO weigh-in. Or, he may move up one weight class at any time during the season. The only way a participant may ever move down a weight class is if his certified weight is less than 2 lbs into the next weight class up. The purpose of this rule is to prohibit unhealthy weight loss.

Dual Meets

In order to be eligible for participation in the dual meet season a parish must be able to fill out a minimum of 8 weight classes for each meet.