

# MSHSAA GIRLS WRESTLING

## Competition Formats, Weigh-ins, Use of Weigh-in Sheets, Match Results in the OPC

Below you will find Comments and Questions/Answers that will provide guidance on several topics relative to Girls Wrestling. Please make sure to review these carefully and ensure that competition, weigh-ins, use of weigh-in sheets and match results for Girls Wrestling are being administered and completed correctly and within the mandated regulations and sport rules.

**Comment 1:** Girls Wrestling competitions, weigh-ins, representation in team line-ups, length of periods, etc. MUST follow all NFHS Wrestling Rules as found in the NFHS Wrestling Rules Book and Case Book. There are no deviations from NFHS Wrestling Rules for Girls Wrestling, with one exception, the number of weight classes and what those weight classes are for Girls Wrestling in Missouri.

**Comment 2:** MSHSAA Girls Wrestling has 12 established/mandated weight classes: 103, 110, 116, 121, 126, 131, 143, 152, 167, 187 and 235. All high school Girls Wrestling contests MUST use the 12 mandated weight classes for making weight and competition. There is no allowance for “grouping” female wrestlers who are close in weight simply to “match-up” for competition. This approach is only permitted in middle school level for both girls wrestling and boys wrestling as addressed in Section 1 of MSHSAA Wrestling Manual.

**Comment 3:** Weigh-in procedures and Skin Checks for female wrestlers are covered on page 7-8 in the MSHSAA Wrestling Manual that posted on the Wrestling page at [www.mshsaa.org](http://www.mshsaa.org). Officials and Coaches must review the mandated Weigh-In Procedures and Skin Checks For Female Wrestlers/Girls Wrestling to ensure that the contest you are officiating or hosting is in compliance with the regulations.

**Comment 4:** All female wrestlers who have had a weight assessment completed MUST be accounted for in both the “BOYS SEASON” and the “GIRLS SEASON” of the Optimal Performance Calculator at [www.trackwrestling.com](http://www.trackwrestling.com). **All weight assessments for female wrestlers must be entered into the BOYS SEASON first. Any weight assessments entered into the Boys Season AFTER November 14<sup>th</sup> must be “COPIED” over to the Girls Season by your weight assessor. Coaches...DO NOT manually enter female wrestler’s names to your roster in the Girls Season...if you do...the copy procedure will not be able to be completed by your weight assessor.**

**Comment 5:** All Girls Wrestling contests (IE: dual, triangular, quad or tournament) in which girl vs girl matches occur in a school’s girls wrestling line-up MUST be accounted for in the “Girls Season” in OPC on the Trackwrestling website. NOTE: Please refer to the Questions Answers below for examples of how to determine which matches have to be recorded in Girls Season versus matches recorded in the Boys Season on the Trackwrestling website.

**Comment 6:** **Weigh-in sheets** for both Girls Wrestling contests and Boys Wrestling contests must be created and printed from the OPC on the TW website. If the contest is a Girl Wrestling contest (girls vs girls dual, duals within a triangular, duals within a quad or tournament) the contest must be posted in the “Girls Season” on your team’s schedule page in the OPC; therefore, the Weigh-In Sheet must be created and printed from the “Girls Season” schedule page. If the contest is a Boys Wrestling contest (that may include a female wrestler(s) in the lineup then the Weigh-In form must be created and printed from the “Boys Season” schedule page.

**Comment 7: Weight Classes:** The girls weight classes (12) will always be used for all high school Girls Wrestling contests (dual/triangular/quad/tournament), in which girls vs girls matches occur. Regardless of whether a Girls Wrestling dual meet consist of 1 match or 12 matches, the girls weight classes must be used. When a female wrestler competes in a school's Boys Wrestling lineup the female will make weight for and compete at the boys weight classes; however, keep in mind that every female wrestler has a weight management plan in both the Girls Season(based on girls weight classes) and in the Boys Season(based on boys weight classes); therefore, coaches must be observant to each of their female wrestlers lowest minimum weight class for girls wrestling as compared to what boys weight class that she may be able to compete at on a calendar date.

**Comment 8: Posting Girls Wrestling Contests in the OPC** – It is critical the Girls Wrestling contests (dual, dual(s) within a triangular, dual(s) within a quad or tournaments) are posted not only accurately but in the same manner in the Girls Season of OPC as the other participating schools at the same contest. Example: If there is a Quad meet involving four schools that results their being Girls Wrestling dual(s), JV Boys dual(s) and Varsity Boys dual(s).....we cannot have some of the schools listing the dual(s) for the girls wrestling teams in the Girls Season and other participating schools listing the dual(s) for the girls wrestling teams simply as matches occurring at a triangular that is posted in the Boys Season. All girls vs girl matches (regardless of number of matches) that occur in girls dual meet that takes place at Quad MUST BE recorded in the Girls Season as individual matches or even forfeits that occurs in that dual meet.

## **QUESTIONS AND ANSWERS**

**Q1:** If female wrestlers are wrestling in their school's boys lineup (JV or Varsity) in a boys wrestling dual or tournament, do the females abide by the boys weight classes? If so, will this mess up their weight decent plans or lowest minimum weight class in the Girls Season in the OPC?

**A1:** First, it is a boys wrestling contest; therefore, the contest will only be posted in the BOYS SEASON in the OPC. Since it is a contest in the Boys Season...boys weight classes must be used, the weigh-in sheet for this contest must be printed from the schedule page in your Boys Season and the match results accounted for in this contest posted on your schedule page in the BOYS SEASON. A female wrestler(s) that are used in your boys lineup for this boys wrestling contest will only have their "actual weight" for weigh-ins posted to the weigh-in form in the BOYS SEASON; therefore, there would be no impact on the female wrestler(s) weight management plan that is posted in the GIRLS SEASON.

**Q2:** Can a girl wrestle in a school's girls team line-up and the boys team line-up on the same night of tri/quad dual format. For example: Schools A and B have girls wrestlers that will either wrestle a match or receive a forfeit in the "girls dual", but School C does not have girls. If School A and B have a girls only dual (whether that dual is one match, multiple matches or receiving forfeits), will the girls wrestlers from School A and School B be allowed to participate in the boy's team line-up for dual meet versus School C?

**A2:** A triangular is a contest between three different schools (School A, School B, School C) using a dual format versus the opposing schools. The three duals at a Triangular are three separate duals with potentially multiple levels, such as Girls Varsity, Boys JV, Boys Varsity. NFHS Wrestling Rules state that a wrestler may only represent his/her school one time at one weight versus an opponent in a dual meet.

**Answer:** Based on these provisions...Yes, a female wrestler can be in the school's Girls Wrestling lineup and in the Boys Wrestling lineup on the same night of a tri/quad...BUT, not against the same school. In short, a female wrestler from School A and B can be in her school's girls lineup for the girls dual between

School A and B... BUT the female wrestler cannot compete in both the girls line-up and the boys line-up for dual between School A and B. The female wrestlers from School A and B.....CAN be in the boys lineup versus School C since it is a completely separate dual meet. **NOTE: The result of each individual match or forfeit from girls dual between School A and B must be recorded in the "Girls Season" since it was a Girls Wrestling dual meet. The result of each match or forfeit from the dual meet against School C will be recorded in the "Boys Season" since School C only had Boys Wrestling.**

**Q3:** Is there a limit on the number of teams allowed to participate in a Wrestling tournament (Girls or Boys)?

**A3:** No, there is no restriction on the number of teams permitted at a wrestling tournament, regardless of whether it is a Girls Wrestling tournament or a Boys Wrestling tournament; however, there is an NFHS Wrestling Rule that states that no wrestler can participate in more than 5 matches in day, excluding forfeits; therefore; even though there is no limit on the number of teams in a tournament.....you have to be sure that the format of your tournament can accommodate the number of teams entered in your tournament without exceeding limit of 5 matches in day, excluding forfeits, for any wrestler in the tournament.

**Q4:** Are schools permitted to have more than one female wrestler entered in a weight class at a Girls Wrestling tournament?

**Q4:** NHFS Wrestling Rules state that a "team" can only be represented by one wrestler at each weight class in a tournament; however, just as with boys wrestling tournaments, a "school" is permitted to enter their Varsity team, JV team or C team in a wrestling tournament. This allowance could result in School A entering their "Varsity Girls Team" and "JV Girls Team" in a Girls Wrestling tournament which in the end could result in School A having two female wrestlers entered at a weight class(es) so long as the two wrestlers are entered, weighed-in, administered(team points) as representing two separate teams (School A-Varsity)/(School A-JV).

**Q5:** If we have a Quad on Tuesday night and one of the opposing schools has a female wrestler that is also eligible for the 121 lb weight class.....but the other two do not. Could my female wrestler at 121 lbs compete against the team that also has a girl at 121 lbs? Can my 121 lb. female wrestler then be in my boys 126 lb. JV boys lineup against the other teams? Also will this require two separate weigh in sheets, one under boys season and one under girls?

**A5: A1-**Yes, your female 121 lb wrestler can compete against School B's 121 lb female wrestler. This would essentially be a Girls Wrestling dual meet that consist of one individual match; therefore, it would need to be listed as a dual meet in the Girls Season in the OPC and match result would be posted in this dual meet on your schedule page in the Girls Season of the OPC. The other school, School B, needs to make sure to have it posted in the Girls Season of the OPC in the exact same manner. **A-2** Yes your female 121 lb wrestler could then be used at 126lbs. in the JV Boys lineup against School C and School D who are at this Quad; however, your female 121 lb wrestler CANNOT be in your boys wrestling JV lineup against School B since she already participated in a match in your girls wrestling lineup versus School B.

**A3** – Yes, you will have to create two (2) separate weigh-in sheets, one weigh-in sheet for the dual match that your female 121 lb wrestler competes against School B....because this dual meet and individual match result has to be posted on your schedule page in the Girls Season. The second weigh-in sheet will be created and printed from Boys Season and will be for the boys JV and Varsity duals that occur in this Quad. The female wrestler(s) DO NOT have to weigh-in twice....they will simply weigh-in in the Girls weigh-in area and their scratch weight will be entered on both weigh-in forms and their "actual weights" from weigh-ins will be entered in both the Girls Season and Boys Season. **NOTE: SINCE THE FEMALES MAY WRESTLE IN BOTH THE GIRLS LINE UP AND BOYS LINE UP ON THE SAME NIGHT.....MAKE**

**SURE THAT YOUR FEMALE WRESTLER(S) ARE MAKING WEIGHT AT FEMALE WEIGHT CLASSES IN ORDER TO PROTECT THE WEIGHT DECENT PLAN IN THE POSTED IN THE GIRLS SEASON...THEIR SCRATCH WEIGHT WILL SIMPLY DETERMINE WHICH BOYS WEIGHT CLASSES THEY QUALIFY TO COMPETE AT.**

**Q6:** Can a female wrestler compete in multiple matches during a dual match? For instance, I have a 235lb female wrestler and School B has two 235lb female wrestlers. Can my 235 female wrestler wrestle one of School B's 235lb female wrestlers at the beginning of the dual and the other School B 235lbs wrestler at the end of the dual meet? Also would one of those have to be listed as an exhibition match?

**A6:** No, your 235lb female wrestler cannot wrestle two matches in a girls dual meet. Even if the girls dual meet only consist of one girls vs. girl match.....a female cannot represent their school more than one time in a dual meet. So....your female is only permitted to wrestle one match at the 235lb weight class versus School B. There is no legal definition of the existence of an exhibition match; therefore, No, your 235lb female wrestler could not compete in what might be called an exhibition match since she wrestled a match at the 235lb weight class in the girls dual meet lineup.

**Q7:** Can a Missouri school compete out of state in Girls Wrestling? Is so, what if the other state's weight classes are different than the weight classes Missouri uses?

**A7:** Yes, a MSHSAA member school registered in Girls Wrestling can compete out of state just like any other sports are permitted to do. With relation to weight classes, you are correct....there are not uniform weight class across the nation for Girls Wrestling; therefore, your female wrestler will have to weigh-in as if the tournament was using Missouri weight classes in order to protect their weight management plan and lowest minimum weight class. What their scratch weight is in relation to what the out state weight classes are will determine what weight class they can compete at for the out of state contest. **Example:** Your team goes to Tennessee for a Girls Wrestling tournament on 12/18/18. You have a girl who's weight plan show her minimum weight class is 116 (Missouri weight class). Tennessee's weight classes are 103, 112, 119, 125, etc. Your girl wrestler would need to make weight at either 116, or 120 (Missouri weight classes) during the weigh-in but plan to compete at either 119 or 125 (Tennessee weight classes) in order to maintain her minimum weight class that is reflected on her weight loss plan in the OPC.

**Q8:** For Girls Wrestling dual meets, are schools supposed to line up our girls at our dual meets by the 12 weight classes and go against the opposing school's 12 weights and call it an official dual? If the opposing school does not have a female wrestler at one of the weight classes, then we get 6 team points?

**Q8:** Absolutely!!!!!! Girls dual meets should take on the same characteristics as a boys dual meet. Starting with weigh-ins/skin checks all the way through introduction of lineups, drawing for which weight class to start at, the official flipping the disk with captains to determine which school gets choice to start of the second period, etc., etc., etc. All NFHS Wrestling rules apply the same to girls dual meets that apply to boys dual meets, including the tracking of team points. Yes, there will be some girls dual meets that have 1 match and there will be some girls dual meets that have 12 matches.....there is no difference in how a dual meet has to administered based on how many matches will occur in a dual meet.