

Texas-USA Wrestling

Youth Folkstyle Rules and Regulations

2009-2010 Season

General Wrestling Rules

Wrestling will be conducted congruent with the rules established by the National High School Federation in conjunction with the following rules. Where the following rules differ from NFHS then these written rules take precedent.

1. Match durations
 - a. Bouts for Tot and Division 1 will consist of 3 periods with the duration of 1 minute each.
 - b. Bouts for Divisions 2 thru 6 will consist of 3 periods with the duration of 1 minute 30 seconds each.
 - c. Bouts on the Consolation side of all bracket, all Divisions, will consist of 3 periods with the duration of 1 minute each.
 - d. Bouts for all ROOKIE divisions will consist of 3 periods with the duration of 1 minute each.
2. When 12 points ahead, the match is terminated. This is the maximum score differential.
3.
 - a. Headgear is mandatory in **ALL** divisions.
 - b. Mouthpieces are strongly encouraged for wrestlers with any type of braces. However, a mouthpiece is **NOT** mandatory for any wrestler.
4.
 - a. Wrestling shoes are not required in the Tot division or in Divisions 1 and 2. Wrestlers in Divisions 3, 4, 5, and 6 are required to wear wrestling shoes.
 - b. Wrestling "doublets" are acceptable uniforms for TX-USA sanctioned tournaments. The uniform must be tight-fitting and not bear objectionable printing.
5. All Coaches, aides, and photographers should wear tennis-type or wrestling shoes.
6. USA Copper Certification is required to be Mat side with a competitor.
7. Maximum of 2 Coaches and/or aides and 1 photographer in each corner.
8. **ONLY** contestants and referees shall be on the wrestling surface except during injury time out.
9. A bout may not start without each wrestler being represented by a coach.
 - a. Bout may start without coach if referee has verbal permission from coach or club representative.
 - b. Time waiting for coach shall not count against competitor.
10. A competitor is given a maximum of 5 minutes to appear for their first bout, failure to check in at the mat within this time limit will constitute a forfeit. Each match, after the first match of the day, the contestant will have a maximum of 2 minutes to report for their bout before forfeiture of the match.
11.
 - a. A wrestler must have 15 minutes between matches unless waived by both wrestlers. It is suggested that to track this Table workers place "time of day" on bout sheet at end of each match. The 15 minute rest time does not apply to matches in different divisions for double-entered wrestlers. These wrestlers should be given time to report, but cannot demand the 15 minute rest.
 - b. There are no restrictions on the number of bouts a wrestler may participate in per day. A wrestler's parents and coach are responsible for determining the number of matches he can safely wrestle.
12. It is the responsibility of the Tournament Director and Table Workers to direct the flow of the tournament. It is their responsibility to move, skip, postpone or otherwise adjust matches to keep the tournament moving in order to comply with the above rules.
13. Officials\Referees are responsible for making calls concerning the wrestling competition. All other matters are the responsibility of the Tournament director.
14. Bracketing mistakes during tournaments do occur. All mistakes must be turned into the head table at least 30 minutes before the session affected is scheduled to start. If it is practical, such mistakes will be nullified and the correct bout will take place at the tournament director's discretion. If two

- wrestlers meet for a bout due to a bracketing mistake their bout is nullified, but if they meet again later in the tournament, the nullified bout will count and they do not wrestle again.
15. Judgment protests cannot occur. Referees decision is final.
 16. In case of emergency withdrawal, contact the Tournament director.
 17. Flagrant misconduct can occur before, during, or after a match and is any act considered by the official to be serious enough to disqualify a contestant from the match and any additional wrestling in the tournament. It would include, but is not limited to, intentional biting, striking, butting, elbowing, or kicking an opponent. Cursing officials or referees by contestants at any State Association tournament will not be tolerated and will be treated as flagrant misconduct. Flagrant misconduct shall be penalized without warning.
 18. Questions regarding a wrestler participating with a communicable disease shall be handled in conformity with the Rule of the National High School Federation.
 - a. Follow UIL guideline outlining requirement of Physician Note designating affected area.
 - b. Adhere to USA recommendation by covering affected areas that have been cleared by physicians as non infectious.
 19. No consuming (or under the influence) of alcoholic beverages at State Association events.
 20. No smoking at any time on the wrestling floor or around the mats and tables.
 21. Youth sized mats (24' x 24' or larger) are acceptable for tournaments. All possible efforts should be made to provide safety mats bordering the competition mats. When this is not possible, the tournament director should emphasize to the officials and coaches that "out-of-bounds" will be called as needed to protect the wrestlers.
 22. For purposes of *Youth Folkstyle Division* business only, the officials in each region who hold a USA Wrestling Official Membership will, as a group in that region, be entitled to the same number of votes as a chartered club with an equal number of members.

WEIGHT LOSS - *at anytime the use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes during practice or pre-tournament is prohibited and shall disqualify an individual from competition*

WEIGH-IN PROCEDURES

1. All local tournaments are required to have Friday night and/or Saturday weigh-ins at designated sites with an official present. All wrestlers must weigh-in at one of the designated sites and times to participate in the tournament.
2. Singlets shall be worn at all weigh-ins. No weight allowance shall be given for the singlet. Tots may weigh in shorts only.
3. Weigh-in sites can be added throughout the season with Executive Committee approval.
4. Officials and referees will pay special attention to contagious skin disorders.
5. Host must supply certified scale at tournament site.
6. It shall be the responsibility at weigh-in to examine and clip fingernails.
7. Those residing more than 50 miles from a weigh-in site can call in entries to the Regional office or to the tournament director, in accordance with the Tournament entry guidelines, and weigh in Saturday up to 1 hour prior to start of their session. Except for State and National Tournaments.
8. One representative per team is allowed to accompany wrestlers into the weigh-in area. This representative serves in no "Official Capacity" and are there "ONLY" to support the kids they represent.
9. Weight-cutting activities are prohibited at all on-site tournament weigh-ins. Regardless of the open weigh-in policy for the tournament, any wrestler who is more than 2% over the listed weight entered will be immediately scratched from the tournament.

10. At National tournaments with open weigh-in procedures, all wrestlers shall have until the scheduled close of the weigh-in time to make weight.

WEIGHT ALLOWANCE POLICY

- a. One (1) pound growth allowance will be allowed to all weight classes in Division's Tot to Division 3 beginning January 1, providing wrestler has wrestled at that weight class prior to January 1.
- b. Two (2) pounds growth allowance will be allowed to all weight classes in Division's 4 and 5 beginning January 1, providing wrestler has wrestled at that weight class prior to January 1st.

Clarification - A wrestler MAY enter and wrestle at a weight class lower than he wrestled prior to January 1st. However, the wrestler does not get the growth allowance and must make "scratch" weight (ie. the weight listed below) at ALL weigh-ins (including State) that he enters at the lower weight.

Example 1: Wrestler A weighs about 124 lbs and only wrestles in Div 4 130lbs before January 1st. In January he finds he is in better shape and now weighs 121 lbs. Can he wrestle in the 120 lbs weight class? ANSWER: No. Even though the 2 lb growth allowance makes the weight class 122 lbs, Wrestler A only wrestled at higher weights before January 1st so he does not receive the allowance.

Example 2: The same Wrestler A continues to work out and now only weighs 120 lbs. Can he wrestle in the 120 lbs weight class? ANSWER: Yes, but he must weigh 120.0 lbs or less (scratch weight) at all weigh-ins. He does not get the 2 lb growth allowance in this case.

Weights

Tot division	5 & under	32, 36, 40, 45, 50, 60, Hwt (25 lbs max weight difference**)
Division 1	7 & under	38, 42, 46, 50, 55, 60, 65, 72, 80, Hwt (25 lbs max weight difference**)
Division 2	9 & under	49, 52, 55, 58, 61, 65, 70, 75, 83, 92, 100, 115, Hwt (25 lbs max weight difference**)
Division 3	11 & under	56, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 135, Hwt (25 lbs max weight difference**)
Division 4	13 & under	70, 75, 80, 85, 90, 95, 100, 110, 120, 130, 142, 155, 175, Hwt (25 lbs max weight difference**)
Division 5	15 & under	88, 95, 105, 115, 125, 135, 145, 157, 175, 200, 275
Division 6	High School	NATIONAL AND STATE TOURNAMENTS ONLY. WEIGHTS ACCORDING TO NFHS RULES

** Heavyweight entries that are 25lbs heavier than the any other entry in their bracket will be moved up to the next AGE group and DOWN one weight class.

Example 1: In D1 there are two HWT entries, one weighing 85 lbs and one weighing 106 lbs. Since the weight difference is 21 lbs, this situation would be fine under the rules and they would wrestle as D1-HWTs.

Example 2: In D1 there are three HWT entries weighing 85, 106, and 112 lbs. Since the 112 lb wrestler is more than 25 lbs heavier than the 85 lb wrestler, the 112 lb wrestler would have to

move up to D2 under this rule. In D2, he qualifies for the 115 lbs weight class, so he would move down one weight and wrestle D2-100 (one weight class down from D2-115).

Example 3: In D3 there are four HWT entries weighing 140, 150, 180 and 185 lbs. Both the 180 and 185 lb wrestlers are more than 25 lbs heavier than the 140 lb wrestler, so they BOTH move up to D4. They both qualify as HWTs in D4, so they would move DOWN one weight class and wrestle at D4-175.

MEMBERSHIP RULES

1. All Texas wrestlers in all sanctioned tournaments must be members of the State Association prior to weigh-in. Forms and birth certifications must be on file and fees paid.
2. The Board of Directors shall determine fees for all members annually.
3. Requirements for State Association Membership
 - a. Must be a Resident of the State of Texas.
 - b. School-aged wrestlers must attend school in Texas or be home schooled at a Texas address.
 - c. Must be a member of a sanctioned Texas USA team if residing **less than 200 miles** from the defined center of any geographical region.
4. Due to the fact that this state is so large and that there is at present 5 established regions, there could be individuals who find themselves located far from a sanctioned club. It is for these cases that the term “Independent Wrestler” is to be considered. An “Independent Wrestler” is defined as “an individual who is a Resident of the State of Texas and resides **MORE THAN 200 miles** from the defined center of **any** geographical region”.
 - Centers of Geographical Regions
 - a. North Region - DFW Airport
 - b. South Region - Houston City Hall
 - c. Central Region – State Capitol Building , Austin
 - d. West – City Hall, Amarillo
 - e. Far West – City Hall, El Paso
5. Membership to the State Association is required on or before January 1 of current wrestling season to be eligible to participate in the Regional or State Tournaments and/or to qualify for State Awards. Membership is defined as having a current USA athlete card and meeting the requirements in #3 above.
6. Membership entitles wrestlers to enter into any State Association sanctioned tournament for which they qualify. Entry fee for each tournament must be paid by weigh-in. Returned checks not cleared by State Association by beginning date of next season may cause wrestler suspension for at least one year.
7. **All wrestlers must have a completed “Age and Experience Verification” form signed by a parent and the club coach and kept on file with the club. This form verifies the proper age division and classification (Rookie, Novice, or Open) for each wrestler.** Falsification of documents or credentials can result in suspension for at least one year.

INSURANCE

All State Association members are insured for all State association sanctioned tournaments and all State association practices with sanctioned State association teams through USA Wrestling. This insurance is supplemental to each person’s primary insurance. All claims shall be handled through the Regional Director

TOURNAMENT SANCTIONING RULES

1. All sanctioned tournaments must conform to the approved State Association rules and procedures for that particular tournament. All tournaments will be sanctioned by USA Wrestling.

2. No member team may host a sanctioned tournament and a non-sanctioned tournament during the same season, except with two-thirds approval of the Board of Directors.
3. State Association retains the exclusive right to sell any State Association logo-bearing merchandise at any State association function. The host team may not sell merchandise at the State Tournament.
4. All tournaments must use electronic scoring board/clocks.
5. Food concession is the right and responsibility of the host.
6. Each host team shall be responsible for the collection of all entry fees (checks payable to the Region), as well as the preparation of all entries, brackets and bout numbers. Disbursement of revenue back to the host club shall be made through the Regional Director of the State Association. ~~The host club will not receive payment until tournament results have been submitted to the Regional Director.~~ Tournament results must be posted through the online system within 8 days of the completion of the tournament. Host clubs will not receive payment for tournaments that are not posted within that time.
7.
 - a). All TX-USA tournaments are required to use the online registration and results system.
 - b). All entry challenges shall be decided by the Tournament Director for any “open” tournament and a majority vote of the Executive Board for any “National” tournament
8. The amount of money to be received by the State association per entry from each entry for all tournaments of all kinds shall be determined by the Executive Committee in evaluating the annual budget. The State Association in conjunction shall operate the State Tournament with the host club. The host club of the State Tournament shall receive all concession revenue.
9. The host club is responsible for hiring and compensating all referees. Compensation will be based on entries divided by the number of referees and adjusted for sessions worked, but not to be less the \$100 for working the complete tournament
10. National Tournaments are the right and privilege of the Tournament Coordinators/Regions. These tournaments shall be run Pursuant of TX-USA rules but are not funded by the State. The State Association however shall receive 25% of “Profits” for said tournaments but shall not be responsible for any losses that may be accrued. If losses are accrued they are the responsibility of the Tournament Coordinators/Regions.

OPEN TOURNAMENT RULES

1. The hosting club shall determine entry fees. The range of fees for an “open” tournament shall be no less than \$10 or more than \$ 12. “Open” tournaments shall be all tournaments that are not designated as “National”. Entry fee must be paid before wrestling occurs. No- shows are responsible for entry fee payment.
2. Age is determined as of September 1 of the current wrestling season. If birthday is on September 1st, you are older age.
3. One weight per division, two divisions OK.
4. No College wrestlers may participate.
5. Tournaments shall be run pursuant to Double Elimination OR Texas Brackets at the discretion of the tournament director.

NATIONAL TOURNAMENT RULES

1. “National” tournaments shall be designated as such and determined annually by the State Association. Fees for “National” tournaments shall be determined in the same manner. Entry fee must be paid before wrestling occurs. “No Shows” are responsible for entry fee payment.
2. Age is determined as of September 1 of current wrestling season. If birthday is on September 1st, you are older age.
3. National Tournaments shall be ran pursuant of Double Elimination Brackets.
4. State will have copper classes available Friday evening before tournament.
5. Coaches Passes
 - a. 1-8 wrestlers – 2 coaches passes
 - b. 9-16 wrestlers – 3 coaches passes

- c. 1 pass extra for every 8 wrestlers after 16
- d. WITH PROOF OF CERTIFICATION AND CURRENT USA COACHES CARD TEAMS MAY RECEIVE AN ADDITIONAL 4 PASSES FOR FREE.

ROOKIE AND NOVICE TOURNAMENT RULES

Same rules apply to Rookie and Novice as Open Tournament Rules, with the exception to the following:

1. **ROOKIE**...1st year wrestlers only; no wrestling match any style, anywhere, prior to April 1 of the current wrestling season. See #7 under “Membership Rules” for verification requirements.
2. **NOVICE**...1st and 2nd year wrestlers only; no wrestling match any style, anywhere, prior to April 1 of the previous wrestling season. See #7 under “Membership Rules” for verification requirements.
3. Rookie and Novice entry fee shall be no less than \$10 or more than \$ 12. Entry fee must be paid before wrestling occurs. “No Shows” are responsible for entry fee payment.
4. All Tot and Division 5 wrestlers are considered “Open” during the Regular Season. These divisions are not included in the official Rookie and Novice designations. However, the divisions can be added to a tournament per the discretion of the Regional Director. Both divisions (Tot and Div 5) will be included in the Rookie State and the Novice State Tournaments.
5. Both Rookie and Novice tournaments are considered “Qualifiers” for participation in the Regional Tournament. They are NOT considered “Qualifiers” for any State Award points.
6. There is NO pre-qualification for Rookie State.
7. There is NO pre-qualification for Novice State.
8. Seeding mechanism for the Rookie State and the Novice State Tournaments will be by “Blind Draw” with regional separation. Regional separation is to be considered only for the first round.

REGIONAL TOURNAMENT RULES

1. Wrestlers can only wrestle in one division and one weight.
2. All divisions must pre-register weight. If pre-registration weight is not made, wrestler will be eliminated from the tournament.
3. The Regional Director must receive regional entry forms along with entry fees, no later than 1 week before the tournament. Regional entry form shall include qualifiers wrestled, weight wrestled, and division wrestled. (Clarification – all qualifiers must be completed at least 1 week before Regionals.) Falsification of documents will result in not wrestling in the Regional tournament.
4. **Participation Qualifier:** Entrants must have wrestled in at least three qualifying tournaments. Entrants must have wrestled at a weight class equal to or lower than the weight to be entered at Regionals for at least three qualifying tournaments in their lowest eligible division. (Clarification - a wrestler must wrestle 3 times in the SAME division and weight to qualify at lowest weight). There are no medical exemptions to the qualifier requirement. Independent Wrestlers are required to wrestle only 2 qualifiers.
5. **Participation stipulations apply to all Divisions.**
6. The Regional Director must decide all challenges to any entry before the Regional Tournament. Any appeals to the same will be decided by majority vote of the Executive Board.
7. There will be no move-ups in the Regional Tournament.
8. Regional Tournaments shall be ran pursuant of Double Elimination Brackets
9. There will be NO exemptions to the Regional Tournament save death of immediate family member. Division 5 wrestlers who meet all other requirements are exempted from the Regional Tournament if they wrestle for their high school team (at the same weight) on the day of the Regional Tournament. To be consistent across the state for all wrestlers, wrestlers are allowed to weigh-in with a cast at Regionals and then injury default if the official rules they cannot wrestle (note the OFFICIAL has final discretion as to whether they can actually wrestle). This meets their Regional participation requirement for the State tournament.

10. Any consideration of exemption must be made only through Petition of the State Executive Board. Petitions must be made within 14 days of Regional Tournament to be considered
11. Seeding mechanism: Competitors shall be ranked and seeded according to rank. Ranking shall be based on season results from tournament competition within the Region.

STATE CHAMPIONSHIP TOURNAMENT RULES

1. **Participation:** State Championship tournament participants must have wrestled in their Regional Tournament. This stipulation applies to all Divisions
2. Wrestlers can only wrestle in one division and one weight.
3. All divisions must pre-register weight. Pre-registered weights and Divisions must **be** the same as entered in Regional Tournament. Failure to make pre-registered weight wrestler will be eliminated from tournament.
4. There will be no move-ups in the State Championship Tournament.
5. The State Championship Tournament Director must receive entry forms along with entry fees, no later than the day of the Regional Tournament.
6. The Regional Director must decide all challenges to any entry before the State Championship Tournament. Any appeals to the same will be decided by majority vote of the Executive Board.
7. The State Championship Tournament shall be ran pursuant of Double Elimination Brackets
8. Seeding mechanism for State: We will adopt seeding criteria published by UIL. Only the first and second place finishers from each region will be seeded for the state tournament. The top two finishers from each region will be separated on the brackets
9. The host region for the State Championship Tournament shall be as follows:
 - 2007 – South Region
 - 2008 – North Region
 - 2009 – Far West Region
 - 2010 – Central Region
 - 2011 – West Region

TEAM COMPETITION

Team competition in all tournaments will be conducted as follows. Each team/club selects fifteen (15) competitors/wrestlers from their entries that will represent them in team competition. This “Team” list shall be turned in with the entries for that club. The team entry must be filled out and signed by the coach and must include correct wrestler, division, and weight. The points earned by these individuals during will be tallied for the Team Trophies. Points: 1st – 16, 2nd – 12, 3rd – 9, 4th – 7, 5th – 5, 6th – 3 (as per National Federation of High Schools rule book). (Clarification – a club may select multiple wrestlers in the same weight class for their team entry.)

TEXAS BRACKETS

(Eliminate entire section)

ROUNDROBIN TIE BREAKERS

2-Way Tie

1. Tie is decided by head to head result.

3-Way Tie

1. Win-loss among those tied.
2. Most pins among those tied.
3. Most technical falls (win by 12 or more) among those tied.
4. Most major decisions (win by 8-11) among those tied.

5. Net points (12 maximum) among those tied. Net points is the difference in score in a match. A wrestler who wins 7-2 and loses 3-5 will have 3 net points.
6. Most pins in the tournament.
7. Most technical falls in the tournament.
8. Most major decisions in the tournament.
9. Net points in tournament (12 maximum).
10. 3-Way tie for first will be settled by a 3-way sudden death playoff according to Overtime rules.

Note: In using tiebreakers, the first one used may settle all three places. For example: one wrestler may have 1 pin, the second may have a major decision, and the third may have won all his matches by decision. This situation completely determines first, second, and third places. Sometimes the effective tiebreaker places one wrestler first or third, but leaves the other two tied. The winner of their bout determines any two-way tie. For example: “net points” may tally 5-4-4 placing one man first. Don’t look for any more tiebreakers; the tie for second is settled by the head-to-head result of the two wrestlers with 4 net points.

DOUBLE ELIMINATION BRACKETS

These brackets are the typical bracket used in all “National” tournaments, the State Tournament, and “Open” tournaments with over 400 entrants. After (2) two losses a wrestler is eliminated from this tournament.

1. 1 and 2 man automatic move-up to next weight unless heavyweight.
2. Move up exhibition only ... no point or record.
3. **Challenge** Third place can challenge 2nd if they have not previously met in the tournament.
4. Brackets receive byes in highest order of seed.
5. 2 man brackets move up and wrestle in 1st round to determine original bracket. Winner places 1st and receives a maximum of 1 award. Loser placed 2nd and receives no award. In lower bracket, if move-up is not possible, bracket is treated in regular manner.

STATE AWARDS

Regional Tournaments do not count for State Awards

Honor Roll

This award is given to all Texas wrestlers who meet the criteria. This award has a maximum of (11) eleven points and requires at least (9) nine points to qualify. A wrestler can acquire a maximum of (6) six points from “Open” tournaments.

1. One point for winning a “open” state-qualifying tournament...maximum (6) six points.
2. One point **and only one point** for being the top Texas finisher while placing 1-6 place in any “Texas National Tournament”.
3. If a tournament in No.2 is not held, maximum is reduced to 10 with 8 to qualify.
4. All points must be earned in lowest eligible division.

Texas National Wrestler of the Year

This award is given to the overall point’s leader (National Points only) from all divisions. In the case of a tie each will receive the award.

Divisional National Wrestler of the Year

This award will be given to the point leaders (National Points only) in each division. One per division unless ties. [The Texas National Wrestler of the Year winner does not receive a Division National Wrestler of the Year award as well. Instead the wrestler with the second most points in that division will receive the National Wrestler of the Year.](#)

National Points

Tournament	1 st	2 nd	3 rd
Panhandle Nationals	30	10	5
Dollamur-Cotton Bowl	30	10	5
Houston National	30	10	5
Sun City Nationals	30	10	5
Heart of Texas	30	10	5
Tulsa Nationals	no points awarded		

Honorable Mention

In order to qualify for this Certificate a wrestler must place 1st thru 6th in **ALL** scheduled Texas “National” tournaments

Ironman Award

[All wrestlers that enter and WRESTLE in all Texas “National” tournaments will be awarded the Ironman Award.](#)

Participants in State awards must complete the respective award forms and submit it to the Regional director no later than 1 week before the Regional tournament.

These award forms available on this web site or through your Regional Director