

WRESTLING

2024-25

I. RULES

- A. "Official High School Wrestling Rules" as published by the Federation of State High School Associations will prevail in dual meets and tournaments with the following adjustments and date and meet limits of the CIAC will apply to FCIAC wrestling
1. FCIAC wrestling will comply with weight classes, practice dates and meet limits established by the CIAC as found in the CIAC Handbook
 2. Schools sending wrestlers to more than one varsity competition on the same day must maintain weekly and seasonal limitations
 3. Weigh-in for dual meets will be held one hour before the scheduled match time 4. All wrestlers must meet weight certification requirements established by the CIAC
 5. Weight classes are as follows:
106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
 6. On December 25, 2 pounds will be added to each weight class as a growth allowance
 7. The weight allowance for an additional pound during the season occurs when a team competes on two consecutive days (i.e. back-to-back duals, back-to-back tournament and dual, etc.) or if a match gets postponed to Monday. The coach of the team with back-to-back matches must inform the opposing coach at least 24 hours prior to the match. Each team is granted the extra pound.
 8. A contestant may not wrestle more than one weight class above his weight at match weigh in
 9. Each wrestler is required to have at least 33% of his weigh-ins during the season at or below the minimum weight he will wrestle during the state tournament series. Quad match equals one weigh-in. If he has wrestled an equal number of matches in two weight classes, he may enter the tournament in either weight class
 10. Within the limits of the eighteen meets per season as stipulated by the CIAC, no team may participate in more than eight multi-team meets

II. SCHEDULE

- A. The schedule will be developed by the Wrestling Committee based on the framework accepted by the FCIAC Board of Directors. The schedule becomes final after adjustments are made following the November wrestling committee meeting. Subsequent changes to this schedule can only be made between Athletic Directors

III. DETERMINATION OF CHAMPION

- A. At the conclusion of the regular schedule, the East and West divisional winners will be announced, based on the won-loss-tied conference records
- B. Resolving a tie
1. Total record
 2. Results when the two teams met
 3. Divisional record
- C. Tournament
1. All teams in league enter the FCIAC Tournament
 2. Each school with a wrestling team is assessed a fee to help offset tournament costs

3. National Federation Rules will govern the tournament and its scoring system
4. A tie for first place between two teams will result in Tournament Co-Champions

IV. ALL CONFERENCE SELECTIONS

- A. Selections are made at the post-season committee meeting
- B. All FCIAC First and Second teams plus honorable mention will be selected based upon:
 1. FCIAC Tournament
 - a. A wrestler must be among the top four seeds and/or top four places in FCIAC Tournament (a coach can nominate one wrestler for honorable mention who does not meet this requirement)
- C. 'Most Valuable Wrestler for Season" will be based on a vote by all coaches

V. REFEREES

- A. Commissioners Duties
 1. Assign referees for varsity and JV matches
 2. Evaluate referees based on rating cards and comments from coaches and/or athletic directors

VI. AWARDS

- A. FCIAC trophies are awarded to the East and West divisional champions
- B. FCIAC trophy to the FCIAC tournament champion
- C. Runner up trophy awarded to the tournament second place team
- D. Tournament individual awards
 1. Medals for 1st, 2nd, 3rd, 4th, 5th and 6th in each class
 2. Most falls in least aggregate time
 3. FCIAC tournament Peter Romano (lower weights) & Brian Wilderman (upper weight) Outstanding Wrestlers

2023-24 FCIAC SEEDING CRITERIA

Each wrestler is required to have at least 33% of his weigh-ins during the season at the minimum weight he will wrestle during the FCIAC tournament. If a wrestler has not weighed-in at 33% or more in one weight class, then the wrestler must compete at the weight class that was determined at CIAC weight certification. (Note #1: A weigh-in for a tri or quad match equals **one** weigh-in. Note #2: Coaches must bring weigh-in sheets to seeding meeting)

Seeding Process

1. Total up points earned by each competitor and rank all wrestlers based strictly on points.
2. Break ties as outlined in Section 2A, 2B or 3.
3. Award a half point to any wrestler who has defeated an opponent ranked higher by at least two seeds. This is explained in full in Section 4.
4. Re-rank the weight class. **(From top to bottom)** 5. Implement Section 5 of the seeding criteria.

Wrestling Tournament Rules 2023-24

OUT OF STATE, PREP SCHOOL & MATCHES AGAINST TEAMMATES DO NOT COUNT

1. To earn points for the season record the following must be done.

- a. Determine season record percentage by forming a fraction whose denominator equals the number of season matches. If a wrestler has wrestled in less than twelve season matches the **denominator cannot be less than eight**.
- b. The numerator of the fraction is determined by the number of season wins.
- c. To find the season record percentage, divide the fraction numerator by the denominator.

Example A: 23 season matches, won 19, lost 4

The fraction $19/23$ season record percentage is 82.6%

Example B: 7 season matches, won 4, lost 3

The fraction $4/8^*$ season record percentage 50.0% *

Cannot be less than 8

For season record, percentage points are awarded as follows. NOTE: Only varsity matches may be used to determine season record percentage.

100% in 8 or more matches - 12 points

95 - 99.9% - 11 points

90 - 94.9% - 10 points

85 - 89.9% - 9 points

80 - 84.9% - 8 points

75 - 79.9% - 7 points

70 - 74.9% - 6 points

65 - 69.9% - 5 points

60 - 64.9% - 4 points

55 - 59.9% - 3 points

50 - 54.9% - 2 points

40 - 49.9% - 1 point

BELOW 39.9% - 0 points

*** All percent's rounded off to nearest tenth**

d. **22 or more season wins earn 1 point**

- ***Placement in the 2023 FCIAC Tournament***

Points are awarded as follows:

1st in FCIAC = 4 points

2nd in FCIAC = 3 points

3rd in FCIAC = 2 points

4th, 5th in FCIAC = 1 point

6th in FCIAC = ½ point

- ***Placement in the 2023 Divisional State Tournament***

Points are awarded as follows:

1st in Division = 4 points

2nd in Division = 3 points

3rd in Division = 2 points

4th, 5th in Division = 1 point

6th in Division = ½ point

- ***Placement in the 2023 State Open Tournament***

Points are awarded as follows:

1st in State Open = 5 points

2nd in State Open = 4 points

3rd in State Open = 3 points

4th, 5th in State Open = 2 point

6th in State Open = 1 point

- ***Placement in the 2023 New England Tournament***

Points are awarded as follows:

1st in New England = 5 points

2nd in New England = 4 points

3rd in New England = 3 points

4th, 5th in New England = 2 point

6th in New England = 1 point

2. To break ties of wrestlers who have earned a point(s)

A. When there is a two-way tie implement step 1, if this does not break the tie implement step 2, if this does not break the tie implement step 3, etc.

Step 1 – Head to Head (any and all matches including tournaments)

Step 2 – Number of Higher Ranked Opponents Beaten

Step 3 – Least number of lower seeds lost to

Step 4 – Lowest seed lost to

Step 5 – Actual Season Record Percentage

Step 6 – Number Matches in weight class

Step 7 – Coin Toss

B. When there is a multiple tie (more than two) implement step 1, if this does not break all who are tied, implement step 2 for those still tied, if this does not break all who are tied implement step 3 for those still tied, etc.

Step 1 – 1 point for each of higher ranked opponents beaten

Step 2 – Actual Season Record Percentage

Step 3 – Number of matches in weight class

Step 4 – Coin Toss

- 3. Seed the weight class for all wrestlers with points** -- Award a half (.5) to each and every wrestler who has defeated an opponent who is ranked higher by at least two seeds. Ex. Wrestler #8 defeated #6 and #3. Wrestler 8 earns an additional point. Ex. Wrestler #8 has defeated #7. Wrestler #8 receives no points, to earn points it must be two seeds higher. After this has been completed re-seed the weight class. This will be done only once.
- 4. After a weight bracket is seeded**, any wrestler who has defeated the next higher ranked wrestler during the season will interchange places with that wrestler. A wrestler moving up may interchange again if the next higher wrestler was beaten during the season. This may be repeated as warranted. Repeat this process until you have gone through the bracket once. This process will start at seed one and work down. (If a wrestler has beaten a wrestler more than one place higher or they split matches the interchange may not take place.)

Zero points wrestlers who have defeated someone that is already ranked with points will be placed at the front of all the zero-point wrestlers. They will receive .5 points for each wrestler on the bracket beaten and be ranked before zero-point wrestlers.

- 5. Wrestlers who have zero points will all be seeded by winning percentage but are not ranked.** In the case of a two-way tie a coin toss will decide. In the case of a multiple tie, wrestlers will be drawn for position and placed in descending order in the bracket.

Wrestlers who fail to show up for the tournament:

- a. If a ranked wrestler fails to show up, all ranked wrestlers below him move up one position and the open space becomes a forfeit.

- b. If an unranked wrestler fails to show up, wrestlers **do not** move up and the open space becomes a forfeit.
- c. If a ranked and unranked wrestler fails to show up, the ranked wrestler is dealt with first.

6. All ranked wrestlers who do not have an opponent following the seeding meeting receiving byes.

- a. A wrestler receiving a bye in the championship bracket is awarded two advancement points if he wins the next bout.
- b. A wrestler receiving a bye in consolation bracket is awarded one advancement point if he wins the next bout.