

## 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 Escape                - 1 Reversal                 - 2	Near Fall            - 3 Near Fall            - 2 Penalty              - 1 (or more if deemed appropriate)
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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 periods. The First Period will be two minutes and its where both wrestlers are on their feet. The second and third period will be 60 seconds each where the wrestlers will have a choice of selecting, top, bottom, neutral, or defer. The choice is to be determined by coin flip.

Tie: Overtime matches in tournaments and dual meet competition consists of a one-minute sudden death period followed by two 30 second tie breaking period, if necessary an additional 30 second tie breaker will come into effect.

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	2 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 lower 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. Long hair, below the ears, requires a Hair Net that attaches to the headgear.

Braces: If your wrestler wears Braces they must wear a mouth piece. If they have upper or just lower only they only have to wear them on part where the Braces are. If they have Braces on top and lower they must wear a full mouth piece.

#### 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.

**Special Note:** If a student has completed the 8<sup>th</sup> grade and has graduated with his class from grade school, that student is no longer eligible to participate in the CYO grade school athletic program.

Note: **Boys only will be permitted to wrestle for their parishes at any level. This includes wrestling programs for boys younger than 5<sup>th</sup> 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. Since all CYO programs are parish based, students attending non-Catholic schools are eligible to participate if they are registered members in the parish. However, a parish program is permitted to establish policies that require practice and match attendance for their participants that may preclude a student from participation.
- 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 68, 73, 78, 84, 90, 96, 102. 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.
- D. In an effort to insure the integrity of the post season tournament, in order to be eligible to participate in the tournament all wrestlers will be required to be weighed in, and ready to participate in at least two regular season matches. This means that the parish and CYO policies for participation must be met. These include but not limited to, satisfactory academic performance, attendance at practices, etc.

### **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.

### **Rosters**

Team rosters will be frozen as of February 15 of every season. No boy may be added to the roster following this date. Any exception to this policy must be reviewed and approved by the CYO Office.

### **Uniforms Two Options:**

Option #1

Compression T-shirt (short sleeve). Sublimated CYO logo (to be placed) on one sleeve

Fight shorts. 6" inseam. Fight shorts may not extend below the knee. No snaps, ties, pockets, buttons, etc. Sublimated CYO logo on one pant leg

All teams must be supplied with same type/style of uniform. All must be sublimated and contain CYO logo

Option #2

Current CYO School Logo Wrestling Single

### CYO Concussion Initiative and Policy

There has been no issue more important in athletics in recent years than concussions and head injuries. The CYO has adopted a concussion policy that will be in effect for all CYO sports. This policy was formulated in conjunction with the physicians, athletic trainers and administrators of St. Vincent Sports Performance and the Athlete 's Concussion Alliance. The CYO wishes to thank everyone at St. Vincent Sports Performance who helped to develop this important concussion policy.

Concussions or mild traumatic head injuries are common injuries in sports resulting from a blow or bump to the head. Early recognition and appropriate treatment of concussions are vital for recovery, prevention of future concussions and the safe return to playing athletics.

With this in mind, the following policy pertaining to concussions will be followed in all CYO sports:

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game, match or team practice until the player has passed a sideline concussion evaluation and test. Some of the warning signs of a concussion are loss of consciousness, headache, dizziness, confusion or balance problems.

Each team will be given a sideline concussion evaluation and test that has been prepared by St. Vincent Sports Performance so that all coaches will be able to recognize a possible player concussion. This sideline concussion form will list the many symptoms of a concussion and will include several tests to administer to the player with a possible concussion. These include a memory function test, a concentration test and a balance test all designed to help coaches recognize the signs of a concussion.

If the athlete answers incorrectly to any of the questions exhibits any single symptom of a concussion or cannot perform the balance test, he may not under any circumstances, return to play for that day. If a player fails the concussion test, the player may not return to play or practice until the athlete has been cleared by a licensed health care provider. Written approval must be received before the young athlete may participate again.

After the sideline concussion evaluation and tests have been completed, the person conducting the evaluation and tests, the head coach and the player's parents or legal guardians must sign the evaluation and test form attesting to the fact the concussion evaluation has been completed and whether the player has passed or failed the evaluation. A copy of the signed form must be mailed, faxed or emailed to the CYO Office with an additional copy given to the parish athletic director.

All pertinent information can be found on the CYO Website [www.cyoarchindy.org](http://www.cyoarchindy.org) under the Athletics Link.