

Texas USA Folkstyle Wrestling

Rules and Regulations

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 NHSF, these written rules take precedents

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. Headgear is mandatory in **ALL** divisions
4. 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
5. All Coaches, aides, and photographers shall 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 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.
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 written 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

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. Each Tournament Director shall have the authority to determine its tournaments weigh-in procedure. If so determined the procedure will be published on the State Association web page.
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. Random weight checks will be held Statewide during normal tournaments. These checks will be held to verify weights of contestants weighing-in at sites other than the tournaments site or weigh-in times other than the scheduled tournament weigh-in times. (i.e. club weigh-ins)
 - a. Wrestler must make a listed weight at weigh-ins.
 - b. To insure accuracy one (1) weight class and up to three (3) per division will be selected at random before the start of that division's wrestling on Saturday of the tournament. A weight allowance of 4% will be made.

- c. The random weight check shall be held ½ hour before posted tournament start-time. One shot only on the scale will be allowed.
 - d. The penalty for failing this “Random Weight Check” shall be an automatic bar to the wrestler of this entered weight or lower in any division for the balance of the season. (Example: a Div 4 wrestler is double entered at 95 lbs in Div 5, the wrestler fails the random check in Div 5. The wrestler can no longer wrestle 95lbs or below in either division for the rest of the season)
 - e. The random weight check will be documented as per what weight in each division was checked, and who if anyone failed the check. This document is to be signed by the tournament director and weigh master. This document is to be delivered to the Regional Director after each tournament.
 - f. Regional Directors will report to each region anyone who has failed the “Random Check”
4. Weigh-in sites can be added throughout the season with Executive Committee approval.
 5. Officials and referees will pay special attention to contagious skin disorders.
 6. Host must supply certified scale at tournament site.
 7. It shall be the responsibility at weigh-in to examine and clip fingernails.
 8. 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.
 9. 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.

WEIGHT ALLOWANCE POLICY

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

Weights

Tot division	5 & under	32, 36, 40, 45, 50, 60, Hwt
Division 1	7 & under	38, 42, 46, 50, 55, 60, 65, 72, 80, Hwt
Division 2	9 & under	49, 52, 55, 58, 61, 65, 70, 75, 83, 92, 100, 115, Hwt.
Division 3	11 & under	56, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 135, Hwt

Division 4	13 & under	70, 75, 80, 85, 90, 95, 100, 110, 120, 130, 142, 155, 175, Hwt
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 NHSF RULES

MEMBERSHIP RULES

1. All wrestlers in all sanctioned tournaments must be members of Texas USA Wrestling 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. 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. Center 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 15th of current wrestling season to be eligible to participate in the Regional or State Tournaments and/or to qualify for State Awards.
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. 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, 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.
7. The host club shall confirm all entries. The procedure shall be that the host club shall either fax or call such confirmation to the forwarding club. Any 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 TEXAS/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 a "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 Texas Brackets if entries are less than 400. Any tournament having four hundred or more entrants may be run at the discretion of the Host team as either Double Elimination or Texas Brackets.

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.
2. **NOVICE**...1st and 2nd year wrestlers only; no wrestling match any style, anywhere, prior to April 1 of the previous wrestling season.
3. Rookie and Novice entry fee \$10. Entry fee must be paid before wrestling occurs. “No Shows” are responsible for entry fee payment.
4. Neither Rookie nor Novice tournaments will wrestle a Tot Division during the Regular Season. Division 5 can be added per discretion of the Regional Director. Both divisions 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 that 1 week before the tournament. Regional entry form shall include qualifiers wrestled, weight wrestled, and division wrestled. 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). 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.
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 as Follows
For the Sake of Competition there are four (4) defined regions. North (Dallas/FtWorth area) South (Austin, Houston, San Antonio), West (the Panhandle), and Far West (El Paso). Seeding consist of the following
 - a. 4 rotations starting at the lowest weight (1) N,S,W,FW (2) S,W,FW,N (3) W,FW,N,S (4)FW,N,S,W
 - b. 1st place finishers from each region placed according to drawn rotation
 - c. 2nd place finishers seeded opposite side of bracket according to the drawn rotation
 - d. balance the bracket for regional considerations
 - e. balance the bracket for the bracket

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 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 Wrestling)

TEXAS BRACKETS

Texas Brackets are designed for maximum wrestling. Each contestant should wrestle a minimum of 3 bouts. This is done by wrestling bouts for every placement on bracket.

1. 1 and 2 man automatic move up to next weight unless heavyweight
2. Move-up exhibition only... No Award Points given

Round Robins

1. Round robin ties ... (see tie-breaking criteria)

Challenges (maximum of 2 per bracket);

Occasionally a wrestler’s only loss is to a highly ranked opponent. The earlier he loses in the tournament, the more it damages his ranking. To correct this, a system has been devised to more equitably determine final placement in each tournament.

1. Only a wrestler with one loss can challenge
2. Order of best rank (3, 4, 5, 6, and 7) gets first opportunity to challenge
3. Winner of challenge cannot be challenged.

If one challenger

1. Can challenge up to, but not including, rank of loss. (This rank of loss applies only upwards)

Example 1: Wrestler loses in first round but wins his round robin placing 4th. He has not wrestled the third or the second placer. The wrestler **can** challenge.

Example 2: Wrestler loses in first round but wins his round robin placing 4th. He has lost to the third placer but not wrestled second. The wrestler **cannot** challenge

Example 3: Wrestler loses in first round but wins his round robin placing 4th. The wrestler that beat him placed 5th or lower. Wrestler has not wrestled 2nd or 3rd placers. The wrestler **can** challenge

2. Challenges on Texas Brackets are marked with an asterisk *

3. If Challenger loses, no change

4. If Challenger wins jumps ahead of loser. All passed over go back one rank.

If 2 challengers:

1. Worst challenger can challenge up to, but not including, rank of loss, but not higher than best challenger.

2. If worst challenger loses, no change. Proceed as if 1 challenger... best challenger

3. If worst challenger beats entrant other than best challenger, he jumps ahead of loser. All passed over go back 1 rank...proceed as if 1 challenger...best challenger
4. If worst challenger beats best challenger, he jumps ahead of best challenger, all passed over go back 1 rank. There are no more challenges

Round Robin Tie Breakers

2 Way Tie (if wrestled)

1. Head to Head
2. Head to head net points double header (2 men only)
3. Last head to head double header (2 men only)

3 Way Tie

1. Win – loss in Round Robin
2. Win-loss among those tied
3. Net points (12 maximum) among those tied
4. Net points in tournament (12 maximum).
5. 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: “net points” may tally 5-4-3 and thus determine 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 is settled head-up. If they have not met continue tiebreakers.

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

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 must win (9) nine tournaments to win this award. A wrestler can acquire a maximum of (6) six points from “Open” tournaments.

1. One point for winning an “open” state-qualifying tournament...maximum (6) points
Six points
2. One point **and only one point** for winning any “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.

National Points

Tournament	1 st	2 nd	3 rd
Panhandle Nationals	30	10	5
Cotton Bowl Classic	40	20	10
Houston Holiday Classic	30	10	5
Sun City Nationals	60	20	10
Heart of Texas	30	10	5
Tulsa Nationals	no point awarded		

Honorable Mention

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

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