

WRESTLING Policies & Pairings

Weight Control Program

The weight control program will be as stated in rule 1, Section 5 of the NFHS Wrestling Rule Book. Certified minimum weight using body fat composition is required. More information as to procedures for body fat composition testing is available on the UHSAA website. Wrestlers are ineligible to participate in any matches until they have successfully completed the body fat composition test and their name appears on the team's alpha master list. No tests will be valid if performed prior to the first legal day of practice or after the Friday immediately prior to the first post-season tournament for that classification. (note: a wrestler who fails the hydration portion of the test may not re-test for 48 hours.) Once a minimum weight is established and appeals, if any, exhausted a wrestler may not re-test to establish a lower minimum weight.

Each wrestler is required to have at least one official weigh-in before being entered in the initial post-season tournament. No weigh-ins will be counted as official until after the wrestler has successfully completed the UHSAA Body Fat Composition Test to determine a minimum weight. The weigh-in for a post-season tournament does not fulfill this requirement. In order to count a weigh-in as an official weigh-in, the wrestler's team must be competing in the match or tournament. No wrestler may compete in a weight class that requires them to lose more than 1.5% of their weight per week except in the case of a legal weight allowance which is greater than 1.5% of the wrestler's weight class and when a wrestler weighs in at the same weight class at which he made weight with the allowance. Further rules regarding the UHSAA Weight Control Program are found at www.uhsaa.org on the Wrestling page.

Wrestling coaches are required to enter each wrestler's actual weight from the first weigh-in each week (Monday-Sunday) online in their school's file at the NWCA website within 48 hours of the conclusion of the match or tournament for which the weigh-in occurred. Failure to enter actual weight within the 48 hour time limit will result in a \$100 fine to the school. Wrestlers who compete at a weight class for which they are not eligible may be subject to additional penalties (see UHSAA By-Laws Article 7, Sections 6 & 7). Verification of each wrestler's allowed minimum weight for that weigh-in must be provided before the weigh-in for each competition. Coaches should keep a signed record of each weigh-in. Coaches will need valid documentation if questions arise regarding the minimum weight of a wrestler at a post-season tournament or to correct mistakes that may occur in entering the actual weight of a wrestler.

Whenever a legal allowance of weight is given for consecutive days of competition, the minimum weight for a wrestler will increase for that weigh-in by the same amount as the allowance. For example: a wrestler whose minimum weight for a particular day is 107 lbs. and his team is competing in a tournament in which a legal allowance of 1 lb. is given, then his minimum weight for that weigh-in would also increase by 1 lb. to 108. That means that he would not be eligible to weigh-in at the 106 lb. class even with the allowance. On January 1st a two pound growth allowance will be added to each weight class as well as the minimum weight for each wrestler. Allowances cannot be used to drop to a lower weight class than the one in which a wrestler's minimum weight would allow him to compete without the allowance on that day. Schools must follow the NFHS Wrestling Rules for official weigh-ins. Allowances other than for consecutive days of competition and for the growth allowance are a violation of the rules.

State Qualifying Tournaments

Post-season tournaments must be conducted according to NFHS rules including weigh-ins conducted at the tournament site each day of the tournament. Qualifiers for the state tournament are to be entered per UHSAA instructions by the qualifying tournament director by midnight on the final day of the qualifying tournament.

Each school shall be allowed to enter as many as two wrestlers in each weight class. In a qualifying tournament all wrestlers entered must have duly qualified for the qualifying tournament.

4A & 5A Division Qualifying Tournaments

1. Divisions shall be determined using returning state tournament points figured as follow:
 - a. Points scored by wrestlers who were seniors in the previous year's state tournament shall be subtracted from the school's total points scored at the previous year's state tournament.
 - b. 1 point will be added to each school's total for each 9th, 10th, 11th grade wrestler from that school that qualified for and entered the state tournament the previous year.
 - c. Schools shall then be ranked based on the point total. The team with the greatest number of points will be 1; the team with the second highest number of points will be 2, etc.
 - d. Division A shall consist of teams ranked 1,4,5,8,9,12,13,16,17,20,21,24,25,28. Division B shall consist of teams ranked 2,3,6,7,10,11,14,15,18,19,22,23,26, 27. When both schools scheduled to host the division tournaments are assigned the same division based on returning points, the lowest ranked of the two shall be placed in the opposite division and the team in that (opposite) division with the point total nearest the reassigned team will take the place of the host team so placed.
2. Sites and dates of the two divisional qualifying tournaments shall be determined by the appropriate Classification Committee. The UHSAA Classification Committee shall approve budgets for tournaments in their classification. Expenses in excess of those approved shall be the responsibility of the host.
3. Revenue and approved expenses of both tournaments shall be shared equally by all 5A regions.
4. Each school shall be allowed to enter as many as two wrestlers in each weight class.
5. Eight places shall be scored. All rounds of the tournament shall be scored.
6. Seeding for individual weight classes shall be accomplished as follows:
 - a. Wrestlers shall be ranked initially according to varsity win percentage. A previous year state place winner will have the following added to their varsity win percentage prior to the initial ranking:

▪ 1 st Place: add 60%	2 nd Place: add 55%	3 rd Place: add 50%
▪ 4 th Place: add 45%	5 th Place: add 40%	6 th Place: add 35%
 - b. Adjustments to the initial ranking may be made as a result of:
 - 1) Majority vote of head coaches to separate the best wrestlers or
 - 2) A case in which a lower ranked wrestler has defeated a higher ranked wrestler during the current season and has not lost to any of the wrestlers ranked between the two.
 - c. In order to be seeded, a wrestler must have competed in a minimum of 10 varsity matches during the current season and have a minimum 50% win record. Exception: item 1 above – a wrestler with fewer than 10 matches could be seeded as a result of a majority vote of head coaches.
 - d. Once the seeded wrestlers are placed in the bracket, byes will be placed either by mutual consent or by draw. Byes will be distributed as equally as possible among all of the teams in the tournament.
 - e. Once the seeded wrestlers and the byes have been placed in the bracket, the unseeded wrestlers will be drawn randomly into the remaining positions in the bracket.

3A Division Qualifying Tournaments

1. Sites and dates of the two divisional qualifying tournaments shall be determined by the UHSAA 3A Classification Committee. The UHSAA 3A Classification Committee shall approve budgets for both tournaments. Expenses in excess of those approved shall be the responsibility of the host.
2. Revenue and approved expenses of both tournaments shall be shared equally by the two regions involved.
3. Eight places shall be scored. All rounds of the tournament shall be scored.

3A North Division Tournament

1. The North Division shall consist of schools in Regions 10 and 11.
2. Each of the two regions shall be allowed to enter 8 wrestlers in the North Division Tournament.
3. A tournament held by a region to qualify wrestlers to the division tournament would be considered part of the state tournament series and would therefore not count against the contest limit for wrestlers. A wrestler who does not qualify by earning a place in such a region tournament is not eligible to compete in the division tournament.
4. A tournament held by a region merely to rank or seed wrestlers in the division tournament rather than qualify them for the division tournament is not considered part of the state tournament series and does count as part of the regular season contest limit.
5. Bracketing of the North Division Tournament shall be as follows:

Upper Bracket

Region 10 #1 vs. Region 11 #8
 Region 11 #4 vs. Region 10 #5
 Region 11 #2 vs. Region 10 #7
 Region 10 #3 vs. Region 11 #6

Lower Bracket

Region 11 #1 vs. Region 10 #8
 Region 10 #4 vs. Region 11 #5
 Region 10 #2 vs. Region 11 #7
 Region 11 #3 vs. Region 10 #6

3A South Division Tournament

1. The South Division shall consist of schools in Regions 9 and 12. Seeding for the South Division Tournament shall be accomplished using the criteria set forth in Item 5, a-e of the 5A Divisional Tournament information above with the following provision added to Item 5, e: As is possible, unseeded wrestlers shall be drawn into the opposite side of the bracket as a wrestler from their own school.

Verification of State Tournament Entries

All entries for the state tournament are to be verified prior to the beginning of the initial weigh-in for the tournament in that classification (1A, 2A, 3A, 4A or 5A). The beginning of the initial weigh-in for a classification (1A, 2A, 3A, 4A or 5A) constitutes the deadline for verification of entries in the state tournament referred to in rule 10-2-1. The beginning of the weigh-in occurs when the first weight class in the classification officially reports to the scales.

Team Scoring at the State Tournament

4A and 5A: Team points earned by all wrestlers competing in the state tournament shall count toward the school's total points.

1A, 2A, 3A: Even though two wrestlers may represent a school in the same weight class, points earned by only one of the two will count toward the team total. In a weight class where a school has two entries, of the two, the wrestler who has earned the greatest number of team points shall have their team points count as part of the school's total.

State Tournament Wrestling Pairings**1A Pairings****Upper Bracket**

North #1 vs. South #4
 South #2 vs. North #3

Lower Bracket

South #1 vs. North #4 or South #5
 North #2 vs. South #3

North: (Region 17 & 18) Altamont, Duchesne, Rich, Telos

South: (Regions 19 & 20) Bryce Valley, Diamond Ranch, Escalante, Milford, Monticello, Monument Valley, Panguitch, Piute, Wayne, Whitehorse

2A Pairings**Upper Bracket**

Division A #1 vs. Division B #8
 Division B #4 vs. Division A #5
 Division B #2 vs. Division A #7
 Division A #3 vs. Division B #6

Lower Bracket

Division B #1 vs. Division A #8
 Division A #4 vs. Division B #5
 Division A #2 vs. Division B #7
 Division B #3 vs. Division A #6

Division A: Delta, Grand, Kanab, Manti, North Sevier, North Summit, Parowan, South Sevier, Summit

Division B: ALA, Beaver, Emery, Enterprise, Gunnison, Layton Christian, Millard, San Juan, South Summit

3A Pairings**Upper Bracket**

North #1 vs. South #8
 South #4 vs. North #5
 South #2 vs. North #7
 North #3 vs. South #6

Lower Bracket

South #1 vs. North #8
 North #4 vs. South #5
 North #2 vs. South #7
 South #3 vs. North #6

North: Region 10 and Region 11 **South:** Region 9 and Region 12

4A Pairings**Upper Bracket**

Division A #1 vs. Division B #8
 Division A #4 vs. Division B #5
 Division B #2 vs. Division A #7
 Division B #3 vs. Division A #6

Lower Bracket

Division B #1 vs. Division A #8
 Division B #4 vs. Division A #5
 Division A #2 vs. Division B #7
 Division A #3 vs. Division B #6

Division A: Bonneville, Bountiful, Box Elder, Corner Canyon, East, Kearns, Maple Mountain, Murray, Olympus, Roy, Salem Hills, Sky View, Timpview, Woods Cross

Division B: Clearfield, Cyprus, Highland, Logan, Mountain Crest, Mountain View, Ogden, Orem, Provo, Skyline, Spanish Fork, Springville, Timpanogos, Wasatch

5A Pairings**Upper Bracket**

Division A #1 vs. Division B #8
 Division A #4 vs. Division B #5
 Division B #2 vs. Division A #7
 Division B #3 vs. Division A #6

Lower Bracket

Division B #1 vs. Division A #8
 Division B #4 vs. Division A #5
 Division A #2 vs. Division B #7
 Division A #3 vs. Division B #6

Division A: Fremont, Granger, Herrmann, Hillcrest, Hunter, Jordan, Lehi, Northridge, Pleasant Grove, Riverton, Taylorsville, Weber, Westlake

Division B: Alta, American Fork, Bingham, Brighton, Copper Hills, Cottonwood, Davis, Layton, Lone Peak, Syracuse, Viewmont, West, West Jordan