



NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION INC. WRESTLING COMMITTEE STATE WRESTLING COMMITTEE



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Auto-Qualifiers, Seeding, & Handbook changes for 2025-26:

Auto-Qualifiers Selection:

NYSWC voted in Apr 2025, that for all future tournaments starting with

- 2025-26, the Section Champ shall earn the Sections points instead of the Highest Placer. From 2025-26 onward, the **Section Champ** is the one designated to earn the points (as each Section has a champ and this gave more equal treatment to the points earned). Example: If Section Champ is eliminated, and both the #2 and #3 entries from the same section both place at the weight, the section will not earn any power points as their champ did not place.
- **The Highest Placer is still used for 23-24 & 24-25 seasons.**
- Changes to number of Auto-Qualifiers per sections as follows:
In D1- Section 11 will receive 3 qualifiers and Section 8 will receive 2
In D1- Section 3 will receive 2 qualifiers and Section 6 will receive 1

NYS Seeding Mechanics:

No changes from 2024-25

The following are new additions to the Wrestling Handbook (changes in red):

WEIGHT CLASSES

The following 14 weight classes are required: **103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285** for all dual meets and tournaments.

Minimum weights are only required for Athletic Placement Process (APP) wrestlers. A wrestler must weigh in excess of **95** for the **103** lb weight class, **100** for **110**,

GROWTH ALLOWANCES

Prior to 12/25, a wrestler may only wrestle at these weight classes

103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Situation 1: On the day of the event, a wrestler's EWW is at 139.0 lbs so they cannot wrestle at the 138 lb weight class and must move up to the **144** lb weight class.

Situation 2: On the day of the event, a wrestler's EWW is at 139.0 lbs.

Due to back to back competitions an extra pound is granted for a contest making the weight class that day: $138+1=139$. As their EWW is equal or below 139, they can participate at that weight that day.

After 12/25 Growth Allowance: a wrestler may only wrestle at these weight classes:
105, 112, 120, 128, 134, 140, 146, 152, 159, 167, 177, 192, 217, 287

Situation 1: On the day of the event, a wrestler's EWW is at 139.0 lbs they can wrestle at the $138+2=140$ lb class.

Situation 2: On the day of the event, a wrestler's EWW is at 141.0

Due to back to back competitions an extra pound is granted for a contest making the weight class that day: $140+1=141$. As their EWW is equal or below 141, they can participate at that weight that day.

PENALTIES

- A wrestler is found to have cheated on the hydration test: The wrestler would still need to certify within 3 days of the day they were caught cheating. The wrestler can't compete until Jan 1 and will be ineligible for post-season events (sectional and NYS dual meet tournaments).
- If an individual exceeds the maximum points they are an ineligible wrestler. If the points were exceeded in a dual meet competition, the team will forfeit the match, the individual will lose by forfeit, but the individual performances of all the other matches would stand. If the individual exceeds the maximum points in a tournament competition, the team will earn zero team points, the individual will lose all matches competed in by forfeit, but the individual performances of all the other matches would stand.
Penalty: **Either** the Wrestler is ineligible for the rest of the year, **or** the school can allow the wrestler to continue with rest of the season, but the coach **must be** suspended from all future participation with the team for the rest of the year.
If the section allows the wrestler to participate, they will still be allowed to earn power points if they become the Sectional champ and place at the NYS tournament.
- If a wrestler exceeds the maximum points or tournaments permitted at any time during the season they become an ineligible wrestler and all matches that were over the limit become forfeits:
Penalty: **Either** the Wrestler is ineligible for the rest of the year, **or** the school can allow the wrestler to continue with rest of the season, but the coach **must be** suspended from all future participation with the team for the rest of the year.
If the section allows the wrestler to participate, they will still be allowed to earn power points if they become the Sectional champ and place at the NYS tournament.

NYS TOURNAMENT APPEALS PROCESS

*The NYSPHSAA has granted a waiver of National Federation Rule 3-1-9 and **will allow video review for ONLY the NY State Wrestling Tournament Semifinals, Blood Round, Placement Rounds, and Finals only if the Appeals Committee requests it** (no coach can request the video replay) and only video from State Tournament supplied cameras will be used. (Waiver approved 2021)*

Beginning 2025-26: Officials only may request a video review to determine if a scoring situation occurred after time expired at the end of a period.

CHECKLIST FOR AVOIDING PENALTIES

PAGE #'s refer to the NYS Wrestling Handbook page

Some of the most common mistakes that could cause a wrestler/team to become ineligible.

Ineligible wrestlers will cause the wrestler, the team, and the coach to be subject to the penalties listed on page 36-37.

- An individual wrestler is caught cheating on their weight certification.
- An individual wrestler exceeds the 20-point limit.
- An individual wrestler exceeds 6 tournaments.
- An individual wrestler exceeds the maximum of 2 two-day non-individual bracketed tournaments. (see Individual Points: Tournaments page 9).
- An individual wrestler competes in back to back tournaments while the first tournament they were entered in has not yet ended (see Individual Points: Tournaments page 9).
- A wrestler illegally competes in a 7th bout in a one-day tournament: page 31)
- An honor weigh-in is conducted: Honor weigh ins are no longer allowed. The weights at the matside weigh-in will determine the eligible weight classes for the event. (see removal of Honor Weigh-In's page 14).
- Granting unauthorized additional pounds for Post Season or a Sectional Dual Meet Tournament (see page 21)
- The coach of a team grants unauthorized additional pounds. (see pages 19-21)
- A coach weighs in a wrestler for an event (who has already reached the 20-point limit) (see page 9 #2)
- A coach lists an ineligible wrestler on their weigh-in sheet. (wrestlers listed must be academically eligible, cleared of injuries requiring school/doctor release, and not currently restricted by a doctor by a skin disease)
- An individual wrestler wrestles at an ineligible weight class.

Typical examples would be:

- A 7th/8th grader not meeting their minimum weight requirement at the shoulder to shoulder weigh-in, but still wrestles in a dual meet/tournament.
- A wrestler competes below their certified weight because the coach thought that the additional pounds granted for that event made the wrestler now eligible to compete there. (see Growth Allowances page 7).
- A coach shows up to a matside weigh in without a Track wrestling weigh in sheet (see page 15).
- When a weight class shows up in red on the wrestlers WLP (Weight loss plan) it means they were not eligible to compete at that weight.

COACHES MUST REPORT ALL WEIGHTS SHOWING IN RED TO THEIR SECTIONAL CHAIRMEN IMMEDIATELY if the wrestler competed in an ineligible weight class (see page 15).