

South Dakota Deviations from National Federation Rules in Wrestling

Random Draw to Start a Meet

National Federation Rule

Rule 1-2-2 states, "Competition in dual meets shall be conducted by random draw of weight classes. In multi-dual events and dual-meet or team-formatted tournaments, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round."

South Dakota Rule

All dual matches will begin with the 106-pound weight class and proceed in order through the 285 pound weight class.

Number of Matches Allowed Each Day

National Federation Rule

Rule 1-4-2 states, "No wrestler shall represent the school in more than one weight class in any meet or compete in more than five matches (championship or consolation), including forfeits in any one day."

South Dakota Rule

Contestants may not wrestle more than a total of 30 minutes, excluding overtime, in a single day. If a contestant starts a match under the 30 minute limit, they will be allowed to finish the match.

Splitting Points If both Contestants have reached their Maximum Time Limit

National Federation Rule

If there is a consolation match and both wrestlers have reached their maximum number of matches, both will receive points for the lower place (Example: if the match is for third place both contestants would receive points for fourth place. There would be no third place finisher).

South Dakota Rule

When two contestants meet in the consolation round of a tournament and both have already wrestled a maximum of 30 minutes, the contestants will split team points (Example: If third place is to receive nine points and fourth place is to receive seven points, the two contestants would split the total and each receive eight points).

Certification of Minimum Weight

National Federation Rule

Rule 1-5-2 states, "For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a medical release to participate signed by an appropriate health-care professional. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level."

South Dakota Rule

A wrestler's certified weight is that weight which he has established as his minimum weight class. Once an athlete is certified at his minimum weight, he cannot later certify nor compete at a lower weight. Each wrestler shall be given a weight certification examination by a physician. After December 25 all wrestlers must have been certified by a physician before being allowed to compete. Certified weight is determined by the examining physician. Physician's and parent's signatures must appear on the wrestling weight permit. A parent may agree with the physician's recommendation as to minimum classification or may raise the minimum classification. A parent may not lower the physician's recommended classification. There is no restriction as to the number of times a wrestler may wrestle above his certified weight. After certification a wrestler may not weigh-in more than one weight class above their certified weight. Any wrestler weighing in more than one weight class above his certified weight will have his minimum weight adjusted up accordingly. The one weight class restriction is not applicable until after December 25, even though the wrestler may have been certified prior to December 25. Each wrestler is required to have at least one-half of his weigh-ins during the regular season at or below the minimum weight he will wrestle during the state tournament series (District, Region, State).

Team Personnel Allowed in Corner During Tournaments

National Federation Rule

Rule 2-2-2 states, "During tournament competition, a maximum of two team personnel (coaches and/or no-participating contestants) will be permitted on chairs at the edge of the mat."

South Dakota Rule

During tournament competition, a maximum of three team personnel will be permitted on chairs at the edge of the mat. The third person must be a student statistician and may not be a coach or adult.

Minimum weights for 106 and 113

National Federation Rule

Rule 4-4-2 states, "A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor." Thus there is no minimum weight for the 106 and 113 pound weight classes.

South Dakota Rule

The minimum weight for a 106-pound contestant is 88 pounds. The minimum weight for a 106-pound contestant who wishes to wrestle in the 113-pound class is 97 pounds. Following the addition of the two pound growth allowance (Dec. 25), the minimum weights increase to 90 and 99 pounds respectively.

Weigh-Ins for Regular Season Tournaments

National Federation Rule

Rule 4-5-2 states, "Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day."

South Dakota Rule

For regular season tournament competition (5 or more teams) team will be allowed to weigh-in at home no earlier than 7:00 a.m. with the following exception: If departure is earlier than 7:00 a.m. weigh-ins can take place no earlier than one hour prior to departure.