This District Director's Wrestling Handbook has been prepared and designed to provide general information in the administration of UIL wrestling competition. It will serve as a guide for hosting the tournament and regulations stated shall be considered official unless the directors are notified of specific changes.

All directors are urged to read this handbook. It is hoped that through consistent administration of wrestling tournaments, the athletes in Texas can compete and qualify under the same fair standards throughout the state.

Peter Contreras, Assistant Athletic Director, is the UIL staff member assigned to this sport. Questions regarding wrestling should be directed to him.

TABLE OF CONTENTS

General Information ................................................................. 2
District Wrestling Tournaments ..................................................... 4
Regional Wrestling Tournaments .................................................... 5
State Tournament ...................................................................... 5
Suggested Procedure for Directors .................................................. 6
Blood Clean Up Procedures ........................................................... 8
UIL District Wrestling Results Form .............................................. 8
GENERAL INFORMATION

There are three key persons who are responsible for this maintenance of good wholesome comparative athletics—the school administrator, the athletic director, and the coach. If these individuals conduct themselves in a sportsmanlike manner, students and fans will follow their example.

The University Interscholastic League recommends that principals and coaches observe the following rules:

- The principal or some other school official with comparable status and authority should be in attendance whenever the school participates so that they may assist in seeing that their coaches, students and fans observe the rules of good sportsmanship.

- The coach shall remain at the seat at mat side assigned to him and not make any display during the match. The coach’s business is to coach his team and not to officiate the match. He also must set an example for his team and its followers. (Note that no one, including the coach, may be closer than ten feet to the wrestling and scoring area.)

- No persons, including coaches and principals, shall go to the scoring table when matches are in progress (except as outlined in National Federation Rule 6-6-6) or talk to the officials or judges.

- Coaches are primarily responsible during the tournament for the conduct of their team and others who sit in their corner.

- Administrators are responsible for the conduct of the students under their supervision.

1. **Workouts:** It is strongly recommended in light of recent efforts statewide to reduce loss of school time that every measure be taken to schedule any activities during non-school hours. No workouts or practice sessions for qualifiers may be permitted unless there is no loss of school time involved.

2. **Schedule:** District wrestling tournament deadline is February 7, 2015.

3. **No Sunday Practices:** No league member school shall play any athletic contest or conduct any formal practice on Sunday. Travel on Sunday has previously been permitted.

4. **Entry Fees:** District directors should set entry fees for all activities. It is advisable that schools be notified well in advance as to fees and method of payment. District directors are encouraged to keep these fees to a minimum in an effort to keep tournament expenses down.

5. **Clothing.** Individuals and teams representing member schools in wrestling shall wear school-approved clothing. It is recommended that clothing be in school colors, similar in design, and/or have the school identifying logo or name. All clothing does not have to be identical, but the school officials must approve whatever is worn.

6. **Wrestlers Appearance.** During competition all wrestlers shall be clean-shaven, with side-burns trimmed no lower than earlobe level and hair trimmed and well groomed. The hair, in its natural state, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level. A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible.

   **Note:** If an individual has hair longer than allowed above, it must be contained in a cover so that the hair rule is satisfied. The cover shall either be a part of the headgear or worn under the headgear. A bandana is not considered a legal hair cover. The cover must be of a solid material and be non-abrasive.

   If an individual has facial hair it must be covered with a facemask. All hair covers and facemasks will be considered as special equipment.
7. **Weigh Ins.** Weigh Ins for all UIL dual meets and tournaments shall follow the procedures outlined in Rule 4-5 of the National Federation Wrestling Rule Book.

   a. Contestants of the same gender shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team’s first competition in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet weigh-ins may, by mutual consent, precede the preliminary meet. Contestants in an individual tournament shall weigh in at the tournament site a maximum of 2 hours before the first session of each day.

   b. For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. The weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in that scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited.

   c. The referee, or other authorized person of the same gender, shall supervise the weigh-ins.

   d. When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s).

   e. All contestants shall weigh in wearing no more than a suitable undergarment. Any contestant that has been authorized to wear an artificial limb shall weigh in with the artificial limb.

   f. Any contestant failing to make weight during the time period allotted for the weigh-in shall be ineligible for that weight class.

8. **Weight Classifications.** There shall be 14 weight classes per conference for UIL boys’ wrestling. A high school team may enter 1 athlete in each weight class. Boys weight classes are:


   There shall be 10 weight classes per conference for UIL girls’ wrestling. A high school team may enter 1 athlete in each weight class. Girls weight classes are:


10. **Advancement (Boys and Girls).** In district tournaments, the top FOUR wrestlers in each weight class will advance to the regional tournament. At regional, the top four finishers in each weight class will advance to the state individual championships.

   **Girls.** District tournaments are mandatory for Girls’ Wrestling. The regional tournament will no longer be an open tournament for the girls.

   District tournament director will certify district results to the regional director immediately upon completion of the tournament. Regional tournament directors will certify results to state tournament director immediately upon completion of the tournament. Please use forms found on the UIL website (http://www.uiltexas.org/wrestling/forms).

11. **Team Scoring.** In district, regional and state tournaments, team honors shall be determined by the National Federation scoring standards detailed in the rule book (Rule 9).
DISTRICT WRESTLING TOURNAMENTS

1. **Dates.** District certification date for Wrestling is February 7, 2015.

2. **Entries.** Entries are due to the district meet director **five** days before the district tournament.

3. **Starting Times.** The wrestlers shall start at the time and in the order arranged by the District Executive Committee. The penalty for breach of this rule is disqualification.

4. **Rules Committee.** A rules committee should be established at the district tournament.

5. **National Federation Rules.** All UIL wrestling matches will be conducted in accordance with National Federation Wrestling Rules.

6. **Format.** The District Executive Committee shall set the format for the district tournament. The District Executive Committee determines how the bracket will be filled (seeding, draw, etc.).

7. **Drawing and Seeding (optional).** Immediately following the verification of entries, drawings should be made to place competitors on the tournament bracket. Whenever there are two outstanding wrestlers in any weight class, the name of one shall be placed in the upper half of the bracket and the name of the other in the lower half. In case several seeded contestants are of nearly equal ability, they should be assigned positions according to the places in which they are seeded. A seeded wrestler shall have the same opportunity to draw for a bye as any other contestant, or byes may be place by mutual consent. Consideration for determining seeded wrestlers should be given to the following:

   a. record against common opponents
   b. a returning champion or runner up in the same weight class
   c. a contestant with an exceptional record against acknowledged strong opposition; and
   d. a contestant with the best overall record.

   The order listed is not mandated and is not an all-inclusive list. Tournament directors should establish criteria for seeding prior to commencing the actual seeding meeting, if seeding is to be used.

8. **Disqualification.** According to National Federation rules, all points accumulated by a wrestler who is disqualified for an unsportsmanlike conduct violation will be deducted from the team score.

9. **Disputes:** Protests based on the decision of a tournament official will not be permitted. A tournament committee and the tournament director shall assume responsibility for all aspects of tournament management. The tournament committee shall make decisions on matters not specifically covered by rules.

10. **Phone Numbers:** For your convenience UIL numbers and staff mobile numbers are listed if problems arise.

    *UIL office:* 512-471-5883 - 8:00 am - 5:00 pm - Monday thru Friday
    *Mobile:* Peter Contreras 512-393-1958
               Ed Stidham 254-760-7850 (Officials)
               Traci Neely 512-775-9021
               Darryl Beasley 512-238-0968
               Mark Cousins 512-496-4764

11. **Coaches Meeting:** It is not required to have a coaches’ meeting prior to the tournament.

12. **Media:** Space should be provided and arrangements made to provide space for individuals representing the media. It would be appreciated if every effort would be made to treat these individuals as our guests, by offering passes, programs, etc. Results should be called into newspapers, television stations and other outlets.

13. **Tournament Officials:** It is the responsibility of the District Executive Committee to acquire UIL officials for the district tournament.
REGIONAL WRESTLING TOURNAMENTS

1. **Dates.** Regional Wrestling Tournaments shall be held February 13-14, 2015.

2. **Entries.** District tournament director will certify district results to the regional director immediately upon completion of the tournament.

3. **Starting Times.** The wrestlers shall start at the time and in the order arranged by the regional director. The penalty for breach of this rule is disqualification.

4. **Format.** The regional director shall set the format of the regional tournament. The regional director determines how the bracket will be filled (seeding, draw, etc.).

5. **Sites and Directors:** Please visit our website for information regarding regional sites and directors.

STATE TOURNAMENT

1. **Certification of State Qualifiers—Boys and Girls:** The top four wrestlers in each weight class will advance to the State Championships.

   The regional director shall certify state qualifiers by midnight after the regional tournament through TrackWrestling. The regional results must also be emailed or faxed immediately following the regional tournament. Please send to Bree Davis (bdavis@uiltexas.org) or fax to (512) 471-6589.

2. **Date and Site.** The UIL State Individual Wrestling Championships will be held on February 20-21, 2015 at the Curtis Culwell Center in Garland, TX. Tournament schedule and additional information can be found on UIL website (http://www.uiltexas.org/wrestling).
SUGGESTED PROCEDURES FOR DIRECTORS

1. Appoint a director to be responsible for planning and conducting the tournament.

2. Use competent, trained adults as officials in all key spots.

3. Have a meeting of officials before the tournament starts to go over rules and proper procedures.

4. Arrange adequate dressing facilities, e.g., showers, towels, soap, etc. (optional)

5. Provide for ticket sales, gate force, janitorial service and advance publicity.

6. Provide trainers. Have a physician on call.

7. An entry fee per school or student may be charged to help defray expenses of the tournament. Other plans may be utilized to acquire the necessary funds to cover expenses if agreeable to member schools of the region. If used, entry fees should be kept to a minimum.

8. The tournament managers shall handle all necessary local arrangements and other details.

9. Appoint a tournament committee to rule on matters not specifically covered by rules.

10. Determine how to fill the bracket (seeding or draw). If using seeding, the director must schedule a seeding meeting.

11. Report the results promptly on the provided forms and send results to the appropriate regional director by midnight the day of your tournament.

I. Pre-Tournament Planning
   A. Prepare tournament responsibilities (60 days in advance)
      1. Facility and arrangements
      2. Conflicts with other school events
      3. Check facilities as to rule specifications
   B. Confirmations (30 days in advance)
      1. Information for schools
         a. Entry forms
         b. Pertinent information
            (1) Entry instructions and fees
            (2) Passes
            (3) Care of facilities
            (4) Seating
            (5) Entrances
            (6) Officials
            (7) Concessions
            (8) Ticket prices
            (9) Locker rooms
         c. Schedule
         d. Map of area
         e. Eating establishments in area
         f. Hotel accommodations (if necessary)
      2. Officials
         a. Tournament committee
            (1) Chairperson – Tournament Manager
            (2) Officials
         b. Announcer
         c. Scorer and Recorders
         d. Medical Personnel
3. Tournament Workers
   a. Ticket sellers and takers
   b. Trainers
   c. Program sellers
   d. Concession sellers
   e. Locker room attendants (if necessary)
   f. Table workers
4. Press coverage (seven days in advance)
   a. Call media
   b. Make arrangements for their entry into tournament
   c. Prepare tournament accommodations and results for press
   d. Make arrangements for getting results to area media after the tournament

II. Tournament Management Responsibilities
A. Double check facility
B. Supplies/Materials for mat/wrestling
   1. Mat (not more than 4 inches thick nor less than the thickness of a mat which has the shock-absorbing qualities of at least 1-inch PVC vinyl-covered foam.)
   2. Table at each mat for workers
   3. 4 (optimum) workers per table (see Rule 3-3 and 3-4 of rule book for responsibilities)
   4. Scoreboard and clock at each mat
   5. Materials for blood clean-up (gloves, disinfectant, etc.)
   6. Trash can or bin to dispose of materials used for blood cleanup
   7. Chairs for 2 coaches (per participant) at mat side (minimum of 10 feet from wrestling area)
   8. Main table for coordinating tournament and results
C. Hospitality (optional)
   1. Officials
   2. Coaches
   3. Media
D. Officials Meeting (optional)
   1. Conducted by Tournament Referee
   2. Distribute job description flyers
E. Locker Rooms (optional)
   1. Assignment
   2. Security
   3. Post signs for intended use
F. Team Seating (optional)
   1. Signs posted
   2. Roped off areas
G. Awards Stand (optional)

III. Post Tournament Responsibilities (immediately and day after tournament)
A. Results Distributed
   1. Teams
   2. Media
   3. Regional Director – by deadline
B. Payment to officials, if any
C. File records and results
D. Report of suggestions for tournament improvement
BLOOD CLEAN UP PROCEDURES

1. Develop a mixture in a spray bottle of approximately 1 part bleach to 100 parts water.
2. Use disposable paper towels.
3. To expedite the process, have a designated individual ready at all times with gloves on both hands.
4. When blood is found on the mats, the official should motion to the designated blood clean up person and then direct them to the blood on the mat.
5. Once the blood has been removed, the paper towels should be placed in a receptacle designated for blood clean up.
6. After each blood clean up, the blood clean up person should remove the gloves (without touching the blood!) and place them in the blood clean up receptacle.
7. The blood clean up person should immediately put on new gloves in order to prepare for the next incident.
8. Only people with protective gloves should remove blood or other body fluids from the mat.

UIL DISTRICT WRESTLING RESULTS FORM

The UIL district wrestling results form (boys and girls) can be found on the UIL website at http://www.uiltexas.org/wrestling/forms.