

**2023**



**WRESTLING**  
**District Director's**  
**Manual**

# UNIVERSITY INTERSCHOLASTIC LEAGUE

## DISTRICT DIRECTOR'S MANUAL

### 2023 WRESTLING

This district director's manual has been prepared to provide information for administration of UIL sponsored district wrestling tournaments. It should serve as a guide to administrators, coaches and tournament directors and assist in providing greater consistency in high school wrestling throughout Texas.

Also, please refer to the UIL Constitution and Contest Rules and Coaches Manual for further interpretations and explanations.

Questions concerning UIL wrestling activities should be addressed to the following staff members at the office Monday-Friday, 7:30am-5pm; (512) 471-5883:

**Susan Elza, Ed.D.** – UIL Director of Athletics  
[selza@uiltexas.org](mailto:selza@uiltexas.org)  
(214) 418-3591

**AJ Martinez** – Tournament Director  
[ajmartinez@uiltexas.org](mailto:ajmartinez@uiltexas.org)  
(361) 816-1281

**Crystal Victorino** – Tournament Coordinator  
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# UIL Guidelines

There are three key persons who are responsible for this maintenance of good wholesome competitive 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/her and not make any display during the match. The coach's business is to coach his/her team and not to officiate the match. They also must set an example for his/her 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.

**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 wrestlers in each weight class will advance to the state individual championships.

- 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 (<https://www.uil texas.org/wrestling/forms>)

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

**Date.** District wrestling tournament deadline is **February 4<sup>th</sup>, 2023.**

**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.

**Entry Fees.** District directors should set entry fees for all activities. Schools should be notified in advance.

**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 school officials must approve.

**Uniforms.** All uniforms (singlets, compression shirts/shorts, and tights) MUST be school issued. NFHS Rule 4-1

All uniforms shall conform to NFHS rule 4-1.

**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.

- Contestants 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.
- 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.

- The referee or other authorized person (school administrator or school approved personnel), shall supervise the weigh-ins.
- 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).
- Wrestlers are now permitted to weigh-in wearing a legal uniform with suitable undergarments. All contestants shall weigh in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants shall wear a suitable form-fitted compression undergarment that completely covers their breasts. Contestants may wear low-cut socks that cannot be removed or added if the wrestlers do not make weight.
- Any contestant failing to make weight during the time period allotted for the weigh-in shall be ineligible for that weight class.
- Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb if the contestant chooses to wrestle with it on. Once a wrestler has weighed in with the artificial limb, it shall not be removed during competition.

#### **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:

106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

There shall be 12 weight classes per conference for UIL girls' wrestling. A high school team may enter 1 athlete in each weight class. Girls' weight classes are:

100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

\*A 2-pound growth allowance takes effect on **December 27<sup>th</sup>**.

**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).

**Wrestle Backs.** At district and regionals, wrestle backs are allowed for advancement purposes only and only if the 4th and 5th place finishers have not previously faced each other in that tournament or if the 4th place finisher has not defeated the 5th place finisher in that tournament. This should be documented on the district, and/or regional results prior to submitting to the UIL office.

#### **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>.

# Tournament Information

**Entries.** Entries are due to the district meet director five days before the district tournament. District results will be sent from the district tournament director, to the regional director immediately after the district meet. TrackWrestling will have each Regional Tournament set-up for you.

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

**Rules Committee.** A rules committee should be established at the district tournament. National Federation Rules. All UIL wrestling matches will be conducted in accordance with National Federation Wrestling Rules.

**Format.** The district director sets the format for the district tournament and also determines how the bracket will be filled (seeding, draw, etc.). **District Tournament Exception – No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits, in any one day of a tournament.**

**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 placed by mutual consent. Consideration for determining seeded wrestlers should be given to the following:

- record against common opponents
- a returning champion or runner up in the same weight class
- a contestant with an exceptional record against acknowledged strong opposition; and
- a contestant with the best overall record.
- *The DEC should determine what drawing and/or seeding procedures will be used.*

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.

**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.

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

**Coaches Meeting.** It is not required but strongly recommended that you have a coach's meeting prior to the tournament to discuss details of the tournament.

**Media.** Space should be provided 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.

**Tournament Officials.** It is the responsibility of the district executive committee/tournament director to acquire UIL officials for the district tournament.

## **Regional Tournaments.**

**Dates.** Regional wrestling tournaments shall be held **February 10 & 11, 2023.**

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

### **Regional Sites and Directors:**

Conference 5A, Region I  
John Peterson, Canyon ISD  
[John.peterson@canyonisd.net](mailto:John.peterson@canyonisd.net)

Conference 6A, Region I  
Barry Norton, Birdville ISD  
[barry.norton@birdvilleschools.net](mailto:barry.norton@birdvilleschools.net)

Conference 5A, Region II  
Mathies Long, Frisco ISD  
[LongM@friscoisd.org](mailto:LongM@friscoisd.org)

Conference 6A, Region II  
Jerry Best, Allen ISD  
[jerry\\_best@allenisd.org](mailto:jerry_best@allenisd.org)

Conference 5A, Region III  
Kyle Stevens, Anna ISD  
[Kyle.Stevens@annaisd.org](mailto:Kyle.Stevens@annaisd.org)

Conference 6A, Region III  
Justin Landers, Katy ISD  
[justinlanders@katyisd.org](mailto:justinlanders@katyisd.org)

Conference 5A, Region IV  
Denise Vanlandingham, Austin ISD  
[denise.vanlandingham@austinisd.org](mailto:denise.vanlandingham@austinisd.org)

Conference 6A, Region IV  
David Greathouse, North East ISD  
[dgreat@neisd.net](mailto:dgreat@neisd.net)

## **State Tournament.**

**Date and Site.** The UIL State Individual Wrestling Championships will be held on **February 17 & 18, 2023** at the Berry Center, in Cypress, TX. Tournament schedule and additional information can be found on UIL website <http://www.uil texas.org/wrestling/state>.

# Checklist for Meet Directors

<b>Meet Responsibilities</b>	<b>Completed</b>
Secure Facility and Arrangements	
Possible Conflicts with other school events	
<b>Information to Participating Schools (60 days out)</b>	<b>Completed</b>
To Organize and Publicize:	
Schedule of Events	
Ticket Prices	
Entry Fee for schools – if needed	
Parking Info and Fees – if fees needed	
Lodging Info. – Local Hotel Info. for schools	
<b>Staffing- Assign</b>	<b>Completed</b>
Officials	
Meet Director to Conduct TrackWrestling Program	
Workers – Volunteers for Tables and Tappers.	
Announcer	
Athletic Trainers	
Program Sellers	
Concession Sellers	
Will Call Workers	
Security	
<b>Equipment (14 days out)</b>	<b>Completed</b>
Public Address System	
TrackWrestling – Program to Run the Tournament	
<b>Tournament Management Responsibilities (days before and during)</b>	<b>Completed</b>
District Entries – District Director should have 5 days prior to Tournament	
Hospitality – Areas Set-Up	
Keep all Match Information entered in TrackWrestling	
<b>Post Meet Responsibilities (immediately following meet)</b>	<b>Completed</b>
Results Distributed	
<i>TrackWrestling</i>	
<i>Teams</i>	
<i>UIL – See page 8 of Manual – All Results and Information are essential!</i>	
<i>Media – Results available to media</i>	
File records and results	
Payment to officials	