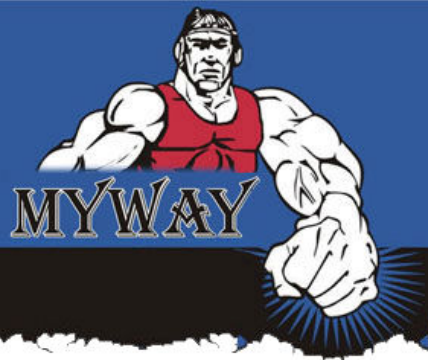


**MICHIGAN'S PREMIER
WRESTLING ASSOCIATION**



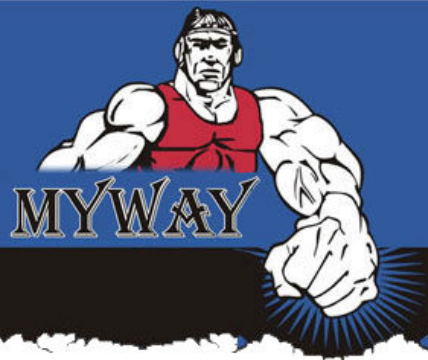
Michigan Youth Wrestling Association

RULES & PROCEDURES

(Table of Contents)

- Individual and Club Registration
- Pre-Registration
- Tournament Weigh-Ins
- Tournaments
- Individual Regional and State Tournaments
- National Team
- Team Duals
- General Information

MICHIGAN'S PREMIER
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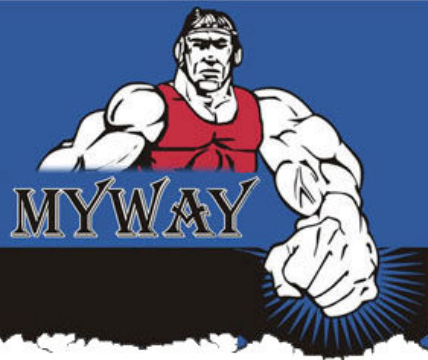


Michigan Youth Wrestling Association

INDIVIDUAL & CLUB REGISTRATION

- Clubs must renew registration every year.
- Clubs will renew individual memberships by January 15th of every year or a \$5 late fee will be applied per membership.
- Individuals must register by March 1st in order to compete in the MYWA Regional Tournaments. All youth and middle school wrestlers must be MYWA members to compete in the MYWA Regional Tournaments.

MICHIGAN'S PREMIER
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Michigan Youth Wrestling Association

PRE-REGISTRATION

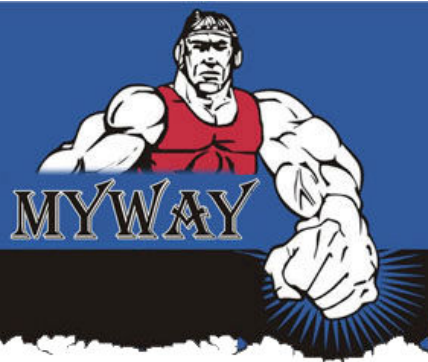
- Clubs must pre-register all wrestlers that plan to wrestle in MYWA tournaments.
- Clubs pre-register wrestlers by using the MYWA On-line pre-registration process.
- Clubs will pay a \$5 fee for each wrestler that it pre-registers that does not compete.
- Non-members must also pre-register by emailing tournaments@mywaywrestling.com before 10:00 pm on the Thursday prior to the tournament.



Michigan Youth Wrestling Association

WEIGH-IN REGULATIONS

- All wrestlers must wear either a singlet or competitive shorts (no boxers) and a t-shirt when being weighed.
- All weigh-ins will use a “one step” process.
- MYWA strongly discourages the cutting of weight by wrestlers and requests that coaches and parents assist us in preventing this practice.
- Weigh in workers at each tournament will have a list of pre-registered wrestlers at weigh in. Only these wrestlers will be allowed to weigh in.
- Checks will be performed at weigh-ins to determine if wrestlers have any communicable diseases. The tournament physician (or MYWA Director if a physician is not present) has the final say on whether a wrestler may compete in a tournament.
- Nails will be checked at weigh in and must be trimmed.

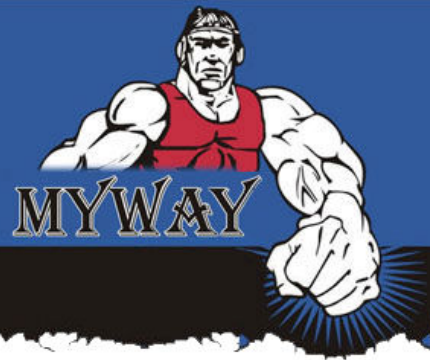


Michigan Youth Wrestling Association

TOURNAMENTS

- A wrestler's age on December 31, 2009 will determine their age group. **Proof of age will be required if wrestler is challenged within the first two rounds of competition. A birth certificate is the only form of validation that will be accepted.**
- During local and pre-season tournaments, wrestlers compete in the following age groups:
 - 03-05 (6 & Under) Born in 2003, 2004, or 2005
 - 01-02 (7 & 8) Born in 2001 or 2002
 - 99-00 (9 & 10) Born in 1999 or 2000
 - 97-98 (11 & 12) Born in 1997 or 1998
 - 94-96 (13-15) Born in 1994, 1995, or **(1996- must be in 8th grade or younger)**
- All MYWA tournaments will use the mat-side pairing method to stage matches. Wrestlers will compete on the same mat for the duration of the tournament. Posted wall charts will list the match number of each bout.
- Only first and second year wrestlers are allowed to compete in MYWA Novice Tournaments. Experience in other leagues does count towards this restriction.
- Wrestlers are required to wear headgear and a singlet or t-shirt and shorts.
- All wrestlers, coaches, and fans are required to stay in the stands unless competing or warming up.
- Two coaches are allowed per wrestler. Any person operating video equipment will be considered one coach. Coaching from the corner is permitted.
- If less than three wrestlers are in a weight class, the head pairer has the discretion to move them up one weight class (in the same age group) except for heavyweight.
- Clubs will be called on to pay entry fees for each of their wrestlers during developmental tournaments unless noted otherwise by Regional Leadership. Clubs are also responsible for paying a \$5 fee for each wrestler that pre-registered but did not compete.

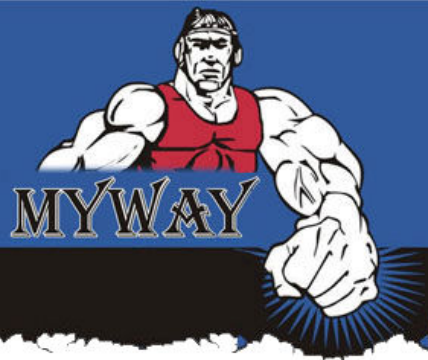
MICHIGAN'S PREMIER
WRESTLING ASSOCIATION



Michigan Youth Wrestling Association

TOURNAMENTS *(continued)*

- Wrestlers are allowed a minimum of 20 minutes rest between matches unless waived by Region Director or Head Referee.
- The NFHS rule concerning maximum matches per day for a competitor is not in effect.



Michigan Youth Wrestling Association

INDIVIDUAL REGIONAL & STATE TOURNAMENTS

- Wrestlers are required to wrestle at the regional tournament that their club has been assigned to.
- Middle school and youth wrestlers (Age Groups 95-05) must be a MYWA member to compete in the MYWA Regional Tournaments.
- High school wrestlers are eligible to compete in MYWA Individual regional and state tournaments.
- During the Individual regional and state tournaments, wrestlers compete in the following age groups and weights:
 - **03-05 (6 & Under)** **Born in 2003, 2004, or 2005**
37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 77, HWT (within 20#)
 - **01-02 (7 & 8)** **Born in 2001 or 2002**
40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, 97, 112, HWT (within 25#)
 - **99-00 (9 & 10)** **Born in 1999 or 2000**
47, 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110, 130, 150, HWT (within 25#)
 - **97-98 (11 & 12)** **Born in 1997 or 1998**
55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 158, 183, HWT (within 30#)
 - **95-96 (13 & 14)** **Born in 1995-1996 and still in 8th grade or below.**
Wrestlers born in 1995 must bring proof of grade level (report card) to MYWA Regional weigh-in in order to compete in this age group.
70, 75, 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, 195, 220, HWT (within 30#)
 - **94-95-HS (15 & 16)** **Born in 1994 or 1995. Wrestlers born in 94 must compete in this group at Regional and State regardless of whether they are in high school.**
88, 98, 106, 115, 122, 128, 133, 138, 143, 148, 155, 163, 174, 192, 218, 288
 - **91-93-HS (17-19)** **Born between 1991- 1993 & must be in high school**
106, 115, 122, 128, 133, 138, 143, 148, 155, 163, 174, 192, 218, 288
- Please note the two **HS divisions** must meet the above weights for both the MYWA Regional and State Tournaments.
- HS divisions will not wrestle true second matches at the MYWA Regional or State Tournaments.
- Youth and middle school wrestlers (born 95-05) are required to wrestle at two MYWA events in order to compete at the regional tournament. Novice and Dual Team tournaments count towards this requirement.



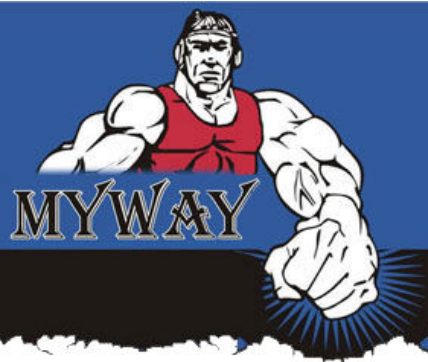
Michigan Youth Wrestling Association

INDIVIDUAL REGIONAL & STATE TOURNAMENTS

(continued)

- Wrestlers in age groups **03-05, 01-02, 99-00, 97-98, and 95-96** receive a one-pound allowance for the MYWA State Tournament. **No allowance will be given at the Regional Tournaments.**
- The top four wrestlers from each region qualify for the MYWA State Tournament.
- Weight classes in age groups 95-05 which have 17 or more wrestlers qualify 5 wrestlers for the MYWA State Tournament.
- Only wrestlers that reside in Michigan are allowed to wrestle in MYWA regional and state tournaments.

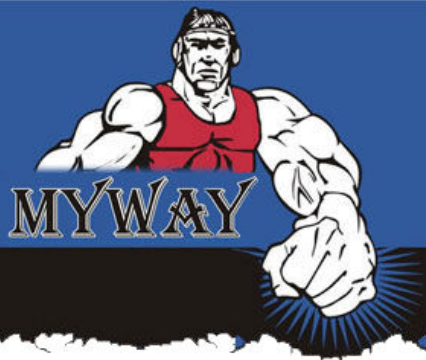
**MICHIGAN'S PREMIER
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Michigan Youth Wrestling Association

NATIONAL TEAM

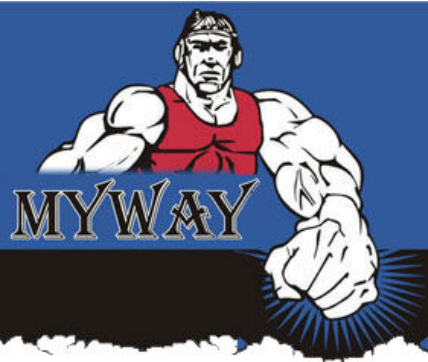
- MYWA will sponsor the MYWA state tournament's top four place winners in each weight to selected national tournaments. The tournaments will be selected by the MYWA Executive board and announced each spring.
- The top 3 placers at the MYWA State Tournament will receive singlets.
- Only wrestlers that register and compete at the selected national tournaments will receive entry fee reimbursement.



Michigan Youth Wrestling Association

TEAM DUAL TOURNAMENTS

- **School Based Division** Teams must consist of wrestlers that are school based and are enrolled in an Elementary or Middle School that enters students into the same/one high school, each team member must be from the same school system and advance into a single community high school. Home School or Parochial students are also eligible but must reside in the boundaries of the teams' high school district. Regional Directors and Club Directors will be responsible to ensure these teams and the schools they attend meet the standards for eligibility. Teams will be required documentation signed by the school at each event.
- **Combo Division** Teams must consist of wrestlers from the same region.
- **Weight classes for the elementary division (K-6th grade):**
Weights: 50-55-60-65-70-75-80-84-88-97-108-120-Hwt. (Max. 180 lbs.)
- **Weight classes for the Middle School Division (6th-8th grade)**
Weights: 80-85-90-95-100-110-119-120-130-140-160-Hwt. (Max 250)
- Both Middle School and Elementary Teams are allowed 5 Alternates.
- Headgear is mandatory. Taped shoes are recommended.
- There will be skin checks in first round of duals.



Michigan Youth Wrestling Association

GENERAL INFORMATION

- MYWA is a youth folkstyle wrestling association with the goal of providing opportunities in wrestling for Michigan wrestlers.
- MYWA tournaments will follow the rules contained in the National Federation of State High School Associations Rules book unless otherwise noted.
- Wrestlers must compete only in their age group.
- Wrestlers can bump up one weight class.
- Wrestlers can compete in only one weight class at a tournament.
- Match lengths are as follows:

03-05	3 periods- 60 seconds each with no break-disc flip
01-02	3 periods- 60 seconds each with no break-disc flip
99-00	3 periods- 90 seconds each with no break-disc flip
97-98	3 periods- 90 seconds each with no break-disc flip
94(95)-96	3 periods- 90 seconds each with no break-disc-flip
94-95	3 periods- 90 seconds each with no break-disc flip
91-93	3 periods- 90 seconds each with no break-disc flip
- Overtime will follow the NFHS three stage process.
- Hair covers (either attached or unattached) are required when hair length is outside NFHS guidelines.
- Wrestlers, parents, and coaches are expected to behave in an appropriate manner at all MYWA tournaments, practices, and events. Poor behavior including profanity and abusive language will not be tolerated and violators will be subject to immediate ejection. Repeat offenders may be permanently barred from MYWA events.
- Rules may be changed or modified by a majority vote of the MYWA Executive Board.