



**University of Wisconsin – La Crosse
Recreational Sports
Wrestling
Wednesday, October 7th 2009**

Team Captains Meeting

Attendance at team captains meeting is MANDATORY. Any participant not represented at this meeting will not be included in the league unless joining after the start of the league.

Entry Fee

The entry fee must be paid by cash or check and will be accepted at the captain's meeting ONLY!!! (unless joining after start of league). Please make checks payable to UW-L Rec Sports.

Schedules

Scheduling for league play will be posted at <http://www.uwlax.edu/recsports/>

Home Facility

The home facility for wrestling is Mitchell Hall. Please contact home facility when forfeiting (785-8696).

Questions

Please feel free to contact Recreational Sports with any questions or concerns. Phone numbers: Recreational Sports Office in Mitchell Hall – 785-8696; Jim Baker (Coordinator of Intramurals) – 785-5221; or Patrick Marcoe (Graduate Assistant) – 785-5219.

League Play

Each wrestler will wrestle everyone in their weight class once, with a maximum of 4 regular season matches. There will be a single elimination tournament at the conclusion of the regular season. Matches will be once a week on Wednesdays. Weigh-ins will begin at 8:40pm and matches will start at 9:00pm and will continue until finished. A match order will be posted online for each week.

General Procedures

1. All wrestlers must check in and present their current, valid ID card to the supervisor on duty prior to weighing in, and prior to their match in order to participate.
2. Wrestlers are expected to notify the home facility if they are going to forfeit a match. Wrestlers that forfeit without notice must pay a \$1.00 re-entry fee by 6:00pm the following day to continue league play. This should be turned into the Info Counter at the Recreational Eagle Center.
3. Any wrestler that forfeits two matches during league play will be eliminated for the remainder of the season (including tournament play).
4. Any wrestler that is bleeding must leave the match immediately. The bleeding must be stopped and the wound securely covered with a bandage before the wrestler can continue. If the blood cannot be stopped in three minutes, the wrestler will forfeit a match. If there is blood on any clothing, it must be changed before the wrestler resumes. Athletic trainers will be on duty for each match to assist.
5. All jewelry must be removed for intramural competitions.
6. Wrestlers are responsible for knowing all rules on the rule sheet and the Intramural Sports Handbook.
7. All official's calls are final!
8. Officials shall eject from the match any wrestler who commits a flagrant foul or displays any type of poor sports conduct (see sports conduct rule in the Intramural Sports Handbook).
9. Sports Conduct Rankings – Wrestlers will be given a sports conduct ranking between 1 – 5 after each contest by the officials. Wrestlers must average a 3.5 or higher during league play in order to advance into the single elimination playoff tournament.

Rules

General

1. A match consists of three 1 minute periods.
2. Overtimes will be an untimed sudden death. The first wrestler to score a takedown shall be declared the winner.
3. There will be 8 different weight classes. Wrestlers must be within 5 lbs. of the weight class for the entire regular season and tournament matches.
 - a. 141
 - b. 152
 - c. 160
 - d. 171
 - e. 185
 - f. 205
 - g. 225
 - h. Heavyweight
4. Wrestlers will be weighed each week. Weigh-ins will occur at 8:35pm the night of the match in Mitchell Hall Locker Room 18. Weigh-ins will end at 8:50pm with matches starting at 9:00pm. You must make weight for your weight class or you will forfeit.
5. All wrestlers must wear wrestling shoes or socks. No exceptions.
6. Wrestlers must wear either a singlet or spandex shirt with shorts no lower than the knee. Headgear is highly recommended, but optional.
7. No long fingernails. This will be checked by the referee.
8. Skin conditions will be up to the athletic trainer on duty.
9. For any rules not specifically designated on this rule sheet, all WIAA rules will be followed.

Scoring

1. Scoring will be the same as high school rules.
 - a. Escape 1pt.
 - b. Takedown 2pts.
 - c. Reversal 2pts.
 - d. Nearfall between 2-4 sec. 2pts.
 - e. Nearfall more than 5 sec. 3pts.
 - f. Technical Violations
 - g. Stalling
 - h. Cautions