



Wrestling (Coed Team & Girls) Sport Handbook

Winter of 2025-26

Section 1: Rules

All contests under the jurisdiction of the RIIL shall be played according to the National Federation of State High School Association Football Rules, except for any special rulings adopted by the RIIL and listed in this handbook below.

Section 2: Mandatory Coaches Certification & Continuing Education

- A. ALL Coaches must be appointed by their School Administration and upload their valid certificates to the Coaches' Certification website below. A coach is any adult with access to student-athletes through an education-based athletic program.
 - a. Including, but not limited to: Volunteer Coaches, Assistant Coaches, and Head Coaches.
- B. Coaching Requirements: Article 13
- C. Coaching Out of Season Rules: Article 7, Section 8
- D. Rules on Recruitment: Article 3, Section 11
- E. Sportsmanship Expectations for Coaches: Article 12, Section 3

Section 3: Medical Coverage/Emergency Action Plans

- A. Medical Coverage should be provided by the host school, be in attendance and on duty for the duration of all interscholastic scrimmages and games during the regular season and all tournament round games. The medical personnel must introduce themselves to both coaches and referee prior to the start of the game.
 - a. Article 2, Section 2.G : In the absence of medical coverage for any home contest in the sport of Football, Ice Hockey, Wrestling, and Lacrosse, the home school Athletic Director shall notify the visiting Athletic Director no later than 48 hours prior to the event.
 - b. Pre-Game Safety Checklist
- B. Schools are responsible for providing Medical Coverage for their team throughout the playoffs, including the Semis and Finals/Championships.
- C. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.
- D. The judgment of the medical person will be final with regard to the medical condition of a player. No player may continue to play against the medical person's advice under any circumstance.

E. Levels of Medical Coverage:

<u>Medical Professional:</u>	<p><i>A. Education/Schooling/Training & Licensure</i></p> <p><i>B. Scope of Practice</i></p> <p><i>C. Able to Return to Play</i></p>
Medical Doctors- MD/DO Advanced Practice Provider-NP/PA	<p>A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed)</p> <p>B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis</p> <p>C. Can they Return to Play – Yes</p>
Athletic Trainer RI Licensed	<p>A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed)</p> <p>B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis</p> <p>C. Can they Return to Play during a game/contest? – YES</p>
Physical Therapist RI Licensed	<p>A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.)</p> <p>B. Preventative Care, Rehabilitation, Orthopedic exam evaluation</p> <p>C. Can they Return to Play during a game/contest? – NO</p>
Physical Therapist w/ Orthopedic Clinical Specialist (OCS) credential & RI Licensed	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated.</p> <p>C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting)</p>
Physical Therapists w/ Sports Certified Specialist (SCS) credential & RI Licensed	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified</p> <p>C. Can they Return to Play during a game/contest? – YES</p>
EMT - Basic, Intermediate & Paramedic	<p>A. Successfully complete the EMT program, pass the board exam, and RI licensed)</p> <p>B. Emergency care</p> <p>C. Can they Return to Play during a game/contest? – NO, per RI EMS laws/regulations/protocols</p>
School Nurse (RN)	<p>A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed)</p> <p>B. Emergency care, referral for further treatment/diagnosis</p> <p>C. Can they Return to Play during a game/contest? – NO</p>

- G. In the sports of Football, Ice Hockey, **Wrestling**, and Lacrosse: Medical Coverage should be provided by the Home team for all contests/games. In the event that the home team can not provide medical coverage for any home game, the host Athletic Director must inform the visiting school of the lack of coverage 48 hours in advance.
- H. An Emergency Action Plan with clearly defined written and practice protocols as required by RI General Laws must be developed and in place at every high school.
 - a. When possible, an athletic trainer should be present at all practices and games. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.
 - b. *Rationale:* An effective emergency action plan (EAP) must be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be designed and practiced to address all teams (freshman, junior varsity, and varsity) and all practice and game sites.

Section 4: General Regulations for all Sports

- A. Heat Acclimatization: Article 7, Section 3
- B. Definition of a Game/Scrimmage: Article 7, Section 2
- C. Use of Equipment During the Summer: Article 6, Section 13
- D. Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: Article 12, Section 3
- E. Loyalty to Home School: Article 7, Section 7
- F. National Events: Article 7, Section 11
- G. Penalties for Ejections: Article 6, Section 7
- H. Protest Procedure: Article 5

Section 5: Sport Advisory Committee

- A. Each Sport Advisory Committee is comprised of Member School Administrators, Athletic Directors, Coaches, Officials, and other relevant individuals who work with and report to the RIIL on all matters concerning their sport.
- B. Wrestling Sport Advisory Committee Membership:

Committee Role	Member	School
Sport Director	TBD	
PCOA Representative	Mark DeCiccio	Hendricken
Co-Director (RIIAAA)	Tony Torregrossa	Former Smithfield AD
Postseason Director	Bobby DiMuccio	Providence PSD
Postseason Co-Director	Steve Lessard	
Athletic Director	Christy Belisle	Mt. Hope
Athletic Director	Dino Campopiano	Pawtucket
Athletic Director	Ed Laskowski	Blackstone Valley Prep
Athletic Director	Glen Castiglia	Smithfield
Athletic Director	Shawn Petrucci	North Kingstown
Coach	Jerry Sabatelli	Toll Gate
Coach	John Antonucci	Johnston
Coach	Tom Galligan	East Providence
Coach	Charlie Gaffney	Coventry
Official	Joe Esposito	

- C. The 2024-25 and 2025-26 Alignment received the following endorsements & approvals:
 - a. Sport Committee Approval: 05/01/24
 - b. Survey of all Member Schools: 05/09/24
 - c. RIIAAA E-Board Approval: 05/17/24
 - d. PCOA Approval: 06/17/24

Section 6: Regular Season:

- A. It shall be the responsibility of school officials/administrators/supervisors to provide a safe and secure environment for the teams and officials by ensuring the playing field and sidelines are continuously cleared of everyone except certified & appointed coaches, team managers/scorers, student-athletes, medical personnel, and school designated personnel. Media are allowed with prior permission of the host school.

- B. Regular Season Mandatory Score Reporting:

- a. Score Reporting for all Regular Season League and Non-League Games: In accordance with Article 6, Section 14, all contest scores are to be reported on-line on the RIIL Website. Coaches obtain access to the system through their Athletic Director.
- b. Dual Meets: The Winning school shall post individual match results and team results to Track/Flo Wrestling within 48 hours of its conclusion.
 - i. Individual Coaches must commit their weight-ins from all dual meets in Track/Flo
- c. Tournaments: The Host school shall post all individual match results (and team results if applicable) to Track/Flo Wrestling within 72 hours of its conclusion.
 - i. Individual Coaches must commit their weight-ins from all tournaments in Track/Flo

C. Overview of Preseason, Regular Season, and Postseason:

School Year	2025-26
Sport	Wrestling
Gender	Coed & Girls
Start Date	Monday, December 1, 2025
Days in the Preseason	10
Games Can Begin	Thursday, December 11, 2025
Week #1 Begins On	Monday, December 15, 2025
Week #2 Begins On	Monday, December 22, 2025
Week #3 Begins On	Monday, December 29, 2025
Week #4 Begins On	Monday, January 5, 2026
Week #5 Begins On	Monday, January 12, 2026
Week #6 Begins On	Monday, January 19, 2026
Week #7 Begins On	Monday, January 26, 2026
Week #8 Begins On	Monday, February 2, 2026
Week #9 Begins On	Monday, February 9, 2026
Last Day of the Regular Season	Friday, February 13, 2026
Championships Concluded By	Sunday, March 2, 2026

D. Divisions:

- a. Wrestling has Three (3) Divisions

<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>
14 Teams	11 Teams	12 Teams
Barrington	Chariho	Burrillville
Bishop Hendricken	East Greenwich	Central Falls/BVP Coop
Central	Lincoln	Classical
Coventry	Midtwn/Rogers/Ports Coop	Cranston East
Cranston West	Mt. Pleasant	Davies
Cumberland	Pilgrim	Exeter/West Greenwich
East Providence	Smithfield	Johnston
Hope	South Kingstown	Juanita Sanchez
La Salle	Toll Gate	Narragansett
Mt. Hope	West Warwick	Prout
North Kingstown	Woonsocket	Tolman/Shea Coop
North Providence		Westerly
Ponaganset		
Scituate		

E. General:

- a. All Contests under RIIL jurisdiction shall be wrestled according to the NFHS Wrestling Rules, except for any special rules included in this document/Article 32.
- b. Each individual wrestler on a member school team cannot exceed 20 competition dates.
 - i. Match Cap: 20 dates per athlete including 13 dual matches and 7 additional dates scheduled at the discretion of individual schools.
 - ii. Match Cap applies to regular season competitions only and excludes the Championships detailed in Section 7.A of this handbook.
- c. Tournaments:
 - i. A one-day tournament counts as one tournament and one competition day.
 - ii. A two-day tournament counts as one tournament and two competition days.

F. League Contests:

- a. One match versus every team in the division.
- b. In any Tri-Meet the home team will determine the order and shall wrestle in the last match.
- c. ALL games/matches/tournaments MUST be entered on the RIIL website and Track Wrestling.

d. Regular Season Dual/Tri/Quad Matches and Tournaments should utilize Track Wrestling's Live Weigh-Ins to preserve the health and safety protections of the weight management system.

G. Home teams shall set a date/time for all contests.

- a. If there is a conflict in the date/time of the contest with the visiting team(s) and mutual agreement cannot be reached, the visiting school Principal/Athletic Director shall submit *a written request* to the RIIL to review the circumstances of the disagreement and render a decision. **This must be done prior to the submission of the Home Confirmation Schedule.**
- b. Once the Home Confirmation Schedule is submitted, *changes will not be allowed unless there are extenuating circumstances.*

H. Postponement of Regular Season Varsity Games after the confirmation deadline:

- a. Where unusual circumstances prevail or where weather conditions are unfavorable, a game may be postponed by mutual consent of the Principals and/or Athletic Directors
- b. Postponed games shall be rescheduled to the next day when the teams, facility, and officials are available.
 - i. Includes weekends and/or school vacations.
 - ii. League games must take precedent over non-league games or lesser events
 - iii. Rescheduled games must be within all other guidelines contained in this handbook and the RIIL Rules & Regulations.
- c. Additional Officials Fees charged for games changed within Two Weeks of original date/time: Article 6, Section 5

I. Rosters shall be completed via the RIIL website and made available to the public no later than 10 days after the start of practice. Rosters must be updated when students are added/removed from the team.

- a. Rosters must include: name, & grade.

Section 7: Postseason Qualification & Format:

A. Postseason Dates (please note that all dates are subject to change):

- o Division 2/3 Championship:
 - Date: Saturday, February 7, 2026
 - Location: Portsmouth High School
- o State Qualifying Tournaments (Red/Green):
 - Dates: Saturday, February 21, 2026
 - Location: La Salle Academy
- o State Championship:
 - Dates: Friday, February 27, 2026 & Saturday, February 28, 2026
 - Location: Providence Career & Technical Academy (PCTA)
- o New England Championship:
 - Dates: Saturday, March 7, 2025 & Sunday, March 8, 2026
 - Location: Providence Career & Technical Academy (PCTA)
 - *NEW* Two-Day Weigh-In: Day One is +4 (106 is 110), Day Two is +1 (106 is 111)

- J. All policies & procedures governing the Postseason Championships are contained in the NFHS Rule Book or the RIIL Wrestling Handbook.
- K. Officials shall fully staff and conduct all weigh-ins at the Pre-Championship Tournaments and State Championships.
- L. State Tournament:
 - a. Two-Day State Championship: Friday and Saturday (with a Weather Date of Sunday)
 - i. Two-Day Weigh-Ins:
 - 1. Day One is Scratch/Growth of 2 lbs. (106 is 108). Day one is Scratch/Growth
 - 2. Day Two is an additional +2 lbs. (106 is 110) in accordance with NFHS Rules.
 - b. Semis & Finals of each gender will begin at approximately roughly the same time on day two and be competed concurrently.
 - c. Weight Class Seeding for the State Championship will follow the Preset Bracket approved by the Sport Advisory Committee derived from the Red/Green Qualifying Tournament results.
 - d. The Top-10 Individuals from each of the two Combined Qualifying Tournaments in each weight class will qualify for the State Championship, filling the field in each weight class to 20. In the Round of 32: R8 vs G9, G8 vs R9, R7 vs G10, G7 vs R10
 - e. Scratches must be received by the previous Sunday at 6pm, resulting in the advancement of the next wrestler from the same sectional tournament according to the results of their respective sectional tournament. If no such wrestler exists, then the next wrestler from the alternate sectional tournament will advance.
 - f. Pigtail wrestlers will be moved to fill the bracket when necessary. The tournament director/coordinator has final say on the movement of wrestlers with no appeals allowed.
- M. Red & Green Qualifying Tournaments
 - a. The RIIL will schedule two Qualifying Tournaments the weekend prior to the state championship.
 - b. One-Day Tournament: Saturday (with a Weather Date of Sunday)
 - i. One-Day Weigh-In: +2 (106 is 108). Day one is Scratch/Growth
 - c. Team Split:
 - i. RED Tournament Snaked Teams from Div. 1/2/3
 - ii. GREEN Tournament Snaked Teams from Div. 1/2/3
 - iii. Div. 1, Div. 2, & Div. 3 teams will be snaked into one of the two Combined Qualifiers by using regular season team standings.
 - d. Each team's athletes will compete in their respective weight class at the designated qualifying tournament. Teams can enter one athlete per weight class into the tournament
 - e. Seeding Qualification for the Red/Green Qualifying Tournaments:
 - i. Wrestlers are required to have at least 40% of their weigh-ins during the dual meet season at the stated weight class to qualify for the R/G Qualifying Tournament & State Tournament.

- ii. Seeding will be determined strictly by accumulated Power Points and the Tiebreakers & Flipping procedure described below. No special circumstances will be used to alter a wrestler's power points or seeding.
- iii. Weight Class Seeding for the Qualifying Tournament will follow the approved Preset Bracket.
- f. IF NEEDED: Utilize a "True Second" when the 2nd & 3rd place finishers have not met previously during the Tournament (Note: NFHS match limit is 6 matches in one day).
- g. The Top-10 Individuals from each of the two Combined Qualifying Tournaments in each weight class will qualify for the State Championship, filling the field in each weight class to 20. In the Round of 32: R8 vs G9, G8 vs R9, R7 vs G10, G7 vs R10.
- h. Pigtail wrestlers will be moved to fill the bracket when necessary. The tournament director/coordinator has final say on the movement of wrestlers with no appeals allowed.

Section 8: RIIL Rules & Regulations Specific to Wrestling – Article 32

A. RIIL Power Point Procedures & Calculation

- a. Seeding Process into the Red/Green Qualifying Tournaments:
- b. Coaches shall submit their Power Points aligned with the results posted on Track/Flo Wrestling to the RIIL via email by Saturday at 12:00pm before the pre-state championship tournament, which will be distributed to the appointed division coordinator for verification prior to the seeding meeting.
- c. Seeding Meeting will be held at the RIIL Office on the Monday night prior to the pre-state championship tournament.
- d. Each team shall send one appointed coach to the seeding meeting with their official match record book to verify or contest any match listed on an individual entry bout sheet.
- e. Power Points to determine Seeding = Sum of Prior Year Place Points & Current Year Win Points
 - i. Prior Year Place Points = State + New England
 - 1. Defending State Place Winner:
 - If Same Weight Class: +10 pts
 - 1st: 50 pts, 2nd: 40 pts, 3rd: 30 pts, 4th: 20 pts, 5th: 15 pts, 6th: 10 pts
 - 2. Defending New England Place Winner:
 - If Same Weight Class: +10 pts
 - 1st: 100 pts, 2nd: 80 pts, 3rd: 60 pts, 4th: 40 pts, 5th: 30 pts, 6th: 20 pts
 - ii. Current Year Win Points = Base + Match Result
 - 1. Base Points:
 - League Dual Meet wins in weight class: 30 pts
 - League Dual Meet wins at alternate weight class: 24 pts
 - 2. Match Result Points: Wins incur the following:
 - Pin, Forfeit, Default/DQ: 6 pts
 - Tech Fall: 5 pts

- Major Decision: 4 pts
- Decision: 3 pts

iii. Power Point Tiebreak Procedure for Preliminary Seeding conducted prior to the seeding meeting (For all tiebreaker and flipping procedures below, a Win is defined as a Pin, Forfeit, Default, Disqualification, Tech Fall, Major Decision, or Decision).

1. Head-to-Head result in the Regular Season Dual Meet matchup.
2. Quality Matches in Dual Meets (beginning with result (win) vs preliminary #1 seed in the weight class and proceeding to #2, #3, etc. if still tied). Does not have to be a common opponent.
3. Number of Wins at weight class in all League Dual Meets
4. Head-to-Head result in a Regular Season Tournament matchup.
5. Quality Matches in Tournaments (beginning with result (win) vs preliminary #1 seed in the weight class and proceeding to #2, #3, etc. if still tied). Does not have to be a common opponent.
6. Coin Flip

iv. Seeding Procedure:

1. Teams shall submit one qualified wrestler per weight class unless the team does not have a competitor available.
2. Power Points submitted to the RIIL are verified by the Division Coordinator to establish preliminary seeds in each weight class, which are then distributed to all schools via email at least 24 hours prior to the seeding meeting.
3. Preliminary Seed List contains every wrestler in a division at weight class by power points highest to lowest with executed tiebreakers (if needed).
4. Direct Flips:
 - a. Start comparing from the Top Down:
 - i. Highest to lowest power points starting at #2, then #3...
 - b. Any wrestler who has defeated the next higher seeded wrestler will interchange
 - c. A League win beats a Tournament or Non-League win if wins are equal, majority wins if wins are not equal (2-1).
 - d. Move down to the next seed and repeat this process until you have gone through the bracket once.
 - e. A lower seeded wrestler can keep moving up the ladder as long as they have a direct win over the next highest seed. Once there is no direct win that wrestler cannot jump higher and stops.
 - f. No interchange will occur if the two wrestlers have evenly split their matches.
 - g. If all criteria are equal, preferred seeding will be determined by a coin flip
 - h. Every wrestler only gets looked at once.

B. Weight Certification Details:

- a. The Weight Management Program for all wrestlers grades 9-12 at all levels (freshman, JV, Varsity) must be strictly adhered to.
- b. All eligibility is determined at the school level, including weight management
- c. In accordance with RIIL R&R: If a student's eligibility (weight class or otherwise) is in question at an event, the student shall be allowed to compete in the manner asserted by the Head Coach to be followed by a full review of eligibility after the event by the RIIL with the possibility of penalties if the student is deemed ineligible afterwards.
- d. An official present at weigh-ins may sign the weight sheet in the absence of an opposing coach with opposing coaches' approval.
- e. Growth Allowance:
 - i. January 1st: + 2 lbs. "Growth Allowance" will be awarded through the remainder of the season. This new weight allowance becomes Scratch Weight.
 - ii. Maximum weight increases by 2 lbs
 - iii. Minimum weight per weight class does not increase with the 2 lb growth allowance or any other allowance provided throughout the season.
- f. Certification Procedures:
 - i. Certification at an RIIL sanctioned wrestling event must be recorded on an official weigh-in sheet and signed by both teams' RIIL certified coaches.
 - ii. Out-of-state tournaments require the RIIL Coach and Host Coach's signatures plus a phone number for the out-of-state coach.
 - iii. Certification can also be done at any in-state league event that your team is not wrestling in. A coach from the school must be in attendance for weigh-ins with your own official weigh-in sheet. Weigh-in sheet must be signed by host school's coach and wrestlers coach at time of weigh-ins.
 - iv. No athlete is allowed to weigh in without their RIIL certified coach present at any event.
- g. Certification Deadline:
 - i. The Weight management program dictates wrestlers eligible weight class.
 - ii. Certification must be completed by the deadline of January 14th as outlined above.
 - iii. Any athlete that has not participated in an official weigh-in prior to the above certification deadline must make scratch weight for the desired weight class on their first official weigh-in.
- h. Weight Class Eligibility:
 - i. Up to the certification deadline (January 14th) wrestlers can wrestle at any eligible weight class indicated by the Actual Eligible Weight column in the weight assessment.
 - ii. After the certification date (January 15th) wrestlers can wrestle at the weight class that they certified for, or one weight class up from that which their actual weight qualifies. The minimum weight class is indicated by Eligible Weight Class column in the weight assessment.

- iii. Before January 15th weight class eligibility is determined by Actual Eligible Weight according to the weight management program.
 - 1. Example: Saturdays weight is 106lbs + 2lbs allowance = 108lbs. Weight Management dictates actual eligible weight as 107 and eligible weight class as 113 on weight management. They are eligible for the 106 weight class due to actual eligible weight being under 108.
- iv. After January 14th weight class eligibility is determined by minimum weight class according to the weight management program.
 - 1. Example: Saturdays weight is 106lbs + 2lbs allowance = 108lbs. Weight Management dictates actual eligible weight as 107 and eligible weight class as 113 on weight management. They are NOT eligible for the 106 weight class due to eligible weight class being 113. In this example they never certified for the 106 weight class and are not eligible for the weight class.
- v. Weighing-in more than 1 class above the wrestlers certified weight class after the certification will result in revocation of the certified weigh-in.

- i. Weight Allowances:
 - i. All allowances must be in accordance with NFHS Rule 1-4 Article 2.
 - ii. Start Date through December 31st: Scratch.
 - 1. Consecutive Match Days add 1 lb. to a maximum of 2 lbs.
 - a. Match Days must be consecutive calendar days to qualify.
 - iii. January 1st through end of season: Growth.
 - 1. Consecutive Match Days add 1 lb. to a maximum of 2 lbs.
 - a. Match Days must be consecutive calendar days to qualify.
 - iv. Monday events are awarded a 1 lb. allowance
 - v. If no practice due to school cancellations or event cancellations next day plus 1 lb.
 - i. No more than a maximum of 2 lb total allowance for consecutive day events per NFHS

Section 9: Officials

- A. RIIL assigned official's authority extends to pre and post-contest oversight. Fighting and unsportsmanlike penalties will be within the authority of the officials at all times at the contest site.
- B. Police protection, when necessary, must be provided by the home school. The home school is responsible for all crowd control measures. There is an urgent need for increasing vigilance in this matter. Schools must make every effort to ensure that players, officials, and spectators are protected. Duties of the police will be determined and outlined by the home school.
- C. With the assistance of the home team supervision, it shall be the responsibility of the officials to see that team areas are cleared of everyone except certified & appointed coaches, team managers, scorers, players, medical personnel, and school designated personnel.
- D. The home team should provide an adult game supervisor at all home events. In particular, an adult game supervisor must be present at ice hockey, basketball, field hockey, lacrosse, baseball, softball, football, soccer, volleyball and wrestling contests. The supervisor shall not be a student nor a coach involved with the game. The supervisor shall identify himself or herself to the game officials thirty (30) minutes prior to

the start of the game. The supervisor shall be responsible for game administration and crowd control. They should notify police, and rink representatives to seek appropriate assistance when applicable. In the event of a problem, the Principal/Athletic Director must notify the RIIL office the next day and submit a written report detailing the incident(s).