



MIDDLE SCHOOL 6-8

Wrestling – Boys & Girls

2025-2026 Sport Handbook

Section 1: RULES

A. GENERAL

All activities under the jurisdiction of the RIIL Middle School 6-8 in this article shall be conducted under the National Federation of State High School Association Wrestling Rules, except for any special rules adopted by the Committee.

1. All Eligibility Lists must be received by the RIIL Office, and all Assumption of Risk forms must be on file with the school, prior to any competition.
2. Definition of a Game/Scrimmage: Article 7, Section 2
3. Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: Article 12, Section 3
4. Loyalty to Home School: Article 7, Section 5
5. Penalties for Ejections: Article 6, Section 7
6. Protest Procedure: Article 5

B. SPORT SPECIFIC

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1. Team uniforms (Not Club or Regional team uniform) **This will be enforced throughout the year.**
2. Wrestling Rules: The National Federation of State High School Associations Rules Book is utilized with the following exceptions and/or re-emphasis:
 - a. Regular matches in dual meets and tournament championship competition are 4½ minutes in length divided into three 1½ minute periods.
 - b. Weight classes are 70, 75, 82, 88, 94, 100, 106, 112, 119, 126, 133, 140, 150, 165, 180, 205, 275 pounds. (Growth allowances apply to all weight classes).
 - c. Certification can occur the first time a wrestler weighs-in at an official weigh-in. However, wrestlers have until their second match in January to certify at a weight.

- d. A two-pound growth allowance is added after January 1, and another one pound growth allowance is added on February 1. Wrestlers must make the scratch weight before receiving the benefit of the growth allowance.
- e. A wrestler must make the scratch weight prior to wrestling in a weight class. Consequently, if a wrestler wants to wrestle in the 100-pound weight class plus the two-pound growth allowance (102 pounds) in January, the wrestler must have made weight at 100 pounds or less at a previous match, or the competitor must weigh 100 pounds or less for that match. Also, this rule applies to any situation where extra weight is given, e.g., a match the day after a school holiday - coaches must contact each other to inform the opposing coach of the necessity of a one-pound allowance – the wrestler must have made scratch weight before getting a weight allowance.
- f. Provided a wrestler has made scratch weight, a one-pound allowance is granted for all Monday matches, or matches the day after a school holiday, or matches the day after a school cancellation, or on the second day of consecutive day matches. Coaches must contact each other at least one day prior to the match to inform the opposing coach of the necessity of a one-pound allowance.
- g. The minimum weight for a competitor to wrestle in the 275-pound weight class is 205 pounds.
- h. No wrestler may drop to a weight class below his/her certified weight class without the signed consent of the wrestler's parent/guardian, coach, and physician. Further, a wrestler may not drop to a lighter weight class without the approval from the league directors.

3. Teams must keep all varsity matches in the team scorebook. The home team should have a table facing the ref for clock and score keepers.
4. All wrestlers and coaches will remain seeded on the bench or behind it.

Section 2: MANDATORY COACHES CERTIFICATION & CONTINUING EDUCATION

- A. ALL Coaches must be appointed by their School Administration. 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

Section 3. SCHEDULES/MEETS

The Sport Director of Wrestling shall make up the schedules and order of the meets. The Sport Director of Wrestling shall work with the coaches and officials in executing the program.

Important Dates:**A. Preseason**

Coaches Interpretation Meeting will be held Thursday, October 30th, at 6:00 pm, at the Narragansett Pier School

The First Day of Practice is Monday, November 17, 2025

B. Regular Season

Week 1 - Dec 1, 2025

Week 2 - Dec 8, 2025

Week 3 - Dec 15, 2025

Week 4 - Jan 5, 2026

Week 5 - Jan 12, 2026

Week 6 - Jan 19, 2026

Last Match - Jan 30, 2026

C. Post Season**Futures Tournament - Saturday and Sunday 1/31/26 & 2/1/26 at Coventry HS**

There is no seeding for the Futures Tournament. This tournament is for your non-varsity wrestlers. If you have one wrestler at a particular weight class, he/she must enter the State Tournament. The entry fee is \$15.00 per wrestler. The deadline for entering a wrestler into the Futures Tournament TBD. All entries must be submitted electronically. The top two place winners in each weight class will qualify for the state tournament this year. All 70 pounds and 285 pounders that place may go to Varsity States if approved by the Wrestling Directors. Special circumstances will be considered for entering wrestlers into the Futures Tournament

Varsity States Tournament - Saturday & Sunday 2/14 & 2/15/26 at North Kingstown HS

The deadline for entering a wrestler (both scorers and non-scorers) into the state tournament will be sent out to you. The seeding meeting for The State Tournament is Wednesday, February 4 at 6:00pm at Johnston High School. The entry fee is \$15.00 per wrestler. All entries must be submitted electronically.

Girls States Tournament - Sunday 2/8/26 at North Kingstown HS

All girls may wrestle in the girls State tournament. Girls may enter futures and RI State tournament. \$10 fee for any girl not competing in the Varsity Tournament Saturday. Girls may wrestle in the State tournament on Saturday. If they do not qualify as top 8, they can return Sunday and compete in the Girls Tournament. Seeding will be for the top 3 girls or as needed by the Director. The seeding will be done before Sunday by director. Weights for Girls State Tournament as follows: 70, 78, 85, 94, 112, 124, 140, 155, 171, 200, 230. May be adjusted by the director before the Tournament if needed. Coaches are encouraged to schedule (and record in score book) any possible Girl vs Girl matches at weight for seeding at Girls tournament!

D. 2025-26 Leagues – There will be 3 leagues with 10 to 12 teams in each league

E. Independents

1. Must have approval from RIIL office before practice and competition is allowed. Forms are on RIIL website.
2. Sending school must fill out the [RIIL Middle School Individual Competition Form](#).
3. Host school must complete the [RIIL Middle School Member School Individual Competition Acknowledgement Form](#).
4. All Independent matches are to be varsity matches!!
5. All missed matches will be forfeits to the opposing team!!
6. No team score is kept or entered for Independent wrestlers.
7. **Friday, January 9, 2026 is the cutoff date for Independent signups.** No Independent Wrestlers can be entered in the RIIL Middle School 6-8 league after that date.

F. Seeding

2026 Rhode Island Middle School Wrestling Seeding Criteria

1. **General Rules** – Seeding meeting 2/4/26
 - a. The seeding criteria cannot be voided or overruled for any reason without the expressed approval of the league director!
 - b. A wrestler must have at least four (4) league matches (weigh in) at weight to wrestle that weight (except JV qualifiers).
 - c. All match bouts for the year (season) must be recorded online.
 - i. This should be done within 24 hours of your match and must be completed prior to the seeding meeting. If not done the power points will not be included for your wrestler.
 - d. Bring the results of all your team's matches to the seeding meeting (these should have been entered online throughout the season).
 - e. All wrestlers will be seeded. We will do our best to evenly place all wrestlers on the brackets.

2. **Special Circumstances** (To receive the #1 or #2 seed in a league with low power points or lacking matches at weight).
 - a. If for one or more reasons a wrestler does not have as many league matches due to grades, injury, JV qualifier, Independent, or other special circumstance.
 - b. If a wrestler is a returning State Finalist and undefeated in all league matches at weight.
 - c. Special circumstances must be brought up and settled before the seeding process begins for each weight class
 - d. Any Coach can put up a wrestler for special circumstances
 - e. The process for Special Circumstances is as follows.
 - i. Before the seeding meeting begins, a 3-person committee and 1 or 2 alternates will be selected by the coaches in the division. The alternate(s) shall vote in case of a conflict of interest is present.
 - ii. No more than 1 coach from a team shall be on the committee. The committee will listen to the coach/coaches seeking the 1 or 2 seed and decide outside the seeding room.
 - iii. The wrestler must win by at least 2 of the 3 votes.
 - iv. If a wrestler is not given the 1 or 2 seed, the wrestler goes back into the power point list.

3. Criteria

- a. Spreadsheet by league, power points, and weight will be given prior to seeding
- b. Head to Head Competition will include League matches and Birchwood Tournament matches.
 - i. (Pin, Tech Fall, Superior Decision count more than a Regular Decision)
 - ii. League wins over a Tournament win
- c. Specific Head to Head Situations
 - i. Two Wrestlers Records against Each Other
 1. A defeats B 1 – 0; A gets seed
 2. A defeats B 2 – 1; A gets seed
 3. A and B split league/tournament - league win gets the seed
 4. If A and B never wrestled or they have an even record against each other: go to power point rating to determine the seed.
 - ii. Three Wrestlers
 1. A over B, or two wrestlers tie
A over B
A over C; A gets the seed
 2. A over B
B over C
A over C split; A gets seed because he beat both wrestlers
 3. A ties B
A over C
C over B; A gets seed
 - iii. If two wrestlers have not wrestled or three or more wrestlers have No Direct Winner; go to Power Ratings to seed one wrestler, then go back to Criteria 1 to seed the next wrestler.

4. **Power Rating** (based only on League matches)
 - a. League dual meet wins at WT x 30 points (formula points).
 - b. League dual meet wins out of WT x 15 points (formula points).
 - c. Points for League wins (each win) - These points are added on to the power formula points (bonus points).
 - i. Pin = 6 pts Decision = 3 pts
 - ii. Tech Fall = 5 pts Forfeit = 6 pts
 - iii. Major Dec = 4 pts Default/Disq = 6 pts

Example: Wrestler A defeats wrestler B by a fall in a league match in the weight class that he will enter for the state tournament. Wrestler A receives 30 formula points and 6 bonus points for a total of 36 points.

5. **Returning State Place Winner - email Mike at Michaelmillen@hotmail.com**

1 st	100 pts
2 nd	80 pts
3 rd	60 pts
4 th	40 pts (+ 10 pts, if at the same weight)

6. **Direct Win over a Previous Seeded Wrestler** after wrestler has been seeded
(Coaches need to bring this up at seeding meeting)

Win over:	1 st seed	40 pts
	2 nd seed	30 pts
	3 rd seed	20 pts
	4 th seed	10 pts

7. **Coin Flip! If two wrestlers are still tied after power point rating – Coin Flip**
8. **No voting!**
9. All power points are established by electronically entering match results on the RIIL/Track website and added with placement points.
10. All coaches will receive wrestlers and list by power points. Seeding is done from top down (ie seed 1,2,3,4,...)
11. **Bracket selection and rotation to be decided after all Seeding is done.**
Director may change bracket selection.

Section 4. POSTPONEMENTS

- A. Scheduled meets may be postponed because of weather, however, said meets must be scheduled to a definite day with the knowledge and permission of the Sport Director of Wrestling. The RIIL Middle School 6-8 Office must be notified by the host school. Postponement for any other reason requires the prior consent of all schools involved and the permission of the Sport Director of Wrestling.
- B. In the event a school cancels or forfeits a meet, that school may be subject to penalties as outlined in the RIIL Middle School 6-8 Handbook, Article 6, Section 10.

Section 5. OFFICIALS

RIIL Middle School 6-8 assigned official's authority extends to pre-and post-meet oversight. Fighting and unsportsmanlike penalties will always be within the authority of the officials at the contest site. The home team shall provide a minimum of two student ball boys/girls for each game.

Section 6: MEDICAL COVERAGE/EMERGENCY ACTION PLANS

- A. Home team medical coverage shall be responsible for both teams unless the visiting school provides its own medical coverage.
- B. 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.
- C. An Emergency Action Plan with clearly defined written and practice protocols should be developed and in place at every school. When possible, an athletic trainer should be present at all practices and games.
 - a. *Rationale:* An effective emergency action plan (EAP) should 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. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.
- D. Levels of Medical Coverage:

<u>Medical Professional:</u>	<i>A. Education/Schooling/Training & Licensure</i> <i>B. Scope of Practice</i> <i>C. Able to Return to Play</i>
Medical Doctors- MD/DO Advanced Practice Provider-NP/PA	A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed) B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis C. Can they Return to Play – Yes
Athletic Trainer RI Licensed	A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed

	<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>