Girl’s wrestling 2019-20

The Girl’s wrestling competition will be one Division and an emerging sport. This is a very fluid program, we still don’t know how many girls will come out and wrestle for their respective programs, but we are anticipating a girls team sport in the future.

Rules:

- Competition will use ‘modified’ rules for Girls only
- Following a takedown, if there is no scoring opportunity for either wrestler then wrestling will stop.
- Wrestling will be three 2 minute periods with a break between periods (wrestlers must stay in the middle of the mat).
- A re-start after a takedown will be in the middle of the mat.
- Note: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts and minimizes the risk of exposure. All contestants wearing a one-piece singlet shall wear a suitable undergarment which completely covers the buttocks and groin area.

Regular Season: Run concurrent with boy’s season

- The AIA does not recognize a girls wrestling team. During the regular season girls are permitted to wrestle against other girls at the 10 weight classes in non – scoring team events.
- Weight classes: 101,110,118,125,130, 135,145,160,185,225 – A two pound growth allowance will be added to these weights effective January 1, 2020
- Girls may compete on boy’s teams during the season, but can’t wrestle at both the State Boys Tournament and in the girls only Division
- Boy’s weight classes and rules will be used when wrestling boys
- The weigh in for these non-scoring events shall count toward the maximum of 12 opportunities.
- A Trackwrestling weigh in sheet with the names of all competing wrestlers is required for all weigh ins, including girls events.
**Recommended competition:**

- Girls only Invitational tournaments
- Combined Invitational tournaments (Boys and Girls)
- ‘Jamborees’ (Girls only)
- A school can make their own girls dual/multi schedule

**Sectionals:**

- Teams will be placed into 8 geographical sections along with their same district schools.
- The girls sectional tournaments will be double elimination, the top two wrestlers qualifying for the State tournament (possible “true second” *).
- One (1) entry per weight class per school
- Placers 1, 2 & 3 will receive a medal (per weight class)

*No wrestler shall represent their school in more than one weight class in any meet or wrestle in more than five matches (championship or consolation), excluding forfeits in any one day of competition. True Second: If you lose your finals match, you will have to wrestle the 3rd place winner for “true second” if you did not defeat them previously in the tournament. If you already beat them you take second place and earn a spot in the state tournament.

**State Tournament:**

- The girls State bracket will be a “wrestle back first round carry” double elimination (winner must advance to semis to carry*)

*If you lose in the first round the wrestler who beats you must advance to the semifinals.

- Placers 1, 2, 3, 4, 5 & 6 will receive medals (per weight class)
- The State wrestling tournament for girls will be Friday and Saturday 2/14 & 2/15, 2020.
2019-20 Wrestling Sports Advisory Committee:

6A: Shawn Rustad (CUSD)
David Gonzales (Desert Vista)

5A: Chandler Evens (Goldwater)
Sean Flannigan (Ironwood)

4A: Kent Horstman (Higley)
Bryan Smith* (Moon Valley) *Chair

3A: Ernie Rivers (Page)
Darelyn Rock (Chino Valley)

2A: David Brittain (Tempe Prep)
Casey Woodall (Morenci)

1A Rock Nelson (Mogollon)

Open
At Large:
Ryan Ridenour (Casteel)
Steve Wene (ALA)
Pat Weber (FW retired)

AIA: Dean Visser

Wrestling Rules Interpreter: Mark Panepinto