

2022-2023 MPA WRESTLING BULLETIN

Updated 1/27/23

WRESTLING SEASON

October 25, 2022 – MPA Weight Management Program Assessor Training 10:00 a.m.
MPA office or Zoom.

November 7, 2022 - First Allowable Date for the Alpha Weigh-in

November 13, 2022 – Mandatory Coaches' Meeting, 9:00 a.m. at Morse High School

November 21, 2022 - First Practice

November 26, 2022 – First Allowable Exhibition Meet

December 1, 2022 – Deadline for submission of online schedule

December 2, 2022 - Online Trackwrestling Eligibility Roster Due Date (Eligibility Roster **MUST** be submitted **BEFORE** Alpha Weigh-in data can be entered)

December 9, 2022 - First Countable Match (After 3:00 p.m.)

December 16, 2022 – Two (2) pound growth allowance

Jan 30 – Feb 3, 2023 – Online Sportsmanship Voting

January 25, 2023 - Last Countable Match (Final Countable Match for Dual Tournament Seeding)

January 27, 2023 – Dual Meet Seeding Meeting

January 28, 2023 – League Championships

January 30, 2023 – Confirmation of Dual Tournament Participation

February 4, 2023 – Last Countable For Individual Tournament

February 4, 2023 – State Duals Championship (Classes A & B)

February 11, 2023 - Regional Meets (Classes A & B)

February 18, 2023 - State Meets (Classes A and B)

February 21, 2023 – Girls Individual Championship

February 24, 2023 – New England Qualifier

February 25, 2023 – New England Qualifier Make-up Date

February 28, 2023 - 12:00 Noon – Deadline for withdrawal from New England Championships

March 3-4, 2023 – New England Wrestling Championship – Providence Career and Technical Academy, Providence, Rhode Island

2023 CHAMPIONSHIP WRESTLING GUIDELINES

- All MPA Championship Meets will have the following times to help reduce the need for some schools to make an overnight trip.
 - Check-in: No earlier than 8:30 a.m.
 - Weigh-in: 9:00 a.m.
 - Start Time: 10:00 a.m.
- All wrestlers must be present and appropriately dressed for the awards presentation. Violations will result in the deduction of one team point. Appropriate attire would include a school uniform or school provided warmups.
- Awards will be presented at the end of the tournament.
- Wrestlers must wear a school provided or approved uniform in every match.

TERMS AND CONDITIONS OF PARTICIPATION

2022-2023 National Federation Wrestling Rules for high schools will govern interscholastic wrestling in Maine. In addition, the terms and conditions set forth in this

bulletin shall be used in regular season and postseason competition. National Federation and all MPA rules apply to all high school wrestling competitions in Maine.

All MPA eligibility rules will apply.

RECOMMENDED PROCEDURES:

- Strongly recommends showers after every practice and each individual match during all day tournaments.
- Head Gear should be washed weekly with a mild soap and allowed to dry before use. (it is recommended that schools read all manufacturer's recommendations for cleaning).
- In all day tournaments, each mat MUST be cleaned at least once during the day.
- Ankle bands should be cleaned once a week.
- Officials will check for skin infections site will have the final determination of clearance to wrestle for all injuries and skin infections.

MANDATORY COACHES' CLINIC 2022-2023

November 13, 2022 - Morse High School at 9:00 a.m.

Coaches may attend through Zoom through the link: meet.google.com/sbd-vpaz-uda

This is a mandatory meeting and one coach from every wrestling school must attend the meeting.

MANDATORY COACHES' COURSES

*Each coach must complete the NFHS "*Concussion in Sport*" video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS "*A Guide to Heat Illness*" video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS "*Sudden Cardiac Arrest*" video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS "*Protecting Students from Abuse*" video that is available at the NFHS website (www.nfhslearn.com).

COACH'S LIAISON TO THE MPA WRESTLING COMMITTEE

Scott Lewia, coach at Wells High School is the Coach's Liaison to the MPA Wrestling Committee for the 2022-2023 season. Coach Lewia reports on behalf of the wrestling coaches at each MPA Wrestling Committee meeting. Any issues that need to be addressed from a coach should go through Coach Lewia. He can be reached at scottlewia@rsu57.org.

WRESTLING SCHEDULING

Schools may not begin practice prior to November 21, 2022. Only those meets held on or after 3:00 p.m. on December 9, 2022, and on or before **February 4, 2023** will be considered for seeding purposes. League championship meets shall be countable

meets for seeding and will be one of the 15 regular season dates for all schools involved.

In order to allow enough time for conditioning, no exhibition or preseason meets may be held until the Saturday of the first week of practice, November 26, 2022.

ALPHA WEIGH-IN

Schools may have their Alpha Weigh-in any time on or after the second Monday in November (November 7, 2022) which is two weeks before the beginning of the winter season on Monday, November 21, 2022. Schools must follow all the procedures outlined in the Weight Management Handbook. **Wrestlers must have established their alpha weight before they may participate in any matches preseason or regular season. Once established it may not be changed for the season. During the Appeal Process (page 5 of the weight management program) a wrestler may not wrestle in a weight class lower than that indicted by his / her official weight loss table as established at the Alpha Weigh-in.** A TWO-pound growth allowance will be allowed on December 16, 2022. After a growth allowance has been granted, wrestlers do not need to reach scratch weight to be eligible to compete in each weight class. **The maximum amount of weight allowances for any meet is FOUR pounds.**

WEIGHT CLASSES

2022-2023 NFHS Weight Classes:

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 lbs.

In 2023-2024 the NFHS has provided options by state association adoption of 12, 13, or 14 weight classes. The MPA Wrestling Committee has selected the 14 weight class option for boys vs. boys and boys vs. girls. For girls vs. girls the selection is 12 weight classes. The committee also recognizes a need to align with the New England Council selection of weight classes for competition in the New England Championships.

WEIGH-IN PROCEDURES

For dual format meets, the weigh-in process (weighing, skin checks, grooming rules) will be administered by the host Athletic Administrator or the Athletic Trainer assigned to the contest to allow more officials to be available for matches. Any skin checks that were of concern may be confirmed by the official once the official arrives at the facility. Coaches are required to fully understand the weigh-in rules and procedures. For individual format tournaments, the officials will still be expected to perform the weigh-ins as before. **COACHES MUST HAVE THE WEIGH-IN FORMS WITH EXACT DATE!**

Skin Disease - If a participant is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable, his/her coach shall provide current (within ten days) written documentation on the NFHS Skin Lesion Form from an approved healthcare provider stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. The NFHS Skin Lesion Form must be presented at the weigh-in prior to competition. The form may be overruled only by a designated meet physician. Wrestlers may not use documentation from a visit to a local clinic on the day of the meet or from a physician who may be a spectator.

There is no longer a minimum weight for the 285-pound weight class. The NFHS rule that allows wrestlers to wrestle up one weight class will apply to all weight classes.

- A. A contestant shall not wrestle more than one weight class above that class for which his/her actual weight qualifies him/her. The same rules apply for males and females. Schools that have female wrestlers should call the host school to make arrangements prior to a meet.
- B. All weigh-ins must follow the new NFHS weigh-in procedure. All contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration.
- C. All contestants shall weigh-in in the gym or meet site wearing a legal uniform and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a suitable form-fitted compression undergarment that completely covers their breasts. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

The Match Date Minimum Weight form must be brought by the coach to each of the 18 allowable meets (3 preseason, 15 regular season). The date on this form must be the same as the date of the meet (the first day of a two-day meet) and must be provided to the officials, **opposing coaches, and the head table.** Wrestlers may not wrestle in a weight class lower than the minimum class indicated for that date on the Match Date Minimum Weight form. Wrestlers not listed on the Match Date Minimum Weight form for a given date, may not wrestle on that date.

The following procedures will govern all meets under the weight management policy:

- a. **Coaches must present his/her team's Match Date Minimum Weight Form to the officials before the weigh-ins at all exhibition and regular season meets or tournaments. Failure to do so will disqualify that school from participating in the meet.**
- b. All wrestlers in exhibition and junior varsity matches must wrestle in their weight class of entry in accordance with the Match Date Minimum Weight Form. No Exhibition Matches count toward seeding.
- c. If, at any time after a meet and before the regional seeding meetings, it is discovered that a wrestler won a match in a weight class other than those indicated on the Match Date Minimum Weight Form, that individual match will be declared a forfeit by the chair of the wrestling committee.

All wrestling schools are encouraged to schedule all schools in their region. All varsity matches on countable dates will be considered for seeding purposes. Competition in tournaments will count as countable matches for seeding purposes; however, head-to-head tournament competition will be used as a criterion. All tournament matches count for seeding purposes. **All school's that attend out-of-state meets must provide Meet results to the respective regional meet director within 1 week of the tournament's scheduled event if it involves any in-state competition.**

Individuals competing in any meet and tournament must be accompanied by the coach of record (eligibility list form) or a person who meets coaches' eligibility

standards and who has written authorization by the principal or athletic administrator. Only coaches who meet the MPA Coaches' Eligibility requirements or athletes in uniform may sit in a corner. **A maximum of two approved individuals are allowed in the corner.** The head coach will be assessed a 2-point team deduction for an illegal, uncertified coach in the corner. **Team members are not permitted to sit on the side of the mat during matches and should be in the warm-up area or in the stands with their team when not wrestling.**

The use of TV or film by coaches or wrestlers during the meet is prohibited. Schools and parents may video but the video CANNOT be reviewed the day of the meet.

A designated medical person's ruling about a participant injury shall be final. Officials will notify the coach if a wrestler is exhibiting signs or symptoms of a concussion. If an athlete is sent off, then a designated appropriate medical person (MD, DO, certified athletic trainer, registered nurse or physician's assistant) shall determine if the athlete can return to the contest. If a designated appropriate medical person is not available, the athlete's coach will make the decision as to whether the athlete may return to the contest.

[Please see form available to report a skin condition.](#) (The form is also located on the Wrestling homepage.)

The normal NFHS rules concerning forfeits shall be applied for all cooperative wrestlers who are regularly scheduled at any meet and for all other wrestlers in the cooperative wrestlers' weight classes. Forfeits are no longer considered as matches wrestled when considering the five (5) matches in one-day limit.

Rule 1-4-4 states: "No contestant shall wrestle in two consecutive matches with less than a 45-minute rest between them. The conclusion time of each match shall be recorded." There are no exceptions to this rule.

The Maine Principals' Weight Management Program is mandatory for all schools and wrestlers. The weight management policy can be found at the end of this bulletin and all competition will be governed by this policy.

Coaches who schedule their Alpha Weigh-in after November 7, 2022 but before November 21, 2022 are allowed two preseason meetings with their teams, one of which must be the Alpha Weigh-in. Coaches who schedule their Alpha Weigh-in on or after November 21, 2022 are allowed only one preseason team meeting.

When seven or more cooperative wrestlers are attached to a school, the officials at all meets that the school attends will be paid for an additional team. **When fewer than seven cooperative wrestlers are attached to a school, the extra bouts necessitated by their presence will be paid to the officials at the rate of \$5.75 per bout.** The responsibility for the additional payment will be left up to the discretion of the school to which cooperative wrestlers are attached (receiving school), the school from which the cooperative wrestlers come (sending school) and the school hosting the meet.

A school's administration may request an "Assistant Referee" for a Dual Match. The Assistant Referee will be paid mileage (unless he / she rides with Head Official) and 75% of the Dual Fee, which will be \$61.50.

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

* Two waivers per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances (e.g., If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity. If a request to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule**).

** This policy is not intended to restrict dual sport participation in schools that allow dual participation.

*** Penalty for violation of this policy:

1st Violation Suspension from play for one game/contest

2nd Violation Removal from team for remainder of season

(Effective Date: 2019 Fall Sport Season)

EJECTION RULE FOR COACHES AND STUDENT ATHLETES POLICY:

In all team and individual sports (varsity or subvarsity), ejection or disqualification from a game, meet, or match for unsportsmanlike behavior of any form, by a coach or a player, shall result in the suspension of that player or coach. The coach or player ejected from a contest must sit out all contests at all levels until the coach or athlete completes the ejection penalty by sitting out the next game at the level from which he/she was ejected. This rule applies to a game, meet, or match suspended before completion as well as a completed contest. This penalty may not be served by sitting out an exhibition, subvarsity, or other competition. A suspended coach may not be present at the game site. Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands, or site area before, during, or after the game/meet. Any coach or player ejected from the last game, meet, or contest of a sports season shall serve a one game suspension in the opening countable game, meet, or contest in the next varsity sport in which he/she participates. The coach or player may participate fully in preseason.

In wrestling, a meet or match is defined as:

A multiple day tournament.

A dual, tri, quad, etc. held on one day.

Examples: A wrestler or coach ejected from the first day of a two-day tournament must sit out the second day of the tournament and the next scheduled meet or match on a subsequent date.

A wrestler or coach ejected from a dual, tri, quad, etc. meet scheduled on a given day must sit out that entire day and the next meet or match on a subsequent date. Wrestlers must wear only school issued uniforms (Ref. Rule 4-1-1-C of NFHS rulebook, page 14). Notice 2014 – 2015. To sustain continued action during a match by “requiring” hair covers to be attached to the ear guards.

Prior to their return to play any player ejected from a game must complete the NFHS “Sportsmanship” video that is available at the NFHS website (www.nfhslearn.com).

Prior to their return to the sideline any coach ejected from a game must complete the NFHS “Teaching and Modeling Behavior” video that is available at the NFHS website (www.nfhslearn.com).

For any ejection the Athletic Administrator must submit and Ejection Report [MPA Ejection Reporting Form \(jotform.com\)](http://MPA Ejection Reporting Form (jotform.com)) to the MPA.

TERMS AND CONDITIONS OF SCHEDULING

- 1A. Schools may schedule a total of 18 dates: 3 during the preseason (November 26 - December 8) and 15 during the regular season (December 9 – February 4). A consecutive two-day tournament equals one date.
- 1B. A team that knowingly does not honor the commitment of a wrestling match forfeits the matches they would have wrestled that day.

If a school fails to honor a committed match, or matches, on the MPA schedule, the school shall be fined \$100 and the Head Coach will be disqualified for the next scheduled countable match (es) due to the Unsportsmanlike Behavior.

Entering schedules correctly into Track Wrestling is essential for the online results reporting system to be accurate. **Home schools enter dates for home matches.** All opponents must be listed for every match date.

Home schools are required to list all opponents for in-season tournaments and end-of-season league tournaments.

Out-of-state opponents should be listed under the non-member category.

Two-day tournaments should list the first date!

Schools will only enter results of competition against Maine wrestlers. This may be at out-of-state tournaments if you see a Maine wrestler at that event. In that case – you are required to record Maine matches.

Each of the Maine meets must follow National Federation rules.

Schools that are participating in multiple meets on the same date at different sites must enter wrestlers in at least half the weight classes at each site. It is recommended that host schools enter results for all Maine wrestlers into the MPA reporting system.

*At all MPA tournament events, beginning with the Regional Championships and extending through the New England Qualifier, the host school may not do a 50/50 raffle, as this is an MPA event.

STATE TEAM DUALS CHAMPIONSHIP

Saturday, February 4, 2022

January 25, 2023 - Last Countable Match (Final Countable Match for Dual Tournament Seeding)

January 30, 2023 – Confirmation of Team Participation in the Dual Tournament.

Class A & B Site – **Cony High School**

Site Director: **TJ Maines**

Meet Director: **None**

Beginning in 2020 the MPA will sponsor a Team Duals Championship in Class A and in Class B. **Beginning in 2022 the tournament will be wrestled at a site that can host 3 mats at a minimum or ideally 4 mats.** Rule 11 will be used as a reference in the Dual Tournament.

1. Selection of Teams There will be a Class A and Class B Team State Championship. The top 4 teams from the North and from the South will compete in each classification. The MPA Wrestling Committee will meet to choose the class representatives on January 27, 2023. Dual matches wrestled on or prior to Wednesday, January 25, 2023 will count toward dual seeding. Schools must confirm acceptance of the invitation to the Duals Tournament by **12:00 on Monday, January 27, 2023.**
2. Seed format will be the same as seeding for the individual tourney and will be organized initially by **winning percentage within Class, then by overall win percentage but amended to:**
 - a. Head-to-head
 - b. Record against common opponent
 - c. Best overall record
 - d. Returning champion
3. Format Simple 8 team championship bracket, single elimination as are all other MPA tourneys. All teams will wrestle at least two matches.
4. Schedule
 - a. **9:00 am weigh in by team with all substitutes weighing in. Coaches will need to present to the head table the Match Date Minimum Weight Form.**
 - b. **9:30 or earlier Coaches pre-meet meeting**
 - c. **9:50 teams march into gymnasium**
 - d. **10:00 National Anthem**
 - e. **10:10 wrestling championship quarterfinals on four mats Class A**
 - f. **11:45 wrestling championship quarterfinals on four mats Class B**
 - g. **1:15 Class A championship semifinals and Class A consolation matches on 4 mats**
 - h. **2:45 Class B championship semifinals and Class B consolation matches on 4 mats**
 - i. **4:15 Class A championship final 1 mat / Class B championship final 1 mat**
 - j. **5:30 Awards ceremony**

5. Teams If teams choose not to participate the MPA will select an alternate from each region (if alternate is used, all teams in region move as done with states)
6. Awards
 - a. Team Championship and Team Runner up award
 - b. Medals (22) champions and (22) runner up medals, weight class not included on medals

REGIONAL TOURNAMENT (CLASSES A, & B)

1. Date: Saturday, February 11, 2023 (Meet Directors may alter the team schedule to allow for poor weather.)

2. Sites:

Class A North – Oxford Hills Comprehensive High School, South Paris

Site Director: - Kevin Ryan

Meet Director – Sean Keenan

Class B North – Penobscot Valley High School, Howland

Site Director – Gerald Hutchinson

Meet Director – Bob Stedt

Class A South – Kennebunk High School

Site Director – Joe Schwartzman

Meet Director – TBA

Class B South – Fryeburg Academy

Site Director – John Gordon

Meet Director – John Gordon

COACHES' ATTIRE

Coaches should be appropriately dressed in a collared shirt with appropriate slacks. Jeans, hats, and boots are not allowed.

TERMS AND CONDITIONS OF SEEDING

1. The date, time, and site of the seeding meeting will be determined by the Meet Director. Fifteen dates are provided for seeding purposes. These dates and teams must be on the school's schedule and counted by all teams involved. Coaches are responsible for ensuring that their records are accurate and up to date for the regionals
2. Order of Seeding

Situations not resolved utilizing this criterion will be resolved by the Seeding Committee. The wrestlers are rank ordered according to their winning percentage in all regular season meets and in state opponents only in their class of entry and then the following criteria are considered in order. This ranking by winning percentage is the starting point only.

 - a. Head-to-head in weight class of entry, against Maine wrestlers only.
 - b. Head-to-head in weight class other than the weight class of entry.
 - c. Record against common opponents in weight class of entry including out of state competitions in which they have wrestled a Maine wrestler.

- d. Record against common opponent in same weight class, but not weight class of entry.
- e. Best overall record in class of entry placing priority on total number of matches wrestled
- f. Returning champion of that tournament in weight class of entry.

To be seeded in the top five, a wrestler must have at least four mat matches in the weight class of entry or have a winning head-to-head match with a wrestler seeded above him/her. Forfeits do not count as a mat match in this case only.

One wrestler in each weight class on each school team will be seeded for the Regional Wrestling Meets. A wrestler must have at least one countable match in the weight class of entry to be seeded. All the rules relating to the order of seeding remain in effect.

All qualified wrestlers within a region will be seeded. The length of all championship bouts shall be 2-2-2.

If there is a need for a bye, the bye will be randomly drawn.

The Seeding Committee is composed of the meet director, the head official and the MPA Wrestling Committee member assigned to the Regional Meet.

If a coach is dissatisfied with an official's decision on the misapplication of the rule, he/she may appeal. That appeal must be in writing and go to the Appeals committee for further review. (Judgement calls are not appealable -- see rule 6-6-5.) The coach and wrestler cannot leave the wrestling area during an appeal.

The decision of the Appeals Committee on all questions and rules is final. The Appeals Committee for the Regional, State, and New England Qualifier will be: Site Director, Meet Director, Head Official (if not involved in the appeal), and an Appointed North and or South non-voting Coach. If Head Official is involved, then a Back- up Official would be chosen.

The seeding meeting ends when the last class is seeded.

REPLACEMENT OF SEEDED ATHLETES AT REGIONAL MEETS

Participants may be replaced at regionals due to illness, grades, and injury disqualification. If an athlete does not make weight, he/she may not be replaced. Request for replacement must be made to the meet director, committee representative, and head official on the day of the meet. Wrestlers cannot be substituted for once their team or weight class has entered the weigh-in area. Wrestlers are not allowed to switch weight classes once the school has submitted its regional entry form.

STATE CHAMPIONSHIP TOURNAMENTS (consider the Cap System)

Saturday, February 18, 2023

Class A – Sanford High School

Site Director: Zach Lemelin

Meet Director: Gordie Salls

Class B – **Mattanawcook Academy, Lincoln**
Site Director: **Barry Terrill**
Meet Director: **Bob Stedt**

In Classes A and B, the first four place winners (plus an alternate) in each weight class, in each region, shall qualify for the State Meet. The alternate shall be the higher seeded wrestler who is defeated in the consolation semi-finals unless previously defeated by the other consolation semi-final non-winner. If the alternate from a region is not available, the alternate from the other region shall fill that open spot. The Alternate shall be the higher seeded wrestler who is defeated in the consolation semi-finals unless previously defeated by the other consolation semi-final non-winner.

In the case of each wrestler entering the same seed (States, New England Qualifier) and each having been defeated in the consolation semi-finals, their consolation semi-final match would be scored as if it took place during a dual team match and the wrestler who lost in the closer match would be the alternate. (A wrestler losing by a 3-2 score would advance over a wrestler who lost 12-1)

If both wrestlers lost by the same differential, then the wrestler who lost to the eventual consolation champion would be deemed the alternate for that class.

If a bye exists in any weight class, the bye shall exist in the fourth seed, with all other seeded wrestlers moving up as needed.

GIRLS INDIVIDUAL CHAMPIONSHIP

The 2022-2023 Girls' Individual Championship will allow girls the opportunity to wrestle exclusively against other girls for a championship, but still allow them to be contributing members to their respective boy's teams and compete in the team championships. **The wrestling committee has selected the NFHS Weight Classifications for 12 weight classes in 2022-2023. The weight classes are: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235.** Schools may enter more than one entry per weight class. To qualify for the girls' championship, all wrestlers must have competed in at least one countable varsity match. Any wrestler not making weight at the girls' tournament is not eligible to wrestle in a lower weight class. All schools not completing the entry form by the due date for the girls' tournament will be fined.

Date – Tuesday, February 21, 2023
Site – **Wells High School**
Site Director: **Jodie Lawlor**
Meet Director: **TBA**

NEW ENGLAND QUALIFIER

The New England Qualifier will be Friday, February 24, 2023. (Snow date: February 25, 2023). Maine will use an 8-man bracket.

Site: **Camden Hills Regional High School**
Site Director: **Jeff Hart**
Meet Director: **Bob Stedt**

<i>Seeds in an 8-man bracket</i>	<i>Weights 106, 120, 132, 145,160, 182, 220</i>	<i>Weights 113, 126, 138, 152, 170, 195, 285</i>
1	1A	1B
2	1B	1A
3	2A	2B
4	2B	2A
5	3A	3B
6	3B	3A
7	4A	4B
8	4B	4A

Scratches

1. If a wrestler scratches, the meet director will move in alternate and move seeded wrestlers as is done in states. The meet director can use his/her discretion to avoid having wrestlers from the same classification (B vs B) in the first round. If alternate is used/not available from Class B, then use alternate from Class A, if no alternate is available, meet director will use his/her discretion on the seeds. This would hold true if the Class A alternate is used/not available as well, we would use the Class B alternate.
2. This seeding process is similar to the process held for the New England Tournament.

NEW ENGLAND TOURNAMENT

The New England Championship will be held on Friday, March 3 and Saturday, March 4, 2023 at the Providence Career and Technical Academy, Providence, Rhode Island

The MPA will enter all qualified athletes. The top three in each weight class from the qualifier will represent Maine. It is the school's responsibility to pay all fees, transportation, lodging, etc., for the athletes and coach.

The school, which the qualifying athlete attends, has an automatic waiver of the Sport Season Policy for the athlete. A coach may work with the qualifying athlete prior to the event and coach the athlete at the New England Competition. If a Saturday competition should be postponed to Sunday for any reason, Maine's athletes will not be allowed to participate without a "waiver" from the MPA Executive Director. A coach who holds current coach's eligibility status must be present and assume responsibility for a school's athlete(s) at the New England Competition.

There will be \$75 fine to schools for each wrestler who is entered the New England Tournament and who:

- Fails to appear to wrestle at the tournament or
- Fails to withdraw by the withdrawal deadline.

To withdraw a wrestler from the New England, meet, a school must call the MPA office

at 622-0217 before the withdrawal deadline of February 28, 2023 at 12:00 p.m.

AWARDS

The Wrestling Committee authorizes the presentation of “Outstanding Wrestler” awards which are administered by the Maine Interscholastic Wrestling Officials Association at the State Championships and New England Qualifier.

OFFICIALS FEES

Review the 2022-2023 MPA Handbook, Appendix J for the complete fee schedule, terms and conditions.

PROJECTED MEET DATES

In the **EVEN** numbered years, the North will host the Dual Tournaments and the South will host the Individual State Championship Meets. In the **ODD** numbered years, the South will host the Dual Tournaments and the North will host the Individual State Championship Meets.

GOOD SPORTSMANSHIP BANNER CRITERIA

*Reminder that in the 2022 – 2023 school year wrestling will utilize the online balloting for the Sportsmanship Banners. The winner of the Good Sportsmanship Banner will be determined by a committee made up of the MPA representative, the meet director, and the head official, in consultation with officials assigned to the meet. Regional qualifiers will be passed on to the state meet director. At the State Meet, the meet director will provide the Wrestling Committee with nominated schools to be selected by the Wrestling Committee, head official, and state meet director.

The criteria to be used in determining the winner are:

Neatness in attire of wrestler, coaches, and managers.

The friendly, courteous, and cooperative relationship existing between teammates and the opposing team members.

The patience, understanding, and degree of respectful communication displayed towards officials by wrestlers and coaches.

The respect given to the matches, actions and conduct of the opposing school’s wrestlers, managers, and coaches during and after each contest.

The lack of facial expressions, gestures, profanity, obscenities, and acts of unnecessary roughness or loss of self-control.

Leaving the bench, locker, and shower area in a neat, clean, and undisturbed state.

- Spectators exhibiting reasonable behavior in compliance with MPA rules and regulations. A few examples of poor behavior:
 - a. The use of noisemakers, placards, and confetti.
 - b. The display of distasteful banners or posters.
 - c. Verbal abuse of those on the mat.
 - d. The use of obscene gestures or vulgar language.
 - e. A lack of respect for the National Anthem and/or the National and State flags.

NFHS COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with

competitors and equipment.

Universal Hygiene Protocol for All Sports

Shower immediately after all competition and practice

Wash all workout clothing after practice

Wash personal gear, such as knee pads, periodically

Don't share towels or personal hygiene products with others

Refrain from (full body) cosmetic shaving

Infectious Skin Diseases

Means of reducing the potential exposure to these agents include:

Notify guardian, athletic trainer and coach of any lesion before competition or practice.

Athlete must have a health-care provider evaluate lesion before returning to competition.

If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.

Follow NFHS or state/local guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if approved by health-care provider and in accordance with NFHS, state or local guidelines.

Blood-Borne Infectious Diseases

Means of reducing the potential exposure to these agents include:

Bleeding must be stopped immediately, and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice. Contaminated clothing must be cleaned before using again.

Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.

Immediately wash contaminated skin or mucous membranes with soap and water.

Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.

Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

Further information can be obtained through your state high school association and the NFHS.

WRESTLING WEIGHT MANAGEMENT HANDBOOK

Download a copy of the Wrestling Weight Management Handbook at
<http://www.mpa.cc/pdf/weightmanagementhb.pdf>.

WRESTLING CLASSIFICATION 2022-2023

CLASS A 580+	CLASS B 0-579
NORTH	NORTH
<ol style="list-style-type: none"> 1. Oxford Hills, 1,043 2. Windham/Gray-NG/Westbrook, 911/566/1280 3. Hampden*, 801 4. Skowhegan, 742 5. Mt. Blue, 726 6. Mt. Ararat/Brunswick, 720/732 7. Camden Hills, 706 8. Brewer*, 687 9. Cony/Messalonskee, 630/737 10. Lawrence*, 628 11. Gardiner, 622 12. Nokomis, 587 13. Spruce Mountain*, 372 	<ol style="list-style-type: none"> 1. Mt. Desert, 527 2. Belfast, 491 3. Ellsworth, 480 4. Caribou, 445 5. Washington, 327 6. Foxcroft, 388 7. Bucksport, 344 8. Mt. View, 340 9. Maine Central, 334 10. Mattanawcook/Lee, 310 11. Dexter, 261 12. Fort Kent/Madawaska/Wisdom, 265 13. Calais, 247 14. Piscataquis, 180 15. Woodland, 145 16. Penobscot Valley, 134
SOUTH	SOUTH
<ol style="list-style-type: none"> 1. Bonny Eagle, 1,110 2. Sanford, 1,055 3. Scarborough/Gorham, 984/850 4. Noble, 920 5. Massabesic, 878 6. Portland/So. Portland, 873/901 7. Deering, 833 8. Biddeford/Thornton, 754/1352 9. Kennebunk, 753 10. Marshwood, 732 11. Cheverus/Falmouth/Cape Elizabeth, 360/676/539 12. Traip*, 259 	<ol style="list-style-type: none"> 1. Fryeburg, 566 2. Morse, 565 3. Erskine, 557 4. Medomak Valley, 547 5. Lincoln, 541 6. York, 524 7. Oceanside, 477 8. Wells, 434 9. Winslow, 400 10. Mountain Valley, 354 11. Lisbon/Oak Hill, 332/378 12. Monmouth/Richmond, 291/138 13. Dirigo, 212 14. Madison/Carrabec, 200/183

*Individuals Only