

**MVKWA Rule Clarifications**  
**[updated: Dec. 11, 2018]**

1. Weigh-in at practice week of the each meet
  - With singlet & shoes on
    - Singlet straps down so can check skin
  - Skin, Nails, Hair checked at weigh-ins at practice
2. Skin, Nails & Hair check procedure at meets
  - # of referees per # mats
  - see separate sheet for details
3. Singlets – all wrestlers must have singlets (**cannot** wrestle in shorts & t-shirt)
4. Wrestling Shoes – all wrestlers must have wrestling shoes
5. Mouth Pieces – required if have braces
6. Head Gear = Optional (MVKWA variation from OHSAA rules)
7. Long Hair = Need Head Gear and Cover:
  - OHSAA rule = all one piece, integrated
  - MKVWA rule = variation from OHSAA rules:
    - Just need head covering + head gear
    - Head covering does NOT need to be attached to the head gear
  - “Long Hair” definition – if lower than eyebrows, ear lobes or shirt collar in back
  - Check with: Trophy Sports, Tuffy Brooks, East Bay, Cliff Keen
8. If Girls or Boys Whose Body Size warrants Wear T-Shirts:
  - Must wear t-shirts under singlet
    - Must be one color and unadorned
    - Must have short sleeves
    - Cannot be long sleeve
    - Cannot be sleeveless
    - Cannot have a sports bra only
    - No tank tops
  - Must be approved by referees before meet
9. Special Equipment – must be approved by referees before meet
10. Warm-Up Timing – minimize time parents & kids need to be at meet
11. USA Wrestler Cards – can submit to USAW National Office via Excel sheet method
12. Number of Head Table Workers and Mat Table Workers for Team Sizes:

Team Size	Head Table Workers	Mat Table Workers
10-30	1 mat = 2-3 workers	1 mat = 3-5 workers
31-60	2 mats = 4-6 workers	2 mats = 6-10 workers
61-90	3 mts = 6-9 workers	3 mats = 9-15 workers

13. % of wrestlers at meets
14. Concussions:
  - Watch for hits to head > vision issue, vomiting, staggering, etc.
  - Referee’s call
  - State Law
  - Out that day and practices/meets until released by MD or DO
  - Normally 5 day policy to progress back to practice/meet
15. A coach or parent that has an issue with a DQ by a referee needs to talk to their Team Director, not the referee or Meet Director.
16. Mats at meets must have a boundary line at least 1 foot in from the gym floor.

## MVKWA Key Overall Meet Clarifications

Following are some key reminders for the Mini-Tournaments, Regional Tournaments and the Championship Tournament:

- **Weigh-Ins:** See below the "MVKWA Weigh-In, Pairing & Meet Procedures for MVKWA Weigh-In Cards" on how weigh-ins are to be conducted at practice and how the weigh-in cards are to be updated during the season. **For each meet**, the card needs the **current weight**, **current win-loss record** and **current win-loss percentage**.
- **Pairings:** Pairings will begin at 10:00 AM on the day of the meet (or a weekday evening for the Regional and Championships). One coach from each team is to be at the meet site (or a designated site for the Championships) at this time with their team's **weigh-in cards** with **current weights**, **current win-loss records** and **current win-loss percentages** (% = wins divided by all matches) for the wrestlers who will be at the meet, and the "MVKWA Pairing Guidelines" sheet.
- **Workers:** Each team is to have 4-23 workers to run 1-2 mat sections.
  - 1-6 Head Table Workers @ **11:30 (10:30 Regional; 10:00 Championships)**.
  - 3-10 Mat-Side Table Workers @ **12:30 (11:30 Regional; 10:40 Championships)**.
  - Call the Host Team's Director the week before to check the exact number of mat sections to cover.
  - **Championships:** Each team also needs 1-3 Setup Workers @ **7:00am**, 2-3 Clerks of Course @ **10:45am**, and 1-3 Cleanup workers @ **7:15pm**.
- **Supplies:** Each team is to bring the following materials to the meet: 2 timers/stopwatches, 4 sets of red & green leg bands, 2 rolled towels, 2 flip scores and 12 pens. Optional items: 2 sets of time cards (:45,:30,:15), 'Mat Table Worker Packet' & 'Head Table Worker Packet' with instructions/examples, Coach's Tracking Cards, list of parents working this meet.
- **Home Team Workers:** Meet director, Set-Up/Clean-Up Workers, Security Workers (keep parents in stands & keep drinks out of gym), admissions person(s) and concessions organizer & staff.
- **Home Team Set-Up:** 2-3 large mats (eg: 36'x36') taped into 8-12 sections with **line 1' in on all outside edges (with border mats as needed on outside edges)**, 23-32 tables (16 pairing/head tables, 8-12 mat-side tables, admissions, concessions), 110-170 chairs (3/head table, 5/mat-side table, and 32-48 @ 4/mat section for coaches, admissions, concessions, security), PA system, bleacher seating for about 700. Set-up should be completed by **10:00 AM**.

## MVKWA Weigh-In, Pairing & Meet Procedure Clarifications

- I. Weigh-Ins: Each team will conduct weigh-ins **at its own practice during the week prior to the meet.** A certified scale is to be used.
- ❖ Weigh-In with shoes/singlets on: Wrestlers weigh-in in with shoes and singlets on (or with shoes, t-shirts & shorts on).
  - ❖ Nails and skin checked: Long fingernails should be clipped and skin conditions (ringworm, etc.) checked for at weigh-ins. For suspicious skin conditions that may infect other wrestlers, the wrestler should be looked at and approved by a Dermatologist prior to competing. Keep in mind, a coach may be legally liable by permitting a wrestler with a possible skin disease to compete.
  - ❖ Current Weight on Card: Each wrestler's "**Weight**" is to be written on the card in the correct column for that week's meet. That weight is also written in pencil in the **upper right hand corner**, on the "**Current Weight**" line. The "Current Weight" is written in pencil, as it will be updated after each weigh-in.
  - ❖ Current Win-Loss Record on Card: During practice, the parents can help the Coach by adding together the wins and losses from all the meets. This total is put in the "**Year-to-Date Win/Loss Totals (in pencil)**" box IN PENCIL. This win-loss record is then carried to the "**Current Record**: (in pencil)" lines in the **top right corner** of the card (wins go on the first line; losses go on the second line), **IN PENCIL**. The "**Win/Loss %**" is then calculated (all wins divided by all matches, rounded to the nearest whole number, example: 78%) and written in the **top right corner**, also **IN PENCIL**.
    - First meet note: For the first meet, for returning wrestlers, the Head Coach will put the final win-loss record of the wrestler from last year in the top right corner of the card IN PENCIL. For new wrestlers, the Coach will leave the wins and losses area blank.
  - ❖ LET'S SHOOT FOR ZERO NO-SHOWS: It is very important to check which wrestlers will NOT be at the meet. Please have your Head Coach stress this with your wrestlers. Wrestlers and their parents need to definitely say whether they are going to be at the meet or NOT be at the meet. Last minute illness should be phoned in to the team's Pairer prior to him leaving for the Sunday morning pairings. Only wrestlers who will for sure be in the meet that week are to be weighed in. (The "Wrestler's Signature" on the back of the card can be used to help here. However, it is optional.)
- II. Pairing: One coach from each team brings all that team's MVKWA Weigh-In Cards. This person is to arrive at the meet site by **10:00 AM** (or designated weekday evening for the Regional and Championships). Only the cards for wrestlers who will be at the meet are to be brought. When the one Pairer (Coach) from each team agrees on the pairing of a group, the "Group" number is written on each wrestler's card.
- III. Stats - Head Table Workers Write-In: Near the end of the meet, the Head Table personnel write in the Wins and Losses for this wrestler from this meet, and circle the "Place" (1, 2, 3, 4, 5 or 7) on each wrestler's card. They also fill in the "Wrestler's Stats" (NF's, TD's, R's, E's, Pins and Wins) on the back of the card. (NOTE: Head Table personnel also complete the stats on the Pairings/Results sheets and make out the ribbons.)
- IV. Weigh-In Card/Ribbon/Sheets Pick-Up: One coach from each team picks up their team's MVKWA Weigh-In Cards, ribbons and final MVKWA Pairing/Results sheets after the meet.

**MVKWA Heavyweight Chart**  
**Guidelines for Pairing Heaviest Wrestlers in Each Age Group**

Ages	Lightest HWT Range	Middle HWT Range	Heaviest HWT Range
5-6	60-80	81-129	130-175
7-8	70-110	111-141	142-190
9-10	none	110-155	155-210
11-12	none	140-170	170-225
13	none	none	205-245

An MVKWA Mini-Tournament site needs:

- a. bleacher seating for 450 people
- b. gym available 9 AM - 5 PM day of meet
- c. two or three 36x36 mats (or 2-3 mats of similar size)
  - where each mat section must be the equivalent of  $\frac{1}{4}$  of a regulation high school mat

Mini-Tournaments Guidelines			
Max. Wrestlers:	270	330	400
Mat Sections:	8 mats	10 mats	12 mats
Referees:	10 refs	13 refs	15 refs

- d. floor mats/etc to sit 25 wrestlers @ each of 8 mat sections
- e. admission: \$3/adult (18&over), \$2 (13-17), 12&under free
- f. est. net income for host team: \$800-\$1800
- g. note on times:
  - 1) set-up 9:00-11:00
  - 2) pairing 10:00
  - 3) mat assignments posted on walls 12:30
  - 4) open warm-ups 12:00-1:00
  - 5) report to mats 12:45
  - 6) wrestling 1:00-4:00 (1:00 MEET START TIME)
  - 7) clean-up 4:00-5:00

An MVKWA Regional site needs:

- a. need bleacher seating for 1100 people
- b. gym available 7 AM - 6 PM day of meet
- c. two to three 36x36 mats (or 2-3 mats of similar size)
  - where each mat section must be the equivalent of  $\frac{1}{4}$  of a regulation high school mat
- d. floor mats/etc to sit 40 wrestlers @ each of 8 mat sections
- e. admission = \$4/adult(18&over), \$3 (13-17), 12&under free
- f. MVKWA gets 25% of admissions (to balance the budget)
  - NOTE: Since this helps fund the MVKWA, in essence the regional gate receipts are shared by all the teams.
- g. host team gets 75% of admissions & all concessions
- h. est. income for host team = \$1600-\$3000
- i. host must put a meet program together (can sell for more \$)
- j. need 12 officials
- k. note on times:
  - 1) set-up 7:00-9:00
  - 2) pairing 8:00
  - 3) open warm-up 11:00-11:45
  - 4) report to mats 11:45
  - 5) wrestling 12:0-4:00
  - 6) clean-up 4:00-6:00