

MONSIGNOR MARTIN HIGH SCHOOL ATHLETIC ASSOCIATION WRESTLING LEAGUE HANDBOOK

SPORT: Wrestling

YEAR: 2023-24

LOCATION: Individual school gyms

LEAGUE STRUCTURE

Canisius, Gow, St. Francis, St. Joe's, & St. Mary's

PRE-SEASON COACHES MEETING

Wednesday, October 25, 2023, 7 p.m. via Zoom

PRACTICE MAY BEGIN:

Monday, November 13, 2023

WEIGHT CERTIFICATION:

Our assessor is Karen Roehling, Asst Athletic Trainer/SWA at Daemen University Sports Medicine
(C) 716-238-3742 kroehlingatc@gmail.com.

Select an option below for certification and email Pete Kennedy. Your team will be scheduled for an appointment on the date you prefer. Please arrive at your appointment time.

Your entire roster must be correctly entered in TrackWrestling three days prior to your certification date.

Wrestlers must wear either t-shirt AND shorts OR a singlet. These are the only allowed clothing for certification.

Friday, November 17, 2023 @ St. Francis High School

7:30 a.m.

Tuesday, November 21, 2023 @ St. Joe's

3:30 p.m.

Tuesday, November 28, 2023 @ Frontier High School

4:30 p.m.

LEAGUE SCHEDULE BEGINS:

Week of December 4, 2023

MMHSAA ALL-CATHOLIC SEEDING MEETING:

Thursday, February 1, 2024 @ St. Joe's Admissions Office 7 p.m.

58th MMHSAA ALL-CATHOLIC TOURNAMENT:

Sunday, February 4, 2024, 9 a.m. @ Canisius High School

CHSAA STATE CHAMPIONSHIP:

Saturday, February 10, 2024 @ St. Anthony's High School, Huntington, Long Island

FEDERATION STATE CHAMPIONSHIP:

Friday & Saturday, February 23 & 24, 2024 @ MVP Arena, Albany, NY

CHAIRPERSON:

Pete Kennedy – 716-874-4953 (Office) – 716-316-3210 (Cell) - pkennedy@sjci.com

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REGULAR SEASON

ROSTERS

All rosters must include all the required information and be electronically generated. The roster must be submitted electronically to the Executive Director no later than the first day of competition on Google sheets roster template.

DUAL MEETS:

The home team is responsible for payment of officials within 30 days.

Order of events: Prior to each competition, the head coaches will draw the beginning weight class.

Dual Meet records, MMHSAA and non-league, should be reported weekly to Pete Kennedy via email at pkennedy@sjci.com. The Chairperson will report league standings to The Buffalo News.

The Head Coach of the winning team must report the result to The Buffalo News by 9 p.m. at scores@buffnews.com and sports@buffnews.com. It is strongly suggested that coaches also report all dual meet results to Tim Herman of Armdrag at info@armdrag.com, Kristin Clark of Wrestling Review at kristin.clark72@gmail.com, and Glen Irving of NYSSA at Grapltracr@hotmail.com.

The MMHSAA will crown a League Champion based upon dual meet results. In an event of a tie, co-champions will be declared. All league matches must be completed by January 19, 2024.

POST SEASON

CHSAA DUAL MEET CHAMPIONSHIP

Saturday & Sunday, January 27 & 28, 2024 @ Monsignor Farrell High School, Staten Island
St. Francis, St. Mary's, and St. Joe's will participate in 2024.

Schools are responsible for their own travel arrangements – transportation and lodging.

MMHSAA ALL-CATHOLIC TOURNAMENT

Multiple entrants per team are allowed to enter the All-Catholic tournament. However, as this is a qualifier for the CHSAA Championship, wrestlers should only enter if they are able to compete at the CHSAA Tournament.

Updated NOVEMBER 2014, per NYS rules and confirmed at the October 2014 CHSAA Executive Meeting, all entrants in all tournaments must be scorers. All participants in the All-Catholic tournament will count towards team scoring. The MMHSAA will crown one All-Catholic Tournament team champion.

QUALIFYING FOR THE ALL-CATHOLIC TOURNAMENT:

Participation in a minimum of six (6) contests is required to be eligible for postseason competition. Therefore, a wrestler must compete (exhibition, forfeit, varsity/JV match) and be charged with six (6) points towards their maximum number of points. The six required contests must be held on six different dates. Teams may enter a maximum of 39 wrestlers.

All results must be entered in the NWCA Database before the All-Catholic Seeding Meeting.

From the NYS Wrestling Committee: NWCA Results should be entered on a timely basis. Weekly updates should be done. (Example: Coaches should not wait until the last week of the season to try to enter all their data)-Chairmen should emphasize this at their pre-season meetings.

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MMHSAA ALL-CATHOLIC SEEDING MEETING:

Thursday, February 1, 2024 @ St. Joe's Admissions Office 7 p.m.

ALL-CATHOLIC TOURNAMENT SEEDING CRITERIA

Depending upon CHSAA Seeding vote circulated to head coaches the week of 10/22/23, the seeding mechanics for the MMHSAA All-Catholic Tournament may need to be edited.

1a. Common Sense

1. Overall Winning Record
2. Head-to-head (in Varsity competition; league dual meet results carry weight over tournament results)
3. Common Opponents
4. Returning CHSAA Champ
5. Returning MMAA Champ
6. Returning CHSAA Place Finisher
7. Returning MMAA Place Finisher
8. Win-Loss Differential (Winning Records Only)
9. MMAA league winning record

Once a weight class is seeded, there can be no changes to the weight and a wrestler cannot be moved to another weight class.

58th MMHSAA ALL-CATHOLIC TOURNAMENT:

Sunday, February 4, 2024, 9 a.m. @ Canisius High School

Weight-ins: 7:30 - 8:30 a.m. -- Coaches' Meeting: 8:30 a.m. -- Wrestling Begins: 9:00 a.m.

The All-Catholic Tournament is the start of the post-season. Any wrestler failing to make weight may not compete.

Scoring: **Updated NOVEMBER 2014**, per NYS rules and confirmed at the October 2014 CHSAA Executive Meeting, all entrants in all tournaments must be scorers. All participants in the All-Catholic tournament will count towards team scoring.

Placing: 1st-6th

CHSAA Qualifiers: The 1st-5th place finishers in each weight class qualify for the CHSAA Tournament.

CHSAA STATE TOURNAMENT

Saturday, February 10, 2024 @ St. Anthony's High School

- Champions automatically advance to the NYS Federation Championship – Friday & Saturday, February 23 & 24, 2024 @ MVP Arena, Albany, NY

Scoring: **Updated NOVEMBER 2014**, per NYS rules and confirmed at the October 2014 CHSAA Executive Meeting, all entrants in all tournaments must be scorers. All participants in the CHSAA tournament will count towards team scoring.

Refer to NYSPHSAA 2023-24 Wrestling Program Booklet & NFHS Rule Book for all rules and procedures.

Please note the following:

- Wrestlers must participate in 10 practices prior to a scrimmage or competition
- The following 13 weight classes are required: 101, 108, 116, 124, 131, 138, 145, 152, 160, 170, 190, 215, 285 for all dual meets and tournaments. A two-pound growth allowance is in effect after 12/25.
- Enter your roster in TrackWrestling. Note that will have to enter a Birthdate and E-mail address for each wrestler. Do not enter new wrestlers, or import from previous season, until you have this information available.
- The In-Body machine will be used for calculating weight assessments beginning in 2021-22.

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- The procedures for adding a wrestler to your team after certification are explained on pages 4 and 5 of the NYSPHSAA Program of Wrestling. Failure to follow the correct procedures could lead to forfeiture of bouts and meets.
- Beginning with the 2023-24 season, additions to schedules can now be made after the Saturday of Week #28. (Prior to the 2023-24 season Week #28 had been the deadline date for being able to schedule new competitions due to teams trying to add events to assist with the past 50% rule, which is no longer in effect).
- The procedures for weigh-ins are explained on pages 13-27 of the NYSPHSAA Program of Wrestling. Failure to follow the correct procedures could lead to forfeiture of bouts and meets.
- The maximum number of points a wrestler will be permitted is established by the NYSPHSAA. For 2023-24 the maximum points permitted shall be 20 points. A contestant may not exceed the maximum number of points during the regular season. Only six tournaments are permitted. The procedures for points are outlined on pages 8-10 of the NYSPHSAA Program of Wrestling.
- POST-SEASON: The All-Catholic Tournament begins our postseason. The CHSAA Duals are also a postseason event. You may enter a maximum of 39 wrestlers in the All-Catholic Tournament. Each must have participated in a minimum of six (6) contests. Eligibility for the post-season is explained on page 36 of the NYSPHSAA Program of Wrestling.
- CHSAA: If your wrestler places in the Top 5 at the All-Catholic Tournament, he is expected to compete at the CHSAA Tournament. If a Top 5 place finisher is unable to compete, the head coach must notify the MMHSAA Wrestling Chair ASAP. If possible, the position will be offered to the 6th place finisher. If a replacement is not able to compete, the school of the Top 5 wrestler unable to compete is responsible for the CHSAA tournament fee.
- MMHSAA is not responsible for booking travel, or hotels, for CHSAA events. Schools are encouraged to collaborate to control costs.
- The All-Catholic Tournament host school is responsible for providing two mats, two scoring table, a head table with internet connection, and for table help to staff both mats. The MMHSAA provides staff to collect the entry fee and keeps the entry fee. The host school keeps the proceeds from concessions.
- CHSAA sponsored tournaments (CHSAA Individual Or CHSAA Dual meet tournaments) are not considered part of the regular season and do not count as contests towards the six required contests for eligibility, do not count as one of the six allowed tournaments, and do not count as points towards the 20 point limit. Team and Individual wins and losses from these events will count and should be entered into the TrackWrestling results.
- CHSAA Champions move on to the NYS Federation Tournament. The Federation Tournament will place Top 8. If you have wrestlers who you believe may qualify, familiarize yourself with the NYS Tournament seeding mechanics.
- Beginning with the 2023-24 season, Honor Weigh-ins will no longer be used.
- Explanation of the new 1.5% rule can be found in the NYSPHSAA Program of Wrestling beginning on page 14.
- Page 41 of the NYSPHSAA Program of Wrestling contains some of the most common mistakes that could cause a wrestler/team to become ineligible.