

MULES WRESTLING BYLAWS

Reviewed/Approved
08/13/2024

General Information

1. All **Madera Unified League of Elementary Schools (MULES)** hosted wrestling events (duals, rotationals, and tournaments) will follow all the **National Federation of State High School Federations (NFHS)** rulebook guidelines. Coaches are responsible for reviewing the **MOST CURRENT** rules and remain abreast with current rule changes. To include the content of the MULES Bylaws. As well as the most current NFHS Rulebook and Guidelines

2. **The MULES adopted exceptions to the NFHS rules are as follows:**

Weigh-Ins

- a. Official MULES weight classes for Boys and Girls:

Grades 4th, 5th, and 6th:

55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 121, 130, 140, 150, 160, 170, 210, 240

Grades 7th and 8th:

63, 68, 73, 78, 83, 88, 93, 98, 105, 112, 119, 126, 132, 138, 145, 155, 167, 180, 225, 250

- b. Weigh-ins shall be conducted the night prior to a match or tournament.
- c. A site Administrator must be present at weigh-ins and sign off on the weigh in sheet.
- d. Weigh-ins will be conducted on the [spreadsheet provided](#) and exchanged with the opposing coaching staff prior to competition.
- e. The scale from the nurse's office will be permitted in the case of a certified scale not being available.
- f. Official Weigh-In from the Area (Pyramid) Championship tournament will be utilized as the weigh-in for the District Championship.

MULES WRESTLING BYLAWS

Reviewed/ Approved
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Individual Matches (Dual Meet)

- a. A match shall consist of three (3), 1-minute periods.
- b. For the first dual week of the season **ONLY**: Infractions of cautions, locking hands, and not reporting to the scorers table ready to wrestle shall be relaxed and no match points will be awarded.

Note: The official, coaches, and staff shall utilize the discrepancy as a teaching moment and address the issue in a corrective manner.

Tournaments

- a. Minimum rest periods between matches will not be observed. A 30-minute rest period is recommended but it may not impede on the flow/pace of the tournament.
- b. A match shall consist of three (3), 1-minute periods.
- c. Infractions of cautions, locking hands, and not reporting to the scorers table ready to wrestle shall follow NFHS rules and match points will be awarded in accordance with the infractions table (**Appendix B**) .

3. General Rules/Guidelines for all MULES sponsored wrestling events.

- a. The Director of Athletics will schedule tournaments and pre-season matches.
- b. **ONLY** competing wrestlers and coaches will be allowed onto the mats.
- c. It is the Site Administrator's responsibility to oversee their schools parents and students.
- d. The MULES will have only one league for the sport of wrestling.
- e. The District Championship tournament will rotate between the three high schools.

Rotation: (Madera High - Matilda Torres - Madera South)

Note: All three Pyramids will have personnel to work the District Championship Tournament

2024 Current Year Host: Matilda Torres

MULES WRESTLING BYLAWS

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Conduct of Dual Meet (Dual Meet Procedure - Appendix D) (Dual Meet Checklist - Appendix F)

- a. Each site must provide a scorekeeper, timer, officiating, and a tapper for all MULES dual meets.
- b. All matches must be recorded on the [Wrestling Score Sheet](#) Provided.
- c. An area (pyramid) high school wrestler or coach will officiate matches.
- d. Warmups will consist of 10 minutes for each team.
- e. Any match wrestled of opposing genders shall be treated as an exhibition and not count toward the team/dual meet score.
- f. The team who does not have a wrestler of the same gender in a weight class will receive a forfeit for that weight. The appropriate team points shall be awarded to the opposing team.
- g. Each school shall make every effort to field both a boys and girls team.

NOTE: In the spirit of promoting girl's wrestling it is the MULES stance that wrestlers of opposite genders should not wrestle each other.

Conduct of Area/District Tournaments (Tournament Checklist - Appendix G)

Area Championships

- a. 8-Man Bracket shall be utilized regardless of number of participants.
- b. One (1) representative per school, per weight class.
- c. All country schools will participate in the Coyote Area tournament.
 - 4th/5th/6th will compete with City schools.
 - 7th/8th graders will have their own bracket where a champion will be crowned. **They will not move on to the District Tournament.**
- d. The top **TWO (2)** placing wrestlers in each weight class will qualify for the District Championship Tournament.

Note: (Finalist of the Champion Brackets)

- e. Third Place wrestlers for each pyramid will be held as an alternate in case of No-Shows at the District tournament.

MULES WRESTLING BYLAWS

Reviewed/ Approved
08/07/2024

- f. No team scoring will be recorded.

NOTE: If tournament scoring: Forfeits will be awarded on a rotational basis at the seeding meeting.

- g. 1st - 3rd place will receive a medal.

District Championships

- a. All weight classes will compete in 8-man brackets.

NOTE: Seeding will be done by formula.

- b. All championship final's matches will be withheld at the head table until all other matches in the tournament have been completed.
- c. No team scoring will be recorded.
- d. 1st – 3rd place will receive a medal.
- e. District Champions will also receive an additional award that will be determined by the MULES Athletic Director.

MULES WRESTLING BYLAWS

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Appendix A Scoring

Match Scoring

1. Points are awarded during a match for accomplishment of the following methods:
 - a. **Takedown** - From a neutral position, a wrestler takes an opponent down to the mat and gains complete control. **VALUE: 3 pts**
 - b. **Escape** - Defensive wrestler gains a neutral position. **VALUE: 1 pt.**
 - c. **Reversal** - Defensive wrestler gains a position of advantage without becoming neutral in the process. **VALUE: 2 pts**
 - d. **Near-Fall** - Offensive wrestler holds opponent's shoulder to the mat within four (4) inches or 45 degrees with full control **continuously for two (2) sec. VALUE: 2 pts.** If held in this position **continuously for three (3) sec** one (1) more point is added to make the near-fall worth **VALUE: 3 pts.** If held in this position **continuously for four (4) sec** one (1) more point is added to make the near-fall worth **VALUE: 4 pts.**
 - e. **Fall (Pin)** - Any part of the shoulder or area of the scapula held in contact with the mat for two (2) full seconds constitutes a fall. **VALUE: End of Match.**
 - f. **Technical Fall** - Occurs when a wrestler has earned and been awarded a **fifteen (15) point advantage** over the opponent. **VALUE: End of Match.**

Team Scoring

Dual Meet

MATCH RESULT	POINT VALUE
Fall	6 points
Forfeit	6 points
Default	6 points
Technical Fall (15+ point advantage)	5 points
Major Decision (8-14 points)	4 points
Decision	3 points

**Appendix B
Infractions**

Penalty Point

1. Illegal actions are classified into two (2) categories:

a. Unnecessary roughness/illegal holds

- i. **Unnecessary roughness:** primarily any act that goes beyond that of aggressive wrestling becomes unnecessary roughness. Any intentional act, which endangers life or limb, shall become grounds for disqualification on the first infraction if the act is considered flagrant.
- ii. **Illegal holds:** twisting or forcing of the head or any limb beyond its normal limits of movement.
- iii. **Potentially dangerous holds:** legitimate holds which force limbs beyond their normal limits. In this case action should be promptly stopped, no points penalized and wrestling resumed in the center of the mat.

b. Technical violations

- i. Delaying the match
- ii. Going off the mat or forcing opponent off to avoid wrestling
- iii. Grasping, clothing, mat, or cover is not permitted.
- iv. Interlocking hands by offensive wrestlers in a position of advantage on the mat.

NOTE: For First Week of Dual Meets ONLY - Infractions of cautions, locking hands, and not reporting to the scorers table ready to wrestle shall be relaxed and no match points will be awarded.

- v. Leaving mat without permission.
- vi. Stalling
- vii. On all of the violations except warning and penalizing a defensive wrestler on the mat for stalling, the referee shall stop the match and announce the violation.

MULES WRESTLING BYLAWS

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**Appendix B
Infractions**

Infractions Penalty Chart

<i>Infraction</i>	<i>Warning</i>	<i>1st Penalty</i>	<i>2nd Penalty</i>	<i>3rd Penalty</i>	<i>4th Penalty</i>
Illegal holds	No	1 point	1 point	2 points	Disqualified
Unnecessary Roughness	No	1 point	1 point	2 points	Disqualified
Technical Violation	No	1 point	1 point	2 points	Disqualified
Stalling	Yes	1 Point	1 point	2 points	Disqualified
Misconduct	Yes	1 Team Pt.	Disqualified		
Unsportsmanlike Conduct	No	1 Team Pt.	1 Team Pt.		
			and removal from premises		

***** Flagrant Misconduct - Disqualify on first offense and deduct two (2) team points. Elimination from further competition. Offenses are not limited to intentional biting, striking, butting, elbowing, or kicking an opponent.***

**Appendix C
Overtime Procedure**

When the contestants are tied at the end of the three regular periods, they will wrestle overtime. Overtime will consist of a one-minute sudden victory period, and if needed two 30-second tiebreakers. If the score remains tied at the end of the two 30-second tiebreakers, a 30-second ultimate tiebreaker shall take place.

The procedure will be:

- a. no rest between the regulation match and the sudden victory;
- b. wrestlers in the neutral position;
- c. the wrestler who scores the first point(s) will be declared the winner;

If no winner is declared by the end of the sudden victory, then the following procedure will be used:

- a. Two 30-seconds tiebreakers will be wrestled to completion and score kept as in the regular match. The referee shall flip a disk to determine which wrestler has the choice of starting position for the first tiebreaker.
- b. At the conclusion of the first 30-second tiebreaker, the opponent will have the choice of top or bottom position.
- c. Whichever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner;

If the score is tied at the end of the two 30-second tiebreakers the choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match (first three periods of the match).

NOTE: If no points are scored in the regulation match, a flip of the disk shall determine the wrestler who has the choice.

The wrestler who scores the first point(s) during the ultimate tiebreaker will be declared the winner. If no scoring occurs during the ultimate tiebreaker, the offensive **(top)** wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.

Appendix D
Dual Meet Procedure

The starting weight for competition in dual meets shall be conducted by random draw. This is a draw to determine at what weight the dual will begin. Remaining matches will follow in sequential order.

The following procedure shall be used for all random draws:

- a. The random draw shall take place prior to the start of competition. The random draw must be completed before team captains take the mat for the coin flip.
- b. The referee or other authorized person shall supervise the random draw.
- c. All weight classes (**Pieces of Paper/Cards**) will be placed in a non-transparent container/bag and a designated person will draw **one** card/paper out of the container. The weight class drawn will determine at what weight the dual will begin (**Match# 1 - Odd Match**). All remaining matches will follow in sequential order.

The following procedure shall be used for the Start of all Dual Meets:

Each team shall **designate a captain or captains**. Prior to the beginning of the meet, they shall **report to the referee at the center of the mat**. The disc toss shall determine which wrestler is to appear at the scorer's table first for each weight class. The wrestler who is required to report first will have the choice of position (Top/Bottom/Neutral-Defer) at the start of the second period.

Explanation: Team captain that wins coin toss will choose ODD or EVEN matches to send their wrestler to the scoring table first (once sent to table the wrestler cannot be withdrawn). Additionally, the team who sent their wrestler out first will have a choice of position at the beginning of the second round.

Prior to the meet the head coach shall verify that all wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle.

Note: First Week of Dual Meet Competition ONLY: Infractions of cautions, stalling, locking hands, and not reporting to the scorers table ready to wrestle **shall be relaxed**. The official, coaches, and staff shall utilize the discrepancy as a teaching moment and **address the issue in a corrective manner**.

**APPENDIX E
TEAM SCORING
TIE-BREAKING CRITERIA**

Teams with identical scores, the tie-breaking system shall be used to determine the winner. Start at Criteria (a) and work down until a winner can be determined.

- a. The team whose wrestlers or team personnel have been penalized the least team points for flagrant misconduct or unsportsmanlike conduct shall be declared the winner.
- b. The team whose head coach has been penalized the least number of team points for coach misconduct shall be declared the winner.
- c. The team whose wrestlers were penalized the least number of match points for unsportsmanlike conduct during a match shall be declared the winner.
- d. The team having won the greater number of matches (**including forfeits**) shall be declared the winner.
- e. The team that scored more falls, defaults, forfeits and disqualifications shall be declared the winner.
- f. The team giving up the least number of forfeits.
- g. The team having the greater number of technical falls shall be declared the winner.
- h. The team having the greater number of major decisions shall be declared the winner.
- i. The team having the most first-point(s) scored shall be declared the winner.
- j. The team having the most points for near-falls shall be declared the winner.
- k. The team having the greater number of takedowns shall be declared the winner.
- l. The team having the greater number of reversals shall be declared the winner.
- m. The team having the greater number of escapes shall be declared the winner.
- n. The team who has been penalized the least points for stalling shall be declared the winner.
- o. The team who has been warned the least for stalling shall be declared the winner.
- p. The team with the least number of penalties for all other infractions (i.e. false starts) shall be declared the winner.
- q. If none of the above resolves the tie, a flip of a disk will determine the winner.

Upon determining the winning team by use of the tie breaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the score followed by the letter of the criterion that broke the tie (e.g. Team A-16; Team B-17, criterion e)

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Appendix F Dual Meet Host Expectations

- All MULES Duals shall run in an identical fashion. This is to provide continuity between events and ensure all MULES events are operating as intended. A short checklist of suggested items has been compiled in an effort to assist Dual Meet hosts.

Dual Meets

Items needed include:

- 1. **Venue/Mats** – Ensure that the venue location has been finalized and mats are available.
- 2. **5' boundary Around Wrestling Area** – To minimize the potential for injury.
- 3. **Table Help** – Sufficient amount of table help at each mat (suggest 3 per table).
- 4. **Loudspeaker** – Ensure there is a working PA system available.
- 5. **Tabletop Scoreboards** – Show all information relevant to the current match.
Note: A whiteboard can be used to show team scores as the matches progress.
- 6. **Clocks** – Show match time (**If possible**) to the spectators.
Note: Stopwatch or acceptable device can be used.
- 7. **Scoresheets** – The host school will be responsible for providing the needed Scoresheet.
This will be utilized as the official record of the dual meet.
- 8. **Officials** – Host school will be responsible for coordinating officiating personnel.
- 9. **General Supplies** – Each table needs to have the following:
 - Pencils (3 per table)
 - Paper Towels (1 roll)
 - Tappers (1 per table)
 - Ankle Bands (1 set)
 - Trash Cans (small office, 5 Gal type)
 - Spray bottles with disinfectant or sanitary wipes
 - Blood Kits =Nose Plugs, Vaseline, and gloves

**Appendix G
Tournament Host
Expectations**

- All MULES Tournaments shall run in an identical fashion. Only the approved software, when required, shall be utilized. This is to provide continuity between events and ensure all MULES events are operating as intended. A short checklist of suggested items has been compiled in an effort to assist Tournament hosts.

Tournaments

Items needed include:

- 1. **Venue/Mats** – Ensure that the venue location has been finalized and sufficient mats are available.
- 2. **Table Help** – Sufficient amount of table help at each mat (suggest 3 per table).
- 3. **Barriers/stanchions** – Need to be used to keep parents out of the wrestling area.
- 4. **Loudspeaker** – Ensure there is a working PA system available.
- 5. **Awards** – All awards will be the responsibility of the District AD.
- 6. **Tabletop Scoreboards** – Show all information relevant to the current match.
- 6a. **Clocks** – Preferable; it will show score and time to the spectators.
NOTE: This is the preferred option but not needed if tabletop scoreboard is used.
- 7. **5' Boundary Around Perimeter** – To minimize the potential for injury.
- 8. **Bout Sheets** – The pairer should be able to generate the bouts with the tournament program. The host school will be responsible for providing the needed printer paper.
NOTE: If using Trackwrestling there will be no need for paper bout sheets.
- 9. **Officials** – Host school will be responsible for coordinating officiating personnel.
- 10. **Ushers/Security** - Keep traffic under control and mats clear so the spectators can see.
- 11. **Trainer - IF POSSIBLE**; to attend to injuries that may occur.
- 12. **General Supplies** – Each table needs to have the following:
 - Pencils (3 per table)
 - Paper Towels (1 roll per table)
 - Tappers (1 per table)
 - Ankle Bands (1 set per table)
 - Trash Cans (small office, 5 Gal type (1 per table))
 - Spray bottles with disinfectant (1 per table or 1 placed in the center area of the mats; to be shared as needed).
 - Blood Kits (1 set per table) =Nose Plugs, Vaseline, and gloves