

# Huskerland Rules

## Huskerland Duals - Rules, Regulations, and Scoring

### Weigh Ins:

Wrestlers will weigh-in 1 hour before the Duals begin. Wrestlers will be required to weigh-in with a singlet on (nothing else is required) and all wrestlers will get only one chance to weigh. Referees will be conducting skin and fingernail checks at this time. Coaches will be required to record the names and weights of their wrestlers on a roster weigh-in sheet. Team weigh-in sheets will be available at the head table. The mat referee will verify weigh-ins and sign the roster sheet. Roster sheets are due to the meet director directly after weigh-ins.

### Rules:

Teams will alternate who sends their wrestler on the mat first by the flip of a coin (odd/even matches). This flip will also serve for position choice in the second period.

Teams may weigh-in more than one wrestler per weight.

Wrestlers may wrestle one weight class above the weight they weighed in at, but no more than 1 weight class.

Wrestlers will need to enter the mat area fully dressed to wrestle, and leave the same way (violations could cost a team point) - Coaches you are responsible for your wrestlers and their straps!

Teams will have 2 minutes to put a qualified wrestler on the mat.

Wrestlers receiving forfeits will need to have their hand raised on the mat.

Periods will be 1-1-1 all neutral for grades 3-5, and 1.5-1.5-1.5 with choice for grades 6-8.

### Scoring:

		3-5 Grade	6-8 Grade
Decision	3 team points	under 5 difference	under 7 difference
Major Decision	4 team points	5 - 9 difference	8 - 11 difference
Tech Fall	5 team points	10 difference	12 difference
Fall	6 team points		
Forfeit	6 team points		
DQ	6 team points		

### NOTE:

Coaches please make sure you fill out your side of the official score sheet before each dual begins.

### Table Help:

Please forward the dual results to the head table directly after a dual is complete.

### Coaches:

Please make sure you supply two qualified table workers for each dual.

### In the 6-8 Division

The teams who wrestle last on their mat are responsible for tear down of the mat, and moving the mat to the exit area (we have time constraints).