

GENERAL INFORMATION

- Weight classes shall be 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285 (HWT).
- Each wrestler is authorized to enter and participate in 12 interscholastic meets.
- Wrestlers will follow all provisions of the VHSL Weight Control Program (WCP).
- All wrestlers will establish a minimum weight using the procedures established under the VHSL WCP.
- All wrestlers receive a one-pound growth allowance at the end of December and additional one-pound growth allowance prior to the end of January for a two-pound total allowance. (exact dates TBD)
- For 2-day tournaments, wrestlers are given an additional one-pound allowance on the 2nd day of the tournament.
- A wrestler's minimum weight class will be determined by the initial measurements of the VHSL WCP.
- Wrestlers must have at least one official competition weigh-in at that weight class and participate in that weight class or one weight class above to be eligible for conference tournament participation at the weight class in which they weighed in.
- The wrestler's weight classification for regional or state competition shall be that classification in which he/she entered the conference tournament.
- A wrestler may wrestle one weight class above his/her current weight at weigh-in for that particular competition.
- If the wrestler desires to return to his/her certified weight after wrestling up a weight class, he/she may do so at any time during the season pending compliance with the allowable weight loss per week as indicated by the VHSL WCP. At no time may a wrestler compete in a weight class lower than his/her lowest allowable weight class as indicated by the VHSL WCP.

MATCH / TEAM SCORING

Match Scoring

Take Down	2
Reversal	2
Escape	1
2 second near fall	2
5 second near fall	3
Stalling (1 st)	0 (Warning Only)
Caution (1 st or 2 nd)	0 (Caution Only)
Caution (3 rd)	1
Penalty (1 st or 2 nd)	1
Penalty (3 rd)	2
Penalty (4 th)	Forfeits Match

Dual Meet Team Scoring

Decision (1-7 Points)	3
Major Decision (8-14)	4
Technical Fall (15+)	5
Fall (Pin)	6
Forfeit, Default, and Disqualification	6

Tournament Team Scoring

Fall	2
Default, Forfeit, Disqualification	2
Technical Fall	1½
Major Decision	1

Tournament Advancement Points

Championship Bracket Win	2
Consolation Bracket Win	1
Bye Followed by a Win:	
Consolation Bracket Win	2
Consolation Bracket Win	1