

2023 East Lincoln Middle School Wrestling Information

1. Form of wrestling used in Middle School (& High School) is folkstyle.
2. Must complete all required school paperwork for athletic competition before participation is allowed AND you must meet required academic requirements.
3. Skills Development sessions available the week of Oct. 9th – 11th from 3:15 – 5:15 pm.
4. Practice begins Oct. 16th from 3:15 – 5:15 pm and will be held all weekdays unless noted otherwise.
5. Skill Development sessions and practices will be held in the mat room. We will do some running for conditioning at the beginning of practices.
6. **Plans are to not cut anyone who comes out for wrestling. You cut yourself if you do not practice.**
7. Practice attire is a fitted t-shirt and shorts/sweatpants
8. Needed equipment is wrestling shoes (only wear them on the wrestling mats, not outside).
9. You must wear headgear when competing in a match. School has headgear for your use.
10. If you have braces you must have a mouth piece covering braces when competing in a match.
11. Uniform for wrestling matches is a singlet. You may wear a t-shirt and shorts over your singlet.
12. Singlets will be passed out before the team match and collected after the match for washing.
13. Will take orders for team t-shirts & shorts the first week of practice. Cost about \$20 for set.
14. Wrestling matches consist of 3 periods (1 minute, 2 minute, 2 minute) or until a pin/fall is obtained.
15. Wrestling Team matches consist of 18 weight classes. Total of points scored for each individual match determines the Team winner.
16. Weight Classes: **76 lbs** (must weigh at least 61 lbs), **83 lbs** (must weigh at least 68 lbs), **90 lbs** (must weigh at least 75 lbs), **98 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 145 lbs, 152 lbs, 160 lbs, 170 lbs, 182 lbs, 195 lbs, 220 lbs, Heavyweight** (must weigh at least 196 lbs but less than 250 lbs)
17. With the exceptions noted an individual may wrestle up one weight class.
18. Individual team members will be determined by head to head wrestle off matches during practice. When available preliminary matches will be given to non-starters.
19. Wrestlers will have to weigh-in prior to each Team match and be the required weight to compete.
20. We have 10 regular season matches scheduled for the season against: Burns MS, West Lincoln MS, Lincolnton MS, Kings Mountain MS, and North Lincoln MS.
21. Top two teams from each conference division compete in a Team Championship and top four wrestlers in each weight class from each conference division compete in an individual tournament.
22. At parents meeting will ask for volunteers to provide a snack and a drink at each Team match.