

FRANKLIN PIERCE JUNIOR WRESTLING

FOLLOWING ARE THE WEIGHT CLASSES FOR COMPETITION

- 8 Years and Under: 45, 50, 54, 58, 63, 69, 78, 90, 110
- 9 Years and Over: 55, 60, 63, 66, 69, 73, 77, 81, 86, 91, 100, 110, 120, 145, 175

RULES AND REGULATIONS

- The League requires a copy of your Birth Certificate
- Practice is Tuesday, Wednesday, Thursday
- 1st and 2nd year wrestlers: 6:00 pm to 7:00 pm
- 3rd year and up: 7:15 pm to 8:30 pm
- Losing weight: WE DO NOT ENCOURAGE IT!
- Practice clothing: Sweats, wrestling shoes, clean tennis shoes (non marking outsole ONLY!) No metal or plastic on the shoes. NO JEANS OR JEWELRY!
- Skin Rash: If your child does have any kind of rash they need a Doctors note to wrestle.
- Challenges for Varsity and Junior Varsity will be done before every dual match. If your child qualifies for wither and cannot attend the match, please let Coach Darrell know.
- Must wrestle three league matches to qualify for sub division. Round robins count as a qualifier.
- Weigh in for Sub Division, Division, and League are set up different. There is a check scale outside the weigh in room to check your weight. Once you step on the scale in the weigh in room you cannot leave the weigh in room to make weight. You may not use the bathroom during this time.
- Home dual matches will be held at Franklin Pierce High School
- During dual matches it is very important that Varsity and Junior Varsity wrestlers stay and support their teammates after their match. ON THE BENCH, NOT IN THE STANDS.
- Please have your child's name on all their personal equipment they bring to practice and matches. Gym bags work best.
- During dual matches and practices, if anyone sees the restroom or locker room being vandalized, please stop them and let Coach Darrell know.
- Dual Matches: All teams in the league charge admission as a fund raiser.
- Home Matches: We ask for donations for our concession stand (2 liter of pop, cookies, etc.) No Admission charge if donation brought to our home matches.
- ONLY 2 COACHES ON THE MAT. MUST BE NYSCA CERTIFIED.
- Hosting League Tournament at FPHS this year. Need Volunteers. (Raffle, etc)

Any questions, please call Coach Darrell at 538-1660.