

# Wrestling

2022-2023 Bulletin



## **Coach Responsibilities:**

1. Adhere to all policies, procedures, rules and regulations in the AACPS Athletic Handbook.
2. Adhere to all policies, procedures, rules and regulations in the sport bulletin.
3. Adhere to the "Bylaws" and "Rules and Interpretation" sections in the MPSSAA handbook.
4. Adhere to all policies, procedures, rules and regulations in the MPSSAA bulletin.  
<https://content.mpssaa.org/view/300749574/i/>
5. Adhere to all policies, procedures, rules and regulations in the appropriate NFHS rule book.
  - a. Rule Changes <https://www.nfhs.org/sports-resource-content/wrestling-rules-changes-2022-23/>
  - a. MPSSAA rule clinic courses for basketball, wrestling, and swimming  
<https://nfhslearn.com/courses/maryland-rules-clinic-2022-2023>

## **Contact Information:**

1. Questions should initially be directed to local school athletic directors.
2. Then, questions should be directed to:
  - a. County Sport Commissioner - Pete Alvanos, Annapolis, [palvanos@aacps.org](mailto:palvanos@aacps.org), 315-316-6239
  - b. District V Representatives - Troy Stevenson, Oakland Mills, [Troy\\_Stevenson@hcps.org](mailto:Troy_Stevenson@hcps.org), 410-746-3222 and Chris Dyke (girls), Northeast, [cdyke@aacps.org](mailto:cdyke@aacps.org), 410-969-9010
  - c. AACPS Office of Athletics at 410-222-5463
3. Regional Tournament Directors:  
<https://www.mpssaa.org/state-championships/wrestling/wrestling-state-committee-regional-directors/>

## **Classifications/Regions (Dual Meet Wrestling):**

4A East	3A South	2A West
Annapolis Broadneck Glen Burnie Meade North County Old Mill Severna Park South River	Arundel Chesapeake Crofton	Northeast Southern

## **Important Dates:**

### **November**

- November 9 - 4:00 pm - Winter Coaches Kickoff, Crofton High School
- November 15 - 1st day of tryouts
- November 17, 2022 - Academic assistance sessions start date (based on 1st MP report cards)
- November 21 - First scrimmage day
- November 21-25 - No school for students (Nov 21 & 22 - PT conferences)
- November 24 - No practice on Thanksgiving Day (football exception)

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## December

- December 3 - Testing date (nothing mandatory before 2 pm)
- December 5 - MPSSAA start date for contests
- December 7 - 2-hour early release (PD for teachers)
- December 9 - Academic assistance sessions end date and **Grade Check**
- December 10 - Testing date (nothing mandatory before 2 pm)
- December 23-30 - Winter Break

## January

- January 16 - MLK Day 9 (Voluntary practice only - no penalty for missing)
- January 23 & 24 - 2-hour early release (work time for teachers)
- January 25 - No school for students (workday for teachers)

## February

- February 3 - Report card distribution
- February 8 - 2-hour early release (PD for teachers)
- February 11 - Testing date (nothing mandatory before 2 pm)
- February 20 - Schools closed for Presidents Day

## March

- March 1 - Spring sports start
- March 2 & 3 - 2-hour early release (PT conferences)
- March 4 - Testing date (nothing mandatory before 2 pm)
- March 11 - Testing date (nothing mandatory before 2 pm)

## Contests:

- The maximum number of events is 14, which includes at most 3 tri meets and 3 tournaments.
- There is a maximum of 2 events per week, one 3 event week not on a tournament week.
- 1 lb. allowance when teams cannot practice the day before a weigh-in. (max of 2 lbs.)
- All wrestling county wrestling dual meets are scheduled for JV- 6:30 pm with varsity to follow (sometimes following a JV basketball game). Tri-meets are scheduled for 5:00 pm.
- 2 JV rodeos will be scheduled to replace the missed tri meet matches, to be scheduled by the commissioner.
  - January 7 at Northeast
  - February 4 at Glen Burnie and Southern
- Coaches must refer to the MPSSAA winter bulletin for Regional Duals, Regional, State Tournament, Seeding rules and information.

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## **County Championship Game and Awards:**

- Team rosters and regional seed points including 2 out of 3 tournaments due to the Office of Athletics on Tuesday, February 14
- "JV" County championship at Chesapeake HS on Wednesday, February 8. The seeding meeting for varsity counties will likely occur at this event.
- Wrestlers will be seeded by total regional points.
- Wrestlers with documented injuries may be moved pending vote.
- Top eight in each weight class will be seeded.
- Bracket will be finalized at Midnight Thursday. Any scratches from this point forward will be forfeits. Seeds will be adjusted if applicable.
- Championship held on Friday, February 17<sup>th</sup> at 5 pm and Saturday, February 18<sup>th</sup> at 10 am at Broadneck High School
- 42 individual medals for 1st- 3rd place per weight class, 25 medals for 1st place team, County Championship game plaque/Head Coach Plaque

## **MPSSAA Dual Meet Tournament Information:**

- 1st play date for seeding - February 4
- Seeding - February 6
- Region 1st round - February 7
- Region Quarterfinals, Semis, and Finals - February 9
- State Semis and Finals - February 11
- MPSSAA championship website - <https://www.mpssaa.org/state-championships/wrestling/mpssaa-wrestling-state-championships-central/>

## **MPSSAA Region Tournament Information:**

- Female region entries - February 15
- Last play date - February 18
- Region Finals - February 24 & 25
- State Finals - March 2, 3, & 4 at Showplace Arena in Upper Marlboro
- MPSSAA championship website - <https://www.mpssaa.org/state-championships/wrestling/mpssaa-wrestling-state-championships-central/>