

Basketball and Wrestling

KPSAA Middle School Handbook

These changes are supported by KPSAA to adopt official language for Middle School Girls Wrestling and update other language for consistency and allow for greater participation opportunities.

IX. ACTIVITY RULES

BASKETBALL

(Boys and Girls)

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- C. Zones are still allowed, but zones cannot extend beyond the 3-point area. Collapsing man to man defense is permitted. [Man to Man defense is strongly encouraged.](#)

XVI. ACTIVITY RULES

WRESTLING

(Boys and Girls)

- A. **Rules.** National Federation of State High School Association Rules will govern all wrestling matches.
- B. **Exceptions to rules**
1. A match will consist of three rounds of one and one-half minutes each.
 2. A wrestler is allotted a total of two pounds: one (1) pound on the [first Monday of the fourth week of the season in February](#), and one (1) pound on the [first Monday of the sixth week of the season in March](#) for growth purposes and also for maintaining the right to remain in the same weight class.
 3. [Before brackets are built](#), a wrestler can move up one weight [classification](#) above what [they s/he](#) weighed in at the Borough tournament regardless of the number of [in-season](#) matches at that weight. [KPSAA specifies this rule is for the Borough tournament only.](#)
- C. **Classifications.** [Boy](#) wrestlers will compete in the following weight divisions: [75 and under, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 132, 138, 145, 155, 167, 190, and 285.](#)
[Girl](#) wrestlers will compete in the following weight divisions: [72 and under, 81, 89, 97, 105.5, 113, 120, 128, 136, 145, 155, 175, 195.](#)
1. [Girls](#) may wrestle in either a [girls or boys](#) bracket during the regular season. [Girls](#) may only wrestle in the [girls](#) bracket during the Borough tournament.
 2. At the seeding meeting of a regular season tournament or invitational, the host school with the tournament director may combine weight classes and/or use [Madison](#) bracketing for weight divisions with low participation.

D. **Weigh-in.** Initial weigh-in must be recorded by the coach, and all records must be on file in the principal's office prior to the start of the athlete's first scheduled event. A wrestler may only drop one weight class below this initial weigh-in.

E. **Participation Limitation**

1. A team may not schedule more than ten (10) different wrestling dates before the Borough tournament.
2. An individual may not compete in more than ~~eighteen (18)~~ twenty-four (24) individual matches before the Borough tournament.
3. An individual may not compete in more than four (4) matches in one day, with forty-five (45) minutes rest between each match during the regular season. An individual may compete in five (5) matches in one day, with forty-five (45) minutes rest between each match at the Borough tournament.
4. Alternates will be allowed to wrestle and be seeded at the Borough tournament.
5. Borough tournaments will be a sixteen-~~man~~ (16) person bracket.
6. ~~A wrestler may enter the Borough tournament only in a weight class in which at least fifty percent (50%) of his season matches were wrestled unless s/he is moving up one weight class.~~ A wrestler may enter the Borough tournament in a weight class as long as at least fifty percent (50%) of their weigh-ins during the regular season are at the weight s/he will wrestle during the Borough tournament, unless s/he is moving up one weight class.