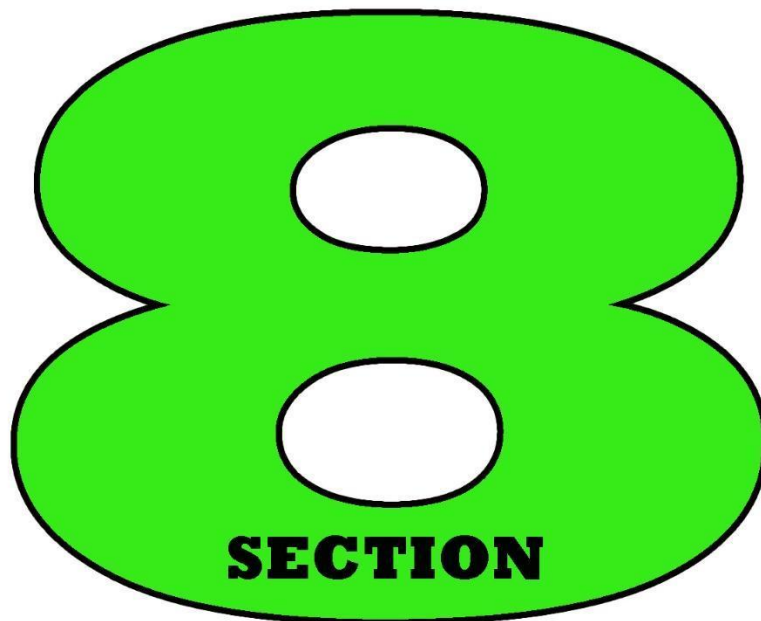


Nassau County
Wrestling
Coaches Association



2025- 2026 HANDBOOK

INTRODUCTION

Mission Statement

The mission of the Nassau County Wrestling Coaches' Association (NCWCA) is to promote and to maintain the sport of scholastic wrestling in Section VIII of New York State. The NCWCA shall strive to encourage the growth of wrestling excellence without elitism. The NCWCA shall strive to provide and to facilitate the maximum amount of equitably competitive opportunities for all of its member teams, and for the maximum number of student wrestlers in a most sportsmanlike fraternal environment of mutual respect. The NCWCA shall regularly review its programs and policies, and will make all adjustments necessary to fulfill its mission as circumstances change through the passage of time

COACHES ASSOCIATION BY-LAWS AND CONSTITUTION

Officers (Positions - Terms of Office - Responsibilities)

President: (2 year position) responsible for all officers, committee chairs and active members with regard to official duties related to the association, as well as overseeing proper procedures at all association meetings (motions, nominations, proposals, etc.) The NCWCA President will be a liaison to Section VIII Athletics via the Section VIII Representatives.

1st Vice-President: (2 year position) is responsible for assisting the President and in performing other duties assigned by the President. The 1st Vice-President will generally move up to the position of President at such time that the position of President becomes vacant.

2nd Vice-President: (2 year position) is responsible for assisting the President and in performing other duties assigned by the President. The 2nd Vice-President will generally move up to the position of 1st Vice-President at such time that the position of 1st Vice-President becomes vacant.

Past-President: (2 year position) is responsible for assisting the President and in performing other duties assigned by the President. The Past-President exist to ease the transition.

Secretary: (no term limit) is responsible for (a) all communication to the association members, (b) for re- cording minutes of meetings, (c) for keeping a record of attendance at meetings, and (d) for such other matters as needed or assigned by the President.

Treasurer: (no term limit) is responsible for all financial recordkeeping, expenditures, collection of monies, and other financial activities as needed or assigned by the President.

League Captains:

Each Section VIII league will elect a coach each year who will be responsible for specific duties during the season. Some examples would be intra-league communications, information gathering, and voting.

WRESTLING COMMITTEE'S

Wrestling Sport Committee shall consist at minimum of the Sport Coordinator, High School Association Representative, two representatives from each conference (one rep. and an at-large) and a member of the officials association. The Nassau County Wrestling Sports Committee shall act on issues related to the sport. The committee is responsible for the development of:

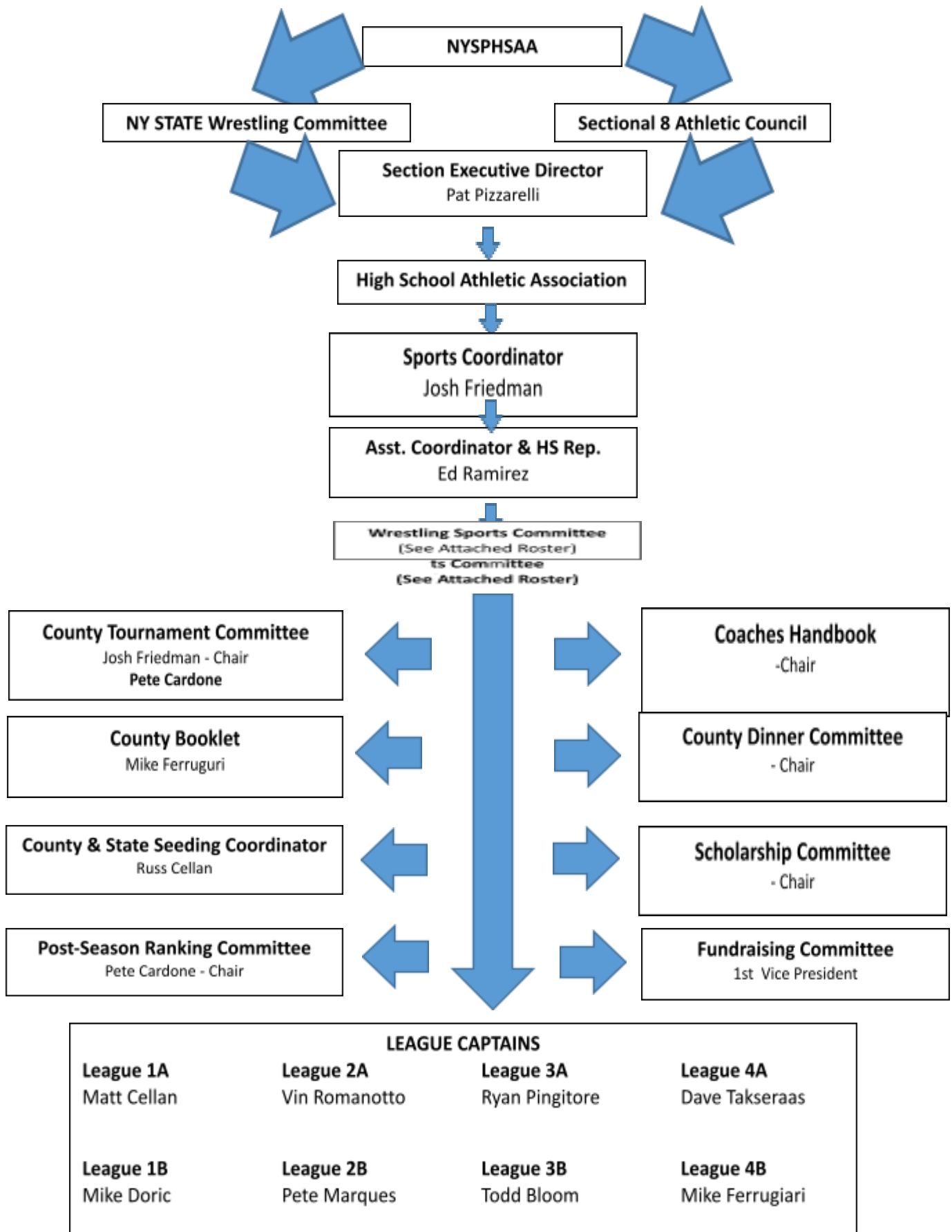
- sport manual, which includes specific guidelines for all seasonal and post-seasonal competition in wrestling.
- timeline and schedule that includes post-seasonal; dates.
- Plans for post-seasonal tournament, activities, and championships.

The NCWCA EXECUTIVE COMMITTEE consists of the President, 1st, VP, 2nd VP, Secretary, Treasurer and Past ~ President.. All members present will have a right to motions, discussions and votes when appropriate. All members in good standing of the NCWCA are eligible to an executive position. Individuals will be nominated and voted upon at an appropriate meeting. The Executive Committee or President has the right to request or assign individuals to an administrative position as needed and for a time designated. Association members may recommend, nominate and vote upon as well. If a member of the NCWCA Executive Committee cannot complete or fulfill their position, a nomination and election process will occur at an appropriate meeting and in a timely fashion.

NCWCA COMMITTEES are necessary in the proper operation of the association. Committees will either be a Standing Committee or an AD Hoc Committee. Present Standing Committees are; Fund Raising, County Dinner, Scholarships, County Tournaments, and others as needed. Committee members have no term limits and additional members may be added as needed. A chairperson will be elected or designated for each committee formed and will provide a report if necessary to the association at an appropriate time.

MEMBERSHIP all Varsity coaches, Junior Varsity/Assistant coaches would be considered members of the association. All members in good standing will have a voice, make motions and nominations. Only Varsity coaches or the designated representative at that meeting will have a vote. ONE VOTE per SCHOOL. Official proposals, official team information and statistics is the responsibility of the Varsity coach. Any coach may be a committee member or assist the association as needed. Any coach that is not considered a member in good standing or is not meeting their membership responsibilities, the NCWCA Executive Committee may place sanctions on such member. Such member may be ineligible for an executive position, loss of voting privileges and ineligible to receive specific coaches awards.

WRESTLING ORGANIZATION CHART



2025-26 SPORTS COMMITTEE

Section 8 Coordinator	Clarke	Josh Friedman
Section 8 HS Rep	Garden City	Ed Ramirez
NWCA President	Uniondale	Tim Godoy tgodoy@uniondaleschools.org
NWCA 1 st Vice President	Freeport	Matt Cellan mcellan@freeportschools.org
NWCA 2 nd Vice President	Calhoun	Pete Marques PMARQUES@greatneck.k12.ny.us
D2 Assistant Coordinator	CSH	Mike Ferrugiari ferru30@aol.com
Past President	Port Washington	Anthony Shettino aschettino@greenvaleschool.org
Section 8 Seeding Coordinator	Freeport	Russ Cellan rcellan@freeportschools.org
Recording Secretary	Jericho	Kevin Brodsky kbrodsky@jerichoschools.org
Corresponding Secretary	Levittown Division	Sean Breves sbreves@levittownschools.com
Treasurer	Garden City	Chris Beihoff beihoff@gmail.com
Conference 1 Athletic Administrator		
Conference 1A Coach	Matt Cellan	mcellan@freeportschools.org
Conference 1B Coach	Mike Doric	
Conference 2 Athletic Administrator		
Conference 2A Coach	Vin Romanoto	vromanotto@emufsd.us
Conference 2B Coach	Pete Marques	pmarques@greatneck.k12.ny.us
Conference 3 Athletic Administrator		
Conference 3A Coach	Ryan Pinitore	bethpagewrestling1@gmail.com
Conference 3B Coach	Todd Bloom	tbloom133@aol.com
Division II Athletic Administrator		
Conference 4A Coach	Dave Takseraas	dtak1986@yahoo.com
Conference 4B Coach	Mike Ferrugiari	ferru30@aol.com

Shaded Positions up for nominations and re-election at May meeting in 2018, 2020, 2022 and 2024.

Nassau County Wrestling Coaches Association

Section VIII Wrestling Calendar 2025-26

Dates subject to change

October 15 (Wednesday)	Coaches Meeting @ Seaford HS ~ 7:30
October 15 (Wednesday)	Rookie Coach Mandatory Meeting @ Conclusion of Coaches Meeting
October 27 (Monday)	Early Weight Certifications
November 17 (Monday)	First Day of Practice
November 17 (Monday)	Coaches Meeting ~ Rules Interpretation @ Seaford HS ~ 7:30
November 21 (Friday)	Centralized Weight Certification Program (FEMALES) @ Clarke
November 22 (Saturday)	Centralized Weight Certification Program @ Clarke, Second location TBA
November 23 (Sunday)	Centralized Weight Certification Program @ Jericho
November 24-26	Weight Certification Appeals @ Clarke
November 27 (Thursday)	Thanksgiving
November 29 (Saturday)	First Day of competition (Must have 10 Practices)
	Removed Meeting
December	League Match
December	League Match
December	League Match
January 6 (Tuesday)	Coaches Meeting @ Seaford HS – 7:30 PM
January	League Match
January	League Match
January	League Match
January	League Match
January 9 (Friday)	Eastern States @ Sullivan CC
January 10 (Saturday)	Eastern States @ Sullivan CC
January 18 (Sunday)	Tournament Ranking Committee Meeting: 12:00 PM via ZOOM
January 20(Tuesday)	Coaches Meeting @ Seaford HS ~ Ranking Committee Qualifying Tournament / Dual Meet Playoffs & Officials Rating
January 22 (Thursday)	DMP D1 (Pigtail, Prelims) D2 (Quarters) at Higher Seed
January 24 (Saturday)	DMP D1 (Quarters, Semis & Finals) D2 (Semis & Finals) at Clarke
January 31 (Saturday)	Nassau County Novice Tournament @ Port Washington & TBD
January 31 (Saturday)	NYSPHSAA Dual Meet Championship @ SRC Arena Syracuse
February 4 (Wednesday)	D1 Seeding for Qualifiers at Seaford HS @ 6 pm (Entries due by 9:00 AM)
February 7 (Saturday)	Division I Qualifiers at 6 Sites TBA
February 11 (Wednesday)	DI County Seeding Meeting 10 AM @BOCES, D2 @ CSH TBD
February 13 (Friday)	Nassau County Championships (If Necessary) Small School – Cold Spring Harbor
February 14 (Saturday)	Nassau County Championships Large School – Hofstra University
February 14 (Saturday)	Nassau County Championships Small School – Cold Spring Harbor
February 15 (Sunday)	Nassau County Championships Large School – Hofstra University
February 27 (Friday)	New York State Championships- Albany
February 28 (Saturday)	New York State Championships- Albany
April TBD	NHSCA Nationals @ Virginia Beach
April TBA	All County Dinner
March 28 (Friday)	ALL NEW PROPOSALS DUE
April	NCWCA Spring Meeting
April	Sports Committee Spring Meeting
May	NCWCA Spring Meeting

2025-2026 SECTION VIII

CONFERENCE AND SCHEDULE

Conferences are developed by enrollment and then seeded by coaches

SEED	CONFERENCE 1A	CONFERENCE 2A	CONFERENCE 3A	CONFERENCE 4A (DIV II)
1	MASSAPEQUA	LONG BEACH	CLARKE	SEAFORD
2	FREEPORT	MACARTHUR	GARDEN CITY	ISLAND TREES
3	SYOSSET	EAST MEADOW	BETHPAGE	LOCUST VALLEY
4	UNIONDALE	JERICO	MANHASSET	NORTH SHORE
5	SEWANHAKA WEST	BALDWIN	GEORGE W HEWLETT	LAWRENCE
6	HEMPSTEAD	HERRICKS	DIVISION AVENUE	
7	SEWANHAKA EAST	GREAT NECK SOUTH		
CAPT	Matt Cellan	Vin Romanoto	Ryan Pingitore	Dave Takseraas
SEED	CONFERENCE 1B	CONFERENCE 2B	CONFERENCE 3B	CONFERENCE 4B (DIV II)
1	FARMINGDALE	BELLMORE JFK	PLAINEDGE	COLD SPRING HARBOR
2	OCEANSIDE	CALHOUN	WANTAGH	OYSTER BAY
3	WESTBURY	MEPHAM	LYNBROOK	WHEATLEY
4	PORT WASHINGTON	ROSLYN	SOUTH SIDE	CARLE PLACE
5	PLAINVIEW-OLD BETHPAGE/JFK	GLEN COVE	MINEOLA	EVERGREEN CHARTER
6	VALLEY STREAM CENTRAL	ROOSEVELT	VALLEY STREAM NORTH	
7	HICKSVILLE	GREAT NECK NORTH	VALLEY STREAM SOUTH	
CAPT	Mike Doric	Pete Marques	Todd Bloom	Mike Ferrugiari

CONFERENCE SCHEDULING

(Eastern States January 9-10)

SCHEDULE FOR 6 or 5 TEAM LEAGUES

In 5 team schedule match vs team 6 is a BYE

Dec 17	Dec 19	Jan 7	Jan 14	Jan 16
1 @ 5	1 @ 4	6 @ 1	3 @ 1	2 @ 1
4 @ 2	5 @ 3	5 @ 4	5 @ 2	4 @ 3
6 @ 3	2 @ 6	3 @ 2	4 @ 6	6 @ 5

SCHEDULE FOR 7 TEAM LEAGUES

Subject to change based on Eastern States weekend

Dec 12	Dec 17	Dec 19	Jan 6 (TUES)	Jan 8 (THUR)	Jan 14	Jan 16
5 @ 3	2 @ 4	7 @ 2	3 @ 1	6 @ 1	7 @ 5	4 @ 6
6 @ 2	1 @ 5	3 @ 6	4 @ 7	5 @ 2	1 @ 4	3 @ 7
1 @ 7	7 @ 6	5 @ 4	6 @ 5	4 @ 3	2 @ 3	2 @ 1
4 BYE	3 BYE	1 BYE	2 BYE	7 BYE	6 BYE	5 BYE

Top 3 teams in each conference 1A, 1B, 2A, 2B, 3A, 3B, qualify for the Division One Dual Meet Championship. 2 Additional wild card teams will qualify utilizing the modified NYS System to determine teams for the NYS Championships. (20 Teams Total).

ALL LEAGUE MATCHES **MUST** BE COMPLETED BY MONDAY, JANUARY 19th

CONFERENCE ALIGNMENTS:

- 8 Conferences arranged by enrollment.
 - 5 Conferences of 7 teams (Division I)
 - 1 Conference of 6 teams (Division I)
 - 2 Conferences of 5 teams (Division II)
 - Conferences will be seeded.
- Teams are allotted 20 points for competitions:
 - 2 points for Tournaments (Individual and Dual Meet)
 - Quad Meets that end with a “Championship” are 2 points
 - Quad Meets that do not end in a “Championship” are valued at 1 point for each match (3 matches = 3 points)
 - 1 point for singular Dual Meets

TEAM PLAYOFFS AND CHAMPIONSHIPS:

- The top 3 Division I teams in Conferences 1A, 1B, 2A, 2B, 3A, 3B will qualify for the Nassau County DI Dual Meet Tournament.
 - 2 additional wild-card teams will be selected using a modified system used by the state to select wild-card teams to the NYS Dual Meet Championships
 - Seeding will be competed in accordance with the Section 8 Wrestling seeding handbook.
- The top 3 Division II teams in conferences 4A and 4B will qualify for the Nassau County DII Dual Meet Tournament.
 - Seeding will be competed in accordance with the Section 8 Wrestling seeding handbook.

INDIVIDUAL QUALIFYING TOURNAMENT:

- Qualifying Tournaments will be held at 6 sites. All DI teams will be assigned to 1 of the 6 tournaments. Teams may enter a maximum of 30 wrestlers. No more than 3 in a weight class.
- In DI the top 4 place winners in each weight class will advance to the Sectional Championship at Hofstra University. Two wildcards per weight will be selected amongst the 5th place finishers from all Qualifying Tournaments. There is no qualifying tournament for Division II.
- We will utilize the NYS Seeding Mechanics and Criteria to seed the individuals.

DIVISION I INDIVIDUAL SECTIONAL TOURNAMENT:

- 26 Wrestlers will qualify for each weight class.
- Seeding will be competed in accordance with the Section 8 Wrestling seeding handbook.
- All non-seeded wrestlers will be randomly drawn by TrackWrestling ensuring that teammates do not meet each other in the 1st round unless both wrestlers are seeded.
- If an alternate is selected, they will be placed on the line where the unseeded wrestler vacated. This could result in teammates wrestling each other in the 1st round.
- We will utilize the NYS Seeding Mechanics and Criteria to seed the individuals.
- The Top 6 place winners will be recognized as All County.

DIVISION II INDIVIDUAL SECTIONAL TOURNAMENT:

- Each team may enter a maximum of 30 wrestlers into the tournament, no more than 3 per weight class.
- Seeding will be competed in accordance with the Section 8 Wrestling seeding handbook.
- All non-seeded wrestlers will be randomly drawn by TrackWrestling ensuring that teammates do not meet each other in the 1st round unless both wrestlers are seeded.
- We will utilize the NYS Seeding Mechanics and Criteria to seed the individuals.
- Top 3 place winners will be recognized as All County. The 4th place finisher will be recognized as all conference.

NOVICE TOURNAMENT:

- The intent of the Novice Tournament is to provide a season ending tournament for those inexperienced wrestlers who are not ready to wrestle in a Qualifying Tournament.
- This is **not** a Championship Event for JV wrestlers.

WEIGHT CERTIFICATION

The NYSPHSAA Wrestling Minimum Weight Certification Procedure must be followed by all high schools sponsoring wrestling. The Wrestling Minimum Weight Certification Program School Manual outlining the approved procedure is sent to all Athletic Directors prior to the start of the wrestling season. Note: The manual includes the Appeal Procedure and any newly approved protocols. Based on 7% body fat for males and 14% for females, the minimum wrestling weight is the lowest weight at which an athlete will be allowed to compete. Certification must be conducted by a NYSPHSAA Approved Assessor and must occur within 14 days (exclusive of Sundays and school closing for holidays or emergencies) from the first day of the season in the Section. Assessments must be performed at the centralized assessment sites for all wrestlers. The InBody machine will be used for calculating weight assessments. Wrestlers may only wear a singlet or shorts and a T-Shirt when weighing in on the InBody scales.

Please refer to the **NYS Weight Certification Manual** that can be found on www.nysphsaa.org. The NYS Weight Certification Manual will explain the approved process to be used in order to establish an individual wrestler's lowest permissible weight class for the up-coming wrestling season, including the appeals process and the waiver process.

WEIGHT CERTIFICATION PROCEDURES

1. Enter your team roster on the Trackwrestling web site.
2. Print out an individual weight certification form for each wrestler.
3. When your team arrives at the certification site, have them sit in the bleachers until they are summoned.
4. When your team is summoned, line them up in alphabetical order. Each team member will be given an individual assessment form by their coach just prior to entering the testing area. Coaches will ensure the wrestler's name on the form matches the wrestler it is given to.

A wrestler is found to have cheated on the hydration test: The wrestler would still need to certify within 3 days of the day they were caught cheating. The wrestler can't compete until Jan 1 and will be ineligible for post-season events (sectional and NYS dual meet tournaments).

WEIGH – IN PROCEDURES WEIGH IN ATTIRE: NFHS RULE

4-5-7 (May 2020): a legal uniform shall be worn during weigh-in and no additional weight allowance be granted for it. Shoes and ear guards are prohibited from being worn during weigh-in

4-1-1c: female wrestlers are permitted to wear a form-fitted compression shirt that completely covers their breasts in addition to a one-piece singlet and a suitable undergarment. With the institution of the legal uniform (one-piece singlet or two-piece), male and female wrestlers are now able to weigh-in together in the same lineup, allowing gender-specific language to be removed from previous rules. Additionally, the formfitted compression shirt offers females a more suitable uniform for post-weigh-in skin checks, which are typically done by male officials. No sweatpants are allowed. Underwear only is not allowed. Weighing in naked is not allowed. If a wrestler is found to have weighed-in without following the approved weigh-in clothing as listed above, the weigh-in shall be declared an illegal weigh-in. Penalty shall be that the wrestler(s) involved would be ineligible participants. HONOR WEIGH INS Beginning with the 2023-24 season, Honor Weigh-ins will no longer be used

WEIGH INS: DUAL MEETS NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS:

Contestants shall weigh in at the dual meet site wearing a legal uniform and a suitable undergarment Contestants shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour and a minimum of half an hour before the time a dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, the 30-minute weigh in period for the second meet may, by mutual consent, precede the preliminary meet. The weigh in period shall extend no longer than 30 minutes and shall be conducted at the dual meet site. The referee or other authorized person shall supervise the weigh-ins.

NYS: Contestants shall weigh in at the tournament site wearing a legal uniform and a suitable undergarment a maximum of two hours and a minimum of half hour before the first session. The tournament manager shall establish the weigh in time within the maximum and minimum time period. Weigh-ins for the second day of a tournament must be conducted on the second day, following the same time limits as the first day. Weigh-ins at the conclusion of the first day are not allowed. . For an individual tournament: The weigh in on day one locks a wrestler into a weight class. (A wrestler must weigh-in on Day 1 to be able to wrestle on Day 2). A wrestler who does not make weight on Day 2, may not move up to the next weight class, and is scratched from the tournament. When a dual meet tournament lasts 2 days, the weigh in will be treated the same as a regular tournament. The weigh in on day one locks a wrestler into a weight class. (Therefore, a wrestler must weigh-in on Day 1 to be able to wrestle on Day 2). A wrestler who does not make weight on day two, may not move up to the next weight class, and is scratched from the tournament

WEIGHT CLASSES The following 14 weight classes are required: 103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285 for all dual meets and tournaments.

MINIMUM WEIGHTS Minimum weights are only required for Athletic Placement Process (APP) wrestlers. A wrestler must weigh in excess of 95 for the 103 lb weight class, 100 for 110, 180 for 215, and 210 for 285. These minimum weights do not increase when the 12/25 Growth Allowances take place. Minimum Weights **MUST** be met and **RECORDED** at the matside weigh in. Students in grades 9th through 12th do not have to make minimum weights in the weight classes in which NYSPHSAA has specified minimum weights. In a situation where a 7th/8th grader is 15 years old as of July 1st then they meet eligibility for high school and therefore do not have to make the minimum weights listed above. To avoid confusion at weigh ins, as they will be listed as a 7th/8th grader on the weigh in sheet but do not have to make minimum weights in the weight classes in which NYSPHSAA has specified minimum weights, the coach should present the NYSPHSAA Wrestling Minimum Weight Waiver Form as proof.

GROWTH ALLOWANCES Each wrestler must make the scratch weight class for every contest prior to: 12/25. NYSPHSAA will grant a 2 lb. growth allowance for each weight class on December 25th (NFHS Rule 4-4-Article 4). This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 103 lbs, 110 lbs, 215 lbs. and 285 lbs. for the 7th and 8th graders who have successfully completed the Athletic Placement Process (APP). It may now be possible for certain wrestlers with certified minimum weights originally above the original scratch weights to now wrestle at the new weight classes. Example: Minimum Weight Certification was 105 lbs. This wrestler could not wrestle at 103 lb weight class (prior to 12/25) but can now wrestle at 105 lb weight class (after 12/25). At no time can a wrestler wrestle at a weight below their certified minimum weight.

WRESTLING FORFEITURES

Notes: A wrestler who earns a forfeit does not have to wait 30 minutes before their next match. (Dec. 2010). A forfeit will no longer be counted in the count of tournament matches wrestled in a day. In an individually bracketed tournament, a wrestler can compete in a 7th bout in a day if one of the previous bouts was a forfeit. If the forfeit was received in a dual meet tournament and an exhibition bout is set up as the 7th bout of the day, then no additional points will be charged to wrestlers who compete in exhibition matches.

MAXIMUM NUMBER OF POINTS

The maximum number of points a wrestler will be permitted is established by the NYSPHSAA. For 2025-26 the maximum points permitted shall be 20 points. A contestant may not exceed the maximum number of points during the regular season. If an individual exceeds the maximum points they are an ineligible wrestler. If the points were exceeded in a dual meet competition, the team will forfeit the match, the individual will lose by forfeit, but the individual performances of all the other matches would stand. If the individual exceeds the maximum points in a tournament competition, the team will earn zero team points, the individual will lose all matches competed in by forfeit, but the individual performances of all the other matches would stand. **Penalty: Either the Wrestler is ineligible for the rest of the year, or the school can allow the wrestler to continue with rest of the season, but the coach must be suspended from all future participation with the**

team for the rest of the year. If the section allows the wrestler to participate, they will still be allowed to earn power points if they become the Sectional champ and place at the NYS tournament.

POST SEASON COMPETITIONS

Post-Season Wrestling Contests include: (1) the Dual Meet Sectional Playoff Championship Tournament, (2) the NYS Dual Meet Championship Tournament (3) the Qualifying Tournaments, (4) the Sectional (Nassau County) Championship Tournament, and (5) the New York State Championship Tournament. The 20-point competition limitation does NOT apply to individuals who qualify for and who participate in these post-season competitions. Other competitions, which occur after the completion of the scholastic wrestling schedule, such as the High School National Championships, are also outside of the 20-point restriction.

DUAL MATCH PLAYOFF CHAMPIONSHIP TOURNAMENT (DMP)

The purpose of this tournament is to establish a Section VIII Dual Match Team Champion. The format of this tournament has varied widely over the years since its invention by the NCWCA in 1979, and although the concept originated in Section VIII, the New York State Wrestling Committee has adopted a statewide format.

QUALIFYING TOURNAMENTS

The NCWCA invented and instituted the concept of ranking every Section VIII wrestling team and then placing them into six balanced tournaments for the purpose of qualifying individual wrestlers to participate in the Section VIII (Nassau County) Championship tournament. Prior to the establishment of these Qualifying Tournaments, it was necessary for individual wrestlers to qualify through league tournaments. The reality of the existence of “strong” leagues and “weak” leagues resulted in worthy wrestlers from strong leagues not qualifying for the Section VIII Tournament while lesser wrestlers from weak leagues did qualify. The ensuing arguments during the seeding meetings for the Section VIII Tournament were often heated and led to frequent long impasses. We recognize that in any given year any particular weight class may vary in strength and depth from one qualifying tournament to the next. Yet corresponding place finishes in each tournament are considered to be of equal initial seeding value.

In each qualifier the top four place-finishers in each weight class will receive awards and All-Conference honors, and will advance to the Nassau County Section VIII Championships. Wrestlers who placed 5th are potential wildcards and/or alternates and may move up to fill scratches among the top four place-finishers from their own weight class and Qualifying Tournament.

SECTIONAL COMPETITION

ELIGIBILITY FOR SECTIONAL SPONSORED INDIVIDUAL COMPETITION Participation in a minimum of six (6) contests is required to be eligible for Individual Sectional competition. Therefore, a wrestler must compete (exhibition, Varsity forfeit, varsity/JV match) and be charged with at least six (6) points towards their maximum number of points and the six required contests must be held on six separate dates. There is no such thing as a JV forfeit or Exhibition forfeit and these will not count as a contest.

SECTION VIII (NASSAU COUNTY) CHAMPIONSHIP TOURNAMENT

This is the "Section VIII Qualifying Tournament" used to qualify individual wrestlers for participation in the "New York State Intersectional (State Championship) Tournament". Section VIII will conduct a Large School (D1) and Small Schools (D2) tournament to determine which wrestlers will qualify for the NYS Championships. In D1 and D2, each champion and runner up will qualify for the NYS Championships. Wrestlers finishing in the 3rd may be eligible to wrestle for a true second bout to determine who goes to the NYS Championships. The top 6 finishers will be recognized as All-County.

QUALIFYING TOURNAMENT REPORTING

Qualifying Tournament Directors shall be responsible for the timely **completion** and **distribution** of any required reports. Qualifying Tournament Directors shall not receive compensation for their duties unless and until such reporting has been satisfactorily done. In particular, The *official* QUALIFYING TOURNAMENT RESULTS REPORT FORM must be used with all required data clearly included. This form is available as an Excel spreadsheet.

The following information is REQUIRED for each place winner:

>First Name

>Last Name

>Grade in School (12, 11, 10, 9, 8, 7)

>Team

>Place

To ensure that the above information is complete and accurate, at the seeding meeting it is necessary to reject any team entry that is (a) submitted on the wrong form or (b) incompletely filled out. Tournament directors are advised to have several blank copies of the appropriate TOURNAMENT ENTRY FORM available.

Completed QUALIFYING TOURNAMENT RESULTS REPORTS are to be delivered to the NCWCA Secretary. ***Be certain that each wrestler is clearly identified; first name, last name, team, and grade.*** Be certain that any wrestler who is involved in a sixth match situation is also identified by weight class. All Qualifying Tournament Results are to be posted for general access online.

NEW YORK STATE INTERSECTIONAL TOURNAMENT

The New York State Intersectional Wrestling Tournament (State Championships) includes not only the eleven New York State Athletic Sections, but also the Public School Athletic League (PSAL) and the Catholic High School Athletic Association (CHSAA). This post-season competition has been divided into two separate championship tournaments: Large Schools (D1) and Small Schools (D2) based upon BOCES enrollment figures of grades 9-11 with a separation point of 600 students.

ELIGIBILITY

The general eligibility of individuals shall be determined by NYSPHSAA. Section VIII wrestlers who wish to participate must qualify through Section VIII's Sectional Tournament system.

STRUCTURE

Separate Division I and Division II tournaments will be conducted in accordance with current New York State standards, which are in effect.

TIMETABLE & SPECIFICS

The Intersectional Wrestling Championship Tournament will be held at the Times-Union Center in Albany, NY. Specific critical logistic information including locations and timetables are unavailable at the time of this printing. This information will be made available at coaches' meetings as soon as the details have been verified. Note that the Thursday prior to the event will be a travel day for the Section VIII teams. They will have a facilities orientation and practice session in the Times-Union Center that day as well.

STATE TOURNAMENT PRACTICE SESSIONS

It is advantageous and in the best interests of the performance of Section VIII's contestants in the State Championships to encourage and engender the greatest degree of intra-squad comradely support among all the coaches and teammates who will be representing Section VIII. Division I and Division II wrestlers who have qualified to compete in the New York State Division I or Division II Intersectional Wrestling Championship Tournaments shall practice/workout together at a common site to be determined by the Section VIII Coordinator.

HYGIENE AND DERMATOLOGY FORM

Educate them on sound hygienic habits that will allow them to compete safely. NYSPHSAA and NCWCA will continue to provide opportunities for coaches in the sport of wrestling to learn about infectious skin diseases and methods of prevention. In turn, the coaches will relay this information to their respective teams. It is important that administrators, coaches, wrestlers, and parents be aware that skin afflictions are on the rise among student athletes in all sports. The wrestling community has been far ahead of the other sports in its concern for personal and team hygiene, but there is more that we can and must do. Educate your athletes. Educate their parents. Educate your administration. These are some recommended steps that can be taken.

1. Sanitize your practice facility daily *before* practice. Hospitals report that bleach kills everything. **Use a bleach solution not only on your mat areas, but also on the bathroom floors and hallways that your athletes may travel during practice sessions.** If you wish to use some other substance, be certain that it works at least as well.
2. Athletes must wear clean practice garments every session. While their wrestling shoes require special care, everything else (especially kneepads) can go into a washing machine.
3. Have your wrestlers sanitize the inside of their lockers frequently during the season, and persuade them *not* to leave soiled garments in lockers, but to take their soiled garments home immediately.
4. Have your entire wrestling team shower after practices or competition. They can use bottled soap. They can wear a bathing suit. They *will not* share towels. They or their parent might say that the athlete will shower at home, BUT even *if* they do, the shower will not be timely, and in the meantime they will have contaminated their family car, furniture, street clothes, shoes, jackets, hats, etc. which are not likely to be sanitized before they are worn again. They will endanger themselves, their families, AND they will be endangering all of their teammates and coaches. That sort of laziness and/or disregard for others is not to be tolerated. SCHOOL DISTRICTS THAT DO NOT PROVIDE SUITABLE HYGIENE OPPORTUNITIES WILL VERY LIKELY FIND THEMSELVES LIABLE IN CIVIL COURT ACTIONS (some already have). Individual coaches also have already suffered following such actions.
5. Team water bottles are a perfect method for the transmission of mononucleosis, flu and numerous other diseases. Throw them away. Have each wrestler supply his/her own plastic water bottle (empty sport drink or soda bottles do fine). Do not let them share their water bottles.
6. Although there has been significant recent publicity regarding virulent staph infections, there will be medical professionals who may not know what they are looking at. Early symptoms may not be recognized by some pediatricians or family physicians or physician's assistants. If you feel that one of your athletes should be examined by a medical professional, then advise that athlete and his/her parent to bring these things to the examiner's attention.
7. Your vigilance is not limited to these aspects of sanitation and hygiene. Be alert to any directives that may come down from higher agencies.

RATING OFFICIALS

Rating wrestling officials is far more art than science. Fundamentally, it all comes down to judgment. Good officials have good judgment. They are thoroughly knowledgeable regarding wrestling rules, procedures, and safety and they exercise wisdom in applying that expertise to all of the situations that arise during competition.

Nobody is perfect and a good official may rarely make a bad call or non-call (a poor official might even make a good call on occasion), but in the long run, as coaches, we want consistently good judgment to prevail. This is especially important since during the heat of competitions, wrestling coaches are penalized for even questioning a wrestling official's judgment call.

At the beginning of the wrestling season, the Long Island Wrestling Official's Organization (LIWOA) will provide each head wrestling coach with a packet containing all of the active wrestling officials for that season. The officials will be listed by name and their level (varsity or junior varsity), and a picture of each official will be included. Coaches are encouraged to use this packet, and to make notations in it during the season. During the January NCWCA meeting a LIWOA representative will hand each head coach a new packet. The coaches will then rate each wrestling official as appropriate in the new packet, and each packet will contain a page on which the coach can then list in rank order those wrestling officials that he believes comprise the top twelve. The packets will be collected that night, and a committee consisting of LIWOA and NCWCA representatives will tabulate and review all of the ratings.

Each wrestling official will be given a rating, and a rank order of the "top" officials will be generated. Post-Season wrestling officiating assignments will be derived from this rank order.

Abusing and yelling at an official never seems to make things better. The coach comes off looking immature. The "good" official is embarrassed, and now feels that he cannot correct even a bad call without looking like he was intimidated into doing so. The "poor" official gets worse. Better to have a quiet discussion off to the side.

COACHES

STUDY AND KNOW THE RULES.

BE A KNOWLEDGABLE EVALUATOR.

WE WANT THE BEST OFFICIATING FOR OUR KIDS.

PROPOSAL PROCEDURE

This section has been added to the Handbook in an effort to assist those who wish to offer proposals to the NCWCA. The following guidelines will enable you to organize your proposal clearly, concisely, and thoroughly in such a way that our membership will be able to fully comprehend what they are being asked to consider and the logistics required to make your proposal a reality.

Proposals concerning changes in NCWCA procedures, programs or protocols will be considered for the next wrestling season. Those wishing to make a proposal will use the format established by the PROPOSAL PRESENTATION FORM included within this Appendix H. Lengthy proposals will use this form as a cover page, with the ensuing pages following the PROPOSAL PRESENTATION FORM format.

The deadline for the submission of proposals for the following Wrestling Season shall be the December meeting. Proposals may be submitted at any time up to the deadline. The proposals will be presented to the coaches association at the January meeting and voted on by the Sports Committee. Approval and denials will be presented to the NCWCA at the spring meeting.

Urgent situations arising from the actions of agencies outside of the NCWCA or from adverse natural occurrences (i.e. Weather-related) will be examined by the Sports Committee. Should that committee deem that an extraordinary (emergency) situation exists, then the Sports Committee will solicit in-season input from the general membership in order to formulate a plan/plans that would best meet the needs of the situation.

I. SITUATION:

What do you feel are the conditions/circumstances that require action or change of NCWCA standard operating procedures? Why do you feel that it is important to address this issue?

II. PROPOSAL:

What general action(s) or change(s) of NCWCA standard operating procedures do you believe will be necessary? What objective(s) do you want to achieve?

III. EXECUTION:

What specific actions or changes will be necessary in order to accomplish the objective(s) in Part II above? What other results might occur due to your proposal's action(s) or change(s)? What, if any, negative effects could occur, and how can they be minimized or avoided?

IV. RESOURCES:

What will be needed in order to put your plan(s) of action (described in Part III above) into effect? [Consider equipment, expendable supplies, work force, time, money et. al.]

V. COORDINATION:

Who will supervise the action(s)? Does your proposal rely upon liaison with and/or cooperation from outside groups, individuals or agencies? If so, who, which ones? Relevant history, charts, and references may be provided as appropriate to any of the above sections. It may become necessary to initiate actions or changes to solve today's perceived problem, but it is critical that today's problem solution does not cause new problems or the recurrence of old problems tomorrow. We have tremendous and diverse talents and expertise among our membership. With well organized, coherent and timely presentations of proposals, we can focus and bring that talent to bear on the challenges that our association will be called upon to face.

NASSAU WRESTLING COACHES ASSOCIATION

Proposal Presentation Form

COACH: _____ DATE: _____

SCHOOL: _____

SITUATION

PROPOSAL

EXECUTION

RESOURCES

COORDINATION