

Rule 2 – Equipment**Section 1 – Mat – page 8**

NEMWA RULE 1 – (replaces Rule 2, section 1, art. 2) Ages **5/6, 7/8, 9/10 and 11/12** will wrestle on no less than $\frac{1}{4}$ of a full regulation 24-foot mat, unless agreed upon by the NEMWA board and/or officials **and 13/14 will wrestle on no less than a $\frac{1}{2}$ of a full regulation 24-foot mat, unless agreed upon by the NEMWA board and/or officials.**

NEMWA RULE 2 – Whenever practical, a minimum of 12 inches will be marked as the out-of-bounds line around the perimeter of the entire mat.

NEMWA RULE 3 – A form of disinfectant and/or other cleaning product will be accessible at the mat area for the purpose of cleaning mats. The hosting club will be responsible for providing these supplies. Disposable towels should always be used for this purpose

Section 4 – Scales – page 11

NEMWA RULE 1 – Home weigh -ins will take place for all regular season tournaments. Clubs shall use their own certified scale. NEMWA certified scales will be available for Regional and State tournaments.

Rule 4 – Wrestlers' Classification and Weigh-in**Section 4 – Weight Classifications – page 17**

NEMWA RULE 1 – (replaces Rule 4, section 4) The age group in which a wrestler can participate during the competitive season is determined by his age as of December 31 of the year prior to the start of the current wrestling year. Wrestlers must be 5 years old on or before December 31 of the year prior to the start of the current wrestling season to be eligible to participate in the current wrestling season. Wrestlers in grades 9-12 are not eligible to participate. If a 15 year old wrestler, or 14 year old wrestler that is entering

their high school season, (by December 31 of the year prior to the start of the current wrestling season) wishes to wrestle in NEMWA, they must petition the board.

NEMWA RULE 2 – To be eligible for an official NEMWA tournament clubs must turn in a wrestlers information **spreadsheet, that must include USA information, and notification that each club has a hard copy of each wrestlers (these can be a simple check mark be hide each name)** player's agreement, **birth certificate** and concussion form prior to the start of the NEMWA event no later than the date publicized by the NEMWA Secretary as the paperwork deadline for the particular tournament. If the wrestler has not turned in these documents prior to this date, the wrestler is ruled ineligible for the event. **(See Administrative Rules for deadline information)**

NEMWA RULE 3 – (replaces Rule 4, section 4, art. 1)

5 and 6 weight classes: 37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, and Hwt. (max wt. 107 lbs)

7 and 8 weight classes: 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, Hwt. (max wt. 142 lbs)

9 and 10 weight classes: 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110, Hwt. (max wt. 190 lbs)

11 and 12 weight classes: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, Hwt. (max wt. 233 lbs)

13 and 14 weight classes: 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 138, 145, 155, 170, Hwt. (max wt. 275 lbs)

There will be a 1 lbs growth allowance allowed from regionals to finals.

NEMWA RULE 4 – The NEMWA head pairer of the tournament may combine weight classes to make a full(er) bracket as long as the age and weights are within the differential listed within theses NEMWA modified rules. *(rule voted in September 16, 2012)*

Maximum weight differential:

5 and 6: 10 lbs

7 and 8: 15 lbs

9 and 10: 20 lbs

11 and 12: 25 lbs

13 and 14: 30 lbs

NEMWA RULE 4 – A contestant shall not wrestle in his age group more than two weight classes above that class for which his actual stripped weight, at the time of weigh-in, qualifies him. The wrestler's parent/guardian and coach must both give written consent for the athlete to wrestle at the higher weight class. The wrestler must make the decision at weigh-in and must indicate his intention to compete at a higher weight class on the weigh -in slip.

NEMWA RULE 5 – A wrestler may move up one age group with written parent/guardian and coach consent. If the wrestler moves up one age group he may wrestle not more than one weight class above his stripped weigh -in weight. The wrestler must make the decision at weigh-in and indicate his intention to wrestle in a higher age group and weight class, if applicable, on the weigh-in slip. Wrestlers who choose to move up an age or weight class in a qualifying tournament, must compete in the same age and weight class in any succeeding tournaments fed by the qualifier.

Section 5 – Weighing In – page 18

Home weigh-ins will take place for all regular season tournaments. All wrestler's weights for the next day's tournament, shall be **entered into Track Wrestling by Thursday night prior to the tournament date by 10 pm**. There will be no morning weigh-ins. Weight audits will be completed the morning of the tournament. These audits will be "one step on". Audits will begin 1 hour prior to the posted session start time and be completed 30 minutes prior to the posted session start time. If a wrestler is not weighed in within that time frame they will be disqualified. One mat per session will be randomly chosen by the head pairers. There will be a two pound weight allowance. If a club has 3 weight violations, they will lose the home weigh-in privilege and must have another club member, or official present that is not affiliated with the violating club. The violating club will also absorb any associated costs. Skin/nail checks shall be completed by officials that have been appointed by the head official prior to the start of the tournament.

Non permanent hair dyes and temporary tattoos are prohibited on wrestlers.

See Administrative rules for Regionals and States ruling for weigh-ins.

Rule 5 – Definitions

Section 3 – Bye – page 20

NEWMA RULE 1 – Byes will be used as needed to complete the brackets.

Rule 6 – Conduct of Matches

Section 1 – Length of Match – page 30

NEMWA RULE 1 – (replaces Rule 6, section 1, art. 1 & 2):

All age groups within NEMWA will wrestle 3 – 1-1/2 minute periods (*voted in April 20. 2008*)

NEMWA RULE 2 – There will be a special 15 second end of the period rest for the 8 and under and the 9 and 10 year old age groups. Age groups 11 and 12, 13 and 14 will be stopped and notified of the period change and restarted. (No rest period.) No wrestler may leave the mat without permission of the referee.

NEMWA RULE 3 - During tournament competition a maximum of 2 USAW credentialed “wrestling leaders”/coaches shall be seated in provided chairs.

NEMWA RULE 4 – Each NEMWA Club is responsible for their own clubs skin/nail check at their club weigh ins. NEMWA officials will also be asked to do skin /nail checks within the first two (2) rounds of wrestling. Wrestlers are asked that they have a MHSAA form from their doctor regarding any questionable skin rash prior to the start of the tournament. (*rule voted in May 3, 2015*)

4 / 4

Rule 10 – Individually Bracket Tournaments

Section 3 – Tournament Brackets – page 50/51

NEMWA RULE 1 – Track Wrestling will be used for NEMWA tournaments.

NEMWA is open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status . *(this was asked to be looked into on April 20, 2008)*

NEMWA will follow all NFHS rules, unless stated here.

NEMWA Adopted all NFHS rules except for the ones listed here November 10, 2013.

These rules were again revised in May 2024.

These rules were again revised in August 2025.