

Vineland Wrestling Association

Parent Guide

The below guide is a reference guide for new and returning parents. This will serve as a basic guide for how Vineland Wrestling Association operates, an explanation of basic rules, do's and don'ts. For further or more extensive information related to Vineland Wrestling or wrestling in general go to Vinelandwrestling.com.

Team Matches & Tournaments

Roll-Around, Varsity, & Middle School Matches

Divisions: There are five divisions; Tots, Bantams, Midgets, Juniors, Intermediates.

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|----------------|-------------------|--------------|
| Tot: | Born 2017 & after | (Ages 4-6) |
| Bantam: | Born 2015-2016 | (Ages 7-8) |
| Midget: | Born 2013-2014 | (Ages 9-10) |
| Junior: | Born 2011-2012 | (Ages 11-12) |
| Intermediates: | Born 2009-2010 | (Ages 13-14) |

Whatever age your wrestler is by December 31st, they will remain in the same division for the remainder of the season. (Example: Wrestlers who are 6 y/o December 31st will stay a tot, even if they turn 7 y/o January 1st.

Novice: Certain divisions can also be considered novice divisions. Novice Divisions are for first year wrestlers only.

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|----------------|-------------------|-------------|
| Tot Novice: | Born 2017 & after | (Ages 4-6) |
| Bantam Novice: | Born 201-2016 | (Ages 7-8) |
| Midget Novice: | Born 2013-2014 | (Ages 9-10) |

Team Matches: Team matches are FREE events held on a weekly basis, scheduled on a Friday, Saturday, or Sunday. A team match may consist of one or more opposing teams held either in Vineland or away at an opponent's facility. A Team Match may consist of roll-around matches and/ or varsity matches.

Roll-Around Matches: Roll-around matches will be held during team matches. All wrestlers will be eligible to participate. Roll around matches are considered exhibition matches and wrestlers will be paired up with kids from the opposing team. Wrestlers will be paired up by weight, age, years of experience, and skill level. Wrestlers may have one or more roll-around matches each night depending on how many kids are available from the opposing team. Typically every wrestler gets at least (2) matches.

Varsity Matches: Varsity matches can be held during team matches. Varsity matches are a group of set weight classes where wrestlers will have to weigh in before the match. Wrestle-Offs will be conducted to help the Coaching staff determine who will participate in varsity matches. Varsity Matches are team events, and coaches will determine who will wrestle at which weight class based on the team's needs.

Middle School Matches: Middle School matches are for wrestlers 6th grade to 8th grade only. Middle School matches are a group of set weight classes where wrestlers will have to weigh-in before the match. Wrestle-Offs will be conducted to help the Coaching staff determine who will participate in Middle School matches. Middle School matches are team events and coaches will determine who will wrestle at which weight class based on the team's needs.

Wrestle-Offs: Wrestle-offs are matches between teammates for the purpose of helping the coaching staff determine who will wrestle on the varsity team. Winning a wrestle-off does NOT guarantee anyone a varsity match, however it helps the coaching staff determine who will provide the best competitive edge for the team.

Wrestlers (8) years old and younger MUST have one completed season to wrestle-off. Wrestlers (9) years old or older may wrestle-off. Wrestle-offs will be held in the beginning of the season before the first varsity match and available every two weeks after. Wrestlers will be informed in advance of a wrestle-off, if a wrestler is absent for a scheduled wrestle-off without a valid excuse and notification to Coach Tim, it shall be considered a forfeit.

Tournaments: We will travel to several tournaments throughout the season. Tournaments are PAID events, which must be paid in advance to participate. Tournaments are voluntary, however strongly encouraged. All parents must complete a google form to sign up for tournaments. The deadline to complete google forms will always be the Tuesday prior to the tournament.

To participate in any Vineland Wrestling match or tournament; parents must sign-up for each individual event by the designated deadline for the event. A Google sign-up will be on the calendar page on team snap in the notes section. If you fail to sign-up for the match by the deadline, your child will not be able to participate in the event.

Additionally, if you sign-up for an event and you cannot attend, for whatever reason. You must inform a board member ASAP.

Practice

Practices are mandatory for all wrestlers who want to participate in matches or tournaments with Vineland Wrestling. Wrestlers who miss practices may become ineligible to participate in matches or tournaments at the discretion of the Coaching Staff. The practice schedule will be set at the beginning of the season, however, could be subject to change depending on the needs of the team.

Practice Attire: Wrestlers may wear a t-shirt, long sleeve shirt, sweatshirt, cloth shorts, or sweatpants during practices. Wrestlers CANNOT wear any collar shirts, baggy clothing, clothing with zippers or buttons, jean material, or any clothing which may be a safety risk. Wrestlers CANNOT wear any jewelry, piercing, or anything which may be a safety risk. Wrestlers with long hair and using beads, bobby pins, clips, or any hair holding device, **MUST** wear an appropriate hair covering or otherwise remove said items from hair.

Equipment

Practice Equipment: Wrestling shoes, headgear, jump rope, water bottle (no flavored drinks).

Match Equipment: Wrestling shoes, headgear, singlet (singlets will be issued by Vineland Wrestling), uniforms (Vineland Wrestling clothing, Warm-up tops, Fight shorts)

Optional Equipment: Mouth Guard (required for kids with braces), Notebooks & Pencil (required for Middle Schoolers), hair covering (required for kids with beads, bobby pins, clips, or similar accessories).

Hydration, Personal Hygiene, Injuries

Hydration: All wrestlers should be drinking water throughout the day prior to practice and maintain adequate hydration levels. Wrestlers shall have a bottle of water at practice; no flavored drinks. Bottles of water will be available for purchase during practices for \$1.00. No gatorade or non-water beverages permitted at practice.

Personal Hygiene: Wrestlers must have clean & trimmed fingernails for practices and matches. Wrestlers will not be permitted to wrestle if a coach/ referee believes their fingernails are too long. Wrestlers **MUST** shower after each practice/ match to avoid any risk of a bacterial/ fungal infection (ringworm, impetigo, etc.). If a wrestler is suspected to have a skin infection, the coaching staff must be notified immediately. Wrestlers will not be allowed to participate until the infection is healed or determined non-contagious by a doctor. Skin checks will be conducted randomly and regularly.

Injuries: Parents/ Guardians should inform the coaching staff if a wrestler has a pre-existing injury which may be causing discomfort or at risk of becoming worse due to wrestling. If a wrestler is injured, whether involved with wrestling or not, and the injury would prevent the wrestler from participation for any number of days, the wrestler must obtain a doctor's note

clearing them for participation. (Example: A wrestler who sprains their ankle and takes a week off will require a note to return).

Memberships

Coaches, Board Members, Volunteers, Managers

Team Managers: Any middle school/ high school aged child (12-18) may be a team manager. Team managers will assist the Coaching staff with matches/ tournaments. Team managers will work with the coaches during matches & tournaments to help keep record statistics, keeping scores of matches, informing coaches & wrestlers who are next to wrestle, etc. A letter for volunteer work or letter of recommendation will be given to all managers.

Coaches/ Board Members: Any person interested in becoming a Coach or Board Member should reach out to Coach Tim or President Brittney. Available positions include but are not limited to the following;

Coaches

Division Coach: Responsible for a designated group

Full Time Assistant Coach: Responsible for helping Division Coach

Part Time Assistant Coach: Responsible for helping Division Coach

Practice Room Coach: Come and go as please; occasionally helps out.

Board of Directors & Parent Volunteers

Executive Board of Directors: President, Vice President, Treasurer, Secretary, Head Coach.

Non-Executive Board of Directors: Chair Trustee, Trustee, Divisional Coach

Non-Voting Board of Directors: Public Relations, Member at Large

Committee Member: Fundraising Committee, Special Events Committee, Yearbook Committee

Volunteers: Any parent/ guardian/ grandparent/ family member/ or someone who wishes to be involved with the organization as a **Parent Volunteer** is strongly encouraged to speak with President Brittney. Volunteers will be needed for various activities throughout the season to help with the success of the organization. Parents are strongly encouraged to get involved with the organization and help in any way possible.

Donations/ Sponsors/ Reimbursements

Parents/ guardians are encouraged to obtain donations and sponsors for the organization. This organization is a registered non-profit team and all money earned goes directly to the improvement of your child's experience.

Parents who obtain a Platinum Sponsorship will receive the full registration refund of up to two of their children (siblings), Gold Sponsorship will receive the full registration refund of one child, Silver will receive a \$50.00 refund of one child, and Bronze will receive \$25.00 refund of one child. Speak with President Brittney for more details about sponsorships.

Basic Positions, Scoring, & Penalties in Wrestling

Neutral Position: One of two starting position's. Neither wrestler has an advantage or a disadvantage. No one has control.

Referee's Position: One of two starting position's, consisting of a top wrestler and a bottom wrestler.

Top Position: Starting position for the offensive wrestler. Top wrestler is in control until the bottom wrestler either escapes, reverses, or is pinned.

Bottom Position: Starting position for the defensive wrestler. Bottom wrestlers is not in control until they either escape or earn a reversal.

Takedown: The act of taking your opponent from a standing position to the mat & **establish control: Awarded 2 points.**

Escape: The act of moving from a defensive position (no control of your opponent) to a neutral position (no one has control): **Awarded 1 point.**

Reversal: The act of moving from a defensive position (no control of your opponent) to an offensive position & **establish control: Awarded 2 points.**

Nearfall: The act of exposing the defensive wrestler back beyond 45 degrees to the mat. Holding the defensive wrestler beyond 45 degrees for (2) seconds will earn the offensive wrestler **2 points**. Holding the defensive wrestler beyond 45 degrees for (5) seconds will earn the offensive wrestler **3 points**.

Fall: The act of the offensive wrestler holding the defensive wrestler on their back, with both shoulders (scapula) in contact with the mat for a period of two seconds (referees will count in their heads). The bout will result in an **automatic victory**, ending the match, regardless of any remaining time.

Technical Fall: The act of scoring a differential of (15) or more points during a single bout (match). The bout will result in an **automatic victory**, ending the match, regardless of any remaining time.

Locking Hands: Offensive wrestlers are only permitted to “lock hands” during the course of a “pinning combination” (attempting for a Fall or Near Fall). The act of the offensive wrestler touching any part of their own left arm/ hand to their right arm/ hand, without using a “pinning combination” technique will result in a pause in action. The defensive wrestler will be awarded **1 penalty point** for the illegal move. Subsequent penalty calls on the same wrestler will result in progressive penalties.

Full Nelson: The act of using two half nelson's at the same time or anytime the offensive wrestler gains hold of the defensive wrestler from behind; and places both arms under the defensive wrestler's arms (armpits) and clasps their hands together behind the defensive wrestler's head. This will result in a pause in action. The defensive wrestler will be awarded **1 penalty point** for the illegal move. Subsequent penalty calls on the same wrestler will result in progressive penalties.

Stalling: Each wrestler **MUST** make an honest attempt to work for advantage. *The act of stalling will be interpreted differently by each referee.* The referee will determine stalling using various factors, however the primary means is observing a wrestler NOT working for an advantage (improved position). A warning will be given to each wrestler for the first stalling. Subsequent stalling calls on the same wrestler will result in progressive penalties.

Contact Information

Executive Board of Directors

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|-----------------------------------|--------------|
| President Brittney Brown | 609-922-2761 |
| Vice President Jennifer Machinsky | 856-364-4423 |
| Treasurer Vacant | |
| Secretary Josey Rhodes | 856-982-1046 |
| Head Coach Timothy DeLouise | 856-558-3862 |

Non-Executive Board of Directors

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|--|--------------|
| Chair Trustee Dan DiNiglio | 856-207-1378 |
| Trustee Nicole Zavis | |
| Trustee Abe Figuero | |
| Trustee Brett Scarpa | |
| 6 & Under Divisional Coach Darrell Knowles | 856-649-2324 |
| 8 & Under Divisional Coach Sal Muccio | 609-221-1011 |
| 10 & Under Divisional Coach Jayson Cain | 856-392-0595 |
| Girls Divisional Coach Jeff Raines | 856-562-7136 |

Coaches

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|---|--------------|
| Head/ Middle School Coach Timothy DeLouise | 856-558-3862 |
| 6 & Under Divisional Coach Darrell Knowles | 856-649-2324 |
| 8 & Under Divisional Coach Sal Muccio | 609-221-1011 |
| 10 & Under Divisional Coach Jayson Cain | 856-392-0595 |
| Girls Divisional Coach Jeff Raines | 856-562-7136 |
| Vineland High School Head Coach Jake Homiak | 609-364-0713 |

Vineland Wrestling Social Media

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|-------------------------|--------------------------------|
| Team Email | Vldminiwrestling@gmail.com |
| Team Website | Vinelandwrestling.com |
| Facebook Official Page | Vineland Wrestling Association |
| Facebook Family Page | Vineland Wrestling Family Page |
| Instagram Official Page | Vineland Wrestling Association |