

Athletic Directors and Wrestling Coaches,

We wanted to give you a quick overview of important information and a couple of changes that will occur this year so that you are well prepared to start the year off right and keep both yourself and your assistant coaches well informed.

2021-22 Wrestling Important Dates:

- October 1st – First day for minimum weight certification
- November 8th – First day for meets and tournaments
- January 22nd – Last day for weight certifications
- February 5th – District Certification
- February 11th-12th – Regional Meet
- February 18th-19th – State Meet

Scrimmages/Matches/Tournaments:

Allowable Contests – 8 tournaments excluding one district, regional & state tournament.

School Week Limitation – No student or team representing a participant school shall participate in more than one contest per school week (the first instructional day of the week through the last school day of the week). A dual, triangular, or quadrangular meet may not count as a tournament, but would count as a contest during the school week.

Tournament – Any match that results in a loss of school time is defined as a school tournament. It could also be considered a school tournament if, in a non-school tournament, a student is wearing school uniforms or equipment, using school transportation, or is being directed in the tournament by a coach paid by the school.

Miscellaneous Information:

NFHS Rule Changes – The 2021-22 NFHS wrestling rule changes are available at <http://www.nfhs.org/sports-resource-content/wrestling-rules-changes-2021-22/>.

Weight Certification – In accordance with the NFHS Wrestling Rule Book, rule 1-5-(1)(2) “Each state association shall develop and utilize a weight-management program that includes a specific gravity not to exceed 1.025...a body fat assessment no lower than seven percent for males and twelve percent for females...and a monitored weekly weight loss plan not to exceed 1.5 percent a week”.

The UIL will utilize a weight certification program for varsity wrestlers based on the NFHS rule cited above. **A 2% variance will be applied to each student’s Minimum Wrestling Weight as calculated by TrackWrestling.** For sub-varsity wrestling participants, the previous weight control program will remain in effect.

Athletic Manuals – All sport manuals are posted online. Please download these and read them. These manuals have all information pertaining to wrestling from pre-season to post-

season as well as wrestling rule changes that are in effect for this year. We modified these to be user-friendly and easy to read, so please take advantage of these available resources. <http://www.uiltexas.org/wrestling/manual>

Checklists – We have created a [checklists](#) for every sport. All links are live and will take you right to the information you are looking for. These can be found on the manual page.

TrackWrestling:

All UIL wrestling schools will be required to utilize TrackWrestling for data entry. <http://www.trackwrestling.com/>

All wrestling coaches must log in to TrackWrestling prior to their first event. As a reminder, TrackWrestling charges a \$30 boys' and \$10 girls' season usage fee. The usage fee has to be paid in order to gain access to your school's TrackWrestling account. If you have not received your login information, please contact Crystal Victorino (cvictorino@uiltexas.org).

We hope this email serves as a refresher of important information and a couple of changes that may affect you this year. Please make sure to check our website for detailed information about any of these rule changes and the most up-to-date information on your activities. We will periodically send out information with any additional important items throughout the season.

Good luck kicking off your season. Please know that the UIL Athletic staff is here to serve you, and do not hesitate to contact A.J. Martinez (Wrestling Director at ajmartinez@uiltexas.org or 361-816-1281) or any other athletic staff member if there is anything we can do for you.

Thank you,
Susan Elza, Ed.D.
UIL Director of Athletics