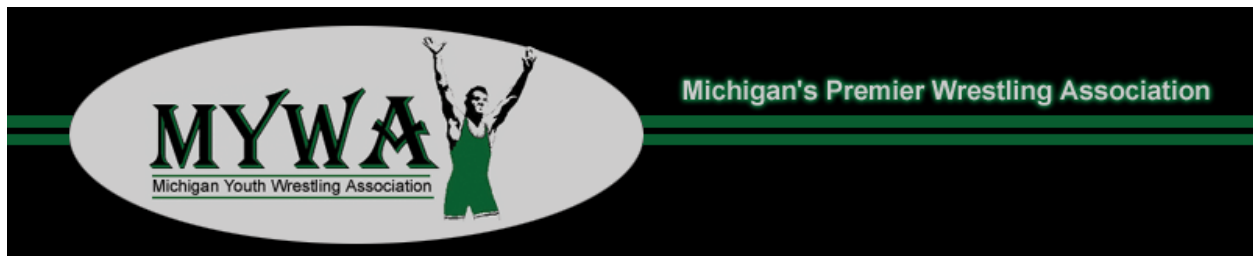




RULES & PROCEDURES

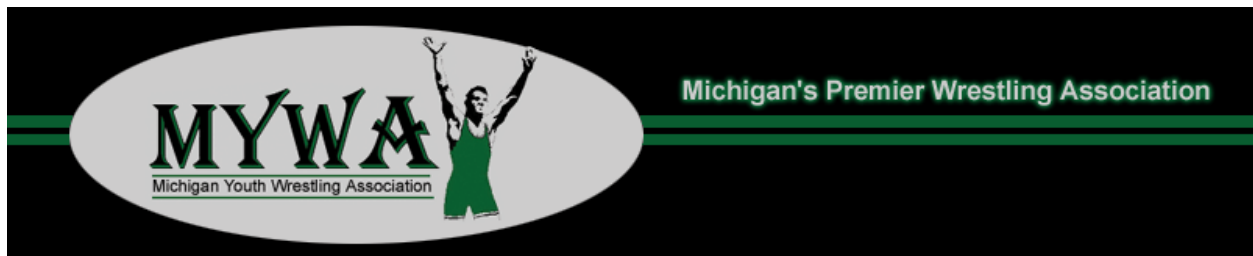
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INDIVIDUAL & CLUB REGISTRATION

- Clubs must renew team registration online every year.
- Clubs will renew individual memberships online every year before a wrestler can compete in a MYWAY event.
- No individual membership changes (Club or Region) will be allowed after January 15th.
- Wrestlers may only register for one MYWAY membership.
- Wrestlers must wrestle in 2 events and be MYWAY member to compete in MYWAY Regional Tournaments.



PRE- REGISTRATION

- Clubs must pre-register all wrestlers that plan to wrestle in MYWAY tournaments by Thursday night at 10pm.
- Pre-registration is done through the MYWAY membership system.
www.nuwaymembership.com
- Clubs will pay a \$5 fee for each wrestler that pre-registers that does not compete.
- Email denise@mywaywrestling.com by 10pm Thursday night to remove any wrestlers.



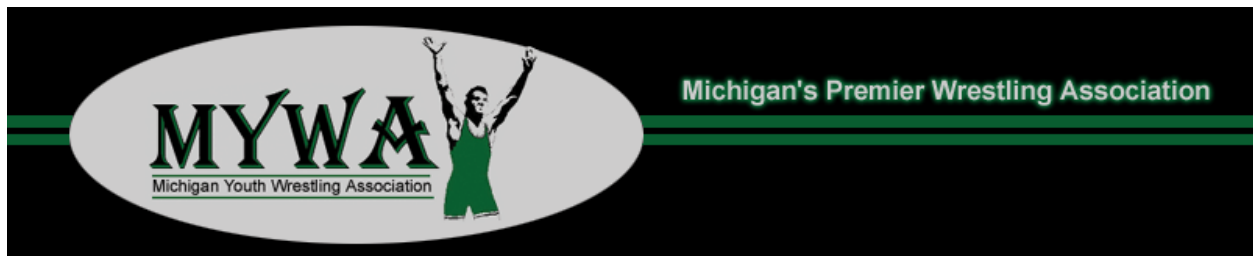
WEIGH-IN REGULATIONS

Central, East, West, & Southwest Regions

- All wrestlers must wear either a singlet or competitive shorts (no boxers) to be weighed in.
- All weigh-ins will use a “one step” process
- MYWAY strongly discourages the cutting of weight by wrestlers and request that coaches and parents assist us in preventing this practice.
- Weigh-in workers at each tournament will have a list of pre-registered wrestlers at weigh-in. Only these wrestlers will be allowed to weigh in.
- Checks will be preformed at weigh-ins to determine if wrestlers have any communicable diseases. The tournament physician (or MYWAY Director if a physician in not present) has the final say on whether a wrestler may compete in a tournament.
- Nails will be checked at weigh-in and must be trimmed.

Far North, North, Northeast, & Metro Regions

- Wrestlers must declare their age group & weight class when pre-registering for on event.
- MYWAY strongly discourages the cutting of weight by wrestlers and request that coaches and parents assist us in preventing this practice.
- An onsite Audit system will be used to randomly check weights. Wrestlers must be within 2 pounds of their declared weight class all day of the event.
- Checks will be performed before event to determine if wrestlers have any communicable diseases. The tournament physician (or MYWAY Director if a physician in not present) has the final say on whether a wrestler may compete in a tournament.
- Nails will be checked before event and must be trimmed.



TOURNAMENTS

- A wrestler's age on December 31, 2017 will determine their age group. Proof of age will be required if a wrestler is challenged within the first two rounds of competition. A birth certificate is the only form of validation that will be accepted.
- During regular season tournaments, wrestlers compete in the following age groups:
 - 2013-2011
 - 2010-2009
 - 2008-2007
 - 2006-2005
 - 2004-2003 must be 8th grade or younger
- All MYWAY tournaments will use the mat-side pairing method to stage matches. Wrestlers will compete on the same mat for the duration of the tournament. Posted wall charts will list the match number of each bout.
- First and second year wrestlers are allowed to compete in MYWAY Novice tournaments subject to MYWAY Regional Directors discretion.
- Wrestlers are required to wear headgear (Tape on headgear is prohibited) and a singlet or t-shirt and shorts.
- Hair covers are required when hair length is outside the NFHS guidelines. Legal hair coverings must be made of a solid material, must be nonabrasive, and must be attached to the wrestling ear guards. Example: Under Armour head cover with the headgear looped through the head cover. Please note that no abrasive materials can be used to attach the cover such as Velcro, buttons, or plastic ties.
- Female Wrestling Uniform – For female wrestlers to be legal wearing a traditional singlet, a tight fitting, short sleeved or sleeveless undershirt of a single solid color (unadorned) must be worn under that singlet type or a



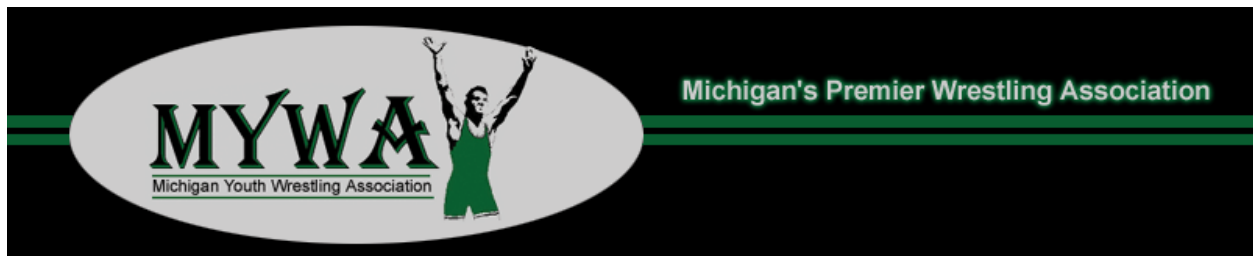
female style singlet (high cut). A sports bar only worn under the traditional singlet with no tight-fitting undershirt as described above would not comply with the requirements of a legal uniform.

- All wrestlers, coaches, and fans are required to stay in the stands unless competing or warming up.
- Two coaches are allowed per wrestler. Any person operating video equipment will be considered one coach. Coaching from the corner is permitted.
- Head Pairers have the discretion to combine weight classes in the same age group.
- In regular season tournaments wrestlers that do not have any other competitors on their chart and cannot be combined with other charts may be bumped up an age group by Head Pairer.
- Wrestlers are allowed a minimum of 20 minutes rest between matches unless waived by Region Director or Head Referee.
- The NFHS rule concerning maximum matches per day for a competitor is not in effect.
- Boundry line calls on wrestling surface that are less than a full mat are subject to the mat officials discretion.
- All tournament host must have a designated medical professional on site. Examples include trainers, EMTs, doctors, nurses, etc.



INDIVIDUAL REGIONAL & STATE TOURNAMENTS

- Wrestlers are required to wrestle at the regional tournament that their club has been assigned to.
- High School wrestlers are eligible to compete in MYWAY Individual regional and state tournaments.
- During the Individual regional and state tournaments wrestlers compete in the following age groups and weights:
 - 2013-2011 = 37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 77, HWT
 - 2010-2009 = 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, 97, 112, HWT
 - 2008 = 47, 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110, 130, 150, HWT
 - 2007 = 47, 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110, 130, 150, HWT
 - 2006 = 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 158, 183, HWT
 - 2005 = 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 158, 183, HWT
 - 2004 = 70, 75, 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, 195, 220, HWT
 - 2003 = 70, 75, 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, 195, 220, HWT
 - 2002-2001 HS = 88, 98, 106, 115, 122, 128, 133, 138, 143, 148, 155, 163, 174, 192, 218, 288 wrestlers born in 2002 must compete in this group at regional and state regardless of whether they are in high school

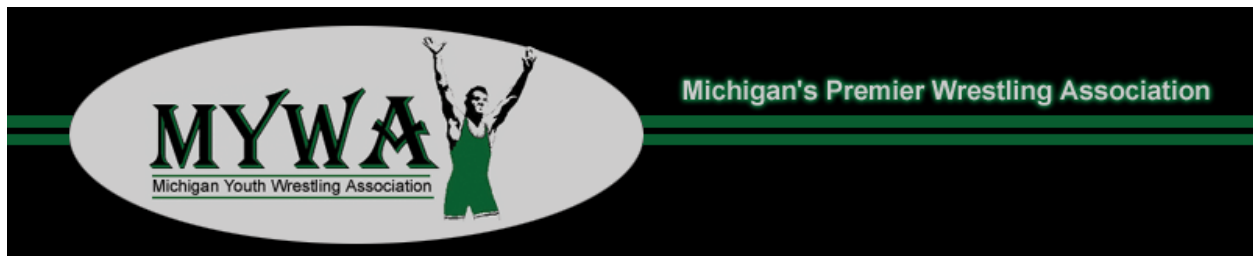


- 2000-1998 HS = 106, 115, 122, 128, 133, 138, 143, 148, 155, 163, 174, 192, 218, 288
- HS Divisions must meet the above weights for both MYWAY Regional and State Tournaments.
- HS Divisions will not wrestle true second matches at MYWAY Regional or State Tournaments
- Youth Divisions will not wrestle true second matches at MYWAY State Tournament.
- Youth Divisions are required to wrestle in two MYWAY events in order to compete at the regional tournament. All events listed on the MYWAY schedule page count towards this requirement.
- Wrestlers in 2013-2011, 2010-2009, 2008-2007, 2006-2005, & 2004-2003 receive a one-pound allowance for the MYWAY State Tournament. No allowance will be given at the Regional Tournaments.
- Top four wrestlers from each region qualify for the MYWAY State Tournament.
- Regional weight classes in age groups 2013-2003 which have 17 or more wrestlers qualify 5 wrestlers for the MYWAY State Tournament.
- Only wrestlers that reside in Michigan are allowed to wrestle in MYWAY Regional and State Tournaments.
- All wrestlers including those in HS divisions are required to be MYWAY members to compete in MYWAY tournaments.
- If a wrestler places at a MYWAY Regional and qualifies for the MYWAY State Tournament, but opts out of competing at MYWAY State to go to another wrestling event and compete will be banned from MYWAY for the next season.



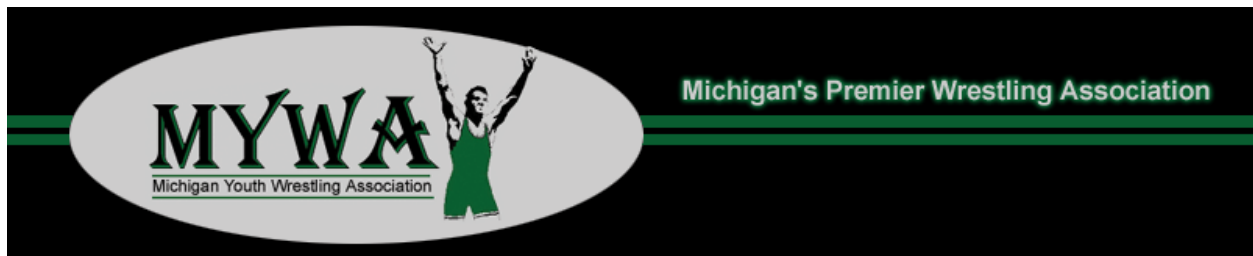
NATIONAL TEAM

- MYWAY will sponsor the MYWAY state tournaments top four place winners in each weight to selected tournaments. The tournaments will be selected by the MYWAY Executive Board and announced each spring.
- The top 3 placers at MYWAY State Tournament will receive a singlet.
- Only wrestlers that register and compete at the selected national tournaments will receive entry fee reimbursement.



DUAL TEAM TOURNAMENTS

- School Based Divisions – Teams must consist of wrestlers that are school based and are enrolled in Elementary or Middle Schools that enters students into the same/one high school. Home School or Parochial students are also eligible, but must reside in the boundaries of the teams high school district. Club Directors will be responsible to ensure these teams and the schools they attend meet the standards of eligibility. Teams will be required to show documentation signed by the school at each event.
- Middle School, 6th Grade & Under, and 3rd Grade & Under teams are allowed 5 alternates.
- Headgear is mandatory. Taped shoes are recommended.
- Dual teams can weigh-in at MYWAY statewide locations or at home. Those teams doing home weigh-in will be subject to a 2 pound audit procedure at the event 30 minutes before wrestling starts.
- 3rd Grade & Under are allowed 3 out of district kids on their roster.
- Groups & Weight Classes:
 - 3GU = 40, 43, 46, 49, 52, 56, 60, 65, 70, 75, 80, 105
 - 6GU (HS Divisions 1&2)
 - 6GU (HS Divisions 3&4)
 - MS (HS Divisions 1&2)
 - MS (HS Divisions 3&4)



GENERAL INFORMATION

- MYWAY is a youth Folkstyle wrestling association with the goal of providing opportunities in wrestling for Michigan wrestlers.
- MYWAY tournaments will follow the rules contained in the NFHS rule book unless noted in this rules document.
- Wrestlers must compete only in their age group unless noted otherwise above.
- Wrestlers can compete in only one weight class at a tournament,
- Match lengths are as follows:
 - 2013-2011 = 3 periods – 60 seconds each with no break – disc flip
 - 2010-2009 = 3 periods – 60 seconds each with no break – disc flip
 - 2008-2007 = 3 periods – 90 seconds each with no break – disc flip
 - 2006-2005 = 3 periods – 90 seconds each with no break – disc flip
 - 2004-2003 = 3 periods – 90 seconds each with no break – disc flip
 - 2002-2001 = 3 periods – 90 seconds each with no break – disc flip
 - 2000-1998 = 3 periods – 90 seconds each with no break – disc flip
- Overtime will follow the NFHS three stage process.
- Wrestlers, parents, and coaches are expected to behave in an appropriate manner at all MYWAY tournaments and practices. Poor behavior including profanity and abusive language will not be tolerated and violators will be subject to immediate ejection. Repeat offenders may be permanently barred from MYWAY events.
- Rules may be changed or modified by a majority vote of the MYWAY Executive Board.