



Girls Wrestling Shore Conference Championships

- I. The Tournament will consist of an open entry. Entry will be limited to member Shore Conference teams. You can enter multiple wrestlers per weight class until the weight class reaches a maximum of 12 entries. No team score will be kept.
- II. Location: 2 mats at Shore Regional High School, 132 NJ-36, West Long Branch, NJ 07764. Teams enter the cafeteria through door #13.

Date: Sunday January 30, 2022

Times: 10:00am - Quarterfinals
11:30am - Semifinals
1:00pm - Finals

Times are subject to change.**

- III. **Spectators:**
All spectators must wear masks.
Entry Fee: \$5.00 per adult and \$3.00 per student.
- IV. **PROCEDURES PRIOR TO THE SEEDING MEETING:** Coaches MUST enter their wrestlers for the Shore Conference Tournament via the Trackwrestling program by 12:00 PM on Thursday, January 27, 2022. Coaches must manually enter head-to-head and data per weight class by 12:00pm noon on Friday, January 28, 2022. Seeding will be done by a committee of coaches. The Tournament will be Pre-Seeded based upon Shore Conference criteria on Friday, January 28, 2022. The following criteria will be used for seeding the Girls Shore Conference Tournament: State Champion, State Placewinner, Region Champion, Region Placewinner, Ranking Tournament Champion, Ranking Tournament Placewinner and Winning percentage. Once the tournament has been seeded there will be no changes made to the brackets.
- V. **Awards:** Wrestlers will compete until the top 3 are determined. Shore Conference will provide medals for the top three wrestlers and coaches will vote for a Most Outstanding Wrestler Award.
- VI. There will be 2 scales available for weigh-ins. If a contestant does not make weight on one scale, she will be given one opportunity to make weight on the other scale as per the NJSIAA rule.
- VII. **Weigh-ins/Skin Checks:** All teams must be present for the beginning of the weigh-in period. The teams will be weighed in by weight class, not by teams, beginning with the 100-pound weight class. Each contestant will have two opportunities to make weight on scale one. If a said wrestler does not make weight on scale one, she may attempt to make weight on scale two.



The official weigh-in period will begin promptly at 8:00 am on Sunday, January 30, 2022. All contestants in a particular weight class shall be present in the designated weigh-in area at the start of the weigh-in period. Contestants may not leave the weigh-in area unless granted permission by the weighmaster. All contestants shall weigh-in wearing a legal uniform and suitable undergarments (NFHS 4-4-1). Contestants shall not weigh-in wearing shoes or ear guards. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight. Weigh-ins will begin at 100 lb. and conclude immediately following the 235 lb. weight class. Wrestlers will weigh-in in seeded order, lower or worse seed weighs-in first. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed. At least two (2) certified scales must be used and contestants may step on and off the first scale twice, and immediately on any subsequently certified scale(s) only once in an attempt to make weight.

- VIII. Entry Fee:** There will be an entry fee of \$45.00 per qualified wrestler per team. Please send a check, payable to Shore Conference , to the address below. Also, please indicate on the check that it is for wrestling.

Joe Montano, Athletic Director - Red Bank Catholic High School,
112 Broad Street, Red Bank, NJ 07701

- IX. Shore Conference Seeding committee:** TBD