*As needed, in consultation with schools and sport commissioners, AACPS Athletics reserves the right to make adjustments to this bulletin.*

**Coach Responsibilities**

1. Adhere to all policies, procedures, rules and regulations in the AACPS Athletic Handbook.
2. Adhere to all policies, procedures, rules and regulations in this AACPS Bulletin.
3. Adhere to all policies, procedures, rules and regulations MPSSAA Handbook.
4. Adhere to all policies, procedures, rules and regulations in the MPSSAA Bulletin.

<https://www.mpssaa.org/information-center/mpssaa-publications-and-content/>

1. Adhere to all policies, procedures, rules and regulations in the appropriate NFHS rule book.
   1. Rule Changes for all applicable sports available at [https://www.nfhs.org/sports-resource-content/wrestling-rules-changes-2023-24/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nfhs.org%2Fsports-resource-content%2Fwrestling-rules-changes-2023-24%2F&data=05%7C01%7CCCULP%40AACPS.org%7C983a115378394296b20308dbda1d29f5%7Cb7d27e93356b4ad88a7089c35df207c0%7C0%7C0%7C638343591010111535%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=jnsmv0GluoyVhGytihUngfIebMyzjtQg4iZ%2BbbhjAaU%3D&reserved=0)
2. Participate in Coaches All- County Selection process. It is the responsibility of the head coaches of each sport to determine the process for their all county selections. It is recommended that a head coach or two from around the county volunteer to take the lead in organizing and facilitating the Coaches All-County. An agreed upon process should be communicated to all schools in writing before the season starts. End of season communications and/or a meeting (in-person or virtual) should be used to implement the agreed upon process.

*Notes:*

1. *AACPS Athletics does not sponsor or provide oversight for the Coaches All-County selection process.*
2. *Sport Commissioners may help to facilitate the date, time, and location of an end-of-season meeting for this purpose. They may attend for note taking, questions, and general support. However, they will not lead, control, or provide oversight on the process.*

**Contact Information**

1. Questions should initially be directed to local school athletic directors.
2. Then, questions should be directed to:
3. County Sport Commissioner - Pete Alvanos, Annapolis, [palvanos@aacps.org](mailto:palvanos@aacps.org), 315-316-6239
4. District V Representatives - Troy Stevenson, Oakland Mills, [Troy\_Stevenson@hcps.org](mailto:Troy_STevenson@hcps.org), 410-746-3222 and Chris Dyke (girls), Northeast, [cdyke@aacps.org](mailto:cdyke@aacps.org), 410-969-9010
5. AACPS Office of Athletics at 410-222-5463
6. Regional Tournament Directors: <https://www.mpssaa.org/state-championships/wrestling/wrestling-state-committee-regional-directors/>

**Classifications/Regions** (Dual Meet Wrestling)

4A/3A East Region at Old Mill

| **4A East** | **3A East** | **2A West** |
| --- | --- | --- |
| Annapolis  Broadneck  Glen Burnie  Meade  North County  Old Mill | Arundel  Chesapeake  Crofton  Northeast  Severna Park  South River | Southern |
|
|

**Important Dates**

**November 2023**

* November 7 - 4:00 pm - Winter Coaches Kickoff, Severna Park High School
* November 10 - 1st MP report cards (tentative)
* November 15 - 1st day of of tryouts AND Academic assistance sessions start date (based on 1st MP report cards)
* November 21 - First scrimmage day
* November 20-24 - No school for students (Nov 20 & 21 - PT conferences)
* November 23 - No practice on Thanksgiving Day (football exception)

**December 2023**

* December 2 - Testing date (nothing mandatory before 2 pm)
* December 5 - 2-hour early release (PD for teachers) AND MPSSAA start date for contests
* December 7 - Academic assistance sessions end date AND **Grade Check**
* December 8 - Cheerleading Season Management Form due to Athletics (submitted by cheer head coach)
* December 9 - Testing date (nothing mandatory before 2 pm)
* December 25-29 - Winter Break

**January 2024**

* January 1 - Winter Break (cont.)
* January 8-13 - MPSSAA Officials Appreciation week (AACPS commemorative coins)
* January 15 - MLK Day 9 (Voluntary practice only - no penalty for missing)
* January 17 & 18 - 2-hour early release (work time for teachers)
* January 19 - No school for students (workday for teachers)
* January 31 - 2nd MP report cards (tentative)

**February 2024**

* February 6 - 2-hour early release (PD for teachers)
* February 10 - Testing date (nothing mandatory before 2 pm)
* February 19 - Schools closed for Presidents Day

**March 2024**

* March 1 - Spring sports start
* March 19 - 2-hour early release (PD for teachers)
* March 2 - Testing date (nothing mandatory before 2 pm)
* March 9 - Testing date (nothing mandatory before 2 pm)

**Contests**

* Scrimmages**:**
  + 3 preseason scrimmages allowed - a multi-team scrimmage counts only as one scrimmage (AACPS)
  + Teams are allowed one postseason scrimmage (in between last game and first playoff game). No officials, no score keeping, and no bus transportation (no added costs). (AACPS)
* MPSSAA Season Limitations:
  + 14 regular season contests including dual meets and a maximum of three tournaments and three trimeets;
  + Not more than two contests per week including a maximum of one tournament;
  + Multi-team events may be used to make up postponed contests between teams originally scheduled;
  + Three contests may be scheduled one time during the season on a non tournament week;
  + A city/county/conference tournament required to qualify for the state tournament will not be counted as one of the three allowed tournaments; and
  + Wrestling tournaments and meets are defined by Regulation .04D(3) and (4) of the MPSSAA handbook
  + 1 lb. allowance when teams cannot practice the day before a weigh-in. (max of 2 lbs.)
  + Coaches must refer to the MPSSAA winter bulletin for Regional Duals, Regional, State Tournament, Seeding rules and information.
  + The MPSSAA will use the 14 weight classes approved by NFHS. The following weights will be utilized:
    - 106 113 120 126 132 138 144 150 157 165 175 190 215 285
  + The MPSSAA will utilize the following weights for girls:
    - 100 105 110 115 120 125 130 135 140 145 155 170 190 235
* Meet Procedures:
  + Music. Visiting teams are not permitted to play music with portable/rolling speakers or other devices while visiting away sites.
  + Dual Meets. All wrestling county wrestling dual meets are scheduled for JV-6:00 pm with varsity to follow (sometimes following a JV basketball game).
  + Tri Meets. Tri-meets are scheduled for 5:00 pm.
  + Three JV rodeos are scheduled to replace the missed tri meet matches
    - Saturday, December 9 at Northeast HS
    - Saturday, January 6 at Crofton and North County HSs
    - Saturday, February 3 at Glen Burnie and Southern HSs

**County Championship Event and Awards**

* Team rosters and regional seed points including 2 out of 3 tournaments due to the Office of Athletics on Tuesday, February 13
* “JV” County championship at Old Mill HS on (TBD). The seeding meeting for varsity counties will likely occur at this event.
* Wrestlers will be seeded by total regional points.
* Wrestlers with documented injuries may be moved pending vote.
* Top eight in each weight class will be seeded.
* Bracket will be finalized at Midnight Thursday. Any scratches from this point forward will be forfeits. Seeds will be adjusted if applicable.
* Championship held on Friday, February 16th at 5 pm and Saturday, February 17th at 10 am at Broadneck High School
* 42 individual medals for 1st-3rd place per weight class, 25 medals for 1st place team, County Championship game plaque/Head Coach Plaque

**MPSSAA Playoffs**

* **Point of Emphasis**: Egregious Ejections: Any ejection during the state tournament that is classified as egregious now results in a two-game suspension. The MPSSAA has established criteria based on definitions of egregious behavior that will be used during the regional and state tournaments to elevate any ejections under this category to a minimum of two contest disqualification from the current state tournament, next sport season, or the succeeding year’s tournament based on the circumstances of the situation (Example of student whose team loses the first round of the next season. Egregious behavior is being defined as:
  + *Fighting*
  + *Physical or verbal personal attacks directed towards an official, coach, student-athlete, spectator, or school personnel*
  + *Use of racial, ethnic, homophobic or other derogatory or discriminatory language, slurs or practices.*
* **Dates**

MPSSAA championship website [https://www.mpssaa.org/state-championships/wrestling/mpssaa-wrestling-state-championships-central](https://www.mpssaa.org/state-championships/wrestling/mpssaa-wrestling-state-championships-central/)

DUAL MEET TIMELINE

* + February 3 Last play date for seeding
  + February 5 Seeding
  + February 6 Region 1st round and Quarterfinals
  + February 8 Region Semis and Finals
  + February 10 State Semis and Finals

TOURNAMENT TIMELINE

* + February 15 Region entries
  + February 17 Last play date
  + February 23-24 Region Finals
  + February 25 Organization meeting
  + February 29 - March 2 State Championships (Showplace Arena in Upper Marlboro)