ORWAY Rules and Regulations

Revised September 2026

Conduct Expectations: Wrestlers, parents, and coaches are expected to behave in an appropriate manner at all ORWAY tournaments, practices, and events. Poor behavior including profanity, abusive language or violence will not be tolerated and violators will be subject to immediate ejection. Repeat offenders may be permanently barred from ORWAY events.

A. Individual and Club Registration

1. Clubs must renew club registration every year.

2. Clubs must renew and submit individual wrestler memberships yearly.

3. An affiliation with an established ORWAY, MEMWAY or WAWAY club is required for a wrestler to compete in any ORWAY league, regional, or state tournament.

4. All coaches must hold a current MEMWAY membership coach card. The Safe Sport training, Concussion training, Code of Conduct, and Background Check must be completed to be eligible for coaching.

Several organizations have similar processes, unfortunately there is not a universal one. Even if you have completed this for your job or other sports affiliations, you still need to complete for the ORWAY season.

B. Age Groups

1. A wrestler's age on December 31st will determine their age group. A birth certificate is the only accepted form of validation. In the event of an age challenge, a birth certificate must be presented. Only wrestlers aged 5-15 on December 31 will be allowed to compete.

2. During all ORWAY tournaments, wrestlers compete in the following age groups:

   a) 5&6

   b) 7&8

   c) 9&10

   d) 11&12

   e) 13,14&15 (15-year-olds in 9th grade may compete)

C. Tournaments

1. ORWAY tournaments will follow the rules contained in the National Federation of State High School Associations (NFHS) Rules with the following exceptions:

a) Wrestlers are allowed a minimum of 10 minutes rest between matches unless waived by region director or head referee.

b) The NFHS rule concerning maximum number of matches per day for a competitor is not in effect.

c) Overtime Procedure

Phase 1: Sudden Victory (SV)

If a match is tied at the end of regulation, wrestlers immediately enter a 1-minute period.

- The Rule: The first wrestler to score any point wins the match instantly.
- The Victory: Usually decided by a takedown, but a penalty point against an opponent also triggers an immediate win.

Phase 2: The Ultimate Tiebreaker (Holding the Bottom Wrestler Down)

If the score remains deadlocked after the 60 second Sudden Victory round, the match enters the 30-second Ultimate Tiebreaker (or Ultimate Ride-Out).

- Position Choice: The privilege goes to the wrestler who scored the first point of the entire match (or via a coin toss if the match was 0-0). They can choose either the top (offensive) or bottom (defensive) position.
- Winning on Top: If the top wrestler successfully holds the bottom wrestler down for the full 30 seconds without allowing an escape or reversal, the top wrestler is awarded 1 point and wins the match.
- Winning on Bottom: If the bottom wrestler manages to escape or reverse the top wrestler at any point during those 30 seconds, they win the match instantly.

2. Tournament start times:

a) 5&6 and 7&8 start at 9 am. (Unless otherwise agreed upon)

b) 9&10, 11&12, and 13,14&15 start no earlier than 12:00 noon.

3. Match lengths are as follows:

a) 5&6 and 7&8 will be 3 periods of 60 seconds each.

b) 9&10 and 11&12 will be 3 periods of 90 seconds each.

c) 13,14&15 will be 3 periods of 2 minutes each.

4. Wrestlers will compete on the same mat for the duration of the tournament.

5. Wrestlers are required to wear wrestling shoes and a singlet or shorts/t-shirt.

6. Coaches with coach bands will be permitted on the wrestling floor. A MEMWAY coach card and government issued photo ID must be presented to obtain coach band. Only 2 coaches in the wrestler's corner.

7. All wrestlers, coaches, and fans are required to stay in the stands unless coaching, competing, or warming up.

8. League Tournaments

a) Round-robin/pod style bracketing using Madison Block formatting based on age, weight, and ability.

i. 4-5 person brackets in ages 5&6 and 7&8.

ii. 4-6 person brackets in ages 9&10, 11&12, and 13,14&15.

b) If less than three wrestlers are in a weight class, the head pairing official has the discretion to combine weight classes (in the same age group).

9. Regional and State Tournaments

a) To compete at the regional tournament, a wrestler must compete at **THREE** ORWAY league tournaments.

b) Double elimination brackets will be used based on age and weight.

c) Weight classes by division:

i. 5&6: 37, 40, 43, 45, 47, 49, 52, 55, 58, 62, 70, HWT

ii. 7&8: 43, 46, 49, 52, 54, 56, 58, 61, 64, 67, 72, 77, 85, HWT

iii. 9&10: 47, 51, 55, 59, 62, 65, 68, 71, 76, 81, 86, 90, 95, 100, 110, 122, HWT

iv. 11&12: 61, 66, 72, 76, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 147, 165, HWT

v. 13,14&15: 77, 82, 86, 102, 107, 112, 118, 124, 135, 140, 147, 157, 167, 177, 187, 212, HWT

d) The tournament director may combine weight classes to make full brackets.

D. Tournament Registration

1. Clubs will pre-register their wrestlers by approved spreadsheet to the ORWAY Trackwrestling support personnel. Spreadsheets must be submitted no later than 9:00 PM Thursday prior to the tournament. Late entries may be disqualified.

2. Brackets will be posted on Trackwrestling by 1:00 Friday afternoon. It is the responsibility of each team to check Friday afternoon for entry accuracy and communicate any revisions to the Trackwrestling support personnel by Friday 6:00 PM.

3. Each team will submit known scratches to the Trackwrestling support personnel by noon the Friday before the tournament. Scratches not communicated by Friday noon will be scratched at the scorer's table at the tournament.

4. NO bracket additions or changes will be made the day of the tournament.

5. Double bracketing – Each host team will decide if they will allow double bracketing at their league tournament as defined below:

a) Boys:

i. 5&6: no double bracketing.

ii. 7&8, 9&10, and 11&12 may double bracket up one age division/group at the same weight.

iii. 13,14&15 may double bracket in the same age division/group up a weight class.

b) Girls:

i. 5&6: no double bracketing.

ii. 7&8, 9&10, and 11&12 may double bracket by choosing **ONE** of the following:

1. double in the BOYS in the same age division/group and same weight, or
2. double in the GIRLS up one age division/group at the same weight.

iii. 13,14&15 may double bracket by choosing **ONE** of the following:

1. double in the BOYS in the same age division/group and same weight, or
2. double in the GIRLS in the same age division/group up a weight class.

6. There will be NO double bracketing at regional or state tournaments.

7. Entry fees for all league tournaments shall not exceed $10 per wrestler per entry unless approved by the board. The entry fee for the regional tournament shall be $20 per entry.

8. Upon arrival at the tournament, each club will make one entry fee payment to the host team for all pre-registered wrestlers (determined by the number entered by the entry deadline.)

E. Weigh-in Regulations

1. All weigh-ins for league tournaments are satellite weigh-ins done at each club the week of the tournament.

2. Regional and state tournaments are on site weigh-ins.

3. All wrestlers must wear a singlet or competitive shorts/t-shirt and socks when being weighed in.

4. All weigh-ins will use a “one step” process.

5. Skin check and nail checks will take place at weigh-ins. If a wrestler has a skin lesion, a copy of the completed NFHS Wrestling Skin Lesion Form will be required and must be presented presented at the initial skin check.

6. Falsifying weights or age groups could result in loss of coaching card and ORWAY affiliation.

F. Hosting a tournament

1. The regional president/director determines who can host a season tournament.
2. Tournaments should be spread out geographically.
3. An application must be sent to the region president/director.
4. Tournaments should rotate each year if more clubs desire to host than dates exist.
5. The state determines who can host a regional or state tournament.
6. Host club requirements:

    a) Provide, set up and take down mats.

    b) Set up and take down league provided score clocks/monitors and mat side computers.

    c) Seat 500 people.

    d) Have adequate table help and support staff to run the tournament.

    e) Provide monitoring of coaches and parents on the floor.

    f) Have adequate internet to support Trackwrestling operation.

    g) Pay for all costs of hosting the tournament: Trackwrestling fee, Trackwrestling operator, officials, awards (1st, 2nd, and 3rd for all brackets) and other expenses as necessary.

G. Rule and Regulation Changes may be changed or modified by a majority vote of the ORWAY Board of Directors.