



NEW YORK STATE PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION INC.
WRESTLING COMMITTEE
STATE WRESTLING COMMITTEE



USING TrackWrestling: 2024-25 (Green highlites are new)

Follow the Steps on **Pages 2-5** (in order) to get your team set up. Once they are completed you are ready to enter results and print individual record forms (using the instructions from **page 11** onward). FYI-While using the website, if the site remains idle for too long of a time without any activity, you will receive an error message asking what season you are attempting to view. To correct just log back in.

WARNING- When you get into TrackWrestling and nothing happens when you start clicking on things: (Error on page may also appear in grey at lower left of screen), this could mean that your **Internet Explorer is out of date** The most current version is Internet Explorer 11 (and that works fine... but depending on how old your computer is, your computer may not support it) To find the version of Internet Explorer you have: Access the internet: Click on: **Help** in the menu bar at the top of the screen
Click on: **About Internet Explorer** (your version will be displayed)

To fix this problem: You can either install **Internet Explorer 11** or **Google Chrome** as your browser. (**Google Chrome should work on all computers and is recommended**)

STEPS FOR UPDATING GOOGLE CHROME TO MOST RECENT VERSION:

Open Google Chrome Click on the 3 dots in the upper right of the screen
Click on Help Click on About Google Chrome
(It should update from the version you had to the latest which was #96 in Nov 2021)
Click on relaunch browser

In Season Quick Check:

AFTER A HOME DUAL MEET: (Enter your weigh in immediately)

- Home team enters results of the dual into Track at the site of the dual or immediately upon arrival at your home. (See pages:13-14)
- Email results to media (See page: 12)
- Update your rosters W-L records (See page 18)

AFTER AN AWAY DUAL MEET: (Enter your weigh in immediately)

- Morning after the dual: Verify results entered by the Home team last night.
When you bring up your schedule you will see the following icons in front of the dual:
Red Thumb Down = Results were not yet entered (contact opposing coach to see why)
Yellow Thumb Down = Results have not yet been confirmed by the team that did not originally enter the results
Green Thumb Up = Both teams have confirmed the results.

At this point you should see the Yellow Thumb Down- click on the contest, review the results, then go back to your schedule and click on the Yellow Thumb. When the following appears: Type 'commit' if you would like to lock this event and type 'unlock' if you would like to free it up for editing. **Commit** would be typed if you agree with all results entered, **Unlock** would be typed if you need to make corrections.

- Update your rosters W-L records (See page 18)

AFTER A TOURNAMENT: (Enter your weigh in immediately)

- **Within one week** after completion of the tournament, enter your results (See page 16-17)
- Update your rosters W-L records (See page 18)

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FOR ASSESSOR's ONLY:

If using a laptop for assessments that was used in the prior year, you must **save** and **remove** the data from the previous years assessments from the laptop, prior to beginning this years assessments.

You will need a flash drive to complete this task

Steps to Save and Remove prior year data:

- 1-Open Windows Explorer
- 2-Click on: Drive C; Either **OS (C:)** or **Windows (C:)**
- 3-Click on the Folder: **LookinBody 120**
- 4-Click on the Folder: **Database**
- 5-Click on the File: **LookinBody**

If you do not want a backup copy and just want to delete the file, Skip to Step#8

6-Hit the F2 key to re-name the file.

When the file is highlighted add last year to the end of the file name:

Note: If backing up from multiple laptops you may want to add the Laptop# after the year.

The new file could now read: **LookinBody-2024-Laptop1**

7-Insert a flash drive and copy the file: **LookinBody-2024** to the flash drive by dragging it to the folder you want it in on the flash drive.

8-Remove the flash drive and return to laptop. Right click on the file the file **LookinBody-2024-Laptop1** and select delete.

Now the prior year data is off the laptop, and it is ready for the current years data. The current year data will save automatically into a file named:

LookinBody. Next year you will follow these same steps to remove this year's file.

You will receive an email from: **noreply** (New coaches will receive it from JeffCUILTY@gmail.com)

Subject: **2024-25 High School Boys Season Login and Instructions**

Click the **Sign In** button on the email to access Track

Once in Click on: **My Account** and **Edit Account**

Update your info, **keep your Username** or **select a new Username**

Update your info, **keep your old password** or **select a new password** and hit **Save**

You can access TrackWrestling in one of three ways:

- o Access the internet and type in: **TrackWrestling.com**
- o On the right hand side of the screen: **Click on: the OPC (Optimal Performance Calculator) Icon**

Or

- o Access TrackWrestling directly with this link:
<http://www.trackwrestling.com/tw/seasons>

First Login:

- o When the TrackWrestling window appears select Choice 2:
2024-254 High School Boys and Click: **Login**
- o Use the **Username and password** that you set up when you edited you account.
- o If done correctly the following message will appear: **Verify your Email**
If the email address shown for you is correct: Click on the word **here** (in the middle of the instructions) This will send an email to your home account for you to respond to. Note: If you click Skip, this message will appear every time you sign on until you finally verify your email.
(If the email is **not correct**: Click Skip for now then Click on My Account and Edit Account and update your email and you will then be asked to Verify it again later)

- o When you get the email from: **noreply**

Subject: **Track Wrestling Email Verification**

Click on the supplied link and TrackWrestling should open and the message:

“Your email address has been confirmed. Thank you for completing the process” should appear”

Current Season:

If you have done everything correctly: The name of your school and your Schedule will now appear in a grey bar. – CONGRATS!

This will now become your team’s home page every time you sign on.

Your schedule will be blank if you have not yet entered your matches.

If another team has entered their schedule and your team is on their schedule, the match should appear now.

Getting around the site:

The blue menu bar shows:

My Account Leagues Teams Wrestlers Results

To change your personal info:

- o Click on **MY ACCOUNT** in the blue top menu
- o Click on **EDIT ACCOUNT**
- o Update necessary information and change password:
You can type over the existing username and password with new ones of your choice and then click the **[Save]** button at the bottom of the page
- o A blue menu bar appears at the bottom to tell you your info has been saved.

Anytime you need to get back to your team’s home page with your team’s schedule:

- o Click on **MY ACCOUNT** in the blue top menu
- o Click on **MY TEAM**

The following will appear in the grey menu bar at the top of the screen

Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-

More

Leagues
Media
Weigh-ins

ENTERING YOUR TEAM'S VARSITY AND JV SCHEDULES

Get to your teams home page so the following appears at the top:

The following will appear in the grey menu bar at the top of the screen

Edit team- Roster-Weight Management-**Schedule**-Matches-Statistics-Users

More

Leagues
Media
Weigh-ins

- Click on **Schedule**
- You can now enter all your dual meets and then all your tournaments for Varsity and JV. Click on the grey **Add Event** button in the center of the screen

BEFORE ENTERING ANY TOURNAMENTS- PLEASE READ:

Only the school that is **HOSTING** the tournament should enter it on their schedule. Once they have done so, the tournament will appear in a drop-down list to be selected by the other **non-host** teams. If you are not hosting, and the tournament does not appear yet: **DO NOT ADD IT** to the list. Please wait until the host school adds it. By following this procedure, there will no longer be multiple names for the same tournament, like there were in the past. Your Sectional Duals, Sectional Qualifiers, Sectional Tournaments, and State Tournaments have been added by NYS and appear automatically on the drop-down list.

1-Enter your **Varsity Dual Meet** schedule as follows:

- You will be asked for the Event Type: You have 3 Choices:
Single Dual Meet or **DualTournament/Multi Dual** or **Individual Tourn/Individual Matches**
- Select: **Single Dual Meet**
- Select **Level:** **Varsity** Click Next
- For each dual meet:
Enter **Date** and **Start Time:** **mm/dd/yyyy** and **hh:mm** Select: **a.m.** or **p.m.**
Enter **Location:** You must enter the location of the event (as you do a drop down menu will appear for you to click on the exact geolocation to click on and the address will auto fill).
Leagues: should show up as your **Section #**
Weights: Enter: **New York Weights (101-285)**
Match Creation: Enter- **Create one match per weight**
Note: **Create matches as needed** (can be used for JV matches when individuals are just being matched up)
Opponent: Enter the **FIRST LETTER** only of the **opposing school**
State: **NY** is the default
Click Next
A list of NYS schools that start with the first letter of the school you are wrestling now appears.
Select the name of the actual school and hit **Next**
- To enter another Varsity dual repeat the above steps by clicking on: **Add Event**
(Continue this process until all Varsity duals are entered)

2-Enter your **JV Dual Meet** schedule as follows:

- Click on **Schedule**
Click on the grey **Add Event** button in the center of the screen
- Select: **Single Dual Meet**
- Select **Level:** **JV** or **Exhibition** Click Next
- For each dual meet:
Enter **Date** and **Start Time:** **mm/dd/yyyy** and **hh:mm** Select: **a.m.** or **p.m.**
Enter **Location:** You must enter the location of the event (as you do a drop down menu will appear for you to click on the exact geolocation to click on and the address will auto fill).
Leagues: should show up as your **Section #**
Weights: Enter: **New York Weights (101-285)**

2-Enter your JV Dual Meet schedule as follows: (continued)

Those of you that have JV meets where no team score is kept and more than one bout per weight is contested, do not enter the results in the Single Dual Meet format. Under: Match Creation, change the choice from Create one Match at a time to Create Matches as needed.

Match Creation: Enter- **Create matches as needed**

Opponent: Enter the **FIRST LETTER** only (or first and second letters) of the **opposing school**

State: NY is the default

Click Next

A list of NYS schools that start with the first letter of the school you are wrestling now appears. Select the name of the actual school and hit **Next**

- A reminder may show that a Varsity event with that team has always been entered. If it does Select: New Dual so the JV event is listed separately. Once entered, you should see both the Varsity and JV events on your schedule (labeled separately as Varsity and JV)
- To enter another JV event repeat the above steps by clicking on: **Add Event**
(Continue this process until all JV duals are entered)

3-Enter your Individual tournament schedule as follows:

- Click on **Schedule**
Click on the grey **Add Event** button in the center of the screen

Only the school that is **HOSTING** the tournament, should enter it on their schedule. Once they have done so, the tournament will appear in a drop-down list to be selected by the other **non-host** teams. If you are not hosting, and the tournament does not appear yet: **DO NOT ADD IT** to the list. Please wait until the host school adds it. By following this procedure, there will no longer be multiple names for the same tournament as there were in the past. Your Sectional Duals, Sectional Qualifiers, Sectional Tournaments, and State Tournaments will be added by NYS and appear automatically on the drop-down list.

- Select: **Individual Tournament/Individual Matches**
- Select **Level:** **Varsity** Click Next
- For each individual tournament:

Enter **Event Name**

Enter **Location:** You must enter the location of the event (as you do a drop down menu will appear for you to click on the exact geolocation to click on and the address will auto fill).

Enter **Start Date** and **Start Time:** mm/dd/yyyy and hh:mm Select: a.m. or p.m.

Enter **End Date** mm/dd/yyyy (Start date automatically appears: assuming it is a one day event).

Enter **Host Team:** **Your School** or select **Another Team**

Leagues: should show up as your **Section #**

Weights: Enter: **New York Weights** (101-285)

Click: Next

In the **Add Event window** if the tournament is already created, Select it from the current list

If the tournament is not on the list, **DO NOT SELECT: New Event (unless you are the host school)**. If you are **not** the Host school and the tournament does not appear **you must wait** until the host school enters the event before you can add it to your schedule. **Click on the X** in the Add Event Window to close it and cancel this event. **Wait for another day (after the Host team enters it) before adding it to your schedule.**

If you **are** the host team: **Click Next** (the tournament should now appear on your schedule)

- To enter another Individual Tournament repeat the above steps by clicking on: **Add Event**
(Continue this process until all Individual Tournaments are entered)

If you don't know the location take your best guess as you **MUST** enter something for location or you cannot continue. **Most important, is to NOT click New Event if you are NOT the host.**
Always look for the Hosts event name in the list.

4-Enter your Varsity **Dual Meet Tournament schedule **Tri-Meets and Quads** as follows:**

- Click on **Schedule**
Click on the grey **Add Event** button in the center of the screen

Only the school that is **HOSTING** the tournament, should enter it on their schedule. Once they have done so, the tournament will appear in a drop down list to be selected by the other **non-host** teams. If you are not hosting, and the tournament does not appear yet: **DO NOT ADD IT** to the list. Please wait until the host school adds it. By following this procedure, there will no longer be multiple names for the same tournament like there were in the past.

- Select: **DualTournament/Multi Dual Events**
- Select **Level:** **Varsity** Click Next
- For each Dual Meet Tournament:
Enter **Event Name**

Note-So you don't have to enter the same weigh-in multiple times, use this option: **Select Dual Tournament/Multi Dual Events for Tri-Meets and Quads.**
This will create one weigh-in sheet for the event

Enter **Location:** You must enter the location of the event (as you do a drop down menu will appear for you to click on the exact geolocation to click on and the address will auto fill).

Enter **Start Date** and **Start Time:** **mm/dd/yyyy** and **hh:mm** Select: **a.m.** or **p.m.**

Enter **End Date** **mm/dd/yyyy** (Start date automatically appears: assuming it is a one day event).

Enter **Host Team:** **Your School** or select **Another Team**

Leagues: should show up as your **Section #**

Weights: Enter: **New York Weights (101-285)**

Click: Next

In the **Add Event window** if the tournament is already created, **Select it from the current list**

If the tournament is not on the list, **DO NOT SELECT: New Event (unless you are the host school).** If you are **not** the Host school and the tournament does not appear **you must wait until the host school enters the event before you can add it to your schedule.** **Click on the X** in the Add Event Window to close it and cancel this event. **Wait for another day (after the Host team enters it) before adding it to your schedule.**

If you **are** the host team: **Click Next** (the tournament should now appear on your schedule)

To enter the teams you are wrestling in the dual meet tournament:

Click on the name of the Dual Meet Tournament on your schedule

- Click on: **Add Dual**
- When the **Add Duals** window appears
Edit **Date** or **Start Time** (if needed) : **mm/dd/yyyy** and **hh:mm** Select: **a.m.** or **p.m.**
Select **Level:** **Varsity**
Team 1: Should already be your team
Team 2: To enter a team you are wrestling a dual against Click: **New**
When the **Add Dual** window appears:
Enter the **FIRST LETTER** of the **opposing school**
State: **NY** is the default
A list of **NYS schools that start with the first letter of the school you are wrestling now appears.**
Select the name of the actual school and hit Next
The name of the team you are wrestling should now show up as **Team 2**
Click Next to return to the Dual Tournament page (the team you just added should now appear)
- To enter another Dual Meet for the Tournament repeat the above steps by clicking on:
Add Dual (Continue this process until all duals have been added)
- To enter another Dual Meet Tournament repeat the above steps by clicking on: **Add Event**
(Continue this process until all Dual Meet Tournaments are entered)

MISTAKES made entering your SCHEDULE?

- Click on **Schedule**

To Edit the event:

Find the event on your schedule list.

To edit the **Level** just click on the down arrow and make your change.

To edit the **Date** or **Time**: Click on the actual event

A screen will appear for you to enter the results of the event.

Click on: **Edit Dual** in the grey menu bar at the top of the screen

Change your date or time and Click: **Save** at the bottom of the screen

(Message 1: This record has been saved will appear at the bottom of the screen

Close out the window: Your change will not show up until you Click on **Schedule** in the main menu bar so that the change will update.

To delete an event: Click on the red **Trash Can** after the event name.

A window will pop up for you to type the word “trash” and then click “OK”.

5-CREATING YOUR ROSTER AND LINKING TO TW PROFILES:

You should have already entered your schedule. **Please note that once you begin the Roster page you will be locked out of all other tabs until all wrestlers are entered and linked.**

When you log in and begin adding wrestlers to your roster **you will have the option to Link all wrestlers to their TW Profiles.**

When done ALL wrestlers on the roster must show up in the TW Profile column **in blue** with a **ChainLink icon and WLP**

To enter rosters you must have the following info:

First/Last name, Grade, Gender,

BIRTHDAY, EMAIL address and Hometown are no longer required to be entered.

TO ADD WRESTLERS TO YOUR ROSTER:

- From the grey menu bar at the top of the screen

Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-

- Click on **Roster**

- Click on the first button: **Add Wrestler**

Enter the new wrestlers: First Name, Last Name, Grade, and Gender (**Birth Date -not needed**)

(The Weight box should be left blank) Click: Next

- A drop-down arrow menu will now appear. Click on the dropdown arrow and **Either** select the wrestler from list, and Click: **Next** (to add them to your roster)

The former wrestlers name will now show on your roster page in the **TW Profile column in blue** and a **ChainLink icon WLP** will appear.

Or if the wrestler does **not** show up on the drop down list, go to the bottom of the list and Click: **Continue without profile (last choice)**

Do Not Select: Create A New Athlete Profile as that choice requires you to enter their Email and Hometown and NYSPHSAA does NOT allow you to do that.

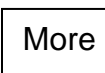
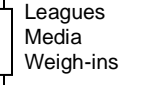
Click **Next**

The new wrestlers name will now show on your roster page in the **TW Profile column in blue** and **Unlinked** followed by a **ChainLink icon** will appear.

(Instructions to Unlink wrestlers follow on the next page)

TO IMPORT YOUR PRIOR YEAR ROSTER

You can either enter your full roster from scratch, or import it from last year 2022-23.

- From the grey menu bar at the top of the screen
Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-  
- Click on **Roster**
- Your blank roster will appear: "There are no wrestlers that match your search criteria"
- Click on the second button: **Import Roster**
- When the Import Wrestlers window appears:
Seasons: Click on **season: 2023-24 High School** (because you are looking to import the kids who were on your team last year to this year)
Teams: Your team should show up as the team name
Click: **Next**
- Last year's roster will appear (with last year's grades and graduated seniors removed)
All names are currently checked ,
Uncheck any wrestlers that you know are not returning
Example: Uncheck all quitters from last year.
Click: **Import**
Your roster should now appear with this year's grade updated automatically.

If your former wrestlers show on your roster page in the **TW Profile column in blue** with a **ChainLink** icon **WLP** that means they were already TW members and are already linked, In this case you do not need to do any additional steps for them.

UNLINKED WRESTLERS

If your former wrestlers show on your roster page in the **TW Profile column** with the word **Unlinked** in red, **they need a TW profile** to make the **Unlinked** go away.

To receive a **WLP** the wrestler must have a **TW Profile** (which requires **them** to supply an email, **which NYS districts will not allow coaches to enter.**
As a coach you **cannot** "Create a new Athlete Profile" because you would have to enter their email address.
The wrestler must **set up their own** TW Profile at home,
or they can remain **Unlinked** to a WLP and just be able to view it from their coaches computer (vs their home computer).

To link them to a WLP, Click on the **Blue ChainLink** icon next to the word **Unlinked**.
In the pop-up box make sure their **First and Last Name** are entered. (Birthdate is optional)
Click: **Search**

As per above you can select either Option1 or 3:

- Either:** 1-Select the wrestler from the dropdown list (**if they already have a TW Profile**)
2-**Create A New Athlete Profile (which will require an email and hometown, which NYS will not allow due to privacy issues). Not allowed to be selected**
3-**Continue without a profile** (which will not allow the wrestler to access their WLP ..

Click: **Next** .. **until they setup a myTrack acct)**
This wrestler should now show up on your roster page in the **TW Profile column in blue** with a **ChainLink** icon **WLP** and the red **Unlinked** should be gone (unless you continued without a profile).

Video Link for creating rosters and Linking TW Profiles:

<https://www.youtube.com/watch?v=scN7o0K5mJw>

ROSTER CORRECTIONS: TO CORRECT NAMES, GRADES:

- From the grey menu bar at the top of the screen
Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-
- Click on **Roster**
- Click on the name of the wrestler you want to change.
- Change either their first, last name by retyping it correctly.
- Change the grade by clicking the down arrow and highlighting the correct grade.
- Add their Birth Date if it is missing
- When finished Click: **Save** at the bottom of the screen.

TO DELETE A PERSON FROM YOUR ROSTER

- Click on the Red **X** next to the wrestlers name
- A window will pop up for you to type the word “**remove**” and then click “OK”.
The wrestler should no longer be on your roster.

DELETE SOMEONE BY MISTAKE?

The **Reinstate Removed Wrestlers** option that was available in the past is no longer available. If you accidentally delete a wrestler you must follow the instructions below and add them back as a New Wrestler. Note: You cannot delete a wrestler who has been weight certified.

6-PRINTING YOUR INDIVIDUAL PROFILE FORMS FOR YOUR REGIONAL ASSESSMENT:

Once your roster is up to date (Step 3 above), you can print all of your Individual Profile Forms needed for your Regional Assessment site.

- From the grey menu bar at the top of the screen
Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-
- Click on **Roster**
- Click on **Print Document**
- Select the **NYSPHAA MWW Individual Profile Form** Document and Click on: **Preview**
- The box for “Wrestlers” at the top of the window is checked off by default so all wrestlers on your roster are currently selected. If you do not want to print forms for all wrestlers, un-click the box for “Wrestlers” and then manually click the individual box(es) in front of each wrestler(s) name(s) that you want to print forms for then Click on: **Preview**
- Click on the **Print Icon** (for **Google Chrome** the Print Icon is the 3 Vertical dashes in the upper right hand corner, just under the red X), then Highlight Print from the menu choices.

Note- A **Blank form** (for wrestlers who may show up for weight certifications (after you have already printed your team’s roster forms) is attached as the last page of this document. Blank forms should also be available at the weight certification sites.

6A-PRINTING INDIVIDUAL PROFILE FORMS FOR APPEALS:

If you have a wrestler who wants to appeal their results, you need to print a new Individual Profile Form to take to the Appeal site.

- From the grey menu bar at the top of the screen
Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-
- Click on **Roster**
- Click on **Print Document**
- Select the **NYSPHAA MWW Individual Profile Appeal Form** Document and Click on: **Preview**
- Un-click the box for “Wrestlers” and then manually click the individual box(es) in front of each wrestler(s) name(s) that you want to print appeal forms for then Click on: **Preview**
- Click on the **Print Icon** (for **Google Chrome** the Print Icon is the 3 Vertical dashes in the upper right hand corner, just under the red X), then Highlight Print from the menu choices.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION WRESTLING MINIMUM WEIGHT
ASSESSMENT
PARENTAL AWARENESS FORM

The appropriate and healthful control of body weight for wrestlers has been a concern of athletes, coaches, athletic trainers, school physicians, and parents for a number of years. Approximately one-third of wrestlers have used inappropriate weight loss procedures to obtain a lower body weight for wrestling. Regardless of the educational information from national, state and local athletic organizations, unhealthy weight loss procedures continued.

Medical concerns for the wrestlers, and the success of other state associations' programs to determine minimum wrestling weight, resulted in the NYSPHSAA governing board approving a Wrestling Weight Certification Program in April 1996. This action was taken after fifteen years of review and study by the Association, which involved the Safety and Research Committee and the NYSPHSAA Wrestling Committee.

The NYSPHSAA Wrestling Minimum Weight Certification Program became mandatory for all member high school wrestling programs, commencing with the 1997-98 wrestling season. The Program is based on two components, assessment of wrestlers to establish a minimum weight at which each athlete will be allowed to compete and nutrition education to promote healthy eating patterns and improved athletic performance. Please visit the National Wrestling Coaches Association website (www.nwcaonline.com) for more information.

Schools must follow the provisions of the Wrestling Minimum Weight Certification Program for all wrestlers in varsity and junior varsity programs. Minimum wrestling weight is based upon 7% body fat for males and 14% for females. The minimum wrestling weight is not established as the athlete's best weight, but rather the minimum weight at which the athlete will be allowed to compete.

STEPS OF PROCESS: Urinalysis, Height, InBody Scale

1. Wrestler will provide a sample of urine to test for hydration. If the specific gravity of urine is above 1.025, testing cannot continue and testing must be rescheduled after 24 hours has lapsed.
2. Wrestler's height will be taken.
3. Wrestler will step on the InBody Scale to determine actual weight and the percent of body fat.

Minimum weight assessment, including urinalysis, may be completed only by health care professionals who have successfully completed the NYSPHSAA's Wrestling Minimum Weight Assessor's Workshop. **An athlete found to have cheated in the hydration test process will be ineligible to compete in wrestling for the season.**

APPEAL PROCEDURE:

A wrestler may appeal his/her certification. Appeals may not be done on the same day as the original assessment. They are to be conducted on day one, two or three after the original assessment - three consecutive calendar days (count Sundays, holidays and days school is closed). If the 3rd day the school is closed due to an emergency the wrestler may appeal on the 4th day only. Appeal procedures must be completed prior to any competition. ALL COSTS INCURRED ARE THE RESPONSIBILITY OF THE STUDENT/ATHLETE. The appeal must be completed three days after the date of the original assessment. Student/Athlete will have a choice between the original assessment result or the appeal result. There is no longer step 2 of the appeal process (Hydrostatic testing).

I, the parent/guardian of _____ have read the information above and I am aware of the minimum weight assessment process.

Parent/Guardian Signature _____ Date _____

Student-Athlete Signature _____ Date _____

Failure to have a signed copy on-file does not excuse the student-athlete from the assessment process and/or related penalties.
The School's Athletic Director is to keep a copy on-file until the season is complete.

Failure to have a signed copy on file does not excuse the student-athlete from the assessment process and/or related penalties. The School's Athletic Director, Sectional Regional Consultant (Head Assessor), or Sectional Chairman is to keep a copy on file until the season is completed.

NYSPHSAA MWW Individual Profile Form
**WRESTLING MINIMUM WEIGHT CERTIFICATION
INDIVIDUAL PROFILE FORM**

CHECK IF:
APPEAL

Name: _____ Grade: _____
Last, First

School: _____

Gender: Male / Female Age: _____

XX

DATA COLLECTION

Urinalysis: Specific gravity of urine: _____ Assessor: _____

Indicate pass or fail

(Must be 1.025 or lower for testing to continue)

Height (nearest 1/2 inch): Feet: _____ Inches: _____

Actual Weight: _____ lbs.

Certified Minimum Weight: _____ lbs.

Initials of Wrestler

Assessor Signature: _____ Date: _____

TERMS: WLP (Weight Loss Plan)

MWW (Minimum Wrestling Weight)

MWC (Minimum Weight Class)

Final Date=Flatline Date (the date that no further wt loss will be allowed)

For NYS this is the first day of postseason in any section – Saturday 2/8/25

DWDATE (Desired Weight Date)

6B-VIEWING YOUR WRESTLERS CERTIFIED WEIGHTS:

- Click on **Roster** and you will see a column: Eligible
- If a wrestler has a **RED X** in this column they are not yet eligible to wrestle as they have either not yet been certified or your assessor has not yet committed the certification result just completed. Once certification results have been committed by the assessor, your wrestler will become eligible and a **GREEN Check Mark** will appear.
- Click on **Weight Management** and you will see one line for each separate certification transaction done for your team. This info is really more for the assessor. If your full team certified the same say at the same time, there is probably only one line listed.
- Click on **Alpha Master** and you will see your roster in Alpha Order.

For each wrestler you can view:

Actual Wt , % Body Fat, Elig Status, MWW and MWC and Eligible Date for their MWC

For NYS the MWW (Minimum Wrestling Wt) is the certified weight.

Eligible Date is the first date they can complete at their MWC

(assuming they stick to their 1.5 % WLP (Weight Loss Plan))

7-WEIGHT LOSS PLANS (WLP's):

To VIEW a WEIGHT LOSS PLAN (WLP): Once a wrestler has been certified to a weight class:

- Open the team roster and click on the **blue scale icon** next to a wrestler's name.
- The Weight Loss Plan will open in a new window.
One the first line across the top, it will show their Initial weight (on certification day), their weight loss allowed per week, their minimum lowest weight class, and their MWW (minimum allowed weight) and the Final Date.
A chart will follow showing their daily weight loss plan (WLP). It will begin with their initial weight and display what weights the wrestler must make each week to reach their MWW (should they desire to go that low). For some it may take the full season to reach the MWW, for others they may be allowed to get to it within just a few weeks.
- A print icon is in the upper right corner if you want to print the WLP.

THE MATH BEHIND THE 1.5% PLAN:

- Once a wrestler is certified, based on their body fat %, Track will calculate the wrestler's minimum weight (MWW). A weight loss plan will then be developed where Track will multiply their actual weight on the day of certification by 1.5% to determine the number of pounds the wrestler can lose per week.

Example #1: Certified weight = 168.0 14% body fat

Actual weight at certification day: 181.20 x .015 = 2.72 pounds per week

- The amount of pounds to be lost per week is then divided by 7 to get the number of pounds the wrestler can lose per day.

Same example: 2.72 pounds per week divided by 7= **.39 pounds per day**

- The wrestlers initial WLP is then developed by subtracting the pounds per day for each day

Same example: .39 pounds per day

Initial Wt:	181.20	
Day 1	180.81	181.20 less .39
Day 2	180.42	180.81 less .39
This pattern continues until the day the wrestler hits their MWW		
Day 90	168.0	MWW certified weight

In this example it took the wrestler 90 days

Example #2: Certified weight = 142.0 8.4% Body fat

Actual weight at certification day: 144.0 x .015 = **2.16 pounds per week**

- The amount of pounds to be lost per week is then divided by 7 to get the number of pounds the wrestler can lose per day.

Same example: 2.16 pounds per week divided by 7= **.31 pounds per day**

- The wrestlers initial WLP is then developed by subtracting the pounds per day for each day

Same example: .39 pounds per day

Initial Wt:	144.00	
Day 1	143.69	144.00 less .31
Day 2	143.38	143.69 less .31
This pattern continues until the day the wrestler hits their MWW		
Day 7	142.0	MWW certified weight

In this example it took the wrestler just 7 days to reach minimum weight and can never go lower

FAQ's: What if the actual weight is above the allowed weight shown on the WLP?

When an actual weight is above the allowed weight the WLP will recalculate as follows:

Using Example #2 above:

Initial Wt:	144.00		Actual Weigh In
Day 7	142.0	MWW certified weight	
Day 15	142.0	MWW stays once its hit	144.50
Day 16	144.19	144.50 Actual less .31	
Day 17	143.88	144.19 less .31	
Day 23	142.0	MWW certified weight	

In this example the .31 is subtracted from the higher actual weight instead of the previous days rate from the chart. Going forward the .31 will now continue to be subtracted each day until the wrestler hits their MWW again on Day 23, at which time it will lock at the MWW of 142 again going forward.

Any time a wrestler weighs above the WLP listed weight, this re-calculation will occur. Weighing in ABOVE your daily listed weight will extend the time of your descent plan.

FAQ's: What if the actual weight is below the allowed weight shown on the WLP?

When an actual weight is below the allowed weight the WLP will recalculate as follows:

Using Example #1 above:

Initial Wt:	181.20		Actual Weigh In
Day 19	180.44	Day 18 (180.83 less .39)	177.4
Day 20	180.05	Day 19 (180.44 less .39)	
Day 21	179.66	Day 20 (180.05 less .39)	

In this example the actual weight of 177.4 is lower than the WLP weight for Day 19 of 180.44, but the .39 is **NOT** subtracted from the 177.4 actual weight. The **original plan just continues** allowing the .39 to be lost per day.

Any time a wrestler weighs below the WLP listed weight, NO re-calculation will occur and the original plan just continues.

Weighing in BELOW your daily listed weight will NOT accelerate your descent plan.

FAQ's: What happens when the +2 lb growth allowance goes into effect on 12/25?

The +2 growth allowance will have **NO EFFECT on the wrestler's WLP.**

They will still follow the same pattern above and only be allowed to lose their allotted amount per day. However, the growth allowance **COULD EFFECT** the wrestlers eligible weight class (MWC). Example: Wrestlers MWW is 147 and their weight loss plan shows they were allowed to compete at 147 as of December 20th. Prior to 12/25 they would have to compete at 152 lbs (even though they weighed 147, as they could NOT wrestle at the 145 pound class yet). But after 12/25 they can now compete at 145+2=147 as their WLP allows this and 147 is now the new weight class.

FAQ's: What happens when there is a +1 or +2 lb allowance for back-to back competitions?

When a +1 or +2 pound allowance is permitted by state rules, when preparing the weigh in sheet, the coach will enter the **Consecutive Allowance**: by Changing the default from 0 lbs to 1 lbs or 2 lbs.

The next day's eligible weight is still calculated by taking the actual weight and subtracting the daily allowance, but so as not to penalize the wrestler for using the permitted allowance, the allowance amount is then subtracted from the calculation.

Using Example #1 above: **using a +2 allowance:**

Initial Wt:	181.20		Actual Weigh In
Day 56	170.31	Day 55 (170.70 less .39)	176.00
A +2 lb allowance is granted for this Day 56 weigh in			
Day 57	173.61	176.00 Actual less .39)=175.61	
		175.61 less the 2 lb allowance=173.61	
Day 58	173.22	173.61-.39	

Any time there is an allowance the amount of the allowance is subtracted from the original calculated weight

Using Example #1 above **using a +1 allowance:**

Initial Wt:	181.20		Actual Weigh In
Day 69	171.66	Day 68 (172.05 less .39)	174.6
A +1 lb allowance is granted for this Day 56 weigh in			
Day 70	173.21	174.6 Actual less .39)=174.21	
		174.21 less the 1 lb allowance=173.21	
Day 71	172.82	173.21-.39	

Any time there is an allowance the amount of the allowance is subtracted from the original calculated weight

FAQ's: What happens when there is a +1 or +2 lb allowance for back-to back competitions?
(continued)

Using Example #1 above: **using a +2 allowance for back to back days:**

Initial Wt:	181.20		Actual Weigh In
Day 56	170.31	Day 55 (170.70 less .39)	176.00
A +2 lb allowance is granted for this Day 56 weigh in			
Day 57	173.61	176.0-.39=175.61- 2 lbs	176.00
A +2 lb allowance is granted for this Day 57 weigh in			
Day 58	173.61	176.0-.39=175.61- 2 lbs	
Day 59	173.22	173.61-.39	

Any time there is an allowance the amount of the allowance is subtracted from the original calculated weight

FAQ's: What is the MWC (Minimum Weight Class)?

For NYS the MWW (Minimum Wrestling Wt) is the certified weight.

MWC (Minimum Weight Class) is the weight class they can wrestle at.

Note: The MWC is always listed as the scratch weight class, once the +2 growth allowance automatically kicks in on 12/25 the wrestler could be eligible for a new weight class.

Example: 12/24 (before +2 growth allowance):

Actual Eligible Wt = 154.12 Eligible Wt Class = 160

Next day: 12/25 (after +2 growth allowance):

Actual Eligible Wt = 153.76

(lower than previous day as allowed to lose 1.5 percent per week)

But Eligible Wt Class = **152** (which is actually 154 now due to the +2)

- For each wrestler you are concerned about, locate the date that they will first become eligible to compete at their post season desired weight. (**DWDate**). They will not be allowed to wrestle at their desired post season weight prior to the date shown on the WLP.

The WLP will constantly change based on actual weights each day:

- As coaches enter **actual weigh-in's** they will appear in the Actual Weight column in black. Any time an actual weight entered is different from the weight shown in the Actual Eligible Weight column, the WLP will recalculate and the **DWDate** will change.
- If the actual weight appears **in RED**, it signifies that the wrestler weighed in lower than their allowed weight for that event. **They can weigh in lower than their allowed weight, but CANNOT wrestle at a weight class lower than their allowed MWC** (Minimum Weight Class) which will be shown on the weigh in form.

How to enter “test weights” to simulate “what-if” scenarios:

- To enter a test “what if” weight simulation, go to any **empty box** in the **Actual Weight** column. When you hover over it with the mouse, you will see the words: **Add Test Weight** appear. Click on them when they do.
- A window for the date you selected will appear.
Enter a sample weight for that day and Click **Add**

The WLP has just re-calculated and you will notice that the DW date may have changed.

When a wrestler is heavier than the Actual Eligible Weight on a given day, the WLP recalculates and the DW date will be shown to be later in the season.

Note-The +2lb growth allowance automatically calculates into the wrestlers WLP after 12/25.

Note-When looking at “what-if” scenarios for back to back matches, you have the ability to grant the +1 lb allowance for the back to back matches. After you **Add Test Weight** and enter a Sample **Weight**, the next line: **Allowance** gives the option to add +1 or +2 additional pounds based on if you are looking a back-to-back, or back-to-back-to-back events.

(This additional allowance would be in addition to the +2 Growth allowance, which is automatically programmed in after 12/25)

Once linked to their WLP individual wrestlers (as well as their coaches) will have the ability to enter test weights.

Profile search page link (for finding TrackWrestling #'s):

<https://www.trackwrestling.com/tw/membership/TWMemberList.jsp?TIM=840194&twSessionId=edigtjckgjxvqfp&fromDomain=0.0>

Click **Search**:

If **Wrestler**, Enter name, If **Coach**, Enter team name (to see all wrestlers ID#'s)

TrackWrestling#'s will be listed in front of wrestler's names.

HOW TO GIVE A WRESTLER ACCESS TO THEIR WEIGHT LOSS PLAN (WLP):

Wrestlers must be on your roster and have a certified weight to view a plan.

- When you set up the roster you already gave each wrestler a TW Profile and their names appeared in blue with a Chainlink icon and WLP.
- Once the wrestler(s) has/have a **TW Profile (myTrack account)**-**see next page** and their name appears in the TW Profile column on the team roster, For each wrestler (either):

-Click on the WLP to the right of the **blue ChainLink icon**.
-When the Grant Access window opens,
Send the wrestler an email: Select **Yes** (if the correct wrestler you are attempting to link is displayed at the top in the first sentence.
Force Access: Select **Yes**
Click: **Grant Access**
A pop-up will appear stating:
Confirmation email has beensent
The **WLP** on the roster page will now turn **GREEN** (once that occurs you are done)
The wrestler will receive an email with instructions
-Click on the **blue Link icon** **for every wrestler** and follow the steps above to grant each of them access.

- Video link:

https://www.youtube.com/watch?v=OQpC-sYf0bs&list=PL_LhWThQ_dOYbliRtrog3MDAhhjUXS7zi2&index=25

OR

-Next to each kid's name, you will find a **blue ChainLink icon**. When you click on that, it will open a dialog box where you can SEARCH for your kids name to see if they did create the account.
-Click the down arrow to the right. Scroll down the list of names which will appear by exact name and in state alphabetical order with hometown and age listed. Find your exact kid's name, age, hometown in NY and then **click NEXT** to link them to Track.
-Now you will see the WLP next to the kid's name in **gray**. **Click the gray WLP** and a new box opens up to grant them access to their WLP. **Click the button sending an email**. The **gray WLP** will turn **green** if you allowed them this access. You will need to individually **click the gray WLP for each kid** to send them an email which will allow them to see their WLP.

STEPS FOR THE WRESTLERS ON YOUR TEAM TO FOLLOW:

Wrestlers Guide for Viewing their Weight Loss Plan:

- Once a coach gives wrestlers access to view their Weight Loss Plan (**WLP**), the wrestler should receive an email from track. That email will have links to click to view your WLP, season results, team schedule, and profile editor.
- (But-You must have a **myTrack** first in order to have access to the WLP)

For wrestlers **who already have set up a myTrack account:**

1. Sign into your myTrack and then click on OPC.
2. Click on your current season and select your governing body
3. Click 'My WLP' in the season menu to view your weight loss plan

For wrestlers **who need to create a myTrack account:**

[Click here to create your myTRACK account](#)

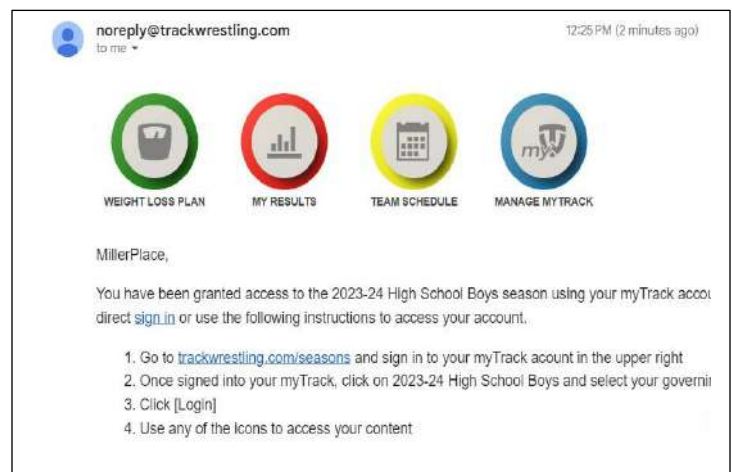
Or copy this link:

<https://www.trackwrestling.com/membership/MyTrackSignIn.jsp>

Look for: **Don't Have A myTrack account?**

Click: [Create one here](#)

and you will then be asked to enter your email and a password.



Once the wrestler is signed in:

Next they will Click on the MYTrack icon in the upper right.

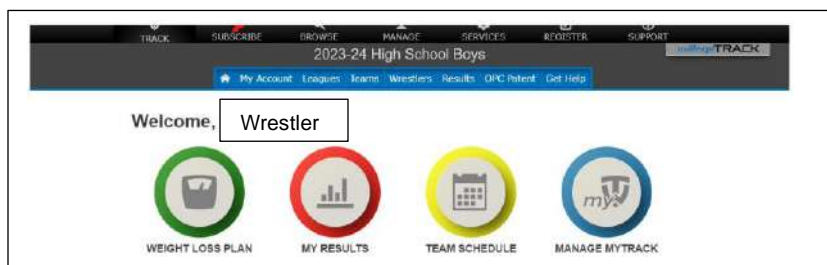
They sign in using either their TrackWrestling #, Username or FloSports email and they then enter their password.

Next: they select the current **2023-24 High School Boys season**

Next: they select Governing body: **New York.**

When they Click Login, they will have access to the following four Icons:



Weight Loss Plan (WLP) **My Results** **Team Schedule** **Manage My Track**



8-PRINTING WEIGH-IN FORMS:

Coaches must now use Track to print the actual weigh-in forms for ALL events.

Access your schedule:

- 1-Click on the fourth tab over: **“Schedule”**
 - 2-Find the event that needs the weigh-in’s recorded and click on the **Blue Scale Icon** next to it.
Or Click the name of the event then **More**, then **Weigh-In**
Schedule-Matches-Statistics-Users  
 - 3-Click on the **Add Weigh In** button
 - 4-Temporarily skip over the names and **verify the weigh-in date is correct.**
 - 5-**Consecutive Allowance:** If needed Change the default 0 lbs to 1lbs or 2lbs if there was +1 or +2 weight allowance for back-to-back matches or school cancellations. **Note: Do NOT enter +2 for the NYS Christmas Growth Allowance (this is automatically built into the system).**
 - 6-Select all the wrestlers who will weigh in.
(To select multiple wrestlers whose names, appear consecutively-Hold the Shift Key and highlight the names) Note: you can use only Shift to select wrestlers that are listed in sequence.
(To select wrestlers whose names are not listed in sequence, hold the CTRL key down, move to the name you want, click on it. DO NOT release the CTRL key, move to the next name you want and click on it. So long as you do not release the CTRL key you can continue to add wrestlers.
When all needed for weigh ins are selected: Click **Add**
 - 7-**This step may can be repeated if you leave someone off.** To add wrestlers, you may have left off, Click the: **Add Weigh In** button when the actual weigh in form appears. Click the names that still need to be added. Once you have everyone you need Click **Add** again.
 - 8-When the weigh-in form appears, your wrestlers may not be in weight class order. You can use the drop-downs in the “Weight” column to change the weight class if necessary. When you **Save** it will put the wrestlers in the new weight classes in weight class order.
 - 9-Click the **Save Form** button
 - 10-Click the **Print** button
- Link to video:** <https://www.youtube.com/watch?v=iy8DaMDIXHY>

ENTERING WEIGH-IN WEIGHTS:

Anytime between the conclusion of the weigh-in for the current event and the day of the weigh-in for the next event, coaches must enter the weigh-in weights into Track Wrestling.

Recommended: When weigh ins conclude, make copies of both teams’ weigh in sheets and distribute to both coaches. After you set your lineups in the scorebook use the computer in the coach’s office and have both teams enter the actual weigh-in weights into Track before the event begins.

- 1-On your team’s Schedule page, Click on the blue scale next to the event to open the weigh in sheet.
- 2-Enter each wrestler’s actual weights.
Everyone who weighs in must have a weight entered (even if they do not wrestle)
Note- You can place a check in the box in the DNP column if the wrestler did not weigh in.
DNP = Did not Participate in the Weigh in, not Did Not Participate in the event
- 3-Click the **Save Form** button
- 4-**Verify the weights you entered are correct. Once you hit the COMMIT button, you will no longer be able to edit the form and will need to contact Track directly and get approve from your NYS Governing Body Admin for a change to a weight to be made. (SEE NEXT PAGE)**
- 5-When you are sure your weights entered are correct, Click **Commit** (Then type the word **commit**)
Once committed the blue scale icon will turn into a Green Scale Icon
- 6-Click the **Print** button to print the completed form.
Link to video: https://www.youtube.com/watch?v=WXt1HL-2e_c

NYS DOES NOT REQUIRE THE WEIGH-IN FOR A SECOND DAY OF A TOURNAMENT TO BE ENTERED INTO TRACK

N/A for NY STATE:

FOR 2-DAY EVENTS (with two separate weigh-in's) You can wait and enter both days at one time

1-Follow Steps 1-3 above

2-When the Day 1 weigh in form appears, Click on the **Add Weigh In** button again for Day 2

3-Select the wrestlers weighing in for Day 2

4-Change the **Weigh-In Date** to the date for the second weigh-in (as the Day1 date will appear)

5-Add the + 1 lb or + 2 lbs **weight allowance** needed for Day 2

6-Click **Add** Enter the Day1 & Day2 weights in the proper columns as per above in Steps 8-12.

Link to video:

https://www.youtube.com/watch?v=7hHsMltr7WA&list=PL_LhWThQ_dOYbliRtroq3MDAhjUXS7zj2&index=10

FAQ's: **How can I view an opposing teams weigh ins?**

- Click on the team that you would like to view weigh in's for
- When that teams page opens, Click on: **Roster**
- Click on the **Gray Box** in the center of the Roster page: **View Weigh Ins**
- You cannot view opponents full weigh in sheets,
but you can select any individual wrestler on their team:
 - Click on their name and be able to view every event and every actual weight recorded for that wrestler to date

TROUBLESHOOTING: MY WRESTLER DOES NOT APPEAR IN THE DROP DOWN MENU TO BE ABLE TO ADD THEM TO THE WEIGH-IN FORM:

This could be an Open Weigh-In problem:

OPEN WEIGH-IN'S - an Open Weigh-in is when a wrestler is listed on a weigh-in sheet but a weight has yet to be entered for them

Teams are only permitted one open weigh-in at a time. If a wrestler is already on an open weigh-in sheet, they will not be eligible for another until the one they are on is committed.

CERTAIN WRESTLERS ARE NOT SHOWING UP TO ENTER THEIR WEIGH IN'S

Go to your **Roster** page. Click on the **MORE** choice in the Gray menu. Click on the third choice **Weigh-In's**. **If some weigh ins are showing as being UnCommitted that wrestler is blocked from entering future weigh-in's until the prior outstanding ones are Committed.**

Finding how many Open Weigh ins a wrestler has open:

To view a wrestlers weigh-ins and number of open weigh ins:

Go to your schedule page and Click **'More** Click: **Weigh Ins**.

This will show you the number of total weigh-ins along with the number of open weigh-ins for each wrestler

If you click on a wrestler's name, you can see the weigh-in forms that are both committed or open.

To commit them and free up the wrestlers for upcoming weigh-ins, access **Schedule** and click on the **Blue Scale Icon** for the event that the uncommitted (open weigh in) is listed for.

Enter the missing weight in weight for the wrestler, **Save** and **Commit** the weigh in sheet.

Now when you go back and Click **'More** Click: **Weigh Ins**, the # of uncommitted weigh ins should have been lowered for each wrestler you just committed the new weigh ins for.

Link to video: <https://www.youtube.com/watch?v=y-3htpihTLO>

If a team needs assistance clearing out too many open weigh-ins, they can submit a help ticket and the Customer Support team can reset them.

Create a ticket using the following link:

<https://support.trackwrestling.com/s/contactsupport>

CORRECTING MISTAKES MADE TO WEIGHTS AFTER THEY HAVE BEEN COMMITTED:

If you discover a data entry error to an entered weight AFTER you have already saved and committed them, you cannot fix it yourself.

Track requests you complete a "ticket" to correct your mistake.

They are usually very good about getting back to you promptly.

Create a ticket using the following link:

<https://support.trackwrestling.com/s/contactsupport>

For weight corrections:

Track will require a printed and preferably signed copy of the weigh-in sheet.

It should include:

Team name

Date weigh-in occurred

Actual weight of athlete

and they prefer it be signed by an official

Track has automated the process and a Change request form should be sent to you when they reply to your ticket.

Once you complete it and send them the weigh-in form, Track will then send the NYS Track Wrestling Governing Body Administrator a summary of your requested change for them to either approve, decline, or request further comments on.

GETTING ENTERED RESULTS TO NEWSPAPERS:

Set up the Media Contacts that need the results:

It is suggested you notify Track of the emails that you would like all dual meet results sent to, prior to you entering any results. This way when you finish entering a dual result, you can send the results to all your contacts at the same time.

Get to your teams home page so the following appears at the top:

The following will appear in the grey menu bar at the top of the screen

Edit team- Roster-Weight Management-**Schedule**-Matches-Statistics-Users-



- Click on **More**
- Click on **Media**
- A list of Media contacts stored as of now will appear. To add to the list Click on **Add Contact**
- When the Add Media Contact window appears, enter the email address of the publication you want the results sent to, then Click on **Add** and the new contact will appear on your list.
- Continue clicking on the Add Contact button for each additional publication you want to send emails to.

Example: Required by Section 9:
sports@TH-Record.com
SectionIXWrestling@GMail.com
Daniel.Morse@OUBOCES.org
 Optional for Section 9:
newsroom@poughkee.gannett.com
sports@freemanonline.com

Sending the results:

After you have completed entering the results of the event, on the screen where the actual results were entered, you will see the following menu choices:



Select: **Email Media**

(After a short delay you should get a message on your screen that Media emails have been sent). Anyone that you had added on your list of Media Contacts that you created above will get the results.

WIN TYPES TO BE USED WHEN ENTERING RESULTS:

Track Wrestling Win Types:			
Win Type	How Used in NY	Win Type	How Used in NY
Bye	Optional	Disqualified	as needed
Forfeit	as needed	Double DQ	as needed
Default	as needed	Major Decision	as needed
Double Forfeit	as needed	Decision	as needed
Medical Forfeit <small>(new as of 2023-24)</small>	as needed: Winner gets a win on W/L record, but loser does not take a loss on W?L record	Sudden Victory-1	OT victory in P1 <small>Score needed</small>
Win By Rule	Not used in NYS	Sudden Victory-1 (Fall)	OT fall in P1 <small>Time needed</small>
Fall		Tie Breaker-1	OT Victory P2 or P3 <small>Score needed</small>
Technical Fall		Tie Breaker-1(Fall)	OT fall P2 or P3 <small>Add time</small>
Injury Default		Ultimate Tie Breaker	Final 30 sec OT <small>Score needed</small>

ENTERING DUAL MEET and DUAL MEET TOURNAMENT RESULTS:

Only the coach's login and password can be used to enter data. No team member can enter results using their personal logon info. Coaches should not give out their login or passwords.

Note: If you start entering results and then leave the computer idle for 5 minutes or so your screen may freeze and not allow you to click on your next result. If this happens, exit from Track Wrestling and then come back in, and everything should work normally. Anything you have already saved prior to exiting should not have to be re-entered.

Access your schedule:

The following will appear in the grey menu bar at the top of the screen

Edit team- Roster-Weight Management-**Schedule**-Matches-Statistics-Users

More

Leagues
Media
Weigh-ins

- Click on **Schedule**

Click on the event that you want to enter results for.

Follow the separate steps below for: Dual Meets, Dual Meet Tournaments and Indiv. Tournaments

9A-ENTERING DUAL MEET RESULTS:

- Click on the name of your dual meet opponent in your schedule and a new window will appear showing each weight class.
- Enter the starting weight class in the separate box provided.
- Click on the first weight class you want to enter results for.
- Select your team's wrestler from the drop down list.
- Select your opponent's wrestler from their drop down list. (If you opponent's wrestler is not on the drop down list you should type it in manually).
- Select the winner: The names of the two wrestlers you just entered will appear.
- Select a Win Type: Choices are:
 - If the match was a Forfeit: Enter "Forfeit" as the name of the wrestler on the team who forfeited. (The Forfeit choice should be at the top of the team's roster),
Select: Forfeit as the win type and **Click: Save**
(Note: **Medical Ft** is available to be used in NY)
(After saving the result will show as: Forfeit over "Unknown")
The running team score column will show the number of team points earned and the total team score of bouts entered will appear at the bottom.
 - If the match was a No Contest: Enter "Forfeit" as the name of the wrestler on each team. (The Forfeit choice should be at the top of the team's roster),
Select: **Double Forfeit** as the win type and **Click: Save**
 - If the match had a score:
Select: Decision or Major Decision
Make sure the when you enter the individual Match Points scored by each wrestler that you put the points scored by each wrestler under the correct wrestlers name. **Click: Save**
The running team score column will show the number of team points earned and the total team score of bouts entered will appear at the bottom.
 - If the match had a time:
Do NOT enter any score info in the scoring boxes (note: you may enter scores for Tech Falls in addition to the time)
Select: **Fall, Technical Fall, Injury Default, or Disqualified,**
Enter the time of the Fall, Technical Fall, Injury Default, or DQ in the time box
(With a Tech Fall you can also enter the individual Match Points scored)
When the time is entered, **Click: Save**
The running team score column will show the number of team points earned and the total team score of bouts entered will appear at the bottom.

Recording Overtime results:

For Overtime Victory during OT-Period 1:Sudden Victory select:

Sudden Victory-1 or **SV-1 (Fall)**

For Overtime Victory during OT Periods 2 or 3-Tie Breaker select:

Tie Breaker-1, **TB-1 (Fall)**

For Overtime Victory during final ultimate OT-30 sec ride out select:

Ultimate Tie Breaker

High Schools will not need the following Win Types:

Medical Forfeit or **Win By Rule**

- When done entering the last bout the Final team score should display.
Team score incorrect? If it is not correct, go through the team score column bout by bout and find the error.

Deduction of team point: In cases where a team point was deducted by an official:

Click on the the third menu choice: **Adjust Team Score**

Add Match	Fill Weights	Adjust Team Pts	Assign Level	Swap Home/Away	Email Media	Edit All	More
-----------	--------------	-----------------	--------------	----------------	-------------	----------	------

Select the team that the point was taken form, **Enter -1** for points, For reason: enter:

Loss of team point at xxx lbs. an Click: **Add**. The new adjusted team score should

now appear and the explanation will show at the bottom of the dual meet results.

Team score correct? If you have the correct results and now want to Commit the results:, Click on the Click here link in the sentence at the top (under the menu choices)

This dual has not been committed by either team. Click [here](#) to commit this dual and prevent someone from making changes without first unlocking it.

- Sending results to Media :If you have the correct results and now want to send the results to your media contacts,

Click on: the 6th tab at the top of the page: **Email Media**

Add Match	Fill Weights	Adjust Team Pts	Assign Level	Swap Home/Away	Email Media	Edit All	More
-----------	--------------	-----------------	--------------	----------------	-------------	----------	------

You should get a message stating that the results were sent.

COMPLETE STEP 11 TO UPDATE INDIVIDUALS RECORDS

CORRECTING MISTAKES WHEN AN EVENT HAS BEEN COMMITTED:

Once an event has been committed by either team, it cannot be edited without first unlocking it. To make corrections:

- Click on the dual meet you want to correct.
- The following words appear at the top under the menu coices:
You have committed this dual, and therefore you cannot modify it without unlocking it.
Click [here](#) to unlock this dual and free it up for editing. Click [here](#) to view the commit log.
- Click on the blue link "[here](#)" to unlock the dual.
You will have to type "**unlock**" in the box that appears
You will then need to type in the reason you need to make the correction.
- You can now click on the weight class(es) you need to fix.
Once all your corrections are made you need to commit the dual meet by:
Click [here](#) to commit this dual and prevent someone from making changes without first unlocking it.

ENTERING JV or EXHIBITION MATCHES:

When you want to enter a JV or Exhibition match and NOT have the result appear on the wrestlers Varsity W-L record:

-When entering the dual meet results on the Varsity results page:

Once all the weight class results are entered:

-Click on: **Add Match** at the top left of the result form

-Enter the Weight Class and the result

-At the bottom it has a drop down labeled "**extra match**"

-Select "**Yes**" and Click: **Add**

-**Check the box** next to that match then go to the middle at the top of your page

And select "**More**" then Click: the "**Assign Level**" button.

-Assign the level to be "**JV or Exhibition**".

-Commit the results.

This will add the match to the event but will not score it in the team points and assigning the new level will make sure it doesn't add it to either wrestler's record.

ENTERING DUAL MEET TEAM FORFEITS:

When one team forfeits a dual meet to another team:

The team that was forfeited to **adds either a win to their team record and the team that forfeited adds a loss to their team's record.** The team score shall show as 1-0

As per NFHS interpretation: Since no matches were contested no individual records would be affected.

- Click on the name of your dual meet opponent in your schedule and a new window will appear showing each weight class.
- **Each individual weight class will be recorded as a No Contest:**
Click on each weight class,
Click on Win Type: Select: **Double Forfeit** as the win type and **Click: Save**
- The team score will show as 0-0
- Click on: the 3rd tab at the top of the page: **Adjust Team Points**

Add Match	Fill Weights	Adjust Team Pts	Assign Level	Swap Home/Away	Email Media	Edit All	More
-----------	--------------	-----------------	--------------	----------------	-------------	----------	------

- Select the name of the team that is winning by Forfeit
- Click on Points and enter: 1
- Click on Reason: and enter "DUAL MEET FORFEIT"
- Once Saved the team scores should now read 1-0 and in the box at the lower right the name of the winning school should appear.
- Once the 1-0 score is recorded, you **may not** be able to commit the dual meet by doing the usual: **Click [here](#) to commit this dual and prevent someone from making changes without first unlocking it.**
- If you can't commit with the link, when you go back to the schedule:
Click on the **red thumbs down**, type the word COMMIT and you will get a **green thumbs up**.
- The other team involved will get a box will appear in front of their scheduled dual meet labeled: **Pending** (they can **Accept** the 1-0 result).

9B-ENTERING INDIVIDUAL TOURNAMENT RESULTS:

Access your schedule:

1-Click on the fourth tab over: "**Schedule**"

2- Click on the name of the Individual Tournament you want to enter the results for.

A new window will open for the NAME of THE TOURNAMENT:

You will see the following menu choices:

Add Match Accept Selected Trash Selected Assign Level Email Media Search Print Score Sheet

For each individual you will follow these steps. After their first result is entered, their name and weight will reappear for you to enter their next match. When you have no more matches for that wrestler: Just type over the weight class and your wrestler's name with the new data for your next wrestler.

If your opponent has already entered results for your wrestler. A box will appear in front of your wrestler's name labeled: **Pending** (you can **Accept** or **Trash** the result).

Wrestling teammates: When two wrestlers from the same school wrestle each other, enter the result for the first wrestler and you will get a **Pending** message for the second wrestler, which you can **Accept** (so you don't have to enter the result twice). It will appear as if the original wrestler has two wins for the same match, but when you look at each of the two wrestlers under the MATCHES tab on your Team's Main Menu Screen, only one result will show for each wrestler: one will have the win and the other will have the loss.

Entering each individual's tournament results:

- Match Type: Select the round of the tournament you are entering results for.
Try to be consistent with how other coaches have been entering data.
Example- Round Robin most use "Championship Round #" from the drop down list vs selecting "Round #" from the drop down list. For finals you would select "1st place match"
- Weight Class: Select a weight class from the drop down list
- Team1: Your teams name should already be filled in
- Wrestler 1: Select your wrestlers name from the drop down list.
Your roster will be show in alphabetical order
- Team 2: Select your opponents team from the drop down list of teams in the tournament
Opponent's roster will be show in alphabetical order

If the team is not shown: Click the NEW button

Type in the TEAM NAME and State and hit NEXT

Select the actual Trackwrestling name of the school from the list that is generated

Hit Next and the team name will now appear and be available for use in this tournament from this point on.

- Winners: Select the winning wrestler
- **Select a Win Type:** Choices are:
 - Bye: Do not select this choice
 - **If the match was a Forfeit:** Enter "Forfeit" as the name of the wrestler on the team who forfeited. (The Forfeit choice should be at the top of the team's roster),
 - Double Forfeit
 - Medical Forfeit-: Winner gets win on W/L record but loser does not take a loss on W/L record
 - Win By Rule-Should not be selected for NYS
 - **If the match had a time:**
 - Select: Fall, Technical Fall, Injury Default, Disqualified, or Double Disqualified,
 - Enter the time of the Pin, Technical Fall, Injury Default, or DQ in the time box
 - In the next box for result: Enter the time (for Tech Falls enter the score and time)
 - **If the match had a score:**
 - Select: Decision or Major Decision
 - In the Result Box: Enter the Winners Score and the Losers Score

Recording Overtime results:

For Overtime Victory during OT-Period 1:Sudden Victory select:

Sudden Victory-1 or SV-1 (Fall)

For Overtime Victory during OT Periods 2 or 3-Tie Breaker select:

Tie Breaker-1, TB-1 (Fall)

For Overtime Victory during final ultimate OT-30 sec ride out select:

Ultimate Tie Breaker

High Schools will not need the following Win Types:

Win By Rule

High Schools will not need the following Win Types:

Medical Forfeit-Should not be selected for NYS

Win By Rule-Should not be selected for NYS

WHEN EACH INDIVIDUAL RESULT IS COMPLETED, CLICK **NEXT**

The match just entered will now appear on your Tournament Result Page

**WHEN ALL TOURNAMENT RESULTS ARE ENTERED:
COMPLETE STEP 11 TO UPDATE INDIVIDUALS RECORDS**

Correcting mistakes:

- Click on the weight class you need to correct. Make the necessary corrections and hit SAVE.

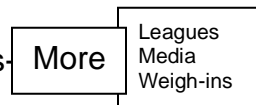
ENTERING TOURNAMENT INDIVIDUALS PLACES

- You have the option of entering the wrestler's individual tournament place after all tournament results have been entered. At the top of the screen under the tournament name Click on: **Wrestlers**. A list of all wrestlers in the tournament (sorted by team) will appear with a DNP (did not place) next to each wrestler's weight class. To assign a **Place** click on the DNP and enter the place as 1, 2, 3, not 1st 2nd 3rd (If you don't you will get a message stating you "Must enter a valid number for placement") Leave the Place column as DNP if they did not place.

10-VIEWING AN INDIVIDUALS WRESTLER'S RECORD/RESULTS

The following will appear in the grey menu bar at the top of the screen

Edit team- Roster-Weight Management-Schedule-**Matches**-Statistics-Users-



- Click on **Matches** in the menu bar
- Use the down arrow in the selection box (that appears with the word "wrestlers") and select the name of the wrestler that you want to view matches for.

11-VERIFICATION OF DOUBLED RESULTS

- **Coaches are responsible** for scanning each of your wrestler's record sheets (Step 9) to make sure that wins and losses against the same opponent on the same date are not duplicated. If any are found, you must go back to the match and delete one of them. Tournament hosts have the official results. If there is a discrepancy, contact that coach or tournament administrator to correct mistakes.

12-UPDATING WON-LOSS RECORDS OF YOUR WRESTLERS

- **After each competition:** Coaches are responsible for updating your wrestlers won-loss records on your roster sheet.
 - Once you have entered the events for the contest :Click on **Roster** (You will see each wrestler's current W-L record in the last column)
 - Click the box in front of the Name column to highlight all your wrestlers names (a check mark will now appear in front of each name).
 - Click on the third choice of the Roster Menu bar: **Update Selected Records**
 - When the Update Records window appears: Count Byes is set to NO by default (leave it as NO)
 - Click on **Update**
 - You will be returned to the Roster screen and the Record shown in the last column will now be updated with the results of the new contest.



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USING TRACK TO FIND RESULTS OF OTHER TEAMS

ACCESSING STATS OF TEAM MEMBERS OR OPPONENTS:

When the blue menu bar shows:

My Account Leagues Teams Wrestlers Results

- Click to **Teams** and you will see an alpha list of teams in NYS (50 teams per page) In the upper right of the screen there are right and left arrows to move you thru the list. (Hint: If the team you are looking for starts with a “W” click the left arrow to move to the last page, instead of having to click the right arrow numerous times to scroll through the full alphabet).
- Click on a team you want to view results for.
- Their schedule page will show: Click on the contest you want to view results for
- To view a single wrestler on that team: Click on **Matches**
- Click on the down arrow in the box at the top with the word “wrestler” in it and select the wrestler you want to view results for from the llist.

EVENT STATS

- At the conclusion of each of your events you can click on: **More**, then **Summary**

Edit team- Roster-Weight Management-Schedule-Matches-Statistics-Users-

More

Summary

This will give you a breakdown of your teams stats for the event:

How many Decisions, Falls, Inj Defaults, MD, and Techs were registered for your team, both For and Against.

USING TRACK TO FIND RESULTS PRIOR TO THIS YEAR

When you first sign on you normally click on:

2024-25 High School Boys

If you want to view results from prior years for either your team or any other team, instead of clicking on this year’s season, use the right and left arrow keys in the upper right of the Login screen and select the High School Boys season you want to view.



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PRINTING POST-SEASON NYS SEEDING SHEETS

After you have entered all of your duals and tournaments into the TrackWrestling database, follow the following procedure to print you NYS Seeding Sheets. These sheets must be signed by both the coach and the wrestler before entering your post-season tournaments.

Reminder: Once Post-Season tournaments have begun in your Section, any make-up duals that are wrestled DO NOT get entered in Track and DO NOT count for seeding.

(Once the NYS tournament has begun: you can go back and enter these results to have your records complete.

VERIFICATION OF W/L RECORDS FOR WRESTERS ENTERING POST-SEASON:

Step 1: Verification of Level: Click on your team's Schedule tab to display all your matches and tournaments. The 4th column over is for Level. Please make sure all Levels read either: Varsity, JV or Exhibition. Later in the process we are going to sort out all your wrestlers Varsity wins, and **if the Level is not set to Varsity, then those wins and losses will not print.**

Later in this document, it will tell you how to print your season record forms, but before you actually print you must:

Step 2: Verification of Forfeits: Based on the rules established in our Handbook, make sure you have correctly entered wins and losses by forfeits for all your wrestlers who received them.

(Forfeit rules from the handbook are included at the end of this document: pages 5-8).

Step 3: Verification of Doubled Results: Make sure to scan EACH wrestler's record sheet to make sure that wins or losses against the same opponent on the same date are not duplicated. Many coaches have caught duplicate entries. If any are found please go back to the match and delete one of them.

Step 4: Verification of W/L Record: Make sure EACH wrestler's Won/Loss record (listed on the last line) is correct. If any wins or losses are missing please go back to the match correct it.

13-PRINTING “SEASON RECORD FORMS” FOR ENTRY INTO POST-SEASON:

You will need to make a separate printout for each wrestler you are entering into Post-Season. You do not have the option of being able to select all the wrestlers at one time this year. You must do each wrestler separately as follows, from your team’s page:

- Select: **Matches**
- Select: **Print Matches**

For each post-season wrestler individually:

- Select: **Wrestler’s Name**
- Select: **Varsity**
- Leave “Count Byes” as **NO**
- For Individual Season Record, hit the drop down arrow and Select:
NYSPHSAA Season Record Form
- Select: **Submit**

When the form appears:

- Verify all wins and losses are correct before you print.

Print as follows:

- **Right click** anywhere on the form and then Select: **Print**
- When the print menu appears, find the **Layout choice** and change it from Portrait to **Landscape** (as this will make it print sideways on the paper, making it easier to read)
- To adjust bottom margin so that no results are cut off at bottom of each page:
Select: **+ More Settings**
Click the drop down arrow next to **Margins** and change from Default to **Custom**
Move the cursor into the document preview and you will see dotted blue lines that represent the margins. **Drag the bottom margin until the value reads .75** (This value should keep lines on your printout from getting cut off in between pages)
- Select: the blue **Print** button on the left side of the screen.

Repeat the procedure for each wrestler you want to enter in Post-season

Notes for NYS:

- The **NYS Seeding Column** is currently blank. (Sections can manually put values in this column if needed for their Sectional Seeding meetings). Once the At-Large winners are determined, TrackWrestling will automatically assign your wrestlers competition points if they have defeated someone who has qualified for this year’s state tournament or for beating a state place winner from last year. The column will currently show all zeros but once you go to re-print these forms for your NYS tournament qualifiers, the column will show values if your wrestler earned them. The total of the Competition Points earned will be displayed in the upper right hand corner. (The chart on page **30** shows how the points are determined). A spreadsheet titled: TrackWrestling-NYS-CompPts-PlacePoints-**2025** for verifying specific points for specific wrestlers will be send separately.
- Also shown at the upper right of the form is your wrestlers Placement Points. The Placement Points will also show as zeros to start with, but a value will be automatically assigned to your state qualifiers once it comes time to re-print the forms for NYS tournament seeding purposes. This value will automatically be updated on Wednesday **2/25** (after all Sectional Champs and “Auto-qualifiers” have been determined-. (The chart on page **31** shows how these points are determined).

ENTERING RESULTS OF TRUE SECOND MATCHES:

So that all True Second matches, held by any Section or any Division within the Section can be located in the same place on Track.

If you had a wrestler(s) who competed in a True Second Match.

Go to your **SCHEDULE** and **Add Event**

Event Type: **Individual Tournament / Ind./ Matches**

Level: **Varsity**

Next

Event Name: **TRUE SECOND MATCHES-all Sections**

Location: 8 Airport Park Boulevard, Latham, NY, USA

Start: Select a date within the range of **2/14 thru 2/16**

Start time: can be 9:00 am

Host Team: **Another Team**

Next

In the drop down list that will now appear, click on: **TRUE SECOND MATCHES-all Sections**

DO NOT CLICK on NEW EVENT

Click **Next**

(If **TRUE SECOND MATCHES-all Sections** is not displayed as a choice, click **PREVIOUS**

and go back to the previous screen to make sure the date you entered was in the range shown above)

The event will now appear at the bottom of your schedule and you can enter your wrestler(s) True second match results.



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SAVING YOUR DATA TO YOUR OWN COMPUTER FOR NEXT YEAR

Once your season has ended and you have entered all your results for all your wrestlers, you can save your data to your personal computer or flash drive as a .pdf file by following these steps.

PRINTING VARSITY RECORDS:

- Select: **Matches**
- Select: **Print Matches**
- To highlight ALL wrestlers on your roster:
Click on any wrestler on your list to highlight their name, then
While holding down the Ctrl key select the letter A (for ALL) (**Ctrl-A**)
- When all wrestlers become highlighted:
Select: **Varsity**
- Leave "Count Byes" as **NO**
- For Individual Season Record: leave the selection as: **Print Matches**
- Select: **Submit**

When the multiple page print preview of all your teams Varsity bouts appears, follow these steps to print:

- Either **Click on the Printer Icon** in the upper right of the window or **Right click** anywhere on the form and then Select: **Print**
- When the print menu appears, find the **Layout choice** and change it from Portrait to **Landscape** (as this will make it print sideways on the paper, making it easier to read)
- To adjust bottom margin so that no results are cut off at bottom of each page:
Select: **+ More Settings**
Click the drop down arrow next to **Margins** and change from Default to **Custom**
Move the cursor into the document preview and you will see dotted blue lines that represent the margins. **Drag the bottom margin until the value reads .75** (This value should keep lines on your printout from getting cut off in between pages)

Select: the blue **Print** button on the left side of the screen

SAVING VARSITY RECORDS TO A .pdf FILE:

- Select: **Matches**
- Select: **Print Matches**
- To highlight ALL wrestlers on your roster: Click: **Ctrl-A**
- When all wrestlers become highlighted:
Select: **Varsity**
- Leave "Count Byes" as **NO**
- For Individual Season Record: leave the selection as: **Print Matches**
- Select: **Submit**

SAVING VARSITY RECORDS TO A .pdf FILE:

When the multiple page print preview of all your teams Varsity bouts appears, follow these steps to SAVE:

- Next to the word Destination should be the name of the printer your computer uses. As you are about to temporarily erase the printer, you may want to write the name of it down so that you can use it after you have saved your data.
Destination: Printer name is: _____
- Click the Change button next to Destination
Find the choice for: Save as PDF (possibly the first choice under: Local Destinations)
Once Save as PDF is clicked on the Destination will no longer show your printers name.
- The blue **Print** button on the left side of the screen should now have changed to a blue **Save** button. Click: **Save**

When the **Save As** window appears:

- Click on the folder name on the left that you want to save your data to.
Example: Click on Documents , then the name of a folder on your computer or
Example: Click on Computer , then the name of a flash drive you have inserted
The folder you selected to save in will appear at the top of the window.
- Click on File Name at the bottom of the window and type in a name for your file.
Example: **TeamName-TrackWrestlingIndividualRecords-Varsity-2014-15**
- Click: **Save**

PRINTING and SAVING JV RECORDS:

Follow the same steps as you did on the previous page:

Highlight all the wrestler's names by holding down the Ctrl key selecting the letter A (**Ctrl-A**)

- This time, when all wrestlers become highlighted:
Select: **JV** (instead of Varsity)
- Follow the remaining steps on the previous page to either Print or Save your JV data.

PRINTING and SAVING "END OF SEASON REPORTS" for your post season wrestlers:

If you want to print or save only your End of Season reports for the wrestlers you entered into post season:

- Select: **Matches**
- Select: **Print Matches**
- To highlight ALL wrestlers on your roster:
While holding down the Ctrl key select the letter A (for ALL) (**Ctrl-A**)
- When all wrestlers become highlighted:
Select: **Varsity**
- Leave "Count Byes" as **NO**
- For Individual Season Record, hit the drop down arrow and Select:
NYSPHSAA End of Season Record Form
- Select: **Submit**
- Follow the remaining steps on the previous pages to either Print or Save your End of Season forms.

NYS COMPETITION POINTS TABLE

2024-25

- A wrestler who defeats a NYS placewinner from either D1 or D2 last year will earn the points listed in the following table.
- A spreadsheet entitled: **Results-23-24-ALLSections** will be supplied to all Sectional Chairmen. This spreadsheet lists all Sectional and NYS Placewinners from last year, alphabetically by school. The points earned by beating one of them are shown.
- Competition Points are earned every time that you beat the same wrestler with the following exception: If you defeat a NYS Qualifier (Section Champ or Auto-Qualifier) from the following. **D1 Sections: 4,7,10 and D2 Sections: 7,8,9,10,11, PSAL**
A wrestler can only earn 5 points for defeating a NYS Qualifier (Section Champ or Auto-Qualifier from these Sections. If they defeated this same wrestler more than once, they only earn the 5 points for the first victory.
- However, if the wrestler from these Sections was a State Place winner they would earn the Competition Points listed in the chart for the appropriate State Place (every time they beat them). (The above list of Sections will be determined by the NYSWC prior to the start of the season using the theory that sections with less than 12 teams with rosters of 15 or less as a guideline).
- Wrestlers earn Competition points for defeating a wrestler who placed at the State last year, or who has qualified to wrestle at the States this year.
- A wrestler who wins by forfeit will earn any available Competition Points for the win. (The logic is that there should be some type of penalty to keep wrestlers from not wrestling)
- No credit is given for defeating "Out of State" State place winners (as it is felt it would be too difficult to verify these points)

Last years NYS Tournament	COMPETITION POINTS earned for current year	Addl pts earned vs place below them
1st Place	40	0 Losses=+ 6
2nd Place	34	1 Loss=+ 4
3rd Place	30	1 Loss=+ 4
4th Place	26	2 Losses=+ 4
5th Place	22	2 Losses=+ 4
6th Place	18	3 Losses=+ 2
7th Place	16	2 Losses=+ 2
8th Place	14	Pts >Sec Champ 4
Current years Sectional Tournament	COMPETITION POINTS earned for current year	
Section Champ	10 *	
Auto-Qualifier in 2025 or a replacement wrestler	6 *	
D1: Sections: 4, 10 D2: 7,8,9,10,11,P,AIS	5 * (can only earn this once)	

*- Points for Section Champs and "Auto-Qualifiers will not be known until all Sectional tournaments have been concluded and all Qualifiers have been announced.

When a D1 wrestler moves to D2 (or vice versa) they are treated the same with respect to earning Competition points and Placement points.

NYS PLACEMENT POINTS TABLE

2024-25

- Wrestlers earn Placement points for placing at the State last year, or for qualifying to wrestle at the States this year.
- Wrestlers receive only one point value from this table (the higher point value) with the following exception: In a situation where a wrestler qualifies for states and was a Place winner in the **Top 4 last year and a State Champion, two years prior**, they will receive Placement points from the chart for last year's finish plus the additional 120 points for the previous State Championship two years prior.
- (If the wrestler was a State place winner last year, they earn those points only, they do not also get points for being a Sectional Champ or Auto-Qualifier this year.

PLACEMENT POINTS earned for current year				
		-10	-5	
	Same Wt or up 1 wt class from last year	Up 2 wt classes from last yr	Up 3 or more wt classes from last yr	Addl pts earned vs place below them
1st Place	120	110	105	0 Losses=+ 25
2nd Place	95	85	80	1 Loss=+ 20
3rd Place	75	65	60	1 Loss=+ 15
4th Place	60	50	45	2 Losses=+ 5
5th Place	55	45	40	2 Losses=+ 10
6th Place	45	35	30	3 Losses=+ 10
7th Place	35	25	20	2 Losses=+ 5
8th Place	30	20	20	Pts >Ret Qual 1

Current Years Sectional Tournament	PLACEMENT POINTS earned for current year	
Returning Qualifier NYS Qualifier in 2024 & 2025 These pts are awarded to <u>both</u> : -Non qualifiers who participated the prior year due to a scratch <u>And</u> -To Qualifiers who had to scratch the prior year and did not participate.	19*	
Section Champ '25	18*	-1
"Auto Qualifier" '25	14*	-5

*- Points for Section Champs and "Auto-Qualifiers" will not be known until all Sectional tournaments have been concluded and all "Auto-Qualifiers" have been announced.

Wresters who change Divisions from one year to the next:

When a D1 wrestler moves to D2 (or vice versa) they are treated the same with respect to earning Competition points and Placement points

WRESTLING FORFEITURES

Dual Meet Forfeits:

Situation 1: A team has multiple wrestlers weighed in at a weight class. When it comes time to produce a wrestler for a weight class, the coach decides to forfeit the match.

Record as follows:

Winner: Earns a win by forfeit over the school (but not over any specific opponent)

Loser: There is no loser in this scenario, so no individual wrestler would take a loss on their record.

Tournament-Forfeits: Due to injury/sickness

Acceptable reasons for injury/sickness: All of the following are acceptable reasons why a wrestler may not compete due to an injury/sickness: On site trainer does not let wrestler continue, On site trainer approves wrestler to continue but the coach does not let them continue, On site trainer and coach approves wrestler to continue but wrestler does not want to continue, no on-site trainer available, coach does not let wrestler continue, and no on-site trainer available, coach approves wrestler to continue but wrestler does not want to continue.

Summary: The forfeit procedure (to follow) basically attempts to make the number of losses that a wrestler must take for withdrawing from a tournament consistent for both Individual Bracketed tournaments and Individual Round Robin tournaments. With the exceptions noted in Situations 4 and 5 (Medical Forfeits) below, a wrestler who withdraws from a tournament will normally be charged with just two losses.

WRESTLING FORFEITURES (cont.)

Tournament-Forfeits in Individual Bracketed Formats

Situation 2: A wrestler withdraws from a bracketed tournament (**but is not injured**).

Winners over the withdrawing wrestler: Earn wins by forfeit over the school and name of the wrestler who forfeited.

Loser (the withdrawing wrestler): The wrestler who withdrew takes a loss on their record against the school and name of the opponent they forfeited to in each and every round they are still scheduled to wrestle on the bracket.

Note: Most bracketed tournaments are double elimination so in this scenario the withdrawing wrestler is taking **two losses on their record**, as it would take two losses to remove them from the official bracket.

Note: If a wrestler had advanced to a semifinal (in a tournament that places the Top 6) the wrestler would receive **three losses on their record**: One for the semi, one for the consolation semi and a third for the consolation final for 5th/6th. The reason the wrestler would take an additional loss in this example is because they are earning a place in the tournament which would require an additional round beyond the double elimination.

Not making weight on the second day of a bracketed tournament:

Loser (the wrestler who did not make weight): The wrestler who forfeited takes a loss on their record against the school and name of the opponent they forfeited to in each and every round they are still scheduled to wrestle on the bracket.

Note: They would be denied their place finish in the tournament and the team would not receive any placement points for the wrestler (but the team would earn any advancement or bonus points earned by the wrestler)-2013-14 Wrestling Casebook Manual p.66 *10.2.7.

Tournament-Individual Bracketed Formats

Seventh bout of the day (during regular season):

Situation 3: A wrestler is not allowed to compete in a consolation round match because if they wrestled their next bout, it would be their **7th** match of the day which would put them over the allotted **6** bouts per day.

Record as a “no contest”:

Winner: The wrestler who is eligible to wrestle (who has not exceeded their **6** bout limit) earns the higher place and earns a win by forfeit over the school of the wrestler who forfeited (not the name of the wrestler).

Loser: The wrestler would exceed the **6** bout limit: takes the lower place.

The wrestler who forfeited does not record the match and does not receive a loss on their record against the school and name of the opponent they forfeited to.

Note: If both wrestlers are not eligible to wrestle the consolation bout the two wrestlers involved both earn the lower place. Ex: Do not add the 5th and 6th place points and split them. There is no 5th place wrestler. Each wrestler will earn the 3 points for 6th place.

Neither wrestler who forfeited records the match neither receive a loss on their record.

If a seventh bout of the day is wrestled the penalty for an ineligible wrestler as described in the NYSPHSAA handbook (**page 37**) would apply. The ineligible wrestler would forfeit ALL matches wrestled in the event, and the team will lose all their team points. In addition, the violation must be reported to the Sectional Chairmen who must then report it to their Athletic Council for a determination if further action is required.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Round Robin:

Tournament-Forfeits: Following an injury default or Due to injury/sickness

Situation 4: If a wrestler loses a match by injury default and will withdraw from the tournament due to medical reasons, the coach must inform the head table (tournament administrator) that the wrestler is withdrawing from the tournament for medical reasons. This situation will now be considered a MEDICAL FORFEIT. (Note: MEDICAL FORFEITS were not allowed in NYS prior to the 2023-24 season). **MEDICAL FORFEITS do NOT count against the wrestlers won/loss record.**

To be recorded as follows:

Winners over the injured wrestler: Earn wins by MEDICAL FORFEIT over the school and name of the wrestler who forfeited.

Loser (the injured wrestler): The wrestler who is forfeiting must record **all remaining matches** as MEDICAL FORFEITS but will not receive losses on their record against the school and name of the opponent they forfeited to.

Tournament-Individual Round Robin:

Tournament-Forfeits: Re-Entering a Tournament (after a Forfeits due to injury)

Situation 5: Due to the nature of the injury or sickness a wrestler may forfeit a round of a tournament but return in a later round if they are feeling better. The coach should inform the Head Table when they originally scratch that there is a possibility that the wrestler may return in a later round and therefore the wrestler should not be removed from the round-robin bracket. In this situation, bouts that the wrestler does not compete in shall be recorded as losses by forfeit (not MEDICAL FORFEITS) and the losses will be entered on their won/loss records. If they then return to the tournament in a later round and get injured again, after recording the result of that match, the coach must now inform the head table (tournament administrator) that the wrestler is permanently withdrawing from the tournament for medical reasons. All bouts to be wrestled after this point shall be considered MEDICAL FORFEITS and will follow the procedures listed in Situation #4 above.

Reason for the rule: is to not give a wrestler the option of “saying they are injured” and being able to take a Medical Forfeit so as not having to record a loss on their record, but then return to the tournament in the next round.

Example: A coach informs the head table his wrestler is not able to compete in the next round but is hopeful that they can return the following round. If the wrestler is able to compete in the following round, the current round that they missed must be recorded as a loss by forfeit (not a medical forfeit as they did not withdraw permanently from the tournament). However: if it turns out the wrestler was not able to recover and was not able to participate in the following round either, then the coach should go back to the head table and inform them that the wrestler is now permanently scratching from the event. In the situation, since they never wrestled another match after their injury and they were permanently removed from the event, the current round and the following round can now **both** be entered as MEDICAL FORFEITS and no losses will appear on the W/L record.

WRESTLING FORFEITURES (cont.)

Tournament-Individual Round Robin

Tournaments-Forfeit due to not wrestling on a 2nd Day:

Situation 6: A wrestler who advanced on a bracket to the second day of a round robin tournament does not show up, does not make weight, or is sick or injured on Day #2. Although they never take the mat:

Record as follows:

Winners over the wrestler who is withdrawing: Earn a wins by forfeit over the school and the name of the wrestler who withdrew.

Loser (the wrestler who withdrew): The wrestler who withdrew takes a loss on their record against the school and name of the opponent they forfeited to in the next two rounds they were scheduled to wrestle. They do not have to record any additional losses in any remaining rounds.

Note: To stay consistent with recording forfeit losses in a bracketed tournament the injured wrestler is taking **two losses on their record**, for the next two scheduled matches only.

Tournament-Individual Round Robin:

Weight Class is short entries

Situation 7: In a round robin pooled tournament a weight class is short one or more entry(s) due to a team(s) not having a representative(s) at that weight class. The missing entries become BYES and not forfeits.

Record as follows:

Winner: Earns a Bye in each round they were scheduled to wrestle a school without an entry.

Loser: There is no loser as no wrestler was entered in the weight class.

Tournament-Individual Round Robin:

JV wrestler inserted as a forfeit

Situation 8: In a round robin pooled tournament a weight class is short an entry due to a team not having a representative at that weight class. Another team enters a “JV” or “extra” Varsity wrestler in the weight to fill the bye. But this wrestler never actually wrestles; they are entered but will forfeit all of their matches.

Record as follows:

Winner: Earns a win by forfeit over the school and the name of the “extra” wrestler who forfeited.

Loser: The “extra” wrestler who forfeits each round takes a loss on their record against the school and name of the opponent they forfeited to for the first two rounds only. This “extra” wrestler must count the tournament as one of their 6 tournaments, and it will cost them 2 points towards their 20 point maximum and they will take two losses on their record.

WRESTLING FORFEITURES (cont.)

Tournament-Flagrant Misconduct Removal:

Situation 9: A wrestler is removed from a tournament for Flagrant Misconduct. The deduction of team points is three plus all points earned in the tournament by that wrestler. With respect to won/loss records: Even though team points and points earned from that individual are being deducted because of the flagrant misconduct, the previous matches still count because the bracket does not change.

Record as follows:

Winner by DQ: Flagrant Misconduct: Earns a win by DQ over the school and the name of the wrestler who was just disqualified.

Loser by DQ: Flagrant Misconduct: The disqualified wrestler takes a loss against the school and name of the wrestler they were wrestling at the time of the DQ. All wins and losses earned in the tournament prior to being disqualified are not erased and count on their won/loss record. Any other wrestlers who faced the disqualified wrestler prior to them being disqualified will have the wins and losses stand.

Example: If there is an 8-person bracket and Wrestler A won their quarter and semifinal match they would be 2-0 going into the finals match. The two matches are completed and the results count with respect to win-loss records. If the flagrant misconduct happens during the finals, it would be a loss for Wrestler A and a win for Wrestler B. Scoring: Deduct three team points and remove all previous team points earned in the tournament by Wrestler A.

Note: In cases where the wrestler who was DQ'd for flagrant misconduct still had scheduled matches to wrestle, the disqualified wrestler takes additional losses by forfeit against the school and name of the wrestler they were still scheduled to wrestle. The wrestlers they were still scheduled to wrestle earn wins by forfeit over the name and school of the wrestler DQ'd for flagrant misconduct.

Note: To be consistent, if the wrestler DQ'd for flagrant misconduct still had scheduled matches to wrestle in an **Individual Round Robin tournament**, then they would only take **two losses by forfeit** for the next two rounds they were scheduled to wrestle.

Tournament-Withdrawal by School Administration

Situation 10: Reason for withdrawal is not the fault of the wrestlers

An entire school is withdrawn by their school administration (could either be forced to leave a tournament early or to not be able to return at all for a second day). Some possible reasons for withdrawal by school administration could be for weather conditions or if a team with only one coach, has an injured wrestler who must go to the hospital and the coach is required to go with him, thus leaving no one else to coach the team.

Record as follows:

Winners: Earn wins by forfeit over the school of the wrestler who forfeited (not the name of the wrestler).

Losers (team that left): The wrestlers who forfeited do not record the matches and do not receive losses on their record against the school or names of the opponent they forfeited to.

WRESTLING FORFEITURES (cont.)

Reason for withdrawal is not the fault of the wrestlers-2 Day Dual Tournament

School administration does not allow a team to enter Day 1 of a Two-day Dual meet tournament. Assuming the School administration allows, the team can be entered for the second day.

The tournament will count as one of the two allowed 2-Day event tournaments.

They will be allowed the +1 weight allowance that the other teams are being granted and the Day 2 weigh-in will be entered into Track.

To be consistent with page 25:

Teams that do not show up for a dual meet: Situations 4 and 5:

For all duals the team was scheduled to wrestle on Day 1, each meet will be treated as a “forfeit” A win and a loss is added to each team’s record. As per NFHS interpretation: Since no matches were contested no individual records would be affected. The dual meet will be recorded as a 1-0 team score (but the TrackWrestling will show the team score to be 78-0 based on 13 weights at 6 points each).

When the team rejoins the tournament on Day 2 they will continue with their original spot on the bracket sheet, pool, or round robin.

Note- The team that could not attend Day 1 has the right to decide not to go on Day 2 (even if allowed) if they do not want it to count as one of their 2-Day contests.

Note: A team cannot join a 2-Day tournament on the second day, if they were not originally scheduled to be a participant in the tournament.

Forfeits effect on seeding:

With respect to seeding: Regular Forfeits and Medical Forfeits are treated the same.

Wins and losses by forfeit count for seeding but wins and losses by forfeit do NOT count as head to head wins. However, a wrestler who wins by forfeit will earn any available Seeding Competition Points for the win. (The logic is that there should be some type of penalty to keep wrestlers from not wrestling).

QUESTIONS / PROBLEMS:

1-Ask your Sectional Chairman for help.

2-Chairmen who cannot answer the question should contact:

NYS Governing Body Track Administrator: JeffCUILTY@GMAIL.com

3-Trackwrestling requests you complete a “ticket” with your question or problem.

They are usually very good about getting back to you promptly.

Create a ticket using the following link:

<https://support.trackwrestling.com/s/contactsupport>

4-Track master list of YouTube video help items:

https://www.youtube.com/playlist?list=PL_LhWThQ_dOYbliRtrog3MDAhjUXS7zj2

IN-SEASON TIPS TO KEEP THINGS UP-TO-DATE:

- Do you have any **RED thumbs DOWN** appearing on your schedule?
If so, go into the event and make sure all your results have been entered?
- Do you have any **Yellow Thumb Down** appearing on your schedule?
If so, go into the event and confirm that the results already entered by your opponent are correct? If not, make the appropriate changes.
- Do you have any **BLUE scales** appearing after an event you competed in?
If so, click on it and enter the weights from your weigh-in sheet. If they are entered and committed, **the scale will change to GREEN.**
- Check that the **LEVEL for each event** on your schedule has either JV or VARSITY. It is important that this is done as it will impact your record sheets when printing them out in a month as we prepare for seeding in the postseason. You can select this level even if it is an event hosted by another team so make the change if necessary.
- **UPDATE WRESTLERS W-L RECORDS PERIODICALLY:**
 - Select **ROSTER**
 - Above the name of your first kid on the roster is an empty box next to the word NAME. Click the box to highlight all wrestlers names.
 - Look for the button in the middle of the page called **“Update Selected Records”**
Click on it and a box will appear asking to update the selected records.
(It is preset NOT to include byes which is correct).
 - Click on it and you will be able to instantly see the win-loss record for every kid on your team showing all results entered to date.