

WRESTLING

15.00 GOVERNING RULES

The National Federation rules shall govern all play except whereas modified by C.I.F. or Sac-Joaquin Section.

15.01 CONTACTS

Each wrestler will be allowed a maximum of 40 competition matches prior to the league tournament, excluding the section dual championships.

15.02 START DATE

Starting/Ending date will be designated by the CIF/Sac-Joaquin Section.

15.03 START TIME

Weigh-in will start at 4:00 p.m. J/V matches will start at 5:00 p.m. Varsity matches will start no later than ten (10) minutes after the conclusion of the J/V match.

15.04 PLAYER CLASSIFICATION

The weight control rule for the league will follow the Sac-Joaquin Section.

15.05 RULES OF THE SPORT

- A. The home or host team is responsible for reporting the final results to the Sacramento Bee.
- B. A team must fill at least seven (7) weight classes for a dual meet or a team forfeits; however, individuals will still compete at the available weight classes.
- C. In tournaments, every match in which a wrestler competes counts as a match.
- D. In dual/tri/double-dual and dual meet tournaments every match that a wrestler has counts as one match.
- E. Weigh-ins will be held in accordance with the NFHS rulebook. Scales will be available for both teams prior to the weigh-in. All weight classifications will follow section regulations.
- F. No wrestler shall wrestle JV and varsity on the same day.
- G. Uniforms and equipment will follow Sac-Joaquin Section directions/CIF directions.
- H. No dual matches are to be held after the league tournament.
- I. The league championship will be determined by the school that accumulates the most points using the following formula:
 - 1. One point for each dual meet won
 - 2. One point for each school defeated at league finals.

15.06 ALL-LEAGUE AWARDS AND SELECTION PROCESS

All-League individual selections will be determined by the first place finishers in each individual event at the league meet. The 2nd place finishers will be named Honorable Mention. Also at the league meet, the varsity coaches will select the coach of the year. One individual per school shall be selected for the Sportsmanship Award (not a member of the all league).

15.07 POST-SEASON QUALIFICATION PROCEDURE

The Sac-Joaquin Section determines post-season qualification for individuals. For the section team tournament, the league representative will be the school that accumulates the most points during dual meet competition. In the event two teams tie for first place, the team that has won in head to head competition will determine representation to the section team tournament. In the event three teams tie for first place, the team that has won in head to head competition will represent the league. If the tie is not broken the representative will be determined by the following:

1. The number of pins in head to head competition.
2. The school who has not qualified for the longest period of time.
3. A coin toss conducted in the presence of the league president.