

CAPITAL VALLEY CONFERENCE

WRESTLING

ADOPTED BY THE CVC ATHLETIC BOARD: April 19, 2010

Section 1 - Starting Date

- 1.1 The dates for the first day of practice, first scrimmage, first game and last game are determined by the Section.
- 1.2 A coaches meeting shall be held prior to the first allowable contest.
Adopted: January 11, 2012

Section 2 - Official Rules

- 2.1 The official rule book shall be the National Federation of State High School Association rule book.

Section 3 - Contacts

- 4.1 The number of contacts are determined by the Section.

Section 4 - Meet Times

- 4.1 Weigh ins from 5:00 to 5:30
- 4.2 Match: 6:00

Section 5 - Meet Results

- 5.1 The home school shall be responsible to notify the media with meet results.

Section 6 - Supplementary Personnel

6.1 Qualified persons shall keep the scorebook and operate the time clock at wrestling matches.

Section 7 - Championship

7.1 The team with the greatest number of wins in league dual meet competition shall be designated as League Champion.

7.1.1 In the event of a two way tie, the head to head winner will be the champion

7.1.2 In the event of a three way tie, the tie breaker formula in the National Alliance Rule Book will determine the champion.

7.1.3 No champion will be recognized below the varsity level.

7.2 The first and second place teams must participate in the Section Dual Meet Championship.

7.2.1 In the event of a tie for second place, head to head competition will be the first tie breaker. If that does not break the tie, the tie will be broken according to the tie breaker formula in the National Alliance Rule Book.

Section 8 - Conduct of Dual Meets

8.1 Scheduling of duals meets will be done on Wednesday nights whenever possible. If a conflict exists with a basketball game, dual meets may be scheduled on another night.

8.2 Competition will be held in two divisions, Varsity and Junior Varsity.

8.2.1 Junior Varsity is open to all students, senior through freshman.

8.3 A team must have eligible athletes in seven (7) weight classes to participate in a dual meet.

8.3.1 A team without the required seven (7) weight classes must forfeit.

8.3.2 If a visiting team does not have wrestlers in seven (7) weight classes they must notify the home team 24 hours before the match.

8.3.3 Failure to make such notification results in the visiting team being liable for payment of the officials.

8.4 By mutual agreement a dual meet may be held with a team having less than seven (7) weight classes. The team still must forfeit the team win.

8.5 Length of Rounds

JV matches shall be three (3) one and one half (1 1/2) minute rounds

Varsity matches shall be three (3) two (2) minute rounds.

Section 9 - Conduct of League Meet

9.1 The wrestling coordinator shall maintain an alphabetical rotation for responsibility to host the league meet. New schools shall be inserted into that list alphabetically, but will not host the meet during the first year they are part of the league.

9.1.1 Any profit from the operation of the meet will be retained by the host school. Any loss incurred in the operation of the meet will be the responsibility of the host school.

9.1.2 The host school is authorized to assess an entry fee to cover any potential loss.

9.2 A seeding meeting will be held no later than two (2) days prior to the League Meet at a time and place arranged by the host school.

9.2.1 All entries will be submitted by their coaches at this meeting.

9.2.2 When this meeting is over, no additional entries will be accepted. and only a sick or injured wrestler may be replaced.

9.2.3 Seedlings shall be determined by a vote of the coaches (one vote per school) for each weight bracket and placed on a tournament form.

9.2.4 All pertinent information about the conduct of the league meet will be presented to coaches at this meetings in writing, include weigh in times, match times, parking, locker facilities, admission prices, and any rules unique to this meet.

9.3 Competition will be held in two divisions, Varsity and Junior Varsity.

Junior Varsity is open to all students, senior through freshman.

Section 10 - Playoffs

10.1 The Section will determine the number of individual and team qualifiers from the league to advance to post season competition.

10.1.1 Team ties for qualifying spots will be broken according to the criteria set forth in the National Alliance Rule Book.