

GIRLS AND BOYS WRESTLING

13.0 GOVERNING RULES

The National Federation rules shall govern all play except where modified by CIF or the Sac-Joaquin Section.

13.1 CONTACT - 40-MATCH RULE

The Sac-Joaquin Section (Bylaw 3401) will determine the maximum number of matches (40). A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the CIF State Wrestling Championships (in most situations, this would be the league wrestling tournament). Forfeits do not count toward the 40-match maximum. Matches wrestled in any tournaments or competitions held prior to the first qualifying tournament will count toward the 40-match maximum. EXCEPTION: Any matches wrestled in a CIF Section team dual championship tournament will not count as part of the 40-match maximum.

13.2 START DATE

The start and end dates will be determined by the CIF Sac-Joaquin Section.

13.3 PLAYER CLASSIFICATION

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

13.4 RULES OF THE SPORT

- A. The home team must report the final results to the League Representative.
- B. Every match in which a wrestler competes counts as a match.
- C. In dual/tri/double dual and dual meet tournaments every match a wrestler has counts as one match.
- D. Weigh-ins for all participants will be held in the presence of both coaches one hour before the beginning of the first match but no later than one-half hour prior to the first match. Scales will be available for both teams prior to the weigh-in. All weight classifications will follow section regulations.
- E. Uniforms and equipment will follow Sac-Joaquin section directions.
- F. No dual matches are to be held after the league tournament.
- G. The dual match league record will determine the Metro League champion.
- H. A team with fewer than seven (7) varsity wrestlers must forfeit the contest.
 - a. Individuals may still wrestle. Matches count against the 40 contacts and are included in the individual's won/loss record

13.5 ALL LEAGUE AWARDS AND SELECTION PROCESS

All League selections will be determined by the first place finishers in each individual event at the Metro League meet where the Coach of the Year will also be selected.

Coach of the Year Process:

Nominations will be taken.

- a. A Coach can not nominate himself/herself.
- b. Coach's vote on the winner. A coach cannot vote for himself/herself

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13.6 POST-SEASON QUALIFICATION

The number of qualifiers will be determined by the Sac-Joaquin Section

13.7 TIEBREAKING PROCEDURE

- A.** In case of a tie for league representation in post-season playoffs, seeding/qualification will be determined by:
- a. Head to head competition during the league schedule
 - b. The number of pins/forfeits in head to head competition.
 - c. Greatest number of wins within the tie
 - d. Greatest number of wins above the tie
 - e. Greatest number of wins versus the highest place team above the tie
 - f. Greatest number of wins below the tie, starting with the next placed team
 - g. Coin toss

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