



Women's Wrestling

SECTION A: Membership and Voting

1. Every head coach of a school sponsoring varsity women's wrestling is a member of the Heart Women's Wrestling Coaches Committee. Each program has one vote on all matters taken to vote. A head coach may designate a proxy person to cast his/her vote(s) at any meeting on any matter.
2. Chair for the Heart Wrestling Coaches Association will be an elected position by the wrestling coaches of the conference. This position will be selected each year. If there is a coaching change, an election will take place and the selected coach will assume the chair immediately. The Chair is responsible for running meetings at August Heart Summit and Spring meeting. 2025 Chair – Kevin Corbett, MVC.
3. The all-conference meeting will be held following postseason championship.
4. A quorum will consist of $\frac{1}{2}$ plus one of the voting members. Thus, with 6 programs, 3 voters will constitute a quorum. If an uneven number, then a quorum would be the next whole number past $\frac{1}{2}$.
5. The purpose of the Heart Women's Wrestling Coaches Committee is to foster and promote interest and enthusiasm in women's wrestling programs at the conference and national level, while providing leadership for wrestling within the conference.

SECTION B: Scheduling

1. Number of Competitions:
 - a. The maximum number of varsity games, contests or playing dates, an institution may schedule is 20 dates. The number of junior varsity or freshman games, contests or playing dates scheduled during a given term cannot exceed the number of varsity games, contests or playing dates scheduled during that term. Further, no student may compete in wrestling in an academic year in more than the number of playing dates (this includes varsity, junior varsity, freshman, etc.) established, excluding NAIA approved postseason participation. Wrestling is allowed one exhibition per

season. The competition must meet the definition of an exhibition under NAIA Policies.

2. First Practice Date: 24-week rule.
3. First Competition Date:
 - a. For scrimmages and exhibition matches: any time after the practice start date.
 - b. For regular season matches/tournament: the last Saturday in October.
4. Match Policies: These hospitality policies should align with conference and NAIA best practices:
 - a. Facility open two hours before or the contest that allows for access to a warm-up mat and locker room.
 - b. The home team will specify skin-check and weigh-in times prior to the visiting teams' arrival on site.
 - c. Home team shall provide at least 30 minutes warm-up time to the visitors. At least 15 minutes of this time must be on the competition mat.
 - d. Home team shall provide opponents use of a locker room for changing before and after game, with showers available after the game. Towels are the responsibility of the visitors.
 - e. The Director of Athletics or his/her assignee will be present at all home contests.

SECTION C: Competition

1. Rater: Angelo Crinzi - Grand View University
2. Oversight: Kevin Corbett – Missouri Valley College
3. Regular Season: Duals:
 - a. The conference institutions sponsoring wrestling will compete with every school in the conference prior to the conference tournament. The duals will be split home and away and rotate the subsequent year. The conference champion will be determined by total team points at the conference tournament championship event.
 - b. In the event of a cancellation of a divisional dual and failure to complete the dual prior to the conference duals championship, those two teams will be required to dual following the championship prior to the conference national qualifying tournament.
4. Heart Conference Championship Tournament Date:
 - a. March 1, 2025 – William Penn University
 - i. 12 athletes per team/2 athletes per weight class maximum

- ii. Registration closing – conference tournament – Friday evening February 24 – 6pm – Can't be changed after deadline.
- 5. Every institution sponsoring wrestling will dual all institutions prior to the post-season conference championships.
- 6. The host will conduct a seeding meeting prior to the competition.
- 7. The conference championship host will be required to host the event with at least two mats.
- 8. A minimum of 3 officials will be used. An institution may choose to use 3-man mechanics for medal matches.
- 9. Entry fee is determined by the conference office each year. A proposed budget must be submitted to the commissioner by September 1 of each year. A final budget must be sent to the commissioner within 30 days following the postseason event. Each institution shall pay the determined entry fee to the conference for the conference championship.
- 10. Conference Champions: Will be determined through individual placings at the conference championship tournament.
 - a. The team with the highest total points wins the conference title.
 - b. A champion must be declared in each weight class. There will not be Co-Champions.

SECTION D: Officials

- 1. Cody Goessl – Coordinator of Officials
- 2. Regular season – It is suggested to pay a dual official a flat fee of \$200/official with an extra \$50 for every additional dual.. Institutions may adjust as needed based on location and availability of officials.
- 3. Conference championship - \$250 flat fee per official.

SECTION E: Awards

- 1. The Heart regular season winner shall receive a banner and the tournament champion shall receive a trophy.

2. The following awards will be given based on the voting results and will receive a plaque; Conference Wrestler of the Year, Coach of the Year, Assistant Coach of the Year, Freshman of the Year, Conference Tournament Outstanding Wrestler, Newcomer of the Year.
3. All-Conference first team members shall receive a plaque.
4. It will be the responsibility of each Head Coach to facilitate the process of nomination for Heart Wrestler of the Week on his own campus.
5. All-Conference:
 - a. The All-Conference team shall consist of three teams: first and second and honorable mention. Ten individuals will represent each of these all-conference teams.
 - b. All-conference winners will be determined based on results from each weight at the Conference Championship.
 - i. (1st place = 1st team, 2nd place = 2nd team, 3rd place = HM)
 - c. The all-conference awards will be determined by coaches on the day of the conference championship.

SECTION F: Weight Management

1. Coaches will follow the protocol and procedures outlined by the NAIA for the health and wellness of all wrestlers. The NAIA currently utilizes the NWCA Online Weight Management System.

SECTION G: Recommended Calendar – Countdown to Competition

1. HEART WOMEN'S WRESTLING CHAMPIONSHIP TIMELINE

a. 6 Months (August)

- i. Heart Wrestling meeting on Fall Heart Summit day
- ii. Contact BOG liaison and the NAIA office and provide them with the competition date (two weeks prior Championships in March).
- iii. Contact all varsity schools within the HEART conference to make them aware of the qualifier and assist them with any travel needs
- iv. Locate HOST hotel and set room block
- v. Provide teams with a packet of information that would be helpful for them to be successful at the competition
- vi. Provide FAQs to all teams in the conference

b. 5 Months (September)

- i. Confirm everything regarding facility and equipment

- ii. Confirm the required minimum number of support staff for the event
 - iii. Begin all advertisement
 - iv. Set up event in wrestling
 - v. Secure tournament scorer, wrestling specialist and announcer.
 - vi. Secure tournament officials with conference assignor/arbitrator
 - vii. Secure Officials hotel accommodations and other personnel that may need hotels
- c. **1 Month (January)**
- i. Confirm shirt orders and other supplies needed for the event
 - ii. Confirm trophy/banner orders with supplier
 - iii. Order programs for sell at event
 - iv. Plan facilities for the hospitality room (food, workers, donations etc...)
 - v. Set up local media contacts and social media managers for the event.
- d. **2 Weeks Prior to Event**
- i. Confirm set up, check in and send out the information with all staff, personnel and officials
 - ii. Send out directions and information packet to all competing teams and staff
 - iii. Reconfirm equipment and all awards
 - iv. Reconfirm program orders and delivery date
- e. **1 Week Prior to Event**
- i. Complete tournament schedules and email it to coaches
 - ii. Begin Working on seeding and bracketing in trackwrestling
 - iii. Finalize mat pick up timeline and workers for setup
 - iv. Heart SID will write up a tournament preview
- f. **Week of Event**
- i. Set up coaches meeting
 - ii. Print an appropriate amount of brackets for coaches and prepare program sales
 - iii. Set up facilities for competition (mats, tables, PA system)
 - iv. Confirm any last-minute details
 - v. Tournament Preview is released by Heart SID
 - vi. Promote event on Heart social media