

WRESTLING

12.0 GOVERNING RULES

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

12.01 CONTACTS

The CIF Sac-Joaquin Section will determine the number of maximum allowable contacts.

12.02 START DATE

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

12.03 START TIME

JV matches will start at 6:00 pm. Varsity matches will start no later than twenty minutes after the culmination of the JV match. **The home team may weigh in with the official, if the visiting team has not arrived by 5:30 pm**

12.04 PLAYER CLASSIFICATION

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

12.05 RULES OF THE SPORT

- A. The home team is responsible for reporting the final results to the Sacramento Bee.
- B. In tournaments, every match in which a wrestler competes counts as a match.
- C. All matches will be on Tuesdays/Wednesdays.
- 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 one hour before the beginning of the first match for both the JV and Varsity teams in the presence of both coaches and 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.
- F. No wrestler shall wrestle JV and Varsity on the same day.
- G. Uniforms and equipment will follow Sac-Joaquin section 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.

12.06 ALL LEAGUE AWARDS AND SELECTION PROCESS

All Conference individual selections will be determined by the first place finishers in each individual event at the league meet. Also at the league meet, the coach of the year will be selected by the varsity coaches.

12.07 POST-SEASON QUALIFICATION PROCEDURE:

If due to injury/illness the #2 team can not participate in team duals, they must

Post-season qualifications will be determined by the Sac-Joaquin section.