

Article XIV – Wrestling

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES – No organized practice for all levels may begin prior to a date established by the CCS — See page 11.
3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for wrestling is 5.
4. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF approved sport. The game limit for wrestling is 40 contacts for each player at all levels.
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Matches shall not be played on Sundays and Christmas.
 - E. All matches shall be played according to the National Federation Rules as amended by the CIF, CCS, and WCAL.
 - F. A school shall be represented by only one varsity team for dual meets and tournaments. The varsity team shall be composed of the best-skilled wrestlers in the school, commonly called the first team.
5. STARTING TIMES

The freshman matches will start at 5:00 PM and will be followed immediately by JV and Varsity matches. Match times and/or locations can be changed by mutual agreement from each school’s Athletic Director and WCAL Commissioner approval.
6. SCHEDULE

There shall be a single round robin schedule of dual meets for the varsity, JV, and freshman teams.
7. ELIGIBILITY
 - A. Juniors who have reached their 18th birthday prior to September 1st are ineligible for JV competition.
 - B. Seniors are ineligible for league JV competition, but can be moved to JV competition in non-league matches. Juniors and Sophomores are ineligible for Freshman competition within the league, but can be moved in non-league matches.
 - C. A wrestler may move from one team to another during the season. All wrestlers must be listed on the Alpha Weigh-in sheet. Wrestlers are only eligible to wrestle at the level and weights listed in the official scorebook.
 - D. Any wrestler who competes in the junior varsity or freshman League championship tournament shall not be eligible to compete in the varsity League championship tournament.
 - E. Season Long Play— 50% Rule

Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs. This is the CCS 50% rule and specific language can be found on page 21 of the handbook.

8. SPORT-SPECIFIC RULES

A. Levels of Competition

There shall be varsity, junior varsity, and freshman competition.

B. Game Conduct

While sitting out, the coach may not communicate during a game in any way, including all digital formats, with his/her coaching staff or players.

C. Weigh-In Regulations

1. All scales which will be used for weigh-ins shall be checked by a certified agency during or before the first week in December. Scales which do not bear a current mark seal of certification shall not be used for weigh-ins.
2. The official weigh-in of all wrestlers in the school shall be conducted in accordance with the rules and regulations as prescribed by CIF By-Law 3103 and the CCS Wrestling By-Laws.

9. ROUND ROBIN COMPETITION WINNERS

A. The winner of the round robin competition shall be determined by a point system as follows:

1. Two (2) points for a game won.
2. One (1) point for a game tied.
3. Zero (0) points for a game lost.

10. LEAGUE CHAMPIONSHIP

A. The League championships shall be determined by the following: The team that wins the round robin League shall be declared a League champion. Also, if another team wins the League championship tournament, that team shall be declared a co-champion with the team that won the round robin championship.

B. Ties for the League Championship

1. For varsity only, in the case there are ties for the round robin championship, the tie shall be broken based on head-to-head competition. If one team has a better overall record in head-to-head competition versus the other team(s), that team shall be declared the round robin champion.
2. For varsity only, in the event two or more teams tie for the round robin championship, and the tie cannot be broken by the results of head to head competition, the team that wins the League championship tournament shall be declared the League champion.
3. If two or more teams tie for first place in the League championship tournament, both teams shall be declared champions with the team that won the round robin.
4. In the case of the lower levels, all teams tied in the round robin shall be declared co-champions with the team that wins the League championship tournament.

11. CCS QUALIFICATION

A. Individual Qualifications to the CCS Meet

1. The results of the League championship tournament determines the individual qualifiers to the CCS meet.
2. The number of qualifiers in each weight class from the League is determined by the CCS Wrestling Committee.