

# 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. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 1 Definition](#)
- 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. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 6 Starting Dates for Practice](#)

## 3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for wrestling is 8 coaches:

- A. 2 for Varsity boys
- B. 2 for JV boys
- C. 2 for Freshman boys
- D. 2 for Girls

## 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 contact 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. Contests shall not be played on Sundays and Christmas.
- E. All contests shall be played according to the National Federation Rules.
- 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 5:00PM and will be followed immediately by JV and Varsity Matches. Match times and/or location 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. The wrestler must be listed on the lineup sheet at the weigh-in in all possible weights and teams he/she might compete. He/she may not be moved to another team after the declaration at the weigh-ins.
- 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
  1. Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs.
  2. This is the CCS 50% rule and specific language can be found in Article V Eligibility.

## 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 Qualification to the CCS Meet
  1. The results of the League championship tournament determine 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.
- B. Team Qualification to the CCS Meet
  1. The results of the round robin dual meet schedule shall determine the team qualifiers to the CCS meet.
  2. If two teams tie for first place in the round robin dual meet competition, the team which defeated the other shall be the first-place team and the other shall be the second-place team. If the two teams tied in the round robin competition, then the higher-placed team in the League finals shall be the first-place team and the other shall be the second-place team. If the League finals do not determine the first-place team, then the Commissioner shall determine the first-place team by chance.
  3. If more than two teams tie for first place, the team with the greatest number of wins within the tie shall be the first-place team. If no team has a greater number of wins within the tie, then the results of the League championship tournament shall determine the first-place team. If the League championship tournament does not determine the first-place team, then the Commissioner shall determine the first-place team by chance.
  4. The second-place team in the round robin competition shall be nominated for an at-large berth in the CCS team tournament.

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