

## **GIRLS AND BOYS WRESTLING**

### **13.0 GOVERNING RULES**

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

### **13.1 CONTACTS**

As designated by the CIF Sac-Joaquin Section, each wrestler will be allowed a maximum of 40 competitive matches prior to the Metro League tournament, excluding the section dual championships.

### **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. In tournaments, 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. All participants will compete against student-athletes of the same gender.
- F. Uniforms and equipment will follow Sac-Joaquin section directions.
- G. No dual matches are to be held after the league tournament.
- H. The dual match league record will determine the Metro League champion.

### **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.

### **13.6 POST-SEASON QUALIFICATION**

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

### **13.7 TIEBREAKING PROCEDURE**

In case of a tie for league representation in post-season playoffs, seeding/qualification will be determined by:

1. Head to head competition during the league schedule
2. The number of pins/forfeits in head to head competition

3. Greatest number of wins within the tie
4. Greatest number of wins above the tie
5. Greatest number of wins versus the highest place team above the tie
6. Greatest number of wins below the tie, starting with the next placed team
7. Coin toss