



SPORT GUIDELINES

WRESTLING

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

Approved: April 22, 2016

Revised: Sept 29, 2022

1. SEASON

- 1.1 Starting date for practice is determined by NCS.
- 1.2 Maximum number of total individual wrestling matches prior to post season = 40 per CIF/NCS
- 1.3 A match is defined as:
 - 1.3.1 A competition between 2 wrestlers in a dual meet or tournament.
 - 1.3.2 A wrestling official is used.

2. CONTEST INFORMATION

- 2.1 Starting times: 7:00PM (if 2 mats); 6:00PM for JV (if only 1 mat); weigh in @ 5 PM
- 2.2 Dual meets time can be changed by mutual consent of both coaches and both Athletic Directors and Principals.
- 2.3 There will be two divisions (Foothill and Valley). Division placement will be determined by the league and placement in a division will be for 2 academic school years. Placement will be re-considered at the end of the 2nd year. Team scores at the end of year league tournament will also be used as a factor for placement in divisions for years 3 and 4.
- 2.4 Days of Competition: Wednesday (possible double dual format in the future)
- 2.5 Practice:
 - 2.5.1 Each wrestler who did not participate in fall sports shall have at least 10 days of practice before he/she is eligible to compete in a meet or tournament.
 - 2.5.2 Each wrestler who participated in fall sports shall have at least 5 days of practice before he/she is eligible to compete.

3. RULES

- 3.1 Wrestling matches shall be conducted according to current National High school Federation book, to be superseded by CIF, NCS, and DAL rules, regulations, and guidelines.
- 3.2 Eligibility rules shall be determined by each school district.
 - 3.2.1 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.

4. EQUIPMENT

- 4.1 Weigh-in scales must be certified by the County Department of Weights and Measures. A current seal must be on the scales.

5. OFFICIALS

- 5.1 Certified league officials, under contract with the league, must be used for all scheduled contests.

6. DETERMINATION OF DIVISION AND LEAGUE CHAMPIONS

- 6.1 The division champion will be determined by the dual meet record. The team with the best dual meet record will be the division champion. In the event of a tie, the tied teams will be co-champions.
 - 6.1.1 The division dual meet champion from each division will qualify as automatic entries to the NCS Dual Meet Championships.
 - 6.1.2 The DAL Tournament will consist of teams in both the Foothill and Valley divisions. The DAL League Tournament will determine a tournament champion and will be the qualifying tournament for the NCS Championships. The DAL will qualify it's top 5 (Five) Wrestlers in each weight class for the NCS Championships
 - 6.1.3 **The Girls DAL Tournament will be used to determine a girls team league champion. Team score will be kept using only one wrestler per weight class per team. The team with the highest team score will be awarded DAL team Champion.**

6.2 Tie Breaker for NCS Dual Meet Championship

6.2.1 Head to head competition

6.2.2 Point Differential

6.2.3 NFHS Rule 922 (Art 2, pg. 42)

6.3 The above criteria of Article 6 will be applied to both male and female competition.

7. AWARDS

7.1 Medals will be awarded to first, through third places and ribbons for fourth through sixth place in each weight event in the league championship tournament.

7.2 All League certificates will go to the top three wrestlers in each weight class.

7.2.1 The first place wrestlers will be designated individual league champions of their weight class as well as first team all-league standing.

7.2.2 The second place wrestlers will be designated second team all-league standing.

7.2.3 The third place wrestlers will be designated Honorable Mention

7.3 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all-league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.

7.4 The above criteria of Article 7 will be applied to both male and female competition.

8. WEIGH-IN

8.1 The DAL meet will be the date of certification for NCS weight classes.

8.2 Weigh-in procedure for dual matches; Athletes will weigh-in on the actual day of the match within one hour of the match.

8.2.1 The weigh-in shall be conducted as described by the National high school Federation Rule book.

8.2.2 A school representative from each school must be present at the time of the weigh-ins.

8.2.3 Athletes on the visiting team will be granted a .2 pound weight allowance.

8.2.4 Weigh-in lists will be exchanged at the time of weigh-in, with the exact weight of each wrestler recorded, along with a weight management alpha list.

8.2.5 All wrestlers competing the day of a dual meet must be standing in the lineup at the time of weigh-in or he/she will not be allowed to weigh-in.

8.2.6 Coaches must provide an alpha wrestler list at weigh-in for all dual meets and the league meet.

9. HARSHIPS

9.1 A wrestler requesting hardship consideration must be represented by his coach at the seeding meeting prior to the DAL League Tournament.

9.2 The coach will identify the name, weight classification and state the case for hardship consideration.

9.3 There will be a secret ballot conducted by the Tournament Director to determine hardship candidates. A majority vote is required. Coach has to be present. Hardship coach does not vote on his own wrestler.

9.4 The hardship wrestler must defeat the last qualifying wrestler in his weight class twice in a row, with a 45-minute rest between matches.(START)

9.5 The matches will be held at a neutral location designated by the league commissioner, on the Tuesday following the league tournament.

9.5.1 A qualified official will officiate the matches.

9.5.2 The official will weigh-in contestants one hour prior to the hardship match.

9.5.3 Starting time of the match may be moved up by mutual consent of both coaches and wrestlers.

9.5.3.1 The official will be paid from the net proceeds of the DAL Tournament.

9.5.3.2 If the hardship wrestler defeats his opponent twice in a row, he will replace that wrestler as the lowest DAL qualifier in that weight class at the NCS tournament.

9.5.3.3 If the hardship wrestler loses the first match, the contest is decided and the original qualifier will represent the DAL at the NCS.

10. DAL LEAGUE CHAMPIONSHIP MEET

10.1 The DAL League Meet will serve as the NCS qualifying meet.

10.2 The DAL League Meet will be scheduled during the week before the NCS seeding meeting. The exact date will be determined at the coaches' pre-season meeting and be approved by the league Principals or their designee

10.3 The DAL tournament shall rotate per the DAL hosting matrix, beginning with the first school in the alphabetical listing. Teams scheduled to host the league tournament but not wishing to must this declaration at or before the pre-season meeting.

10.4 The DAL seeding meeting will be the evening prior to the league tournament at the host site.

10.5 The coach of the team that wins the league championship tournament will be the DAL representative to the NCS seeding meeting. The alternate will be the coach of the team that wins second place in the league meet.