



## **WRESTLING BY-LAWS**

### **ARTICLE I** **Governing Rules**

- Section 1. The official rules for Wrestling are contained in the current edition of the National Federation High School Rules Book, Central Coast Section (CCS), and these by-laws.

### **ARTICLE I** **Classification**

- Section 1. The official teams in Wrestling are Varsity and Junior Varsity.

### **ARTICLE III** **Practice and Match Limitation**

- Section 1. The practice limitations as outlined in the General League by-laws shall be in effect.
- Section 2. 40-match rule – A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the State CIF wrestling championships (in most situations this would be the league wrestling tournament). Forfeits do not count towards the 40-match maximum. Matches wrestled in a CIF Section team dual championship tournament will not count as part of the 40-match maximum. (Approved October 2001 Federated Council) 3102.

### **ARTICLE IV** **Match Management – Player Eligibility**

- Section 1. Seniors are not eligible to wrestle on the Junior Varsity team with the exception of the 2<sup>nd</sup>-man SCVAL league tournament.
- Section 2. An athlete may move back and forth from Varsity to Junior Varsity during the season, provided the athlete wrestles only once in any one event against a given school. 40 contact limits.
- Section 3. If a weight division is vacant on the Varsity level, that team shall forfeit team points in the same weight on its Junior Varsity team but wrestle. Team points shall be given to the appropriate school.

Section 4. A team must fill a minimum of seven weight divisions at the Varsity level in order to field a dual meet team.

Section 5. All sanctioned SCVAL dual meets and tournaments showers will be provided and available to both genders of athletes. Foot/shoe hygiene trays should be in place for matches.

Section 6. **Winter Athlete Participation Deadline** (Passed BOM 5/2012)

All Winter Athletes must have stopped participation in contests for a team outside of the school, in the same sport, by the **Monday following Thanksgiving**, if the player is to participate on the high school team.

7.1. If a player participates in a contest for a outside team, in the same sport, during the high school sports season, after this deadline, they will no longer be able to participate on the high school team for the remainder of that season.

a. All CIF / CCS team and player sanctions will also be in place.

b. The only exception to this rule is for athlete who has received signed permission from the principal to participate on designated Olympic Development Program (ODP) team, during their season of sport. This form must be provided by the athlete and signed off by the principal, 30 days prior to participation on the ODP team.

1) The player may only participate in designated ODP activities

## **ARTICLE V**

### **Weigh-in Regulations**

Section 1. All schools are responsible for having their scales certified once per year prior to the beginning of wrestling season.

Section 2. The official league weigh-in shall take place as specified by CIF Regulations.

Section 3. An athlete may not wrestle more than one weight class above the weight class he made on the day of the meet.

Section 4. Competition for all league dual meets and tournaments shall follow the CIF weight classes for Varsity and Junior Varsity.

Section 8. Weigh-in procedures shall follow the National Federation High School Rules Book. For dual meets, the weigh-in shall be one hour before the first match is scheduled to begin.

## **ARTICLE VI**

### **Division Schedule and Dual Meet Regulations**

- Section 1. The Division schedule for the Varsity and Junior Varsity teams shall be the same. Each member school shall meet each other in a dual meet and in a season-ending tournament.
- Section 2. The system the committee shall follow in developing the schedule shall be modified rotating and flip-flop (sequence to be modified depending on the availability of facilities).
- Section 3. Division dual meets are to be held on Thursday evenings if there is no problem with the availability of facilities.
- Section 4. Starting times for division meets:
- 4.1 Evening matches: Junior Varsity at 5:30 p.m. and Varsity immediately following the Junior Varsity.
  - 4.2 If availability of facilities dictate an afternoon match, the Varsity match shall have a 4:00 p.m. start; with Junior Varsity immediately following.
- Section 5. De Anza and El Camino Dual Meet Rotation System  
Each year all dual meets shall move forward one week. For instance, the last week of the previous season shall be the first week of the following season. Switch the home and away meets (what was away last year is home this year). If teams move from one division to another, insert the new schools into the slots of the old schools and follow this rotation. All schools shall have three home and three away league dual meets.

## **ARTICLE VII**

### **League Tournament and CCS Representation**

- Section 1. The Varsity division SCVAL team champion shall be determined by a combination of dual record and SCVAL tournament placing. The Junior Varsity division SCVAL team champion shall be determined by the best dual meet record.
- Section 2. A league tournament shall be held for both the Varsity and 2<sup>nd</sup>-man classifications. These tournaments shall be held during the same week at the conclusion of the dual meet season.
- 2.1 The Varsity tournament shall determine all Varsity qualifiers to the CCS Championships. There shall be a maximum of one wrestler per weight per school.
  - 2.2 In case of a tie or hardships, the order of the alternates shall be determined by special wrestle-off matches after the Varsity league tournament. (5 match limit – refer to CCS by-law on wrestle-off procedure).
  - 2.3 When there is a 5-match limitation and wrestlers cannot compete for 3<sup>rd</sup>, 5<sup>th</sup> or 7<sup>th</sup> place, the wrestlers shall tie for 3<sup>rd</sup>, 5<sup>th</sup> or 7<sup>th</sup> place and shall be given equal team placement points.
  - 2.4 The Varsity division of the SCVAL will determine the league champion through the following two-part system. First, placement in the dual meet season will provide teams

points towards the league title. The first place team will receive 7 points, second place will receive 6, and so on, down to the 7<sup>th</sup> team receiving 1 point. This will happen in both the De Anza and El Camino divisions. The amount of points is equal to the number of teams in the league and should be adjusted if the number of teams in the league changes. The second part of the point system is connected to SCVAL league tournament team placing. Teams will be separated into their leagues, either De Anza or El Camino, and placed using the SCVAL tournament team scores. Once placement is determined via league the same point distribution will follow:

First place = 7 points  
Second place = 6 points  
Third place = 5 points  
Fourth place = 4 points  
Fifth place = 3 points  
Sixth place = 2 points  
Seventh place = 1 point

The points from the dual meet placing and the SCVAL tournament placing will be added together to determine the SCVAL League Champion.

Tie Breakers:

In case of tie in dual meet record the tie breaking criteria will be as follows

1. Head to Head Dual Meet Result
2. Placement in the SCVAL Tournament

In case of a tie in the SCVAL Tournament the tie breaking criteria will be as follows

1. Most individual champions
2. Most CCS Qualifiers (not alternates)

2.5 Hardships. Hardships must comply with the rules and regulations as set forth by the CIF and CCS.

Section 3. Athletes who compete in the 2<sup>nd</sup>-man league tournament are not eligible to compete in the Varsity league tournament in the same season.

Section 4. The Varsity league tournament scoring shall follow the Wrestling Rules Book for bracketing and shall score eight places:

1<sup>st</sup> = 16 points  
2<sup>nd</sup> = 12 points  
3<sup>rd</sup> = 9 points  
4<sup>th</sup> = 7 points  
5<sup>th</sup> = 5 points  
6<sup>th</sup> = 3 points  
7<sup>th</sup> = 2 points  
8<sup>th</sup> = 1 point

## **ARTICLE VIII**

### **Wrestling Chairperson(s)**

Section 1. Two league chairpersons shall be elected by and from the league coaches to represent the two divisions of the SCVAL, the De Anza and El Camino divisions. They shall serve overlapping terms for a minimum of three years.

Section 2. The duties of the Wrestling chairperson:

- 2.1 Call a meeting of all league coaches prior to the beginning of the season to go over the schedules, by-laws, rule changes, and anything else that is pertinent for that wrestling season.
- 2.2 Call a meeting at the end of the season to review the by-laws and make revisions, set up schedules for the next season, solve any problems that came up during the season. The chairperson shall present by-law changes to the Athletics Directors and Board of Managers.
- 2.3 Compile the season results and send them to the League Commissioner as well as the member schools.
- 2.4 The senior chairperson shall represent the league on the CCS Wrestling Committee.

## **ARTICLE IX**

### **League Realignment Criteria**

Section 1. The league tournament results shall be used by the wrestling chairperson(s) to determine the realignment proposal each year. Using a minimum of six places for varsity and three places for junior varsity, individual placers shall be used to determine realignment points. Only freshmen, sophomores and juniors shall count in these results. When the varsity league tournament qualifies more than six placers for CCS, the last place qualifier will earn 1 point towards realignment and the first placer will earn the most points. For example, the following point system will be used for each school (6-place example). Top three teams in DeAnza must stay in DeAnza and bottom three teams in El Camino must stay in El Camino.

Varsity		Junior Varsity	
Place	Points	Place	Points
1 <sup>st</sup>	6	1 <sup>st</sup>	3
2 <sup>nd</sup>	5	2 <sup>nd</sup>	2
3 <sup>rd</sup>	4	3 <sup>rd</sup>	1
4 <sup>th</sup>	3		
5 <sup>th</sup>	2		
6 <sup>th</sup>	1		

In addition, the overall strength of a wrestling program shall be taken into account by assigning points for placing in the varsity league tournament. For instance, the 1<sup>st</sup> place team shall be given 14 points, the 2<sup>nd</sup> place 13 points, etc., down to 1 point for the 14<sup>th</sup> place team.

Using the above criteria, each school's point total shall be placed in descending order. The highest (7) scores shall be placed in the DeAnza division and the remaining (7) teams in the El Camino division.

- Section 2. In the event of a tie for the last DeAnza division team the following criteria will be used as the tie-breaker;
- a. The total number of returning medal winners.
  - b. The total number of returning medal winners with the highest place.

## **ARTICLE X**

### **League Tournament Rotation**

Section1.

2018	Los Gatos
2019	Lynbrook
2020	Los Altos
2021	Santa Clara
2022	Saratoga
2023	Palo Alto
2024	Harker
2025	Wilcox
2026	Cupertino
2027	Homestead
2028	Monta Vista
2029	Milpitas
2030	Gunn
2031	Fremont