



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 year end 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 2nd-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 in a day. 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 if you like. 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 During dual league/division meets, it is a given that the home school has paid for (28) matches to be officiated. Often some are forfeited at numerous Varsity or JV levels and/or weight levels, if both schools have girl athletes at a given girls' weight class those two athletes will wrestle when their weight class comes up in the Varsity boys dual. These exhibition/matches will be non-scoring but could be used as CCS seeding and entry possibilities. *Any overages to the (28) matches will be paid for by home school to the officials association.

Section 6 A Girls' Championship will be determined at the SCVAL year-end tournament. All league certificates will be given to girls' with entry to CCS Masters finals. Boys' all league given to the boys in CCS Masters entry, also.

Section 7. The SCVAL Constitution by-law that 50% participation in all league dual and tri meets must occur to move on to league, regional or masters finals. At 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 8. **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/division 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. If an athlete has not made weight leaving the area must be approved.

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/tri meets are to be held on M-F 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.
 - 4.3 Tri meets will begin no earlier than 4:00
- 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. Tri meets are dictated by

ARTICLE VII

League Tournament and CCS Representation

- Section 1. The SCVAL **Varsity** division team champion shall be determined by a combination of dual meet 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 2nd-man classifications. These tournaments shall be held during the same week at the conclusion of the dual/tri meet season. The start time of the league tournament will be established by the host school and not before 1:00pm. A three day 2nd man, girls' and boys' Varsity will be considered. Weigh-ins will begin exactly (2) hours before start with all athletes present. Failure to be **on-time and able to remain** or leaving weigh-in area results in the wrestling athlete's **removal** from entering tournament. Leaving the area because weight needs to be cut will NOT be allowed.

- 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 A student must participate in a minimum of 50% of league dual/tri meets or league contest in order to participate in the Division finals of that sport. Board of Managers may make exceptions for injuries/illnesses/transfers. SCVAL Constitution Article IX, Section 1.7 Please refer to CCS Rules on exceptions
- 2.3 No weight in the league tournament will be seeded to more than (6) wrestlers but can be less if there are not enough qualified wrestlers to see that weight. The seeding criteria will be as follows. Winner head to head; higher state; then CCS finals; then CCS regionals; then SCVAL finals finish.; better win-loss record vs. opponents; coaches vote if it cannot be determined; tie vote coin flip
- 2.4 When there is a 5-match limitation and wrestlers cannot compete for 3rd, 5th or 7th place, the wrestlers shall tie for 3rd, 5th or 7th place and shall be given equal team placement points. (exception SCVAL Finals – six in a day)
- 2.5 **True Placement:** The first alternate and last CCS automatic qualifier shall wrestle in a true-placing challenge match in the event the following criteria occur.
 - 2.4.1 The SCVAL qualifies and even number of wrestlers to the CCS Championships.
 - 2.4.2 The last qualifier and the first alternate have not wrestled each other in the SCVAL Varsity year end tournament. (5 match per day limit/rule my NOT be broken) The first alternate has the option to forfeit the true placing match
- 2.5 The **Varsity** division of the SCVAL will determine the league champion through the following two-part system. First, placement in the dual/tri meet season will provide teams points towards the league title. The first place team will receive 7-8 points, second place will receive 7-6, and so on, down to the 7-8th 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 division 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 divisions, 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 pointThe points from the dual/tri meet placing and the SCVAL tournament placing will be added together to determine the SCVAL League Champion. If those points are the same, the winner of the dual meet will be the division/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 2nd-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:

1st = 16 points

2nd = 12 points

3rd = 9 points

4th = 7 points

5th = 5 points

6th = 3 points

7th = 2 points

8th = 1 point

The SCVAL will award Championship certificates for all 1- 6 tournament placers. **All-league** certificates will be awarded by the number of CCS Masters automatic qualifiers for that year.

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. One Girls' league rep will be determined for a three year term.

Section 2. The duties of the Wrestling chairperson and Athletic Director in charge:

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 st | 6 | 1 st | 3 |
| 2 nd | 5 | 2 nd | 2 |
| 3 rd | 4 | 3 rd | 1 |
| 4 th | 3 | | |
| 5 th | 2 | | |
| 6 th | 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 1st place team shall be given 14 points, the 2nd place 13 points, etc., down to 1 point for the 14th 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; Head to head placement in league tournament points will break ties.

ARTICLE X

Boys' and Girls' League Tournament Certificates and All League

Section 1 Those athletes who finish/place in spots 1 through 6 both in Varsity and 2nd man in the league finals tournament will receive SCVAL Certificates. The Varsity Boys' placers who receive a CCS Masters automatic qualifier spot in the section tournament will receive All-League certificates in addition. The Girls' will receive all-league certificates in each weight class who make Masters at section, also.

ARTICLE XI

League Tournament Rotation

| | |
|------------------|----------------|
| 2023 Wilcox | 2031 Los Gatos |
| 2024 Cupertino | 2032 Lynbrook |
| 2025 Homestead | 2033 Palo Alto |
| 2026 Monta Vista | 2034 Los Altos |

| | |
|---------------|--------------------|
| 2027 Milpitas | 2035 Santa Clara |
| 2028 Gunn | 2026 Macdonald |
| 2029 Fremont | 2037 Mountain View |
| 2030 Saratoga | |