

1400 Wrestling

3/5/10

1401 GOVERNING BODY

National Federation Rule book is the governing authority in wrestling. The State CIF, NCS or the MCAL may make some modifications.

1402 GENERAL INFORMATION

1. Wrestling is a winter sport.
2. Wrestling schedule is a single round robin.
3. Meets will be played on Thursdays.
4. Tri-matches: weigh in @ 3:30 start time 4:30.
5. Dual matches: weigh in @ 5:00 start time 6:00.
6. Cancelled matches must be made up by the next available Monday.
7. **Only** the athletic director or a site administrator may cancel or reschedule a match.

1403 OFFICIALS

The Redwood Empire Wrestling Officials and Coaches Association is the organization contracted by the league to assign officials for wrestling.

1404 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for wrestling matches. See general rules for admission price guidelines.

1405 LEAGUE RULES & GUIDELINES

1. Weigh-ins for dual league matches will take place a maximum of one hour and a minimum of one half hour before the meet. Home school supplies a current certified scale with paperwork and visiting school supplies challenge scale that is also to be current in certification and paperwork.
2. The vice-principal will conduct the weigh-in or someone designated to take his/her place.
3. Weigh-in sheets **MUST** be available at the time of the weigh-ins and at the end of weigh-ins distributed to each head coach.
4. Girls will weigh in as a group after the boys.
5. The locker room must be clear of male wrestlers while the girls are weighing in.
6. Girls shall not be in the locker room when males are weighing in.
7. The home team must supply the scorekeeper and the clock personnel.
8. For the purpose of determining odds and evens, 103lb is always odd.
9. There shall be two annual MCAL meets.
10. A novice tournament will be held with the NBL/SCL. MCAL will host every third year.
11. A novice is a student who is not a senior and is wrestling for the first time.
12. Seniors may not participate in the Novice Tournament.

13. No team score will be kept in the Novice Tournament. Rotation for schools hosting the Novice Meet (8am weigh-in, 10am wrestle); (adjusted 2015 to join North Bay!)
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|-------------------|---------------------|------------------|
| 2018 San Rafael | 2019 Drake | 2020 Novato |
| 2021 Tamalpais | 2022 Marin Catholic | 2014 Redwood |
| 2015 Justin Siena | 2016 San Marin | 2017 Terra Linda |
14. A varsity tournament shall be held at the completion of the dual season. The tournament will be seeded (weigh ins) the morning of the tournament.
15. Sites of the tournament shall rotate north south with 2015 being held at Novato. Rotation for schools hosting the Varsity Tournament:
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|---------------------|-------------------|----------------|
| 2018 Terra Linda | 2019 Justin Siena | 2020 Drake |
| 2021 Marin Catholic | 2022 San Rafael | 2023 Tamalpais |
| 2015 Redwood* | 2016 San Marin | 2017 Novato |
- *Redwood is excused from site hosting varsity wrestling meet when it is the same time as the basketball finals held in their gym.
16. There will be a team score in the varsity MCAL tournament. The tournament will be scored according to the scoring rules in the Federation Rulebook and NCS
17. A trainer must be present at MCAL tournaments. (MCAL will pay for this...max. \$200)
18. The NCS has competition at the end of the season and the CIF has a state meet following the NCS event.

1406 PLAY-OFFS (Tournament)

There will be a Varsity Tournament held at the end of the regular round robin schedule. The tournament will be wrestled to the 5th place, for the purposes of an alternated to the NCS. This tournament is varsity only. **No JV tournament should be held on this day.**

1407 TIE-BREAKING INFORMATION

There are no tiebreaking criteria in wrestling.

1408 AWARDS & PENNANTS

In the MCAL Novice Tournament, ribbons will be awarded to the first four places. In the MCAL Varsity Tournament, medals will be awarded to the first three places, a ribbon to fourth place. A MCAL pennant will be given to the winning team.

1409 ALL LEAGUE

1. First place winner in the MCAL Varsity tournament shall be first team all-league.
2. At the end of the MCAL tournament coaches will vote on the Outstanding Wrestler of the Tournament.
3. Runner up shall be second team.
3. Each coach may nominate one honorable mention.
4. Medals will be awarded to the first three places at the varsity tournament.
5. Most Valuable Player (Ralph Cutler Award): If you feel you have a player who is qualified to be considered for top honors:
 - A. Coaches nominate their own player
 - B. Nominations are due the date announced at the Pre-season meeting