

1400 Wrestling

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. Dual matches: weigh in @ 4:00 start time 5:00.
4. Cancelled matches must be made up by the next available Monday.
5. **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. The home team must supply the scorekeeper and the clock personnel.
5. For the purpose of determining odds and evens, 103lb is always odd.
6. There shall be two annual MCAL meets. A novice tournament will be the Wednesday prior to Thanksgiving & MCAL end of the season individual tournament.

7. A novice wrestler is a student who is wrestling for the first time, has not placed in the top 3 at a varsity tournament. A coach may request an exception prior to the day of the tournament via email which must be sent to all coaches. Any coach that objects must respond within 48 hours.
8. No team score will be kept in the Novice Tournament. Rotation for schools hosting the Novice Meet (8am weigh-in, 9am wrestle)

2024	Novato	2025	Tamalpais	2026	San Rafael
2027	San Marin	2028	Redwood	2029	Terra Linda
2030	Archie				
9. 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.
10. Brackets will be no smaller than 8 wrestler brackets. First round byes/FF are randomly assigned throughout the bracket and evenly dispersed throughout the sections.
11. All byes in each bracket shall be input as a forfeit. It is possible for teams to start the tournament before any wrestling has occurred with team points. This is not a team advantage. This is giving teams who field a wrestler at a weight where others don't the points from the start. A wrestler/team who does not wrestle due to byes/FF is actually losing potential team points due to no opportunity for collecting bonus points because those can only be awarded if a match occurs.
12. Sites of the tournament shall rotate
Rotation for schools hosting the Varsity Tournament:

2024	Archie	2025	Novato	2026	Tamalpais
2027	San Rafael	2028	San Marin	2029	Redwood*
2030	Terra Linda				

 *Redwood is excused from site hosting varsity wrestling meet when it is the same time as the basketball finals held in their gym.
13. 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
14. Each school has a responsibility for the league tournament. See responsibilities on pg. 51b
15. A trainer must be present at MCAL tournaments. (MCAL will pay for this...max. \$200)
16. 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 3rd 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 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.
4. Medals will be awarded to the first three places at the varsity tournament.
5. Most Valuable Player (Ralph Cutler Award for boys & Jenn Madsen for girls): 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