

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. Meets will be played on Thursdays with Tri-matches: weigh in @ 4:00 start time 5:00. Dual matches: weigh in 4:00 @ start time 5:00.
4. **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 meet which is held 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 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 when possible (8am weigh-in, 9am wrestle)

2020	Redwood	2021	San Rafael	2022	San Marin
2023	Terra Linda	2024	Marin Catholic	2025	Drake
2026	Novato	2027	Tamalpais		

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. Sites of the tournament shall rotate
Rotation for schools hosting the Varsity Tournament when possible:
2021 Tamalpais 2022 Redwood* 2023 San Rafael 2024 San Marin
2025 Terra Linda 2026 Marin Catholic 2027 Drake 2028 Novato
*Redwood is excused from site hosting varsity wrestling meet when it is the same time as the basketball finals held in their gym.
11. 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.
12. The MCAL will pay for bracket master/official scorer.
13. A trainer must be present at the MCAL tournament.
14. The cost of the trainer will be paid for by the MCAL.
15. The NCS has competition at the end of the season and the CIF has a state meet following the NCS event.
16. NCS Entries are given based on placing at the MCAL Individual Tournament UNLESS coaches approve a hardship prior to the start of the tournament.

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 & 4th place. Wrestlers taking 1st – 3rd places will qualify for the NCS tournament. The 4th place wrestler will be an alternate. The second alternate for NCS will be given out at the discretion of the coaches. This spot should be used primarily for hardships. 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 at the tournament. If they are different than the regular round-robin, the round robin winner will also receive a pennant.

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