

Article XIV – Wrestling

1. PRACTICE

- A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 1 Definition](#)
- B. Practice shall not be held on Sundays or Christmas.

2. STARTING DATES – No organized practice for all levels may begin prior to a date established by the CCS. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 6 Starting Dates for Practice](#)

3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for wrestling is 5 coaches for boys; 1 coach for girls.

4. GAMES AND GAME LIMITS

- A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The contact limit for wrestling is: 40 Contacts for each player at all levels.
- B. A tournament counts as the minimum number of contests guaranteed.
- C. An alumni contest shall not be included in the game limit of any sport.
- D. Contests shall not be played on Sundays and Christmas.
- E. All contests shall be played according to the National Federation Rules.
- F. A school shall be represented by only one varsity team for dual meets and tournaments. The varsity team shall be composed of the best-skilled wrestlers in the school, commonly called the first team.

5. STARTING TIMES – The freshman matches will start at 5:00PM and will be followed immediately by JV and Varsity Matches. Match times and/or location can be changed by mutual agreement from each school’s Athletic Director and WCAL Commissioner approval.

6. SCHEDULE – There shall be a single round robin schedule of dual meets for the varsity, JV, and freshman teams.

7. ELIGIBILITY

- A. Juniors who have reached their 18th birthday prior to September 1st are ineligible for JV competition.
- B. Seniors are ineligible for league JV competition but can be moved to JV competition in non-league matches. Juniors and Sophomores are ineligible for Freshman competition within the league but can be moved in non-league matches.
- C. A wrestler may move from one team to another during the season. The wrestler must be listed on the lineup sheet at the weigh-in in all possible weights and teams he/she might compete. He/she may not be moved to another team after the declaration at the weigh-ins.
- D. Any wrestler who competes in the junior varsity or freshman League championship tournament shall not be eligible to compete in the varsity League championship tournament.
- E. Season Long Play— 50% Rule
 1. Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs.
 2. This is the CCS 50% rule and specific language can be found in Article V Eligibility.

8. SPORT-SPECIFIC RULES

- A. Levels of Competition – There shall be varsity, junior varsity, and freshman competition.
- B. Game Conduct – While sitting out, the coach may not communicate during a game in any way, including all digital formats, with his/her coaching staff or players.
- C. Weigh-in Regulations
 1. All scales which will be used for weigh-ins shall be checked by a certified agency during or before the first week in December. Scales which do not bear a current mark seal of certification shall not be used for weigh-ins.
 2. The official weigh-in of all wrestlers in the school shall be conducted in accordance with the rules and regulations as prescribed by CIF By-Law 3103 and the CCS Wrestling By-Laws.

9. ROUND ROBIN COMPETITION WINNERS

- A. The winner of the round robin competition shall be determined by a point system as follows:
 - 1. Two (2) points for a game won.
 - 2. One (1) point for a game tied.
 - 3. Zero (0) points for a game lost.

10. LEAGUE CHAMPIONSHIP

- A. The League championships shall be determined by the following: The team that wins the round robin League shall be declared a League champion. Also, if another team wins the League championship tournament, that team shall be declared a co-champion with the team that won the round robin championship.
- B. Ties for the League Championship
 - 1. For varsity only, in the case there are ties for the round robin championship, the tie shall be broken based on head-to-head competition. If one team has a better overall record in head-to-head competition versus the other team(s), that team shall be declared the round robin champion.
 - 2. For varsity only, in the event two or more teams tie for the round robin championship, and the tie cannot be broken by the results of head-to-head competition, the team that wins the League championship tournament shall be declared the League champion.
 - 3. If two or more teams tie for first place in the League championship tournament, both teams shall be declared champions with the team that won the round robin.
 - 4. In the case of the lower levels, all teams tied in the round robin shall be declared co-champions with the team that wins the League championship tournament.

11. CCS QUALIFICATION

- A. Individual Qualification to the CCS Meet
 - 1. The results of the League championship tournament determine the individual qualifiers to the CCS meet.
 - 2. The number of qualifiers in each weight class from the League is determined by the CCS Wrestling Committee.
- B. Team Qualification to the CCS Meet
 - 1. The results of the round robin dual meet schedule shall determine the team qualifiers to the CCS meet.
 - 2. If two teams tie for first place in the round robin dual meet competition, the team which defeated the other shall be the first-place team and the other shall be the second-place team. If the two teams tied in the round robin competition, then the higher-placed team in the League finals shall be the first-place team and the other shall be the second-place team. If the League finals do not determine the first-place team, then the Commissioner shall determine the first-place team by chance.
 - 3. If more than two teams tie for first place, the team with the greatest number of wins within the tie shall be the first-place team. If no team has a greater number of wins within the tie, then the results of the League championship tournament shall determine the first-place team. If the League championship tournament does not determine the first-place team, then the Commissioner shall determine the first-place team by chance.
 - 4. The second-place team in the round robin competition shall be nominated for an at-large berth in the CCS team tournament.