

WOMEN'S AND MEN'S WRESTLING

13.0 GOVERNING RULES

The National Federation rules shall govern all play except whereas modified by CIF or the Sac-Joaquin Section.

13.1 CONTACTS

As designated by the CIF Sac-Joaquin Section, each wrestler will be allowed a maximum of 40 competitive matches prior to the Metro League tournament, excluding the section dual championships.

13.2 START DATE

The start and end dates will be determined by the CIF Sac-Joaquin Section.

13.3 PLAYER CLASSIFICATION

The weight control rule for the league will follow the Sac-Joaquin Section.

13.4 RULES OF THE SPORT

- A. The home team is responsible for reporting the final results to the Sacramento Bee.
- B. In tournaments, every match in which a wrestler competes counts as a match.
- C. In dual/tri/double dual and dual meet tournaments every match a wrestler has counts as one match.
- D. Weigh-ins for all participants will be held in the presence of both coaches one hour before the beginning of the first match but no later than one-half hour prior to the first match. Scales will be available for both teams prior to the weigh-in. All weight classifications will follow section regulations. The home team may weigh-in with an official if the visiting team has not arrived by 5:30 PM.
- E. All participants will compete against student-athletes of the same gender.
- F. Uniforms and equipment will follow Sac-Joaquin section directions.
- G. No dual matches are to be held after the league tournament.
- H. The dual match league record will determine the Metro League champion.

13.5 ALL LEAGUE AWARDS AND SELECTION PROCESS

All League selections will be determined by the first place finishers in each individual event at the Metro League meet where the Coach of the Year will also be selected.

13.6 POST-SEASON QUALIFICATION PROCEDURE:

Post-season qualification for individuals will be determined by the Sac-Joaquin Section.

The following tiebreaker procedure will be used for team ties:

1. Head to head competition (for contests within the League schedule)
2. The number of pins/forfeits in head to head competition
3. Greatest number of wins within the tie
4. Greatest number of wins above the tie

5. Greatest number of wins versus the highest place team above the tie
6. Greatest number of wins below the tie, starting with the next-placed team below the tie and moving downward
7. If a tie still exists, then there will be a coin flip conducted by the League president in the presence of representatives from the schools involved.