

## WRESTLING – WACC Board Approval 1/21/26

1600. The National Federation Wrestling Rules, with the CIF, NCS, and WACC modifications shall be the official rules of the WACC.
- 1601.1 A wrestler who is ejected from a contest for dangerous or unsportsmanlike conduct shall be suspended for seven days and a minimum of at least one contest. Example – a wrestler who is ejected in the first double dual match one week would not become eligible until the second double dual the following week.
1601. Wrestling weight classifications, weigh-in rules and dates, maximum number of competition points, minimum number of days of practice, etc. shall be established by the NCS.
1602. No wrestler may compete in any outside wrestling competition during the NCS season-of-sport.
1603. Schools shall submit a list of approved coaches to the host school before every match. Failure to do so shall result in the forfeiture of the match. Only approved coaches may be in the mat area; spectators must remain seated in the bleachers.
1604. Time Schedule for League Matches:
- 1604.1 The suggested time schedule for double dual meets is as follows:
- |             |                        |
|-------------|------------------------|
| 4:00 – 5:00 | Weigh In               |
| 5:00        | JV Matches Begin       |
| 6:00        | First Varsity Matches  |
| 7:30        | Second Varsity Matches |
- 1604.2 The suggested time schedule for single dual meets is as follows:
- |             |                       |
|-------------|-----------------------|
| 4:30 – 5:30 | Weigh In              |
| 6:00        | JV Matches Begin      |
| 7:00        | Varsity Matches Begin |
- 1604.3 NCS weigh-in rules shall be followed.
1605. Novice Tournament:
- 1605.1 The suggested date for the WACC Novice Tournament is a Monday in early December.
- 1605.2 Definition of a Novice:
- 1605.2.1 A freshman who has not placed 1<sup>st</sup> through 4<sup>th</sup> in a varsity tourney.
- 1605.2.2 A sophomore who has not received a varsity block, nor placed in a varsity tournament.
- 1605.2.3 Juniors or seniors in their first year of wrestling who have not placed in a tournament.

1605.3 Drawing of the brackets is to be made the day of the tournament from entries sent to the host school on the Friday before the tournament. Brackets shall contain either four, six, or eight entries. Weight-appropriate brackets shall be created for both genders.

1606. League Tournament:

1606.1 Coaches shall seed the tournament on the Thursday before the tournament. Coaches must declare weight classes at this meeting. The NCS-mandated weigh-in procedure shall be followed.

1606.2 The tournament shall be run on a one-day, one session format.

1606.3 The 1<sup>st</sup> place winner in each varsity weight class shall become a member of the WACC All-League Wrestling Team

1606.4 The winner of the league tournament shall be declared “tournament champion.”

1606.5 Coaches shall select a “Wrestler of the Year” from among weight class winners at the league tournament.

1606.6 WACC WRESTLING HARDSHIP POLICY

If an athlete is unable to compete in the WACC tournament due to Hardship:

1. The league commissioner or his/her designated representative shall place “hardship” on the wrestling coaches’ postseason meeting agenda, the Thursday before the league championships.
2. A WACC school may then present a case of hardship to the wrestling coaches at their postseason meeting.
3. The league coaches shall, by majority vote, either allow or disallow the hardship.
4. Coach action shall not need WACC AD nor WACC Board approval.

1607. The winner of the dual meet season shall be declared “league champion” and shall be the automatic representative to the NCS dual team tournament. If there is a tie for first place, the schools in the tie shall be league co-champions and our automatic NCS representative shall be determined by the following prioritized steps:

1607.1 The records of the teams within the tie against each other.

1607.2 The records of the teams within the tie against the team immediately below them the league standings

1607.3 The records of the teams within the tie against the next lowest team in the league standings. This process shall continue using all teams in the league standings.

- 1607.5 If at any time in the above steps a team is eliminated from the tie, but a tie still exists (started with a three-way tie for example), the progression starts once again with 1607.1 and continues until the tie is broken.
- 1607.6 The point differential of the involved teams in their dual league matches among the teams in the tie
- 1607.6 A draw from a hat by the league's athletic directors.