

SECTION 412

Wrestling

1. All CVAL hosted wrestling matches (dual or tournaments) will follow the National Federation rulebook guidelines for weigh-ins. Pre-match weigh ins shall be in accordance with the National Federation rulebook, Section 4, and the CIF Guidelines.
 - A. Weigh-Ins may begin when a representative from both teams is present.
 - B. County Weights and Measures must certify Scales every 2 years. If the scale is not Currently certified, your team will forfeit individual and team matches.
2. The CVAL will have two divisions for wrestling. The league champions and final league standings shall be based upon outcomes of dual matches.
 - A. Teams with best win/loss record in division play at the end of the regular season will determine seeding
 - B. The #1 seeded team in each division will compete for the league title (#2 from each division will compete, #3 and so on)
 - C. If a tie, the team having won the greater number of matches, including forfeits, will be declared the higher seed. Refer to NFHS rulebook for additional tiebreakers.
 - D. North Division will host team championship matches on ODD years; South Division will host on EVEN years.
3. All C.I.F. and National Federation rules are followed with the following exceptions:
 - A. A match shall consist of three (3), 1 and ½ minute periods.
 - B. Overtime shall consist of the "sudden death" type format, with a ONE-MINUTE period in which both wrestlers are standing. If still tied, there will be a 30 second period in which both wrestlers are in referee's position with the choice of position determined by the wrestler who scored 1st during regulation.
 - C. Weight classes (TOC) for scoring purposes: 76, 83, 89, 95, 100, 103, 108, 112, 116, 122, 128, 135, 142, 153, 168, 177, 185, 205, 235.
 - D. 1 lb. allowance if any wrestler wrestles more than one dual match in a week. The same 1lb. allowance will be given during the CVAL tournament.
 - E. Wrestlers may only bump one weight class during match day. Coaches must write down each wrestler's exact weight at the time of their weigh-in.
 - F. Warmups will consist of 10 minutes for each team (home and away) or as equal times as possible.
 - G. Weigh-Ins began at 3:00 (no one is allowed in the door after weigh-ins start.)
4. A sanctioned CIF official should be used at all league matches.

5. Tournaments and preseason matches can be scheduled as necessary by individual schools.
6. **League Tournaments:**
 - A. All and any information to help the seeding committee in seeding the first, second, third, & fourth seeds for the CVAL Tournament shall be used. All coaches MUST bring all records to the seeding meeting. Each coach must bring completed seeding information sheets on each wrestler to the meeting. A coach failing to attend the meeting will have his wrestlers seeded by the coaches at the meeting to the best of their knowledge. The following seeding criteria will be used:
 - I. Head to head during the current season (duals or tournaments)
 - II. Most CVAL varsity wins at the weight entered. If still tied, refer to "III".
 - III. Most overall CVAL varsity wins.
 - IV. Gross error
 - V. Coin-flip
 - B. The following rules will be followed for the CVAL Tournament:
 - I. All schools will bring wrestlers for each weight class. Schools not bringing a wrestler will count as a forfeit. Forfeits must be awarded equally among schools. Byes are counted as Forfeit wins.
 - II. Rest periods of a minimum of 30 minutes between matches will be observed.
 - III. Team scoring will be according to National Federation rulebook Tournament criteria. Placement points will be awarded 1st – 4th
 - II. Points:

2	for advancement championship
1	for advancement consolation
2	for pin
1 1/2	for technical fall
1	for major
 - C. No one other than the participating wrestlers or adult coaches will be allowed out of the stands and in the wrestling area.
 - D. In the event a wrestler fails to make weight or is not present on the day of the tournament, all seeded wrestlers below would move up. A JV wrestler may take the place of the varsity wrestler who does not make weight. In addition, a varsity wrestler who does not make weight may not be bumped up but rather can only wrestle JV.
 - E. In the event a wrestler fails to make weight and a substitute is present, that weight class will be reseeded on the morning of the tournament for fairness to the wrestlers in that weight class.

- F. Deadline for seeding submissions is at the seeding meetings. No additions allowed after seeding meeting. Seed top 4 per weight class and distribute byes as even as possible.
 - 1. Criteria for individual seeding:
 - a. Head to head
 - b. Record at weight
 - c. Overall record
 - d. Gross error
- G. The league will provide medals 1st through 3rd for the individual league tournament, varsity only. The league will also pay for the officials for the matches at the tournament. The host school may charge admission for the tournament to offset other expenses.
- H. Admission and concession will cover Tournament Director, Trackwrestling, and trainer.
- I. It is recommended the host school provide one adult to be responsible for the score table.

ADOPTED MARCH 5, 1996
Revised MAY 2025