



WRESTLING BY-LAWS

ARTICLE I GOVERNING RULES

SECTION 1 The official rules for Wrestling are contained in the current edition of the National Federation High School Rules Book, Central Coast Section (CCS), and these by-laws.

ARTICLE II CLASSIFICATION

SECTION 1 The official teams in Wrestling are Varsity and Junior Varsity.

ARTICLE III PRACTICE AN MATCH LIMITATION

SECTION 1 The practice limitations as outlined in the General League by-laws shall be in effect.

SECTION 2 40-match rule – A wrestler will be allowed a maximum of 40 matches during the wrestling season prior to the first qualifying tournament for the State CIF wrestling championships (in most situations this would be the league wrestling tournament). Forfeits do not count towards the 40-match maximum. Matches wrestled in a CIF Section team dual championship tournament will not count as part of the 40-match maximum. (Approved October 2001 Federated Council) 3102.

ARTICLE IV MATCH MANAGEMENT – PLAYER ELIGIBILITY

SECTION 1 Seniors are not eligible to wrestle on the Junior Varsity team with the exception of the 2nd-man SCVAL league tournament.

SECTION 2 An athlete may move back and forth from Varsity to Junior Varsity during the season, provided the athlete wrestles only once in any one event against a given school.

SECTION 3 An athlete must be declared in writing prior to the first official team competition for which team he is going to wrestle. He may not be moved to another team thereafter.

SECTION 4 If a weight division is vacant on the Varsity level, that team shall forfeit team points in the same weight on its Junior Varsity team. If an exhibition match is held, it's still considered a forfeit. Team points shall be given to the appropriate school.

SECTION 5 A team must fill a minimum of seven weight divisions at the Varsity level in order to field a dual meet team.

ARTICLE V **WEIGH-IN REGULATIONS**

- SECTION 1** All schools are responsible for having their scales certified once per year prior to the beginning of wrestling season.
- SECTION 2** The official league weigh-in shall take place as specified by CIF Regulations.
- SECTION 3** An athlete may not wrestle more than one weight class above the weight class he made on the day of the meet.
- SECTION 4** Competition for all league dual meets and tournaments shall follow the CIF weight classes for Varsity and Junior Varsity.
- SECTION 5** Weigh-in procedures shall follow the National Federation High School Rules Book. For dual meets, the weigh-in shall be one hour before the first match is scheduled to begin.

ARTICLE VI **DIVISION SCHEDULE AND DUAL MEET REGULATIONS**

- SECTION 1** The Division schedule for the Varsity and Junior Varsity teams shall be the same. Each member school shall meet each other in a dual meet and in a season-ending tournament.
- SECTION 2** The system the committee shall follow in developing the schedule shall be modified rotating and flip-flop (sequence to be modified depending on the availability of facilities).
- SECTION 3** Division dual meets are to be held on Thursday evenings if there is no problem with the availability of facilities.
- SECTION 4** Starting times for division meets:
- 4.1** Evening matches: Junior Varsity at 5:30 p.m. and Varsity immediately following the Junior Varsity.
- 4.2** If availability of facilities dictate an afternoon match, the Varsity match shall have a 4:00 p.m. start; with Junior Varsity immediately following.
- SECTION 5** De Anza and El Camino Dual Meet Rotation System:
Each year all dual meets shall move forward one week. For instance, the last week of the previous season shall be the first week of the following season. Switch the home and away meets (what was away last year is home this year). If teams move from one division to another, insert the new schools into the slots of the old schools and follow this rotation. All schools shall have three home and three away league dual meets.

ARTICLE VII **LEAGUE TOURNAMENT AND CCS REPRESENTATION**

- SECTION 1** The Varsity division SCVAL team champion shall be determined by a combination of dual record and SCVAL tournament placing. Junior Varsity division SCVAL team champion shall be determined by the best dual meet record.

SECTION 2

A league tournament shall be held for both the Varsity and 2nd-man classifications. These tournaments shall be held during the same week at the conclusion of the dual meet season.

- 2.1** The Varsity tournament shall determine all Varsity qualifiers to the CCS Championships. There shall be a maximum of one wrestler per weight per school.
- 2.2** In case of a tie or hardships, the order of the alternates shall be determined by special wrestle-off matches after the Varsity league tournament. (5 match limit –refer to CCS by-law on wrestle-off procedure).
- 2.3** When there is a 5-match limitation and wrestlers cannot compete for 3rd, 5th or 7th place, the wrestlers shall tie for 3rd, 5th or 7th place and shall be given equal team placement points.
- 2.4** The Varsity division of the SCVAL will determine the league champion through the following two-part system.

- (A) First, placement in the dual meet season will provide teams points towards the league title. The first place team will receive 7 points, second place will receive 6, and so on, down to the 7th team receiving 1 point. This will happen in both the De Anza and El Camino Divisions. The amount of points is equal to the number of teams in the league and should be adjusted if the number of teams in the leagues changes.
- (B) The second part of the point system is connected to SCVAL league tournament team placing. Teams will be separated into their leagues, either De Anza or El Camino, and placed using the SCVAL tournament team scores. Once placement is determined via the same point distribution will follow.

First Place	7 points
Second Place	6 points
Third Place	5 points
Fourth Place	4 points
Fifth Place	3 points
Sixth Place	2 points
Seventh Place	1 points

The points from the dual meet placing and the SCVAL tournament placing will be added together to determine the SCVAL League Champion

- (C) Tie Breakers:
 - i. In case of tie in dual meet record the tie breaking criteria will be as follows:
 - (a) Head to Head Dual Meet Result
 - (b) Placement in the SCVAL Tournament
 - ii. In case of a tie in the SCVAL Tournament the tie breaking criteria will be as follows:
 - (a) Most individual champions
 - (b) Most CCS Qualifiers (not alternates)

- 2.5** Hardships must comply with the rules and regulations as set forth by the CIF and CCS.

SECTION 3 Athletes who compete in the 2nd-man league tournament are not eligible to compete in the Varsity league tournament in the same season.

SECTION 4 The Varsity league tournament scoring shall follow the Wrestling Rules Book for bracketing and shall score eight places:

1 st	=	16 points
2 nd	=	12 points
3 rd	=	9 points
4 th	=	7 points
5 th	=	5 points
6 th	=	3 points
7 th	=	2 points
8 th	=	1 points

ARTICLE VIII
WRESTLING CHAIRPERSON(S)

SECTION 1 Two league chairpersons shall be elected by and from the league coaches to represent the two divisions of the SCVAL, the De Anza and El Camino divisions. They shall serve overlapping terms for a minimum of three years.

SECTION 2 The duties of the Wrestling chairperson:

- 2.1 Call a meeting of all league coaches prior to the beginning of the season to go over the schedules, by-laws, rule changes, and anything else that is pertinent for that wrestling season.
- 2.2 Call a meeting at the end of the season to review the by-laws and make revisions, set up schedules for the next season, solve any problems that came up during the season. The chairperson shall present by-law changes to the Athletics Directors and Board of Managers.
- 2.3 Compile the season results and send them to the League Commissioner as well as the member schools.
- 2.4 The senior chairperson shall represent the league on the CCS Wrestling Committee.

ARTICLE IX
LEAGUE REALIGNMENT CRITERIA

SECTION 1 The league tournament results shall be used by the wrestling chairperson(s) to determine the realignment proposal each year. Using a minimum of six places for varsity and three places for junior varsity, individual placers shall be used to determine realignment points. Only freshmen, sophomores and juniors shall count in these results. When the varsity league tournament qualifies more than six placers for CCS, the last place qualifier will earn 1 point towards realignment and the first placer will earn the most points. For example, the following point system will be used for each school (6-place example).

Varsity		Junior Varsity	
Place	Points	Place	Points
1 st	6	1 st	3
2 nd	5	2 nd	2
3 rd	4	3 rd	1
4 th	3		
5 th	2		
6 th	1		

In addition, the overall strength of a wrestling program shall be taken into account by assigning points for placing in the varsity league tournament. For instance, the 1st place team shall be given 14 points, the 2nd place 13 points, etc., down to 1 point for the 14th place team.

Using the above criteria, each school’s point total shall be placed in descending order. The highest (7) scores shall be placed in the DeAnza division and the remaining (7) teams in the El Camino division.

SECTION 2

In the event of a tie for the last DeAnza division team the following criteria will be used as the tie-breaker;

- 2.1 The total number of returning medal winners.
- 2.2 The total number of returning medal winners with the highest place.

ARTICLE X
LEAGUE TOURNAMENT ROTATION

SECTION 1

- 2015 Milpitas
- 2016 Gunn
- 2017 Fremont
- 2018 Los Altos
- 2019 Lynbrook
- 2020 Los Gatos
- 2021 Santa Clara
- 2022 Saratoga
- 2023 Palo Alto
- 2024 Harker
- 2025 Wilcox
- 2026 Cupertino
- 2027 Homestead
- 2028 Monta Vista