

DIABLO FOOTHILL ATHLETIC LEAGUE

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DIABLO FOOTHILL ATHLETIC LEAGUE WRESTLING GUIDELINES

1. SEASON

- 1.1 Practice may begin the second Monday of November.
- 1.2 Maximum number of total individual wrestling contests = 40
 - 1.2.1 Participation in a dual meet at any level counts as one competition.
 - 1.2.2 Participation in a tournament at any level counts as 2 competitions.
 - 1.2.3 Any competition involving two schools shall constitute a dual meet.
 - 1.2.4 Any competition involving more than two schools shall constitute a tournament.
- 1.3 Competition is defined as:
 - 1.3.1 A competition where a match and/or a team score is determined.
 - 1.3.2 A wrestling official is used.

2. CONTEST INFORMATION

- 2.1 Starting times: 7:00PM (if 2 mats); 6:00PM for JV (if only 1 mat)
 - 2.1.1 Dual meets time can be changed by mutual consent of both coaches and both Athletic Directors and Principals.
- 2.2 Days of Competition: Thursday
- 2.3 Practice:
 - 2.3.1 Each wrestler who did not participate in fall sports shall have at least 10 days of practice before he/she is eligible to compete in a meet or tournament.
 - 2.3.2 Each wrestler who participated in fall sports shall have at least 5 days of practice before he/she is eligible to compete.

3. RULES

- 3.1 Wrestling matches shall be conducted according to current National High school Federation book, to be superseded by CIF, NCS, and DFAL rules, regulations, and guidelines.
- 3.2 Eligibility rules shall be determined by each school district.
- 3.3 **In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.**

4. EQUIPMENT

- 4.1 Weigh-in scales must be certified by the County Department of Weights and Measures. A current seal must be on the scales.

5. OFFICIALS

- 5.1 Certified league officials, under contract with the league, must be used for all scheduled contests.

6. DETERMINATION OF LEAGUE CHAMPIONS

- 6.1 The league champion will be determined by the dual meet record. The team with the best dual meet record will be the league champion. In the event of a tie, the tied teams will be co-champions.
- 6.2 The DFAL League Tournament will determine a tournament champion and will be the qualifying tournament for the NCS Championships.

- 6.3 Tie Breaker for NCS Dual Meet Championship
 - 6.3.1 Head to head competition
 - 6.3.2 Point Differential
 - 6.3.3 NFHS Rule 922 (Art2, pg 42)

7. AWARDS

- 7.1 Medals will be awarded to first, through sixth places in each weight event in the league championship tournament.
- 7.2 All League certificates will go to the top two wrestlers in each weight class. The first place wrestlers will be designated first team all league standing. The second place wrestlers will be designated second team all league standing.

8. WEIGH-IN

- 8.1 The DFAL will meet the NCS time period for certification for weight classes.
- 8.2 Weigh-in procedure for dual matches; Athletes will weigh-in on the actual day of the match just prior to the match.
 - 8.2.1 The weigh-in shall be conducted as described by the National high school Federation Rule book.
 - 8.2.2 A school representative from each school must be present at the time of the weigh-ins.
 - 8.2.3 Athletes on the visiting team will be granted a ¼ pound weight allowance.
 - 8.2.4 Weigh-in lists will be exchanged at the time of weigh-in, with the exact weight of each wrestler recorded
 - 8.2.5 All wrestlers competing the day of a dual meet must be standing in the lineup at the time of weigh-in or he will not be allowed to weigh-in.
 - 8.2.6 Coaches must provide an alpha wrestler list at weigh-in for all dual meets and the league meet.
- 8.3 Any wrestler with medical clearance will be allowed to weigh in at a later date.
- 8.4 The official weigh-in at the league meet establishes the lowest class in which a student may compete during the remainder of the season.

9. HARDSHIPS

- 9.1 A wrestler requesting hardship consideration must be represented by his coach at the coaches meeting Friday night, prior to the DFAL League Tournament.
- 9.2 The coach will identify name, weight classification and state the case for hardship consideration.
- 9.3 There will be a secret ballot conducted by the Tournament Director to determine hardship candidates. A majority vote is required.
- 9.4 The hardship wrestler must defeat the last qualifying wrestler in his weight class twice, with a 45-minute rest between matches.
 - 9.4.1 The matches will be held at a neutral location designated by the league commissioner, on the Tuesday following the league tournament.
 - 9.4.2 A qualified official will officiate the matches.
 - 9.4.3 The official will weigh-in contestants at 3:30, with the first match to begin at 4:00PM.
 - 9.4.3.1 Starting time of the match may be moved up by mutual consent of both coaches and wrestlers.
 - 9.4.4 The official will be paid from the net proceeds of the DFAL Tournament.
 - 9.4.5 If the hardship wrestler defeats his opponent twice, he will replace that wrestler as the lowest DFAL qualifier in that weight class at the NCS tournament.
 - 9.4.6 If the hardship wrestler loses the first match, the contest is decided and the original qualifier will represent the DFAL at the NCS.

10. MISCELLANEOUS

- 10.1 The DFAL League Meet will serve as the NCS qualifying meet.
- 10.2 The DFAL League Meet will be scheduled for Saturday before the NCS seeding meeting.
- 10.3 The coach of the team that wins the league championship tournament will be the DFAL representative to the NCS seeding meeting. The alternate will be the coach of the team that wins second place in the league meet.