

SOUTHWEST SUBURBAN CONFERENCE: Wrestling: Sport Guidelines

I. Season Limitations

- A. Practice may begin on Monday, November 9, 2009.
- B. First contest may be held on Monday, November 23, 2009.
- C. Season ends on Saturday, February 27, 2010.

II. Contest Limitations (Exclusive of the IHSA State Series)

- A. Eighteen (18) dates and zero (0) tournaments or
- B. Seventeen (17) dates and one (1) tournament or
- C. Sixteen (16) dates and two (2) tournaments or
- D. Fifteen (15) dates and three (3) tournaments or
- E. Fourteen (14) dates and four (4) tournaments.
- F. Individuals are limited to no more than twenty-one (21) matches exclusive of tournaments and no more than four (4) tournaments exclusive of the IHSA State Tournament Series.

III. Levels of Competition

- A. Varsity
- B. Junior Varsity
- C. Freshmen

IV. Coaches Meeting

- A. Pre-season meeting will be hosted by Lockport High School at 6:00 p.m. on October 28 at *Bolingbrook* as a part of the SWSC winter mega-meeting.
- B. Post-season meeting will be held at Lockport East on March 3 at 4:30 PM.

V. Championships and Awards

- A. Division Standings
 1. A championship trophy shall be awarded to the winner at the Varsity level of each Division.
 2. An engraved plate will be awarded to the winner at the JV level of each Division.
 3. The Division champion will be recognized by the best won-loss record from all division matches (crossovers will not count).
- B. Individual Awards
 - a. Varsity top eight (8) individual finishers from the Conference Meet will receive medals on neck drapes. The champion and runner-up of each weight class will be declared All-Conference.
 - b. Ribbons will be given to the top eight (8) individual finishers at the JV level at the Conference Meet.

VI. Terms of Contests

- A. Dual Meets
 1. Home school shall provide the persons timing all contests. Preferably an adult from the host school should be at the scorer's table.
 2. Events:

SOUTHWEST SUBURBAN CONFERENCE: Wrestling: Sport Guidelines

- a. The National Federation of High School Associations shall determine weight divisions. The order of weight classes will be determined by a drawing prior to weigh-in by mutual agreement.
- b. A ninety-seven (97) pound weight class is to be included at the Freshman and Junior Varsity level.
3. Scoring - National Federation of State High School Association Rules with IHSA modifications.
4. Forfeits and Cancellations:
 - a. To be handled between the respective Athletic Directors
 - b. All coaches are to declare forfeits prior to the contest on the lower levels so that a possibility of matching up boys from opposing schools could be done before the weigh-in starts. Only the head coach is to do this for all levels.
5. Weigh-In:
 - a. The National Federation Rules shall be used for all SouthWest Suburban meets.
 - b. All teams will be allowed to check weight before the weigh-in regardless of what time the visiting team arrives.
 - i. Weigh-in will begin 1-hour before meet starting time.
 - ii. If a team arrives late, they will immediately check weight and then begin the official weigh-in.
 - iii. Teams will weigh all wrestlers at each weight beginning with the lowest weight for every level.
 - iv. IHSA guidelines will be used for all weigh-ins.
 - v. Once weigh-ins are concluded, we will immediately draw for the weight order.
 - c. A substitution may be made for a wrestler who does not make weight from previously weighed-in wrestlers.
6. The host school will determine the meets starting time mutually agreed on by the two (2) schools.
7. All exhibition matches must either be wrestled before their official time of the meet or after the meet is completed. If there are more than fourteen (Varsity) or fifteen (Freshmen and/or JV) bouts, the official will be compensated for additional bouts. Extra matches will be paid per match compensation for all levels as determined by the officials pay schedule.

B. Organization for *Individual* Championship Meet

1. The varsity meet will be held two weeks prior to the IHSA regional. The JV level will be held 1 week before the IHSA regional.
2. There will be a seeding meeting two days prior to the championship meet. Host schools may request entries prior to the seeding meeting.
3. The IHSA regional criteria shall be used to determine the individual wrestlers' seeds.
4. Four wrestlers may be seeded in each weight class. The number one and four seeds shall be placed in the upper bracket; the number two and three seeds shall be placed in the lower bracket and the remaining wrestlers assigned by chance draw.

SOUTHWEST SUBURBAN CONFERENCE: Wrestling: Sport Guidelines

5. Once a wrestler is eliminated from a seed by criteria he cannot be reconsidered for that seed by a lower criterion. The wrestler would, however be eligible for any remaining seeds.
- c. IHSA Regional guidelines will be used in the Conference Meet for wrestle-backs and replacing seeded wrestlers who scratch. If the replaced wrestler is a drawn wrestler, then the weight class shall not be redrawn.
7. Each head coach shall complete the IHSA Individual Wrestlers Season Record Verification form for each varsity and junior varsity wrestler. A copy shall be given to each coach and the tournament director prior to the start of the seeding meeting, verifying each wrestler's conference and non-conference dual meet and tournament record. These forms must include all bout scores, name of opponent and name of his school. If a coach does not supply the above information, he must submit his lineup and leave the room. At the seeding meeting there shall be a maximum of two representatives for each school, but only one spokesman at each level.
8. A wrestler who is withdrawn after being entered at the seeding meeting shall be eliminated from all tournament competition at both junior varsity and varsity levels at any weight class. This change will prevent moving a wrestler to the junior-varsity level after he received a poor seed on the varsity level or trying another weight class. A substitute may replace a withdrawn wrestler at the scratch meeting. A wrestler is considered in the tournament when his name is placed on the board for a seed at the seeding meeting. If a scratched wrestler is not replaced at the scratch meeting, the bracket will be adjusted and "byes" will be assigned in accordance with IHSA rules and regulations.

In case of injury or illness after verification of entries, the tournament director, in consultation with available medical personnel and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. The tournament director shall consider extenuating circumstances concerning the injury or illness as it relates to default or forfeit for scoring purposes.

9. Forfeits: If a school does not enter a wrestler at a given weight class at the seeding meeting, it shall be treated as a forfeit. The forfeit created shall be drawn to the number of seeded wrestlers and forfeits, thereafter, shall be drawn to the remaining seeded wrestlers in sequential order in accordance with IHSA Regional Tournament procedure.
10. Forfeits will be given to the highest seeded wrestler not receiving a forfeit.
11. Host school will determine starting the time and time schedule of the tournament.
12. The assignment chair shall have the prerogative of assigning officials to designated mats for conference tournament.
13. A wrestler may only be entered into one (1) level of the conference tournament.

VII. Officials

- A. Varsity – one (1) official
- B. Junior Varsity - one (1) official.
- C. Freshmen – one (1) official.
- D. Conference Championship Meet - one more official will be assigned than there are wrestling mats.

SOUTHWEST SUBURBAN CONFERENCE: Wrestling: Sport Guidelines

VIII. Reporting Results

- A. Each varsity and sophomore coach (or their designee) will record their conference home game scores on the SWSC conference website at www.athletics2000.com/swsc.
- B. The Resource Athletic Director shall oversee the results of all league contests and compile the official standing for league records on the conference web site.
- C. Each host school will report conference division championship meet results to the resource A.D. and the Historian.
- D. Each host school is responsible to report results of the division championship meet immediately after the event to all local newspapers.

IX. Miscellaneous Information

Playing Sites

All matches will be conducted at the main campus except:
Homewood- Flossmoor- South Building
Joliet Township- East Campus