

WRESTLING GUIDELINES

SECTION I. SEASON LIMITATIONS

- A. Opening dates - same as IHSA guidelines.
- B. End of season - last day of State tournament.

SECTION II. SCHEDULE

- A. Dual meets - partial round robin schedule with Conference school. Total number of dates will follow IHSA guidelines (see note.)
- B. Tournaments - total number of tournaments will follow the National Federation of State High School Association

NOTE: IHSA Guidelines under current operational format

- 1. 14 dates – 21 Dual Meets/4 tournaments
- 2. 15 dates – 21 Dual Meets/3 tournaments
- 3. 16 dates – 21 Dual Meets/2 tournaments
- 4. 17 dates – 21 Dual Meets/1 tournament
- 5. 18 dates – 21 Dual Meets/no tournaments
- C. Make-up procedure for dual meets s and tournaments. Rescheduling should be at the earliest date available for the schools involved. The recommended date is the following Tuesday.

SECTION III. LEVELS OF COMPETITION

- A. There shall be four levels of competition: Varsity, JV 1, JV 2, and Freshman.
- B. An individual cannot compete in two different levels during the same meet.

SECTION IV. MEETS/CONTESTS MANAGEMENT

- A. Weight Classes – Varsity and JV 1 – 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, & 275. JV 2 and Freshmen levels will add the 95-pound weight class.
- B. Starting time - the starting time will be 6:00 p.m. for weekday meets. The Varsity match will start no sooner than 7:00 pm unless mutually agreed upon by the competing schools.
- C. Weigh in - will follow the National Federation of State High School Association rules.
- D. There will be a blind draw to decide which weight class will begin the competition.
- E. A minimum of two officials should be contracted for Conference dual meets unless mutually agreed upon by competing schools.
- F. Locker rooms and towels – towels will not be provided by the host school.
- G. Official timers and scorers – scorers and timers will be provided by the host school.
- H. By noon on Thursday before meets, the host coach will contact visiting coach regarding varsity lineups, weigh-in times, and number of levels, order of wrestling, and other special situations.

- I. Scheduled conference dates will take precedence over non-conference dates unless prior mutual agreement has been signed.

SECTION V. CHAMPIONSHIP DETERMINATION

- A. Team championships will be determined by Conference tournament.
- B. When applicable, a co-championship may be awarded.

SECTION VI. CONFERENCE TOURNAMENT

- A. Conference tournament will be held two weekends prior to the start of the IHSA state series. The lower level tournaments will be held the following weekend.
- B. Format – Varsity will wrestle to six places with a true wrestle-back to 3rd place. If either wrestler in a place match will be wrestling their sixth match of the day, the following criteria will be used: 1. Head to head competition that day, award places and points (including bonus points) based on this result. 2. If there was not a previous match that day, consider the place a tie, add the two place points together and divide the total between the two teams.
- C. Seeding meeting – the seeding meeting, with the athletic director and head coaches, will be Wednesday evening prior to the tournament. The seeding criteria is as follows:
 - 1. Head to head
 - 2. Common Opponent
 - 3. Coaches vote
 - 4. Overall record
- D. Scoring – all levels that are scored will follow National Federation of High School format. The tournament will be scored to six places.
- E. Team trophy - for varsity, first place team trophy (rotating) will be awarded and retired when a school wins three tournaments in succession. Individual medals will be awarded for first through fourth place. Lower levels - ribbons for first through fourth places.
- F. The host school will provide regulation equipment
- G. Officials - the host school will pay for three officials for each of the three sessions
- H. The location of the Conference tournament will rotate alphabetically by schools.
- I. Wrestlers will be limited to one (1) Conference tournament, except in cases of illness, injury, or a medical condition to a varsity wrestler after the lower level tournaments. All exceptions must be accompanied by a note from the Principal, Assistant Principal or Athletic Director.
- J. Lower level tournaments will use the following starting time schedule:

Weight-ins:	8:00 to 9:00 am
Seeding meeting:	Immediately following the conclusion of weigh-in
Start time:	10:00 am or as soon as possible after the seeding meeting.
- K. To have multiple entrants in JV II, there must be an entrant at that weight in JV I.

- L. A wrestler with 5 or more actual varsity matches may not be entered in the JV II tournament unless there is an entrant in the JV I tournament at the same weight.
- M. JV I and freshmen tournaments will seed four wrestlers at each weight class using the following criteria: 1. Head to head. 2. Record-minimum of seven matches. 3. Coaches vote.
- N. Wrestlebacks – At the discretion of the tournament manager, the JVI and JVII wrestlebacks may be wrestled at a length of 1-2-2 minutes. The length of the wrestleback matches at the freshman tournament should be 2-2-2.

SECTION VII. ALL-CONFERENCE TEAM

Not applicable

SECTION VIII. AWARDS

- A. Sportsmanship Award – Ed Washington Award
Each year the UEC will recognize a wrestler for sportsmanship. All schools may nominate one wrestler for the award. The award is based on the coaches' vote. Coaches may NOT vote for their own wrestler.
- B. Jeff Mirabella Outstanding Wrestler Award
There will be an Outstanding Wrestler selected by the coaches at the close of the UEC Varsity Tournament.
 - 1. Wrestlers must be UEC Varsity Tournament Champions.
 - 2. Coaches' Vote-All coaches must vote-may not vote for own wrestler.
 - 3. If a tie after three votes are taken, then name Co-Outstanding Wrestlers.

SECTION IX COACHES MEETING

- A. Two mandatory coaches' meetings.
 - 1. One pre-season and one post-season meeting. Dates to be determined by the chairperson
 - 2. The chairperson may call other meetings, if necessary.
 - 3. The chairperson shall be the athletic director designated by the Conference.

SECTION X. SPECTATOR CONTROL

- A. The host school is responsible for providing the necessary personnel to maintain good crowd control.
- B. Cheerleaders will be under the supervision of a cheerleader coach. They will sit opposite the coaches and will not be permitted on the mats.