

WEST SUBURBAN CONFERENCE: Boys' Wrestling: Sport Guidelines

Revised: April 30, 2009.

I. Season Limitation

- A. Practice may begin on, Week 19, November 9, 2009.
- B. First contest may be held on, Week 21, November 23, 2009.
- C. Season ends on, Week 34, February 27, 2010.

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

1) Team

- a) Varsity, Junior Varsity I, Junior Varsity II, and Freshman
- b) Eighteen (18) dates and zero (0) tournaments
- c) Seventeen (17) dates plus one (1) tournament
- d) Sixteen (16) dates plus two (2) tournaments
- e) Fifteen (15) dates plus three (3) tournaments
- f) Fourteen (14) dates plus four (4) tournaments

2) Individual Limitations

- a) Students who participate on a school squad in Boys Wrestling may participate in no more than twenty-one (21) matches in any one season, exclusive of tournaments.
- b) Students may participate in no more than four (4) tournaments exclusive of the IHSA State Tournament Series except that a student who does not participate in the IHSA State Tournament Series may participate in one (1) additional tournament
- c) Participation in a tournament shall mean that a student actually competes (regardless of the length of the time) in a match.

III. Levels of Competition

- A. Varsity, Junior Varsity I, Junior Varsity II, and Freshman

IV. Coaches Meeting

- A. Pre-season meeting will be held on Tuesday, November 18, 2008.
- B. Post-season meeting will be held on Tuesday, March 3, 2009.

V. Championships and Awards

A. Division Standings

- 1. The Division Championship will be determined in the following manner:
 - a. A team receives one (1) point for each dual meet won
 - b. If a WSC Varsity dual meet ends in a tie in the points, the winner will be determined by using the tie-breaking criteria outlined by the NFHS rule book.
 - c. If there is a tie in the final results, the Division Championship will be a tie.

2. A championship plaque shall be awarded to the winner at the Varsity level only of each Division.
- B. Individual Awards
1. Each Division shall select an All-Conference team consisting of a maximum of thirty-four (34) wrestlers.
 2. There shall be no ties.
 3. Criteria to be considered in the selection of the All Conference team is, but not limited to: conference record, overall record, record in state series.
 4. The WSC All-Academic Team shall be recognized composed of senior award winners from each Conference school who have received a Grade Point Average of "B" or above in grades accumulated at the conclusion of the seventh (7th) semester.

VI. Conduct of Contests

A. Dual Meets

1. Home school shall provide the persons timing the Varsity contest. An adult from the host school must be at the scorer's table.
2. Events:
 - a. Weight divisions shall be determined by the National Federation of High School Associations. The order of weight classes at the Varsity level (only) will be determined by a drawing prior to weigh-in by mutual agreement.
 - b. A ninety (90) and ninety-seven (97) pound weight class is to be included at the Freshman level. A ninety-seven (97) pound weight class is to be included at the Junior Varsity II 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 West Suburban Conference meets.
 - b. All teams will be allowed to check weight before the weigh-in regardless of what time the visiting team arrives.
 1. No weigh-in will begin before 5:00 p.m.
 2. If a team arrives late, they will immediately check weight and then begin the official weigh-in.
 3. Teams will weigh all wrestlers at each weight beginning with the lowest weight for every level.
 4. Wrestlers will be allowed to use the bathroom before their weight is called for weigh-in. Once a wrestler's weight is called, they may not be excused to use the bathroom.
 5. Wrestlers get three (3) consecutive opportunities to make weight once their weight is called.
 6. If the visiting team has not arrived by 5:30 p.m., the home team may begin their official weigh-in supervised by home personnel.

7. 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.
6. Time of Contests:
 - a. Dual meets on Friday or Saturday evenings will start at 6:00 PM.
 - b. Saturday afternoon contests will start at 1:30 P.M.
 - c. Meets which start at other times will have a start time which is mutually agreed on by the two (2) schools.
7. Level changes - A wrestler may make an unlimited number of level changes for Conference contests during any one (1) season.
8. The Junior Varsity I and Junior Varsity II teams will wrestle the first round and the Varsity and Freshman levels wrestle the second round. (NOTE: Hinsdale South, Glenbard West, Morton, and Addison Trail wrestle Freshmen, Junior Varsity I and Junior Varsity II first followed by their Varsity).
9. Weeknight Varsity Conference matches may not start before 6:45 p.m.

VII. Officials

- A. Varsity - one (1) official
- B. Junior Varsity 1 - one (1) official
- C. Junior Varsity 2 - one (1) official
- D. Freshman - one (1) official

VIII. Reporting Results

- A. The Resource Athletic Director shall request the results of all Division contests and compile the official standing for Division records.

IX. Miscellaneous Information

- A. Playing Sites
 1. Leyden - East Campus
 2. Lyons Twp. - North Campus
 3. Morton - East Campus