

**ARTICLE SIX**  
**WRESTLING**

- 6.1** There will be no organized practice prior to the Section starting date.
- 6.2** Wrestling matches may begin two weeks after the Section starting date.
- 6.3** League matches will be held on Wednesday nights.
- 6.4** J.V. matches will begin at 6:00 with varsity to follow.
- 6.5** The host school shall provide certified officials.
- 6.6** Uniforms and equipment shall follow the directions of the Sac-Joaquin Section.
- 6.7** The weight control rule will follow the directions of the Sac-Joaquin Section.
- 6.8** Varsity wrestlers represent the number-one wrestler of that school.
- 6.9** No wrestler shall wrestle varsity and JV against another team on the same day.
- 6.10** Weigh-in for a match shall be held a minimum of sixty (60) minutes before the first match of the day.
- 6.10-1** All wrestlers shall weigh in at the host school in the presence of the coaches from each school.
- 6.10-2** Scales will be available to both teams prior to the official weigh-in.
- 6.10-3** Weight classes shall follow the directions of the Sac-Joaquin Section.
- 6.10-4** All scales must be certified.

**6.11** Freshmen shall be eligible for varsity competition.

**6.12** The league championship will be determined by a combination of dual meet wins and the league post-season meet.

**6.12-1** One point will be awarded for each dual meet win. A maximum of five (5) points may be earned.

**6.12-2** One point will be awarded for each team a school finishes above in the league meet. A maximum of five (5) points may be earned.

**6.13** LEAGUE TOURNAMENTS:

**6.13-1** J.V. and Girls championships will be held in conjunction with the league championship. Any J.V. or Girl, not involved in the varsity championship may participate.

**6.13-2** A League tournament is to be held the week following the section team tournament.

**6.13-1** J.V. championships will be held in conjunction to the league championships. Any J.V. not involved in the varsity championship may participate.

**6.13-4** The following criteria will be used in seeding the Varsity MEL

Championship brackets:

1. Head-to-head competition.
2. Current State ranking or current body of work.
3. Previous seasons results.
4. Coaches vote.

**6.14** Prior to weigh-ins for a league dual, coaches shall conduct a random draw for the starting weight class for weigh-ins and the meet. Dual meet weigh-in shall begin with the random draw selected weight class, proceeding through the weight classes, wrapping around through the lowest weights. The dual meet shall then begin with the weight class randomly drawn preceding weigh-ins.