

# PCAL SPORTS RULES

## WRESTLING

(As Amended May 2025)

### 1.1 Season of Sport

This sport shall be conducted in the Winter season as defined by the Central Coast Section and State CIF by-laws. See Article V of the By-Laws of the Central Coast Section.

### 1.2 Start Dates for Practices, Scrimmages and Contests

Dates for the start of practices, of scrimmages, and of contests shall be as set forth in Article V of the By-Laws of the Central Coast Section.

### 1.3 Contest Limits per Season

Limitations on the number of contests in which a team or athlete may compete shall be as set forth in Article V of the By-Laws of the Central Coast Section.

### 1.4 Divisions

League play Wrestling shall be conducted in divisions formed according to league by-laws and policies concerning Division Placement (See Article 19 of the League By-Laws as well as the League's Division Placement Policy as published on the League website). Those divisions shall be named as follows: PCAL-Gabilan; PCAL-Mission; and PCAL-Cypress.

### 1.5 League Schedules

#### 1.5.1 Round Robin

The league schedule for each Division shall be a single round robin schedule, scheduled as decided by the League Board of Managers from year to year. The league schedules may establish dual, tri, or quad matches for each division.

#### 1.5.2 Preparation and Approval of Schedules

League schedules shall be prepared by the League Commissioner and sent to the League Athletic Directors Council for review, modification as needed. The Athletic Directors Council then send a recommended schedule to the League Board of Managers who consider, change as they deem necessary, and vote approval of a final schedule.

#### 1.5.3 Obligation of Schools to Compete According to Schedule

See Article 18 of the PCAL By-laws regarding the obligation of all league schools to compete according to the approved league schedule.

### 1.6 Contests

The following provisions shall govern all regular season Wrestling contests hosted by a League School. Tournaments or Invitational events may be conducted under differing rules not in conflict with the rule book for this sport.

#### 1.6.1 Rules

Contests in this sport shall be governed by the rules of the National Federation of High Schools for this sport and in accordance with any additional rules set forth in this Section 1.6.

#### 1.6.2 League Contest Start Times

The start times for regular season league contests shall be as follows:

**Dual Matches:** Weigh in at 4:30 PM; JV matches at 5:30 sharp; Varsity matches immediately following completion of JV matches.

**Tri or Quad Matches:** Weigh in at 4:00 PM; Round 1 matches begin at 5:00 sharp.

**1.6.3 Weigh-ins**

1. All wrestlers must do an official weight assessment before they may compete. Per CIF and CCS rules, this must be done by January 15 at an official weight assessment site in accordance with the National Federation High School Rules.
2. On January 16, the 14 weight divisions will be given a two-pound growth allowance for the remainder of the season. For example, 103 lbs. will become 105 lbs.; 112 lbs. will become 114 lbs., etc.
3. An athlete may not wrestle more than one weight class above the weight class he made on the day of the meet.
4. Competition for all league dual meets and tournaments shall follow the CIF weight classes for Varsity and Junior Varsity.
5. Weigh-in procedures shall follow the National Federation High School Rules Book. For dual meets, the weigh-in shall be one hour before the first match is scheduled to begin.

**1.6.4 Timer and Scorer**

Coaches shall have a reliable and knowledgeable person marking the score and keeping the time. All scoring must be kept in full view of the spectators, contestants and coaches.

**1.7 Novice Tournament**

There shall be no PCAL Novice Tournament or Tournaments. Any Novice Jamborees proposed by League schools shall be sanctioned as required for Jamborees in all sports.

**1.8 League Championship Tournaments**

For each division, it shall be determined each year whether there shall be a League Championship Tournament for that division. Such determination shall be based in part on whether the calendar allows time for such a tournament. In the event that there is such a tournament for any division, each such tournament shall be conducted as follows:

**1.8.1 Participants**

Each school in the division is eligible to send one wrestler in each weight class to participate in the Tournament.

**1.8.2 Conduct**

The tournament shall be seeded by the division coaches at least two days in advance of the Tournament.

**1.8.3 Tournament Site**

A rotation of suitable sites for each division tournament shall be established such that the site varies from year to year in that set rotation.

**1.9 League Team Championship Determination**

Each of the three Divisions shall have a team champion, determined by the final team results of the league round robin contests only, if there is no League Championship Tournament for that Division, or by the results of both the league round robin as well as any League Championship Tournament. In the case of a first place tie between two teams, those teams shall be Co-Champions of the Division. In determining the team champion for each division that has a League Championship Tournament, the dual meet record and the league tournament shall be equally weighted as below. The standings shall be based on the following point system:

If five teams in the Division:

<u>Rank</u>	<u>In Dual Matches</u>	<u>In League Tournament</u>
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1st	10	10
2nd	7	7
3rd	5	5
4th	2	2
5th	1	1

If six teams in the Division:

<u>Rank</u>	<u>In Dual Matches</u>	<u>In League Tournament</u>
1st	12	12
2nd	8	8
3rd	6	6
4th	3	3
5th	2	2
6th	1	1

If seven teams in the Division:

<u>Rank</u>	<u>In Dual Matches</u>	<u>In League Tournament</u>
1st	14	14
2nd	10	10
3rd	7	7
4th	4	4
5th	3	3
6th	2	2
7th	1	1

If eight teams in the Division:

<u>Rank</u>	<u>In Dual Matches</u>	<u>In League Tournament</u>
1st	16	16
2nd	12	12
3rd	9	9
4th	5	5
5th	4	4
6th	3	3
7th	2	2
8 <sup>th</sup>	1	1

In a division that has a League Championship Tournament, the team with the highest number of combined dual match and tournament points shall be the league champion. If there is a tie in that regard, the tied teams shall be named co-champions or tri-champions as the case may be.

**1.10 Season End League Tournament to Determine League Individual Qualifiers to the CCS Wrestling Championships**

**1.10.1 Boys Wrestling:** Effective 2022-2023, there shall be a league season ending PCAL Boys Wrestling Tournament. Each league school in each of the three divisions may send one wrestler in each weight class. In each weight class, the top finishers in this Tournament shall fill the automatic qualifier spots awarded to PCAL by CCS. For example, if PCAL is awarded six automatic qualifier spots in each weight class, the top 6 finishers from each weight class in this Tournament, irrespective of the Division from which they come, shall be the PCAL CCS qualifiers.

**1.10.2 Girls Wrestling:** Beginning 2019-2020, there shall be a PCAL Girls Wrestling Tournament at season-end. The purpose of the Tournament will be to identify the PCAL qualifiers to the CCS Girls Wrestling Championships in accordance with the CCS By-Laws concerning Girls Wrestling.

**1.10.3 Funding of the Season End PCAL Boys and Girls Wrestling Tournament:** In order to help defray the costs involved in the season end PCAL tournaments, each school participating shall contribute \$250 total if a school has one or more Boys or one or more Girls entered. Said payments shall be made to the league directly and shall be payable as part of the Winter league fee invoice.

**1.11 All-League Selections**

Effective 2022-2023, there shall be no all-league selections awarded in each division. The first team All-League wrestlers shall be the top 3 finishers in each weight class in the PCAL Boys Wrestling Tournament, irrespective of the divisions from which they come, and the second team All-League wrestlers shall be the 4<sup>th</sup> through 6<sup>th</sup> place finishers in each weight class in the PCAL Boys Wrestling Tournament.

**1.12 Season Long Play**

In Wrestling, an individual athlete will be unable to participate in the CCS playoffs due to failure to meet the CCS Playoff Policy regarding "Season Long Play (at least ½ the regular season league events), that athlete will be ineligible to participate in the League meet on behalf of his/her school. The League Commissioner shall make the final determination with respect to an individual's eligibility, including the exceptions involved in that CCS Playoff Policy.

**END OF PCAL WRESTLING SPORTS RULES.**

History

- Original Rules Adopted September 2018.
- Amended January 2019 (added point system in 1.9 for 5 and 6 team divisions)
- Amended September 2019 (deleted formula for division placement; deleted PCAL League wide CCS qualifying tournament; Set CCS qualifier numbers for each division; established PCAL Girls Wrestling tournament at year end)
- Amended May 2021 to Amend Section 1.10 re determination of league CCS qualifiers for both Boys and Girls Wrestling
- Amended December 2021 to Clean up Section 1.10.1 to get rid of some old language accidentally remaining after May 2021 Amendments.
- Amended Fall 2022 to revise championship and CCS qualifier provisions.
- Amended May 2025 to add new Section 1.10.3 (funding tournament)