

BIG NORTH CONFERENCE

WRESTLING RULES AND REGULATIONS

1. All teams, coaches and wrestlers will follow NFHS and NJSIAA rules for hydration, minimum weight certification, participation and conduct.
2. The National Federation Wrestling Rules, unless modified in the NJSIAA Handbook, shall govern all matches.
3. All schools will use the official(s) designated by the conference assignor for their conference matches.
4. Officials are to be certified by N.J.W.C.O.A. No host faculty member should be hired to officiate J.V. or Varsity matches (exceptions may be made in case of emergency).
5. When mutually agreed upon by schools they may join into tri-meets and quad-meets to allow for greater flexibility and freedom in scheduling independent matches. If a match date cannot be mutually agreed upon the schedule created by the league takes priority and that date must be used.
6. When re-scheduling a match for inclement weather or other extenuating circumstances the first available date must be used if a mutually agreed upon date cannot be found. In the event of a school closing, the teams should have one day of practice before re-scheduling that match. By mutual agreement of both teams, the match may be re-scheduled the next day. Independent matches may have to be cancelled or re-scheduled to make available the date for a league re-scheduled match.
7. On Saturday all Sub-Varsity matches will start promptly at 12:00 P.M. In cases where there are Frosh and JV meets, two mats will be used where possible. Should only one mat be available, the Frosh match will begin at 12:00 and be immediately followed by the JV, unless another time is mutually agreed upon.
8. In case of evening matches (6:00) the same rationale applied for Saturday afternoon matches will be in effect. The only exception to this would be the wrestling of the Frosh match concurrently with the JV, the starting of the Frosh match earlier in the evening, or the wrestling of the Frosh match at another time. Quad-matches and Tri- matches shall be scheduled in accordance with the times listed on the approved schedules (10:00 AM). Match times may be changed by mutual consent.
9. If the home team has two mats, the varsity and JV may wrestle at the same time.
10. The home team should supply trash cans and/or spit buckets, warm-up mats and disinfectant for blood spills.

11. Weigh-ins shall be consistent with National Federation and NJSIAA rules. Weigh-ins should be a maximum of one hour, and a minimum of 1/2 hour before the Sub-Varsity meet. Sub-Varsity wrestlers shall weigh in first.
12. Visiting coaching staffs should supervise their wrestlers in the locker room and check that area before departing the school following the match.
13. Prior to the varsity match the visiting team shall begin their warm up twenty-five (25) minutes prior to the starting time. They shall complete their warm up in ten (10) minutes and the home team shall immediately begin their ten (10) minute warm up. If there are less than twenty-five (25) minutes after the lower level match, the visiting team shall immediately begin their warm up followed by the home team. Neither team should stand at the edge of the mat during another team's warm-ups. The scoreboard clock shall be used for all warm up timing.
14. The following schedule should be attempted to ensure matches start on time -

	<u>7:00 P.M. MATCH</u>	<u>1:00 P.M. MATCH</u>
Access to Scale	4:30 p.m.	10:30 a.m.
Weigh-in Time*	5:00 p.m.	11:00 a.m.
J.V. Visitor Warm-up	5:40 p.m.	11:40 a.m.
J.V. Home Team Warm-up	5:50 p.m.	11:50 a.m.
J.V. Bouts Start	6:00 p.m.	12:00 noon
Varsity Visitor Warm-up	6:35 p.m.	12:35 p.m.
Varsity Home Team Warm-ups	6:45 p.m.	12:45 p.m.
Intros and National Anthem	6:55 p.m.	12:55 p.m.
Varsity Match Starts	7:00 p.m.	1:00 p.m.

* All weigh-ins should begin two hours prior to varsity match (when there is a J.V. match) and must be completed within ½ hour from the time the first wrestler steps on the scale.

15. If introductions are to be conducted prior to a dual meet the teams should line up according to weight and stand opposite each other at the edge of the mat. Each wrestler should be introduced by name in weight order and meet their opponent at the center of the mat to shake hands and then return to their bench.
16. At the conclusion of dual meet bouts, wrestlers should shake hands and return to their bench. Wrestlers should not cross the mat to shake hands with the opposing coach.
17. An adult must be in charge of the clock for varsity matches. This adult could be an official or a faculty member and should be someone with experience operating the scoreboard controller and with knowledge of the sport of wrestling whenever possible. A

clock and/or stopwatches must be available for injury and blood time outs.

18. Division champions will be determined by total points scored for the season. Each win against Division opponents = 2 points, due to criteria for team scoring in bouts there are no ties.
19. Non-school teams such as recreational teams cannot wrestle or use facilities during scheduled conference wrestling meets.
20. All-Conference selections (All-Division) shall consist of two (2) teams maximum. There shall be a maximum of one selection for each weight class plus three (3) open selections. Each school is permitted two (2) selections on the Honorable Mention team. Coaches may exercise the option of having a Co-1st Team All-Division selection as long as there is an attempt to break the tie. In such cases, there would be no second team selection. The entire season should be considered for selection purposes not just division or conference contests. The selection process shall be in accordance with the Conference policies.
21. A wrestler may be nominated by their coach in only one (1) weight class that they wrestled in a Conference match during the season. No minimum amount of matches is required.