

WRESTLING

1. FORMAT OF COMPETITION

- 1.1. The league shall be divided into two divisions Bay and Ocean. The divisions shall be determined by strength of program, recommended by the coaches and approved by the Board of Managers. The determination of league placement shall be reviewed annually.

2. RULES

- 2.1. The National Association of State High School Association.

3. NUMBER OF CONTESTS

- 3.1. A school shall not schedule more than any combination of dual meets and tournaments totaling forty (40) matches for each of the Varsity and junior Varsity levels.
 - 3.1.1. Participation in a dual meet shall count as one (1) match toward the maximum of forty (40) matches. Any competition involving two schools shall constitute, a dual meet.
 - 3.1.2. Any competition involving more than two schools shall constitute a tournament.
 - 3.1.3. Participation in league championship tournaments, and CIF Section Championship competition shall not be counted as part of the forty (40) matches.
- 3.2. The forty points limitation shall apply to each wrestler regardless of the levels of competition in which the wrestler participates during the season.
- 3.3. Weight classes shall be those approved by CIF.

4. STARTING DATES

- 4.1. The first day of official practice will be determined by the CCS.
- 4.2. Each individual student not a member and participant of a Fall sports team shall have at least ten (10) days of practice before the student can compete.
- 4.3. Each individual who completes the regular season in a Fall sport shall have at least five (5) days of practice before the student can compete.

5. DEFINITION OF PRACTICE/SCRIMMAGE

- 5.1. See PAL Bylaws, Article IV, Section 2 and Section 3.

6. STARTING TIME FOR CONTESTS

- 6.1. Afternoon contests shall commonly be scheduled at 6:00 PM unless otherwise noted and authorized by the Board of Managers or the principals involved.
 - 6.1.1. PAL JV matches go first at 6 PM for all Bay Division contests, Varsity to follow at 7 PM. PAL Ocean Division matches start at 5 PM. Weigh-ins for Bay are at 5 PM and for Ocean 3 PM.
- 6.2. By mutual consent of principals, place or time of playing games may be changed.
 - 6.2.1. If the principals involved can reach no mutual agreement on the changing of game times and/or sites the schedule stands as approved.

7. REQUIRED SCORING AND/OR TIMING PERSONNEL

- 7.1. An adult should time all meets if possible. The Varsity score keeper should sit with the timer and scorekeeper.

8. CHAMPIONSHIPS AWARDED IN DIVISIONS

- 8.1. PAL wrestling will offer four championships: a Bay and Ocean dual meet champion, and a Boys and girls Varsity tournament championship. Both the boys and girls must qualify for CCS thru the league tournament.
 - 8.1.1. The dual championship will be determined by the best dual meet record at the end of the dual meet season. If there are two teams with the same record at the end of the dual meet season a co-championship will be declared.
 - 8.1.2. The tournament championship will be determined by the most points accrued at the league finals. In the event of a tie, a co-championship will be declared.
 - 8.1.3. The Varsity league championship tournament will consist of one (1) entry in each weight class.
 - 8.1.3.1. The girls and junior Varsity league tournament will consist of multiple entries in each weight class.
 - 8.1.3.2. The girls varsity tournament will be scored like a normal CIF sanctioned tournament but only the top scorer per weight class will count for team points. The final JV boys tournament will continue to score only the highest placer, per team, per weight class.
 - 8.1.3.3. The girl's championships will use the weight classes established in 2013 season and authorized by CIF for sanctioning as follows: 101, 106, 111, 116, 121, 126, 131, 137, 143, 150, 160, 170, 189 and 235.
 - 8.1.3.4. The PAL Girls Championship is a CCS qualifying tournament. To qualify for advancement, each team may enter only one wrestler per weight for advancement to the CCS championships.
 - 8.1.4. Seeding will be done in advance. Seeding for championship to be done by majority vote of coaches present at seeding meeting. CCS power points are to be used to nominate wrestlers for league and CCS competition. The CCS criteria form is to be used in the seeding process if steps 1 through 9 do not decide the seed
 - 8.1.4.1. Seeding criteria:
 - 8.1.4.1.1. Head to head in league dual meet
 - 8.1.4.1.2. Head to head non-league
 - 8.1.4.1.3. Returning 2016 State medalist
 - 8.1.4.1.4. Returning 2016 CCS Qualifier (PAL 1st, 2nd, 3rd and 4th)
 - 8.1.4.1.5. Overall record
 - 8.1.4.1.6. Invitational tournament placing this season
 - 8.1.4.1.7. Common opponents
 - 8.1.4.1.8. Coach's vote
 - 8.1.4.1.9. Coin toss
 - 8.1.4.2. Once a wrestler has been placed on the board for seeding he/she cannot be pulled from the board.

8.1.4.3. A roster must be submitted at the Varsity/seeding meeting for each category, Varsity/Junior Varsity/and girls league finals.

8.1.5. Hardship rule: This rule is designed to provide consideration for an outstanding and deserving athlete, who through an extenuating circumstance beyond his control, is prevented from participating in the league finals.

8.1.5.1. The committee shall consist of the PAL Director of Wrestling and the Varsity head coaches at the seeding meeting.

8.1.5.2. The committee will act on cases presented as hardship cases prior to the seeding meeting.

8.1.5.3. A wrestler granted favorable consideration by the committee shall participate in a wrestle-off with the last CCS qualifiers in the same weight class. The wrestle-off shall be held no later than the Friday following the league finals, and at a site agreed upon by both coaches if the league finals site is not available. The day of the wrestle-off and the site of the wrestle-off shall be determined at the seeding meeting.

8.1.5.4. The two wrestlers must make weight with no weight allowance given. Failure to appear or make weight for either wrestler shall constitute as a forfeit for the other wrestler. The hardship wrestler must step on the scale first and make the weight before the qualifier makes the weight.

8.1.5.5. A neutral referee assigned by the league commissioner from the official's association shall officiate the match paid by the hardship case wrestler's school.

8.1.5.6. A wrestler will not be allowed to wrestle in more than one league championship final during the same season.

8.1.5.7. The league commissioner can grant a hardship case due to injury of a Varsity athlete after the seeding meeting.

9. TOURNAMENTS

9.1. The PAL will conduct a novice tournament with separate divisions for boys and girls. The PAL will conduct a boys Varsity tournament, a girls Varsity tournament, and a boys Junior Varsity tournament. The location of the tournaments will be determined by the Board of Managers.

10. POST SEASON TOURNAMENTS/MATCHES

10.1. Neither pre or post season matches shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the Board of Managers.

11. ALL-LEAGUE SELECTION PROCEDURES

11.1. League "places" in each weight class "who qualify and participate in the CCS individual tournament, are" considered to be the PAL's all-league selection.

11.2. 1st CCS qualifiers are First Team All PAL.
2nd CCS qualifiers are Second Team All PAL.
3rd and 4th qualifiers are Honorable Mention All PAL.

12. AWARDS

12.1. Authorized Peninsula League awards include:

12.1.1. Certificates and medals recognizing "all-league selections," to be made available by the

Peninsula Athletic League commissioner's office, in addition perpetual trophies that existed prior to the formation of the PAL or were purchased since its inception will be awarded to division champions.

13. SPECIAL RULINGS

- 13.1.** Home schools will conduct the weigh-in.
- 13.2.** Two coaches from opposing schools must be present at the weigh-in, for dual meets.
 - 13.2.1.** Printed Pre-Match Weigh in sheets must be exchanged at weigh-ins to facilitate the weigh in procedure.
- 13.3.** Coaches must record the wrestlers' actual weight as they weigh in for PAL dual meets.
- 13.4.** A contestant shall not wrestle more than one weight class above that class for which his actual stripped weight at the time of weigh-in qualifies him.
- 13.5.** Introductions before a match may be done if both coaches agree to it.
- 13.6.** An official weigh-in of all wrestlers will take place prior to Jan. 15.
- 13.7.** Exception: A student under doctor's care must weigh-in before the student competes or within seven days, whichever comes first, following the students release from the doctor.
- 13.8.** Weigh-in for the PAL championships will be held at the site of the tournament on the day of the tournament.
- 13.9.** Weigh-in for the league novice tournament will be held on the day of the tournament at the tournament site.
- 13.10.** Weigh-in certification for each Varsity wrestler will be submitted to the director of wrestling on the day of the tournament.
- 13.11.** Weigh-in for girls, junior Varsity, and Varsity league final tournament will be held on the day of the tournament at the tournament site.
- 13.12.** Athletes may only compete in one division at PAL dual meets.
- 13.13.** The PAL Novice and Finals Tournament will adhere to an alphabetical rotation in which schools will host the Novice Tournament the first year and then host the finals the next year.
 - 13.13.1.** Aragon
 - 13.13.2.** Burlingame
 - 13.13.3.** Capuchino
 - 13.13.4.** Carlmont
 - 13.13.5.** El Camino
 - 13.13.6.** Half Moon Bay
 - 13.13.7.** Hillsdale
 - 13.13.8.** Menlo-Atherton
 - 13.13.9.** Mills
 - 13.13.10.** Oceana
 - 13.13.11.** San Mateo

- 13.13.12. Sequoia
- 13.13.13. South San Francisco
- 13.13.14. Terra Nova
- 13.13.15. Woodside

14. SPORTS CHAIRPERSONS

- 14.1. The PAL Director of Wrestling shall serve for a minimum of two (2) years.
- 14.2. The wrestling director shall be selected or appointed from each division.
- 14.3. The duties of the director:
 - 14.3.1. Shall notify the commissioner of all sport committee meetings.
 - 14.3.2. Shall call a meeting of all the league wrestling coaches prior to the beginning of the season to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season. This meeting shall include all coaches from both divisions.
 - 14.3.3. Shall call a meeting of all league wrestling coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and make recommendations to resolve the problems.
 - 14.3.4. Will coordinate the evaluation of team placements and will give the new division assignments to the league commissioner at the league meeting.
 - 14.3.5. The wrestling sport chairs shall represent the PAL at the CCS level.

15. MISCELLANEOUS

- 15.1. Novice wrestling tournament will be held each year in the second or third week in December.
- 15.2. Definition of a novice – one who has not medaled the previous season (with the exception of the PAL Novice Tournament).
- 15.3. The length of the periods in the novice tournament will be one and one-half 1½ minutes.
- 15.4. Any number of entries in each weight class from each school can participate in a novice tournament.