

COLONIAL LEAGUE
WRESTLING RULES AND REGULATIONS

1. Weigh-ins (Varsity, JV, & Jr. High) will start no later than one hour prior to the team's dual meet start time. Jr. High, JV and Varsity weigh-ins will be at 5:00 p.m. and 11:00 a.m. on Saturdays.
 - a. Weigh-in shall be done by respective coaches and officials.
 - (1) Disagreements shall be resolved by the official.
 - (2) All wrestlers must be weighed-in shoulder-to-shoulder at the host site. NO EXCEPTIONS!
 - (3) All wrestlers must be present at the time of weigh-ins and remain in the designated weigh-in area unless granted permission to leave by the referee.
 - (4) Weigh-ins shall begin with the lowest weight class and end immediately upon the completion of the highest weight class.
 - (5) Wrestlers may weigh-in for one weight class only during the weigh-in period.
 - (6) Wrestlers may step on and off the scale two times to allow for mechanical inconsistencies.
 - a) If a second scale is available, the wrestler, upon failing to make weight twice on the first scale, may step on and off the second scale only once in an attempt to make weight.
 - b) During time off the scale, activities promoting dehydration are prohibited.
 - c) Home Team scale is the primary (official) scale, visitor's team scale can be used as a secondary scale.
 - d) Any wrestler failing to make weight during the weigh-in period shall be ineligible for that weight class.
 - e) At any time, the use of sweat boxes; hot showers; whirlpools; rubber, vinyl, and plastic suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.
2. Officials:
 - a. Varsity official shall be present no later than one hour prior to the scheduled Varsity Meet start time.
 - b. Jr. High/JV officials shall be present no later than one hour prior to the scheduled Jr. High Meet start time.
3. All exhibition matches (Jr. High and JV/Varsity) will begin immediately following weigh-ins and must be concluded by 6:00 p.m. (evening matches) or 12:00 p.m. (noon) weekend matches. Exhibition matches will not be permitted between the Jr. High and JV/Varsity meets.
4. Length of Jr. High and JV bouts shall be 1.5, 1.5, 1.5 minutes unless changed to a shorter time period only by mutual agreement of both schools and the referee.
5. Scales must carry current certified Seal of Weights and Measurements.
6. The Jr. High/JV official shall not be used for Varsity matches except in cases of emergency.
7. Faculty member or adults should be used to be official scorers and timers at varsity meets.

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8. The Colonial League prohibits the use of tobacco and/or tobacco products by participating and non-participating team personnel, including coaches, during any interscholastic athletic contest at any level of interscholastic athletic competition.

Miscellaneous

- | | <u>Saturdays</u> | <u>Evenings</u> |
|---|---|---|
| 1. Starting Times | 12:00 Noon (Jr. High/JV)
1:00 pm (Varsity) | 6:00pm (Jr.High/JV)
7:00p.m. (Varsity) |
| 2. Rule – The HOME team is required to call or fax the meet results to the Express-Times, Morning Call, and Lehigh Valley Times-News. | | |
| 3. All-Star selection: | | |
| a. All-star selection shall be made by the head coaches of each member school at the mandatory post-season league wrestling meeting. | | |
| b. An athlete must wrestle 50% or more of his league matches at the weight in which he is nominated for All-Star status. | | |
| c. Nominee, weight class, and league record at the appropriate weight is recorded. Coaches vote on the nominees. | | |
| d. <i>First Team, Second Team, and Honorable Mention</i> (Team) are chosen. | | |
| e. Only league matches at a specific weight class count when calculating records for nominees. | | |
| f. One nomination per school, per weight class. | | |