

DIABLO VALLEY ATHLETIC LEAGUE

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CLAYTON VALLEY - COLLEGE PARK - CONCORD HIGH - MT. DIABLO - NORTHGATE - YGNACIO VALLEY -
BEREAN CHRISTIAN

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WRESTLING GUIDELINES

1. SEASON

- 1.1 Practice may begin the second Monday of November.
- 1.2 Maximum number of total individual wrestling contacts = 40 per CIF/NCS

2. CONTEST INFORMATION

- 2.1 Starting times: 7:00PM (if 2 mats); 6:00PM for JV (if only 1 mat) weight in @ 5 pm.
 - 2.1.1 Dual meets time can be changed by mutual consent of both coaches and both Athletic Directors and Principals.
- 2.2 Days of Competition: Wednesday
- 2.3 Practice:
 - 2.3.1 Each wrestler who did not participate in fall sports shall have at least 10 days of practice before he/she is eligible to compete in a meet or tournament.
 - 2.3.2 Each wrestler who participated in fall sports shall have at least 5 days of practice before he/she is eligible to compete.

3. RULES

- 3.1 Wrestling matches shall be conducted according to current National High school Federation book, to be super superseded by CIF, NCS, and DVAL rules, regulations, and guidelines.
- 3.2 Eligibility rules shall be determined by each school district.

4. EQUIPMENT

- 4.1 Weigh-in scales must be certified by the County Department of Weights and Measures. A current seal must be on the scales.

5. OFFICIALS

- 5.1 Certified league officials, under contract with the league, must be used for all scheduled contests.

6. DETERMINATION OF LEAGUE CHAMPIONS

- 6.1 The league champion will be determined by the dual meet record. The team with the best dual meet record will be the league champion. In the event of a tie, the tied teams will be co-champions.
- 6.2 The DVAL League Tournament will determine a tournament champion and will be the qualifying tournament for the NCS Championships.
- 6.3 If a 2 way tie goes to head to head winner.
- 6.4 If a 3 way or more ties – goes to highest team finishers at the league tournament.

7. **AWARDS**
 - 7.1 Medals will be awarded to first place, second and third places in each weight event will receive certificates in the league championship tournament.
 - 7.2 The first place wrestlers will be designated first team all league standing. The second place wrestlers will be designated second team all league standing. The third place wrestlers will be designated Honorable Mention. League coaches will vote outstanding Wrestler award (MVP).
8. **WEIGH-IN**
 - 8.1 The DFAL will follow CIF weight certification procedures.
 - 8.2 Weigh-in procedure for dual matches; Athletes will weigh-in on the actual day of the match just prior to the match.
 - 8.2.1 The weigh-in shall be conducted as described by the National high school Federation Rule book.
 - 8.2.2 A school representative from each school must be present at the time of the weigh-ins.
 - 8.2.3 Athletes on the visiting team will be granted a ¼ pound weight allowance.
 - 8.2.4 Weigh-in lists will be exchanged at the time of weigh-in, with the exact weight of each wrestler recorded, along with weight management alpha list.
 - 8.2.5 All wrestlers competing the day of a dual meet must be standing in the lineup at the time of weigh-in or he will not be allowed to weigh-in..
9. **HARDSHIPS**
 - 9.1 A wrestler requesting hardship consideration must be represented by his coach at the coaches meeting Friday night, prior to the DFAL League Tournament.
 - 9.2 The coach will identify name, weight classification and state the case for hardship consideration.
 - 9.3 There will be a secret ballot conducted by the Tournament Director to determine hardship candidates. A majority vote is required. Coach has to be present. Hardship coach does not vote on his own wrestler.
 - 9.4 The hardship wrestler must defeat the last qualifying wrestler in his weight class twice, with a 45-minute rest between matches.
 - 9.4.1 The matches will be held at a neutral location designated by the league commissioner, no later than Tuesday following the league tournament.
 - 9.4.2 A qualified official will officiate the matches.
 - 9.4.3 The official will weigh-in contestants at 3:30, one hour prior to the hardship match.
 - 9.4. 3.1 Starting time of the match may be moved up by mutual consent of both coaches and wrestlers.
 - 9.4.4 The official will be paid from the net proceeds of the DFAL Tournament.
 - 9.4.5 If the hardship wrestler defeats his opponent twice, he will replace that wrestler as the lowest DFAL qualifier in that weight class at the NCS tournament.
 - 9.4.6 If the hardship wrestler loses the first match, the contest is decided and the original qualifier will represent the DFAL at the NCS.
10. **MISCELLANEOUS**
 - 10.1 The DVAL League Meet will serve as the NCS qualifying meet.
 - 10.2 The DVAL League Meet will be scheduled for Saturday before the NCS seeding meeting.
 - 10.3 The coach of the team that wins the league championship tournament will be the DVAL representative to the NCS seeding meeting. The alternate will be the coach of the team that wins second place in the league meet.
11. DVAL seeding meeting will be the Friday prior to the league tournament at the host site.