

SOUTHWEST SUBURBAN CONFERENCE: Wrestling: Sport Guidelines

I. Season Limitations

- A. Practice may begin on Monday, November 6, 2023.
- B. First contest may be held on Monday, November 20, 2023.
- C. Season ends on Saturday, February 24, 2024.

II. Contest Limitations (Exclusive of the IHSA State Series)

- A. Eighteen (18) dates and zero (0) tournaments or
- B. Seventeen (17) dates and one (1) tournament or
- C. Sixteen (16) dates and two (2) tournaments or
- D. Fifteen (15) dates and three (3) tournaments or
- E. Fourteen (14) dates and four (4) tournaments.
- F. Individuals are limited to no more than twenty-one (21) matches exclusive of tournaments and no more than four (4) tournaments exclusive of the IHSA State Tournament Series.

III. Levels of Competition

- A. Varsity
- B. Junior Varsity
- C. Freshmen

IV. Coaches Meeting

- A. Pre-season information will be disseminated by Homewood-Flossmoor High School by email.
- B. Post-season meeting will be held at a place to be determined by February 24, 2023.

V. Championships and Awards

- A. Team Awards
 - a. Individual schools are responsible for their Varsity Conference Championship plates to be placed on their Varsity Boards at their respective buildings.
 - b. An engraved plate will be awarded to the winner of each division based upon the dual meet outcomes at the JV level of each division.
 - c. *In the event of a tie for the conference championship, head to head will be used to determine the champion. If the tie involves more than 2 teams, all teams will be declared the champion.*
- B. Individual Awards
 - a. Members of the all-conference team will be comprised of athletes from each division based upon their team finish in the dual meet standings. The criteria established for awarding these is as follows:
 - i. First place teams will receive *three (3)* selections each.
 - ii. Second place teams will receive *three (3)* selections each
 - iii. Third place teams will receive *three (3)* selections each.
 - iv. Fourth place teams will receive *two (2)* selections each.
 - v. Fifth place teams will receive *two (2)* selections each.
 - b. *A first place medal will be awarded to the champion at each weight class at the SWSC Varsity Level Conference Tournament and the student athlete will be named All-Conference.*

SOUTHWEST SUBURBAN CONFERENCE: Wrestling: Sport Guidelines

- c. *The SWSC Girls' Wrestling All-Conference Team proposal was tabled. We are anticipating 5 programs in the SWSC next season. If this comes to fruition, a conference schedule will be put into action. In addition, a team will be named conference champion and student athletes will be recognized for All-Conference.*
- d. At the post-season meeting, the coaches will vote for All-Conference selections.
- e. The procedure is as follows:
 - i. Each school will nominate athletes based upon number permitted.
 - ii. Remaining schools will approve nominations by vote.
 - iii. If an individual is not approved, a school may nominate another athlete.
 - iv. If a school nominates more than the number permitted, the remaining schools will vote on who is selected from that school.
- f. *A first place medal will be awarded to the champion at each weight class at the JV level.*

VI. Terms of Contests

A. Dual Meets

- a. Home school shall provide the persons timing all contests. Preferably an adult from the host school should be at the scorer's table.
- b. Events:
 - i. The National Federation of High School Associations shall determine weight divisions. The order of weight classes will be determined by a drawing prior to weigh-in by mutual agreement.
 - ii. A one hundred (100) pound weight class is to be included at the freshmen and Junior Varsity level.
- c. Scoring - National Federation of State High School Association Rules with IHSA modifications.
- d. Forfeits and Cancellations:
 - i. To be handled between the respective Athletic Directors
 - ii. All coaches are to declare forfeits prior to the contest on the lower levels so that a possibility of matching up boys from opposing schools could be done before the weigh-in starts. Only the head coach is to do this for all levels.
- e. Weigh-In:
 - i. The National Federation Rules shall be used for all SouthWest Suburban meets.
 - ii. All teams will be allowed to check weight before the weigh-in regardless of what time the visiting team arrives.
 - a. Weigh-in will begin 1-hour before meet starting time.
 - b. If a team arrives late, they will immediately check weight and then begin the official weigh-in.
 - c. Teams will weigh all wrestlers at each weight beginning with the lowest weight for every level.
 - d. IHSA guidelines will be used for all weightins.
 - e. Once weigh-ins are concluded, we will immediately draw for the weight order.
 - c. A substitution may be made for a wrestler who does not make weight from previously weighed-in wrestlers.
- f. The host school will determine the meets starting time mutually agreed on by the two (2) schools.

SOUTHWEST SUBURBAN CONFERENCE: Wrestling: Sport Guidelines

- g. All exhibition matches must either be wrestled before their official time of the meet or after the meet is completed. If there are more than fourteen (Varsity) or fifteen (freshmen and/or JV) bouts, the official will be compensated for additional bouts. Extra matches will be paid per match compensation for all levels as determined by the officials pay schedule.

B. Beginning in 2024, the varsity level will conduct a SWSC Individual Championship Meet 2 weeks before the IHSA regional involving SWSC teams only. It will be named the SWSC Tom Lahey Wrestling Tournament.

- C. Organization for the Junior Varsity and **Varsity** Individual Championship Meet
 - a. The JV level will be held on Saturday, 1 week before the IHSA regional.
 - b. The **Varsity** level will be held on Saturday, 2 weeks before the IHSA regional.
 - c. There will be a seeding meeting two days prior to the championship meet. Host schools may request entries prior to the seeding meeting.
 - d. The IHSA regional criteria shall be used to determine the individual wrestlers' seeds.
 - e. As few as four (4) and as many as eight wrestlers (8) may be seeded in each weight class. The numbers 1, 4, 5, and 8 seeds shall be placed in the upper bracket; the numbers 2, 3, 6, and 7 seeds shall be placed in the lower bracket and the remaining wrestlers/byes assigned by chance draw.
 - f. Once a wrestler is eliminated from a seed by criteria he cannot be re-considered for that seed by a lower criterion. The wrestler would, however, be eligible for any remaining seeds. Once a seed is determined, the remaining wrestlers are seeded by returning to the top criteria and working down until the next seed is determined.
 - g. Replacing a seeded wrestler who is scratched shall result in re-seeding the weight class and redrawing non-seeded wrestlers. Re-seeding shall consist of moving the remaining seeds up and determining new seed(s) for the lowest vacant seeds. Coaches have the option of seeding as few as 4 and as many as 8 wrestlers. If the replaced wrestler is a drawn wrestler, then the weight class shall not be redrawn.
 - h. NFHS guidelines will be used in the Conference Meet for wrestle-backs; no walkovers shall exist.
 - i. Each head coach shall complete the IHSA Individual Wrestlers Season Record Verification form for each varsity and junior varsity wrestler. On this form, the record for each wrestler should be listed at the level and weight they are entering. A copy shall be given to each coach and the tournament director prior to the start of the seeding meeting, verifying each wrestler's conference and non-conference dual meet and tournament record. These forms must include all bout scores, name of opponent and name of his school. If a coach does not supply the above information, he must submit his lineup and leave the room. At the seeding meeting there shall be a maximum of two representatives for each school, but only one spokesman at each level.
 - j. A wrestler who is withdrawn after being entered at the seeding meeting shall be eliminated from all tournament competition at both junior varsity and varsity levels at any weight class. This change will prevent moving a wrestler to the junior-varsity level after he received a poor seed on the varsity level or trying another weight class. A substitute may replace a withdrawn wrestler at the scratch meeting. A wrestler is considered in the tournament when his name is placed on the board for a seed at the seeding meeting. If a scratched wrestler is not replaced

SOUTHWEST SUBURBAN CONFERENCE: Wrestling: Sport Guidelines

at the scratch meeting, the bracket will be adjusted and “byes” will be assigned in accordance with NFHS rules and regulations.

SOUTHWEST SUBURBAN CONFERENCE: Wrestling: Sport Guidelines

- k. The Host school shall determine the starting time and time schedule of the tournament. The following time schedule is recommended and should be adhered to if possible: {Five mats are recommended for Friday night}

Friday:

3:30 PM	Scales open for weight check
4:00 PM	Weigh-ins
5:00 PM	Scratch Meeting
5:30 PM	Session 1--Prelims
7:30 PM	Session 2-- Quarter Finals
8:15 PM	Session 3--1 st Round Wrestle Backs

Saturday

8:00 AM	Scales Open for weight check
8:30 AM	Weigh-ins
10:00 AM	Session 3- 2 nd Round Wrestle Back
12:00 PM	Session 4 Championship Semi-Finals and 3 rd round wrestle back simultaneously
1:30 PM	Lunch Break
2:00 PM	Session 5--Semi Final Wrestle Back
2:30 PM	Session 6--Finals and Place Matches (on four mats)
	*Awards Presentation at the conclusion of the next weight class

- k. **The JV conference meet will be conducted on 4 mats with a 9:00 AM starting time.**
- l. The assignment chair shall have the prerogative of assigning officials to designated mats for conference tournament.
- m. A wrestler may only be entered into one (1) level of the conference tournament.

VII. Officials

- A. Varsity – one (1) official
- B. Junior Varsity - one (1) official.
- C. Freshmen – one (1) official.
- D. Conference Championship Meet - one more official will be assigned than there are wrestling mats.

VIII. Reporting Results

- A. Each varsity and JV coach (or their designee) will record their conference home game scores on the SWSC conference website at <http://swsc.8to18.com/>.
- B. The Historian shall oversee the results of all league contests and compile the official standing for league records on the conference web site. This will be verified by the resource AD.

IX. Miscellaneous Information

Playing Sites: All matches will be conducted at the main campus except:
Homewood-Flossmoor- North Building.