



RULES AND REGULATIONS FOR WRESTLING

I. COMPETITION

- a. Recommended time for league meets is 5:00 pm (earlier, if an MHSAA contract is employed). Single dual meets may consider 6 p.m. or 6:30 p.m. starts.
- b. Junior varsity should compete between varsity duals, unless a 3rd mat is used.
- c. Gyms should be made available by 4:30 p.m. for match set-up.
- d. In accordance with MAC Athletic By-Laws, Article XI, Letter E., seniors may not participate of a JV team unless previously approved by a vote of all member schools.
- e. On site weigh-in will be used at all MAC division contests following all MHSAA weigh in guidelines.
- f. MHSAA guidelines should be followed with regard to sanitation.
- g. No Athlete shall compete in both the MAC jv and Varsity MAC Wrestling Championships.

II. SCHEDULING

- a. It is recommended that all MAC matches be held on either Wednesdays or Thursdays.
- b. The school athletic director will schedule crossover matches.
- c. A 2-year schedule will be established. In the second year of the 2-year schedule, the home and away contests will be opposite those in the first.
- d. The school athletic director will schedule all remaining matches.
- e. Each division will hold an end of the season tournament on the first or second week of February each year, depending on the calendar of the state tournament, (double elimination, cross-bracket).

III. AWARDS

- a. A dual meet plaque will be awarded to the championship team in each division, and certificates will be given to championship team member.
- b. A plaque will be awarded to the championship team in the division meet. Medals will be awarded to the top three (varsity) places in each weight class.



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REVISED 11/11/2014

- c. When a team wins both the season dual meet championship and the tournament championship, one plaque will be awarded and lettered accordingly.
- d. All first placed medal winners will be considered All-Conference.
- e. One All-conference wrestler in each division will be selected MVP, and recognized with a medal. The MVP will be determined at the post-season MAC Championship and must be a member of the All MAC Conference Team.
- f. Each sport will honor an All-academic team. All varsity athletes who earn a GPA of 3.0 or better during their season of competition will receive a certificate. Winter sports will use the second quarter grades to compute the GPA. All-Academic Team Certificates are to be obtained from your athletic director's office.

Refer to the Macomb Area Conference by-laws for clarification regarding the following items:

1. Pre and post-season coaches' meetings
2. Division alignments
3. Awards