

NORTH SUBURBAN CONFERENCE GUIDELINES

BOYS' WRESTLING

I. SEASON LIMITATIONS

Practice may begin Monday of Week 18 of the I.H.S.A. standardized calendar. The first contest may be no earlier than Monday Week 20. The season shall end no later than Saturday of Week 34.

II. PROCEDURE FOR DETERMINING CONFERENCE SCHEDULES

There will be two (2) Divisions of seven (7) teams each. The schedule will be redrawn every two years. Each school in a Division will wrestle a single round against all Division opponents. In addition, one (1) crossover match in the other Division will be scheduled each year based on the previous year's standings. Crossover matches do not count in the Division standings.

For scheduling purposes, divisional ties between two teams will be broken by head to head competition in division play. Ties between three or more teams will be broken by placement in the conference tournament. In the event that two of those teams tie in the conference tournament, go back to head to head competition.

III. CONTEST LIMITATIONS

All levels:

14 dates - 4 tournaments

15 dates - 3 tournaments

16 dates - 2 tournaments

17 dates - 1 tournament

IV. LEVELS OF COMPETITION

The North Suburban Conference will recognize 2 levels (Varsity and Freshman) of competition. By mutual consent of opposing schools, a JV level may be held. Participation: Refer to Article IX of the N.S.C. Constitution regarding eligibility.

V. COACHES' MEETING

The end of season coaches' meeting will be held separately from the Conference seeding meeting.

VI. CHAMPIONSHIP

A. The Division Championships will be determined in the following manner:

-The team with the best overall record won in the division shall be the Division Champion. Duplicate awards will be given in the event of a tie(s).

B. The Conference championship will be determined in the following manner:

1. The team winning the Conference tournament will be declared the Conference champion.

2. Duplicate awards will be given in the event of a tie.

VII. CONDUCT OF DUAL MEETS

A. Host School Responsibilities

1. The official scoring and timing of the dual meets shall be provided by the host school.
2. The host school will be responsible for meeting the visiting team to escort them to the locker room and explain procedures.

B. Starting Time

Dual meets begin at 6:00 p.m. on Friday and 6:00 p.m. on any other weekday. By mutual consent of both schools, the time may be changed.

C. Dual Meets

There shall be no Conference dual meets scheduled during the week of the North Suburban Conference Tournament.

D. Order of Levels

1. Two Levels

- a. Exhibitions will be wrestled first on 2 mats.
- b. Freshman and Varsity will follow on 2 mats at the same time.

2. Three Levels

- a. Freshmen wrestle first on 2 mats.
- b. JV and Varsity will follow on 2 mats at the same time.

3. Four Levels

- a. JV and Frosh levels will wrestle first on 2 mats at the same time.
- b. Varsity and Sophomore will follow on 2 mats at the same time.

Changes to the order of competition must be by mutual consent.

E. Varsity Dual Line Ups

All Varsity dual line-ups must be presented upon request to the opposing varsity coach with a 28 member limit prior to weigh-ins. Wrestlers who weigh in that are not on the 28 member list cannot wrestle Varsity that evening. If neither coach requests a line-up, weigh-ins may begin without exchanging line-up cards.

F. Weigh-In

1. IHSA rules shall be followed for weigh-in.
2. Contestants (including exhibition wrestlers) shall weigh in, shoulder to shoulder, a maximum of 1 hour before the time a dual meet is scheduled to begin.
3. When a preliminary meet is followed by a varsity meet, the 30 minutes weigh-in period for the 2nd meet may, by mutual consent precede the preliminary meet.
4. The host school will wait 1/2 hour from scheduled weigh-in time if the visiting school is late.

5. Weigh-in can be done under supervision of athletic director or his designee, or the referee assigned to officiate the meet. The North Suburban Conference recommends the use of the I.H.S.A. and N.S.C. Skin Condition Forms (adopted 1998).

G. Weight Classes

1. IHSA weights shall be followed.
2. By mutual consent of coaches, the 95 lb. weight class can be added on freshman level and counted in the team score.

H. Consecutive Duals

Coaches will be responsible for notifying opponents when a weight allowance is permitted for dual meets wrestled on consecutive days.

VIII. CONDUCT OF CONFERENCE TOURNAMENT

- A. Starting Time: To be determined by the host school. A scratch meeting will be held one hour before the scheduled start of the tournament. The brackets will be reseeded if a seeded wrestler withdraws. Brackets will not be redrawn when a school replaces one of its unseeded wrestlers. The substitute shall be entered in the same bracket previously occupied by his teammate. Only in situations where the substituted wrestler is a seeded wrestler from a lighter or heavier weight class and merits consideration for a seed should brackets be redrawn. Should a wrestler be withdrawn without a replacement, it will be necessary to redraw all unseeded wrestlers.
- B. Seeding Meeting: The seeding meeting will be held by the host school the week of the tournament. Wrestlers must have a minimum of twelve (12) varsity matches at that weight or higher to be considered for a seed. Someone with fewer than 12 matches or a below .500 record but who has beaten 2 of the seedable wrestlers **will be a seedable wrestler**. The seeding criteria to be used will be as follows:
 1. Head to Head Competition (defaults warrant discussion)
 2. Common Opponents
 3. Coaches' Vote (if tied for a seed, revote on the tied wrestlers only. If still tied, coin flip).

Process:

With each weight class, all coaches will review all wrestlers entered by name, record, and winning percentage. The moderator will ask who deserves the #1 seed. Use of the criteria and discussion will determine the #1 seed. No other seeds will be determined until the #1 seed has been selected. The same process will be used to determine the other seeds.

Clarifying Procedures:

If a wrestler does not have 12 Varsity matches, the coach can nominate the wrestler for consideration for a seed based on past performance (discussion, followed by coaches vote).

The top wrestlers (up to a total of 5) may be seeded in each weight class (.500 record or better and 12 Varsity matches at that weight or higher). The top 4 wrestlers must be seeded; the top 5 wrestlers will be seeded so long as there are at least five wrestlers nominated for a seed. You may NOT reject a seed.

If two or more wrestlers want the same seed, but the criteria results in a round-robin of head-to-head and common opponents, the seeds will be determined by a coaches' vote.

A wrestler entered in the Conference tournament may change weight classes.

If a team does not enter a wrestler at a specific weight during the seeding meeting, that team cannot enter a wrestler at that weight unless the wrestler was entered at another weight. A wrestler who is entered at the seeding meeting who gets sick or injured before the tournament weigh-ins may be replaced. The coach must provide a letter from the Principal.

If a non-seeded wrestler drops out of the tournament, the tournament director will redraw all of the non-seeded wrestlers.

If a seeded wrestler drops out of the tournament, the tournament director will reseed the bracket from that wrestler's seed and down.

- C. Officials: Officials who officiate in North Suburban Conference dual meets should have preference for the North Suburban Conference Tournament. Coaches will make recommendations to the assignment chairperson at the post-season meeting/seeding meeting.
- D. The Conference tournament will be a two day tournament with a true wrestle back to third and fifth place. Cross bracketing will occur in the second and semi-final round of wrestle backs. All consolation matches will be 1-2-2 minutes in length; 3rd place matches will be 2-2-2 minutes in length. There will be NO walkovers in the consolation matches. The scoring of this tournament will follow the National Federation Guidelines for Tournament Competition (IX., Section 2).
- E. The Conference tournament will be run with a 5th place match and will be run on 4 mats whenever the host school can accommodate this. The host school will determine the number of mats to be used. See attached 5th Place bracket.

IX. SUPERVISION

Each coach is responsible for supervising his wrestlers at all times.

X. AWARDS

In the Conference tournament, medals shall be awarded as per the North Suburban Conference Constitution: 5 per weight class. A team trophy will be awarded to the championship team (s).

Selected Highlights from the NSC Constitution

From Article VIII: The Resource Athletic Director for each respective Varsity sport shall be responsible for compiling and distributing Conference Varsity standings and scores on a weekly basis. Each school shall be responsible for reporting Varsity scores to the Resource Athletic Director each week. The North Suburban Conference only recognizes championships at the Varsity level.

From Article IX: A player may participate at only one recognized level of competition on any given playing date or round of play against a Conference opponent, except where noted in individual sport Guidelines. In sports where there is a Conference tournament at the Varsity level, if a Conference school also hosts a Prairie-Lake (under-level) Invitational in that sport, an athlete is prohibited from competing at more than one level. Only freshmen may compete at the freshman level in any sport or contest. Member schools are required to field teams in recognized levels from the top down.

From Article X: It is agreed by all member schools that the use of video equipment for the purpose of scouting is allowed unless prohibited by individual NSC sport Guidelines or NFHS rules.

Revised 8/11