



## CAAC Game Sheet

### Wrestling

(Established: June 2022)

(Updated: November 2024)

#### Start Times:

- For JV, the host school will determine start time but 5:30 p.m. is recommended; matches may also occur on a third mat or between varsity matches
- Varsity
  - Double Duals: The host school will determine start time but 5:30 p.m. is recommended
  - Duals: Matches will begin at 6:00 p.m.

#### Pre-Game Warm-up

- The mat is to be available 30 minutes prior to the start of the match

#### Game Format

- Weight Classes:
  - Boys: 106 – 113 – 120 – 126 – 132 – 138 – 144 – 150 – 157 – 165 – 175 – 190 – 215 – 285
  - Girls: 100 – 105 – 110 – 115 – 120 – 125 – 130 – 135 – 140 – 145 – 155 – 170 – 190 – 235
- Matches will be 3 periods
- Periods shall be 2:00 in length
- The starting weight will be drawn in the presence of both coaches and the referee
- JV matches will be 2-minute periods (unless both coaches agree to shorter periods)
- Overtime:
  - Shall consist of one sudden death period 1:00 in length (wrestlers in the neutral position)
  - If no winner is declared, then the following procedure will be used:
    - Two 30-second tiebreakers will be wrestled to completion and score kept as in the regular match
    - The referee shall flip a disk to determine which wrestler has the choice of starting position for the first tiebreaker
    - The wrestler who has choice in the first tiebreakers may select top, bottom, or defer the choice to the opponent
    - At the conclusion of the first 30-second tiebreaker, the opponent will have the choice of top or bottom position
    - Whichever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner
    - If the score is tied at the end of the two 30-second tiebreakers, the choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match (first three periods of the match); the wrestler whose opponent has received an unsportsmanlike conduct penalty anytime during the match will have the choice of position (The unsportsmanlike conduct penalty will supersede the first points scored in the regulation match)
      - If no points are scored in the regulation match, a flip of the disk shall determine the wrestler who has the choice (points for double-stalling or simultaneous penalties shall be considered as no points for the purpose of the tiebreaker choice)
    - The wrestler who has choice may select top, bottom, or defer the choice to the opponent
    - The wrestler who scores the first point(s) during the ultimate tiebreaker will be declared the winner; if no scoring occurs during the ultimate tiebreaker, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score



# CAAC Event Management Policies & Procedures

## Wrestling

(Established: February 2022)

(Updated: November 2024)

### General Procedures:

- When a host school conducts a special activity that will interrupt pregame or between matches, they shall be required to notify the visiting AD and/or coach no later than upon arrival
- No artificial noisemakers will be allowed
- Spectators will be prohibited from forming pep lines or tunnels
- **Playing Rules**
  - All MHSAA and National Federation rules will be followed
  - Home weigh-ins will be used
  - Each team will clean up their own blood spills
- **Officials**
  - At least one will be assigned for all varsity matches
- **Make-Up Dates**
  - Postponed matches will be made up on the next available date as determined by participating school ADs & coaches with every attempt made to make up prior to the All-League meeting
  - Division matches will take precedence over non-division matches
- **Media**
  - Bona fide media shall be provided access to the facility and press areas
  - Photography restrictions will be established by the host school consistent with similar indoor events
- **Results**
  - Host school will report results to local media and/or post on social media
- **Host School Expectations**
  - Equipment necessary to run the meet
  - Water and ice for teams
  - Locker room facilities for the visiting team(s)
  - Changing area for officials
  - Certified athletic trainer or doctor (if possible)
  - Host school trainers will tape the visiting team (if asked), and as a courtesy, the visiting team should bring taping supplies
- **Weather Policies & Suspensions**
  - If a match is to be cancelled in advance due to inclement weather the visiting team shall be notified prior to 2:00 p.m.
  - Once a match begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
    - Play shall resume from the point of suspension
  - Delays for contests scheduled prior to 3:00 p.m. must not exceed 3 hours; delays for contests scheduled for 3:00 p.m. or later must not exceed 90 minutes
    - Delays on nights not followed by school from all the competing teams may be longer by mutual agreement of participating schools

## **Division Championship Determination**

- **Regular Season**
  - Will count as one-half toward the overall championship
  - A win is worth 2 points in the standings, a tie 1 point, and a loss 0 points
  - Regular season champion will get the same number of points as there are teams in the division
  - Points will be awarded to other teams in descending order of finish
- **Division Tournament**
  - Will count as one-half of the overall championship
  - Division Tournament champion will get the same number of points as there are teams in the division
  - Points will be awarded to the other teams in descending order of finish
  - Tournament will be played as an eight-team compass draw tournament
  - Any byes will go to higher seeded individuals
- **Overall Champion**
  - Regular Season points will be added to Division Tournament points to determine overall finish
  - If no Division Tournament, only Regular Season results will be used to determine Champion
  - The team with the highest point total will be declared the champion (if 2 or more teams earn the same final number of points, they will be named co-champions)

## **All-Conference Selection Format – Performance Based (i.e. Division Tournament)**

- Each division or combination division will select All-Conference Teams for CAAC recognized sports
- Players will be selected to the CAAC Divisional All-Conference Team
- There will not be a designation of first team or second team
- The athletic director/manager of the Division tournament will provide coaches with medals and the school honoring the student will provide a completed certificate using the supply of certificates annually provided by the CAAC Commissioner, for the athletes placed on the All-Conference Team
- Each school will properly complete certificates for their school and distribute them to the proper student(s)
- The CAAC Commissioner will release All-Conference results to the media when CAAC teams are no longer competing in MHSAA tournaments

## **All-Conference Awards Determination**

- All-Conference: Top 2 in each weight class
  - Medal and Certificate
- Honorable Mention: 3<sup>rd</sup> place in each flight
  - Certificate

## **All-Conference Selection Format – Team Sport (i.e. No Division Tournament)**

- Each division or combination division will select All-Conference Teams for CAAC recognized sports
- Players will be selected to the CAAC Divisional All-Conference Team
- There will not be a designation of first team or second team
- When athletes are voted to an All-Conference Team, it shall be primarily based on their performance in divisional games and contests; overall season performance may also be considered
- On a rotating basis, each school will host the All-Conference selection meeting; in most cases, the host Athletic Director will chair the meeting
  - All Conference medals and certificates will be provided by the CAAC and distributed to each school; each school shall distribute medals and certificates to the athletes
- The CAAC Commissioner will release All-Conference results to the media when CAAC teams are no longer competing in MHSAA tournaments

## **Team Sports (voted by division coaches)**

- Wrestling: 28 players, plus 12 girls
- All-Conference athletes will receive gold medals plus a certificate
- All-Conference Honorable Mention athletes will receive a certificate

## Academic All-Conference Award Criteria

- Award will be presented at the end of each season
- Athlete must have a 3.5 cumulative grade point average
- Athlete must have been awarded a Varsity Letter

## MHSAA Handbook Regulations

- A student who, after practicing with (including tryouts) or participating in an interscholastic scrimmage or contest as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) days of competition and maximum of the remainder of that sport season in that school year
  - Wrestling shall apply the limited team membership rule from the point of a student's first participation in an interscholastic scrimmage or contest, rather than practice (p. 55)
- During the high school season in wrestling, a member of the school team in that sport may participate in a maximum of two non-school contests in that sport while not representing his or her school; an event held on not more than three consecutive calendar days is considered a single meet
  - Points earned, weight established, times or records established shall not count toward any qualifying requirement for MHSAA meets (p. 55)
  - Meets or tournaments entered under the above provision shall not affect the number of games, contests, or days of competition specified for each school team and individual (p. 55)
- A student shall participate in no more than five matches per day (possibly six to complete a wrestle back in an individual tournament) and no more than two matches on a day of school (Monday-Thursday); no contestant shall wrestle in more than 10 matches in a two-consecutive day period (p. 69)
- A student or team shall participate in no more than three days of competition, Monday through Sunday, but no more than two of the three days of competition shall occur on a day or night before a school day (p. 69)
- A student or team is limited to four scrimmages and 16 days of competition, exclusive of the MHSAA tournament (p. 69)
- A student or team is limited to eight events in which a wrestler may participate in more than two matches (p. 69)
- A student or team is limited to six events in which a wrestler may participate in no more than 2 matches (p. 69)
- A student or team is limited to two events in which a wrestler may participate in no more than 1 match; only two schools are allowed at the event (p. 69)
- Weigh-ins do not count as a day of competition for an individual unless the student steps on the mat to wrestle or receive a void or forfeit (p. 69)
- Prior to the MHSAA tournament series, it is recommended that a student shall participate in no more than 54 total matches, eight events of five (\*possibly six matches to complete an individual tournament), six events of two matches, and two events with 1 match each [ $8 \times 5 (40) + 6 \times 2 (12) + 2 \times 1 (2) = *54$ ] (p. 69)
- No student or team shall represent their school in a sport under Michigan High School Athletic Association jurisdiction unless accompanied to the event by the coach, administrator, or appointee of the school (p. 69)
- Except for wrestling, and as stated elsewhere in this Section, a student shall not play for two or more teams on any level (varsity or sub-varsity, scrimmage or contest) in the same sport on the same day, regardless of the sport; participation in any part of a contest or interscholastic scrimmage constitutes competition in a game or scrimmage under the provisions of this Section (p. 69)
- Home weigh-ins (p. 119):
  - Home weigh-ins are permitted by mutual consent for all regular-season contests
- Wrestling – Result Reporting for Individual Tournament (p. 119):
  - Schools must enter all regular-season match data online via TrackWrestling on a timely basis
  - This data must be submitted to TrackWrestling prior to the Individual District submission deadline
  - TrackWrestling will be used by tournament administration to automatically seed each level of the Individual District, Regional and Final tournament rounds

## **MHSAA Handbook Regulations (continued)**

- Ineligible Participation Penalty – Dual Meet (p. 119):
  - The following steps will be followed if a student participates in a weight class for which they are ineligible during a wrestling dual meet competition
    - If this fact is discovered during the involved match, the match is stopped and forfeited by the opponent
    - Six (6) team points are awarded to the offended team, plus an unsportsmanlike conduct penalty is assessed to the offending team’s head coach, which requires the deduction of one additional team point (7-point penalty)
    - If this is discovered after the involved match but before the completion of the dual meet, the dual continues with the team score being adjusted so that any team points earned during the match in question are removed
      - 6 team points are then awarded to the offended team, plus an unsportsmanlike conduct penalty is assessed to the head coach of the offending team, which requires the deduction of one additional team point (7-point penalty)
    - In both cases, neither wrestler who competed in the “illegal” match may compete again during that dual meet
    - If this is discovered after the dual meet when the scorebook has been signed by the official and both teams have left the mat area, the results of the dual meet will stand