



## **CAAC Game Sheet**

### **Wrestling**

(June 2022)

#### **Start Times:**

- JV will begin at 5:30 on a third mat or will wrestle in between 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**

- 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