

## **ECIC WRESTLING STANDARDS**

### **I. Weigh-in Procedure:**

- The wrestling rules require a shoulder-to-shoulder weigh-in, a maximum of one hour and a minimum of 30 minutes before the time the dual meet is scheduled. Weigh-ins should not be extended for 30 minutes after last athlete steps off of scale.
- In the event that the visiting team is not present 30 minutes before the scheduled start of the match the home team may weigh in if an official is present.
- A team arriving after the 30-minute minimum shall be allowed to have each wrestler to weigh-in only once. If a wrestler misses weight, the only allowed second weigh-in will be to step off and immediately step back on the scale.
- All weigh-ins are to be completed prior to the start of the wrestling match. This also applies to back-to-back meets. In the case of one mat matches, all weigh-ins will be conducted prior to the start of the first match following the rules stated above.
- During the shoulder-to-shoulder weigh-ins the visiting team will step on the scale first.

### **II. The use of two mats is encouraged.**

### **III. The elapsed time between the A (Varsity) and B (JV) matches should be no longer than 15 minutes. In addition, the clock will start at the end of the B match with the starters warming up first.**

### **IV. All exhibition bouts will be wrestled after the conclusion of the varsity matches.**

### **V. All matches conducted in the ECIC shall be under the supervision of a certified wrestling official**

### **VI. Matches will be scheduled for Wednesdays and Fridays.**

### **VII. Postponement Policy for ECIC Tourney**

- The tournament will be postponed if 11 teams of the 26 teams are unable to participate
- The tournament would also be postponed if the host school is closed on Friday.
- If the tournament is postponed the format would need to be altered.
- The format would become a one-day tournament with wrestle backs beginning with the losers of the quarterfinals

(Revised 2008, 2014, 2019, 2022, 2023)

Last approved 11/8/2023