

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)