

Wrestling

Section I - Championship Eligibility

The following schools compete for the conference championship in wrestling: Gettysburg, Johns Hopkins, Merchant Marine, McDaniel, Muhlenberg, Stevens, Ursinus and Washington and Lee.

Section II - Wrestling Committee

Chair: Bill Racich, Ursinus.

Liaison: Tom Calder, Johns Hopkins.

Section III - Playing Season Regulations

- A. Length of Playing Season.** The length of an institution's playing season in wrestling shall be limited to a maximum of 19 weeks (traditional and nontraditional segments combined). (*Adopted 1/12/04*)
- B. Traditional Segment.**
- 1. Preseason Practice.** A member institution shall not commence practice sessions before September 23. (*Revised 6/4/03*)
 - 2. First Contest or Date of Competition.** An institution shall not engage in its first date of competition (match or scrimmage) with outside competition prior to the first Saturday in November. (*Revised 6/4/03*)
 - 3. Maximum Limitations.** An institution shall limit its playing schedule with outside competition in any one year to 16 dates of competition, which may include not more than two two-day meets that shall count as a single date of competition each, except for those contests excluded in the *NCAA Manual*.
- C. Nontraditional Segment**
- 1. Preseason Practice.** A member institution shall not commence practice sessions before September 7 or the institution's first day of classes for the fall term, whichever is earlier.
 - 2. First Contest or Date of Competition.** An institution shall not engage in its first date of competition (match or scrimmage) with outside competition before September 7 or the institution's first day of classes for the fall term, whichever is earlier.
 - 3. Practice Opportunities.** The Conference permits a maximum of 16 practices with no more than four practices in any one week. (*Revised 6/4/03*)
 - 4. Maximum Limitations.** The Conference permits one date of competition with outside competition which is counted toward the allowable 16 practices (*i.e. 15 practices + 1 DOC = 16; 16 practices + 0 DOC = 16*). (*Revised 6/4/03*)
 - 5. Class/Laboratory Time.** No class or laboratory time may be missed for practice or competition.

Section IV - Rules Governing Championship

- A. Determining the Conference Champion.** The Conference champion will be determined at a championship tournament.
- B. Eligibility for Championship.** To be eligible for the championship, Conference schools must have met all other Conference schools in round-robin competition. Schools that do not meet this requirement due to severe weather conditions can request a waiver from the Conference Office.
- C. Suspension of Championship.** The liaison for the committee should be "on call" in the event that an unforeseen emergency causes the suspension of the championship. The liaison will serve as the administrative component in the decision-making process along with the administrators on the games committee. (*Adopted 5/31/06*)

Section V - Regulations Governing Competition

All NCAA Rules shall apply unless amended below.

- A. Pre-Match Screening.** A preliminary skin infection screening shall be conducted at each team's home site when they weigh-in. This inspection must be done by the team's head trainer or team physician, and a signer statement certifying the absence of infectious skin diseases must be presented to the opposing coaches and referees at the site of competition before the start of the meet. Any wrestler who is not listed on that certification shall not be permitted to wrestle unless cleared by the professional trainer or team physician at the site of the competition. The Conference will follow NCAA guidelines for infectious skin diseases. (*Adopted 6/7/95*)
- B. Tournament Schedule.** The recommended schedule of events for the championship tournament is as follows:
1. Registration, Friday, 6 p.m.
 2. Coaches Meeting and Seeding, immediately following registration
 3. Skin Check, Weigh-In, Saturday, 8 a.m.
 4. Quarterfinals, 10 a.m.
 5. Semifinals and Consolations
 6. Consolation Finals
 7. Championship Bouts
- (*Adopted 6/3/98; Revised 6/6/01; Revised 5/31/06; Revised 2/22/08*)

- C. **Officials.** Six officials will be hired in accordance with the NCAA Guidelines. One person will be appointed as Match Maker and one person will be appointed as Head Scorer, each to receive \$100 for this assignment. *(Adopted 6/3/98)*
- D. **Sites and Dates for Championships.** The date for the championship is two weeks prior to the NCAA championship. The championship sites are as follows: 2009-McDaniel. 2010-Stevens. 2011-Washington and Lee. 2012-Muhlenberg. 2013-Johns Hopkins. 2014-Merchant Marine. 2015-Gettysburg. 2016-Ursinus.
- E. **Workout Facility / Scales.** The host institution must provide a workout facility on Friday evening prior to the championship and have one of the official scales available for athletes to check weight. *(Adopted 5/31/06)*
- F. **Officials.** The following pool of NCAA certified officials should be used for the Centennial Conference championships:

Joe Cesari Sr.	Tom Gaylin	Fred Richardson
Nathan Chapman	Randy Gerhis	Joe Tauber
Rick Cole	Mike Junkins	Ross Thomas
Tom Corey	Gary Kessell	Deno White
Ken Dawes	Bryan Meckley	Stuart Wiggins

Once this pool has been exhausted, the host institution may secure an official that is not currently on the list to work the tournament. *(Adopted 6/4/03; Revised 6/9/04).*

- G. **Wild Card Selection Policy.** The following procedure will be used to select "wild card(s)" for the NCAA Division III championship tournament.
1. All second- and third-place finishers will be considered;
 2. Coaches asked for opinion if any of their wrestlers could **not** place at nationals. if so, wrestler will not be considered;
 3. Each coach given three minutes to speak on behalf of individual wrestlers;
 4. Open voting (not secret ballot) for candidates; wrestlers receiving fewest votes eliminated;
 5. Each coach given two minutes to speak in behalf of individual wrestlers;
 6. Vote. Continue until wrestler(s) is selected. *(Adopted 5/31/06)*

- F. **Mats.** The minimum number of mats needed to host the Conference championship is three. *(Adopted 5/28/08)*

Section VI - Regular-Season Competition

- A. **Match Starting Times.** All Conference weekend meets on weekends must start no earlier than 11 a.m. and no later than 6 p.m. *(Adopted 6/6/01; Revised 5/31/06)*
- B. **Postponed Matches.** All postponed Conference matches will be rescheduled upon mutual agreement by the coaches or administrators. In the final week of regularly scheduled Conference play, a postponed Conference match will be rescheduled for the next available date and shall have priority over non-Conference matches.
- C. **Jewelry.** Due to the potential for bodily injury, dismemberment, or even death, this policy regarding the wearing of jewelry, body piercing articles, and symbolic bracelets is recommended for all practices and games of Centennial Conference athletes. Tongue studs, spacers, or other objects are discouraged due to the potential for an obstructed airway or soft tissue damage. Protective mouthpieces are excluded from this policy. A player should not wear any jewelry, including earrings, chains, charms, watches, hair clips, bobby pins, tongue studs or items associated with piercing (visible or not visible), or bracelets. Exception: Medical alert bracelets or necklaces may be worn but should be taped to the body. Religious medals should be removed from chains and may be taped to the body or sewn under the uniform. *(Adopted 6/1/05)*

Section VII - Awards

- A. **All-Conference Team.** The winner of each weight class will be named All-Conference. The coaches will select a Wrestler of the Year prior to the championship tournament, based on his regular-season performance. *(Revised 6/1/05)*
1. **Nominations.** Approximately seven days before the conclusion of the regular season, each coach of a participating Conference school should submit nominations of his/her athletes to be considered for All-Centennial status. No Conference-wide limit is made to the number of nominations that can be made for All-Conference consideration, although nominees should be starters or key reserves. Some sport committees may establish maximums for the number of nominees. Only one player may be nominated for Player of the Year status.
 2. **Voting Procedure.** Shortly after the conclusion of the regular season and prior to the start of the championship tournament, voting for All-Centennial teams should be concluded. Coaches should vote for 1st and 2nd team selections, and a Player of the Year. **No coach can vote for his/her own player!** The completed ballot should be returned to the Director of Sports Information and sent via email or FAX to the Conference Office.

3. **Determination of All-Conference Team.** Two (2) points will be awarded for a 1st team vote and one (1) point for a 2nd team vote. Players with the most points shall be accorded 1st team All-Centennial status. Ties will be broken in favor of the candidate with the highest number of 1st team votes. If the tie is still not broken, additional players may be added to the All-Star team. Any athlete receiving four (4) points will be assured of at least honorable mention status.
4. **Determination of Player of the Year.** For Player of the Year honors, coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. **Once again, coaches cannot vote for his/her own player.** Ties will not be broken and co-winners will be named.
5. **Determination of Coach of the Year.** For Coach of the Year honors, coaches will be asked to nominate **one** opposing coach for Coach of the Year. Coaches should vote for 1st, 2nd and 3rd with five points for a 1st place vote, three for a 2nd place vote, and one for a 3rd place vote. **Once again, coaches may not vote for themselves.** Ties will not be broken and co-winners will be named.

B. Academic Honor Roll. To be nominated/selected for the Academic Honor Roll, a student-athlete must meet the following criteria:

1. The student-athlete must be a starter or key reserve on her/his team.
2. Must be a sophomore or higher in class standing.
3. Must have a cumulative grade point average of 3.40 or higher (or its equivalent as determined by the institution) based on a 4.0 scale. The GPA must be at least 3.40, not 3.39 and rounded to the nearest tenth of a point.

C. All-Sportsmanship Team. All institutions will elect one member from their team who displays good sportsmanship throughout the season to be a member of the All-Centennial sportsmanship team. These individuals will be selected by the team and head coach and submitted to the Conference Office as part of the All-Conference nomination process. Only one student from each team may be selected. All institutions will have one representative on the All-CC sportsmanship team with the final decision made by each institution's head coach. (*Adopted 5/30/07*)

Section VIII - Championship Tournament

- A. Entry Fees.** To defray the expense of operating the Conference wrestling championship, a \$100 entry fee will be assessed each team.
- B. Budget.** The host institution should pay for all expenses and submit a Championship Expense Report Form to the Conference Office for reimbursement. If expenses are entirely covered through ticket sales and extra revenue remains, it will be returned to the Conference Office to offset deficits from other championships. If expenses are not covered by the fees, the Conference Office will absorb the deficit, provided the host institution kept expenses within the budget guidelines.

Section IX - Calendar

First Practice:	Tuesday, September 23, 2008
First Contest:	Saturday, November 1, 2008
All-CC Nominations Due:	Thursday, February 12, 2009
All-CC Ballot Due:	Wednesday, February 18, 2009
Committee Meeting:	Friday, February 20, 2009
Conference Championship:	Saturday, February 21, 2009 at McDaniel
NCAA Championship:	March 6-7, 2009 at Cedar Rapids, Iowa. (Coe, Cornell College, hosts)