MCAC MEN'S WRESTLING OPERATING CODE

I. Organization of Coaches Group and Meetings

A. Membership
1. All wrestling coaches of the MCAC may participate.
2. Each member college will have one vote.

B. Chair and Secretary
1. The host college coach of the state tournament will serve as President and Chair meetings. When tournament is held in another state MCAC Coordinator school coach will host meeting.
2. The secretary will keep written records of all business conducted. These records will be sent to the membership and the MCAC Coordinator as an addendum to the minutes.

C. Coaches Meetings
1. Regular annual meetings will be scheduled at the state tournament or video conference. Meeting date and time will be called by the tournament host or coordinated by MCAC Coordinator school coach.

II. Competitive Season

A. Number of dates of competition is18.
B. The first allowable date of practice is October 1.
C. The first allowable match date is the last weekend in October.
D. The maximum number of weekdays allowed is 10.
E. Out-of-season practices shall follow the NJCAA Handbook.

III. Rules and Regulations

A. NCAA rules will be used for all competition.

B. Scheduling
1. All meets are to be completed before the MCAC tournament.
2. When two MCAC colleges wrestle in the same triple dual, they shall wrestle each other first, before any other competition - unless the two coaches mutually agree to wrestle later.
3. The MCAC will follow the NCAA rulebook for all dual meet ties.

B. Special Rules
1. NJCAA weigh-in policies will be followed.
2. Weigh in for dual meets shall be conducted at host school site, one hour prior to match time.
3. Standard weigh-in sheets shall be used.

IV. Division Organization: Wrestling is structured into one Division.

Rochester	Minnesota West
Itasca	Ridgewater

V. Eligibility & Rules

A. All athletes must be eligible under the NJCAA rules.

VI. Awards Procedure

A. The MCAC State Team Championship trophy shall be awarded based on dual meet competition.

B. The coach of the State Championship team will be named MCAC Coach of the Year.

VII. State Meet Policies

A. Date-Location
1. The MCAC wrestling tournament will be held in conjunction with North Central District (Region 13 & 11). The 2009 tournament date is Sunday, February 15, 2009 @ Iowa Central.

ROTATION
1. Rochester 2010
2. TBA 2011
3. Itasca 2012

2. If a college declines the MCAC rotation, the next MCAC College will have the opportunity.
3. The coaches meeting will be held preceding the tournament. The seeding meeting will take place at the host school.
4. Weigh-in will be two hours prior wrestling.
5. In the event a college has accepted hosting the wrestling state and North Central District tournament, and should there be a conflict with a "home" basketball game, the "home" basketball team may need to travel to the visiting site to play the schedule basketball game.

B. Meet Regulations
1. Each team is allowed to enter one participant in each weight classification.
2. In the event that any participants arrive too late to make the weigh-in deadline, they may still participate in the tournament if it is determined that:
   a. The late arrival was unavoidable.
   b. No wrestlers gained an actual advantage by arriving late.
   c. Their participation will not delay the tournament. Such a determination will be made only if a favorable note is cast by at least a majority of the wrestling coaches in the tournament.

C. Tournament Expenses
1. This is a combined MCAC and North Central District Tournament! There is a $50 entry fee from each team to help defray costs of supplies. MCAC Coordinator will work with each school in reimbursement of the $50.

E. Tournament Seeding Guidelines
General Rules:
1. Seeding shall be done by the coaches:

2. Each coach shall provide accurate written information.
3. <u>Criteria for Seeding:</u>
    a. Head to head competition (Any official match.)
    b. Common opponents
4. Points to be considered.
    a. Overall record
    b. National place winner
    c. Regional place winner
5. Seeding Procedures
    a. Coach allowed 2 minutes to state argument/point.
    b. Coach may ask for review of one if error suspected.
    c. Coach allowed 2 minutes to explain rationale.
    d. Additional information accepted from other coaches.
    e. Coaches vote - majority rules - in case of tie, flip of coin.

VIII. Conference Schedule

1. TBA