

ARTICLE SIX WRESTLING

- 6.1 There will be no organized practice prior to the Section starting date.
- 6.2 Wrestling matches may begin two weeks after the Section starting date.
- 6.3 League matches will be held on Wednesday nights.
- 6.4 J.V. matches will begin at 6:00 with varsity to follow. Quad duals will begin at 4:00pm
- 6.5 The host school shall provide certified officials.
- 6.6 Uniforms and equipment shall follow the directions of the Sac-Joaquin Section.
- 6.7 The weight control rule will follow the directions of the Sac-Joaquin Section.
- 6.8 Varsity wrestlers represent the number-one wrestler of that school.
- 6.9 No wrestler shall wrestle varsity and JV against another team on the same day.
- 6.10 Weigh-in for a match shall be held a minimum of sixty (60) minutes before the first match of the day.
- 6.10-1 All wrestlers shall weigh in at the host school in the presence of the coaches from each school.
 - 6.10-2 Scales will be available to both teams prior to the official weigh-in.
 - 6.10-3 Weight classes shall follow the directions of the Sac-Joaquin Section.
 - 6.10-4 All scales must be certified.
- 6.11 Freshmen shall be eligible for varsity competition.
- 6.12 The league championship will be determined by a combination of dual meet wins and the league post-season meet.
- 6.12-1 One point will be awarded for each dual meet win. A maximum of five (5) points may be earned.
 - 6.12-2 One point will be awarded for each team a school finishes above in the league meet. A maximum of five (5) points may be earned.
- 6.13 LEAGUE TOURNAMENT:**
- 6.13-1. The Monticello Empire League post season championship series will consist of Boys Varsity, Girls Varsity, Boys Junior Varsity and Girls Junior Varsity individual tournaments. The tournament will be held on the Saturday prior to the CIF Sac Joaquin Section Boys Divisional and Girls Regional championships.

6.13-2. The Boys and Girls varsity championship bracket will be an 8 person, double elimination Bracket. For the boys tournament, each team may enter one wrestler per weight class, who represents the best wrestler at the weight. For the girls tournament, teams may enter as many wrestlers as they like, but must designate 1 scoring wrestler. Team score will be determined using the NFHS rulebook. The tournament will wrestle to six place winners.

6.13-3 J.V. championships will be held in conjunction to the league championships. Any J.V. not involved in the varsity championship may participate.

6.13-4. Junior Varsity will be contested in pooled weights round robin. There will be no limit on entries.

6.13-5. Awards. The league will provide award patches for 1st through 3rd place winners in both the boys and girls varsity divisions. A pennant will be awarded to the Boys and Girls Championship team.

6.13-6. The following criteria will be used in seeding the Varsity MEL Championship brackets:

1. Head-to-head competition.
2. Current State ranking or current season body of work.
3. Previous season's results.
4. Coaches vote.

6.13-7. A Novice scrimmage will be conducted the Wednesday prior to Thanksgiving. The school which hosted the MEL Championship the previous year will host. Wrestlers who have not yet placed at a varsity tournament will be eligible to enter.

6.14 Prior to weigh-ins for a league dual, coaches shall conduct a random draw for the starting weight class for weigh-ins and the meet. Dual meet weigh-in shall begin with the random draw selected weight class, proceeding through the weight classes, wrapping around through the lowest weights. The dual meet shall then begin with the weight class randomly drawn preceding weigh-ins.

6.15 ALL League Awards

All-League players, for MEL Sports, will be selected by a process approved by the Board of Managers (BOM) and conducted by the Athletic Director in charge of each sport.

Last Revision: September 25,2025