MOUNTAIN VALLEY CONFERENCE
WRESTLING BY-LAWS
Revised 4/30/2008

1. Rules

A. The National Federation Rule Book (as adopted by PIAA) governs.
B. All members of the conference shall be governed by rules and interpretations adopted by the PIAA.

2. **Levels of Competition**

A. Varsity, Junior Varsity, and Junior High/Middle School

3. Contest Rules

A. The official starting time for the evening preliminary meets, junior high and junior varsity, is 6:30 p.m.
B. The official starting time for a varsity match is 7:00 p.m.
C. If the visiting team is late, the home team will wait 15 minutes before a certified official begins the weigh-ins.
D. After arrival, the visiting team will be given a full 30 minute weigh-in period or until 5 minutes before scheduled match time.
E. The length of JV matches is 2-2-2 minutes and the length of junior high matches is 1.5-1.5 -1.5 minutes.

4. Warm-ups/Weigh ins

A. An official Mountain Valley Conference weigh-in form will be completed by the coach prior to the start of the weigh-in period.
B. Wrestler's Actual weights shall be recorded on the official weigh-in form.
C. Coaches will sign the official weigh-in sheet at the conclusion of the weigh in period
D. The signed weigh-in form shall be placed at the scorer's table.
E. The weigh-in will be conducted by both coaches, or a certified official.
F. The weigh-in will be conducted shoulder-to-shoulder as required by the P.I.A.A.
G. The weigh-in will be one hour prior to the start of the preliminary meet. Weigh-in will begin at 5:30 p.m.
H. Scales must carry current certification seal of weights and measurements.

5. Special Events

A. The opposing school should be contacted at least one day in advance of the scheduled special event.
B. The 20 minute warm-up will begin immediately after the program.

6. Score Table

A. A responsible adult should be hired as official score keeper.

7. Bench Protocol

A. Seating on the player's bench shall be limited to authorized personnel.

B. The coach is personally responsible for the conduct of his/her players at home and away matches.

8. Game Postponement

A. Postponement of games is up to the home team.
B. The home team is responsible to notify all parties involved.
C. The rescheduling of a game must be by mutual consent of the teams involved on the next available playing date, including Saturdays

9. Officials

A. In the event that the correct number of officials are not present, the game can proceed only if there is a mutual agreement between both schools.

10. League Champion

A. The Mountain Valley Conference Champion shall be determined the best league record.
B. In the case of a tie, the following will be used to determine the MVC Champion:
Tie-breaker procedures for MVC Champion:
    a. Head to head competition
    b. Record against common opponents
    c. District XI Rating
    d. Overall Record

11. End of the season meeting

A. The meeting must be held at least one week prior to the date of the championship game.
B. Coaches must attend any meeting called by the sport chairman and must complete any forms requested. Forms include All Star nominations, officials' ratings, etc.
C. Each team **MUST** be represented by the head coach or the head coach's designee (to be approved by the school's athletic director or principal). If a school is not represented a fine of $50 will be assessed to the school.

14. All-Star Team

A. The Mountain Valley Conference All-League Team shall be represented by one first team and one second team wrestler at each weight class determined by the following:
a. Using league record, each wrestler will be assigned a score according to the following point system:
    5 pts. for a win
    -3 pts. for a loss
    1 pt. / match
In addition, PIAA prestige points will be added to each wrestler's point total to determine 1st and 2nd tem All-Stars.
b. If still tied, the next tie breaker will be head to head competition
c. If still tied, the next tie breaker will be overall record
d. If still tied, coaches will vote for a wrestler, majority wins
B. The MVC coaches will approve, by a majority decision, the final 1st and 2nd team All-Stars.

15. Reporting Game Results

The home team will report game results to the following media:

The Morning Call	*Pocono Record*
1-800-999-5625	1-800-756-4237
(610) 820-6558	(570) 421-3000
Fax: (610) 820-8654	Fax: (570) 421-6284
The Express Times	*Times News of Lehighton*
1-800-360-3601	1-800-443-0377
(610) 258-7171	(610) 377-2051
Fax: (610) 258-7130	Fax: (610) 826-9608