



2019-20 Wrestling

Regular-Season Regulations

1.0 Sponsorship

- 1.1** The following member institutions sponsor wrestling as a varsity intercollegiate sport:
- The Citadel
 - University of Tennessee at Chattanooga
 - Virginia Military Institute
 - Appalachian State University (associate member)
 - Campbell University (associate member)
 - Davidson College (associate member)
 - Gardner-Webb University (associate member)
 - Presbyterian College (associate member)

2.0 Regular-Season Competition

- 2.1 Scheduling:** NCAA policies regarding scheduling requirements are the official policies of the Southern Conference.
- 2.1.1 Conference Scheduling:** Each school shall have a dual match against all members of the Conference once during the regular season. Conference matches shall be scheduled on dates and times as agreed upon by the competing head coaches. A dual match between Conference schools may take place as part of a dual tournament. Each school must designate the dates of its Conference matches to the Conference office prior to the start of the season. Match locations shall be the prerogative of the home institution.
- 2.2 Championship Determination:** The Southern Conference champion shall be the team that finishes with the best won-loss percentage in Conference matches during the regular season.
- 2.2.1** In the case that two or more schools finish with identical won-loss records, they shall be declared co-champions.
- 2.2.2** For purposes of determining a Conference representative to compete in the NCWA national dual championships, the following tiebreakers shall be used, in order, until a determination is made:
1. Head-to-head record among teams involved in the tie;
 2. Total team points scored in Conference competition;
 3. Best team point differential in Conference competition;
 4. Number of individual matches won in Conference competition. *(Approved 9/16)*
- 2.3 Wrestling Rules:** Wrestling rules as adopted by the NCAA shall be in effect for all Southern Conference matches.
- 2.4 Match Format:** All Conference matches shall be divided into 10 weight classes (125 pounds, 133 pounds, 141 pounds, 149 pounds, 157 pounds, 165 pounds, 174 pounds, 184 pounds, 197 pounds, 285 pounds). All matches shall be seven minutes long, divided into three periods, with the first period lasting three minutes and the second and third periods lasting two minutes. In all Conference matches, the head coaches can mutually agree as to which weight class will be wrestled first. If there is not mutual agreement, a random drawing to determine which weight class will be wrestled first shall be conducted after the weigh-in and before the first match begins. Once the first weight class is established, subsequent matches will continue in the traditional sequence.

- 2.5 Official Scorers/Clock Keepers:** The home team shall provide official scorers and clock keepers for all Southern Conference matches and shall be responsible for the payment of these people.
- 2.6 NCAA Box Score:** The home team shall be responsible for recording NCAA statistical information for both teams and compiling an official results sheet for each Conference match. The home institution must send a completed results sheet to the Southern Conference office via fax or e-mail on the same day that a Conference match is completed. The visiting head coach should also receive a copy of the results sheet prior to the visiting team's departure from the match site.
- 2.7 Scouting Information:** Southern Conference teams shall not share scouting information on other Conference teams with non-conference or other Conference schools.
- 2.8 Complimentary Tickets:** The home team shall provide the visiting team with 50 complimentary tickets for each Conference match, provided that the home team is charging admission. The 50 complimentary tickets should be provided from a pass list given to the home institution by the visiting institution upon its arrival. In accordance with Southern Conference Sportsmanship Code Regulations, a buffer section of visiting team seats or empty space must be provided in the area immediately behind the visiting team bench as it may be appropriate for each particular venue. The 50 complimentary tickets for the visiting team must be located within the buffer zone area. *(Revised 5/13)*
- 2.9 Student-Athlete Eligibility:** Each institution is responsible for having all of its student-athletes eligible prior to the season. A completed squad list must be transmitted to the Conference office prior to an institution's first day of competition. This information shall be filed and in accordance with the instructions of the Southern Conference's Associate Commissioner for Compliance. If any questions arise, the Conference compliance administrator shall have the details on all student-athletes who are eligible for Conference regular-season and tournament competition.
- 2.10 Pre-Match Weigh-Ins:** Southern Conference institutions shall follow NCAA Pre-Match Weigh-In procedures at all times during the regular season.
- 2.10.1 Dual, Triangular and Quadrangular Meets:** Contestants shall weigh-in one hour or less before the first match begins, on digital scales provided by the host institution or organization. Teams failing to comply with weigh-in rules shall forfeit the competition. When a team is wrestling multiple dual meets at home or at different sites on the same day, weigh-ins for all teams involved shall be held one hour before the start of the first scheduled contest. The team(s) at subsequent site(s) shall conduct an honor weigh-in at the same time at their site. No team shall weigh-in more than once a day. At the scheduled time for weigh-ins, all student-athletes who wish to compete must present themselves at the scales. During the weigh-in period contestants may not leave the weigh-in area and activities that promote dehydration are prohibited. Weigh-ins shall proceed through the weight classes beginning at the lowest weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Upon completion of the heavyweight class, weigh-ins are concluded. No additional time shall be granted. A contestant may step on and off the scale three times to allow for mechanical inconsistencies in the scale.
- 2.10.2 Tournaments:** Weigh-ins will be held two hours or less before the first matches begin on the first day and one hour or less before the first matches begin on subsequent days. Weigh-ins for a one-day individual or team advancement tournament shall be held two hours or less before the scheduled start of wrestling. At this time, weigh-ins are concluded. At the scheduled time for weigh-ins, all activities that promote dehydration must cease and all student-athletes who wish to compete must present themselves at the scales. The weigh-in shall proceed through the weight classes beginning at the lowest weight class. If a contestant fails to make weight on one of the designated digital scales, the contestant may step on each available official digital scale one time in an attempt to make weight immediately following the heavyweight class. The contestant shall not leave the weigh-in area during this time.
- 2.11 Weight Certification:** Southern Conference institutions shall follow NCAA Weight Certification procedures at all times during the regular season.

- 2.12 Hypohydration:** Hypohydration poses a health hazard to wrestlers. With regard to the practice of dehydration, the use of laxatives, emetics, excessive food and fluid restriction, self-induced vomiting, hot rooms, hot boxes, saunas and steam rooms are prohibited during the course of a season. Also, the use of diuretics at any time is prohibited. Regardless of the purpose, the use of vapor-impermeable suits (e.g., rubber or rubberized nylon) or any similar devices used solely for dehydration are prohibited. Artificial means of rehydration (i.e., intravenous hydration) are also prohibited.

3.0 Wrestling Committee

- 3.1** The Southern Conference Wrestling Committee shall consist at least of one athletics director, one faculty athletic representative, one senior woman administrator and one head coach. The sport committee shall perform the following duties:
- 3.1.1** Review the sport regulations for wrestling;
 - 3.1.2** Make recommendations to the Southern Conference Senior Woman Administrators Association and Athletics Directors Association as situations warrant;
 - 3.1.3** Ensure that coaches are informed about league rules and matters affecting wrestling in the Southern Conference;
 - 3.1.4** Conduct surveys, etc.; and
 - 3.1.5** Administer, in general, the sport of wrestling in the Southern Conference.

4.0 Head Coaches Meetings

- 4.1** Southern Conference head coaches shall meet once a year to address all matters relating to the sport of wrestling and to make recommendations to the Southern Conference Wrestling Committee. This meeting shall normally take place in the month of September.

5.0 Officiating

- 5.1 Coordinator of Officials:** The Southern Conference Coordinator of Wrestling Officials, under the direction of the Southern Conference Wrestling Committee, the Southern Conference Men's and Women's Officials Committee, and the Southern Conference Commissioner, shall establish a pool of officials for all regular season Conference matches and assign all wrestling officials.
- 5.2 Officials' Assignments:** One official shall be assigned to each Conference match. It is required that the official be a member of the designated pool of Southern Conference officials.
- 5.3 Officials Fees:** An official assigned to a Conference match shall be paid a flat fee of \$490 per match. No per diem or hotel accommodation is provided in addition to the fee. Future fee schedule: 2020-21 = \$490 and 2021-22 = \$500. *(Approved 6/15)*
- 5.4 Evaluation Forms:** Following the end of the season, the Coordinator of Wrestling Officials will forward evaluation forms to all SoCon coaches. These evaluations must be done for all officials working Conference matches. SoCon coaches are free to forward evaluations on any non-Conference matches assigned by the Coordinator of Wrestling Officials for purposes of identifying officials for future SoCon Championships. Evaluation forms should be sent via electronic mail by the head coach to the Coordinator of Wrestling Officials within 7 days of receipt of the evaluation forms.
- 5.5 Officials' Dressing Room:** The officials' dressing room must be clean, secure, lockable and not accessible to others. Additionally, it must contain the following items – two bath towels per official, a working shower, soap, iced or chilled bottles of water or isotonic beverages, and one chair per official. Security should be provided for the official to the dressing room after the match and to the arena exit after the competition is concluded. *(Approved 8/16)*

6.0 Match Management

- 6.1** The home athletics director (or his or her designee) shall serve as match management for all Southern Conference matches. It is suggested that the match management director visit briefly with the official and the visiting head coach prior to the match to answer any questions and inform them of his or her availability. The home athletics director and/or match management director also has the direct responsibility for crowd control as outlined in the Southern Conference Sportsmanship Code Regulations.
- 6.1.1 Artificial Noisemakers:** Artificial noisemakers, air horns and electronic amplifiers (other than the designated public address system) are not permissible at Southern Conference wrestling venues. Such instruments shall be removed from the facility when discovered inside.
- 6.1.2 Signs:** Signs of a derogatory nature directed towards an individual opponent, visiting team or match official are not permitted in Southern Conference venues. It is the responsibility of the home institution to see that any such signs are immediately removed.
- 6.1.3 Medical Personnel On-Site:** It is recommended that the host institution have a medical doctor available at the site of each Conference match throughout the duration of competition.
- 6.1.4 Game Management Provisions:** The following provisions shall be provided to the visiting team by the home team:
1. Bench: One 10-gallon cooler of water, one ice chest with ice and bags, two sleeves of cups, bench towels, one biohazard box.
 2. Dressing Room: A dressing room with showers if requested in advance by the visiting team. Shower towels and soap as needed if requested in advance.

7.0 Public Address Announcer

- 7.1** Only the designated public address announcer may use the microphone during a Southern Conference match. The public address announcer is responsible for what is said over the PA system. The primary function of the announcer is to give specific information to the fans, not to incite them by unnecessary inflection of voice beyond the pre-match introduction of the home wrestlers.

8.0 Cheerleaders, Pep Bands, Dance Teams, Mascots

- 8.1 Cheerleader Responsibilities:** Cheerleaders should be encouraged to help maintain good sportsmanship among the students and others in attendance. The head cheerleader should be ready at all times to instigate the most popular cheer in case an unpleasant situation should occur.
- 8.2 Cheerleader Restrictions:** Megaphones may never be turned toward the mat area. Amplified microphones are prohibited. Cheerleaders shall adhere to all rules as outlined by the American Association of Cheerleading Coaches and Administrators (AACCA). Cheerleaders should never be located behind an opposing team's bench.
- 8.3 Pep Band Restrictions:** Bands are allowed to play only during pre-match, between matches, post-match and during timeouts.
- 8.4 Dance Teams and Mascots:** Regulations as they apply to cheerleaders also apply to dance teams and mascots.
- 8.5 Travel Restrictions:** Cheerleading squads, pep bands and dance teams may travel during wrestling season only on weekends.

9.0 Conduct

- 9.1 Coaches' Conduct:** All head and assistant coaches are to conduct themselves in such a manner during a match as to ensure or promote good crowd control. Coaches are responsible for the conduct of their student-athletes and other staff members. Coaches (head and assistant) must follow Southern Conference Sportsmanship Code Regulations at all times.

9.2 Ejection/Suspension Policy: A coach or student-athlete removed from a contest for any unsportsmanlike act shall be subject to potential disciplinary action by the conference office, including suspension from future contests. (Revised 5/19)

9.3 Unsportsmanlike Behavior: Acts of unsportsmanlike behavior or unethical conduct including but not limited to those described below shall make the offending party subject to sanctions by the conference.

9.3.1 Fighting: Any attempt by a person to strike an opponent or contest participant in a combative manner unrelated to the sport involved or any act that incites an opponent to retaliate by acting in a similar manner shall be described as unsportsmanlike behavior.

9.3.2 Aggressive Behavior: The use of obscene gestures, profane language, or the display of hostile action towards officials, spectators, or opponents shall be described as unsportsmanlike.

9.3.3 Ejection: The removal by an official from a competitive sport activity shall require the ejected participant to leave the vicinity of the competitive activity immediately and be removed from both sight and sound of the contest.

9.3.4 Suspension: A penalty that denies the involved participant from being in the vicinity of the contest suspended from during the time period beginning one hour prior to the scheduled contest until the conclusion of the contest. A suspension does not affect practice opportunities outside of the above time limitations.

9.3.5 Vicinity of Contest: The immediate area/site of the competition extended to include any point or place from which the ejected/suspended individual could observe, hear, supervise, or participate in any manner in the contest from which the participant is being ejected or suspended.

9.3.6 Competitive Conditions: The failure of an institution to provide an environment for a contest that is safe and fair to competition shall be described as unsportsmanlike behavior.

10.0 Regular-Season Awards

10.1 The following awards shall be provided by the Conference and distributed to the appropriate institution following the conclusion of the Conference regular season:

10.1.1 Championship Trophy: One trophy, presented to the team with the best won-loss percentage in conference matches. In case of a tie, all tied teams shall receive trophies;

10.1.2 All-Conference Team: Ten plaques presented to the members of the All-Conference Team. The All-Conference Team shall consist of one member from each of the ten weight classes and be voted on by the head coaches and the balloting shall be conducted by the Conference office. Coaches are not allowed to vote for their own wrestlers;

10.1.3 Wrestler of the Year: One plaque presented to the student-athlete voted Wrestler of the Year. The Wrestler of the Year award shall be voted on by the head coaches and the balloting shall be conducted by the Conference office. Coaches are not allowed to vote for their own wrestlers;

10.1.4 Wrestlers of the Week: Certificates shall be presented to student-athletes named Wrestler of the Week during the regular season. The Wrestler of the Week shall be selected by the Conference office;

10.1.5 Wrestler of the Month: A Wrestler of the Month shall be awarded at the end of each month during the regular season. The Wrestler of the Month award shall be selected by the Conference office;

10.1.6 All-Freshman Team: An All-Freshman team shall be named consisting of 10 freshman, true freshmen, red shirt or otherwise. The members will be selected without regard to weight class. The freshman receiving the highest number of votes will be named as the Freshman of the Year. Balloting will be done as it is for All-Conference voting. (Effective 10/09)

11.0 Two-Year Moratorium of Approved Sport Regulations: Sport regulations approved by the membership must be implemented for two full seasons before they may be considered for amendment, except in instances where changes are made to the regulation on a national level (i.e. an NCAA rule or a national governing body policy). Coaches' recommendations that are not approved by the membership are subject to the moratorium and may not be reconsidered by the membership for two years. A 75% vote of the athletic directors may overrule the two-year moratorium on a case-by-case basis. *(Approved and Effective 6/10)*

Conference Championship Regulations

1.0 Championship Format

- 1.1 At the conclusion of the regular season, a Conference tournament shall be conducted to determine the Southern Conference Tournament champion and the recipient of the league's individual automatic bids to participate in the NCAA Division I Wrestling Championship. As many teams that are eligible to compete will participate in the Conference Championship. The Conference tournament will be conducted in one day.
- 1.2 For most Conference sports, the championship shall conclude no later than the original dates of competition, regardless of any weather-related delays or postponements. This shall be true in baseball, men's & women's golf, men's & women's lacrosse, men's & women's soccer, volleyball, men's & women's indoor track & field, rifle, wrestling, and men's & women's cross country. The only sports which permit one additional day to conclude the championship because of weather-related issues are men's & women's tennis, softball, and men's & women's outdoor track & field. Men's & women's basketball would be determined by a decision made by the Commissioner's office and the basketball committee. *(Updated 7/18)*

- 2.0 **Championship Dates.** The Southern Conference Championship will be conducted prior to the NCAA Tournament on the dates recommended by the Southern Conference Athletics Directors Association. The dates for the 2020 Conference Championship shall be Sunday, March 8th.

3.0 Championship Location

- 3.1 **Bid Process:** The location of the championship shall be determined by the Southern Conference Athletics Directors Association. Information pertaining to possible tournament locations shall be reviewed first by the Southern Conference Wrestling Committee and Senior Woman Administrators Association.

3.1.1 Championship Location: The 2020 Southern Conference Wrestling Championships shall be contested at the Holmes Convocation Center and hosted by Appalachian State in Boone, North Carolina.

3.1.2 Future Championship Locations: Future sites of the Southern Conference Wrestling Championship will be announced at a later date.

4.0 Tournament Schedule

- 4.1 **Match Times:** All tournament match times shall be set by the Southern Conference Wrestling Committee. Matches may not start before announced times.

4.1.1 Tournament Schedule: The schedule for the Southern Conference Wrestling Championship will be established by the host institution and approved by the Wrestling Committee.

4.1.2 Finals Schedule: A meeting of all head coaches will take place prior to the start of the finals to determine the wrestling order of the finals for the sole purpose of alleviating any extended intermission(s) between championship matches and potential true-place matches. This will take place by majority vote. *(Approved 10/12)*

4.1.3 Practice Times: The host institution shall make practice time available in proximity to the site of tournament competition on the day before the tournament begins. Practice times shall be awarded based upon the teams' preference beginning with the No. 1 seed, the No. 2 seed and continuing through the entire field. Teams may mutually agree to trade practice times upon notification to the Conference administrator. *(Approved 6/16)*

5.0 Tournament Administration

- 5.1 **Wrestling Committee Involvement:** The Southern Conference's championship administrator on site and the Southern Conference Wrestling Committee shall provide general oversight of the tournament. The Wrestling Committee shall have the authority to discipline any member institution that does not abide by Conference regulations.

- 5.2 Games Committee:** A Games Committee shall be appointed for the tournament consisting of Wrestling Committee members on site, the athletics director of the host institution or his or her designee, the Southern Conference championships administrator on site (who shall serve as chair of the committee), the tournament director, and the head official as designated by the Coordinator of Wrestling Officials. The Games Committee shall:
- A. Ensure that the tournament is conducted in accordance with the rules and regulations of the Southern Conference as contained in the Southern Conference Championship manual and these sport regulations;
 - B. Make decisions regarding situations that occur where resolution is not covered in the rules and regulations of the NCAA or the Southern Conference as stated in the Championship manual or these sport regulations;
 - C. Inspect the competition facilities prior to the start of the event.
- 5.3 Tournament Director:** The host institution or agency for the championship shall appoint a tournament director who, along with the conference liaison, shall perform the following functions under the direction of the Wrestling Committee:
- A. Serve as supervisor of the tournament;
 - B. Plan and coordinate all activities of the tournament in conjunction with the Southern Conference Wrestling Committee and local organizing committee(s);
 - C. Provide relevant tournament information to all coaches, athletics directors, chief executive officers, faculty representatives, senior woman administrators and other necessary personnel of competing institutions;
 - D. Coordinate and supervise the activities of the officials;
 - E. Oversee servicing the needs of the participants and spectators as prescribed in the championship manual;
 - F. Delegate duties and responsibilities to tournament personnel;
 - G. Secure a certified trainer and other medical personnel for the tournament.
- 5.4 Media Coordinator:** The tournament director shall appoint a tournament media coordinator, who shall perform the following duties:
- A. Coordinate and administer all media working areas and media hospitality areas;
 - B. Process all media requests for working credentials;
 - C. Coordinate the activities of the stats crew and make sure that results are made available to all media and teams in a timely fashion;
 - D. Write and distribute all releases as necessary prior to and during the tournament;
 - E. Be responsible for post-tournament awards balloting;
 - F. Provide working seats for the media on each day of the tournament;
 - G. Coordinate the installation of phone lines as necessary for media members;
 - H. Fulfill the needs of Conference sports information directors not on site.
- 5.5 Medical Personnel:** All medical staff for the tournament shall be appointed by the tournament director, who shall ensure that the following occurs:
- A. That a certified athletics trainer is available for skin checks and present at all matches;
 - B. That a dermatologist is available for skin checks and on call during all matches;
 - C. That a general practitioner or orthopedic physician is on site at all matches;
 - D. That an EMS unit is on site during all matches;
 - E. That there is planned and pre-arranged access to medical facilities;
 - F. That training facilities and training supplies are available for all tournament events;
 - G. That information concerning medical and training accommodations is distributed to all head athletic trainers and head coaches prior to their arrival at the tournament site.
- 5.6 Officials:** The Southern Conference Coordinator of Officials shall contract all officials to work the tournament and shall:
- A. Assign a pool of officials to work the tournament. Coaches' recommendations will be solicited during the season via evaluations and at a post-tournament evaluation. Head coaches do not possess the ability to scratch or blackball officials as per NCAA policy;
 - B. Conduct pre-tournament meetings as necessary with officials;
 - C. Conduct pre-tournament meetings as necessary with scorer's table personnel.

5.7 Additional Tournament Personnel: The following additional personnel shall be appointed by the tournament director and/or Conference office working in tandem:

- A. Public address announcer;
- B. Official scorer;
- C. Clock, scoreboard and video board operators;
- D. Wrestling mat attendants (at least one for each match);
- E. Video review personnel;
- F. In addition, Southern Conference Wrestling Committee members (excluding the head coach representative), may be assigned specific duties as necessary to ensure the orderly operation of the event.

5.8 Promotions Director: The tournament director shall appoint a promotions director, who shall ensure that a marketing and promotions plan is created to promote awareness and ticket sales to fans of member institutions and their local communities, as well as the local community that the tournament is being staged in.

6.0 Championship Manual

6.1 The Southern Conference staff liaison shall send a championship manual to all Conference coaches, athletics directors, senior woman administrators, and sports information directors at least one month prior to the tournament. The following information shall be contained in the manual:

- A. Facilities information;
- B. Telephone numbers and addresses of key tournament personnel;
- C. Local maps;
- D. Dates, times and location of the tournament and related activities;
- E. Information on team and institutional credentials and parking passes;
- F. A tournament itinerary;
- G. Medical and training information;
- H. Media information;
- I. Information on hospitality and social functions;
- J. Names and responsibilities of Local Organizing Committee personnel;
- K. Names and responsibilities of host institution personnel;
- L. A tournament emergency plan and emergency telephone numbers.

7.0 Tournament Procedures

7.1 Seeding: Head coaches shall submit their team entry forms (designating their 10 wrestlers in each weight class) to the Conference office prior to 12 Noon (EST) on the Monday prior to the championship. The Conference office will then distribute a ballot with those names to the head coaches. The head coaches will then rank each weight class prior to 5:00 PM (EST) on the Tuesday prior to the championship. Based on the cumulative ranking of each weight class, a point total will be assigned to each wrestler. The highest point total in each weight class will be seeded No. 1, the second-highest point total will be seeded No. 2 and so on for all six wrestlers at each weight class. If there are ties in point totals the criteria in 7.1.1 or 7.1.2 below will be used to break the tie. (*Approved and Effective 10/10*)

7.1.1 Tiebreaker:

- A. Head-to-head records during regular season Conference duals at that weight class will be used to determine the higher seed;
- B. If the two wrestlers failed to meet in a regular season Conference dual than any head-to-head meeting at that weight class during the current regular-season shall determine the higher seed unless the wrestlers have met 3 or more times;
- C. If the two wrestlers failed to meet during the current regular season, or were tied when doing so OR met 3 or more times, then the record (net differential) vs. all common opponents during the current regular season (regardless of weight class) shall determine the higher seed. You may not use the same opponent for more than 1 net win or 1 net loss (i.e. if Wrestler A is 2-0 and Wrestler B is 1-0 against a common opponent – they are still tied because you cannot use the same opponent for more than 1 net win);
- D. If the wrestlers have a tie in net differential or they have no common opponents during the current regular season, the highest seed will be determined by the wrestler who has the highest top 33 ranking in the final NCAA/NWCA Coaches Poll. If there is still a tie or neither wrestler is ranked proceed down the line;

- E. Win over a returning All-American;
- F. Most wins over Top 12 wrestlers in the final NCAA/NWCA Coaches Poll;
- G. Most wins over Top 20 wrestlers in the final NCAA/NWCA Coaches Poll;
- H. Most wins over Top 33 wrestlers in the final NCAA/NWCA Coaches Poll;
- I. The wrestler that has qualified at that weight class for an automatic bid to the upcoming NCAA championship;
- J. If the wrestlers are still tied a vote of all of the coaches will take place via conference call or email prior to the championship;
- K. In the case of a tie in coaches voting the seed will be determined by total number of Division I wins during the current regular season. You may not use the same Division I opponent for more than 1 win;
- L. If the wrestlers have the same total number of Division I wins then the higher seed will be the wrestler with the fewest total Division I losses during the current regular season. You may not use the same Division I opponent for more than 1 loss.

7.1.2 Three-Way Tie:

- A. In the event of a three-way tie for seed, the best record (net differential) vs. all overall common opponents during the current regular season shall determine the highest seed of the three. You may not use the same opponent for more than 1 net win or 1 net loss;
- B. In the event that the best record (net differential) vs. all overall common opponents during the current regular season fails to break the three-way tie, proceed to criteria 7.1.1 D to determine the higher seed of the three;
- C. Once the higher seed of the three is established, the remaining two seeds will be determined by head to head record during the current regular season (including both conference duals and other meets);
- D. If no head-to-head match exists between the remaining two seeds, the tie will be broken by the best record (net differential) vs. all overall common opponents during the current regular season regardless of weight class. You may not use the same opponent for more than 1 net win or 1 net loss. If there is still a tie between the remaining two seeds, the tie will be broken by proceeding to 7.1.1 D above.

7.2. Ticket Prices: Ticket prices for the 2020 Southern Conference Tournament shall be set by the Southern Conference and approved by the Wrestling Committee.

7.2.1 Complimentary Tickets: Schools shall receive no complimentary tickets for the 2020 Southern Conference Tournament.

7.3 Wrestling Rules: The wrestling rules for the Southern Conference Championship shall conform to those rules adopted for NCAA Division I Wrestling and the Southern Conference as stated in the Southern Conference Championship Manual and these sport regulations.

7.4 Uniforms: All competitors must wear an official uniform similar in design and identical in color of their institution in competition, warmups and during the post-tournament awards ceremony. In accordance with NCAA rules, the institutions' official uniform (including warm-ups) and all other items of apparel (socks, head bands, t-shirts, wrist bands, towels, etc.) should bear only a single manufacturer's or distributors normal label or trademark. The label or trademark may not exceed 2 1/4 inches square in size. Equipment (i.e., shoes) may bear only the manufacturer's normal label or trademark as it is used on all such items for sale to the general public. Failure to comply with this regulation may cause disqualification or may jeopardize a student-athlete's eligibility.

7.5 Student-Athlete Eligibility: Each institution is responsible for submitting a list of competing student-athletes to the Conference compliance administrator no later than three (3) days prior to the start of the tournament. The list will be compared to previously submitted Squad Lists and the Conference office will notify an institution if a problem arises with any of its student-athletes. Student-athletes not deemed eligible to compete may not be in uniform during the Conference Championship.

7.6 Head Coaches Meeting: A Southern Conference head coaches meeting will be held at the tournament site prior to the start of competition. The Conference administrator and Wrestling Committee Chair will direct the meeting and review information pertinent to the championship. The head coach of each institution is required to attend this meeting. Head coaches who do not attend the meeting are subject to disciplinary action as imposed by the Wrestling Committee and enforced by the Commissioner.

7.7 Pre-Match Format: The following items address the issue of pre-match format:

- A. No round of the tournament shall begin prior to the announced times;
- B. The mat area shall be available for all teams to utilize for warmups at least one hour prior to the start of competition;
- C. A national anthem shall be played prior to the start of competition.

7.7.1 Player Introductions: Pre-match introductions for the tournament shall be as follows:

- A. For all rounds of the tournament except the finals, the pre-match introductions of competitors shall take place prior to each individual match;
- B. For the finals, pre-match introductions of all competitors will take place prior to the start of the round.

7.8 Squad Size Restrictions: Travel squads to the tournament are limited to 16 institutional representatives with no more than 13 student-athletes in uniform. A student-athlete will need a valid participant credential to enter the tournament venue. Coaches, trainers, managers and student-athletes not in uniform will need to display a visible participant credential to be allowed in the tournament venue or near the mat area during competition.

7.9 Skin Checks: All participants will be examined by a physician or certified athletic trainer for communicable skin diseases immediately prior to weighing in for the tournament. A dermatologist shall be required to be on-site for the conduct of skin checks for reference purposes. Failure of a participant to receive a skin check during the designated time will result in disqualification. The physician or certified athletic trainer will report the results of all examinations to the tournament director or Southern Conference staff liaison, who will then be responsible for the administrative enforcement of the medical recommendation if it involves disqualification from the tournament. It is recommended that the skin over the entire body be examined before participation. Open wounds and infectious skin conditions that cannot adequately be protected should be considered cause for disqualification. Recommended tournament guidelines for disposition of skin infections can be found in the NCAA Wrestling Championships Handbook. Categories of such skin conditions and examples include:

- A. Bacterial skin infections (impetigo, erysipelas, carbuncle, generalized folliculitis, hidradenitis suppurative);
- B. Parasitic skin infections (pediculosis, scabies);
- C. Viral skin infections (herpes simplex, herpes zoster, molluscum contagiosum);
- D. Fungal skin infections (tinea corporis).

7.9.1 Skin Check Procedures: The following procedures shall be observed during skin checks:

- A. Male student-athletes shall wear shorts during examinations;
- B. Skin checks will precede official weigh-ins;
- C. All weight groups (including wrestlers who may not weigh in) will be examined. Wrestlers will be examined by weight groups beginning with the 125-pound class. All 125-pound wrestlers will be examined before the 133-pound class.

7.10 Weigh-In Policies: The following procedures shall be observed during weigh-ins.

- A. Weigh-Ins will take place two hours prior to the start of the championship. *(Revised 9/08)*
- B. Each wrestler who plans to participate in the Southern Conference Wrestling Tournament must weigh in at or under his or her weight class. At the scheduled time for weigh-ins, all activities that promote dehydration must cease and all student-athletes who wish to compete must present themselves at the scales;
- C. Two digital scales will be utilized for weigh-ins. Weigh-ins for 125 lbs through 157 lbs will take place on Scale 1. Weigh-ins for 165 lbs through 285 lbs will take place on Scale 2. Weigh-ins at each scale will take place by weight class with the 125 lbs and 165 lbs wrestlers going first. If a contestant fails to make weight on one of the designated scales, the contestant may step on each additional scale one time in an attempt to make weight immediately following the conclusion of the final weight class on that scale at the conclusion of the 157 lbs and 285 lbs weigh-ins. The contestant shall not leave the weigh-in area during this time;
- D. A wrestler choosing to step onto a second scale after not making weight on the first scale shall do so immediately after all wrestlers scheduled to weigh in on that scale have finished at the conclusion of the 157 lbs and 285 lbs weigh-ins. A wrestler must attempt weight immediately or be declared ineligible for the attempted weight class;
- E. All wrestlers will weigh-in with their weight class. Wrestlers may not defer their initial opportunity to weigh in;

- F. When a weight class is called, the appropriate wrestlers will line up for weigh-in. Each wrestler will then hand the official at each scale in charge of weigh-in a picture ID before stepping on the scale. Should a wrestler forget his ID, two opposing coaches must verify his identity;
- G. All wrestlers should weigh-in with shorts. Wrestlers will step on their appointed scale backwards and remain still until released by the weigh-in official.
- H. Scales shall be available at the tournament site for use by competing teams no later than 2 p.m. the day prior to the championships.

7.11 Media Policies: All coaches and student-athletes shall be available for interviews with the media. Student-athletes shall be required to speak with the media following a 10-minute “cooling off” period after the completion of their final individual competition of the tournament. Coaches shall be required to speak with the media following a 10-minute “cooling-off” period after their team’s final competition of the tournament.

7.11.1 Cooling-Off Period: The cooling-off period will begin when all coaches and players have entered the dressing room or left the mat area following a match. The cooling-off period will not be extended to allow coaches or players to do interviews with a broadcasting television network. In the event that these interviews take place, the cooling-off period will begin when the majority of a team’s players and coaches have entered the dressing room or left the mat area.

7.11.2 Dressing Rooms: The dressing rooms of teams competing in the Southern Conference Tournament will be considered closed unless a media member states a desire to enter the dressing room area prior to the conclusion of a match. This request must be made to the tournament media coordinator or the sports information director of the participating team.

7.12 Officials Responsibilities: Officials and their duties are outlined in the NCAA Wrestling Rules.

7.13 True-Place Matches: True-place matches may be needed in the event that a weight class is allocated more than one automatic qualifier by the NCAA prior to the Conference Championship. True-place matches will be wrestled in the event that the two wrestlers have not wrestled earlier in the tournament. (e.g., the 2nd place wrestler has not wrestled the 3rd place wrestler in the tournament). True-place matches will not be wrestled if the two have met previously in the tournament. In this instance the prior result will be used to determine the “true place” regardless of which wrestler placed higher in the tournament. *(Approved 10/11)*

7.13.1 Scheduling of True-Place Matches: True-place matches normally take place after the heavyweight finals (in weight class order). The true-place match will be scheduled so that no contestant shall wrestle with less than 45 minutes of rest between matches. This ensures that all wrestlers have an adequate recovery period. *(Approved 10/11)*

8.0 Tournament Awards

8.1 Awards Ceremony: An awards ceremony will be held at the conclusion of the tournament. The following awards shall be provided by the Conference office and distributed:

8.1.1 Championship Trophy: One trophy presented to the head coach and captains of the winning team;

8.1.2 Runner-up Trophy: One trophy presented to the head coach and captains of the runner-up team;

8.1.3 Third Place Finisher Medals: Plaques shall be presented to each individual finishing in third place in a weight class;

8.1.4 Second Place Finisher Medals: Plaques shall be presented to each individual finishing in second place in a weight class;

8.1.5 First Place Finisher Medals: Plaques shall be presented to each individual finishing in first place in a weight class;

8.1.6 Most Outstanding Wrestler Plaque: One plaque shall be presented to the wrestler selected as the Most Outstanding Wrestler of the tournament. The Most Outstanding Wrestler shall be selected by the head coaches at the tournament site. The voting shall be conducted by the Conference office. Coaches are not allowed to vote for their own student-athletes;

8.1.7 Coach of the Year Plaque: One plaque shall be presented to the person selected as the Coach of the Year. The Coach of the Year shall be selected by the head coaches at the tournament site. The voting shall be conducted by the Conference office.

8.2 Other Awards: Other awards presented in conjunction with the Southern Conference Championship are as follows:

8.2.1 Individual Championship Team Plaques: Thirteen (13) individual plaques will be presented to the head coach of the championship team for presentation to the student-athletes of the championship team. These plaques will be presented at the head coach's discretion.

8.2.2 Southern Conference Pinnacle Award: The Conference annually recognizes the student-athlete with the highest cumulative GPA from the team winning the Conference post-season tournament or meet in each sport. The criteria for the Pinnacle Award are as follows: the student-athlete must be an active member on the team roster, present at the championship and eligible to compete; the student-athlete is permitted to win only once per year, even if the student competes in more than one sport; the student-athlete must have a 3.0 GPA or better; the student-athlete should be at least a sophomore in academic standing (minimum two completed semesters at the Conference institution). For tiebreaking purposes, the following considerations shall be used (in order): current cumulative GPA (calculated to hundredths, e.g. 3.54) based on all semesters completed up to the point of the championship, including January terms; and percentage of credit hours the student-athlete has completed toward their major. *(Approved 6/16)*

9.0 Institutional Passes

9.1 VIP Hospitality Passes: Each member institution shall receive VIP Hospitality passes for use during the Southern Conference Championship, provided that VIP functions are conducted. These passes shall be provided in a number as approved by the Conference's tournament administrator. The passes may be distributed at the discretion of each school's athletics director.

9.2 VIP Parking Passes: Each member institution shall receive VIP Parking passes for use during the Southern Conference Championship. These passes shall be provided in a number as approved by the Conference's tournament administrator. The passes may be distributed at the discretion of each school's athletics director.

9.3 Team Bus Parking Passes: If necessary, each competing team shall be awarded bus passes as needed for use during the Southern Conference Championship. The bus passes shall be distributed by the tournament director and are non-transferable.