Lancaster Lebanon Wrestling Coaches Association
Future Varsity League
By-Laws

Established August 2017
Amended April 2018

Article I: Organization

A. The Lancaster-Lebanon Wrestling Coaches Association – Future Varsity League (FVL) will be composed of member teams from within the Lancaster-Lebanon League, with new teams being admitted or removed by a simple majority of votes by member teams in attendance at the annual league meeting.
B. The LLWCA - FVL is not a sanctioning body. No membership fees are assessed. Its sole function is to provide a forum for general sameness among member teams, with respect to age, weight categories, and wrestler ability.
C. The FVL will be overseen by the President of the LLWCA, or a designated Executive Director, and a Committee of Coaches from the Lancaster Lebanon Wrestling Coaches Association which is made up of the varsity head coaches of the Lancaster-Lebanon League.
D. The Executive Director, if designated, will be a member of the Lancaster-Lebanon Wrestling Coaches Association and appointed to serve in this role by the officers of the Lancaster-Lebanon Wrestling Coaches Association on an annual basis. Approval and renewal will be by majority vote of the members of the Lancaster-Lebanon Wrestling Coaches Association.
E. The Committee of Coaches meant to assist the President of the LLWCA or the Executive Director in overseeing the FVL will be additional members of the Lancaster Lebanon Wrestling Coaches Association and also appointed by the officer board of the Lancaster Lebanon Wrestling Coaches Association. The committee should consist of at least 3 coaches. Approval will be by majority vote of the members of the Lancaster-Lebanon Wrestling Coaches Association.
F. The role and function of the President of the LLWCA, or the Executive Director, and Committee of Coaches is to schedule the annual meeting for no later than October 15 and, if necessary, a second meeting no later than November 15 and prior to scheduled meets. Member teams should have at least two weeks' notice as to date, time, and place of each meeting.
G. The purpose of the annual meeting is to establish member teams, set competition schedules, suggest and make improvements as needed to the FVL, and work together to grow the sport of wrestling.
H. Member teams may be represented by more than one representative at the meeting, but are restricted to one vote per team per ballot issue.
I. There must be more than 50% of the member teams present at the meeting to vote on any amendments to the by-laws.
J. In case of a tie, the President of the LLWCA, or Executive Director, shall cast the deciding vote.

Article II: Eligibility

A. Each team may consist of wrestlers in four age categories (**age as of December 31, said season**) in grade levels Kindergarten through sixth grade only, no Jr. High students).
    a. 6U 6 years old and under
    b. 8U 7 & 8 years' old
    c. 10U 9 & 10 years' old
    d. 12U 11 & 12 years' old

B. Weight Classes are as follows:
    a. 6U 40, 44, 48, 52, 56, 60, 65, 73
    b. 8U* 45, 50, 55, 60, 65, **70**, 75, **80**, 90, **100**, 110
    c. 10U* 55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 120, 150
    d. 12U* 65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 125, 135, 145, 160, 200
    * (All 8U, 10U, and 12U weight classes are PJW weights EXCEPT bolded numbers in 8U)

C. In league meets, wrestlers will be able to wrestle up one age division, with parental permission, in order to obtain a match.
D. **League meets must be given priority status. All programs must honor league commitments and compete in all 4 in-season events as well as the end-of-season tournament series that culminates with the league championship.**
E. **An individual wrestler of a member program must participate in at least 2 out of 4 league meets in order to be eligible for the end-of-season tournament series.**
F. Wrestlers must reside within or attend the Lancaster-Lebanon League school district for which they are competing in order to be eligible to participate in league competitions.
G. Wrestlers may compete in any type of form fitting clothing including traditional singlet, an alternate two-piece uniform consisting of compression shorts or shorts designed for wrestling and a form-fitted compression shirt, along with wrestling shoes or clean sneakers. **A headgear is not required, but strongly encouraged**.

Article III: General Requirements

A. Each team must submit a roster listing each member by division, name, date of birth, age, weight, and years of experience. Ability levels will be discussed when setting up bouts for league matches. Rosters should be e-mailed to the President of the LLWCA, or the Executive Director, no later than one week before the date of the first scheduled League match.
B. Each home team (host school) of a league meet is responsible for obtaining scorekeepers, timers, an EMT or athletic trainer, **and PIAA officials**. In the event that PIAA officials cannot be obtained, the next qualified adults will be accepted. All hosting teams must make every attempt to have at least one paid PIAA official available.
C. The President of the LLWCA, or Executive Director, and Committee of Coaches will work with the Lancaster-Lebanon League Wrestling Officials Association to help establish coverage for meets and an equitable payment scale, either per hour or per event rate for officials.
    a. Recommended Rate: $30/hour; Guaranteed $100 for the first 3 hours.
D. Only four (4) coaches are allowed on the competition floor during a meet and only two (2) coaches in the corner of a mat during meets. This is to be enforced by each team.
E. Admission may be charged by the host team (host school) for each adult ($5), students grades 7-12 ($3), with grades 6 and under and competing wrestlers free.
F. Each member team is permitted to have free admission for up to four (4) designated coaches whose names are provided in advance to the host team (host school).

Article IV: Meet Structure

A. Each league meet will consist of a least 4 or more member teams at the site of the host team.
B. Satellite weigh-ins will occur during the week, prior to each league meet, in order to establish ACTUAL WEIGHTS for each wrestler for the upcoming meet. Actual weights are to be recorded on the team roster submitted to the host school. **An opposing team witness of the weigh-in is not required.** Teams are on the HONOR SYSTEM.
C. **There will be ONE league-approved wrestler rating system (ability level) and Excel document used for submitting a team's roster to the host school for each league meet**.
    a. **Rating System/Ability Level**
        - 1 = Novice, brand new to the sport
        - 2 = A season of experience, but still learning and pretty "green"
        - 3 = A few seasons experience; Starter *potential* for a youth dual team
        - 4 = A few seasons experience; Youth dual team starter; Frequent tournament medalist
        - 5 = PJW place finisher potential and experience.
D. **A face-to-face meeting of coaches of participating teams in a league meet MUST take place in advance of the competition date for the purpose of organizing bouts and matching wrestlers up by age category, weight, and experience**.

E. The host school may request rosters in advance of the planned competition for the purposes of preparing **tentative** groupings, however, they **CANNOT** make the final pairings without the input of the member teams in a face-to-face meeting.

F. Pairings for bouts in league meets (not end-of-season tournaments) will be based on using a MADISION SYSTEM, making sure to pair wrestlers within acceptable weight ranges <u>not to exceed one weight class</u> above which the actual weight qualifies a wrestler.

G. Coaches should work to get each wrestler at least two bouts but no more than 4 bouts within a meet.

H. Bout length of league matches is 1-1-1 with OT to follow PIAA rules.

I. No team score will be kept under this format. The primary purpose is to get wrestlers mat time and experience against opponents of similar ability level.

J. Individual win-loss records should be kept for each wrestler for the purpose of arranging future league meet match-ups or for future league tournament seeding.

K. **League meets will occur over the course FOUR designated weekends during the season**.

LANCASTER-LEBANON WRESTLING COACHES' ASSOCIATION
FUTURE VARSITY LEAGUE
(LLWCA – FVL)
Member Teams

1. Annville Cleona
2. Cedar Crest
3. Cocalico
4. Columbia
5. Conestoga Valley
6. Donegal
7. ELCO
8. Garden Spot
9. JP McCaskey
10. Lampeter-Strasburg
11. Lancaster Catholic
12. Manheim Central
13. Manheim Township
14. Northern Lebanon
15. Pequea Valley
16. Penn Manor
17. Solanco
18. Warwick

<u>Non-Members</u>: Elizabethtown, Ephrata, Hempfield, and Lebanon; Joining the L-L in 2018-19 : Octorara

<u>DIVISIONS</u>

<u>NORTH</u>
Annville Cleona
Cedar Crest
ELCO
Northern Lebanon

<u>SOUTH</u>
JP McCaskey
Lampeter-Strasburg
Lancaster Catholic
Penn Manor
Solanco

<u>EAST</u>
Cocalico
Conestoga Valley
Garden Spot
Manheim Township
Pequea Valley

<u>WEST</u>
Columbia
Donegal
Manheim Central
Warwick

2018-19 Season Dates for League Meets

Round 1: Date – December 15th or 16th

Site 1:	Site 2:	Site 3:	Site 4:

Round 2: Date - January 12th or 13th

Site 1:	Site 2:	Site 3:	Site 4:

Round 3: Date – January 26th or 27th

Site 1:	Site 2:	Site 3:	Site 4:

Round 4: Date – February 9th or 10th

Site 1:	Site 2:	Site 3:	Site 4:

Future Varsity League Tournament Series

A. General Information

A league tournament series will be held at the end of each season in the following order.

- League Divisional Qualifier – February 16th
  - North @ _____
  - South @ _____
  - West @ _____
  - East @ _____
- League Regional Qualifier – February 23rd
  - North-West @ _____
  - South-East @ _____
- League Championships – March 2nd
  - All League Finals @ _____

At the annual scheduling meeting, the date and place of all tournaments will be identified and need to be confirmed no later than October 31st.

Awards: The host team for each stage of the Tournament will be responsible for obtaining the awards.

Qualifier-

- Medals shall be given to the top four winners in each weight class.
- **All participants in the Divisional Qualifier shall be given a T-shirt which will be the responsibility of the host team**

Regional Tournament-

- Medals shall be given to the top four winners in each weight class.

Championship Tournament-

- Trophies shall be given to the top four winners in each weight class.
- **Champions will be given a shirt also the responsibility of the host team**

Entry Fees:

- A fee of $20 per wrestler will be charged for the Divisional Qualifiers. A fee of $15 per wrestler will be charged for the Regionals and again for the Championships (*Stages: Divisional Qualifier, Regional and Championships)*

Weigh-ins:

- For ALL stages of the tournament series, **wrestlers for each team will weigh-in on-site at the host school on the designated time and date – Either the night before the event or the morning of the event**.
- PIAA weigh-in rules apply - - Once a wrestler steps on the scale, if they are over, they may step off the scale and back on one time to make weight. If they are still over, they may step on ONE time on any other available scale. However, they may not do any physical activity to lose weight. If they fail to make weight, they will be scratched from the event. *(Note: 2 tenths of a pound will be given for male wrestlers' undergarments & 4 tenths of a pound will be given for female wrestlers' undergarments)*
- **No weight allowance will be given at any stage of the tournament series from the Qualifier to the League Championship**.

B. League Qualifier

The league will be divided into 4 divisions (North, South, East & West).

Host Teams:

- Each division will have a Divisional Qualifier at the end of the season. Each team in each division will have the opportunity to hold the Divisional Qualifier at their home site with the previous season's host going to the bottom of the list. If a team forfeits their turn or opts out of hosting, then the next available program is given the opportunity to host.

Advancement:

- The top four wrestlers will advance to the League Regional Tournament
- **A 5th Place bout should be wrestled in order to designate an "alternate" to take the place of a top 4 wrestler who chooses not to or is unable to advance**.

Weigh-ins:

- ***Refer to general tournament weigh-in info above.***

Registration:

- Divisional Qualifier registration forms must be sent by the host team to all the participating teams in the division by January 15th. **T-Shirt counts and sizes must be back to the host team by January 28th**.

Seeding & Brackets:

- Seeding wrestlers for the Divisional Qualifier will be done on Wednesday evening prior to the event at a site to be determined by the host team.
- If only 3 participants in a weight class, it will go to round robin.
- The brackets will remain the same after weigh-ins have been completed.
- Any wrestler paired against another wrestler that does not present themselves at the tournament will receive a bye for the bout.
- Every effort will be made to separate same team wrestlers for the first round of a bracket.

Admission Rate:

- Adults $5 Students $3
- 5 free coaches per school

C. Regional Tournament

- The Regional Tournament will be divided into 2 divisions (North-West & South-East).

Host Teams:

- Each team in the regional division will have the opportunity to hold the Regional Tournament at their home site
- After the Regional Tournament, the host school will move to the bottom of the list giving the next team in line the option of hosting the following season.

Advancement:

- The top four wrestlers will advance to the League Championship Tournament
- **A 5th Place bout should be wrestled in order to designate an "alternate" to take the place of a top 4 wrestler who chooses not to or is unable to advance**.

Weigh-ins:

- ***Refer to general tournament weigh-in info above.***

Registration:

- Regional Tournament registration forms with payment should be completed and turned in to the Regional Host School at the **completion** of the Qualifying Tournament.

Seeding & Brackets:

- Seeding of wrestlers will be determined by the place by which place they took at the Divisional Qualifier.

8 Man Brackets should be set up as such:

North-West Regional	**South-East Regional**
N1	S1
W4	E4
N3	S3
W2	E2
N2	S2
W3	E3
N4	S4
W1	E1

- The brackets will remain the same after weigh-ins have been completed.

- Any wrestler paired against another wrestler that does not present themselves at the tournament will receive a bye for the bout.

- Every effort will be made to separate same team wrestlers for the first round of a bracket.

Admission Fee:

- Adults $5 Students $3
- 5 free coaches per school

C. Championship Tournament

- A league Championship will be held at the end of each season.

Weigh-ins:

- ***Refer to general tournament weigh-in info above.***

Seeding & Brackets:

- Seeding of wrestlers will be determined by the place by which place they took at the Regional Tournament.
- 8 Man Brackets should be set up as such:

NW1
SE4

NW3
SE2

NW2
SE3

NW4
SE1

- The brackets will remain the same after weigh-ins have been completed.

- Any wrestler paired against another wrestler that does not present themselves at the tournament will receive a bye for the bout.

- Every effort will be made to separate same team wrestlers for the first round of a bracket.

Admission Fee:

- Adults $5 Students $3
- 5 free coaches per school