

This handbook is for the use of wrestling coaches who are to be familiar with its contents. Any comments or suggestions regarding the contents should be brought to the attention of the sport committee chair or administrative liaison.

## Section I – Sport Committee

- A. A wrestling sport committee, composed of up to five persons, is appointed by the MAC executive director.
- B. The sport committee is responsible for the conduct of the championship tournament under approved conference policies (Operating Procedures, Article III, Part B, page 2).
- C. The sport committee chair conducts the annual coach’s conference call on the Tuesday after the NCAA Championship (Operating Procedures, Article III, Part C, page 2).

## Section II – Conference Organization

### Middle Atlantic Conference

Alvernia

Delaware Valley

King’s

Messiah

Stevens

York (Pa.)

## Section III – Championship

- A. A conference champion is determined by a tournament at a conference school on the third Saturday in January.
- B. An individual champion for each weight class is determined at the conference tournament.
- C. To host, a school must be able to provide four mats and clocks per NCAA guidelines, Trackwrestling tournament management software, and seating for about 250 spectators (bleachers at each mat). Future sites:

2025 King’s

2026 Messiah

2027 Alvernia

2028 York

- D. The MAC office sends a letter to each institution eligible to participate in the championship that includes:

- 1. Championship schedule

Thursday

7:30 p.m.

Final entries due

Saturday

8:45 a.m.

Skin check

9 a.m.

Weigh-in

Friday		After weigh-in	Approved championship brackets released
9 a.m.	Coaches seed tournament via conference call	10:30 a.m.	Matches start and continue without breaks

2. Team entry file and entry procedures.
  - a. Each team may submit a maximum of two entries in each weight class.
  - b. Coaches seed six wrestlers at each weight class.
  - c. A wrestler who does not make weight or fails to pass the skin test is scratched from the program.
  - d. The brackets are finalized and released after skin check and weigh-in on the day of the championship.
3. Meet details on MAC website – parking, locker rooms, meals/lodging, and directions
4. Admission charged from 8:30 AM to 2:30 PM
 

Adults	\$8
Senior Citizens	\$6
Youth (7-17)	\$6
MAC Students w/ ID	Free
Under 6 w/ adult	Free
5. Employees
  - a. Each school provides three student volunteers who will be provided an event t-shirt and access to hospitality. If the host school wants to provide volunteers, they can as long as there is no cost to the conference.
  - b. Host school provides ticket takers, security, maintenance, announcer, and computer operator.
  - c. On the recommendation of the coaches, six officials are retained by the MAC Office in the spring prior to the championship.
6. Medical
  - a. Host provides two athletic trainers set up between mats.
  - b. Teams should bring their own athletic trainer and scales (to be tested to ensure accuracy).
7. Hospitality
  - a. The host provides refreshments for officials, coaches, and workers and will be reimbursed at the discretion of the conference.
  - b. The host runs a concession stand and retains the profits.

## 8. Sports Information

- a. Interviews of winners take place after they win weight class.
- b. Pictures of all award winners.
- c. Coaches provide the announcer with biographies of their entries.

## Section IV – Awards (Executive Regulations, Article II, page 1).

- A. Championship bouts include the final six wrestlers in each weight class.
- B. The top three in each weight class are recognized with a medal at the end of each weight class championship competition.

## Section V – All-Conference Selection (Executive Regulations, Article II, Part E, page 1).

- A. Tournament winners are 1st Team All-MAC; tournament runners-up are 2nd Team All-MAC; tournament third place is Third Team All-MAC.
- D. Wrestler, Rookie, and Coach of the Year are selected after the NCAA championship via an email vote.

## Section VI – Regular Season

NCAA rules apply.

## Section VII – Statistics (Sports Information Directors, Section III, page 2).

## Section VIII – Sportsmanlike Conduct (Executive Regulations, Article VII, pages 11-12).

## Section IX – Dispute Resolution (Operating Procedures, Article VII, page 5).