

ALPHA DATE RULING ON OFFICIAL WVSSAC SITE

1. Go to www.wvssac.com main page site.
2. Click on “COACHES” at the top.
3. Scroll down to “INTERSCHOLSTIC” and click on it.
4. Scroll down to “NOVEMBER 2016,” click on it and then at the bottom of page click on “OPEN.”
5. Go to page 16, item I. General Information, Section A, article 3 for Alpha Date Rule with important NOTE.

3. After being assessed for minimum wrestling weight, the first time an athlete wrestles at their minimum wrestling weight, they must make base weight. They may not weigh-in at their minimum weight until the date indicated by the Alpha Report. Note: If a wrestler’s Alpha date is January 15th, from that point on he must weigh-in 50% of his matches at his minimum weight. In other words, with the same Alpha date, he can’t wait until the last match of the season before regionals to make alpha minimum weight, after he’s wrestled the other 10 matches at a higher weight on and after alpha date.