

## 53rd Annual

### Northern California Tournament of Champions

**March 5, 2022 – As always TOC is the week after CIF State**

(2021 TOC not held due to Covid 19 restrictions)

*Championship rounds will be three 1 ½ minute rounds. Consolation rounds 1, 1, 1.*

**YOU MUST REGISTER AND PAY ALL ENTRY FEES ON [TRACK WRESTLING](#).**

**Registration for 2022 TOC - Begins Feb 20 ends midnight Monday, Feb 28.**

**The Total Number of Wrestlers Will be Capped at 500.**

<b>What</b>	<b>53rd Annual Northern California Tournament of Champions Wrestling Meet</b>
<b>Website</b>	<a href="https://www.norcaltoc.com">https://www.norcaltoc.com</a>
<b>Where</b>	Del Oro High School - Loomis, California - <a href="#">map/directions</a>
<b>When</b>	<p>March 5, 2022 (ALL wrestling will take place on Saturday, March and <b>ALL</b> weigh ins will take place on Friday, March 4, 2022.)</p> <ul style="list-style-type: none"><li>• On tournament day, doors open: 7:30am</li><li>• Coaches meeting: 8:30am</li><li>• Wrestling Starts: 8:45am</li><li>• Finals ( 1st-8th place ) : <b>As soon as possible after consolation matches determine place winners. Usually finals start around 5:30 PM</b></li><li>• Medal matches begin at 70 lbs this year .</li></ul>
<b>Lodging</b>	Please see our <a href="#">lodging page</a> and use these hotels. All are VERY nice places, serve breakfast, and are offering a GREAT discount for TOC wrestlers, coaches, parents, and friends! Some hotels are closer than others, but all are easy to get to and within 15-20 minutes of Del Oro HS. Mention the TOC to get the rate when calling or use the links provided on the <a href="#">lodging page</a> .
<b>Entry Fee</b>	<p><b>\$50 PER WRESTLER.</b></p> <p>Included : Podium and action shots which can be downloaded for FREE from the TOC website! No “team” discounts are given.</p> <p><b><u>No entry fees are paid at weigh in.</u></b> All Entry fees are paid online at registration or by noon Tuesday March 1. To pay after registration see “Pay for Your Wrestler” on the home page. Unpaid wrestlers will be dropped from the tournament. Requests for refunds must be received</p>

by 5 Pm on Thursday, March 4 and may incur a \$20 service charge. No refunds will be given for Friday or Saturday no shows or wrestlers who miss weight.

**Who** Middle School/Junior High students in 6th,7th or 8th grade ONLY. Please carefully read and follow the qualification information below.

**Wrestlers are NOT automatically entered into the TOC. They must be registered by the entry deadline to be entered. Entry deadline is midnight on Monday, Feb 28.**

**There is no "Girls only" division.**

***The TOC is NOT affiliated with USA Wrestling or SCWAY, so no membership card is required. Likewise, medical insurance is the responsibility of the individual wrestlers.***

**Coach Pass** Coaches' passes will be given depending on number of wrestlers entered from your team. Extra passes FOR COACHES ONLY, **NOT** PHOTOGRAPHERS, will be available for **\$10 each**. All passes and extra passes will be distributed at Del Oro on Friday night and Saturday morning before the tournament. No coaches' passes are available at other weigh in sites.

**Admission** Adults \$10, Ages 12-18 and seniors 60 and over \$5, Under 12 FREE.

**Pictures** Podium pictures and action photos will be available FREE for you to download from the [www.norcaltoc.com](http://www.norcaltoc.com) web site after the tournament. Right click on the photo you want and save OR purchase a professional print as you desire.

**Awards** 1st Place: Medal, tournament bracket sheet, and embroidered back pack. . 2nd Place: Medal, embroidered finalist hat, and wall bracket sheet. 3rd-8th Place: Custom medals.

**TOC Coach's Award** Click on the [Coaching Award](#) link to nominate a coach for this prestigious honor. This year we are honoring a coach from Region 1 or 2. This area includes the following counties: Region 1 - Inyo, Kern (North of Tehachapi) Kings, San Luis, Tulare. Region 2 - Fresno, Madera.

Please email your coach nomination by March 3, 2022 to [rod@norcaltoc.com](mailto:rod@norcaltoc.com).

**Weight Classes** 70, 76, 83, 89, 95, 100, 103, 108, 112, 116, 122, 128, 135, 142, 153, 168, 185, 205, 235.  
(No one over 235 lbs may wrestle). There is a 2/10 (.2lb) weight allowance because **all** wrestlers will weigh in wearing a singlet or competition uniform.

YOU DO NOT HAVE TO ENTER IN THE WEIGHT CLASS THAT YOU QUALIFIED IN, BUT YOU ARE NOT ALLOWED TO CHANGE YOUR WEIGHT CLASS AFTER THE ENTRY DEADLINE –Feb 28

To change weight class, please [click on the "Change Wrestler Weight Class"](#) and fill out the form (home page left side). If you need to change your weight after the entry deadline, you may do

so until Tuesday, March 1st @ 11:59 PM for a fee of \$20 (payable at weigh in). After March 1st @ 11:59 PM, **there will be NO weight class changes allowed.**

## **Weigh In**

**ALL** athletes will weigh in in a wrestling singlet or competition uniform.

Everyone will weigh in on Friday evening at one of the 4 weigh in sites - NO Saturday weigh in!

Friday, March 4 @ 4 weigh in sites – [map/directions](#)

1. 6:00-8:00pm Ponderosa HS (Shingle Springs – Hwy 50)
2. 6:00-8:00pm **(NEW LOCATION)** Elk Grove Wrestling Academy, 9733 Kent St. Suite 110, Elk Grove
3. 4:30-6:30pm Willis Jepson Middle School, 580 Elder St., Vacaville \*\* New site change
4. 6:00-9:00pm Del Oro HS ( tournament site just off Hwy 80)

**You may weigh in at any of the sites.** All sites will have master entry list.

**You are allowed to "work out" to make weight,** but note weigh in closing times.

*If you miss weight, you will be dropped from the tournament with **no refund**. Wrestlers will **NOT** be moved up a weight class if they miss weight.*

## **Registration**

**Registration is online only. Registration will be open from Sunday, February 20 until 11:59 on Monday Feb 28, 2022.**

**NO LATE ENTRIES ARE ACCEPTED.**

[Click Here to Enter Wrestlers on the TOC's Track Wrestling Page](#)

**IMPORTANT: Make sure of wrestler's weight class before entering. Weight class changes are not allowed after entry deadline of Feb 28 @ 11:59 pm. If you must change a weight after that time, you may do so for a fee of \$20.**

**You may NOT change a weight class after Tues, March 1st @ 11:59 PM.**

## **Rules Clarification**

High school rules generally apply with a few exceptions.

1. Headgear is mandatory, and mouthpieces must be worn with braces.
2. Freestyle uniforms may be worn.
3. **All rounds are 1:30 minute with consolation 1,1,1..**
4. Overtime is High School rules with adjustment for 1 1/2 min rounds
5. Wrestlers *may* wrestle up to a total of 8 matches in the tournament.

6. **Skin disease rules are in effect.** Any wrestler with a skin disease will be removed from the tournament unless a doctor's note is presented that verifies that the disease is non-communicable. Check your wrestlers for ringworm and impetigo.

7. **Personal medical insurance coverage is required for each wrestler.**

Qualification  
Procedure

**ALL of the following must be met to be eligible to participate in the TOC:**

Due to the unprecedented number of tournament cancellations, we are making the 2022 TOC an Open Tournament. Wrestlers do not need to qualify by participating in any TOC qualifier, nor do they need to have any specific varsity level wins throughout the 2021-22 season. Here are the updated qualifying conditions for the 2022 TOC:

1. Athletes must be in 6th, 7th or 8th grade, attend school in California north of the city of Tehachapi (Kern County) and north of the Cuesta grade/Santa Margarita (San Luis Obispo County) AND meet all of his/her schools eligibility requirements even if entering under with a club team and not the school team.
2. Athletes are limited to THREE total years of TOC competition regardless of grade in school.
3. Once qualified, a wrestler may enter in any weight class.
4. Athletes must enter as a member of a school or viable club team and are not allowed to enter unattached. An effort will be made to separate wrestlers from the same region or club/school, but this is not always possible. Seeding of wrestlers will be more challenging this year, but this is a primary factor used to determine placement on the bracket.
5. Wrestlers will enter the TOC on [TRACK](#) Wrestling. Wrestlers may be entered beginning February 20, 2022. The entry deadline is midnight February 28, 2022.

Entries that are not accepted for any reason will be notified by Thursday, March 4th via the phone or email contact that is listed on the entry form.

Direct all questions to

Rod Hedlund - TOC Director

Email [rod@norcaltoc.com](mailto:rod@norcaltoc.com) or Phone – Hm (530) 333-4187 or Cell (916) 995-2131 My cell is not always in use, so PLEASE try home number first!