

**SUBURBAN JUNIOR WRESTLING LEAGUE**  
**CONSTITUTION AND BY-LAWS**  
Adopted 10/18/2022 – amended 2/20/2025

**Rule 1 - Name:**

The name of the organization shall be known as the Suburban Junior Wrestling League (previously known as Essex County Junior Wrestling League). All references will be abbreviated “SJWL”.

**Rule 2 - Aims & Objectives:**

The aims and objectives of the organization are as follows:

- a. To foster, perfect and extend the aims and ideals of wrestling.
- b. To present wholesome recreation to all those interested, either to participants or spectators.
- c. To facilitate athletic relationships among member municipalities of the league.
- d. To abide by the principles of sportsmanship and fair play.

**Rule 3 - League Membership:**

Section 1 A team must be sponsored by a municipality having a Recreation and Parks Department or like organization with a full-time professional staff.

Section 2 Teams meeting the requirements of Rule 3, Section 1 shall be given a franchise under one of two classifications:

- a. Permanent – A municipally sponsored team, which has entered the league for two (2) consecutive seasons and is in its third or more consecutive season.
- b. Provisional – All franchises that do not meet the permanent franchise Requirement.

Section 3 New teams must be approved by a unanimous vote of permanent franchise municipalities of the current season.

- a. Permanent Members: Belleville, Nutley, Bloomfield, Glen Ridge, Livingston, Maplewood/South Orange, Millburn, Montclair, Verona, and West Orange.
- b. Provisional Member: None at this time

Section 4 To be a member in good standing, the current membership fee must be in process by December 1 and, furthermore, must be paid in full by January 15 of the current year. Failure to comply shall subject the franchise to suspension and/or other action of the Executive Committee. See Rule 11, Section 1.

Section 5 Municipalities will be responsible for representation at all League meetings and furthermore shall be responsible for all business conducted at said meetings. Failure to comply shall subject the franchise to suspension and/or other action of the Executive Committee.

Section 6

- a. The representation from each municipality shall be no more and no less than one (1) in number, who furthermore shall be the Recreation and Parks Executive or his/her full-time professional assistant to be designated by said Executive prior to or at the Annual Organization Meeting. Said representative shall remain in this capacity until indicated otherwise and in writing to the Executive Secretary and at least one (1) week prior to any regular meeting. At no time shall the team coach or manager serve in this capacity.
- b. Each permanent member municipality shall have one (1) vote only. At no time shall a proxy vote be permitted, and only designated representatives of permanent franchises, as outlined in Rule 3, Section 5, shall be entitled to vote.
- c. At no time shall persons other than the officially designated representatives of member municipalities be accorded the privilege of conducting league business, other than submitting written recommendations over the signature of the principal representative and on official local letterhead and making certain inquiries for point of clarification, unless by invitation of the Executive Board.

Section 7 New applicants for membership shall submit, in writing, to the Office of the Executive Secretary, such intent and desire to join the league, prior to August 31 of the current season. Applications filed after that date shall be subject to consideration for the subsequent season.

Section 8 Prospective applicants shall file with the Office of the Executive Secretary the following:

- a. Name of municipality, governing Recreation and Parks Department or Commission, and name of Executive, proper title, and appropriate address.
- b. Home gym.
- c. Name of proposed representative to the League's Executive Board.

**Rule 4 – Government**

Section 1 The government of this league shall be vested in the Executive Board, which shall be composed of one (1) representative of each member community as defined by Rule 3, Section 5 of this Constitution.

Section 2 The Executive Board shall annually select, at the spring meeting, an Executive Secretary, who shall serve as Executive Officer of the League, and the League Treasurer, who shall handle all monies for the League.

Section 3 In the event of a vacancy in any office, the Executive Board shall elect a successor for the unexpired term.

Section 4 The Executive Secretary may designate a League Director with Executive Board approval.

## **Rule 5 - Finances**

Section 1 Each member municipality shall pay an “annual membership fee” in accordance with Rule 3, Section 4 of this Constitution.

Section 2 Should expenses incurred exceed the balance on hand, members are obliged to reimburse the League equally.

Section 3 The League shall be responsible for at least the following expenses. “Approved” shall be defined as “approved by a simple majority of the Executive Board of the SJWL”.

- a. Cost of approved awards for team winning the League Championship and League tournament medals.
- b. Cost of approved Coordinator of Game Officials.
- c. Cost of approved officials at all League meets.
- d. Website Management & domain name cost.
- e. Excessive administrative costs at the request of a member municipality and on approval by the Executive Board.
- f. Any other administrative cost directly related to the operation of the League on approval by the Executive Board.
- g. The balance shall carry over.

Section 4 The records of the Treasurer of the League may at any time be examined by the Executive Board, on request by a majority of the remaining members.

Section 5 The Treasurer shall submit financial statement at all regular meetings of the Executive Board.

## **Rule 6 – Committees**

Section 1 The Executive Secretary may appoint Special Committees, in the best interest of the League, with the approval of the Executive Board.

## **Rule 7 – Amendments**

Section 1 This Constitution and By-laws may be amended by a favorable two-thirds (2/3) vote of the permanent membership present, and voting, at any regular or special meeting provided that:

- a. A minimum of one week’s notice has been given, in writing, for the meeting.
- b. The proposed amendment has been submitted to all members of the Executive Board, in writing, at a prior meeting for perusal and discussion.

## **Rule 8 – Registered Office**

Section 1 The registered office shall be the office of the Executive Secretary.

## **Rule 9 – Membership Fee**

Section 1 The annual membership fee shall be determined at the pre-season meeting. Distribution of funds shall be as provided in Rule 5 of the Constitution. Current expenses per team are as follows: \$10.00 for administrative expenses; \$35.00 for Coordinator of Game Officials; \$5.00 for League Treasurer; \$10.00 honorarium for Executive Secretary (or his/her designate as League Director); \$20.00 for Tournament Director (League Championship); and (League Championship): *(Fees covered in financial statement and agreed at annual meeting – Rule 14 section 2)*

Section 2 Should expenses incurred exceed the balance on hand, members are obliged to reimburse the League equally in accordance with Rule 5 of the Constitution.

## **Rule 10 – League Officers**

Section 1 The Executive Secretary or his/her designated League Director shall serve as the Principal Executive of the League. He/she shall, furthermore, call and conduct all meetings of the Executive Board; keep minutes of all meetings; conduct all necessary correspondence and notify members of all regular and special meetings; keep records of the League; be responsible for drawing up the League schedule; compile and issue League standings and scores; and collect team rosters.

Section 2 The League Treasurer shall keep financial records for the League; receive and hold all funds of the League; disburse funds as authorized by the Executive Board, and be responsible for financial statement at all regular meetings.

Section 3 Only representatives of permanent franchises are eligible for office.

## **Rule 11 – Meetings**

Section 1 Meetings shall be held at the call of the Executive Secretary or his/her designated League Director, whenever necessary, throughout the year. Municipalities will be responsible for representation at all league meetings and furthermore shall be responsible for all business conducted at said meetings. A minimum of two (2) meetings shall be held: the annual spring evaluation meeting (prior to April 30), and the fall organization meeting (prior to November 1). Failure to comply shall subject the franchise to suspension and/or other action of the Executive Board.

Section 2 The Executive Secretary shall call a meeting within a reasonable time when requested by three (3) League representatives.

Section 3 Special meeting may be called at the discretion of the Executive Secretary or his/her designate when business in the best interest of the League warrants it.

## **Rule 12 – Voting**

Section 1 A quorum of the Executive Board shall consist of the simple majority of the permanent membership in accordance with Rule 3 of the Constitution.

Section 2 Each permanent member municipality shall be entitled to one (1) vote on any question or motion. A simple majority vote shall carry any motion, unless otherwise stated.

Section 3 Provisional franchise members shall not have voting power, see Rule 3, and Section 6b of the Constitution.

## **Rule 13 – Eligibility Section**

Section 1: No player/participant shall have attained the age of 15 years before September 1st of the current school year and no player/participant shall be above the eighth grade. This date will be consistent with N.J.S.I.A.A.

Section 2: Every player/participant must be a primary resident of the municipality for which he/she is competing.

A primary residence is determined by where the player/participant lives (full time).

Section 3: Players/Participants may only compete for the Recreation Department in the town that they are a primary resident and currently attending public school.

In the event of dual custody of a player/participant, their primary residence is determined by where the child is a full time resident and currently attending public school, consistent with NJ Public School Law.

A player/participant that is being home-schooled (by parents or other parties) may be eligible to compete for the Recreation Department of their primary residence if the local Board of Education has approved their Home School Guidelines (Written proof may be required).

If a player/participant attends a school not consistent with the primary residence rule because of special district policy (ie school district allows a child to attend school that a parent works at but isn't their primary residency) the player's/participant's attending Board of Education must provide proof of the rule and current attendance within that district via certified letter from the Superintendent, Assistant Superintendent, Business Administrator or Board Attorney. That player/participant may then participate for that school district's recreation department.

In the instance where a player/participant attends a private school not currently in the town of their primary residence, that player/participant would only be allowed to participate for the Recreation Department of their primary residence as determined in Section 2.

In the event that a player/participant has the following life changes during the sports season

A. Moves their primary residence

B. Divorce/Joint custody determination

That player/participant can complete the current sports season with the original Recreation Department provided that they were on the official roster that was submitted to the league president. If the life change occurs before the official roster is submitted the new primary residence Recreation Department will have the option of selecting that player/participant and placing them on the official roster prior to the deadline. It is up to the new primary Recreation Department on whether they will allow that player to participant or not. However that player/participant must be allowed to complete the remainder of the current sports season by the original Recreation Department, if on the official roster. For the next sports season that player/participant must participate for the Recreation Department of their primary residence.

Section 3 does not apply to towns that share one school district. However the player/participant must have a primary residency in one of the towns of that school district.

Section 4: In the event of a player/participant has one of the life changes mentioned in Section 3 and they are no longer a primary resident within one of the members of the Suburban Essex Sports League, they will still be able to complete the current sports season with their original Recreation Department provided that they meet the requirements in Section 3. The player/participant would no longer be able to participate in the Suburban Essex Sports League the following sports season.

Section 5: Each community will submit to the Executive Secretary or his/her designated League Director an official roster for each of their sports teams on or about:

Fall Season – September 15th Winter Season – December 15th Spring Season – April 15th Summer Season – July 15th

The official Suburban Essex Sports League Roster must used.

Section 6: The penalty for knowingly using an ineligible player/participant shall be the forfeiture of all sports contests in which the ineligible player/participant participated.

Section 7 Individual team integrity is considered sufficient guarantee of age rule observance.

## Section 8 Weight Classes:

- a. Existing weight classes are as follows:

60 lbs.	80 lbs.	100 lbs.	126 lbs.
65 lbs.	85 lbs.	105 lbs.	135 lbs.
70 lbs.	90 lbs.	112 lbs.	145 lbs.
75 lbs.	95 lbs.	119 lbs.	<b>Heavyweight (140-170)*</b>
Super Heavyweight (optional will not be in team score)			

- b. **At mid season** (date to be determined), the weight classes will be increased by two (2) pounds to provide room for natural growth. The two (2) pound increase will hold for the championship meet.
- c. All wrestlers must weigh-in uniform before each dual meet and championships meet. This weight needs to be recorded on match sheet. **(\*) Hwy must be a minimum of 140lbs.**
- . Each wrestler must certify his/her weight class in the first match he/she competes in. On the day of the match, a wrestler may not wrestle up more than two (2) weights from their certified weight i.e. – if a wrestler is certified at 80 lbs, they may only wrestle at 80, 85 or 90 throughout the season.

## Rule 14 – Officials

Section 1 A Coordinator of Game Officials shall be appointed to assign officials for all Leagues meets. For his duties, he shall receive \$35.00/team. See Rule 9, Section 1, in accordance with Rule 5, Section 3b.

Section 2 Officials shall be assigned by the League for each meet. The per meet rate will be determined at the annual pre-season meeting. See rule 9, Section 1, in accordance with Rule 5, Section 3c.

## Rule 15 – Executive Committee

Section 1 The Executive Secretary shall appoint an Executive Committee consisting of the Executive Secretary and two (2) other League members holding permanent franchises.

Section 2 The Executive Committee shall pass judgment on rulings not covered in the By-Laws or if requested by the Executive Secretary and all decision of the Executive Committee are final.

Section 3 The members of the Executive Committee shall be made known to the League membership prior to November 1.

## Rule 16 – Protests

Section 1 Protest shall be on rule interpretation only.

Section 2 Protest fee of \$25.00 must be a certified check, money order, or cash, and shall accompany all protests. The fee will be refunded if the protest is won. If the team loses the protest, the fee goes to the Treasurer and is deposited in the League fund.

Section 3 Protest must be filed in writing with the Executive Secretary within forty eight (48) working hours of a protested meet and be accompanied by a \$25.00 fee (Rule 16, Section 2).

Section 4 All officials, coaches, and scorekeeper shall be notified at time of protest. Note shall be made in the scorebook.

Section 5 The Executive Secretary shall refer all protests to a sub-committee of the Executive Committee. Subsequent to referral, the Executive Committee may delegate action to the Protest Committee.

Section 6 Protests must be signed and submitted by the Recreation Department Executive.

### **Rule 17 – Protest Committee**

Section 1 A protest committee shall be appointed prior to November 1 by the Executive Secretary.

Section 2 Three (3) individuals shall serve on the committee.

Section 3 The members shall in no way be associated with the League, but should be knowledgeable of wrestling rules and regulations.

Section 4 Decisions of the Protest Committee shall be final.

### **Rule 18 – Equipment/Personnel/Facilities**

Section 1 Home teams are responsible for providing one (1) scorekeeper and (1) timer and one adult supervisor for each meet. It is the responsibility of the host Town and host Recreation Department to provide a safe facility for all players, coaches and spectators. It is the responsibility of the host Town and host Recreation Department to insure that the facility complies with any and all building & fire codes and to address and correct any and all safety related issues that may arise.

Section 2 League representatives or their designated supervisors are responsible for supervision of their players at all league activities including games & practices, pre and post game meetings, etc.

Section 3 Wrestlers may wear standard wrestling uniforms and sneakers. Headgear is mandatory. Failure to comply shall mean forfeiture of meet.

Section 4 The League does not carry nor provide any insurance for its activities; rather it relies on each township's municipal insurance coverage to provide liability insurance for their Suburban League programs, personnel, and participants. Each Township's League Representative is responsible for making sure their programs are insured and acknowledge that the Suburban League is not responsible for any liability, etc., associated with Suburban League activities. The Suburban Leagues responsibilities are to provide a schedule, collect revenues, secure an assignor of officials, facilitate payments for expenses, adopt League rules from established national rulebooks, provide any rule interruptions and generally enforce the League adopted Constitution and By-Laws.



By participating in a Suburban League the league representative acknowledges that its Suburban program is insured, that participants meet eligibility and roster requirements, that parent permission slips have been signed, that sportsmanship pledges have signed by parents, that coaches have successfully completed a criminal background check, that for Towns who do not conduct background checks, it is highly recommended that a background check program be put in place ASAP, that coaches are trained in first aid, safety and sports specific knowledge in compliance with NJ coaches immunity legislation. It is also highly recommended that all coaches complete a concussion awareness training course.

### **Rule 19 – Starting Time**

Section 1 Starting time is officially set by the home team and must be arranged with the visiting team prior to the meet. If additional time is required, make arrangements with the opposing team.

Section 2 A meet not starting 15 minutes after scheduled starting time is subject to forfeiture.

### **Rule 20 – Dates & Times**

Section 1 Saturdays and one (1) weeknight per week has been set-aside as meet dates.

Section 2 **Make-up or Rescheduled meets:**

- a. In the event of doubtful weather, home team coach should contact visiting Coach and the Coordinator of Game Officials to let them know whether Match will be held by 8:00 AM on Saturday and by 3:00 PM on weeknights
- b. **Shall be scheduled and wrestled as soon as possible by the Teams involved working through each Recreation Department Executive.**
- c. The home team Recreation Department shall then contact the Executive Secretary or his/her designated League Director to inform them of the rescheduled dates.

### **Rule 21 – Reporting of Scores**

Section 1 The home team shall be responsible for providing the official scorer and scorebook.

Section 2 **All game results shall be emailed to the SJWL Website no later than Monday afternoon following a meet.**

Section 3 **The SJWL Website will post standings and each individual match result by the following Wednesday.** These results are also needed to seed wrestlers for the Championship meet.

### **Rule 22 – Meet Rules**

Section 1 All Matches shall be conducted in accordance with the rules and regulations currently in force for the NJSIAA, with the following exceptions:

- 1<sup>st</sup> period – one (1) minute
- 2<sup>nd</sup> period – one and a half (1 ½) minutes
- 3<sup>rd</sup> period – one and a half (1 ½) minutes

Section 2 We will not enforce shoelace rule.

- Section 3 Home teams should be certain that their gyms are open one (1) hour prior to the scheduled starting time.
- Section 4 In the event of doubtful weather, home team coach should contact visiting coach and the Coordinator of Game Officials to let them know whether the match will be held by 8:00 AM on Saturday and by **3:00 PM on weeknights.**
- Section 5 A wrestler or coach ejected from a meet or match, shall serve a minimum of a one (1) meet suspension, which will be the next scheduled meet. **The League Director and appropriate recreation department shall be notified immediately the follow day.**

### **Rule 23 - Championship Meet:**

- Section 1 The championship meet will rotate among the member communities on an annual basis. This shall be determined by the fall meeting
- Section 2 Criteria for seeding will be overall record. Wrestler must be on the roster per Rule 13 to be eligible to participate in the tournament. Criteria for actual seeding will be determined prior to the start of the season. A wrestler must be on the roster for more than one third (1/3) of the matches and certified in that weight.
- Section 3 Coaches will complete a Season Summary Sheet on each of the wrestlers they enter in the league tournament. Summary sheets will be due two (2) days prior to the seeding meeting.
- Section 4 The host community will be responsible for supervising its gymnasium.  
**Every effort should be made to have 3 mats.**
- Section 5 In order to qualify for the tournament, a wrestler must have wrestled in at least four (4) of the scheduled dual meets in his/her weight class during the SJWL season. Any applications for exceptions from this rule must be made in writing to the League Director.
- Section 6 The League will appoint a Tournament Director, who will be in charge of the, weigh-ins and the tournament. He will settle all disputes on the day of the tournament not by coach's vote.  
The host team of the Tournament to be paid \$15.00 per team to offset costs. See Rule 9, Section 1.
- Section 7 Every effort will be made to have certified, cardholding officials. Three (3) carded officials (or four (4) if the host team has three mats) will be assigned to work the Championship Meet. The standard fee is to be \$245.00 per official per Championship Meet. See Rule 9, Section 1. Officials work entire day for the meet.

### **Rule 24 - Awards:**

- a. The League will approve all awards and special programs at the tournament. A team trophy and awards (one for each weight class) will be awarded to the community that finished the season with the best record. In case of a tie all teams shall receive the same.
- b. Individual trophies will be provided for the winners in the Championship Meet. Medals for 2<sup>nd</sup> and 3<sup>rd</sup> will also be provided. A team title trophy shall be awarded to the winner of the tournament. If wrestling should continue to 5<sup>th</sup> and 6<sup>th</sup> place ribbons shall be awarded.