

WRESTLING Policies & Pairings

Updated: January 22, 2024

See [UHSAA.org](https://www.uhsaa.org) pairings for school placements in divisions

Weight Management Program

The weight management program will be as stated in rule 1, Section 5 of the NFHS Wrestling Rule Book. Certified minimum weight using body fat composition is required. More information as to procedures for body fat composition testing is available on the UHSAA website. All wrestlers are ineligible to participate in any matches until they have successfully completed the body fat composition test and their name appears on the team's alpha master list. No tests will be valid if performed prior to the first legal day of practice or after the Friday immediately prior to the first post-season tournament for that classification. (note: a wrestler who fails the hydration portion of the test may not re-test for 48 hours.) Once a minimum weight is established and appeals, if any, exhausted a wrestler may not re-test to establish a lower minimum weight.

Each wrestler is required to have at least one official weigh-in before being entered in the initial post-season tournament. The Minimum Weight-Lock Date has been removed beginning with the 2022-23 season.

No weigh-ins will be counted as official until after the wrestler has successfully completed the UHSAA Body Fat Composition Test to determine a minimum weight. The weigh-in for a post-season tournament does not fulfill this requirement. In order to count a weigh-in as an official weigh-in, the wrestler's team must be competing in the match or tournament. No wrestler may compete in a weight class that requires them to lose more than 1.5% of their weight per week except in the case of a legal weight allowance which is greater than 1.5% of the wrestler's weight class and when a wrestler weighs in at the same weight class at which he made weight with the allowance. If the certified minimum weight, at 7% body fat for boys or 12% body fat for girls, is less than 0.9 lbs. scale variance allowance, that weight class shall be the wrestlers minimum weight class. This is after the 1.5 percent variance (body fat) applied after testing. The DISPLAYED certified minimum weight on TrackWrestling includes the scale variance allowance. Further rules regarding the UHSAA Weight Management Program are found at www.uhsaa.org on the Wrestling page.

Wrestling coaches are required to enter each wrestler's actual weight from the first official weigh-in each week (Monday-Saturday) online in their school's file in the OPC program within the TrackWrestling website.

Failure to enter actual weight will result in a \$100 fine to the school (See weekly weigh-ins below). Wrestlers who compete at a weight class for which they are not eligible may be subject to additional penalties (see UHSAA By-Laws Article 7, Sections 6 & 7).

Verification of each wrestlers allowed minimum weight, **using the current weekly weigh-in form**, for that weigh-in must be provided before the weigh-in for each competition. Coaches should keep a signed record of each weigh-in. **Coaches** will need valid documentation if questions arise regarding the minimum weight of a wrestler at a post-season tournament or to correct mistakes that may occur in entering the actual weight of a wrestler.

Whenever a legal allowance of weight is given for consecutive days of competition, the minimum weight for a wrestler will increase for that weigh-in by the same amount as the allowance. For example: a wrestler whose minimum weight for a particular day is 107 lbs. and his team is competing in a tournament in which legal allowance of 1 lb. is given, then his minimum weight for that weigh-in would also increase by 1 lb. to 108. That means that he would not be eligible to weigh-in at the 106 lb. class even with the allowance. On January 1st a two-pound growth allowance will be added to each weight class as well as the minimum weight for each wrestler. Allowances cannot be used to drop to a lower weight class than the one in which a wrestler's minimum weight would allow him to compete without the allowance on that day. Schools must follow the NFHS Wrestling Rules for official weigh-ins. Allowances other than for consecutive days of competition and for the growth allowance are a violation of the rules.

Weekly Weigh-Ins

Every wrestler must have an official weekly weigh-in which is recorded in TrackWrestling. To increase the integrity of the weigh-in process, coaches are expected to do the following DURING the weigh-in process before each competition: 1) Fill out the weigh-in sheet of the opposing team as the athletes of opposing team weigh-in (in INK).

FOR THE FIRST COMPETITION OF THE WEEK: All weigh-ins of each competing wrestler must be entered into TrackWrestling before the competition starts. Both coaches need to verify the accuracy of the weigh-in sheet before the weigh-in is committed in the OPC. Coaches can either enter them after weigh ins are concluded when they go and do their match ups for the dual, or they can enter the weights live during the weigh in process entering them in the OPC with the opposing coach present and verifying weights.

Head Gear

Effective July 1, 2022, any manufacturer's logo/trademark/reference that appears on the wrestling ear guards, including legal hair covering, can be no more than 2 ¼ square inches with no dimension more than 2 ¼ inches and may appear no more than once on ear guards. No additional manufacturer's logo/trademark/reference, promotional or advocacy references shall be allowed on the wrestling ear guards. **This means club headgear with logos or reference is strictly prohibited.**

JV State Tournament

The intention of this unsanctioned tournament was to give those JV wrestlers, **WHO** have not qualified for the State Wrestling Tournament via the outcome of the Divisional Tournament, and whose season has technically ended, the opportunity to wrestle at JV State. JV Wrestlers who have qualified for the state tournament are **"NOT"** allowed to wrestle in JV State. Designated alternates from the Divisional Tournament from your school would be allowed to compete in JV State.

All Results Recorded

To increase the integrity for divisional seeding, coaches MUST enter ALL results into TrackWrestling.

It is the responsibility of the tournament director and hosting site for dual matches, dual tournaments, and individual tournaments to enter results into track wrestling. All results must be entered into trackwestling.com 3 DAYS before the Divisional seeding meeting starts (I.E. if a tournament or dual is not on trackwestling.com, coaches must enter those results into trackwestling.com). Any wins that are not recorded in trackwestling.com 3 DAYS prior to the Divisional seeding meeting starting will not count towards the wrestler's Divisional seeding criteria. All losses not recorded WILL count towards their Divisional seeding criteria.

State Qualifying Tournaments

Post-season tournaments must be conducted according to NFHS rules including weigh-ins conducted at the tournament site each day of the tournament. **The State qualifiers are imported by the UHSAA.**

Each school shall be allowed to enter as many as two wrestlers in each weight class. In a qualifying tournament all wrestlers entered must have duly qualified for the qualifying tournament.

Wrestling Credits

Boys Wrestling: Each high school team will be able to utilize 16 contact points. Each dual meet will count as one contact point. Each tournament will count as one contact point. Teams will not be able to compete in more than 10 duals and 6 tournaments before the post-season qualifying and state tournaments. Teams may not compete in more than 3 dual meet style tournaments.

Girls Wrestling: Each high school team will be able to utilize 16 contact points. Each dual meet will count as one contact point. Each tournament will count as one contact point. Teams will not be able to compete in more than 8 duals and 8 tournaments before the post-season qualifying and state tournaments. Teams may not compete in more than 4 dual meet style tournaments.

Practicing with other teams between Divisionals and the State Tournament is Strictly Prohibited. Girls' teams with less that 15 wrestlers would be allowed this exception so they can continue to practice.

Division Qualifying Tournaments

1. 1A, 2A, 3A, 4A, 5A, 6A Divisions shall be determined using returning state tournament points figured as follow:
 - a. Points scored by wrestlers who were seniors in the previous year's state tournament shall be subtracted from the school's total points scored at the previous year's state tournament.
 - b. 3 points will be added to each school's total for each 9th, 10th, 11th grade wrestler from that school that qualified for and entered the state tournament the previous year.
 - c. Schools shall then be ranked based on the point total. The team with the greatest number of points will be 1; the team with the second highest number of points will be 2, etc.
 - d. Division A shall consist of teams ranked 1,4,5,8,9,12,13,16,17,20,21,24,25,28. Division B shall consist of teams ranked 2,3,6,7,10,11,14,15,18,19,22,23,26, 27. When both schools scheduled to host the division tournaments are assigned the same division based on returning points, the lowest ranked of the two shall be placed in the opposite division and the team in that (opposite) division with the point total nearest the reassigned team will take the place of the host team so placed.

2. Sites and dates of the two divisional qualifying tournaments shall be determined by the appropriate Classification Committee. The UHSAA Classification Committee shall approve budgets for tournaments in their classification. Expenses in excess of those approved shall be the responsibility of the host.
3. Revenue and approved expenses of both tournaments shall be shared equally by all regions.
4. Each school shall be allowed to enter as many as two wrestlers in each weight class.
5. View the brackets and pairings sheet on uhsaa.org for Divisions

Division Scoring & Seeding (for all classifications)

1. **Only use results entered in TrackWrestling for seeding all Divisional Tournaments. (See All Results Recorded Above).**
2. Eight places shall be scored. All rounds of the tournament shall be scored. There will not be a true 8th match wrestled. Bracket type will be consistent between divisions in each classification.
3. Seeding for individual weight classes shall be accomplished as follows:
 - a. Wrestlers shall be ranked initially according to varsity win percentage. A state place winner in the previous year will have the following added to their varsity win percentage prior to the initial ranking:

1st Place: add 60%	2nd Place: add 55%	3rd Place: add 50%
4th Place: add 45%	5th Place: add 40%	6th Place: add 35%

*****add 30 % for a returning state placer from a different year than the previous year**
*****add 25 % for a returning state qualifier**
 - b. Adjustments to the initial ranking may be made as a result of:
 - 1) Majority vote of head coaches to separate the best wrestlers or
 - 2) A case in which a lower ranked wrestler has defeated a higher ranked wrestler during the current season and has not lost to any of the wrestlers ranked between the two.
 - c. In order to be seeded, a wrestler must have competed in a minimum of 10 varsity matches during the current season and have a minimum 50% win record. Exception: item 1 above – a wrestler with fewer than 10 matches could be seeded as a result of a majority vote of head coaches.
 - d. Once the seeded wrestlers are placed in the bracket, byes will be placed computer draw. Byes will be distributed as equally as possible among all the teams in the tournament.
 - e. Any DQ's during the season must be counted as a loss for seeding purposes.

Verification of State Tournament Entries

All entries for the state tournament are to be verified prior to the beginning of the initial weigh-in for the tournament in that classification (1A, 2A, 3A, 4A, 5A or 6A). The beginning of the initial weigh-in for a classification (1A, 2A, 3A, 4A, 5A or 6A) constitutes the deadline for verification of entries in the state tournament referred to in rule 10-2-1. The beginning of the weigh-in occurs when the first weight class in the classification officially reports to the scales.

Team Scoring at the State Tournament

6A: Even though two wrestlers may represent a school in the same weight class, points earned by only one of the two will count toward the team total. In a weight class where a school has two entries of the two, the wrestler who has earned the greatest number of team points shall have their team points count as part of the school's total.

4A, 5A, 6A: Team points earned by all wrestlers competing in the state tournament shall count toward the school's total points.

1A, 2A, 3A: Even though two wrestlers may represent a school in the same weight class, points earned by only one of the two will count toward the team total. In a weight class where a school has two entries of the two, the wrestler who has earned the greatest number of team points shall have their team points count as part of the school's total.

All team scoring will be in accordance with NFHS rules.