



2024-2025 NJSIAA Boys Season/Team Tournament Regulations

NJSIAA reserves the right to adjust, change or cancel dates, times, and locations for all NJSIAA State tournaments. Schools entering the tournament will not be granted a change of date/time due to any conflicts with school trips, proms, banquets, SATs, unless agreed upon by both schools. During the spring tournament season, we will make every effort to accommodate schools that have a conflict with their graduation.

Member schools will not be eligible to participate in any NJSIAA Tournaments if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, or Procedures. Any student-athlete who transfers after the competition start date will not be eligible for this tournament (Bylaws, Article V, Section 4.K. 5).

Schools are to be reminded of the 3-team DQ rule for state tournament eligibility, which states “Any varsity team accumulating three or more player or coach disqualifications prior to the team’s participation in the state tournament will not be permitted to participate in the state tournament. The 3-team DQ rule is no longer applicable during participation in the state tournament.

The NJSIAA will follow the procedure below for schools that are disqualified from state tournament competition:

1. If a school is disqualified, either for the use of an ineligible player or violating the 3-team DQ rule, from state tournament competition after the tournament has been seeded but prior to the bracket being final, then the bracket will be reseeded and the next ranked school who entered the tournament will be included.
2. If a school is disqualified, either for the use of an ineligible player or violating the 3-team DQ rule, from state tournament competition after the tournament has been seeded and after the bracket is final, then the bracket will not be reseeded, and no additional school will be included.
3. If a school is disqualified from state tournament competition due to the use of an ineligible player during the state tournament, then the school will be removed from the tournament immediately and their last opponent will advance in their place.

Schools participating in any NJSIAA tournament are responsible for the actions and behaviors of their spectators. Schools are required to provide adequate staff security to ensure there is proper oversight of their spectators. In addition, schools are financially responsible for any damages to the property or premises caused by their student-athletes, staff, or spectators (spectators include, but are not limited to, cheerleaders, marching band participants, students, and other fans).

NJSIAA requires Certified Athletic Trainers at all its tournament events. The ATC must document all injuries on an injury report form. This form must be available to the NJSIAA upon request.

Member schools not willing or able to comply with these tournament regulations and any relevant procedures found in the Operating Procedures Handbook should not enter the tournament. Member schools are encouraged to review these tournament regulations with the school administration. Coaches must have a copy of these regulations as well as a copy of the Rule Modifications (if any) for this tournament available at all contests. Copies of these documents are available on the NJSIAA website.

NJSIAA Wrestling Tournament Staff

NJSIAA Director of Wrestling

Colleen Maguire
(609) 259-2776
cmaguire@njsiaa.org

Wrestling Coordinator

Ken Rossi
(973) 670-8258
krossi@njsiaa.org

Tournament Director

Howie O'Neil
(609) 221-2216
howieoba@yahoo.com

NJSIAA Rules Interpreter

Gary Kessel
(570) 977-1601
gkessel@ptd.net

NJSIAA State Assignor

Vinnie Russo
(973) 865-6254
refvr@yahoo.com

Wrestling Important Dates

Event	Dates	Location
Weight Certification Begins	November 4, 2024	
Tryout Period	November 25 - 27, 2024	
First Practice	December 2, 2024	
Competition May Begin *	December 9, 2024	
Post-Season Transfer by Date	December 9, 2024	
Two Pound Growth Allowance	January 1, 2025	
Transfer Sit Eligibility	**	
Tournament Entry Period (Team)	January 21 - 30, 2025	
Tournament Determination Deadline (Girls)	February 1, 2025	
Team Tournament Cutoff	February 1, 2025	
Power Points Close (12:00pm)	February 2, 2025	
Team Tournament Seeding	February 4, 2025	
30 Match Limit Cutoff	February 8, 2025	
Regular Season Competition Ends	February 16, 2025	
District Seeding (Boys)	February 20, 2025	
Region Seeding (Girls)	February 16 - 18, 2025	
Region Seeding (Boys)	February 24 or 25, 2025	
Individual State Seeding (Girls)	February 25, 2025	
Individual State Seeding (Boys)	March 4, 2025	
Post-Season Meeting (Boys)	April 2024	
Post-Season Meeting (Girls)	May 2024	
Boys Public Team Tournament		
Rounds 1 & 2	February 10, 2025	Seeds #1 & #2 will Host
Sectional Finals	February 12, 2025	Higher Seed
State Semifinals	February 14, 2025	Higher Seed
State Finals	February 16, 2025	Rutgers University
Boys Non-Public Team Tournament		
Rounds 1 & 2	February 11, 2025	Higher Seed
State Semifinals	February 13, 2025	Higher Seed
State Finals	February 16, 2025	Rutgers University
Boys Individual Tournament		
Districts (Boys)	February 22, 2025	***
Regions (Boys)	February 28 – March 1, 2025	***
Individual Championships (Boys)	March 6 – March 8, 2025	Boardwalk Hall
Girls Individual Tournament		

Region (North I)	February 23, 2025	***
Individual Championships (Girls)	March 6 – March 8, 2025	Boardwalk Hall

*Competition May Begin date indicates when a school may start to schedule scrimmages and regular season contests once the 6-days of practice/1-day of rest rule has been satisfied.

**Transfer sit period starts with the first regular season match wrestled by the team.

***Refer to Districts and Regions alignment on the NJSIAA website.

New for This Year's State Tournament

1. The NJSIAA State Tournament assignor will assign all rounds of the state tournament.
2. The minimum number of dual meets required to qualify for the state tournament has decreased from 10 to 9.

To qualify for the Team Tournament

1. Teams must be competing on a varsity interscholastic basis and sixty percent (60%) of the dual meets wrestled on or before the cutoff date must be against New Jersey schools.
2. Teams must have wrestled at least nine (9) dual meets against NJSIAA member schools to be eligible to enter the team tournament. There will be no exceptions or waivers to this rule.
3. Public Schools – the top 8 teams in each section and group based on Power Point rankings will qualify for the state tournament.
4. Non-Public Schools – any non-public team that enters the tournament will be seeded. **However, the non-public team must meet the requirements in #1 and #2 above. There will be no exceptions or waivers to either the 60% rule or 9 dual meet requirement.**
5. A seeding committee will seed both the Non-Public A and Non-Public B tournament.
6. Matches wrestled after the cutoff date will not count toward tournament qualification.
7. Any player with two (2) or more disqualifications in the current season, before the start of the tournament, will be unable to compete in the state tournament.
8. Any varsity team accumulating three (3) or more player or coach disqualifications before the start of the tournament will not be permitted to participate in the state tournament. Seeded teams will forfeit their right to compete if a disqualification limit is reached before the start of the tournament for the team.

Entry Procedure

1. All varsity schedules & rosters must be entered in www.njschoolsports.com by the start of the season. Rosters must be checked and updated, if necessary, by the start of the tournament. We cannot guarantee any roster changes made after the start of the tournament will make it into the tournament program. If you encounter problems, please contact hssupport@njadvancemedia.com.
2. All varsity scores must be reported to Trackwrestling as soon as possible after each contest.
3. **Coaches are responsible for ensuring the accuracy of all scores used by NJ.com in the power point calculations during the season. There are no changes to scores once the power points close.**
4. The online entry form must be completed during the tournament entry period as listed in the Important Dates chart.
5. The Officials Conflict of Interest form must be submitted no later than the tournament cut-off date.

Entry Fee

1. \$90.00 per team, Payable to the NJSIAA (Please note Wrestling Team Tournament).
2. Forward all entry fees to the NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691
3. DO NOT use certified mail

Tournament Rules & Information

1. The recommended start time for all rounds is 6:00pm with weigh-ins at 4:30pm; however, the higher seed school may set a different start time.
2. Each school participating in the tournament shall be responsible for the care and treatment of their athletes within the school's policy as in effect during the regular season. When wrestling matches are scheduled at predetermined sites, visiting schools should not assume that the home school trainer will be available. NJSIAA may assign athletic trainers for the state final events to assist with emergencies.
3. When severe weather conditions or other unforeseen circumstances necessitate postponement, the site manager will make the final decision and should have an outlined procedure to inform the NJSIAA tournament director, the NJSIAA state assignor, NJ.com (hssupport@njadvancemedia.com), event staff/personnel and potential opponents. All rescheduled matches will be on the following day. Weigh-in and

start times remain the same. If consecutive days of competition occur, a weight allowance of one (1) pound will be granted as per rule.

4. A pre-meet coin toss will determine odd and even, which in turn dictates the following:
 - a. The team that will send their wrestler to the scorer's table first and who then cannot be withdrawn or replaced without being disqualified.
 - b. The team that will have the choice of selecting top, bottom, neutral, or deferring to begin the second period.
5. If a tie exists between the teams in the team championships, the criteria listed in the NFHS rule book will be in effect.

Tournament Selection & Seeding for Public Schools

1. The qualifying schools in each group and each section will be seeded using the NJSIAA power point system.
2. Sectional seeding will be from top to bottom and ends when 8 did not lose to 9 (see Regular Season Seeding Criteria below).
3. Tournament Matchups
 - a. Public Schools Sectionals Round 1
 - #1 seed vs #8 seed & #4 seed vs #5 seed. #1 Seed will host.
 - #2 seed vs #7 seed & #3 seed vs #6 seed. #2 Seed will host.
 - b. Public Schools Sectionals Round 2
 - #1/8 winner vs. #4/5 winner. #1 Seed will host.
 - #3/6 winner vs. #2/7 winner. #2 Seed will host.
 - c. Public Schools Sectional Finals (Round 3)
 - Winners from round 2 will wrestle at the highest remaining seed.

Tournament Seeding for Non-Public Schools

1. All non-public schools that enter the tournament will be seeded.
2. The non-public school seeding committee will consist of six (6) public school administrators.
3. NJSIAA tournament staff will break any tie votes.
4. The seeding committee will use, but is not limited to, the following criteria to seed all Non-Public Schools: head-to-head competition, Power Point rankings, strength of schedule, and common opponents.
5. Tournament Matchups
 - a. Non-Public Schools Round 1 and 2 – hosted by the #1 - #4 seeds.
 - b. Non-Public Schools Round 3 – hosted by the higher seeded school.

Brackets

1. The state tournament brackets will be posted to www.nj.com on February 4, 2025.
2. The media may post brackets following the completion of the seeding meeting, however, seedings and brackets do not become official until 12:00pm on the day after the seeding meeting.
3. Once the brackets become official, there will be no changes to the bracket. If a school is unable to participate for any reason after the brackets are final, then the opponent will advance.

Power Ranking System - Preseason

Before the start of the season, a preseason power value will be assigned to each team, based on past years' data. The top 15 teams in each geographic section will receive a preseason value, while all unranked teams receive the default value to start the season. Non-Public teams will be added to sections based on Northing Numbers. Teams are ranked by the following formula:

1. Returning District Place winners

- a. Assign points for last year's non-Senior district place winners for each team: 1st=3 pts, 2nd=2, 3rd=1.
- b. Multiply these points by the district strength co-efficient.
 - i. District strength co-efficient defaults to 1.0 -- and 0.1 is added for each team in your district that finished last season with power points ≥ 25.00 .

2. Strength of Program

- a. Average the team's season-ending power points for the last three (3) seasons.
 - i. Rank teams within each section and assign values for the top 15 teams: 1st=15, 2nd=14...15th=1.

3. Pre-Season Ranking

- a. Add the points awarded in (1) and (2) to determine the top 15 teams in each section.
 - i. The highest-ranked team will have a preseason Power Points value of 32.00.
 - ii. Teams ranked from #2 to #15 will step down in 0.50-point increments
 1. #2 = 31.50; #3 = 31.00 ... down to #15 = 25.0.
 - iii. All other teams will be assigned 23.0 to begin the season.

Power Ranking System - Regular Season

1. Dual Meets

- a. Team Power Points are awarded for all dual meet results from the start of the season to the cutoff date.
 - i. This includes all regular season duals, tris or quads, as well as any dual-meet formatted tournaments.
 - ii. Individual tournaments will not be considered for team power points purposes.
 - iii. Only meets against in-state, NJSIAA-member schools will count.
- b. The Ranking Scale is used to determine the number of points earned for each dual meet.
- c. Clauses:
 - i. The losing team cannot receive more power points in a meet than the winning team. In a case where the Ranking Scale would award the losing team more points, then the losing team will be assigned a value one point less than the winning team receives.
 - ii. If your team wrestles an opponent more than once, only the highest-valued match against that team will be considered for your team's power points.
 - iii. Team forfeits will be scored 84-0.

2. Compiling Points

- a. The 9 best Power Point producing meets against NJSIAA member schools will be averaged to determine your team's Power Points.
- b. The initial Power Points ranking will be calculated beginning 4 Sundays before the cutoff date.
 - i. This season - the first calculation will be on/about Sunday, Jan. 5.
 - ii. Every Sunday thereafter, a recalculation will occur using updated start values.
 - iii. The day after the cutoff (Sat. Feb. 1, 2025) - the fifth recalc will occur.
 - iv. Then, prior to seeding, a sixth and final recalc will occur, to ensure teams receive full value for matches wrestled in the week leading to cutoff.

Ranking Scale

Opponent's Power Rating	WINNING MARGIN					LOSING MARGIN					
	19+	13-18	7-12	1-6		1-6	7-12	13-18	19-29	30-39	40+
32.00-Higher	43	42	41	40		38	36	33	29	26	24
31.50-31.99	42	41	40	39		37	35	32	28	25	23
31.00-31.49	41	40	39	38		36	34	31	27	24	22
30.50-30.99	40	39	38	37		35	33	30	26	23	21
30.00-30.49	39	38	37	36		34	32	29	25	22	20
29.50-29.99	38	37	36	35		33	31	28	24	21	19
29.00-29.49	37	36	35	34		32	30	27	23	20	18
28.50-28.99	36	35	34	33		31	29	27	22	19	17
28.00-28.49	35	34	33	32		30	28	26	21	18	16
27.50-27.99	34	33	32	31		29	27	26	20	17	15
27.00-27.49	33	32	31	30		28	26	25	19	16	14
26.50-26.99	32	31	30	29		27	25	24	18	15	13
26.00-26.49	31	30	29	28		26	24	23	17	15	12
25.50-25.99	30	29	28	27		25	23	22	16	14	11

25.00-25.49	29	28	27	26		24	22	21	15	14	10
24.50-24.99	28	27	27	26		24	22	20	15	14	10
24.00-24.49	28	27	27	26		24	22	20	15	14	10
23.50-23.99	27	26	26	25		23	21	19	14	13	10
23.00-23.49	27	26	26	25		23	21	19	14	13	9
22.99-Lower	26	26	25	25		23	21	18	14	13	9

Sectional Tournament Seeding Criteria – Public Schools

1. Teams will be seeded based on Power Points.
2. If teams are tied in the Power Points, the following criteria will be used to break the tie:
 - a. Head-to-Head
 - i. The majority of wins earn the better seed
 - ii. Split decisions go to the latest winning team
 - b. Power Point average for all power pointed meets
 - c. Common opponents (comparing wins and losses, not point differential)
 - d. Overall winning percentage
 - e. Coin toss
3. Seed jumping (top-down):
 - a. Seed jumping will occur when a lower-ranked team defeated a team ranked immediately above it, starting from the top seed, working down.
 - b. If teams wrestled more than once, a jump would only occur when a team won the majority of the matches. If teams split, no jump will occur.
 - c. Movement in the seed may occur only one step at a time based on the Head-to-Head criterion. Multiple jumps can occur.
 - d. Examples:
 - i. If the 8th ranked team has defeated 7th, then they switch positions.
 - ii. If 8th defeated both 7th and 6th, then the 8th ranked team will be seeded 6th.
4. The field is set when the 9th team didn't beat the 8th team.

State Semifinal Seeding Criteria – Public Schools

The seeding of the sectional champions will be based on power points and head-to-head results using the same criteria as used in the team sectional tournament. Power points will not be recalculated upon completion of the sectional championships.

Weigh-In Procedures

1. **A wrestler must be listed in Trackwrestling and included on the weigh-in form to be eligible.**
2. All weigh-ins will begin 90 minutes before the scheduled start match.
3. The lower seeded team will always step on the scale first.
4. Supervised scales must be available one-half (1/2) hour prior to the start of the weigh-in period.
5. No one will be allowed to weigh in early/late unless weather or unforeseen circumstances dictate, or the tournament director rules otherwise.
6. One (1) team point will be deducted for failure to have the Trackwrestling weigh-in sheet and/or descent plan at mat side.
7. Teams may weigh-in three (3) wrestlers in each weight class each day.
8. This weigh-in form will be used for the admission of the wrestlers
9. Wrestlers are not required to weigh-in at the same weight class each day of the tournament. Wrestlers may only compete in weight classes as designated in their descent plan.

Skin Check Procedure

If a doctor/athletic trainer does not do the skin checks then the official shall perform the skin check.

Entering Data in Trackwrestling

1. All girls who plan to wrestle in boys' events must have their assessment data entered in both the girls season and boys season.
2. When entering a girl's event in the girls season create the event in only the girls season. In the Weights dropdown, use the default option of "NFHS Girls 12".

3. Enter the exact weight and results in the girls season.
4. There must be an event created in the girls season for every event at which the girl participates. If it is a boys event, the girl must be entered on the boys season weigh-in sheet as well.
5. When a boys event is created in the girls season, choose NHFS 14 Boys from the dropdown menu under WEIGHTS. Then, create a weigh-in sheet for the girls participating in the girls season.
6. Record the exact weight and result in both the girls season and the boys season.
7. The weight loss plan and the NJSIAA Season Record Form will be the official record for all girl wrestlers.

Weight Class Equivalents Chart

Beast of the East Tournament/Sam Cali Tournament	Escape the Rock Tournament/Powerade Tournament	NJSIAA Equivalent
106	107	106
113	114	113
120	121	120
126	127	126
132	133	132
138	139	138
144	145	144
150	152	150
157	160	157
165		165
175	172*	175
190	189*	190
215	215	215
285	285	285

When entering a wrestler at 160, 172 and 189, in Escape the Rock Tournament and/or Powerade Tournament, you must contact your other event 48 hours before the event to designate which wrestler is attending the elite event and which wrestler will be wrestling (i.e., 157, 165, 175, or 190) at the Elite event therefore which weight you will not be wrestling anyone. All other weight classes are as indicated on the above chart.

Weight Class Participation & Allowances

- a. A one-pound allowance will be granted on Monday during the regular season and Monday of the team tournament.
- b. Meets or tournaments postponed due to weather from Saturday to Monday will receive a two-pound allowance on Monday (one pound weather AND one pound Monday allowance. At no time can weight allowances exceed two pounds.
- c. A two-pound growth allowance will be granted on January 1, 2025.
- d. A one-pound allowance will be granted on December 26, 2024 and January 2, 2025.
- e. NJSIAA make grant additional one-pound allowances when it deems necessary.
- f. Wrestlers no longer must make scratch weight to be eligible for allowances, but wrestlers MUST follow their descent plan.
- g. The weigh-in sheet will reflect eligible weight classes as designated in that wrestler's descent plan. This ensures that descent plans are being followed.
- h. Wrestlers may never wrestle below their minimum weight classification
- i. Teams that wrestle out of state will compete at the out-of-state weight class provided wrestlers follow their descent plan.

Disqualified Wrestler

- a. A team cannot add a meet to give a disqualified wrestler the opportunity to satisfy the two (2) meet suspension rule before any regular or post-season meets.
- b. Flagrant Disqualification Clarification:
 - Dual meets count as one (1) meet/event
 - Tri meets count as two (2) meets/events
 - Quad meets count as three (3) meets/events
 - Dual tournaments count the number of dual meets that team wrestles in the tournament
 - Individual tournament counts as one match/event regardless of how many bouts are guaranteed

Penalties and Procedures for Using an Ineligible Wrestler

All meets that the ineligible wrestler participated in must be reported in Trackwrestling as a disqualification. This will result in the following:

- a. Loss of individual points for any of the disqualified meets calculated by Trackwrestling for District/Region seeding
- b. Recalculation of the dual meet team score that reflects a six (6) team point loss of the disqualified team which will result in a six (6) point victory for the opponent
- c. If the ineligible wrestler participated in a tournament with a team score, then the score must be adjusted and any awards (trophies, medals, etc.) must be returned to the host school
- d. If a second offense occurs, then NJSIAA reserves the right to issue meet suspensions

NOTE 1: If a wrestler competes in more than the allotted 30 matches by the NJSIAA cutoff date, each match more than 30 will be deemed a disqualification (DQ) and that wrestler will incur a loss by DQ for each match over 30. If the opponent of the illegal participant incurred a loss, their record would change to reflect "winner by DQ." Team scores would be adjusted accordingly. The coach and/or school may incur a fine of up to \$300.00 and/or disciplinary action for this infraction.

NOTE 2: The offending school must notify all schools involved in the event so coaches can adjust their wrestler's record on Trackwrestling. The Region President of the teams involved must also be notified and will help implement the changes to records and meets.

NOTE 3: Once all have been notified and changes made, it is the school's responsibility to notify Colleen Maguire, NJSIAA Executive Director, that all requirements have been met.

Match Conduct for Coaches & Contestants

- a. Individual Tournaments - Wrestling will not start until there is at least one (1) coach but not more than two (2) coaches or school representatives (including athletic trainers) in both corners.
- b. Coaches Misconduct will be strictly enforced as per NFHS Rule 5-5
- c. Unsportsmanlike Conduct will be strictly enforced as per NFHS Rules 7-4-2, 7-5-3, 8-1-4
- d. Flagrant Misconduct will be strictly enforced as per NFHS Rules 7-4-3, 7-5-5, 8-1-3, 8-1-6
- e. Athletes and coaches must be seated on the team bench/chairs, behind the bench/chairs, or in the locker room during the opponent's warm-up. No athletes or coaches are permitted to stand on edge of mats. A 1-point team deduction will be imposed, and an unsportsmanlike consequence may also be imposed if a school is found to be in violation.
- f. Appropriate music of any sort is permissible providing it is NOT played during each individual match. It can be played before the meet begins, during team warm-ups, and between individual matches. It CANNOT be played from the start of an individual match through the end of that individual match. This includes the Team Tournament and the entirety of the Individual Tournament.
- g. It is highly recommended that when coaching at all events, especially during the Team Tournament, Districts, Regions, and Individual State Championships that the coaching staff dress in a professional manner. Please refrain from wearing work boots, sweatpants, shorts, jeans, t-shirts, and the like as they are not considered professional apparel.

Officials Assignments & Fees

The NJSIAA State Assignor will assign all state tournament rounds, as follows:

Round 1

- 1 official per mat.
- 1 weighmaster.

- The official may also handle the weighmaster duties if the school chooses.
- Higher-seeded schools pay all officials at the area agreed-upon rate.

Round 2

- 2 officials – the officials will alternate (Official & Assistant Official) after each bout.
- 1 weighmaster.
- Higher-seeded schools pay all officials at the area agreed-upon rate.

Round 3 (Non-Public Schools)

- 2 officials – the officials will alternate (Official & Assistant Official) after each bout.
- 1 weighmaster.
- Higher-seeded schools will pay all officials at the area agreed-upon rate.

Round 3 (Public Schools – Sectional Finals)

- 2 officials – the officials will alternate (Official & Assistant Official) after each bout.
- 1 weighmaster.
- All officials are paid by NJSIAA.

State Semifinals (Public Schools)

- 2 officials – the officials will alternate (Official & Assistant Official) after each bout.
- 1 weighmaster.
- All officials are paid by NJSIAA.

State Finals

- 2 officials per mat – the officials will alternate (Official & Assistant Official) after each bout.
- All officials are paid by NJSIAA.

State Team Championships

The State Team Championships will be a one-day tournament. There will be a 10-minute warm-up period per team prior to the starting times listed below.

Schedule will be announced during the week of the state team tournament – the times will be:

- **Session 1 – 12:00pm**
- **Session 2 – 2:30pm**

If postponed, and the tournament cannot be held at the original site, the host sites will follow the rotating schedule below:

Public	2023-24	2024-25	2025-26	2026-27	2027-28	2028-29	2029-30
North I	II	I & V	IV	III	II	I & V	III
North II	III	II	I & V	IV	III	II	IV
Central	IV	III	II	I & V	IV	III	I & V
South	I & V	IV	III	II	I & V	IV	II
Non-Public	2023-24	2024-25	2025-26	2026-27	2027-28	2028-29	2022-23
North A	X				X		
South B		X				X	
North B			X				
South A				X			X

Awards

Sectional Champions (Public Schools):

A team trophy and twenty-five (25) certificates to each sectional champion in each group.

State Team Champions:

A team trophy and twenty-five (25) certificates to the state champion in each group.