



2025-2026 Girls Wrestling Individual Championships

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 The 3-team DQ rule is no longer applicable during participation in the state tournament.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

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New For This Year's State Tournament

1. Starting with the 2025-2026 season, girls that are entered into the boys season in Trackwrestling will not be allowed to wrestle against girls or in girls events. Girls entered in the girls season will not be allowed to wrestle against boys or in boys events.
2. **Any coach who does not enter correct weights into Trackwrestling will automatically be subject to a \$200.00 fine and a two-week suspension. Rounding weights to be entered into Trackwrestling is strictly prohibited.**
3. Virtual weigh-ins are prohibited and will no longer be available for use by schools.
4. The tournament entry fee has increased to \$25.00 per wrestler entered.
5. Parents will no longer be allowed to be seated on the floor during the individual finals at Boardwalk Hall.

Important Dates

Event	Date
Weight Certification Begins	November 3, 2025
Tryout Period	November 24 - 26, 2025
First Practice	December 1, 2025
Competition May Begin*	December 8, 2025*
Post-Season Transfer by Date	December 8, 2025
Two Pound Growth Allowance	January 1, 2026
Transfer Sit Eligibility**	**
Tournament Entry Period (Team)	January 20 – 30, 2026
Team Tournament Cutoff	February 7, 2026
Power Points Close (12:00pm)	February 8, 2026
Team Tournament Seeding (Boys/Girls)	February 10, 2026
33-Match Limit Cutoff (Boys/Girls)	February 14, 2026
Regular Season Competition Ends (Boys/Girls)	February 22, 2026
District Seeding (Girls)	February 25, 2026
District Seeding (Boys)	February 26, 2026
Region Seeding (Girls)	March 2 – 3, 2026
Region Seeding (Boys)	March 3 – 4, 2026
Individual State Seeding (Boys/Girls)	March 10, 2026

*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.

Tournament Dates

Boys Public Team Tournament	Date	Location
Rounds 1 & 2	February 16, 2026	Seeds #1 & #2 will Host
Sectional Finals	February 18, 2026	Higher Seed
State Semifinals	February 20, 2026	Higher Seed
State Finals	February 22, 2026	TBD
Boys Non-Public Team Tournament	Date	Location
Rounds 1 & 2	February 17, 2026	Higher Seed
State Semifinals	February 19, 2026	Higher Seed
State Finals	February 22, 2026	TBD
Girls Team Tournament	Date	Location
Rounds 1 & 2	February 17, 2026	Higher Seed
Sectional Finals	February 19, 2026	Higher Seed
State Finals	February 22, 2026	TBD
Boys Individual Tournament	Date	Location
Districts***	February 28, 2026	***
Regions***	March 6 – 7, 2026	***
Individual Championships	March 12 – 14, 2026	Boardwalk Hall
Girls Individual Tournament	Date	Location
Districts	March 1, 2026	
Regions***	March 8, 2026	***
Individual Championships	March 12 – 14, 2026	Boardwalk Hall

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

DISTRICT TOURNAMENT

To qualify for the District Tournament

1. Any member school sponsoring an interscholastic wrestling team will be permitted to enter District Tournament.
2. All Independent wrestlers from member schools that do not compete on an interscholastic basis are eligible to enter the District Tournament.
3. Any player with two (2) or more disqualifications in the current season, before the start of the District Tournament, will be unable to compete in the District Tournament.

Independent Athletes

An Independent Athlete is a student enrolled in a NJSIAA member school that does not sponsor a particular sports program and would like to enter a state individual tournament. Independent athletes are permitted, provided the school follows all independent entry requirements listed in the tournament regulations for their sport. In addition to the sports-specific tournament entry regulations, the following general procedures for all sports must be followed.

Independent Athlete Procedures

1. All independent athletes must be accompanied by a certified faculty member (chaperone), or a coach approved by the schools administration.
2. The independent athlete will be disqualified if they are not accompanied by a certified faculty member (chaperone), or a coach approved by the schools administration.
3. The chaperone must have with them written authority from the school's administration and remain with the athlete throughout all contests.
4. Independent athletes will not be able to check-in to the event with a parent, a coach/chaperone must be present at the time of check-in.
5. Any properly appointed "coach" will be subject to all out-of-season practice rules.
6. The school district must be able to certify the independent athlete has met the required six (6) practices.
7. The school district must be able to certify the independent athlete has a completed physical on file.
8. The penalty for failure to comply will be the disqualification of the athlete.
9. If you compete on a co-ed team, you cannot be an independent athlete. You will have to follow the tournament regulations on how to qualify as an individual.
10. Member schools with independent wrestlers may enter the individual tournament at the district level. They will be assigned a district at a later date.
11. The maximum number of independent athletes per school is four (4).
12. Independent athletes will not qualify for awards until the state individual finals.

District Entry Procedure

1. All wrestlers must compete in the District Championships to qualify for subsequent championships.
2. Coaches MUST enter their wrestlers for the districts via the trackwrestling program by 8:00 PM on the Monday of the district week.
3. The District Site Manager will receive an access code from trackwrestling and will be responsible for printing out a set of 12 sheets (each weight) for every team entered.
4. A wrestler is permitted to wrestle in any eligible weight class, providing their name appears as a contestant or alternate at any weight class on the properly signed trackwrestling official district weigh-In form.
5. The trackwrestling weigh-in form is to be given to the site manager at the district seeding.
6. Every wrestler, at every level, must have only one individual match summary form that shows all appearances by that wrestler, at all levels, where that wrestler represented the school in any match (i.e., weight, weight class, level, W/L, etc.)
7. Schools entering teams in the districts must submit a facility fee to be made payable to the host school prior to the district seeding meeting. NJSIAA will communicate the facility fee to be submitted to each district host school – the fee will vary among districts.
8. Girls entered into a District tournament must be certified in the Trackwrestling girls season and may not have wrestled against any boys or in any boys events during the regular season or state tournament.

Entry Fee

1. \$25.00 per wrestler that weighs in at the districts regardless of whether they compete or not.
2. Make payments payable to the NJSIAA (Please note Wrestling Tournament).
3. Forward all entry fees to the NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691
4. DO NOT use certified mail

District Tournament Rules & Information

1. The District Tournament will consist of a one day qualifying tournament held at 12 different locations throughout the state.
2. The top 4 place winners in each weight class will advance to the regional championships.
3. A contestant shall weigh-in for only one weight class during the weigh-in period. If the contestant does not make weight, then she may move up to another weight class. The individual's descent plan must allow participation in the chosen weight class.
4. All weigh-ins will start 1.5 hours before the scheduled start time.
5. Only one wrestler per weight class will be given a pass for entry into the tournament.
6. Wrestlers receiving a forfeit must weigh-in and step on the mat for that round. Failure to do so eliminates a wrestler from the tournament and/or further competition.

7. All wrestlers will weigh-in in reverse seed order (10-9-8-7 etc.).
8. There is a two (2) scale minimum for weigh-ins. If weight checks are provided, the same scales must be used for both the weigh-ins and weight checks.
9. The actual weight of each contestant must be recorded by the weighmaster or designee on the District weigh-in sheet. Proper signatures must be recorded.
10. All schools entered in the individual tournament will be held responsible for the conduct of their coaching staff and all other school personnel. Member schools cannot expect the NJSIAA to assume responsibility for improper conduct at tournament events.
11. The site manager and/or the official, have the authority to address and correct any action of intimidation unethical, or unsportsmanlike conduct.
12. 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.
13. All matches, except finals, will follow regular match order. If the finals will be wrestled following a random draw the random draw will take place prior to the weigh-ins Saturday when all coaches and wrestlers are present at the designated weigh-in time (per NFHS Rule 5-21.1).
14. Wrestlers will receive a bye in the Round of 32 and the Round of 16 if no opponent is available. A forfeit will not be awarded until the Quarterfinal Round, provided there are not enough wrestlers to complete the Round of 8 (Quarterfinals).
15. Wrestle backs procedures:
 - a. Wrestle backs will begin with the quarterfinals.
 - b. Wrestlers will wrestle back to 3rd through 6th place.

District Tournament Seeding Information

1. The site manager will serve or appoint a Seeding Chairperson, who is not an active high school coach in that District, to run the meeting, and to only vote in the case of a tie.
2. Only the head wrestling coach or their designee may attend and take part in the seeding discussions. Every school must vote (no abstentions).
3. All districts must use the NJSIAA sponsored computerized program, trackwrestling.com, for the seeding meeting throughout the tournament.
4. All district seeding meetings must be held on the Wednesday of district week. Coaches must be made aware of the time and location.
5. Wrestlers will be pre-seeded by Trackwrestling points based on their best fifteen (15) matches using the pre-seed chart for the district.
6. Trackwrestling will do all the calculations automatically when match results are recorded on trackwrestling, and a current listing of points will be available online as the season progresses.
7. The Pre-seed chart will be a combination of the following:
 - a. **Prestige Points** - Points a wrestler starts the season with, by virtue of the best past performance in a previous NJSIAA State Tournament. These points will be displayed on trackwrestling so possible caliber points can be determined by opponents.
 - Use same advancement criteria as stated in the state tournament criteria- i.e., replacement wrestler does not have to win in the tournament to get credit for seeding next year
 - b. **Caliber Points** - Points for competition earned for wins and some close losses (by a decision) during the current season.
 - Points are calculated for the best fifteen (15) matches.
 - The district pre-seed chart can be used for out-of-state competition.
 - Any win against a non-NJSIAA member will earn two (2) points regardless of state or caliber of varsity competition.
 - The individual match record will show how many points are earned or lost for each match throughout the year.
 - A single pin-point will also be added when a match ends in a fall. (Not for md, tf, dq or ff).
 - A single point will be deducted for each loss to a non-regional competitor from a previous tournament.
 - Any forfeit win counts for 2 points but no extra pin-points

8. Coaches MUST enter their wrestlers for the districts via the trackwrestling program by 8:00 PM on the Monday of District week. This will allow trackwrestling to calculate the Pre-Seeds, and head-to-head data per weight class. Coaches will not have to print a copy of all their individual match summaries for all of the other coaches in the district.
9. The District Site Manager will receive an access code from trackwrestling and will be responsible for printing out a set of 12 sheets (each weight) for every team entered. This one (1) page per weight class print-out will be a list of wrestlers with their total Pre-Seed points listed (from highest to lowest) and will include the wrestler's record and grade and will list all head-to-head matches between any contestants in this weight class during this year and will be given out at the start of the seeding meeting. Any tie in the pre-seed points will be broken by (in order):
 - a. Head-to-head
 - b. Common opponents (Win vs Loss)
 - c. Three best win(s) on a vote of the head coaches
10. Pre-seed point Calculations: Prestige Points + Caliber Points = Pre-seeds (see chart below)

District Pre-Seed Chart				
Past year	Caliber Points		Current year	
Prestige Points Own Merit- (Caliber Pts x 2)	Furthest Advancement	Caliber Points	Beat a Participant (=Caliber Pts)	Lost by Decision (20% Caliber Pts)
125	State Champ	62.5	62.5	12.5
115	2nd in States	57.5	57.5	11.5
110	3rd in States	55	55	11
105	4th in States	52.5	52.5	10.5
100	5th in States	50	50	10
95	6th in States	47.5	47.5	9.5
90	7th in States	45	45	9
85	8th in States	42.5	42.5	8.5
70	WB1 in States	35	35	7
65	4 th in Regions	32.5	32.5	6
50	5th in Regions	25	25	5
45	6th in Regions	22.5	22.5	4.5
0	No Post-Season	2	2	-1

District Tournament Seeding Procedure

1. Coaches must hand in a completed trackwrestling generated Individual Match Summary Form for all of their wrestlers participating in the tournament, at the start of the seeding meeting to the district site manager.
2. All wrestlers will be seeded, and their names placed on a traditional 32-wrestler bracket with no wrestler seeded in more than one weight class.
3. Only individual varsity matches wrestled this season count towards seeding, with the winning of any previous titles made known to all.
4. Wild Card Procedure - Prior to the start of seeding the first weight class, all coaches that are considering using the wild card designation for any wrestler(s) will be heard (2 minutes), discussed, and voted on, with that vote final as no other wild cards will be entertained once the seeding starts. Collectively, coaches will decide what they believe is a proper use of the wild card designation for any wrestler that can include injury, academic ineligibility, transfers or other unforeseen conditions AND coaches should be careful not to abuse the wildcard as it could lead to endless time-consuming debates.
 - a. Mandatory wild cards simply mean that coaches must talk about why these situations have happened and a vote will be taken as to where these wrestlers should be seeded. Seeding points are not mandatory for these situations.

- Example 1: Moving two or more weight classes over a wrestler's lowest weight class.
 - Example 2: Someone moving to another weight class AFTER the seeding meeting.
5. An open or closed vote of all voting coaches is taken and is final and all discussions on that wrestler shall cease and shall not be reconsidered. The coach's late arrival is NOT grounds to re-seed.
 6. Movement after the Pre-seed will only be by Head-to-Head results.
 7. Final seeding for the districts:
 - a. Head-to-head competition this season.
 - b. First Step - eliminate round-robin set of losses between 3 or more wrestlers. Use a singular loss as many times as needed to satisfy all round robins. $A>B>C>A$ or $A>B>C>D>A$.
 - If a wrestler has multiple losses to the same opponent, only eliminate one of those losses to satisfy all possible round-robins.
 - If there are multiple results between two wrestlers, then the earliest result is eliminated if they are part of a round robin series between two wrestlers $A>B>A>B$ which is also part of a round robin $A>B>C>A$. Wrestler A's first win in the series with wrestler B would be eliminated.
 - c. Next start with the best pre-seed and work down. Discuss every head-to-head match, with the best challenge, heard first. Continue until all losses are satisfied and vote only with extenuating circumstances.
 - Majority of victories receives preference. Split decisions will be decided with the later win receiving preference
 - d. The vote will result in the challenger moving ahead of the higher, pre-seeded wrestler, moving the remaining wrestlers down, OR to remain in the pre-seed placement.
 8. Replacement – Any wrestler named at the seeding meeting that cannot wrestle in that weight class for any reason can be replaced prior to the conclusion of that weight class's weigh-in by an "eligible" replacement or alternate and a re-seed must occur.
 9. Unfair Seeds – Where it can be substantiated that an unfair seed has occurred, the tournament director must email the NJSIAA Tournament Director by 12:00 Noon, Friday to have the matter presented to the State Tournament Committee of the seeding meeting with this committee's ruling final.
 10. Forfeiture – Occurs after the initial weigh-in period and a subsequent reseeding meeting is over. If a wrestler successfully weighs in and subsequently does not appear on the mat to wrestle, a forfeit will be declared. Any forfeiture for not appearing on the mat eliminates that wrestler from the tournament unless as provided for in NFHS Wrestling Rules Book. Failure to provide the Tournament Committee with an acceptable reason for default or forfeit could result in Executive Committee action.
 11. Re-seeding – Any Replacement will necessitate a re-seed using the same initial district seed procedure. This re-seeding must occur prior to the start of the first session.

Athletic Trainers Assignments & Payment - District Tournament

The host school will assign and pay all Athletic Trainers & Blood Personnel.

Officials Assignments & Payment - District Tournament

- a. The NJSIAA State Assignor will assign all officials for the districts.
- b. The host school is responsible for paying all officials via any means they prefer.
- c. Two officials will be assigned to each mat after the quarterfinals.
- d. Officials will alternate as the bout official and the assistant official for each match starting with the semifinals.
- e. One of the officials will also handle the weighmaster duties.

Awards - District Tournament

- a. NJSIAA - The top four (4) place winners in each weight class will receive a medal.
- b. NJ Girls Wrestling Coaches Association (NJGWCA) Awards:
 - District Most Outstanding Wrestler
 - District Coach of the Year

REGION TOURNAMENT

Region Tournament Rules & Information

1. The region tournament is a one day qualifying tournament held at 4 different locations throughout the state.
2. The top 4 place winners in each weight class will advance to the State Championships.
3. The weight class order will be 102 to 237. A random draw may be used for the final matches only (per NFHS Rule 5-21.1).
4. The regions will be assigned based on each school's northing numbers but will strive for regional balance among the number of participants.
5. Weighmasters will be assigned to each Region by the state assignor.
6. There is no weigh-in form needed but the individual's descent plan must be available at the site.
7. A contestant shall weigh-in for only one weight class during the weigh-in period. The individual's descent plan must allow participation in the chosen weight class.
8. All weigh-ins will start 1.5 hours before the scheduled start time.
9. Wrestlers receiving a forfeit must weigh-in and step on the mat for that round. Failure to do so eliminates a wrestler from the tournament and/or further competition.
10. The actual weight of each contestant must be recorded by the weighmaster or designee on this sheet. Proper signatures must be recorded.
11. All schools entered in the tournament will be held responsible for the conduct of their coaching staff and all other school personnel. Member schools cannot expect the NJSIAA to assume responsibility for improper conduct at tournament events.
12. The site manager and/or the official, have the authority to address and correct any action of intimidation unethical, or unsportsmanlike conduct.
13. 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.

Region Tournament Seeding Information

1. There will only be one seeding meeting.
2. The goal of the seeding committee is to:
 - a. To ensure that the criteria for seeding is correctly followed
 - b. Seed all twelve (12) wrestlers
3. Seeding should reduce the possibility of having the two best wrestlers meet in the early rounds. Theoretically, they should meet in the final, after having the four best wrestlers meet in the semifinals. The quality of wrestling should improve as the tournament advances.
4. Highest ethics should prevail. Attempts to place an "unproven" wrestler in an advantageous position to gain additional team points, or to reduce a "stronger" team's chance of attaining more team points are looked upon as self-serving. Using the seeding meeting to determine where you are going to wrestle your student/athletes causing a re-seeding the day of the tournament is another practice that must be discouraged.
5. The seeding will be conducted by a "Seeding Committee"
 - a. The Committee will be composed of the Regional Tournament Director, or designated Seeding Chairperson (who will break any tie votes), and three (3) appointed seeding committee representatives one (1) from each District.
 - b. The Committee will be using the past advancements in the previous Region and State Tournaments, Head-to-Head Completion, Best Win and Trackwrestling Points to seed the regions through the twelve (12) seeds. All results will be considered for seeding purposes.
6. Wrestle backs procedure:
 - a. Full wrestle backs will be held.
 - b. Wrestlers will wrestle back to 3rd through 6th place.

Region Tournament Pre-Seeding Criteria

1. Own Merit in a Previous Tournament – this level or better
 - a. Higher replacement(s) or further advancements(s) in wrestle backs will earn the better pre-seed.
 - b. Greater number of appearances – with the most recent advancement receiving preference.

NOTE: All wrestlers get credit for being here, minimum advancement if out

2. Defeated a seeded wrestler(s) – in this weight class during this season

NOTE: The better the pre-seed the better the victory. Use other victories using this criterion, if needed.

Wins vs. multiple opponents with the same criteria is better than beating the same opponent twice

3. Defeated any state tournament participant(s) from a previous year during this season.

NOTE: The better the pre-seed the better the victory. Use other victories using this criterion, if needed.

Wins vs. multiple opponents with the same criteria is better than beating the same opponent twice.

4. Tie break criteria – use total Trackwrestling points, not winning percentage.

Note: Prior years' 5th or 6th place will be considered as a 5/6 place for seeding purposes.

Region Tournament Final Seeding

1. Head-to-head competition this season.

- a. First Step - eliminate round-robin set of losses between 3 or more wrestlers. Use a singular loss as many times as needed to satisfy all round robins. A>B>C>A or A>B>C>D>A.

- i. If a wrestler has multiple losses to the same opponent, only eliminate one of those losses to satisfy all possible round-robins.

- ii. If there are multiple results between two wrestlers, then the earliest result is eliminated if they are part of a round robin series between two wrestlers A>B>A>B which is also part of a round robin A>B>C>A. Wrestler A's first win in the series with wrestler B would be eliminated.

- b. Next start with the best pre-seed and work down. Discuss every head-to-head match, with the best challenge, heard first. Continue until all losses are satisfied. If a tie remains, then Trackwrestling points will be used to break the tie.

- Majority of victories receives preference. Split decisions will be decided with the later win receiving preference

2. The higher Trackwrestling points will result in the challenger moving ahead of the higher, pre-seeded wrestler, moving the remaining wrestlers down, OR to remain in the pre-seed placement. If Trackwrestling points are tied, then the Seeding Committee Chair and the 3 seeding representatives will vote.

3. Unfair Seeds - Where it can be substantiated that an unfair seed has occurred, the tournament director must email the NJSIAA Tournament Director by 12:00 Noon, Thursday to have the matter presented to the State Tournament Committee of the seeding meeting with this committee's ruling final.

4. Replacement - Any wrestler named at the seeding meeting that cannot wrestle in that weight class, for any reason, can be replaced prior to the conclusion of that weight class's weigh-in by an "eligible" replacement. A re-seed must occur using the same initial region seeding procedure. If the replacement does not qualify for one of the top 8 seeds, they will be placed in the vacated position of the withdrawn wrestler.

5. Forfeiture - Occurs after the initial weigh-in period and a subsequent reseeding meeting is over. If a wrestler successfully weighs in and subsequently does not appear on the mat to wrestle, a forfeit will be declared. Any forfeiture for not appearing on the mat eliminates that wrestler from the tournament unless as provided for in NFHS Wrestling Rules Book. Failure to provide the Tournament Committee with an acceptable reason for default or forfeit could result in Executive Committee action.

Officials Regional Assignments & Payment

- NJSIAA State Assignor will assign all officials for all regions.
- Officials will alternate as the bout official and the assistant official for each match.
- Weighmasters will be assigned by the NJSIAA.
- All officials for this round will be paid via Arbiter Pay.

Athletic Trainers Regional Assignments and Payment

- The host school will assign three athletic trainers and two blood persons.
- NJSIAA will pay all athletic trainers and blood persons.

Awards – Region Championships

NJSIAA:

- The top four (4) place winners in each weight class will receive a medal.

NJ Girls Wrestling Coaches Association (NJGWCA):

- Region Most Outstanding Wrestler
- Region Coach of the Year

STATE CHAMPIONSHIPS

Please note: All wrestling times listed below are approximate – it is the responsibility of the wrestler and coach to be ready to wrestle when called.

Thursday, March 6, 2025		
Weight Check	8:00 am	Girls
Weigh-Ins	8:30 am	Girls
Weight Check	9:00 am	Boys
Weigh-Ins	9:30 am	Boys
Wrestling	10:00 am	Girls: Pre-Quarters – Quarters – WB 1
Wrestling	11:25 am	Boys: Preliminaries – Pre-Quarters – WB 1
Friday, March 7, 2025		
Weight Check	7:00 am	Boys
Weigh-Ins	7:30 am	Boys
Weight Check	8:30 am	Girls
Weigh-Ins	9:00 am	Girls
Wrestling	9:00 am	Boys: WB 2 – Quarters – WB 3
Wrestling	10:45 am	Girls: WB 2
Break – 2:30 pm		
Wrestling	3:45 pm	Girls: Semis – WB 3
Awards – 5:45 pm		
Wrestling	6:00 pm	Boys: Semifinals – WB 4
Wrestling	8:00 pm	Girls: Consolation Semifinals
Wrestling	8:40 pm	Boys: WB 5
Saturday, March 8, 2025		
Weight Check	7:00 am	Boys
Weigh-Ins	7:30 am	Boys
Weight Check	7:30 am	Girls
Weigh-Ins	8:00 am	Girls
Wrestling	9:00 am	Boys: WB 6
Wrestling	9:45 am	Boys and Girls: 3 rd – 5 th – 7 th place
Girls Parade – 12:45 pm (approximately)		
Girls Finals – 1:00 pm (not before)		
Boys Parade – 3:20 pm (approximately)		
Boys Finals – 3:30 pm (not before)		

State Individual Championships Rules & Information

1. The state championships will consist of a three-day tournament that is held at the Atlantic City Boardwalk Hall.
2. Sixteen (16) wrestlers per weight class will be seeded.
3. Medals will be given to the final eight wrestlers.
4. Weigh-in Procedures:
 - a. Weigh-ins for each weight class will be in alphabetical order.
 - b. The girls' weight classes for the tournament will be:
 - i 102-109-116-122-128-134-140-147-154-167-187-237.
 - ii These weight classes include the two-pound growth allowance from the original weight classes at the start of the season.
 - c. The weight class order will be 102 to 237. A random draw may be used for the final matches only (per NFHS Rule 5-21.1).
 - d. Weight check will be a ½ hour prior to the weigh-in period, WRESTLERS ONLY in the room, no coaches
 - e. Thursday –Starts at 8:30am at 102 and concludes with 237 lb. weight class in the ballroom
 - f. Friday - Starts at 9:00 am at 103, concludes with the 238 lb. weight class in the ballroom
 - g. Saturday - Starts at 8:00 am at 104, concludes with the 239 lb. weight class in the ballroom
 - h. Weigh-ins for each weight class will be in alphabetical order.

State Individual Championships Seeding Information

1. The committee is chaired by the Tournament Director or his designated seeding chairperson and two (2) appointed representatives from each Region.
2. The seeding meeting may be held virtually or at the NJSIAA office in Robbinsville.
3. Goal of the seeding meeting:
 - a. Separate the best wrestlers
 - b. Pre-seed, head-to-head movement, and seed all place winners (1st – 4th) from each region.
4. If a wrestler medically forfeits during the Region tournament, then the forfeit will be considered a loss for seeding purposes only.

State Individual Championship Pre-Seeding Criteria

1. Wrestlers own merit in a previous tournament – this level or better
 - a. Higher replacement(s) or further advancements(s) in wrestle backs will earn the better pre-seed.
 - b. Greater number of appearances – with the most recent advancement receiving preference.
 - NOTE: All wrestlers get credit for being here, minimum advancement if out
2. Defeated a seeded wrestler(s) – in this weight class during this season.
 - NOTE: Better the defeated wrestler's advancement the higher the pre-seed. Use other victories using the criterion if needed. Wins vs. multiple opponents with the same criteria is better than beating the same opponent twice
3. Defeated any tournament participant(s) from a previous year during this season.
 - NOTE: The better the defeated wrestler's advancement the higher the pre-seed. Use other victories using the criterion if needed. Wins vs. multiple opponents with the same criteria is better than beating the same opponent twice.
4. Tie break criteria – use total Trackwrestling points, not winning percentage.

State Individual Championship Final Seeding

1. Head-to-head competition this season.
 - a. First Step - eliminate round-robin set of losses between 3 or more wrestlers. Use a singular loss as many times as needed to satisfy all round robins. A>B>C>A or A>B>C>D>A.
 - If a wrestler has multiple losses to the same opponent, only eliminate one of those losses to satisfy all possible round-robins.
 - If there are multiple results between two wrestlers, then the earliest result is eliminated if they are part of a round robin series between two wrestlers A>B>A>B which is also part of a round robin A>B>C>A. Wrestler A's first win in the series with wrestler B would be eliminated.

- b. Next start with the best pre-seed and work down. Discuss every head-to-head match, with the best challenge, heard first. Continue until all losses are satisfied. If a tie remains, then Trackwrestling points will be used to break the tie.
 - Majority of victories receive preference. Split decisions will be decided with the later win receiving preference.
 - c. The vote will result in the challenger moving ahead of the higher, pre-seeded wrestler, moving the remaining wrestlers down, OR to remain in the pre-seed placement.
2. Replacement - Any wrestler named at the seeding meeting that cannot wrestle in that weight class, for any reason, can be replaced prior to the conclusion of that weight class's weigh-in by an "eligible" replacement. A re-seed must occur using the same initial region seeding procedure. If the replacement does not qualify for one of the top 8 seeds, they will be placed in the vacated position of the withdrawn wrestler.
 3. Forfeiture - Occurs after the initial weigh-in period and a subsequent reseeding meeting is over. If a wrestler successfully weighs in and subsequently does not appear on the mat to wrestle, a forfeit will be declared. Any forfeiture for not appearing on the mat eliminates that wrestler from the tournament unless as provided for in NFHS Wrestling Rules Book. Failure to provide the Tournament Committee with an acceptable reason for default or forfeit could result in Executive Committee action.
 4. Re-seeding - All appeals must be made by 12:00pm on March 11, 2026. A re-seed/re-draw of wrestlers will occur before this time.
 - a. If a wrestler is out of the tournament for any reason prior to 12:00pm on March 11, 2026, a reseed will occur.
 - b. Any replacement will necessitate that Region treat their four (4) remaining wrestlers as 1st, 2nd, 3rd and 4th best remaining for reseeding purposes.
 5. Failure to make weight class at the State Championships:
 - a. A re-seed WILL NOT occur after the initial weigh-in.
 - b. If there is a legal replacement from that Region, the replacement will occupy the spot of the withdrawn wrestler.
 - c. After 8:00pm on Wednesday, if a 5th or 6th place Region finisher cannot replace an injured wrestler or someone fails to make weight and there is no legal wrestler for replacement, wrestlers will be moved up and the forfeit will be to the highest seed.

Officials State Championship Assignments & Payment

1. NJSIAA State Assignor will assign all officials for the State Tournament.
2. Officials will alternate as the bout official and the assistant official for each match.
3. NJSIAA will pay all officials.

Athletic Trainers State Championship Assignments & Payment

NJSIAA will assign and pay all athletic trainers & blood personnel.

Awards for the State Championships

NJSIAA:

- a. The top eight (8) place winners in each weight class will receive a medal.
- b. Most Outstanding Wrestler award.

NJ Girls Wrestling Coaches Association (NJGWCA):

- a. State Coach of the Year