



## 2025-2026 Girls Wrestling Regular 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 The 3-team DQ rule is no longer applicable during participation in the state tournament.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**

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**New for This Year's State Tournament**

1. For the 2025-2026 season only, the regular season match limit has been increased to 33-matches from 30-matches.
2. Starting with the 2025-2026 season, girls will no longer be allowed to be entered into both the boys and girls season in Trackwrestling. Girls that are entered into the girls season in Trackwrestling will not be allowed to wrestle against boys or in boys events.
3. **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.**
4. Virtual weigh-ins are prohibited and will no longer be available for use by schools.
5. Officials' fees for rounds 1 & 2 will be determined by the State Officials Fee Committee recommendations (see page 8).

**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.

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

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

**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. **A dual meet is defined as a match with a minimum of seven (7) bouts wrestled (i.e., 5 or fewer forfeited weight classes).**
4. The tournament will consist of one group and two sections within the group (North and South).
5. The top 8 teams in each section based on Power Point rankings will qualify for the state 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](http://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](mailto: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@njadvancedmedia.com](mailto:hssupport@njadvancedmedia.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 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 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 Schedule:
  - a. Round 1 and 2 – hosted by the #1 and #2 seeds.
  - b. Round 3 (Sectional Final) – hosted by the higher seeded school.

### **Brackets**

1. The state tournament brackets will be posted to [www.nj.com](http://www.nj.com) on February 10, 2026.
2. The media may post brackets following the completion of the seeding meeting, however, seeds 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 - 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, January 11, 2026.
  - ii. Every Sunday thereafter, a recalculation will occur using updated start values.
  - iii. The day after the cutoff (on Sunday, February 8, 2026) - 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

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.

### **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**

In May 2025, the NJSIAA Executive Committee approved a \$200.00 fine and automatic two-week suspension for any coach who does not enter the correct weights into Trackwrestling. The exact weigh-in must be entered into Trackwrestling, rounding weights is strictly prohibited. If a weigh-in was incorrectly entered, then the team administrator must notify NJSIAA immediately so that the correct weight can be entered – please email Dena Maggio ([dmaggio@njsiaa.org](mailto:dmaggio@njsiaa.org)) the signed weigh-in sheet to request a correction.

Girls must certify in either the boys season or girls season, but not both. If a girl certifies in the girls season, then the girl will not be permitted to wrestle in boys events during the regular season and state tournaments. If a girl certifies in the boys season, then the girl will not be permitted to wrestle in girls events during the regular season and state tournaments.

When a girls certifies in the boys season, then the assessor must check the "F" box.

### **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, 2026.
- d. A one-pound allowance will be granted on December 26, 2025 and January 2, 2026.
- e. NJSIAA may 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 suspensions.

NOTE 1: If a wrestler competes in more than the allotted 33 matches by the NJSIAA cutoff date, each match more than 33 will be deemed a disqualification (DQ) and that wrestler will incur a loss by DQ for each match over 33. 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. NJSIAA highly recommends that coaches dress in a manner that presents themselves in the most professional way. Appropriate attire is considered dress pants or skirt with a blouse, or a professional dress paired with proper shoes or clean sneakers. Please refrain from wearing sweatpants, shorts, jeans, t-shirts and similar casual clothing.

### **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:

Section	2025-26	2026-27	2027-28	2028-29	2029-30	2030-31	2031-32
North	X		X		X		X
South		X		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.

**Officials Fees & Assignments**

1. Officials’ fees for rounds 1 & 2 will be determined by the State Officials Fee Committee recommendations (see chart below).
2. The fees for the sectional finals and State finals will be established by NJSIAA.

Assignment	Round 1	Round 2
Official	\$104	\$104
Weighmaster	\$50	\$50

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

**Rounds 1 & 2**

- Two (2) officials (one per mat for round 1).
- One of the officials will act as the weighmaster.
- Higher-seeded schools pay the officials & weighmaster at the rates listed above.

**Sectional Finals**

- Two (2) officials.
- One of the officials will act as the weighmaster.
- All officials are paid by NJSIAA.

**State Finals**

- All officials are assigned and paid by NJSIAA.