



To: NJSIAA Program Review Committee

From: Colleen Maguire, Executive Director

Date: June 8, 2026

RE: NJSIAA Boys and Girls Wrestling Tournament Regulations

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On behalf of the Boys and Girls Wrestling Committees, NJSIAA staff recommends the following updates to the wrestling tournament regulations. All items have been unanimously supported by the committees.

State Tournament Dates – 2026–2027

Boardwalk Hall has recently signed a 5-year contract to host the MAAC basketball tournament. After the season, staff provided coaches and leagues/conferences three date options for future state tournaments – 49% of coaches and 13 out of 15 leagues/conferences preferred the second option which is as follows:

**Practice Start Date:** Monday, November 30

**Competition May Begin:** Monday, December 7

**Team Tournament:** Monday, February 1 – Sunday, February 7

**Boys Districts:** Saturday, February 13

**Girls Districts:** Sunday, February 14

**Boys Regions:** Friday, February 19 – Saturday, February 20

**Girls Regions:** Sunday, February 21

**Individual State Championships:** Thursday, February 25 – Saturday, February 27

All match limit dates, cut-off dates and seeding dates will be updated to reflect the new state tournament dates. The corresponding dates will be in place for a five-year period – through the 2030-2031 school year which coincides with the Boardwalk Hall contract to host the MAAC basketball tournament.

3-Day Tryout Period

The committee requests that the 3-day tryout period (prior to Thanksgiving) count towards the 6-day practice/1-day rest rule – this will allow teams the opportunity to scrimmage prior to the competition may begin date. Therefore, starting Monday, November 23, once the 6-days of practice/1-day of rest rule is satisfied schools will be permitted to scrimmage on either Thursday, December 3, Friday, December 4 or Saturday, December 5 – schools will be limited to one scrimmage date prior to the competition may begin date. Practices are prohibited during the four-day Thanksgiving holiday weekend.

The schedule outlined above results in two less weeks of regular season competition relative to prior seasons; therefore, providing schools with the opportunity to scrimmage prior to the competition may begin date will be helpful for their scheduling purposes.

### Boys Wrestling Dual Meet Event/Tournament Clarification

The committee recommends the following clarification be added to Specific Sports Regulations – Boys Wrestling – Section 8 Maximum Meets:

A team may not schedule, nor may a wrestler participate in more than four weigh-ins per week. A team may schedule only one event involving more than four teams during the week. A two-day tournament with a weigh-in each day will count as one weigh-in.

*CL 6: For dual meet events with more than four teams, if the event schedule limits all participating teams to no more than three matches, then the event will be considered the same as a quad and will not count as an event with more than four teams. Therefore, the team is still eligible to participate in another event involving more than four teams during that same week.*

### Boys Wrestling Power Points Update

The committee recommends that power points be based on 80% of a school's matches, with a minimum of 9 matches counting. Currently, power points use a school's best 9 matches which has led to concerns with the quality of the power points being used for tournament qualification and seeding. Instead, under this proposal, if a school wrestles 12 matches at the cut-off, then the top 10 will be used for power point calculations. If a school wrestles 24 matches at the cut-off, then the top 20 matches will be used for power point calculations. The committee reviewed data under different scenarios and unanimously supported the 80% proposal as it provided the best results which more accurately reflect the strength of each program.

### Boys Wrestling Non-Public Classifications

Due to declining participation in the Non-Public B state tournament, the Committee recommends changes to the current classifications to increase participation in the Non-Public B state tournament which will result in a more competitive tournament. The classifications currently divide all schools equally into Non-Public A and Non-Public B, with any remainders being placed in Non-Public B. NJSIAA proposes that non-public schools with an enrollment equivalent to a public Group V, Group IV or Group III be classified as Non-Public A and non-public schools with an enrollment equivalent to public Group II and Group I be classified as Non-Public B. This model was adopted by football starting with the 2024-2025 season and has worked well. Based on the current year classifications, this will increase the number of schools classified as Non-Public B while keeping the enrollment differentials in line with the public-school classifications.

**NJSIAA will allow schools who are classified as Non-Public B to solicit a waiver to move to the Non-Public A classification group.**

### Girls Wrestling Team Tournament

Based on results during the 2025-2026 season, the committee recommends that the top 12 teams per section qualify for the state tournament – this will allow 8 more teams to qualify for the team state tournament. The state tournament dates will remain unchanged while the top four-seeds in each section will have a first-round bye.

### Girls Wrestling Dual Meet Status

Dual meets will no longer be defined by the number of bouts wrestled. Schools will be required to declare their dual-meet team status on or before December 15 of each season. Schools that declare they will wrestle dual meets will be considered to have team status – they will be included in the classifications and power point rankings. All events wrestled during the regular season by these schools will count as a dual meet for power point purposes.

### Girls Wrestling Elite Events

The committee recommends that two elite events – Beast of the East and Escape the Rock – be treated the same as the boys elite events. It was noted that during the past season, some teams were impacted by these events and NJSIAA rules which prohibit a team to be split between two events on the same day. This will allow teams to participate in a regular season event while a few individuals may be participating in an elite event; however, teams will be limited to one wrestler per weight class participating on the same day – all the same boys requirements will apply to the girls elite events.

The following clarification will be added to the Specific Sports Regulations – Girls Wrestling – Section 8 Maximum Meets:

*CL 5: For those events that qualify as “Elite Events,” to be determined on a yearly basis, the restrictions applicable to this Section 8 shall not apply, with the exception of the requirement that a wrestler may only participate in up to four weigh-ins per week. Participation in Elite Events shall count toward the 30-match limit set forth in CL2 above. Additionally, only one wrestler per weight class, per team shall be permitted to participate on the same day. For example, if a 235-pound wrestler on Team A wrestles at an Elite Event, Team A will not be permitted to enter another 235-pound wrestler in any other event on the same day.*

*For the 2026-2027 school year, the following Elite Events shall qualify for this rule clarification. Teams will be limited to participation in no than three Elite Events per season.*

- *Beast of the East, Delaware*
- *Escape the Rock, Pennsylvania*