2026-2027 Girls Wrestling Regular Season/Team Tournament Regulations

NJSIAA reserves the right to adjust, change or cancel dates, times, and locations for any round of competition during 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.

State tournament sites will not be declared unsuitable merely because conditions are less than perfect unless Leagues or Conferences have ruled such sites unsuitable for League or Conference play. However, NJSIAA reserves the right to move an event to another facility if the playing conditions are not considered suitable for that competition, or if the facility will significantly limit anticipated attendance at the event.

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 not 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 damage 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 that are not willing or able to comply with NJSIAA tournament regulations and any relevant procedures found in the state tournament operating procedures handbook should not enter the tournament. Member schools are encouraged to review NJSIAA tournament regulations with the school administration. Coaches must have a copy of the tournament regulations as well as a copy of the rule modifications (if any) 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 2026-2027 season, the regular season match limit has reverted to 30-matches.
2. Practices during the 3-day tryout period will count towards the 6-days of practice/1-day of rest rule.
3. Schools are allowed one scrimmage date on either December 3, 4, or 5, 2026 – once the 6-days of practice/1-day or rest rule has been satisfied. The scrimmage date may involve more than one team.
4. Starting with the 2026-2027 season, a dual meet will no longer be determined by the minimum number of bouts. 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 and will be included in the classifications and power point calculations. All events wrestled during the regular season will count as a dual meet and included in the power point calculations.
5. New to the 2026-2027 season, girls tri-cooperative sport programs (tri-ops) will be permitted. Programs must be approved in accordance with NJSIAA Bylaws. Tri-op programs are limited to a roster of 30 student-athletes.
6. The Beast of the East and Escape the Rock Tournaments will be recognized as elite events and will follow the same guidelines as the boys' elite events.
7. In accordance with NFHS rules, the minimum body fat for girls has increased to 19%.
8. Junior varsity matches must be entered into Trackwrestling as junior varsity – see dual meet procedures for explanation of junior varsity procedures.

Important Dates

Event	Date
Weight Certification Begins	November 2, 2026
Tryout Period*	November 23 - 25, 2026
First Practice	November 30, 2026
Allowable Scrimmage Date*	December 3 – 5, 2026
Competition May Begin**	December 7, 2026*
Dual-Meet Status – Declaration Deadline	**December 15, 2026**
Two-Pound Growth Allowance	January 1, 2027
Transfer Sit Eligibility***	**
Tournament Entry Period (Team)	January 5 – 15, 2027
Team Tournament Cutoff	January 23, 2027
Power Points Close (12:00pm)	January 24, 2027
Team Tournament Seeding (Boys/Girls)	January 26, 2027
30-Match Limit Cutoff (Boys/Girls)	January 30, 2027
Regular Season Competition Ends (Boys/Girls)	February 7, 2027
District Seeding (Boys)	February 10, 2027
District Seeding (Girls)	February 11, 2027
Region Seeding (Boys)	February 15 – 16, 2027
Region Seeding (Girls)	February 16 – 17, 2027
Individual State Seeding (Boys/Girls)	February 23, 2027

* Practices during the 3-day tryout period will count towards the 6-days of practice/1-day of rest rule. Schools are allowed one scrimmage date on either December 3, 4, or 5, 2026 once the 6-days or practice/1-day or rest rule has been satisfied.

**Competition May Begin date indicates when a school may start to schedule 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 1, 2027	Seeds #1 & #2 will Host
Sectional Finals	February 3, 2027	Higher Seed
State Semifinals	February 5, 2027	Higher Seed
State Finals	February 7, 2027	Phillipsburg High School
Boys Non-Public Team Tournament	**Date**	**Location**
Rounds 1 & 2	February 2, 2027	Higher Seed
Semifinals	February 4, 2027	Higher Seed
State Finals	February 7, 2027	Phillipsburg High School
Girls Team Tournament	**Date**	**Location**
Rounds 1 & 2	February 2, 2027	Higher Seed
Sectional Semifinals & Finals	February 4, 2027	Higher Seed
State Finals	February 7, 2027	Phillipsburg High School
Boys Individual Tournament	**Date**	**Location**
Districts***	February 13, 2027	***
Regions***	February 19 – 20, 2027	***
Individual Championships	February 25 – 27, 2027	Boardwalk Hall
Girls Individual Tournament	**Date**	**Location**
Districts	February 14, 2027	***
Regions***	February 21, 2027	***
Individual Championships	February 25 – 27, 2027	Boardwalk Hall

*****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. The tournament will consist of one group and two sections within the group (North and South).
4. The top 12 teams in each section based on Power Point rankings will qualify for the state tournament.
5. Matches wrestled after the cutoff date will not count toward tournament qualification.
6. 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.
7. 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.

Dual Meet Procedures

1. Wrestlers may only get one varsity match per dual meet (e.g., a wrestler cannot wrestle multiple times against one team in the same dual meet).
2. For tournament purposes, there is a maximum of two (2) wrestlers per team in a varsity tournament bracket.
3. Jamborees may have varsity or junior varsity brackets – both may be broken down into two different groups but they must be identified as varsity or junior varsity. Such as:
    a. Varsity – elite
    b. Varsity – competitive

c. Junior varsity – experienced
d. Junior varsity – new wrestler

4. A junior varsity match is any match that does not count toward a team score and will not contribute to Trackwrestling points.
5. Junior varsity should be listed in the weight class of each event and/or tournament (i.e., 100lb JV, 107lb JV, etc.)
6. "Novice brackets" should be named junior varsity brackets.
7. If a girl wrestles multiple times against a team in the same event, the first match will be the varsity match.
8. Forfeits may only be taken in a dual meet where both teams have declared dual meet status.

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 Girls Wrestling Team Tournament)
2. Forward all entry fees to the NJSIAA, 1161 Route 130 North, Robbinsville, NJ 08691
3. DO NOT use certified mail

Withdrawal Policy for Tournament Participation

1. Schools that withdraw from the tournament before seeding will not be subject to any penalty.
2. Schools that withdraw from the tournament after having been seeded will be subject to a fine, unless truly extraordinary circumstances are present.
3. Schools that withdraw from the tournament after the brackets have become official will be subject to a fine, unless truly extraordinary circumstances are present. In addition, the program will be placed on probation for one year.
4. Schools that withdraw from the tournament at any point while on probation will be fined and barred from participating in the tournament for the following school year, unless truly extraordinary circumstances are present. In addition, the program will be placed on an additional year of probation.
5. Schools that repeatedly withdraw from tournaments across multiple sports may be referred to the NJSIAA for review and may be subject to Athletic Department probation.

Tournament No-Show

Any school that fails to appear for an NJSIAA tournament contest will forfeit the contest, and the opposing team will advance to the next round. The school that fails to appear will be subject to a fine, unless truly extraordinary circumstances warrant otherwise. In addition, the program will be placed on probation for a period of one year.

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@nj.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 and 4 (Sectional Final/State Semifinal) – hosted by the higher seeded school.

Brackets

1. The state team tournament brackets will be posted to www.nj.com on January 27, 2027.
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 72-0.

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, December 26, 2026.
      ii. Every Sunday thereafter, a recalculation will occur using updated start values.
      iii. The day after the cutoff (Sunday, January 24, 2027) - 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 13th ranked team defeated the 12th ranked team, then they switch positions.
        ii. If the 12th ranked team defeated both 11th and 10th, then the 12th ranked team will be seeded 10th.
4. The field is set when the 13th ranked team did not beat the 12th ranked 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 – virtual weigh-ins are prohibited.
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 exact weight into Trackwrestling. The exact weight must be entered into Trackwrestling, rounding weights is strictly prohibited. If a weight 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) 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 girl's season, then the girl will not be permitted to wrestle in boy's events during the regular season and state tournaments. If a girl certifies in the boy's season, then the girl will not be permitted to wrestle in girl's events during the regular season and state tournaments.

When a girl certifies in the boy's season, then the assessor must check the "F" box.

Weight Class Equivalents Chart

Beast of the East Tournament	Escape the Rock Tournament	NJSIAA Equivalent
100	100	100
105	106	107
110		
115	112	114
120	118	120
125	124	126
130	130	132
135	136	
140	142	138
145	148	145
155	165	152
170	170	165
190	190	185
235	230	235

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, 2027.
d. A one-pound allowance will be granted on December 26, 2026, and January 2, 2027.
e. NJSIAA may grant additional one-pound allowances when it is deemed 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 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 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. 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 – TBD
- Session 2 – TBD

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

Section	2026-27	2027-28	2028-29	2029-30	2030-31	2031-32	2032-33
North		X		X		X	
South	X		X		X		X

Awards

Sectional Champions (Public Schools):

A team trophy and twenty-five (25) certificates for each sectional champion.

State Team Champions:

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

Officials Fees & Assignments

1. Officials' fees for rounds 1, 2, and 3 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	Round 3
Official	$104	$104	$104
Weighmaster	$55	$55	$55

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

Rounds 1 and 2:

- One (1) official will be assigned – this official will act as the weighmaster
- Higher-seeded schools pay the official/weighmaster at the rates listed above

Sectional Semifinals and Finals:

- Four (4) officials sectional semifinals (2 officials per mat)
- Two (2) officials sectional finals
- 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.