

PIAA District II
2026-27
Wrestling Handbook

Table of Contents

General Information **2-3**

Dates, Times, Locations 2

Notes about Competition Points 3

Team Boys' and Girls' Wrestling Championship Information **4-10**

General Information 4-5

Brackets 6-10

Individual Boys' and Girls' Wrestling Championship Information **11-15**

General Information 11-13

Seeding Criteria 14

Criteria Worksheet 15

PIAA 2024-25 Weight Control Program **16-18**

General Information, Procedures, Dates 16

Procedure to Request Relief from an Assessment 18

Contest Rules for JH and Middle School **19**

2026-27 PIAA DII

AA/AAA Boys' and Girls' WRESTLING DATES, TIMES, AND SITES

- First Practice Date- November 20
  - Minimum Length of Preseason Practice- 2 weeks
  - First Inter-School Practice or Scrimmage Date- November 28
  - Maximum Number of Regular Season Inter-School Practices or Scrimmages- 2
- First Regular Season Contest Date December 4
  - Maximum Length of Regular Season 12 weeks
  - **Maximum Number of Regular Season Contests 22**
  - **Wrestling Contest Calculator Form Due to Jay Starnes at starneja@wallenpaupack.org by December 11, 2026**
- **Form link 2026-27_PIAA_Wrestling_Contest_Calculator_Form**
- Team League Deadline- Saturday, January 30
  - Any contest wrestled after January 30 will not be included in District Team Tournament seeding
- Boys' Team AA & AAA and Girls' District Tournament
  - Seeding- Monday, February 1 by committee
  - Quarterfinals and Semifinals, Wednesday, February 3
    - Sites TBA- #1 and #2 seeds will host
  - Finals- Saturday, February 6
    - Host site will be the highest seeds in each division, Girls', AA Boys' and AAA Boys'
  - District Deadline Team Wrestling- February 6
- PIAA AA & AAA State Team Boys Wrestling Championships
  - Boys Team Preliminary Round, February 9
  - Boys Team Championships, February 12 & 13
    - Location: 1st Summit Arena, Cambria Co. War Memorial, Johnstown
- Individual Boys' AA and Girls' District Tournament, and DII/DIV AAA Subregional Tournament
  - Last Regular Season Contest Date- Saturday, February 20
    - Any matches wrestled after Saturday, February 20 will not be included in district seeding.
  - Seeding- Sunday, February 21
  - Coaches' Verification- Wednesday, February 24
  - Boys' AA/Girls' Districts/AAA Subregional- February 26 and 27
    - Location: Wilkes-Barre Area High School, 2021 Wolfpack Way, Plains, PA 18705
  - District/Subregional Deadline- February 27
- Regional Tournaments- March 5 & 6
  - Boys' AA NE Region - Williamsport Area HS
  - Boys' AAA NE Region - Bethlehem Liberty HS
  - Girls' Central Regional - Milton HS- **Saturday, March 5**
  - Region Deadline March 6
- PIAA AA, AAA, and Girls' Wrestling Championships
  - March 11, 12 & 13 GIANT Center, Hershey
- Contact Jay Starnes 570-262-4431 or starneja@wallenpaupack.org for more information

- **NOTE-** A PIAA member school is permitted to participate in a maximum of twenty-two (22) Regular Season wrestling Contests based on the following method of counting Regular Season wrestling Contests:
  a. One (1) Contest for each dual meet.
  b. Two (2) Contests as follows:
     1. for each triangular meet; or
     2. for each individually or Team bracketed Tournament involving no more than 8 Teams wrestled to place.
  c. Three (3) Contests as follows:
     1. for each quadrangular meet;
     2. for each individually or Team bracketed Tournament involving at least 9 Teams wrestled to place; and
     3. each one-day team or individual pool or round robin event. **A PIAA member school may participate in no more than two (2) team or individual pool or round robin events, excluding triangular or quadrangular meets, during the Regular Season.**
  d. Multiple day Combination Events (Round/Robin and Bracketed) competition points and/or team or individual pool or round robin events competition points are the aggregate of b and/or c, as appropriate.
  e. All of the foregoing must be compliant with NFHS Wrestling Rule 1, Competition, Section 4, Representation, Article 3, which provides for no wrestler to represent that wrestler's school in more than one weight class in any meet or wrestle in more than five matches (championship or consolation), excluding forfeits in any one day.

Additional Wrestlers in Tournament Competition:

a. In **senior high** wrestling competition Varsity Regular Season Individually bracketed tournaments with 9 or more teams, a team may at the discretion of the Tournament Director, enter **an additional wrestler**, per weight class without counting as additional Team Competitions.
b. At the **sub-varsity level**, a Team may enter up to three (3) contestants per weight class, in an individual tournament, without counting additional competition points

- **NOTE-** School Sanctioned Girls' Wrestling Teams have 22 Regular Season Contests. However, girls wrestling on boys' teams count against the 22 Regular Season Contests for the boys' team. For instance, if a girl competes in a girls' only tournament with more than 8 teams, then the boys' team will need to count those 3 contests toward their 22.

- **NOTE- Wrestling Contest Calculator Form Due to Jay Starnes at starneja@wallenpaupack.org December 11, 2026**
  Form link 2026-27_PIAA_Wrestling_Contest_Calculator_Form

2026-27 Girls' and AA/AAA Boys' TEAM WRESTLING

TO: Principals, Athletic Directors, Wrestling Coaches, Media
FROM: PIAA District II Wrestling Committee
RE: 2027 PIAA District II AA and AAA Wrestling Team Championships

TIME SCHEDULE:
Wednesday, February 3, 2027
-Weigh-in: 4:30 P.M.
-Quarter-final matches: 5:30 P.M.
-First round consolations: *7:00 P.M.
-Semi-final matches: *7:00 P.M.
Saturday, February 6, 2027
-Consolation Weigh-in: 10:00 A.M.
-Consolation semi-final: 11:00 A.M.
-Finals Weigh-in 11:30 A.M.
-Consolation finals and finals: *12:30 P.M.
*times are tentative

SITES: Wednesday, February 3, 2027- Sites TBD at #1 and #2 seeded teams in each division. Saturday, February 6, 2027- **host site will be the highest seeded school in each division.**

OFFICIALS: Two officials will be assigned to all championship bouts.

SEEDING: PIAA DII Wrestling Committee will seed and notify qualifying teams on Monday, February 1, 2027.

SCORER: Each school is responsible for their own scorer.

HOME TEAM: The higher seeded team is the home team in each match.

TICKET PRICES: Adults/Students- $10.00

DECLINING PARTICIPATION: School's declining to participate in the tournament must notify the PIAA DII Committee in writing, by 8 p.m. Saturday, January 30, 2027. Email letter to Frank Majikes at fmajikes@wbactc.org and Jay Starnes at starneja@wallenpaupack.org

QUALIFYING TEAMS:
Girls/AABoys/AAABoys: Top 8 power ranked teams in each division.

*Qualifying teams should avoid wrestling on Tuesday, February 2 and Friday, February 5. Weight allowances will only be granted for weather-related closures.

SEEDING: Seeding will be based on power rankings on **Sunday, January 31, 2027**. Matches wrestled after Saturday, January 30 will not be included in the power

rankings for seeding. Number one seeds will be the highest power ranked teams in each division. The #2 seed will be the highest power ranked team from the other conference. **For example, if the highest power ranked team is from the WVC, then the #2 seed will be the highest power ranked team in the LL. All other seeds will be placed based upon power ranking.**

RANDOM DRAW: Random draw at weigh-in.

AWARDS: Twenty medals will be presented to the champion and runner-up teams in both classifications. A district plaque will be presented to the champion in each division.

ADVANCEMENT: The district AA and AAA Boys' Champions will advance to the PIAA regional round. There is no advancement beyond the District round for the Girls' division yet.

GIRLS' DISTRICT II DUAL MEET BRACKET

SITE 1_____

#1 Seed _____

Match 1 Wed, Feb 3- **5:30 PM** _____

#8 Seed _____

Match 5 Wed, Feb 3- **7:00 PM** _____

#5 Seed _____

Match 2 Wed, Feb 3- **5:30 PM** _____

#4 Seed _____

FINALS
Sat, Feb 6- **12:30 PM**
Match 11

SITE 2_____

#2 Seed _____

Match 3 Wed, Feb 3- **5:30 PM** _____

#7 Seed _____

Match 6 Wed, Feb 3- **7:00 PM** _____

#6 Seed _____

Match 4 Wed, Feb 3- **5:30 PM** _____

#3 Seed _____

*start times after quarter-finals are tentative.

AA BOYS' DISTRICT II DUAL MEET BRACKET

SITE 1_____

#1 Seed _____

AA Match 1 Wed, Feb 3- **5:30 PM** _____

#8 Seed _____

AA Match 5 Wed, Feb 3- **7:00 PM** _____

#5 Seed _____

AA Match 2 Wed, Feb 3- **5:30 PM** _____

#4 Seed _____

FINALS
Sat, Feb 6- **12:30 PM**
AA Match 11

SITE 2_____

#2 Seed _____

AA Match 3 Wed, Feb 3- **5:30 PM** _____

#7 Seed _____

AA Match 6 Wed, Feb 3- **7:00 PM** _____

#6 Seed _____

AA Match 4 Wed, Feb 3- **5:30 PM** _____

#3 Seed _____

*start times after quarter-finals are tentative.

AAA BOYS' DISTRICT II DUAL MEET BRACKET

SITE 1_____

#1 Seed _____

AAA Match 1 Wed, Feb 3- **5:30 PM** _____

#8 Seed _____

AAA Match 5 Wed, Feb 3- **7:00 PM** _____

#5 Seed _____

AAA Match 2 Wed, Feb 3- **5:30 PM** _____

#4 Seed _____

FINALS
Sat, Feb 6- **12:30 PM**
AAA Match 11

SITE 2_____

#2 Seed _____

AAA Match 3 Wed, Feb 3- **5:30 PM** _____

#7 Seed _____

AAA Match 6 Wed, Feb 3- **7:00 PM** _____

#6 Seed _____

AAA Match 4 Wed, Feb 3- **5:30 PM** _____

#3 Seed _____

*start times after quarter-finals are tentative.

GIRLS' Consolation Bracket

Loser Match 6_____

Loser 1_____ Match 9- Sat, Feb 6 **11:00 AM**_____

AA Match 7- Wed, Feb 3 **7:00 PM** _____

Loser 2_____

Consolation Final
Sat, Feb 6- **12:30 PM**
Match 12

Loser 3_____

Match 8- Wed, Feb 3 **7:00 PM** _____

Loser 4_____

Match 10- Sat, Feb 6 **11:00 AM**_____

Loser Match 5_____

AA Consolation Bracket

Loser AA Match 6_____

AA Loser 1_____ AA Match 9- Sat, Feb 6 **11:00 AM**_____

AA Match 7- Wed, Feb 3 **7:00 PM** _____

AA Loser 2_____

AA Consolation Final
Sat, Feb 6- **12:30 PM**
Match 12

AA Loser 3_____

AA Match 8- Wed, Feb 3 **7:00 PM** _____

AA Loser 4_____

AA Match 10- Sat, Feb 6 **11:00 AM**_____

Loser AA Match 5_____

*start times after quarter-finals are tentative.

AAA Consolation Bracket

Loser AAA Match 6_____

AAA Loser 1_____ AAA Match 9- Sat, Feb 6 **11:00 AM**_____

AAA Match 7- Wed, Feb 3 **7:00 PM** _____

AAA Loser 2_____

AAA Consolation Final
Sat, Feb 6- **12:30 PM**
Match 12

AAA Loser 3_____

AAA Match 8- Wed, Feb 3 **7:00 PM** _____

AAA Loser 4_____

AAA Match 10- Sat, Feb 6 **11:00 AM**_____

Loser AAA Match 5_____

*start times after quarter-finals are tentative.

2026-27 AA/AAA Boys' and Girls' INDIVIDUAL WRESTLING

TO: Principals, Athletic Directors, Wrestling Coaches, Media
FROM: PIAA District II Wrestling Committee
RE: 2026 PIAA District II AA Boys' and Girls' District and DII/DIV AAA Subregional **Individual** Wrestling Championships
TIMES: AA Boys'/Girls' Districts/AAA Boys' Subregional- FRIDAY, 2/26/27, 5:00 P.M.
AA Boys'/Girls' Districts/AAA Boys' Subregional- SATURDAY, 2/27/27, 10:00 A.M.

SITES: AA Boys'/Girls' Districts/AAA Boys' Subregional- Wilkes-Barre Area High School, 2021 Wolfpack Way, Plains, PA 18705

INFORMATIONAL MEETING: Wrestling Athletic Directors, site and time TBA.

REGISTRATION: **Contestants will be registered online. Please submit registration check at the AD's meeting on 2/21/27 made payable to District II, P.I.A.A. The cost is $9.00 per participant**.

WEIGH-IN: AA Boys'/Girls' Districts/AAA Boys' Subregional, Friday 2/26/27, 4:00 P.M.
AA Boys'/Girls' Districts/AAA Boys' Subregional, Saturday 2/27/27, 9:00 A.M.

SPECTATOR TICKET PRICES: Friday- All Tickets $10.00
Saturday- All Tickets $15.00

SCHEDULE:

Friday, February 26 AA Boys/AAA Boys/Girls
3:30 PM Arrive at WBAHS
4:00 PM Weigh-in by Team
4:45 PM Coaches' Meeting
5:00 PM Prelims and Quarter Finals
6:00 PM 1st Round Consolations
7:00 PM 2nd Round Consolations

Saturday, February 27 AA Boys/AAA Boys/Girls
8:30 AM Arrive at WBAHS
9:00 AM Weigh-in by weight class
9:15 AM Coaches' Meeting
10:00 AM Semi-Finals
11:15 AM Consi Round of 4
12:15 PM Consi Semis
1:30 PM Regional Coaches Meeting in the Coaches Room
1:45 PM Consolation Finals, and 5th Place
3:30 PM Parade of Champions
4:00 PM Finals
*All Times are Tentative
**Snow Date- Sunday, February 28 (If Necessary)

IMPORTANT INFORMATION

- Girls may enter the Girls' Tournament even if they have been wrestling on a boys' team.
- Each team is permitted 3 coaches on the floor
- PIAA will provide trainers
- Schools are encouraged to bring their own certified scales for weigh-in
- Regional Qualifiers- AA Boys 3, AAA Boys 4, Girls 4
- Qualifier Injuries- Notify Jay Starnes 570-262-4431 ASAP

SEEDING: AA/AAA Boys and Girls will be seeded by the Wrestling Committee on Sunday, February 21, 2027.

- Seeding will be based on the point system (enclosed).
- Point totals for Prestige and Competition categories should only be for PIAA Tournament series places that were actually wrestled. Points awarded for 5th or 6th place finishes only are the matches are actually wrestled.
- Point Total Information:
  - National Prep School Place=1/2 State points
  - State Prep School Place=1/2 Regional Points
  - Conference Prep School Tourn.=1/2 District Points
  - NY State Championships=1/2 State Points
  - NY Section Championships=1/2 Regional Points
  - NY Class Championships=1/2 District Points
- Wrestlers are locked into weight classes at registration.
- Eight wrestlers in each weight class will be seeded.

COACHES' VERIFICATION: Wednesday, February 24

- All seeding points must be confirmed.
- Email a copy of the Wrestling Criteria Individual Sheet (page 15 of this packet) to Jay Starnes prior Wednesday, February 24.
- All seeding points are final after verification. No seeding point changes will be made after verification.
- All registration fees at check-in on ($9.00 per wrestler, checks made payable to District II, PIAA).

CONTACTS: Jay Starnes 570-262-4431

HOTEL INFORMATION: The following hotels are located near Interstate 81, restaurants, shopping, and major tournament travel routes. Most are within 10-15 minutes of Wilkes-Barre Area High School.

- Hampton Inn & Suites Wilkes-Barre/Scranton, 876 Schechter Drive, Wilkes-Barre, PA 18702
  Phone: (570) 824-1005
  Booking: https://www.hilton.com/en/hotels/avphdhx-hampton-suites-wilkes-barre-scranton-pa/

- Hilton Garden Inn Wilkes Barre, 242 Highland Park Blvd., Wilkes-Barre, PA 18702

Phone: (570) 820-8595
Booking: https://www.hilton.com/en/hotels/avpwigi-hilton-garden-inn-wilkes-barre/

- Residence Inn by Marriott Wilkes-Barre, Arena District, Wilkes-Barre
  Phone: (570) 714-2200
  Booking: https://www.marriott.com/en-us/hotels/avpri-residence-inn-wilkes-barre-arena/overview/

- Home2 Suites by Hilton Wilkes-Barre, Highland Park Area, Wilkes-Barre
  Phone: (570) 371-4000
  Booking: https://www.hilton.com/en/hotels/avpwbht-home2-suites-wilkes-barre/?SEO_id=GMB-AMER-HT-AVPWBHT

- Fairfield by Marriott Inn & Suites Wilkes-Barre Scranton, 884 Kidder Street, Wilkes-Barre, PA 18702
  Phone: (570) 208-4455
  Booking: https://www.marriott.com/en-us/hotels/avpfi-fairfield-inn-and-suites-wilkes-barre-scranton/

2026-27 PIAA District II District Wrestling Tournament
Seeding Criteria

#1 PRESTIGE POINTS – Points earned for having previously placed in the district, regional or state tournament. Points are from the **previous year only**. Wrestler must take the **highest place finish** points only. Ex. District 1st, Regional 4th - wrestler has 90 pts.

PLACE	STATES	REGIONALS	DISTRICTS
1st	200 pts.	120 pts.	60 pts.
2nd	190 pts.	110 pts.	50 pts.
3rd	180 pts.	100 pts.	40 pts.
4th	170 pts.	90 pts.	30 pts.
5th	160 pts.	80 pts.	20 pts.
6th	150 pts.	70 pts.	10 pts.
7th	140 pts.		
8th	130 pts.		

#2 COMPETITION POINTS – Points awarded for wrestling last season's place winners during this year's dual meet and tournament bouts. Wrestler receives 50% of an opponent's prestige points for a win & 10% of his prestige points for a loss. **Do NOT include bouts wrestled at District Duals or League Tournament.**

PLACE	STATES	REGIONALS	DISTRICTS	SECTIONALS
	W / L	**W / L**	**W / L**	W/L
1st	100 / 20	60 / 12	30 / 6	10/2
2nd	95 / 19	55 / 11	25 / 5	8/1
3rd	90 / 18	50 / 10	20 / 4	6/1
4th	85 / 17	45 / 9	15 / 3	
5th	80 / 16	40 / 8	10 / 2	
6th	75 / 15	35 / 7	5 / 1	
7th	70 / 14			
8th	65 / 13			

#3 RECORD – Based on total won/loss record. (For records under ten matches, deduct 10 points per match under ten matches) **Do NOT include bouts wrestled at District Duals or League Tournament.**

NOTE : If a wrestler competes against wrestlers from other states, they receive HALF the PA totals. If a wrestler comes to PA from another state, they will receive HALF the prestige points. If a wrestler competes against the same wrestler more than once, they may use the competition points for each competition.

DISTRICT II WRESTLING CRITERIA INDIVIDUAL SHEET

WT. CLASS NAME SCHOOL GRADE

#1 - PRESTIGE POINTS

HIGHEST FINISH IN LAST YEAR'S TOURNAMENT **TOTAL POINTS #1**

#2 - COMPETITION POINTS

WRESTLER'S NAME	SCHOOL	PLACE	W/L	POINTS

TOTAL POINTS #2

#3 – RECORD- (For records under ten matches, deduct 10 points per match under ten matches)

Wins/Losses Winning Percentage

Committee will seed based on each of these factors and will consider extenuating circumstances in final seeding decisions.

COACH'S SIGNATURE: _____

PIAA 2026-27 WRESTLING WEIGHT CONTROL PROGRAM

Pursuant to the Weight Control Program adopted by PIAA:

1) the deadline for a PIAA member senior high school to enter its complete varsity wrestling schedule into the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) is the Monday prior to the first competition date **Monday, November 30, 2026 (the Monday prior to the first competition date)** (see NOTES 1 and 2);

2) prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be (a) certified to by an Authorized Medical Examiner (AME), and (b) established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season (**Friday, October 23, 2026**) and NO LATER THAN the Monday preceding the first Regular Season Contest day of the wrestling season (**Monday, November 30, 2026** - see NOTE 2). This certification shall be provided to and maintained by the student's Principal, or the Principal's designee.

When certifying to the MWW, the AME shall first make a determination of the student's Urine Specific Gravity/Body Weight and Percentage of Body Fat, or shall be given that information from a person authorized to make such an assessment ("the Assessor"). This determination shall be made consistent with National Federation of State High School Associations (NFHS) Wrestling Rule 1, Competition, Section 3, Weight-Control Program, which requires, in relevant part, hydration testing with a specific gravity not greater than 1.025, and an immediately following body fat assessment, as determined by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator, Scholastic Edition (together, the "Initial Assessment").

NOTES:

1. Any subsequent additions or substitutions to a senior high school's varsity wrestling schedule must be approved by that school's PIAA District Wrestling Chairman.

2. Senior high school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest date of the wrestling season, the OPC will remain open to add wrestlers until January 15th. Senior High wrestlers may be added after the deadline but requires approval from your District Chairperson. Junior high/middle school wrestlers coming out for the Team AFTER the Monday preceding the first Regular Season Contest date of the wrestling season, the OPC will remain open all season, so the student-athlete may be added.

3. Any athlete who disagrees with the Initial Assessment may appeal the assessment results one time by having a second assessment, which shall be performed prior to the athlete's first Regular Season wrestling Contest and shall be consistent with the athlete's weight loss (descent) plan. Pursuant to the foregoing, results obtained at the second assessment shall supersede the Initial Assessment; therefore, no further appeal by any party shall be permitted. The second assessment shall utilize either Air Displacement Plethysmography (Bod Pod) or Hydrostatic Weighing testing to determine body fat percentage. The urine specific gravity testing shall be conducted and the athlete must obtain a result of less than or equal to 1.025 in order for the second assessment to proceed. All costs incurred in the second assessment shall be the responsibility of those appealing the Initial Assessment. Where the

Initial Assessment and/or a second Assessment establishes a percentage of body fat below 7% for a male or 12% for a female, the student must obtain an AME's consent to participate.

4. To eliminate "clerical errors", each head wrestling Coach is **required** to initial the MWW of **each** wrestler before the school's Principal certifies to the eligibility of the school's wrestlers.

5. A two (2)-pound growth allowance is authorized on or after **Friday, December 25, 2026**, for both junior high/middle school and senior high school wrestlers.

6. The MWW locked on Friday, February 19, 2027, will serve as the wrestler's MWW for postseason.

7. ***Definition: Authorized Medical Examiner (AME)** - A licensed physician of medicine or osteopathic medicine, a physician assistant certified, or either a certified registered nurse practitioner or a school nurse practitioner, who is under the supervision of a licensed physician of medicine or osteopathic medicine.

PROCEDURE TO REQUEST RELIEF FROM DELINQUENT HYDRATION TEST(S) AND/OR WEIGHT ASSESSMENT(S) IN PIAA WRESTLING WEIGHT CONTROL PROGRAM

1. A member school shall submit the following, relative to its request for relief:
    a. A letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) submitted, on behalf of the affected student(s), by the concerned Principal.
    b. Confirmation from the school's attending assessor of the respective dates of failed hydration test(s) and the hydration level(s) achieved.
    c. Any pertinent information from the attending assessor of any assessments attempted and the rationale of why those assessments failed.
2. All information must be forwarded to the PIAA District Wrestling Chairman on or before Friday, February 12, 2027, for that wrestling chairman's consideration, with a courtesy copy of the cover letter requesting relief from the delinquent hydration test(s) and/or weight assessment(s) forwarded to the involved PIAA District Chairman.
3. The District Wrestling Chairman will submit all provided information to that District's Chairman with a cover letter of support or nonsupport of the request for relief.
4. The District Chairman will review all information and either approve or reject the request for relief.
5. Upon request by the Principal of the concerned school, the District Chairman may convene a hearing before his District Committee into the request for relief.
6. Decisions of District Committees may be appealed by the Principal of the concerned school to the PIAA Board of Directors or a PIAA Board of Appeal by requesting an appeal, in writing, to the PIAA Executive Director. PIAA has used the definition of: Premises are defined as a tract of land with the building thereon.

See the 2026-27 PIAA Wrestling Weight Control Program Manual for more information.

CONTEST RULES FOR JH AND MIDDLES SCHOOL WRESTLING 7-8-9

Maximum Number of Scrimmages: 2

Maximum Number of Contests: 22

A student is permitted to wrestle up one weight classification above that for which the student's actual stripped weight qualifies that student to wrestle.

Junior High/Middle School Weight Classifications:

Boys

80 lbs. 87lbs. 94 lbs. 101 lbs. 108 lbs. 115 lbs. 122 lbs. 130 lbs. 138 lbs. 145 lbs. 155 lbs. 170 lbs. 190 lbs. 210 lbs. 250 lbs.

Girls

80 lbs. 87lbs. 94 lbs. 100 lbs. 105 lbs. 110 lbs. 115 lbs. 120 lbs. 125 lbs. 131 lbs. 138 lbs. 148 lbs. 162 lbs. 180 lbs. 220 lbs.

Length of bouts shall be four and one-half minutes divided into 3 periods of 1½ min. - 1½ min. - 1½ min.

Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a Contest, may decide not to wrestle an overtime period in the event of a tie bout score.

Inter-District Championship Contests

There shall be no Inter-District Championship Contests for junior high/middle schools nor shall junior high/middle school students compete in Inter-District Championship Contests, except that tenth grade students of a four-year junior high/middle school may participate as representatives of their school in District and Inter-District Championship Contests. Further, seventh, eighth, and ninth grade students competing at the senior high school level shall, for purposes of this rule, be considered to be in the senior high school.

Optional Junior High School Interscholastic

Wrestling Competition A junior high/middle school, in cooperation with other junior high/middle schools, may conduct interscholastic wrestling competition using the following criteria:

A. At weigh-in, all wrestlers shall be listed from lowest to highest match-up weights.
B. To the weight of 138 pounds, the difference in actual weight for that day shall not exceed 5 pounds. Above 138 pounds, the difference in actual weight shall not exceed 10 pounds. Minimum weight classification certification shall be done at the 15 weight classifications set forth herein.
C. The selection of wrestlers in the bouts shall be done by the two schools alternating with the visiting team having first choice.
D. Forfeits shall not be permitted.