



2025-26

Wrestling

Information

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2025-2026 Wrestling Tournament Format

1. Required Forms and Helpful Documents

- a. [Minimum Weight Control Certificate](#) (2025-26)
 - [Guidance for completing the MIAA weight control certification](#)
 - [How to enter minimum weight information on FloArena](#)
 - [Weight Control and Certification Procedure](#)
- b. [Wrestling Skin Lesion Medical Release Form](#)
- c. [Weigh-in Form](#) (Mixed Gender)
 - [Weigh-in Form](#) (Girls Weight Classes)
- d. [Tournament Time Schedules](#) (important for host schools)
- e. [MIAA Wrestling Tournament Compliance Policy](#)
- f. [Wrestling Individual Record Form](#)

2. Tournament Registration Deadlines – Schools must submit a tournament entry on the FloArena website by the dates listed below. Instructions on how to submit your [Tournament Entry on FloArena can be found here](#).

- Mixed Gender Sectional Tournament – **The week of February 8, 2026**, prior to the seeding meeting.
- Girls' Divisional State Tournament- **by Sunday, February 15, 2026**.
 - *All girls competing in the Mixed Gender Sectional Tournament should be entered into that tournament, **as well as** the Girls Divisional State Tournament prior to the deadlines, if they wish to compete. They can withdraw from the Girls Tournament if they qualify for the Mixed Gender Divisional Tournament and/or the Mixed Gender All-State Tournament. More information on the girls' tournament can be found on page 4.*

3. Tournament Format- Modified Double Elimination. Tournament Qualifications are outlined in MIAA Rule 84.4.6 in the MIAA Handbook.

4. Weight Classes –

- **Traditional Mixed Gender Tournament** (14) - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
- **Girls' All-State Tournament** (12)-100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

5. Medical Coverage - A licensed physician, licensed athletic trainer or certified EMS must be in attendance and on duty for all wrestling matches. This coverage will be provided by the Host School.

6. Admission – Exclusively online ticketing through GoFan

- **A maximum of three (3) coaches per team** will be provided with free admission in each tournament. All additional coaches must see their Athletic Director prior to the event to get a MIAA Tournament Pass or pay admission.

7. Mixed Gender Tournament Seeding Format (Sectionals)

- A. Each Tournament seeding committee will seed no more than nine (9) wrestlers per weight class.
- B. All other wrestlers will have their position drawn by lottery and placed in the first open bracket starting at the top of the chart and working down.
- C. All MIAA sanctioned schools participating in sectional wrestling tournaments will adhere to the following seeding criteria in the order listed:
 1. Record Against Common Opponents- ***winning % against common opponents*** (Head to Head First)
 2. A Contestant with a Superior Record Against Acknowledged Strong Opposition. (i.e. Wrestlers returning with post-season paperwork). [Click here](#) for the point system that **MUST BE USED** when deciding criteria 2.



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- 3. A Contestant with Post Season Paperwork; (1st thru 7th place) (New England's, All-States, States, 1 thru 5 for Sections). Preference will be given to the Wrestler Back at the Same Weight. Consideration should be given to previous season's weight class.

If a round robin occurs between three competitors, such as: A defeats B, B defeats C, and C defeats A, **you must continue with the remaining seeding criteria**. If, after exhausting all criteria a tie still exists, the names will be drawn out of a hat to break the tie. Once a name is drawn out of the hat for the seed, you must go through seeding criteria all over again with remaining round robin competitors. IE if C is drawn from the hat for the seed, you must go through process again with A and B, in which A would get the next seed due to the Head to Head victory. Repeat process until no more round robin competitors exists in that bunch.

Head coaches are to submit all required paperwork at the seeding meeting. All results must be entered on **the FloArena website within 96 hours of a meet**. Teams, who have not submitted the paperwork before the start of the tournament, **will be disqualified** from the competition. Seeding can be re-opened by the Sectional Chairman or Tournament Director if either discovers an error in a team's paperwork that influenced a wrestler's position, or if a seeded wrestler changes weight class the day of the weigh-ins. If a seeded athlete does not compete for any reason, the weight class will not be re-seeded, all wrestlers seeded behind them will move up one position.

There is a limit of two coaches per team at the seeding meeting.

You will have to make copies of the dual meet record form (one for each wrestler entered.) Please have the forms filled out before the seeding meeting. ***You must also pass in all weigh-in sheets of the meets or tournaments in which your team competed.***

8. Mixed Gender Tournament Seeding Format (Divisional States)

Sectional champions will be seeded A1, B1, C1, and D1. All other wrestlers will fall into their respective slots in the 16-person bracket, A2, A3, A4, B2, B3, B4, etc. Only 5th place finishers at the sectionals will serve as alternates with the first alternate being from the sectional of the scratched wrestler followed by the highest seed (A5, B5, etc.). The alternate will be placed as the fourth place wrestler in that section and everyone else will move up one place (4th goes to 3rd, 3rd to 2nd, etc.) **If a Sectional champion cannot compete, the champions are reseeded in that weight class.** The order of each weight class will be:

<u>Upper Bracket</u>	<u>Lower Bracket</u>
A1	C1
D4	B4
C2	D3
B3	A2
B2	A3
C3	D2
A4	C4
D1	B1



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9. Mixed Gender Tournament Seeding Format (All-States)

In the 16-person All-State bracket, the three Divisional State Champions will be seeded first (A1), second (B1), and third (C1). The top five (5) wrestlers from each division will qualify and be placed in their designated slots.

The three 6th-place finishers from the Divisional State Tournaments will be ranked using the standard seeding criteria (see Item #7-C on page 2). The highest-ranked 6th-place finisher will earn the 16th and final spot in the bracket, while the other two will serve as the first and second alternates.

If any of the original 16 wrestlers withdraw before Wednesday at 8:00 PM, the alternates will be used in ranked order. In the event that all three 6th-place finishers are either already placed or unavailable, the 7th-place finishers will be considered as alternates, ranked using the same seeding order as the 6's. For example, if the 6th-place finishers in the 106lb weight class are ranked D3-D1-D2, the 7th-place finishers will follow that same order: D3-D1-D2.

- If a Divisional State Champion is unable to compete, the champions in that weight class will be reseeded accordingly.
- For All-States Only, alternates will be made aware if they are in by the Wednesday at 8:00pm before All-States. No additional alternates will enter the tournament after the final 8:00pm deadline. Please refer to the graphic below for additional clarification on how alternates will be handled.

The brackets for All-States in each weight class will follow this format:

Upper Bracket	Lower Bracket
A1	C1
6	B5
C3	B4
B3	A2
C2	A3
A4	C4
A5	C5
B2	B1

Example of how All-State alternates will be handled:

Setup						
A1	A2	A3	A4	A5	A6	A7
B1	B2	B3	B4	B5	B6	B7
C1	C2	C3	C4	C5	C6	C7

16th seed fill order

C6
A6
B6
C7
A7
B7

Native Tournament - No All State Qualifier Drops - Example						
A1	A2	A3	A4	A5	A6	A7
B1	B2	B3	B4	B5	B6	B7
C1	C2	C3	C4	C5	C6	C7

2 All State Qualifier Drops Example - Example						
A1	A2	A3	A4	A5	A6	A7
B1	B2	B3	B4	B5	B6	B7
C1	C2	C3	C4	C5	C6	C7

2 All State Qualifier Drops Example - Bracket Fill Example						
A1	A2	A5	C6	A6		A7
B1	B2	B3	B4	B5	B6	B7
C1	C2	C3	C4	C5		C7



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10. Girls' Tournament Information

- Schools can only enter one wrestler per weight class.
- Female wrestlers, who qualify, are permitted to compete in the mixed gender sectional tournament.
- If a female athlete is eliminated at sectionals, they can compete in the Girls' Divisional State Tournament the following weekend, if registered by the tournament entry deadline **listed on page 2**.
- If a female wrestler qualifies for the mixed gender Divisional State Tournament and wishes to compete in that tournament, they automatically qualify for the Girls' All-State Tournament. However, if they do not wish to compete in the mixed gender Divisional Tournament, they can compete in the Girls' Divisional Tournament but will only advance to Girls' All-States if they qualify.
- A female wrestler who is an alternate (5th place at sectionals) for mixed gender Divisional States, must make a decision on which tournament they wish to compete (Mixed Gender Divisional States or Girls' Divisional States) **by the Wednesday after sectionals (February 18, 2026)**
- A female wrestler who competes in the mixed gender Sectionals, qualifies and competes at Divisional States, and qualifies for the mixed gender All-State Tournament must make a decision on which tournament they wish to compete (Mixed Gender All-States or Girls' All-States) **by the Wednesday after Divisional States (February 25, 2026).**

11. Girls' Divisional State Tournament Seeding Format

We will seed (separate) based on in-season head-to-head and common opponent results, as well as last season's Girl's postseason paperwork. The top 4 wrestlers from each division, plus any girls competing in the mixed gender Divisional States, will qualify for the Girls' All-State Tournament. There are no alternates.

12. Girls All-State Tournament Seeding Format

The three divisional champs, plus any girls competing in the mixed gender Divisional Tournament, that will not be competing in the Mixed Gender All-States will be seeded first (A1), second (B1), third (C1) and if necessary, fourth (D1) or even fifth (E1). The top 4 wrestlers from each weight class will qualify for the Girls' New England Championships. 5th place will serve as an alternate.

13. Weigh-In Procedure:

To be used at all tournaments (Sectionals, Divisional States, Girls' Divisional States, All-States and Girls' All-States)

- a. The exact weigh-in time will be determined by the host school and MIAA Tournament Director but generally weigh-ins will begin between 7:30 AM- 8:30AM for the one-day sectionals, and 2:30 PM for day one of the two-day States (*except for when hosted during a school day at a non-high school site or during February vacation, which should have a Friday weigh-in at 10:00am.*)
- b. At the two-day tournaments, a second day weigh-in will take place for the wrestlers still in the tournament with a **"plus one (1) pound allowance"**, in accordance with NFHS Rule 4-5-5.
- c. In the event of a team cancelling practice the day before the tournament due to inclement weather, all wrestlers will get an additional +1-pound weight allowance for day 1 (106 is 109), which carries over to day 2 (106 is 110). If more than one day of practice is missed due to inclement weather all wrestlers will get +2 additional pound MAX for day 1 (106 is 110), which carries over to day 2 (106 is 111).
- d. It is the responsibility of the head coach of each team competing in the tournament to have his/her wrestlers ready to **weigh-in at the designated time. No wrestler and/or team will be allowed to weigh-in late.**
- e. Skin checks will take place conducted by all referees and on-site trainer before any wrestler is permitted to go to the scales. (Wrestlers with skin conditions must present a doctor's note using ONLY the MIAA Medical Release Form (linked on page 2) or they will not be permitted to enter the tournament.



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MIAA Medical Release Form process: Collected at sectional tournaments by Sectional Reps, who will make copies so student-athlete can keep the original. The Sectional Rep will bring forms to Divisional State tournaments and hand to MIAA Divisional Tournament Directors, who will make copies of any new forms so student has original. Divisional Directors bring to All-States and give to MIAA State Director.

[\(Skin check procedure guidelines\)](#)

- f. The host school will have two scales available prior to the weigh-in time for wrestlers to check their weight.
- g. Weigh-ins will be conducted by the MIAA Tournament Director and coaches assigned through coordination with the Coaches Association Executive Board. All other coaches must be out of the weigh-in area.
- h. Weigh-ins will be conducted “shoulder-to-shoulder” by weight classes. All 106 lbs. wrestlers first, followed by all 113 lbs. wrestlers etc. until the heavyweight wrestlers – maximum of 285 lbs.- have been weighed in. All contestants shall weigh-in wearing a legal uniform... (NFHS Rule 4-5-7).
- i. When all wrestlers for a weight class have had an opportunity to weigh-in, the next weight class is called and that previous weight class is **closed**. Wrestlers must remain in the designated area throughout the weigh-in period until their weight class has been completed.
- j. Any wrestler not making weight on the first try will be given another opportunity to “make weight” immediately following the failed attempt, on the second or alternate scale. During time off the scale, activities that promote dehydration are prohibited.

14. Tournament Regulations

a. Matches

1. The maximum length of matches on the championship side of the bracket shall be six minutes, i.e., 2-2-2. (Not including overtime).
2. Maximum length of matches on the consolation side of the bracket shall be six minutes, i.e., 2-2-2. (Not including overtime).
3. All qualifiers will be expected to compete with an accompanying coach, recognized by the school, who must be in attendance in order for the athlete to wrestle.

b. Team Scoring

- There will be Team Scoring at all Sectionals, States, the All-State Tournaments.
- Champion and Runner-up trophies will be presented at each event.
- In the event of a tie with team points, co-champions will be declared.

c. Sportsmanship

The [taunting policy](#) is in effect throughout the tournament, including pre and post-match. NFHS Rule 5-30 also outlines the unsportsmanlike conduct rules.

d. Awards

Medals will be awarded to all individual finishers who advance to the next level in each weight class in the **Mixed Gender** sectionals (top six), divisional states (top eight), and All-State tournament (top eight). For the **Girls Divisional States** the top four at each weight class will be



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awarded medals. **For the Girls All-State Tournament**, the top six at each weight class will be awarded medals.

It is recommended that the awards are issued after each weight class finishes, while wrestling continues.

e. **Tournament Grievance Committee** ([guidelines linked here](#))

Grievances or protests may be decided by a Grievance Committee composed of the MIAA Tournament Director, two (2) officials, one of which will be the Head Official (or alternate if he/she was assigned to the match under protest) and one (1) coach (i.e. Sectional Tournament: Sectional Rep; Divisional States: Vice President; All-State: President of the Coaches Association). Only questions of proper rule application may be grieved. Judgment calls cannot be questioned.

f. **Coaches Additional Expectations**

1. Dress Code Guidelines: Dress, polo or collared shirt with slacks. No jeans or hats permitted.
2. Only two (2) coaches from each team allowed on the mat. Team points and coaches misconducts will be assessed according to federation rules.

15. Assignment of Officials

To be eligible for an MIAA tournament assignment, an official must have an approved background check by the MIAA and in good standing - including fulfilling testing and training attendance requirements of the MIWOA. From there, a talent pool of officials is then considered and the assignor works that pool against evaluations and feedback from coaches and other officials; availability; experience; attitude; personal involvements with a team; assignment history and even geography. The Officials Association Executive Board provides feedback on the assignments and helps adjust appropriately. The deeper into the season a tournament - the higher the scrutiny of the officials' pool. The assignor works diligently to assure MIAA tournament officials are positioned away from teams where there may be personal involvement. Match-by-match recusing is sometimes needed.

16. SAT/SAT SUBJECT TESTS:

- Wrestling Tournament Matches may be scheduled on the same date of the ACT Tests. Please tell all coaches & student-athletes now so alternative plans may be made. A listing of all dates and sports that may take place on schedule College Board exam dates can be found on the MIAA website.
- The College Board offers a SATR Program Alternate Test Date Policy. As stated in their published material: "The SAT Program will consider granting an alternate test date when the following criteria are met:"

The conflicting event must be unexpected. Regularly scheduled sporting events or previously scheduled school activities, such as a prom, are not considered unexpected. An event such as an academic or athletic competition, in which students have advanced through the competition or into post-regular season competition, can be considered an unexpected event.

- SAT School Day: Allows high schools to administer the SAT to students during the school day, thus avoiding weekend athletic conflicts. To date, the MA school districts that participate are Plymouth, Springfield, Revere, and most recently Fitchburg. SAT School Day is contracted through the College Board with participating districts. Contact Info: **Alan Bernstein, Senior District Director**, K-12 Services, New England Regional Office, The College Board, 1601 Trapelo Road, Suite 12, Waltham, MA 02451;