



2025-26 MIAA Wrestling Season Reminders & Resources

To all MIAA Wrestling schools:

I hope this communication finds you, your student-athletes, and coaches excited for the upcoming winter season! Please review the important reminders and updates below as we prepare for the 2025-26 wrestling season.

1. Key Links, Resources and FloArena Training

- **FloArena Virtual Training for Athletic Directors and Coaches**
 - Tuesday, November 18th at 7:30 PM. [Click here](#) to register to attend this free training. More details, including a meeting link, will be sent out on Monday the 17th.
- [MIAA FloArena FAQs and Training Videos](#) – Step-by-step guidance for managing rosters, results, and assessments.
- [MIAA Wrestling Page](#) – Includes important information, tournament dates, and sites.
- [MIAA Wrestling Officials & Gym Set-Up Guidance](#) – Developed jointly by the MIAA Wrestling Committee and the MIAA Officials Association to ensure proper treatment of officials and gym preparation.

2. Scheduling & Season Deadlines

- **Regular Season Cut-Off Date: Wednesday, February 11, 2026**
All meets must be completed, and results entered on FloArena by this date.
- **FloArena Requirements:**
 - All rosters, weight assessments, schedules, and results must be entered in FloArena.
 - Results must be entered within 96 hours of each meet.
 - Schools may also post on Arbiter, but FloArena is required.
 - Complete schedules must be entered in FloArena by December 19, 2025.
- **NEW:** Schools may schedule up to four (4) additional girls-only events that will not count toward the team's limit of 20 competition dates per season.

3. Minimum Weight Control Assessments

- Must be completed and entered on [FloArena](#) on or before **December 11, 2025**, or prior to your first varsity contest.
 - Rosters must be entered before adding minimum weight assessments.
- **Important Details**
 - [MIAA Minimum Weight Control Certificate Guidance](#) – A resource for medical professionals completing the certification.
 - Any athlete wishing to compete in the **MIAA Girls Wrestling Divisional or All-State Championships** must have their minimum weight certified for **both traditional weight classes** and **girls' weight classes** (both appear on the official certificate form).

- **Entering Assessments in FloArena**
 - Before entering assessments, change your role from “**Coach**” to “**Assessor.**”
 - Be sure to select the correct season: **Mixed Gender 2025–26** or **Girls 2025–26**.
 - **Mixed Gender 2025–26:** Enter all wrestlers’ traditional weight class assessments.
 - **Girls 2025–26:** Enter all girls’ specific weight class assessments (in addition to Mixed Gender entries).
 - To add or update assessor permissions, the Athletic Director must contact me directly with the staff member’s **full name and FloArena email address**.

4. Medical Information

- [Official MIAA Medical Release Form](#)– Required for participation.
- **Additional resources:**
 - [Strategies to Prevent Wrestling Skin Infection Outbreaks](#)
 - [Sample Parent Letter After Skin Infection Outbreak](#)

5. MIAA Wrestling Tournament Format ([click here](#))

The MIAA Individual Tournament format outlines requirements, deadlines, and seeding details. Key updates include:

- **NEW:** All-States will feature **16-person brackets**.
 - The **top five (5)** wrestlers, per weight class, from each division will qualify automatically.
 - The **three 6th-place** finishers from the Divisional State Tournaments will be ranked using standard seeding criteria (see Item 7-C on page 2).
 - The highest-ranked 6th-place finisher will earn the **16th and final spot**, with the other two serving as alternates. (see Item 9 on page 4).
- **NEW:** The MIAA Wrestling Committee voted to **discontinue balancing byes** during the postseason. All tournaments will now follow NFHS bracket rules, which are used by nearly all other state associations.
- **Postseason Tournament Qualifications**
 - **Review MIAA Rule 84.4.6 in the [MIAA Handbook](#)**, which defines the two standards for postseason qualification for both the mixed gender and girls tournaments:
 - **First Qualification Standard** - A wrestler must weigh in at **scratch weight** at least once during the season at that certified weight class, **shoulder to shoulder in front of an opposing coach**.
 - The opposing coach must sign the weigh-in sheet verifying the scratch weight.
 - Wrestlers (including those competing in the girls’ postseason) are **not required to compete** after weighing in to meet this requirement. However, all wrestlers must meet the 50% weigh-in qualification requirement outlined below under the “Second Qualification Standard.”
 - **Second Qualification Standard** – A wrestler must weigh in at their **base weight** (scratch weight plus any rulebook allowances) for at least **50% of the regular season varsity competition days** on which they compete.

- For the **Girls Divisional States**, all regular-season varsity weigh-ins, including those from the mixed-gender season, will count toward the 50% requirement.
- **Alternates for Mixed-Gender All-States:**
 - Alternates will be notified by **Wednesday at 8:00 PM** before All-States.
 - No changes or additions will be made after the final deadline (Wednesday at 8:00 PM).
- **Weigh-In Procedures (page 5, item b):**
 - At two-day tournaments, wrestlers still competing will weigh in again on the second day, with a **+1 pound allowance** in accordance with NFHS Rule 4-5-5(c).
- **All-States Venue:**
 - If the venue cannot accommodate enough mats and space to run both the **Mixed-Gender All-States** and **Girls All-States** simultaneously, the **Girls All-State Tournament** will be held on a **separate day and at a different location**.

6. MIAA Girls Wrestling Tournament Update

- **NEW** – Teams can only enter one wrestler per weight class beginning this year. This is outlined in the tournament format (see Item 10 on page 5).

7. Additional Notes & Resources

- [2025–26 NFHS Wrestling Rule Changes](#)
- [2025–2027 Wrestling Alignments](#)
- **New England Championships:** Saturday, **March 7**, and Sunday, **March 8, 2026**

Best of luck this wrestling season!

Phil Napolitano
MIAA Assistant Executive Director

