# Wrestling
## Sport Information:

## Sport Director

Masanori Toguchi, Charlotte Country Day School, masanori.toguchi@charlottecountryday.org

## Regular Season Information-

### In-Season Activities-

- In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

| | Begin | End |
|---|---|---|
| Winter Season | Monday, November 2, 2026 | Saturday, February 13, 2027 |

### Game Limits-

| | |
|---|---|
| Wrestling | 23 contests plus Thanksgiving and Christmas |

### Out-of-Season Activities-

- Out-of-Season activities are allowed, but are subject to the following:
  - Dead Periods:
    - Only apply to sports not in season.
    - Out-of-Season activities are not allowed during the following periods:

| Season | Period |
|---|---|
| Fall | Starts the first week of fall season through August 31st. |
| Winter | Starts 1 week prior to the first day of the winter sport season and extends 3 weeks after Nov. 1. |
| Spring | Starts 1 week prior to the second Monday of February and extends 3 weeks after the second Monday of February. |
| May | Starts on the spring seeding meeting date and extends through the final spring state championship. |

### Sport Rules-

- National Federation of High Schools Rules (NFHS)-
  - The NCISAA is an affiliate member of the NFHS.
  - National High School Federation rules apply when NCISAA rules do not cover a particular application.
  - Visit www.nfhs.org to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season. Rule Books are also available for online purchase on the NFHS website.
- Rules-
  - Heads of schools and athletic directors are responsible for seeing that these rules and concepts are understood and followed by their coaching staff without exception.

- Enforcement of all NCISAA rules is the responsibility of each school, each conference, the NCISAA Board of Advisors, the NCISAA Board of Trustees and the NCISAA Office.

## Weight Policy-

1. In order to establish and monitor minimal weights throughout the wrestling season, all wrestlers and coaches are required to adhere to the National Prep School Weight Management Program as outlined at the following link:
    - National Prep School Weight Management Program
2. Each school must register with the National Wrestling Coaches Association (NWCA) in order to access the Optimum Performance Calculator (OPC). Your membership in the NWCA will allow each school to have separate codes for your health professional and your coach to access the weight certification data calculated and maintained by the NWCA. Click HERE to link to the website. No school data can be entered until after a school's membership is paid.
3. All wrestlers will be granted a 2 lb. weight allowance on December 26th. Once the growth allowance goes into effect a wrestler who is certified as a 132 may wrestle 134 if their descent plan allows them to make 134 even though they have never made the scratch weight prior to Dec. 26th.

## Skinfold Measurement-

1. Skinfold measurements must be taken by a Certified Athletic Trainer and performed using a Langes Skinfold Caliper. You must submit the name of your health professional to the NWCA when you register. Only the health professional can enter data.
2. October 1st is the earliest possible official test. The skinfold measurement on each prospective wrestler must be conducted no less than 24 hours before the first competition date. Two official tests are the maximum number that can be administered. Any second test (appeal test) must be completed before a wrestler has their first competition. No athlete may wrestle without an established minimum weight.
3. A hydration test measured with specific gravity must immediately precede the skinfold assessment. The specific gravity must not exceed 1.025. If the specific gravity does exceed 1.025, weight and skinfold assessment may not be completed. The athlete must hydrate and wait at least 24 hours before he/she may be tested again. A wrestler may have as many hydration tests as necessary but they must be at least 24 hours apart.
4. Once the wrestler passes the hydration test, his weight and skinfolds are to be measured immediately. This data is to be entered in the NWCA's Optimal Performance Calculator by the Athletic Trainer (Coaches may not enter data). The OPC will calculate each wrestler's minimum weight at 7% body fat.
5. The lowest weight class at which a wrestler may compete will be determined as follows. If the calculated minimum weight at 7% is exactly that of the weight class, that weight will be the wrestler's minimum.
6. If the calculated minimum weight at 7% is within .9 pound of a weight class, the wrestler may wrestle at the lower weight class.
7. If the calculated minimum weight is greater than .9 pound above a weight class, he must wrestle at the higher weight class.
8. A wrestler whose body fat falls below 7% at the time of measurement may wrestle at that weight if he/she submits the attached permission form signed by a parent or legal guardian and the family physician. This form states that the sub-7% body fat level is an acceptable level for the wrestler. Without such permission, he/she must wrestle at the weight class above his 7% minimum weight. The form is accessible here: https://docs.wixstatic.com/ugd/c67359_87b35d0f4d574b88854ea86849e92a54.pdf
9. The deadline for adding wrestlers to the roster is established by the NCISAA (mid-January).
10. If a wrestler competes in a weight class below what the weekly descent plan calls for, the penalty will be forfeiture of that bout. Coaches are asked to have their Director of Athletics contact the other schools' Directors of Athletics to resolve the issue should it happen.

## Skin Checks-

1. When wrestling NCISAA schools, the athletic trainer or athletic first responder covering the match is responsible for doing the skin checks during weigh-ins before the match. Officials are responsible for verifying that the skin checks have been done. When a wrestling school is not governed by the NCISAA, the traveling school should contact the host school before the match to determine who is doing the skin check and verify on the weigh-in form that it has been done.
2. The NFHS Medical Release Form for wrestlers to participate with skin lesions can be found here:
3. NFHS Wrestling Skin Check Form

## Weigh-Ins-

1. A weigh-in form must be printed from the OPC and presented to each of the opposing schools at EVERY match. Only this form may be used. No handwritten or typed weigh-in results, even if signed by the Athletic Trainer, will be permitted. Wrestlers not on the pre-match form are not eligible to compete. The coach must present the Alpha weights along with the weigh-in sheet for wrestlers who will compete in each match or tournament. Coaches will keep the weigh-in sheets for every event and present them at the state tournament.
   *Note:* For a multiple day tournament, enter the weigh-in weight for the first day only. For consecutive day dual meets, enter the weigh-in weight for each day.
2. At ALL NCISAA school events weigh-ins and skin checks will be done shoulder to shoulder and will take place at the host school a maximum of 1 hour prior to the scheduled competition. These weigh-ins will be conducted by a licensed athletic trainer or athletic first responder. Participating schools must enter the wrestlers' weights in the OPC.
3. When a public school is involved in any meet (dual, tri, or tournament) with an NCISAA school, a mutual decision must be made and agreed upon 24 hours prior to the contest as to whether the weigh-in will be conducted shoulder to shoulder one hour prior to the contest or done in the morning with weights faxed by noon. Weights must be entered in the OPC within 48 hours after the weigh-in.
4. At the state tournament, wrestlers will weigh in each day at the assigned time following the NFHS guidelines and procedures. All coaches will have the option of having their wrestlers "weigh out" following their team's final match on day one or, "weigh in" the morning of day two at a time set by the tournament itinerary. Once a coach has decided whether his team will weigh out or weigh in, all members of that team must make weight using the same method. If a wrestler does not make weight at the "weigh out," he/she will not be given the opportunity to "weigh in" the following day.

## Weight Loss Per Week-

1. A weight loss limit of 1.5% per week has been set and will be adjusted based on match weigh-ins.
2. The OPC calculates this weight loss plan on a daily basis. A wrestler will not be permitted to wrestle at any time in a weight class that would require him to lose more than 1.5% of his body weight per week.
   *Note:* This is an abbreviated summary of the entire policy. For further explanation/interpretation please refer to the copy of the policy on file in your athletic department. For your convenience, all forms for wrestling are provided on the Action Guide/Forms tab of the NCISAA website.

## Recording Match/Tournament Results-

All coaches should enter match and tournament results in the match results section of the NWCA website within one week of the competition.

1. The website will be the clearing house for seeding the state tournament. The website link is http://www.trackwrestling.com/tw/seasons/index.jsp or you may use www.trackwrestling.com.

### Rules/Penalties Regarding Weight Data-

All NCISAA wrestling coaches participate in a self-monitoring system for weight management and data entry. Coaches who observe that a coach has not entered his wrestlers' weights in 48 hours or match results within one week are asked to contact their Athletic Director who will contact the Sport Manager and or Sport Chair to discuss the issue. The protocol is as follows:

1. The Sport Manager or Sport Chair contacts the Athletic Director of the team that has not entered its weight or match data. The Sport Manager or Sport Chair issues a first letter of warning to the wrestling program in question. The team in question will have 3 days to comply with weight and match data entry.
2. If a coach again fails to enter weight or match data per the requirement, the Sport Manager or Sport Chair will contact the Athletic Director of the team that has not entered its data. The Sport Manager or Sport Chair issues a second letter of warning to the wrestling program in question. The team in question will be required to forfeit all individual and match victories from the last match entered into the system to the date that the Sport Manager or Sport Chair contacts the Athletic Director of the school in question.
3. If a coach again fails to enter weight or match data per the requirement, the Sport Manager or Sport Chair will contact the Athletic Director of the team that has not entered its data. The Sport Manager or Sport Chair issues a third letter of warning to the wrestling program in question. The team in question will be required to forfeit all individual and team matches after the date that the Sport Manager or Sport Chair contacts the Athletic Director of the school in question.
4. If a coach again fails to enter weight or match data per the requirement, the Sport Manager or Sport Chair will contact the Athletic Director of the team that has not entered its data. The Sport Manager or Sport Chair will inform the Athletic Director that the team in question may not participate in that season's NCISAA wrestling tournament.
5. The Sport Manager or Sport Chair is empowered to determine if significant extenuating circumstances (death in the family, etc.) prevented a coach from complying with weight and match data entry requirements.

## Championship Information -

### Meet Directors -

Masanori Toguchi, Charlotte Country Day School
Leigh Harris, Christ School

### Dates & Sites-

February 12-13, 2027 at Charlotte Country Day School

Tournament Format-

1. The tournament will be a two-day tournament.
2. 16 person bracket (double elimination) with pigtails (if needed).
    a. If there are more than 16 wrestlers in a weight class, the lowest seeded wrestler will gain entrance to the tournament through a pigtail process.
    b. Pigtail matches are for advancement into the state tournament.
    c. Losers of pigtail matches are eliminated from entry into the tournament.
    d. Pigtail matches will not affect the team score.
    e. Example: weight class has 17 participants, then 16 will wrestle 17 prior to the state tournament officially starting.
3. Female wrestlers are permitted to compete in the State Tournament. Gender will not affect seeding of wrestlers.

Seeding-

1. Entry Deadline: The Sunday before the State Tournament at 8:00pm.

2. All schools must send seeding material for one wrestler at each weight class to the Sport Chair.
3. Once a wrestler is entered into the weight class, they may not be changed to another weight class.
4. The deadline to substitute wrestlers will be 24 hours before the start of the tournament.
5. There will be no substitutions after the 24-hour deadline. The sport chair reserves the right to make changes or rule on changes after the due date and time.
6. Entries who do not show, make weight, do not qualify or default prior to weigh-ins shall be entered as a bye and, therefore, creates a re-seeding process for that weight bracket. If a BYE creates an uneven number (by greater than 1) of byes either in the half or quarter bracket will be reviewed and potentially reseeded to abide by NFHS rules for placement of byes. The NFHS rules states that byes will be evenly distributed throughout the bracket.
7. Wrestlers who default after making weight but prior to their first match in the tournament shall be entered as a forfeit.

## Seeding Guidelines & Participation Rules-

1. **Step 1:** Wrestlers will be seeded (ranked) according to season record (without forfeits) per the following criteria:
    a. A wrestler will be eligible to enter into the state tournament if he/she has wrestled a minimum of 4 matches at any weight class. “Wrestled” means that your wrestler weighed in and stepped onto the mat either to actively wrestle another competitor or to accept a forfeit/default at the varsity level.
    b. The win/loss record used for the seeding process (less forfeits) will be based upon a 10 match minimum. Losses will be placed in the record with the wins/losses if needed to complete the 10 match minimum. Forfeits will not be counted as wins in the seeding process. Wrestlers who have not actively wrestled 10 or more matches (without forfeits) will receive a loss(es) for seeding purposes
    c.
2. **Step 2**: wrestlers will be seeded by applying head to head competition. If there is no head-to-head, wrestlers in the seeding pool will then be ranked by points. Point ties, record ties, and match ties will be handled by the following:
    a. If wrestlers have split matches and the win/loss against their opponent is tied, they shall be ranked by points. If the point values are equal, then the higher seed will be determined by a coin toss/random draw
    b. If wrestlers have split matches and the win/loss is not tied, the higher seed will go to the wrestler with the most wins against that opponent.
    c. If a triangle (quad, etc.) of tied wins and losses forms, and head to head cannot be applied, then the wrestlers will be seeded by points. If the point values are equal, then the higher seed will be determined by a coin toss/random draw.

## Point System-

| State Achievements (public and private) | Records | Points |
|---|---|---|
| All American at Prep Nationals | | 200 |
| All American at Prep Nationals | Past 3 years | 100 |
| State Runner-Up | Past 3 years | 50 |
| State 3rd Place | Past 3 years | 25 |
| Public School State Qualifier | Past 3 years | 50 |

## Current Year's Achievements (Tournament & Record)-

- Record percentage.
- One point per winning percentage point (Count only matches wrestled, not forfeits or byes.)
- Total matches wrestled and won divided by total matches actually wrestled. Example: .77 winning percentage would equal 77 points.

| Tournament Achievements (64 man bracket) | |
|---|---|
| 1st | 100 pts |
| 2nd | 75 pts |
| 3rd | 50 pts |
| 4th | 25 pts |
| 5th | 20 pts |
| 6th | 15 pts |
| 7th | 10 pts |
| 8th | 5 pts |

| Tournament Achievements (32 man bracket or greater) | |
|---|---|
| 1st | 75 pts |
| 2nd | 50 pts |
| 3rd | 25 pts |
| 4th | 15 pts |
| 5th | 10 pts |
| 6th | 5 pts |
| 7th | 3 pts |

| Tournament Achievements (16 man bracket) | |
|---|---|
| 1st | 50 pts |
| 2nd | 25 pts |
| 3rd | 15 pts |
| 4th | 10 pts |

| Tournament Achievements (8 man bracket) | |
|---|---|
| 1st | 20 pts |
| 2nd | 10 pts |
| 3rd | 5 pts |

## Team Scoring-

Team place points will be awarded for 1st through 6th place.

## Recording Match/Tournament Results-

1. All coaches should enter match and tournament results in the match results section of the NWCA web site within one week of the competition.
2. The web site will be the clearing house for seeding the state tournament.

3. The web site link is http://www.trackwrestling.com/tw/seasons/index.jsp or you may use www.trackwrestling.com.

## Medical Coverage-

A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.

## Admission-

| | |
|---|---|
| Adults | $10 online/$15 at the door |
| Students | Free |
| Children (under 8) | Free |

## Weight Classes-

| WEIGHT CLASS | WEIGHT RANGE FOR PREDICTED MINIMUM WEIGHT |
|---|---|
| 106 | 106 |
| 113 | 106-113 |
| 120 | 113-120 |
| 126 | 120-126 |
| 132 | 126-132 |
| 138 | 132-138 |
| 145 | 138-145 |
| 152 | 145-152 |
| 160 | 152-160 |
| 170 | 160-170 |
| 182 | 170-182 |
| 195 | 182-195 |
| 220 | 195-220 |
| 285 | 220-285 |

## Awards-

| Team | # |
|---|---|
| Championship Trophy | 1 |
| Runner-Up Trophy | 1 |
| Individual Gold Medals to Championship Team | 20 |
| Individual Silver Medals to Runner-Up Team | 20 |

| Individual | # |
|---|---|
| Plaques to Winners in Each State Championship Weight Class (All-State Team) | 14 |

| | |
|---|---|
| Medallions to Runners-Up in Each Weight Class | 14 |
| Medallions to Third Place in Each Weight Class | 14 |