



Wrestling
Sport Manual
2025-26 Edition

4.18 Wrestling

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4.18.1 Regular Season Procedures

4.18.1.1 Rules of Competition

4.18.1.1.1 Competition Rules. NFHS Wrestling Rules, as modified by the FHSAA, are the official rules for all wrestling matches and tournaments. The following modifications to those rules have been adopted by the Board of Directors.

- 3-2-1. Use assistant referee during competition.
- 4-3-2. The use of artificial limbs.
- 4-4-4. 2-pound growth allowance.
- 8-1-5c and Penalty Chart. Ejection of coach: the coach is suspended from the remainder of the match or tournament day and must leave the premises. Additionally, the coach is suspended for the next seven days and a minimum of two matches.
- 10-1-2. Videotaping guidelines: A visiting school may film or videotape its team's or contestants' performances in a contest when permission is secured from and arrangements are made with the host school principal. No representative of a school that is not participating in a contest may film or videotape all or any part of the contest unless permission to do so is granted by the principal of each school that is participating in the contest. (See Section 4.18.3 for regulations pertaining to Florida High School State Championship Series contests.)

4.18.1.1.2 Weight Classifications

- (a) All tournaments and meets will be limited to competition in the following 14 weight classifications:

(1) Boys

106 pounds and under	138 pounds and under	175 pounds and under
113 pounds and under	144 pounds and under	190 pounds and under
120 pounds and under	150 pounds and under	215 pounds and under
126 pounds and under	157 pounds and under	285 pounds and under
132 pounds and under	165 pounds and under	

(2) Girls

100 pounds and under	125 pounds and under	155 pounds and under
105 pounds and under	130 pounds and under	170 pounds and under
110 pounds and under	135 pounds and under	190 pounds and under
115 pounds and under	140 pounds and under	235 pounds and under
120 pounds and under	145 pounds and under	

- (b) A student cannot wrestle more than one weight class above the weight class in which his/her actual weight places him/her, and must never wrestle in a weight class below his/her minimum certified weight class. The growth allowance and consecutive-days rule both apply to the 285-pound division (boys) and 235-pound division (girls).
- (c) A school will be limited to four (4) contestants in four (4) weight classifications with a maximum of 18 wrestlers for IBT varsity tournaments. Both varsity entries may score points however they will receive no bonus points when facing a member of their own team. This does not apply to our state series tournaments. In sub-varsity tournaments, however, a school may enter multiple contestants per weight class with one of the contestants in the weight class designated as the team scorer. The use of multiple entries will be only used if the tournament director chooses to allow it for a particular event.
- (d) A student cannot wrestle in more than one weight class in any match.

4.18.1.1.3 Trackwrestling/NWCA Pre-Match Weigh-in and Match Results. All coaches are required to submit the Trackwrestling/National Wrestling Coaches Association (NWCA) online "Pre-Match Weigh-in Form" with the exact weight of each wrestler prior to each regular season or tournament match and must submit online the "Dual Meet & Tournament Reporting Form" before the next competition. DNP (did not participate) may only be used for an athlete who does not weigh in that day. All wrestling event results must be entered into Trackwrestling.

4.18.1.1.4 Growth Allowance. The FHSAA Board of Directors has adopted use of the 2-pound growth allowance as permitted in National Federation Rule 4-4-4. Beginning on and including December 26, each weight class will be permitted a 2-pound growth allowance. This regulation is intended to encourage wrestlers to increase their strength, and thereby their muscle mass; and to discourage wrestlers from crash dieting to reduce weight so as to remain eligible in a lower weight class. Coaches and athletes are encouraged to use this provision accordingly.



Q: If a wrestler is certified for a minimum weight of 107.5, would he qualify for the 106 weight class when the two-pound growth allowance comes into effect?

A: No. The Pre-Match Weigh-In form lists the weight classes available to a wrestler each time it is printed and should be followed as printed. However, the growth allowance may not be used to achieve a lower minimum certified minimum wrestling weight for a wrestler at districts. In order to utilize the growth allowance at the district tournament, a wrestler shall compete at “scratch weight” in the desired weight class at least once prior to the district tournament, a wrestler shall weigh in at “scratch weight” and complete the same day when the OPC allows at least once prior to the district tournament.

Q: If a wrestler is assessed, and the lowest he can go is 156, can he go 152 for districts?

A: No. The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight.

4.18.1.1.5 Certification of Minimum Weight. Each individual wrestler must have his/her minimum weight class certified by using the Trackwrestling/NWCA internet-based Optimal Performance Calculator no earlier than the first day of wrestling practice, Monday of Week 20. A school that is offering girls wrestling with intention to participate in the Girls IBT State Series is required to purchase a separate OPC from the boys. To register, go to www.trackwrestling.com. [Note: See 4.18.3 for further information.] Trackwrestling/NWCA membership has been processed for each school with a wrestling program. No further action is required.

4.18.1.1.6 Weigh-Ins.

(a) Wrestlers must weigh in not more than one (1) hour prior to the scheduled starting time of the dual match in which they will compete or a maximum of two hours before the first session of each day for an individually bracketed tournament (IBT) event in accordance with National Federation Rule 4-5. These rule permits, for example, the weigh-in to begin at 7 p.m. for a dual wrestling meet which is scheduled to start at 7:30 p.m. This rule, however, DOES NOT require a 30-minute waiting period between the end of the weigh-in and the scheduled starting time of the meet.

(b) An FHSAA-registered contest official shall conduct all weigh-ins.

(c) All scales must be certified annually. Digital scales are required for all multi-school events to ensure the actual weight of the wrestler. This includes dual-team events (DTE) and individually bracketed tournaments (IBT). Female wrestlers shall be called into the weigh-in area together, as the first group to weigh in for duals or tournaments. The host school or tournament director shall have a female person or persons available to weigh in any female wrestlers. The head official should provide instructions to the female persons conducting the weigh-in as to the process of weighing in the female wrestlers. Female wrestlers are required to complete the weigh-in process the same as the male wrestlers.

(d) Each team may weigh in a maximum of two (2) wrestlers for each weight classification for a dual meet. A school may weigh-in multiple wrestlers at each weight class for a dual team tournament. A maximum of two contestants must be declared in each weight class at the time the lineup is presented at the head table for a dual team tournament.

(e) The head coach of each school must have with him/her two (2) photocopies of the school’s current NWCA Pre-Match Weigh-in form at each dual meet. The exact weight of each wrestler who weighs in must be recorded in the appropriate blank on these forms in ink. For duals, it is suggested a coach from the opposing team record the weights for a team as the official reads the weights from the scales. Both head coaches and the meet referee must sign the Trackwrestling/NWCA Pre-Match Weigh-in form at the conclusion of the weigh-in. Head coaches must exchange Trackwrestling/NWCA Pre-Match Weigh-in forms prior to the final match of a dual meet. For tournaments, Trackwrestling/NWCA Pre-Match Weigh-in forms must be submitted to the tournament director prior to the start of the first day’s weigh-ins. The tournament director will ensure the actual weights for each wrestler recorded during the first day weigh-ins are recorded on the Trackwrestling/NWCA Pre-Match Weigh-in form and a copy for all teams forms entered in the tournament be presented to each coach for their records. The copies are to be available to each coach within a week following the tournament.

Q: If a school does not produce the Pre-Match Weigh-in form and cannot get a copy that day, should we allow the team to compete?

A: No. The coach can get a copy of his school’s Pre-Match Weigh-in form from any computer with Internet access. The Trackwrestling/NWCA is a web-based database system. The coach can print his school’s Pre-Match Weigh-in form from a computer at the host school; find a nearby copy center with Internet access, etc.

Q: If for any reason a wrestler is left off the Pre-Match Weigh-in form, what is the result?

A: The wrestler does NOT compete. If the wrestler is not on the Pre-Match Weigh-in form, that means he/she was not assessed.

(f) A coach may alter his/her lineup for dual-team competitions within the guidelines of NFHS Rule 4-4-2.

(g) Once the weight class for a wrestler competing in an individually bracketed tournament is established, the wrestler shall be required to compete in the same one weight class for the duration of a tournament.

- (h) Any challenge of a wrestler's minimum certified weight class must be made before the last wrestler has been weighed. A wrestler who has his/her minimum certified weight class challenged and it is found that they are not in scratch weight compliance, they will be removed from the bracket. The head coach issuing the challenge must notify the FHSAA Office of the challenge upon conclusion of the meet.
- (i) The provisions of National Federation Rule 4-5 cannot be revised or modified by conference rule, mutual consent or otherwise.
- (j) Any challenge of the wrestler's minimum certified weight class must be made before the last wrestler has been weighed for dual meets or during the seeding/scratch meeting for tournaments. A wrestler who has his/her minimum weight challenged must be allowed to compete. The head coach issuing the challenge must notify the head official who will then ensure the FHSAA Office is notified of the challenge upon conclusion of the meet by using the miscellaneous section of the AT16 and sending it to wrestling@fhsaa.org.

4.18.1.1.7 Multi-School/Tournament Weigh-In Procedures.

- (a) The FHSAA requires a minimum of three officials (five is preferred) be present at all tournament weigh-ins. In addition, the host schools shall provide necessary adult personnel to serve as assistants to the head official. The head official will ensure that all NFHS and FHSAA rules and regulations are followed.
- (b) All wrestlers must be in the staging area at the time the weigh-in is scheduled (monitored by an adult volunteer or 4th official)
- (c) Wrestlers are required to be dressed in their school issued singlet. Wrestlers must also have a suitable undergarment, as defined by the NFHS rule 4.5.7 for the purpose of weighing-in (wrestling, gym or other type shorts are not considered a "suitable undergarment"). Each wrestler will wear a pair of slip on/off shoes or wrestling shoes for reporting to the scales. Wrestlers are required to have their hair and "Wrestler Skin Condition Examination Report Form (WR2) if required with them.
- (d) The caller will call each weight class in order, beginning with the 106-pound class (boys)/100-pound class (girls) unless the weigh-ins are being conducted by team, in which case the order of teams will be determined by the tournament director (usually in order by time of arrival).
- (e) Line-up area: Each weight class or team will move to the line-up area where the arranger will place the contestants in bracket order or weight class order if the weigh-ins is being conducted by team.
- (f) Scale Room (registered officials only): each weight class or team will move to the scale room. The wrestlers will put their gear on the chairs and remove their singlet and shoes. No taping, pads, or braces are allowed during the weigh-in. The first official will check for nails, skin, hair, etc. according to NFHS rule 4.2. The WR2 if necessary, will be presented to the official at this time for review. Any deficiencies should be documented. The second official will monitor the scale, recording the exact weight of all of the wrestlers. At the regional or state tournaments the exact weights will be recorded on the official tournament bracket sheets. For all tournaments, the official will be responsible for writing the weight/weight class of the wrestler on his/her wrist or shoulder, as designated by the head official with a marker.
- (g) Second or third day weigh-ins will follow the same procedure as defined above. A different color marker will be used each day.

4.18.1.1.8 Skin Conditions.

- (a) A member school wrestler who exhibits a skin condition(s) of a potentially infectious nature must be examined by a physician before he/she is permitted to participate in competition.
- (b) A wrestler with a questionable skin condition must secure from his/her head coach the "Wrestler Skin Condition Examination Report Form" (Form WR2) to present to the physician at the time of the examination. This form must be used by the physician to document that he/she has examined the wrestler's skin condition(s) and determined that it is not infectious. The wrestler must return the form signed by the physician to the head coach following the examination. The original form which is marked and signed by the physician must be presented by the head coach to the official at the weigh-in for his/her inspection. A photocopy of the form must also be given to the official for his/her records. The original form, however, must be retained by the head coach.
- (c) A "Wrestler Skin Condition Examination Report Form" (Form WR2) signed by a physician is valid for a maximum of seven (7) days from the date of the examination unless otherwise indicated by the physician. After that time, the wrestler must obtain a new form from the physician if his/her skin condition is still present. The form is valid only for those areas of the wrestler's body marked on the form by the physician. If the official observes any questionable area(s) not marked by the physician on the form, the wrestler will not be allowed to participate.

4.18.1.1.9 Disinfection of Wrestling Shoes. Home team management is required to provide a bottle of disinfecting product so that wrestlers and referee's spray the bottom of their shoes, wipe them off with a towel, and then step onto the mat. Disinfecting product will be located at the Scorer's Table of each mat.

4.18.1.1.10 Injury. During an injury timeout, both wrestlers must remain on the mat. The referee will position himself/herself at the scorer's table.



4.18.1.1.11 Biting. The Board of Directors has defined the biting of an opponent by a wrestler during a meet, as judged by the official, as flagrant misconduct.

4.18.1.1.12 Medical Personnel. The FHSAA Board of Directors recommends that each host member school have an athletic trainer and a physician present or readily available for each match and tournament.

4.18.1.1.13 Athletic Uniforms. Uniforms must be in compliance with National Federation Rule 4-1. A wrestler competing in a dual meet or tournament must be in proper uniform at all times while he/she is in public view. The penalty for violation of this regulation is the deduction of one (1) team point. Dropping the shoulder straps after leaving the mat to put on a shirt is permitted as well as removing the shirt to pull the straps up prior to reporting to the mat. Dropping of the shoulder straps or removing the shirt while on the mat is not permitted and is a violation. Female wrestlers must wear an undergarment that completely covers their breasts and minimizes the risk of exposure.

4.18.1.1.14 Season Limitations. 20 Points, 2 of which may only be single dual meets, using the following criteria:

- Dual Meet -1 Point
- Tri- meet – 2 Points
- Quad meet – 2 Points
- 1 Day tournament, Dual or IBT- 2 Points
- 2 Day tournament, Dual or IBT- 2 Points

4.18.1.1.15 Minimum Points Required. To be eligible for participation in the Florida High School Championship Series (IBT), an individual student-athlete must have four (4) weigh-in points with the student-athlete having results in those contests along with making scratch weight and competing on the same day with results recorded in Trackwrestling/FloSports. This does not apply to the Duals Series.

4.18.1.1.16 Healthcare Personnel. Each host member school shall have a healthcare provider present and readily available for each match/tournament, as required in Policy 43.5.

4.18.1.2 Regular Season Tournaments

4.18.1.2.1 May be categorized as either dual-team tournaments (competition is team vs. team) or individually bracketed tournaments (competition is bracketed by weight class);

4.18.1.2.2 May have a maximum of 32 teams (invitational tournaments exceeding 32 teams are subject to conditional approval by the Executive Director);

4.18.1.2.3 May have single-elimination, double-elimination, individual round-robin, team round-robin or team pool-play formats;

4.18.1.2.4 Must not allow any match to begin later than 10 p.m. on any day;

4.18.1.2.5 Must allow a minimum of 10 hours to elapse between the end of the last match of one day and the beginning of weigh-ins the following day; and

4.18.1.2.6 Must begin and end within the same one week (Monday-Saturday) unless held during a holiday period.

The following additional minimum requirements have been established for individually bracketed tournaments:

Tournaments with:	up to 8 teams	9-16 teams	17-24 teams	24-32 teams
Number of matches	182	406	630	840

Requirements

Minimum number of mats*	2	3	4	5
Minimum number of officials*	4	5	6	8

* Note: These are minimums. The tournament will run more efficiently if more mats and officials are used.

4.18.2 Florida High School State Championship Series Procedures

4.18.2.1 District Meeting

4.18.2.1.1 Date. Monday through Friday of Week 16

4.18.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting for both the individual bracketed and dual state championship series:

- Select officials.
- Determine allocation of tickets to participating schools on an equitable basis if seating is limited.

4.18.2.2 Tournament Structure and Time Schedules

4.18.2.2.1 District Tournaments

(a) Dual Tournament

(1) Date. District Dual Tournament must be completed by Saturday of Week 28.

- (2) **Time Schedule.** Each district will determine the time schedule for its tournament at the district meeting.
 - i. Single-day or two-day dual meet round robin or bracketed tournament, or
 - ii. separate dual meets at different sites and different dates. (District host discretion)
 - iii. four (4) dual meets are required during the season to qualify for the district tournament (a dual tournament may count towards the four (4) meet requirement)
 - (3) **Site.** Each district will determine a site for its tournament at the district meeting. The date and site of each district tournament will be posted on FHSAA.com.
 - (4) **Scoring.** Trackwrestling is the preferred program for scoring.
- (b) Individual Bracketed Tournament**
- (1) **Time Schedule.** Each district will determine the time schedule for its tournament at the district meeting. The following time schedule is recommended for all one-day district tournaments:
 - Weigh-ins, 8 a.m.
 - Seeding Meeting, 9:30 a.m.
 - First Round Competition, 10 a.m.
 - Consolation Competition, 5 p.m.
 - Championship Finals, 6 p.m.

A district with five (5) or more schools must conduct its tournament in two sessions. A district with four (4) or less schools must conduct its tournament in one session.
 - (2) **Date and Site.** Each district will determine a site for its tournament at the district meeting. The date and site of each district tournament will be posted on FHSAA.com.
 - (3) **Scoring.** Trackwrestling.com is the preferred program for scoring.
 - (4) **Advancement of Teams and Individuals to Regional IBT Tournament.**
 - i. The top four (4) individual wrestlers in each weight classification from each district tournament in each school classification will advance to the regional tournament to which they are assigned.
 - ii. Districts with an excess number of wrestlers may wrestle back to fifth (5th) and sixth (6th) place in each weight classification. Wrestlers finishing in positions five (5) and six (6) in the district will be placed in a que to fill byes at the Regional Tournament.
 - (a) Even years: Byes will be filled starting at the top of the region.
 - (b) Odd years: Byes will be filled starting at the bottom of the region.

4.18.2.2.2 Regional Tournaments

(a) Dual Tournament

- (1) **Complexes.** Competition will be conducted in four regional complexes in each classification. Districts 1-4 will comprise the Region 1 complex, Districts 5-8 the Region 2 complex, Districts 9-12 the Region 3 complex, and Districts 13-16 the Region 4 complex. One tournament will be conducted in each regional complex.
- (2) **Dates and Format.** Regional tournaments shall be held on Tuesday and Thursday of Week 29. The following format shall be used:
 - First Round of Regional State Series
The four (4) District dual meet team champions and (4) Runners-up in each District - Districts 1-4, 5-8, 9-12 and 13-16 - will compete in the Dual Regional Tournament. The first round on Tuesday will be Individual dual sites to be determined by the bracket
 - Second Round of Regional State Series
The four first round winners will meet on Thursday and complete the Regional bracket which will consist of the semifinal and final round. Winners advance to the State Championships.
- (3) **Sites.** TBD by Bracket
- (4) **Electronic Clocks.** Visual electronic clocks are required at each Florida High School State Championship Series tournament. It is strongly recommended that adults work the table at each mat in all Florida High School State Championship Series tournaments.
- (5) **Scoring.** Trackwrestling is the preferred program for scoring.

(b) Individual Bracketed Tournament

- (1) **Complexes.** Competition will be conducted in four regional complexes in each classification. Districts 1-4 will comprise the Region 1 complex, Districts 5-8 the Region 2 complex, Districts 9-12 the Region 3 complex, and Districts 13-16 the Region 4 complex. One tournament will be conducted in each regional complex.
- (2) **Dates and Time Schedule.** Regional tournaments shall be held on Friday and Saturday of Week 35. The following time schedule shall be used:
 - Friday**
Weigh-ins, 10 a.m.
 - Session 1**
Preliminaries, Wrestlebacks (1st & 2nd rounds), Noon
 - Saturday**
Weigh-ins, 8 a.m.
 - Session 2**
Semifinals, 10 a.m.
 - Wrestlebacks (3rd & 4th rounds), 12:30 p.m.
 - Session 3**
Consolation/Championship Finals (2 mats), 5 p.m.
- (3) **Sites.** The FHSAA will determine the 12 sites for the region wrestling tournaments and post the sites on FHSAA.com
- (4) **Electronic Clocks.** Visual electronic clocks are required at each Florida High School State Championship Series tournament. It is strongly recommended that adults work the table at each mat in all Florida High School State Championship Series tournaments.
- (5) **Invitations to Host.** The deadline date for extending an invitation to serve as host for a regional tournament is Friday of Week 50.
- (6) **Scoring.** Trackwrestling is the preferred program for scoring.

4.18.2.2.3 Florida High School State Championship Finals.

(a) Dual Tournament

- (1) **Dates.** The FHSAA Wrestling Finals state tournament shall be held on Friday and Saturday of Week 30.
- (2) **Time Schedule.** The Florida High School State Championship Finals schedule will be posted on FHSAA.com.
- (3) **Coaches Packet.** A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to the event.

(b) Individual Bracketed Tournament

- (1) **Dates.** The FHSAA Wrestling Finals state tournament shall be held on Thursday, Friday and Saturday of Week 36.
- (2) **Time Schedule.** The Florida High School State Championship Finals schedule will be posted on FHSAA.com.
- (3) **Coaches Packet.** A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to the event.
- (4) **Advancement of Teams and Individuals to State IBT Finals.** The top four (4) individual wrestlers in each weight classification from each of the four regional tournaments in each school classification will advance to the Florida High School State Championship IBT Finals.

4.18.2.3 Tournament Regulations

4.18.2.3.1 Squads. At the regional and Florida High School State Championship individual bracketed tournaments, a participant pass will be issued to each athlete who qualifies to the tournament. In addition, for those schools that have qualifiers for the regional tournament and/or Florida High School State Championship Series, coaches will be issued passes as follows:

- One to three participants – One head coach and one assistant coach.
- Four to seven participants – One head coach and two assistant coaches.
- Eight or more participants – One head coach and three assistant coaches.

Consideration will be given based on number of qualifiers a school has in both genders combined. No team student managers or student athletic trainers will receive participant passes.

Participant and coach passes will not be transferable and will entitle those persons who receive such passes access to the mat areas.

4.18.2.3.2 Warm-up Uniforms. All wrestlers must wear school-issued warm-ups while on the arena floor, during the national anthem and during their participation in awards presentations and photograph sessions. Wrestlers must not wear hats, sunglasses, cutoffs, altered clothing, clothing displaying advertisements, jewelry and cosmetic paraphernalia on the arena floor or during awards presentations.

4.18.2.3.3 Seeding and Bracketing

- (a) **District Individual Bracketed Tournaments.** Each district will seed and bracket its district tournament in accordance with the procedure as outlined in NFHS Rule 10 after the weigh-in has been completed. Brackets will be crossed in the quarterfinal round or semifinal round (8 teams or less) to better ensure that the best four wrestlers in each district tournament advance to the regional tournament. See the wrestling page on the FHSAA Website for a sample bracket.
- (b) **Regional and Florida High School State Championship Individual Bracketed Tournaments.** All regional individual bracketed tournaments will seed the four district champions only one through four with the criteria in order as follows: head-to-head (if tied, most recent bout is tiebreaker), state champion, state placer, state qualifier, regional champion, regional placer (one through four). The Florida High School State Championship Individual Bracketed Tournament will be seeded according to the formula developed by the FHSAA Office. The wrestleback will be used. A consolation match for fifth place and sixth place in each weight class will be contested at the Florida High School State Championship Series only. Brackets will be crossed in the quarterfinal round in each regional tournament to better ensure that the best four wrestlers advance to the Florida High School State Championship Series; and in the Florida High School State Championship Series to better ensure that the best six wrestlers in each weight class medal. See the wrestling page on the FHSAA Website for a sample bracket.

4.18.2.3.4 Verification of Weight Class. The head coach of each entrant in a district tournament and regional tournament must make available his/her school's Trackwrestling/NWCA Pre-Match Weigh-in forms, with actual weights recorded for each of his/her school's entrants in the event of a challenge to an entrant's weight class. An entrant whose weight class is questioned and whose head coach does not have available his/her school's Trackwrestling/NWCA Pre-Match Weigh-in forms shall be subject to disqualification. Any challenge to an entrant's weight class in a district tournament must occur during the district tournament seeding meeting. Any challenge to an entrant's weight class in a regional tournament must occur during the regional tournament scratch meeting.

4.18.2.3.5 Failure to Appear

- (a) **District Tournaments.** If a school has an individual wrestler weigh in for a weight class and then fails to enter that individual wrestler in the appropriate weight class, the match in which the individual wrestler was scheduled to compete will be declared a bye and will be scored accordingly. Any weight class that does not have an entry will be declared a bye. Points will be awarded in accordance with the NFHS rules.
- (b) **Regional Tournaments and Florida High School State Championship Series.** If a wrestler qualifies for a regional tournament and/or the Florida High School State Championship Series and fails to compete, his/her opponent will be declared the winner by forfeit and will advance to the next round. Points will be awarded in accordance with NFHS Rules. Any weight class that does not have an entry will be declared a forfeit. Points will be awarded in accordance of the NFHS rules.
- (c) A school that permits a wrestler to qualify from the district tournament to the regional tournament and/or from the regional tournament to the Florida High School State Championship Series who fails to participate for reasons other than illness, injury, suspension due to disciplinary action or for any other reason acceptable to the Executive Director will be considered in violation of FHSAA Rules and Regulations.

4.18.2.4 Russell A. "Russ" Mauger Award. The Russell A. "Russ" Mauger Jr. Mental Attitude Award will be presented to the one wrestler who, in the opinion of his fellow wrestlers, their coaches and tournament officials – displays the most outstanding sportsmanship, leadership and integrity during state tournament competition.

4.18.3 Florida Weight Management Plan Optimal Performance Calculator (OPC)

The establishment of a certified minimum wrestling weight based on seven percent body fat for males and 12 percent for females is required for all high schools. The FHSAA does not advocate that a wrestler's established certified minimum wrestling weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

The FHSAA will utilize the Trackwrestling/NWCA Optimal Performance Calculator (OPC) as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling. Each FHSAA member school with a wrestling program is required to join Trackwrestling/NWCA no later than the first day of wrestling practice (Monday of Week 20). Separate OPC must be purchased for boys and girls, if the girls are participating in the Girls IBT State Series. The Trackwrestling/NWCA website may be located at www.trackwrestling.com. Trackwrestling will bill each school a \$30 Trackwrestling/NWCA membership fee for use of this online database.



4.18.3.1 Establishing Certified Minimum Weights

- (a) Bioelectrical Impedance or skinfold measurements will be utilized to determine each wrestler's body fat percentage. Only measurements taken by persons who are certified FHSAA Assessors will be accepted. It is the responsibility of the school to contact an assessor from this list and arrange a time to have the wrestling squad measured. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the Trackwrestling/NWCA Optimal Performance Calculator and he/she appears on the school's Pre-Match Weigh-in form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.
- (b) The lowest weight class a wrestler may compete at will be determined as follows:
 - (1) If the certified minimum weight, at seven percent or 12 percent body fat, is exactly that of one of the adopted NFHS weight classes, that weight shall be the wrestler's minimum weight class.
 - (2) If the certified minimum weight, at seven percent or 12 percent body fat, is less than one pound from one of the adopted weight classes, that weight class shall become the wrestler's minimum weight class.
 - (3) If the certified minimum weight, at seven percent or 12 percent body fat, is greater than or equal to one pound from one of the adopted weight classes, the next higher weight class shall be the wrestler's minimum weight class.

Note: The allowance referenced Part I(b) (2 and 3) applies only to the calculation of the certified minimum weight class for a wrestler. The allowance is not applicable to the weights referenced in the weekly weight loss plan.

4.18.3.2 Time Period for Measurements

- (a) No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school Trackwrestling/NWCA Pre-Match Weigh-in Form.
- (b) A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his most recent assessment and voids all appeal options allowed within this policy.
- (c) Assessments may begin on the first practice date allowed by the FHSAA (Monday of Week 20). Wrestlers may be measured any time on or following this date to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.
- (d) The specific gravity of the urine will determine whether a candidate may participate in an assessment on any date. A specific gravity result of less than 1.025 is required in order to participate in the body fat assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 48 hours in order to be retested.
- (e) The Wednesday following the District Tournament (Wednesday of Week 35) is the deadline to establish a certified minimum wrestling weight.
- (f) Unusual situations must be arranged with the FHSAA in writing before deadline or due dates.

4.18.3.3 School Responsibilities for the Measurement Process

- (a) It is the school's responsibility to contact and contract with an FHSAA Certified Assessor from the list provided by the FHSAA.
- (b) Schools contracting with an FHSAA Certified Assessor will be required to have available at the time of assessment:
 - (1) Bioelectrical Impedance/skinfold measurement assessment data forms.
 - (2) Plastic collection cups to conduct urine specific gravity test.
 - (3) Reagent strips or refractometer for urinalysis (i.e. Ames Multistix, 8SG or 10SG, 2304A or equal)
 - (4) Four adults (coach, teacher, AD, parent, etc.) who will:
 - (a) Assist with measuring height (in cm)
 - (b) Assist with the recording of data.
 - (c) Assist with urine specific gravity testing (specimen collection).
- (c) Bioelectrical Impedance or skinfold measurement assessments shall not be conducted by any active wrestling coach at any level.

4.18.3.4 Wrestlers Below Seven Percent Or 12 Percent Body Fat. Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below seven percent must obtain in writing a licensed physician's (M.D. or D.O.) clearance stating that the athlete is naturally at this sub-seven percent body fat level. This written clearance shall be attached to the student's physical exam form. In the case of a female wrestler, written physician's clearance must be obtained for an athlete who is sub-12 percent body fat. A physician's clearance is for one season duration and expires March 15 of each year. The sub-seven percent male or sub-12 percent female, who receives clearance, may not wrestle below their actual weight class at the time of assessment by the FHSAA wrestling assessor.

4.18.3.5 Growth Allowance

- (a) The Florida Weight Monitoring Program awards a two pound growth allowance on December 26.
- (b) The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight for a wrestler at districts.
- (c) In order to utilize the growth allowance, for the district tournament, a wrestler shall compete at “scratch weight” in the desired weight class at least once prior to the District Meet when the OPC allows said weight.

SCRATCH WEIGHT: References within the Florida Wrestling Weight Monitoring Program to the term “scratch weight” refer to the weight achieved which qualifies an athlete to wrestle at one of the National Federation established weight classes less growth allowance and/or any consecutive day allowance awarded under NFHS Wrestling Rules.

Q: If a wrestler is assessed, and the lowest he can go is 153, can he go 154 for districts?

A: No. The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight.

4.18.3.6 Weight Loss Per Week

- (a) An average weight loss limit of 1.5 percent of body weight at the time of initial assessment per week has been set. A season long weight loss plan will guide his/her weight loss during the season.
- (b) If a wrestler weighs-in and wrestles up a weight class, the OPC 1.5% loss limit may prevent a wrestler from going back down to his/her desired weight for the next contest.
- (c) The weight loss plan will determine which weight class(es) a wrestler may participate at each week. This weight class is listed on the Pre-Match Weigh-In form for each event.

Q: A wrestler’s lowest minimum certified weight class is 120 with a minimum certified weight of 114.5. He weighed 134 at assessment and weighs 131.3 at the first week of competition. May he wrestle 138 during the first week of competition?

A: Yes. He is eligible by the Optimal Performance Calculator for both 132 and 138.

- (d) **PENALTY**—A wrestler who participates at a weight class, below the eligible weight class(es) defined by the weight loss plan, before the proper amount of time has passed to achieve the weight class will be considered an ineligible wrestler.

Example:

Weight at Initial Assessment = 163 lbs

BF% = 16%

1.5% loss per week = 2.45 lbs (2.445 rounded)

Minimum Wrestling Weight = 147.23 lbs

	Projected Weight with 1.5% loss per week	Eligible Weight Class(es)
Week 1	160.56	170, 182
Week 2	158.11	160,170
Week 3	155.67	160,170
Week 4	153.22	160,170
Week 5	150.78	152, 160
Week 6	148.3	152, 160
Week 7	147.23 (By “Plan”, not 145.89 by calculation)	152, 160

Note 1: The wrestler in this example would not be allowed to compete below the 152 lbs weight class during the year

Note 2: In the above example, a wrestler who weighs-in at 151.80 lbs. during Week 4 is only eligible to compete at 160 lbs. – he/she would not be eligible to compete at 152 lbs. even though the weigh-in qualifies him/her for that weight as per Section VI (d).

4.18.3.7 Appeal Process

Note: In order to utilize the results of an appeal the school must receive notification from the FHSAA Office prior to allowing the appealing athlete to compete.

Parental permission is not a valid means to establish a lower minimum wrestling weight. Any athlete may appeal his/her assessment results one (1) time by reassessment. Step 1 may be bypassed and only Step 2 performed. The steps of the appeal process are as follows:

Step 1: The athlete shall repeat the assessment as described in the regulation. **EXCEPTION:** Skinfold measurement assessment may not be used for the appeal process.

- (a) The reassessment shall occur **within 14 calendar days** of the initial assessment date unless a written extension is granted by the FHSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5 percent (rounded down) of the body weight measured at the initial assessment. **Failure to meet these conditions or timelines is cause for denial.**



- (b) Data shall be recorded on the Bioelectrical Impedance Assessment Data Form.
- (c) Reassessment includes hydration and Bioelectrical Impedance assessment.

Step 2: If dissatisfaction with the results remains, the wrestler may choose Hydrostatic weighing or Bod Pod assessment to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further.

- (a) The hydrostatic weighing or Bod Pod assessment shall occur within 30 calendar days of the initial assessment date unless a written extension is granted by the FHSAA before the expiration of the 30-day period. The 30-day appeal period shall start on the day following the date of initial assessment.
- (b) The school shall file a “Hydrostatic Weighing Proposal” or “Bod Pod Assessment Proposal” before a hydrostatic weighing or Bod Pod assessment is approved.
- (c) Hydrostatic weighing and Bod Pod facilities must be approved by the FHSAA; the proper form shall be filed with the FHSAA.

4.18.3.8 Costs

- (a) All costs incurred for initial assessment, appeal process, any nutrition education program, and Trackwrestling/NWCA Optimal Performance Calculator are the responsibility of the school or parent.
- (b) Charges for bioelectrical impedance or skinfold measurement assessment may not exceed \$5 per person when schools contract with an FHSAA Certified Assessor.
- (c) FHSAA Certified Assessors are permitted to charge mileage at the FHSAA adopted (same as contest officials) rate of 30 cents/mile round trip or a service fee of \$30 or less whenever travel is required to a location at which fewer than six subjects are to be assessed on any given date.