# 2024-25 NMAA Wrestling Points of Emphasis

# Website – www.nmact.org

#### **Documents to Review**

- Bylaws
- Competition Limits
- Important Dates
- NFHS Rule Changes
- Weight Management Program
- NMAA TW Admin Instructions
- Girls Wrestling Memo
- Post-Season Info



## Annual Requirements

- Wrestling Assessments
- Nutrition Education Form
- NMAA Competition Limit Form
- Trackwrestling Rosters/Schedules & Meet Registration/Results
- Trackwrestling Weigh-In Sheets
- Monitor Post-Season Eligibility for Athletes
- Trackwrestling Individual Tournament Software





#### Post-Season Eligibility

#### Regional Eligibility

- 1. Must have 25% of varsity schedule's points to be eligible for post-season.
- 2. Must have 50% of all <u>weigh-ins</u> at or below the weight class entered in post-season
  - Schools MUST use NWCA OPC generated weigh-in sheets
  - Schools should keep a copy of each weigh-in sheet
  - Host schools should also retain a copy of each school's weigh-in sheets
  - Each weigh-in counts
- 3. Must have 25% of season's varsity <u>matches</u> at the weight they enter at the Regional Tournament to earn a regional seed or be eligible for a state wildcard.



#### Weight Classes

- Girls 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235
- Boys 107, 114, 121, 127, 133, 139, 145, 152, 160, 172, 189, 215, 285

- Forfeits & Complete Line-Ups
  - Each team must make a concerted effort to minimize forfeits during dual meets and to fill all weight classes
  - Best way to increase competitiveness is to field a full team



#### **Interstate Competition**

- A wrestler may not wrestle at a weight class that is below his/her MWW (minimum wrestling weight):
  - MWW of 106.9 is good for 107, not good for 106 in AZ, CO, TX
  - Growth allowance and/or consecutive day allowance not allowed
- Out-of-state teams must follow our weight classes
- Number of entries per team during individual tournaments is up to the tournament host
- Interstate Equivalents for 50% rule:

BOYS			GIRLS					
	Ec	quivale	nt					
NM	Weights			NM	Equivalent Weights			
107	106	108		100	100			
114	113	116		107	105	106	110	
121	120	124		114	112	115	118	
127	124	126	131	120	118	120	124	
133	131	132		126	124	125	130	
139	138			132	130	135	136	
145	144	145		138	135	136	140	142
152	150	152	157	145	142	145	148	
160	157	165		152	148	155		
172	170	175		165	170			
189	190	195		185	190			
215	215	220		235	235			
285	285							



#### Wrestling Weight Assessments

- November 4, 2025 Assessments may begin
- Minimum Wrestling Weight (MWW) Based on loss of 1.5% body weight/week until:
  - 1. Athlete reaches 7% (boys) or 12% (girls) OPC-based body fat OR
  - 2. Descent plan lock date (January 12, 2025)
    - NOTE Cannot lose ANY weight if athlete is below 7%/12% OR after January 12
- Once assessments are entered by assessor, review ASAP (only 2-weeks to appeal, can't be more 2% lighter than initial weight on appeal)
- PC forms will only clear an athlete if they are scratch or below at their assessment

### Weight Assessments

- December 1, 2024 Nutrition Education Program Due
- January 1, 2025 2-pound growth allowance given ("Descent Plan" has to be scratch or below to be eligible for a given weight class)
- January 12, 2024 Decent plans lock

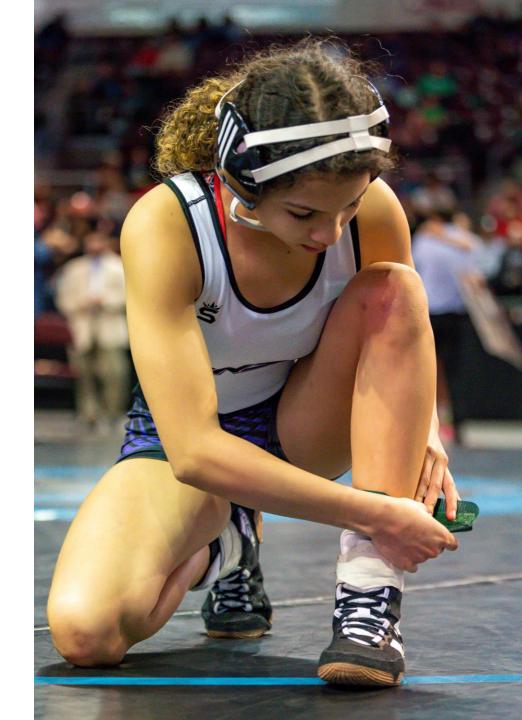


#### **Competition Limits**

- 32-point Varsity Limit (28-points for Sub-Varsity) Team & Individual
  - Single Dual 1 point
  - Two Duals (Triangular or Double Dual) 2 points
  - One-Day Event (3-6 Duals or Individual Tournament) 3 points
  - Two-Day Event with single or double elimination 4 points
  - Two-Day Event with no or limited elimination 6 points

NOTE: Must complete the NMAA Competition Limit Form by Dec. 1

8 "event" limit for Middle School/Junior High



#### **Competition Limits**

- All NMAA MS/JH matches count toward HS limit if 8<sup>th</sup> grader wrestles up (use the HS equivalent points)
- Non-scholastic tournaments count toward HS limits once HS season begins



### District Dual Meets

- Boys' teams must compete against each member of the district in a dual meet to be postseason eligible
  - Girls Optional as participation grows
- Competition Points based on number of teams in district
  - 1-6 teams = 3 points
  - $\circ$  7-8 teams = 4 points
  - 9+ teams = 5 points
- Can schedule district duals in any format your school/district choose





#### **District Dual Meets**

- Additional Points to Remember
  - 1. Individuals will only be charged the duals wrestled, not to exceed the flat team value
  - 2. Schools that opt to add non-district teams to a district dual event, will be charged points separately for each non-district team wrestled
  - Schools that opt to wrestle a district team during a dual meet tournament, will still be charged the full point value for that event
  - 4. Schools may "NOT" schedule district duals or other regular season competition during the Regional Tournament week.



### MaxPreps/DragonFly

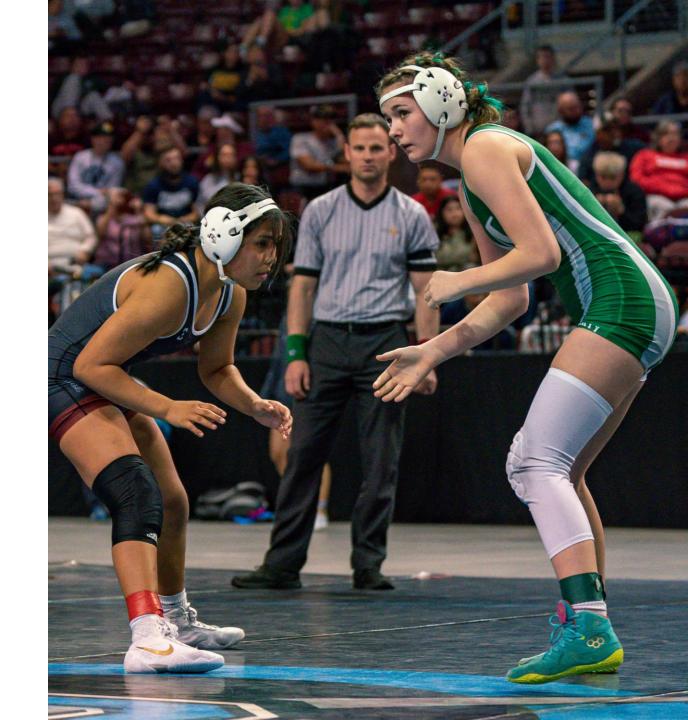
 Administration will post events through DragonFly for officials' assignments.

 Schedules/Rosters – DO NOT need to be entered in MaxPreps.



### Trackwrestling (TW)

- Separate Seasons for Boys & Girls
  - Unique logins for each season will be sent to each school
- Do NOT add girls into the boys' season keep genders separate
- Wrestlers are only eligible to compete against their own gender
- Schools will need to order separate events if running boys and girls tournaments together



### Trackwrestling (TW)

- All varsity individual results entered in TW database
  - Matches/Events must be labeled correctly to be counted
- All varsity individual tournaments must use TW software
  - No more Tournament Fees Dual or Individual
  - DO NOT MANUALLY ENTER RESULTS FROM A TW EVENT (IMPORT)
  - Match scores must match, or the seeding system will duplicate matches
- All individual results in a varsity meet count toward the varsity record (JV team entered into Varsity meet)
- New Coaches need to go through a tutorial with NMAA (Tues, October 29 @ 6:00PM)



# Undergarments & Weigh-Ins

- Reminder, must weigh-in in a legal competition uniform (singlet, two-piece, etc.)
- Make sure all participants wear suitable undergarments during competition and during the weigh-in
- Make sure female participants wear a sports bra that completely covers their breasts during competition and during the weigh-in





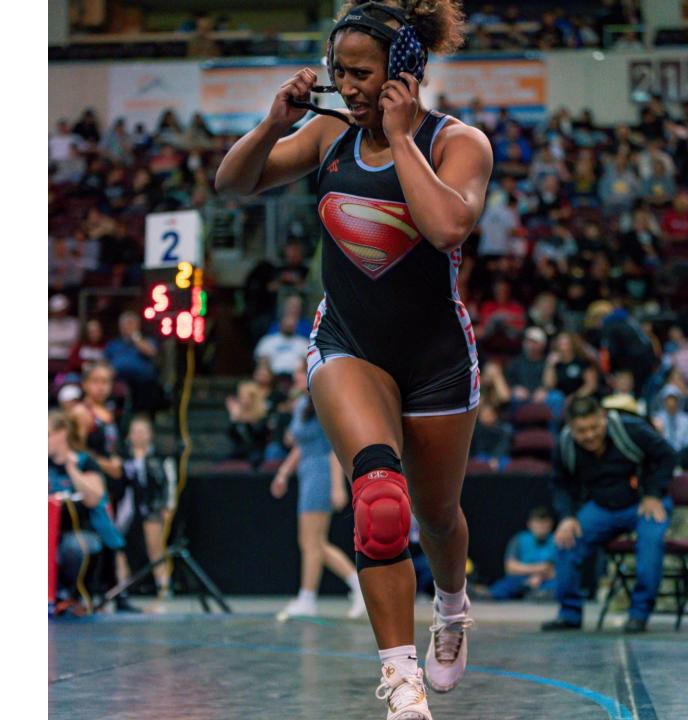
#### NFHS Skin Condition Form

- Recommend weekly skin checks
- Remove wrestlers with suspected communicable skin diseases – send to physician
- Must have form signed by MD/DO
- Form good for 2 weeks from date of exam
- Bring to weigh in
  - Will not be eligible to compete without

Sports Medicine Advisory Committee  MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION					
Name:	Date of Exam: / /				
Diagnosis					
	Mark Location AND Number of Lesion(s)				
Location AND Number of Lesion(s)	· 2 2				
Medication(s) Used to Treat Lesion(s):					
Date Treatment Started// Tune:	- 2 1/1/1/1/				
Earliest Date the Wrestler May Return to Participation://	(3)1 (1)1				
Form Expiration Date for this Lesion (Note on Diagram(s)):///	- 77 78				
Provider Signature(MD/DO) Office	e Phone #				
Provider Name (Most Be Legible)	Pront Back				
Office Address					
(MD, DO, PA, CNF, ATC) – NFPE RULE 4.2.4  Below are some treatment positions that magent MENDALIM TREATMENT before not Bacterial Diseases (impetigo, boile): To be considered "non-contagona," all lesions must have occurred in the presentage 4th near. One analysis for these days in considered, an after 72 hours. Modernical Residence Supplements Autumn; should be considered.	or be scabbed over with no coming or discharge and no new lesions should minimum to achieve that status. If new lesions continue to develop or drain				
Mespetic Lesions (Simples, fewer blistness/enld sores, Zoster, Gladiasteaus): To be cornid discharge and no new interest should have occurred in the preceding 48 hours. For print one allowed to compete fee a minimum of 10 days. If general body signs and symptoms transmer should be controlled to 14 days. Recourser outbreaks require a minimum of 12 deviloped and all interes are subbled over.	usy (first episode of Mirpes Gladiatonian), weestien should be treated an a like fever and swollen brasels nodes are present, that minimum period o				
Times Lesions (ningworm on scalp or skin): Ocal or topical treatment for 72 hours on skin	n and ozal teratement for I4 days on scalp.				
Scabies, Head Lion: 24 hours after appropriate topical management.					
Conjunctivitis (Pink Byr): 24 hours of topical or oral medication and no discharge.					
Molluscum Contagiorum: Upon treatment with cuertage and hydrocator, may cover with	bioodusine and weedle immediately.				
None to Appeopriate Mealth-Care Professionals: Non-contagious lesions do not require to familiatize yourself with NPMS Wiestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:	natment pains to ashum to participation (e.g. eczema, possioia, etc.) Please				
SMT, 3 It's passignes a supercall by the offers or each of heinig a communicable the coach that growth current writes theorematicis as their that the NMS to compensate the coach that the NMS to consume the consumerable and their the addition's participation would be a supercalled disease or conditions to not communicable and their the addition's participation and english of the dark almost or communicable and their than the consumerable and their thin the weight-in. Covering a communicable after the weight-in.	to associations, from an appropriate health-care professional stating that the ld not be faminal to any exposions. This document shall be familied at the its meet appropriate health-care performed in present and is able to examine				
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# Classifications & State Qualifying

- Classifications
  - $\circ$  Girls 1 (A/5A)
  - $\circ$  Boys 2 (A/4A & 5A)
- Each classification will have two (2) regional qualifying tournaments
- Top 7 regional placers will automatically qualify to the state tournament
- 2 wild cards will be selected using Trackwrestling seeding criteria
- Dates
  - Girls February 7-8, 2025
  - Boys February 14-15, 2025





#### Post-Season Seeding Criteria

#### REGIONAL TOURNAMENT

- 1. Head-to-Head
- 2. Common Opponent
- 3. Returning State Place
- 4. Winning Percentage
  - Girls 10 match minimum
  - Boys 13 match minimum



#### STATE TOURNAMENT

- 1. Head-to-Head
- 2. Common Opponent
- 3. Returning State Place (1st-3rd)
- 4. Regional Place (1<sup>st</sup>-3<sup>rd</sup>)
- 5. Returning State Place (4<sup>th</sup>-6<sup>th</sup>)
- 6. Regional Place (4<sup>th</sup>-7<sup>th</sup>)
- 7. Winning Percentage
  - Girls 12 match minimum
  - Boys 16 match minimum

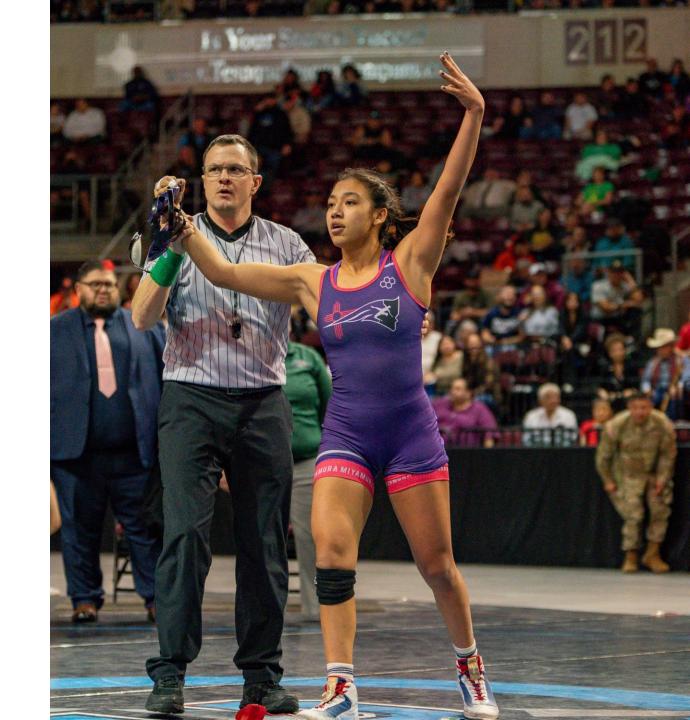


#### Other Reminders

- One-day events during the school week, cannot start until 3:00PM.
  - Exception A split gender tournament with one gender on Friday and the other on Saturday is considered a 2-day event and can begin any time on Friday.
- Schools that do not honor competition contracts will face monetary fines.
- Schools may NOT schedule district duals or other regular season events during the Regional Tournament week.

# Out-of-Season Coaching

- Permitted
- There are no restrictions on which students (feeder/non-feeder) can be involved in an out of season or summer program directed by the NMAA member school coach, however strict regulations for:
  - Undue Influence
  - Recruiting
  - Following a Coach



### Sportsmanship & Officials

- Discuss with your team and parents the importance of good sportsmanship and the possible implications of egregious acts of unsportsmanlike conduct.
- Fan behavior is one of the leading causes in the shortage of officials.
- Please identify one community member at each school and refer them to your local wrestling group.

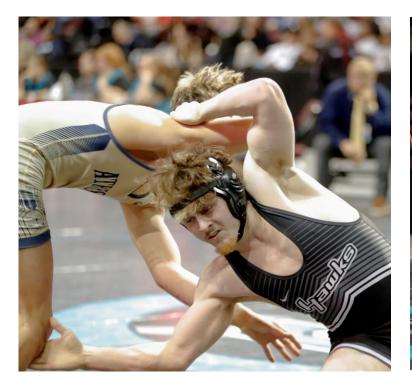


### Program Culture

- Create an Education-Based "Culture"
  - Coaching is teaching
  - Lead by example
  - Set the standard and reinforce it often













**THANK YOU!** 

