

The background features a large, stylized logo for the National Middle Amateur Athletic Association (NMAA). The letters 'NMAA' are in a bold, blue, sans-serif font. To the right of the letters is a red circular emblem with a gear-like border and several horizontal and vertical bars extending from it. A small 'TM' trademark symbol is located to the upper right of the emblem.

2024-25 NMAA Wrestling Points of Emphasis

Presented by Scott Owen, NMAA Director of Wrestling

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 weigh-ins 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 matches 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				
NM	Equivalent 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 8th 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 post-season eligible
 - Girls Optional as participation grows
- Competition Points – based on number of teams in district
 - 1-6 teams = 3 points
 - 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
 3. 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

National Federation of State High School Associations
Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____ Date of Exam: ____ / ____ / ____

Diagnosis: _____

Location AND Number of Lesion(s): _____

Medication(s) Used to Treat Lesion(s): _____

Date Treatment Started: ____ / ____ / ____ Time: _____

Earliest Date the Wrestler May Return to Participation: ____ / ____ / ____

Form Expiration Date for this Lesion (Note on Diagram(s)): ____ / ____ / ____
(Maximum 14 Days)

Provider Signature: _____ (MD/DO) Office Phone #: _____

Provider Name (Must Be Legible): _____

Office Address: _____

Mark Location AND Number of Lesion(s)

Front Back

*THIS FORM MAY BE OVERRULED BY A DESIGNATED, ON-SITE, APPROPRIATE HEALTH CARE PROFESSIONAL (MD, DO, PA, CNP, ATC) - NFHS RULE 4.2.4

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, five blister/solid sores, Zoster, Glanferment): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Glanferment), treatment should be initiated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again as long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: Upon treatment with curettage and hyfrecator, may cover with bandage and excise immediately.

Note to Appropriate Health-Care Professionals: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which state:

"ART. 3. . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide written notification as defined by the NFHS or the state association, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site, appropriate health-care professional is present and is able to examine the wrestler who immediately prior to or immediately after the weigh-in. Concerning a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4. . . . If a designated on-site, appropriate health-care professional is present, he/she may override the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

"ART. 5. . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a hernia or other non-communicable skin condition such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become recurrently noticed and may require re-evaluation."

*Once a lesion is considered non-contagious, it may be covered to allow participation.

DISCLAIMER: The National Federation of State High School Associations (NFHS) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or any information to communicate themselves, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or reliability of the information provided herein.

Classifications & State Qualifying

- Classifications
 - Girls – 1 (A/5A)
 - 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 (1st-3rd)
5. Returning State Place (4th-6th)
6. Regional Place (4th-7th)
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!

