

# WRESTLING

## ALL CLASSIFICATIONS

Participants on girls' teams shall be limited to females who were assigned female at birth.

## A. SEASON

2025 SEASON

October 1, 2025 - First Practice

October 16, 2025 - First Contest

\*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

December 13, 2025 - Last Contest (Regular Season or Conference Championship)

## B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

## C. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school wrestling teams while they are members of a school wrestling team.

## D. RULES

1. National Federation of High School (NFHS) Wrestling rules apply.
2. ASAA has not adopted the NFHS Weight Control Program.
3. To consistently interpret forfeits in terms of an individual's won/loss record, as those records count toward seeding and at-large considerations the Board of Directors adopted the Wrestlers Match Record Recording Procedure found on the ASAA website wrestling coaches page.

## E. CONFERENCES

All teams are assigned to conferences (See Wrestling Conferences). Conferences are responsible for setting their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

## F. MAXIMUM MATCHES

A maximum of 24 individual weigh-ins, exclusive of forfeits by opponents, exclusive of district or regional tournaments.

## **G. REGULAR SEASON**

1. A forfeit due to late arrival at the tournament site because of weather or transportation problems shall not eliminate a contestant from further competition in a tournament. The athlete will be placed in the consolation bracket.
2. If a team is delayed due to weather or transportation problems and arrives after weigh-ins have occurred, these contestants shall be weighed by themselves upon arrival prior to their first match.
3. Girls may only wrestle other girls during conference qualifying tournaments and the state tournament.

## **H. DUALS**

1. Results from different divisions (e.g. Division and Girls) may not be combined to determine the dual winner
2. Duals may not be scheduled within five (5) days of the conference tournaments.

## **I. TAKEDOWN TOURNAMENTS**

All wrestlers must have five (5) separate days of practice prior to the day of the tournament. Matches are determined either by a specified number of takedowns or a time limit. A wrestler may participate in only one takedown tournament each season which does not count as a match against the twenty-four (24) weigh-in limit.

## **J. WRESTLING WEIGHT CERTIFICATION**

All wrestlers weight certification must be completed and filed with ASAA prior to their first competition. A wrestler must have the lowest weight class in which they may wrestle determined within 60 calendar days prior to the first team competition of the season. Certification at a lower weight during the season is prohibited. After the first 30 days of the season, a wrestler may not weigh in and wrestle at more than one weight class above the weight of certification without recertifying at a higher weight. Certification should be done before practice begins by a physician, physician assistant, advanced nurse practitioner or doctor of chiropractic. A student starting wrestling after the start of the season must have their minimum weight determined before the first competition.

## **K. WEIGH-IN PROCEDURES**

1. An official weigh-in can only occur at an interscholastic competition involving at least two member schools.
2. An athlete from a member school can only receive an official weigh-in at an event involving two member schools competing in that gender for the event the weigh-in occurs
3. Each wrestler is required to have at least one-half of their weigh-ins during the season at the minimum weight they will wrestle during the state tournament.
4. It is recommended that all weigh-ins during the regular season follow the state procedure; Wrestlers will weigh-in in an authorized uniform with undergarments.

### **GROWTH ALLOWANCE POLICY:**

One pound on the last Monday in October (October 27, 2025)

One pound on the last Monday in November (November 24, 2025)

## **L. WEIGHT CLASSES**

DI/DII - 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 (14 total)

Girls - 100G, 107G, 114G, 120G, 126G, 132G, 138G, 145G, 152G, 165G, 185G, 235G (12 total)

## **M. STATE CHAMPIONSHIPS**

### **1. DATE**

December 19 – 20, 2025

### **2. SITE & HOST**

Alaska Airlines Center, Anchorage

Hosted by: ASAA, UAA, & ASD

### **3. QUALIFYING FOR STATE**

Qualifying must occur at a conference tournament.

### **4. STATE CHAMPIONSHIP FORMAT**

#### **a. Type of Elimination**

There are 3 separate tournaments Division I, Division II and Girls. Each tournament is a 16 person bracket with consolation rounds. Every attempt will be made to fill each slot on the bracket. Crossover will occur after the first round of matches.

#### **b. Scoring**

The top 6 finishers in each weight class will score bonus points toward team points. For DI the top two scorers in each weight class count towards the schools team score. For DII and girls the top 14 individual scorers regardless of weight class count towards the school team score.

#### **c. Conference Berths (See Wrestling Conferences)**

At-Large berths will be selected using Track Wrestling and the State Seeding Criteria (except f.).

**d. Scratches and Alternates:** In the event a qualified contestant is unable to compete due to extenuating circumstances (illness, injury, and ineligibility), it is the responsibility of the school of the indisposed contestant(s) to notify ASAA, by the deadline. Once notified ASAA will invite the next athlete using Track Wrestling and the State Seeding Criteria. After the deadline, if someone is not able to compete, that spot will not be filled. This substitution must be an ASAA eligible contestant.

#### **e. State Brackets Procedures**

1. Automatically move up seeds and redraw the bracket if a seeded wrestler does not make weight, etc, or if there are uneven "byes" in the bracket.
2. Automatically award "pin points" for wrestlers wrestling a teammate in the state tournament.

**f. Weigh-In Procedures:** All wrestlers will weigh-in in an authorized uniform with undergarments.

### **5. SEEDING QUALIFICATIONS**

The following is the criteria for state qualified wrestlers to be seeded:

- a. Up to 6 wrestlers per weight class will be seeded using the Track Wrestling system. All other qualifiers will be randomly drawn in.
- b. DI wrestlers must have a 51% or higher winning percentage. DII wrestlers must have a 40% or higher winning percentage. Girls have no minimal percentage.
- c. Wrestler must have wrestled at least 8 varsity matches.
- d. All matches must have been entered into Track Wrestling, including dual and tournament matches.
- e. Matches must have been designated as either Varsity or Junior Varsity.

## 6. SEEDING PROCESS

The Track Wrestling round robin algorithm goes through each wrestler to compare that wrestler to every other seedable wrestler in that weight class. When comparing the wrestlers, it goes through the criteria in order. If one wrestler is better than the other based on the criteria, that wrestler receives a point, otherwise it goes to the next criteria. If all criteria is exhausted, each wrestler receives ½ point. Once every wrestler is compared to every other wrestler, the wrestlers are sorted by the points they accumulated during that process. If two wrestlers are tied on points, it goes to the head to head comparison between those two wrestlers. If more than two are tied based on points, it sorts them by the criteria until they are separated or a two-way tie occurs at which point the head to head comparison is used. If two wrestlers remain tied after a head to head comparison, there will be a coin toss at the ASAA office to break the tie.

Coaches will continue to utilize Track Wrestling to enter regular season and conference results. After the conference tournaments and scratch deadline, ASAA will release the seeds as determined by Track Wrestling's running the ASAA Seeding criteria. ASAA will post those results and the seeding report online by 8:00 PM Tuesday.

Coaches have until 8:00 AM Thursday to notify ASAA of issues with the seeds. A committee composed of knowledgeable wrestling people will then review all the seeds, and those that coaches have questioned. This committee will have the authority to re-seed the tournament. Those coaches failing to utilize Track Wrestling properly will be issued a warning. If a "warned" coach makes the same mistake in future years, then the school is fined \$250.

## 7. SEEDING CRITERIA

The following national criteria was adopted by the Board of Directors.

- a. Head to head – strictly head to head record
- b. Record Against Common Opponents – based on winning percentage against an individual common opponent.
- c. Previous State Champion or Runner Up – first or second place from the previous year, state champion first – then runner up.
- d. Overall Varsity Record – overall winning percentage for varsity matches only.
- e. Varsity Record at Weight – minimum of 4 matches at state tournament weight class.
- f. Winning Percentage against seedable wrestlers.

## 8. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining wrestling championship information (i.e. rules, limits, passes, deadlines, match protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Wrestling Coaches web page. State qualifying teams are required to review this document.

## 9. STATE CHAMPIONSHIP FORMS

All state forms are accessed through the School Activities Reporting System (SARS) and submitted online. More information and due dates can be found on the Swim/Dive coaches page at [asaa.org](http://asaa.org). The following forms need to be submitted;

- Eligibility roster
- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good Sport Selection Form
- Academic Award Entry Form (submitted by admin, found at [asaa.org](http://asaa.org))

## 10. AWARDS

- First and second place trophies
- 1st - 4th place medallions for all weight classes.
- Team Sportsmanship Award.
- Academic Award (Must have a minimum of 4 members to qualify)
- Outstanding Wrestler Award
- Good Sport Team Members.  
Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

## M. “MINIMUM WEIGHT” WEIGH-IN POLICY AND INTERPRETATION

### 1. Interpretation of State Tournament Weight Class

Each wrestler is required to have at least one-half of his/her weigh-ins during the season at the minimum weight he/she will wrestle during the state tournament series.

### 2. Interpretation of “Minimum Weight”

After certification, a wrestler may not weigh-in and wrestle at more than one weight class above the weight of certification without recertifying at a higher weight.

NFHS Rule 4, sec. 4, art. 2 “A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor.

NFHS Rule 4, sec. 5, art. 8 “Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class. That contestant may weigh-in at a higher weight class.”

Question #1: A wrestler, certified at 125 pounds, has 75% of his/her weighs-in at the 125 pound weight class during the majority of the season. He/she chooses to go up a weight class and 25% of his/her weigh-ins are at the 130 pound weight class for the remainder of the regular season. What weight class can this wrestler compete in legally at the State Tournament?

Answer #1: The wrestler may wrestle at the 125 weight class and no lower; or at 130 or 135 pound weight class provided he/she abides by NF Rule 4-4-2, which states that a contestant shall not wrestle more than one weight class above the class for which the actual weight, at the time of weigh-in, qualifies. This wrestler could legally wrestle at 125 pounds because of the “one-half rule” or at a higher weight class without regard to the “one-half rule.”

Question #2 : A wrestler, certified at 125 pounds, weighs in and makes weight for the 130 pound weight class. What weight class can this wrestler compete in legally and how does it effect his/her weight certification?

Answer #2: The wrestler may wrestle at the 130 or 135 pound weight class. This has no effect on the wrestler's weight certification.

Question #3: A wrestler, certified at 125 pounds, weighs in and makes weight for the 135 pound weight class. What weight class can this wrestler compete legally and how does it effect his/her weight certification?

Answer #3: The wrestler may wrestle at the 135 or 140 pound weight class. The wrestler would automatically be recertified at 130 pounds (one weight class below that which he/she weighed in.)

### 3. Interpretation of "one-half of that wrestler's weigh-ins"

Only actual certified weigh-ins will count toward the one-half rule, not number of matches wrestled.

Example: A wrestler participates in a 2-day tournament on Friday and Saturday. He/she weighs-in both on Friday and on Saturday for a total of two weigh-ins. He/she wrestles a total of four matches during the tournament. This wrestler may count only the two individual weigh-ins toward the "one-half rule." Conference tournaments count toward the "one-half rule".

## N. RINGWORM POLICY

In the past ringworm infection among Alaska high school wrestling teams has been a problem. To help schools, coaches and officials in dealing with this problem, ASAA has officially adopted the following position based on two primary sources of authority; the National Federation Wrestling Rule Book and the State of Alaska, Department of Health and Social Services, Division of Public Health, Section Epidemiology.

1. The NFHS Wrestling Rule Book in Rule 4-2-3, addresses this issue and allows the student's coach to provide written documentation 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 his opponent. This document shall be furnished at the weigh-in or upon arrival at the site of the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate." For purposes of this rule, ASAA has defined "an appropriate health-care professional" as a medical doctor or physician and requires the written documentation to be on the ASAA RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESIONS form.
2. State of Alaska, Department of Health and Social Services, Division of Public Health, Section of Epidemiology (907-269-8000) Recommendations
  - a. Coaches should examine their wrestlers for the development of any ringworm-like rash. Any identified wrestler should be referred to the school nurse or other health care provider for further evaluation.
  - b. A qualified trainer or health care provider familiar with the appearance of ringworm should be appointed as medical officer for each competition or tournament. All wrestlers should be examined on the day of competition by the medical officer. The medical officer's determination is final and not subject to appeal.
  - c. Wrestlers with ringworm can continue to train with the team in activities that do not have body contact, e.g., weight training, aerobic conditioning.
  - d. Wrestlers can resume training involving body contact and wrestling competition only when the ringworm lesions have completely healed.

- e. Wrestlers with ringworm should continue treatment for a minimum of 4 weeks.
- f. Wrestlers should shower thoroughly with soap and water immediately after each practice and tournament.
- g. Wrestling mats should be routinely cleaned.
- h. Disqualified wrestlers should be provided with an information sheet to take home and to their health care provider.

# WRESTLING CONFERENCES

## DIVISION I (Berths to state are indicated in parenthesis)

### Cook Inlet (5)

Bartlett  
Bettye Davis East  
Chugiak  
Dimond  
Eagle River  
Service  
South Anchorage  
West Anchorage

### Mid-Alaska (3)

Lathrop  
North Pole  
Student Wrestler Development Program  
West Valley

### Northern Lights (5)

Colony  
Kodiak  
Palmer  
Soldotna  
Wasilla

### Southeast (2)

Juneau-Douglas  
Ketchikan

### At Large (1)

## DIVISION II (Berths to state are indicated in parenthesis)

### Denali (3)

Anderson  
Birchwood Christian  
Cantwell  
Cordova  
Delta Junction  
Fort Yukon  
Galena  
Glennallen  
Houston  
Hutchison  
Kenny Lake  
Nenana  
Redington  
Su-Valley  
Tok  
Tri-Valley  
Valdez

### Great Alaska (2)

Akiachak  
Alakanuk  
Aniak  
Anna Tobeluk (Nunapitchuk)  
Bethel  
Chaputnguak (Chefornak)  
Chevak  
Emmonak  
George Morgan (Kalskag)  
Hooper Bay  
Ignatius Bean (Mt Village)  
Ket'acik Aapalluk (Kwethluk)  
Kuinerrarmiut (Quinhagak)  
Kuskokwim Learning Academy  
Nunam Iqua (Sheldon Point)  
Pilot Station  
Scammon Bay  
St Mary's  
Tuluksak  
Unalaska  
Voznesenka  
Z John Williams (Napasiak)

### Kachemak (3)

Cook Inlet Academy  
Grace Christian  
Holy Rosary  
Homer  
Kenai  
Kodiak Island ESSS  
Mountain City Christian Academy  
Nikiski  
Nikolaevsk  
Ninilchik  
Old Harbor  
Seward  
Susan B. English (Seldovia)  
Wasilla Lake Christian



## **Northern (2)**

Ambler  
Aniguiin (Elim)  
Anthony Andrews (St Michael)  
Aqqaluk (Noorvik)  
Barrow  
Buckland  
Deering  
Gambell  
Hogarth Kingeeluk (Savoonga)  
Kiana  
Kobuk  
Kotzebue  
Koyuk  
McQueen (Kivalina)  
Napaaqtugmiut (Noatak)  
Nome-Beltz  
Selawik  
Shaktoolik  
Shishmaref  
Shungnak  
Tukurngailnguq (Stebbins)  
Unalakleet

## **Sockeye (1)**

Bristol Bay  
Chief Ivan Blunka (New Stuyahok)  
Dillingham  
King Cove  
Koliganek  
Manokotak  
Newhalen  
Sand Point  
St Paul  
Togiak

## **Southeast (3)**

Angoon  
Craig  
Gustavus  
Haines  
Hoonah  
Hydaburg  
Kake  
Klawock  
Metlakatla  
Mt. Edgecumbe  
Pelican  
Petersburg  
SISD ESSS  
Sitka  
Skagway  
Thorne Bay  
Wrangell  
Yakutat

## **At-Large (2)**

## **GIRLS** (Berths to state are indicated in parenthesis)

### **Cook Inlet (2)**

Bartlett  
Chugiak  
Dimond  
Eagle River  
East Anchorage  
Service  
South Anchorage  
West Anchorage

### **Denali (2)**

Anderson  
Brichwood Christian  
Cantrell  
Delta Junction  
  
Fort Yukon  
Galena  
Glennallen  
Hutchison  
Kenny Lake  
Lathrop  
Nenana  
North Pole  
Su-Valley  
Tok  
Tri Valley  
Valdez  
West Valley

### **Great Alaska (1)**

Akiachak  
Alakanuk  
Aniak  
Anna Tobeluk (Nunapitchuk)  
Bethel  
Chaputnguak (Chefornak)  
Chevak  
Emmonak  
George Morgan (Kalskag)  
Hooper Bay  
Ignatius Bean (Mt Village)  
Ket'acik Aapalluk (Kwethluk)  
Kuinerarmiut (Quinhagak)  
Kuskokwim Learning Academy  
Nunam Iqua (Sheldon Point)  
Pilot Station  
Scammon Bay  
St Mary's  
Tuluksak  
Unalaska

### **Kachemak (1)**

Cook Inlet Academy  
Cordova  
Grace Christian  
Holy Rosary  
Homer  
Houston  
Kenai  
Kodiak Island ESSS  
Mountain City Christian Academy  
Nikiski  
Nikolaevsk  
Ninilchik  
Old Harbor  
Redington  
Seward  
Susan B. English (Seldovia)  
Voznesenka  
Wasilla Lake Christian

### **Mid Alaska (1)**

Lathrop  
North Pole  
SWDP  
West Valley

### **Northern (1)**

Ambler  
Aniguiin (Elim)  
Aqqaq (Noorvik)  
Barrow  
Buckland  
Deering  
Gambell  
Hogarth Kingeeluk (Savoonga)  
Kiana  
Kobuk  
McQueen (Kivalina)  
Napaaqtugmiut (Noatak)  
Nome-Beltz  
Selawik  
Shaktolik  
Shishmaref  
Shungnak  
St. Michael  
Tukurngailnguq (Stebbins)  
Unalakleet

### **Northern Lights (2)**

Colony  
Kodiak  
Palmer  
Soldotna  
Wasilla

### **Sockeye (1)**

Bristol Bay  
Chief Ivan Blunka (New Stuyahok)  
Dillingham  
King Cove  
Koliganek  
Manokotak  
Newhalen  
Sand Point  
St Paul  
Togiak

### **Southeast (2)**

Angoon  
Craig  
Gustavus  
Haines  
Hoonah  
Hydaburg  
Juneau-Douglas  
Kake  
Ketchikan  
Klawock  
Metlakatla  
Mt Edgecumbe  
Petersburg  
SISD ESSS  
Sitka  
Skagway  
Thorne Bay  
Wrangell  
Yakutat

### **At-Large (3)**