



Oregon School Activities Association

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2025-26 WRESTLING PLAN BOOK

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SEASON DATES

First Practice Date	November 17
First Contest Date	December 3
6A/5A Girls Special District Tournaments.....	February 13-14
4A, 3A, 2A/1A Boys Special District Tournaments	February 13-14
6A, 5A Boys Special District Tournaments	February 20-21
4A/3A/2A/1A Girls Special District Tournaments	February 20-21
Cutoff Date.....	February 21
All Championships.....	February 26-28

Reporting Schedules and Scores – Find Account Instructions on our Help Page at <http://www.osaa.org/help/>

NFHS 2025-26 WRESTLING RULES

Order the current NFHS Wrestling Rules Book from the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for information.

For more information about NFHS Wrestling Rules, visit <http://www.nfhs.org/activities-sports/wrestling/>.

2025-26 RULES CHANGES

1-2-2	Modified optional procedure to determine starting weight classification.
4-1-2	Modified the school's name and associated marks on the uniform.
4-3-5	Modified the use of leg sleeves without built-in pads.
5-11-2c, 5-11-4	Clarified how a technical fall is scored.
7-1-5n	Clarified an illegal hold/maneuver.
7-3-3	Clarified an illegal hold/maneuver.
Referee Signal Corrections	Official Wrestling Signals — Removed a signal for the referee's time-out. Official Wrestling Signals — Change direction of arrows in "Indicate No Control" signal. Official Wrestling Signals — Modified the Near-Fall Signal.

2025-26 POINTS OF EMPHASIS

The NFHS Wrestling Rules Committee and the NFHS Board of Directors believe there are areas of interscholastic wrestling that need to be addressed and given special attention. These areas of concern are often cyclical, some areas need more attention than others, and that is why they might appear in the rules book for consecutive editions. These concerns are identified as "Points of Emphasis." For the 2025-26 high school wrestling season, attention is being called to: The use and necessity of the NFHS Skin Lesion Form, Coach Misconduct Penalty Consequences and Clarifying the Officials Wrestling Signal – Out of Bounds. When a topic is included in the Points of Emphasis, these topics are important enough to reinforce throughout the academic year because they are not being given the proper attention needed.

Use and Necessity of the NFHS Wrestling Skin Lesion Form

The NFHS Wrestling Skin Lesion Form is a critical document designed to promote student safety and prevent the spread of infectious skin diseases in wrestling. Given the high-contact nature of the sport, wrestlers are particularly vulnerable to conditions such as ringworm, impetigo and herpes simplex. This form provides standardized medical documentation that allows licensed medical professionals to evaluate skin lesions and determine whether an athlete is medically cleared to compete. By

requiring this form prior to participation, schools and state associations can ensure consistent, evidence-based decision-making while minimizing health risks to all competitors. Its use is not only a matter of compliance with national guidelines but a crucial component of maintaining local public health and personal integrity within competitive wrestling. [The NFHS Skin Lesion](#) form is a (.pdf) and is made available to the public for free on the NFHS website (www.nfhs.org) under the Wrestling Resources area.

Coach Misconduct Penalty - Consequences

At face value, coach misconduct occurs when a coach improperly questions the referee at the scorer's table. Whether questioning a possible misapplication of a rule or the judgment of the referee, it will result in the head coach receiving a misconduct penalty. What the coach is not always aware of are the consequences of the penalty. The consequences are that whenever a coach improperly questions the referee, it is done at the coach's peril because each offense has its own penalty...and they are cumulative from a warning to a two team point deduction and removal of the head coach for the remainder of the day. Beside the punitive effects of coaching misconduct, there are the environmental impacts such as affecting team morale and focus.

1. Team Morale

- Wrestlers may become distracted or demoralized during a match if they see their coach penalized or ejected.
- It can lead to a loss of composure among athletes who look to coaches for leadership and emotional regulation during intense moments.

2. Competitive Disadvantage

- Misconduct penalties can accumulate and result in team point deductions, which can significantly affect dual meet or tournament outcomes.
- In tight competitions, a single point deduction could be the difference between advancing or elimination.

3. Reputation and Credibility Loss

- Coaches may develop a reputation for poor sportsmanship, which can impact:
 - Parental respect and trust
 - Collegial relationships with other coaches,
 - School and community trust.

4. Administrative and Disciplinary Ramifications

- Repeat offenses may trigger school or state athletic association reviews, leading to suspension or formal reprimand.
- It can affect job evaluations, or the potential for rehiring, especially if the coach is a teacher or staff member.

5. Negative Role Modeling

- High school sports are education-based. A coach penalized for misconduct can inadvertently model poor behavior for the team's wrestlers.
- This undermines core values like respect, accountability and sportsmanship, which are the very underpinnings of high school sports and activities.

NFHS Official Wrestling Signals – Out of Bounds

The role of the referee is an integral part of the sport of wrestling. Referees communicate all of the action on the mat and surrounding areas to the wrestlers, fans, coaches and team personnel. Using clear wrestling official signals is essential for ensuring consistent communication, maintaining the integrity of the match, and enhancing the overall spectator experience. Wrestling is a fast-paced and technical sport where split-second decisions by officials can significantly impact the outcome. When officials use standardized, visible and unmistakable signals, it reduces confusion among coaches, athletes, scorers and fans. Clear signals also promote fairness and transparency, allowing everyone to understand infractions, points awarded, or match-ending calls in real-time. The out-of-bounds signal is crucial because of the opportunity to score right before a wrestler goes out of bounds. The correct mechanic is sounding the referee's whistle while using a sweeping motion of both arms to express that a wrestler has gone out of bounds. That motion alone does not require that the referee stop action first before signaling out of bounds. Consistent use of these and all the other official wrestling signals reinforces uniformity across all skill levels of high school competition, helping students and coaches to better understand expectations no matter where or with whom they compete against on the mat.

2025-26 RULES INTERPRETATIONS

Requests for rule interpretations or explanations should be directed to the OSAA. The NFHS will assist in answering rules questions from the state associations whenever called upon.

OSAA ADOPTED WRESTLING RULES AND INTERPRETATIONS

The 2025-26 NFHS Wrestling Rules Book will be used with the following clarifications:

1. **UNIFORMS:** All uniforms shall meet the specifications in the 2025-26 NFHS Wrestling Rules Book, Rule 4. School uniforms only are to be worn by contestants.
2. **OREGON WRESTLING WEIGHT MONITORING PROGRAM** <http://www.osaa.org/activities/wre/information/owwmp/>
 - A. League/Conference/District Committees do not have the authority to waive the requirements set forth in the Oregon Wrestling Weight Monitoring Program.
 - B. All wrestlers participating at OSAA member schools will be required to conform to the policy and regulation outlined in the Oregon Wrestling Weight Monitoring Program. The Oregon Wrestling Weight Monitoring Program webpage contains all program information.
 - C. The school shall have on file for each wrestler a copy of the wrestler's initial assessment data, the wrestler's individual season long weight loss plan and if needed a copy of the physician's release form for any wrestler assessed with a body fat below 7% for males and 12% for females. The OSAA may request any of these forms on an as needed basis.
 - D. A wrestler may appeal the results of the initial body fat assessment by following the guidelines outlined in Section VII of the Oregon Wrestling Weight Monitoring Program.
3. **INDIVIDUAL SEASON LONG WEIGHT LOSS PLAN**
 - A. Each school entered into a Special District tournament must present, prior to the drawing of any tournament bracket, a roster containing a listing of their potential wrestlers and the two eligible weight classes for each wrestler on that competition date to determine weight class(es) of eligibility.
 - B. Special District Tournament Directors in each league/conference/district qualifying tournament have the responsibility to determine the eligibility of all wrestlers entered into the event.
 - 1) **MINIMUM WRESTLING WEIGHT** – The NWCA Optimal Performance Calculator powered by TrackWrestling will be used to calculate a wrestler's minimum wrestling weight.
 - 2) **WEIGHT CLASSES OF PARTICIPATION** – The season-long weight loss plan will determine which weight classes a wrestler may participate at each week.
 - 3) For each contest or event during the season:
 - a) If a wrestler's weigh-in qualifies the wrestler for either of the two eligible weight classes listed on their season long weight loss plan for that given week, the wrestler may participate at the weight class for which they qualify or one weight class higher.
 - b) If a wrestler's weigh-in does not qualify the wrestler for the lowest eligible weight class listed on their season long weight loss plan for that given week, and they participate, the wrestler will be considered an ineligible participant and the represented school is subject to penalties outlined in Rule 5 of the OSAA Handbook.
 - 4) If a wrestler's weigh-in does not qualify the wrestler for the highest eligible weight class listed on their season long weight loss plan for that given week, and they participate, the wrestler's lowest eligible weight class for the season shall be immediately re-certified up one weight class. In these cases, prior to any future competition each member school is responsible to manually raise the wrestler's lowest eligible weight class within the schools TrackWrestling OPC account.
 - 5) ~~Any wrestler whose body fat was assessed below 7% males and 12% females at the time of initial assessment shall not use the growth allowance granted in Part V of the policy to achieve a lower minimum wrestling weight.~~

6) APPEAL - A wrestler's season-long weight loss plan can only be recalculated by following the appeal procedures listed in Section VII of the Oregon Wrestling Weight Monitoring Program.

4. WEIGH-INS

A. A contestant shall weigh-in for each match according to the 2025-26 NFHS Wrestling Rules Book, Rule 4, Section 5 with the exception of Art 7. Art 7 has been modified as follows:

ART. 7 . . . All contestants shall weigh-in wearing a legal competition uniform (4-1-1), without modifications, and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure. For female contestants wearing a compression shirt under a one-piece singlet in order to comply with the definition of a legal uniform (4-1-1). If the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

B. Weigh-in and designation of contestant shall be in accordance with the policy and regulation contained within the Oregon Wrestling Weight Monitoring Program.

C. Prior to any weigh-in during the regular season each school is required to provide a roster containing a listing of their potential wrestlers and the two eligible weight classes for each wrestler on that competition date. Each wrestler's actual weight and weight class of participation that day will be recorded on the school's roster and submitted to the represented school's Athletic Director directly after the conclusion of the event.

D. The school's Athletic Director is responsible to verify that the season long weight loss plan for any wrestler who has failed to qualify at one of their eligible weight classes for an event has been modified, as outlined above, prior to any future competition.

E. ***Coaches are required to input weigh-ins following a contest directly into the online Optimal Performance Calculator (OPC) within 48 hour or prior to the next contest, whichever comes first.***

F. A wrestler may not weigh in at another school unless their school is included in the meet.

G. If a school is traveling, the school may not conduct the official weigh-in at home. All weigh-ins must be conducted shoulder to shoulder at the site of the meet.

H. Only those wrestlers who are eligible to wrestle in a match may weigh in. Each school's Alpha Master Report indicates eligible wrestlers for each event. League/Conference/District rules may require that at the time of weigh-in the coach provide the school's Alpha Master to the opposing coach or tournament director to verify that the wrestler's assessment data has been entered in the NWCA Optimal Performance Calculator and that a minimum wrestling weight has been assigned. A wrestler whose name does not appear on the Alpha Master is an ineligible participant.

I. League/Conference/District rules may require that wrestlers whose body fat is assessed below 7% for males and 12% for females must have a copy of the Physicians Clearance Form at the time of weigh-in. This form will indicate the minimum wrestling weight class that they can participate in.

OSAA WRESTLING POLICIES

Effective outside Association Year.

1. SUMMER POLICY

See OSAA Executive Board Policy "SUMMER POLICY" in the OSAA Handbook, revised Fall 2017.

Effective during Association Year, outside the designated OSAA sport season.

1. PRACTICE LIMITATION RULE (6A, 5A, 4A)

See OSAA Executive Board Policy "PRACTICE LIMITATION RULE (6A, 5A, 4A)" in the OSAA Handbook, revised July 2022.

2. PRACTICE LIMITATION RULE (3A, 2A, 1A)

See OSAA Executive Board Policy "PRACTICE LIMITATION RULE (3A, 2A, 1A)" in the OSAA Handbook, revised July 2022.

Effective First Practice Date through End of HS Season.

1. PRACTICE MODEL

See OSAA Executive Board Policy "PRACTICE MODEL" in the OSAA Handbook, revised July 2021.

2. PARTICIPATION LIMITATIONS

See OSAA Executive Board Policy "PARTICIPATION LIMITATIONS" in the OSAA Handbook, revised December 2020.

3. OFFICIALS – CERTIFIED REQUIREMENT

See OSAA Executive Board Policy “OFFICIALS-CERTIFIED REQUIREMENTS” in the OSAA Handbook, revised Summer 2023.

4. INTERRUPTED CONTESTS

See OSAA Executive Board Policy “INTERRUPTED CONTESTS” in the OSAA Handbook, revised Fall 2015.

5. ENDOWMENT GAMES

See OSAA Executive Board Policy “ENDOWMENT GAMES” in the OSAA Handbook, revised September 2022.

[\(Endowment Game Application\)](#)

STATE CHAMPIONSHIPS INFORMATION

1. STATE CHAMPIONSHIPS POSTING TIMELINES: <https://www.osaa.org/activities/wre>

- A. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Wrestling State Championships will be posted on the OSAA website on Thursday, February 5. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.
- B. **District Meet Director Information (DMD):** Detailed information regarding District Meet Director responsibilities including the instructions / requirements on using TrackWrestling, will be posted on the OSAA website Thursday, January 22.

2. SPECIAL DISTRICT WRESTLING TOURNAMENT DATES: Member schools sponsoring wrestling are reminded that the OSAA Executive Board requires classifications to conduct Special District Wrestling Tournaments on separate weekends and rotates those tournaments annually. All Special Districts are required to schedule their district tournaments as follows:

- A. **6A/5A Girls and 4A, 3A, 2A/1A Boys:** Friday and/or Saturday, February 13-14, 2026
- B. **4A/3A/2A/1A Girls and 6A, 5A Boys:** Friday and/or Saturday, February 20-21, 2026

3. STATE CHAMPIONSHIPS DATES AND LOCATION

CHAMPIONSHIP	DATES	SITE	LOCATION
4A, 3A, 2A/1A Boys	February 26-February 27	Veterans Memorial Coliseum	Portland, OR
4A/3A/2A/1A Girls	February 26-February 27	Veterans Memorial Coliseum	Portland, OR
6A, 5A Boys	February 27-February 28	Veterans Memorial Coliseum	Portland, OR
6A/5A Girls	February 27-February 28	Veterans Memorial Coliseum	Portland, OR

4. CHAMPIONSHIP QUALIFICATIONS**A. 6A Boys – 24-person OSAA bracket**

- 1) **Automatic Qualifiers** – 21 individuals will automatically qualify for the OSAA’s 24-person bracket in each of the 14 weight classes. Each league determines how they will select their allotted playoff spots.
PIL – 3; Metro – 3; Pacific – 3; Mt Hood – 3; Three Rivers – 3; Central Valley – 3; Southwest – 3.
- 2) **Cutoff Date** – The automatic qualifiers must be determined by 10pm on ***Saturday, February 21***.
- 3) **Additional Qualifiers** – Once the qualifiers are determined, the 4th place finisher from each league will be “pooled” and a defined criterion applied to select three additional qualifiers.

B. 5A Boys – 16-person OSAA bracket

- 1) **Automatic Qualifiers** – 16 individuals will automatically qualify for the OSAA’s 16-person bracket in each of the 14 weight classes. Each league determines how they will select their allotted playoff spots.
Northwest Oregon – 4; Midwestern – 4; Mid-Willamette – 4; Intermountain – 4.
- 2) **Cutoff Date** – The automatic qualifiers must be determined by 10pm on ***Saturday, February 21***.

C. 4A Boys – 16-person OSAA bracket

- 1) **Automatic Qualifiers** – 16 individuals will automatically qualify for the OSAA’s 16-person bracket in each of the 14 weight classes. Each special district determines how they will select their allotted playoff spots.
Special District 1 – 4; Special District 2 – 4; Special District 3 – 4; Special District 4 – 4.

2) **Cutoff Date** – The automatic qualifiers must be determined by 10pm on **Saturday, February 14**.

C. **3A Boys – 12-person OSAA bracket**

1) **Automatic Qualifiers** – 12 individuals will automatically qualify for the OSAA's 12-person bracket in each of the 14 weight classes. Each special district determines how they will select their allotted playoff spots.

Special District 1 – 3; Special District 2 – 3; Special District 3 – 3; Special District 4 – 3.

2) **Cutoff Date** – The automatic qualifiers must be determined by 10pm on **Saturday, February 14**.

D. **2A/1A Boys – 10-person OSAA bracket**

1) **Automatic Qualifiers** – Nine individuals will automatically qualify for the OSAA's 10-person bracket in each of the 14 weight classes. Each special district determines how they will select their allotted playoff spots.

Special District 1 – 3; Special District 2 – 3; Special District 3 – 3.

2) **Cutoff Date** – The automatic qualifiers must be determined by 10pm on **Saturday, February 14**.

3) **Additional Qualifier** – Once the qualifiers are determined, the fourth-place finisher from each league will be “pooled” and a defined criterion applied to select one additional qualifier.

E. **6A/5A Girls – 16-person OSAA bracket**

1) **Automatic Qualifiers** – 16 individuals will automatically qualify for the OSAA's 16-person bracket in each of the 14 weight classes. Each special district determines how they will select their allotted playoff spots.

Special District 1 – 4; Special District 2 – 4; Special District 3 – 4; Special District 4 – 4.

2) **Cutoff Date** – The automatic qualifiers must be determined by 10pm on **Saturday, February 14**.

F. **4A/3A/2A/1A Girls – 12-person OSAA bracket**

1) **Automatic Qualifiers** – 12 individuals will automatically qualify for the OSAA's 12-person bracket in each of the 14 weight classes. Each special district determines how they will select their allotted playoff spots.

Special District 1 – 4; Special District 2 – 4; Special District 3 – 4

2) **Cutoff Date** – The automatic qualifiers must be determined by 10pm on **Saturday, February 21**.

5. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (OSAA Handbook, Executive Board Policies (Revised Spring 2015)

A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.

G. **Wrestling**

1) **Individuals:** Substitutions may be made by the League / Special District Meet Director until 4pm two business days prior to the first day of state championship competition.

2) A one-point team penalty shall be assessed to any team failing to bring a participant who has qualified through the League / Special District Meet to the state championships, unless that participant was replaced prior to the substitution deadline. This penalty applies to each participant failing to appear at the state championships.

OSAA GENERAL POLICIES

RULES

Rule 3 – Contests – Sportsmanship – Crowd Control

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 3-Contests-Sportsmanship-Crowd Control” in the OSAA Handbook.

Rule 7 – Out-of-Season and Non-School Activities

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 7-Out of Season and Non-School Activities” in the OSAA Handbook.

EXECUTIVE BOARD POLICIES

1. ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES

See OSAA Executive Board Policy “ADVERSE WEATHER CONDITIONS/AREA-WIDE EMERGENCY PROCEDURES” in the OSAA Handbook, revised May 2020.

2. AIR QUALITY GUIDELINES

See OSAA Executive Board Policy "AIR QUALITY GUIDELINES" in the OSAA Handbook, revised February 2024.

3. ATTACHED AND UNATTACHED COMPETITION / EXHIBITION

See OSAA Executive Board Policy "ATTACHED AND UNATTACHED COMPETITION/EXHIBITION" in the OSAA Handbook, revised August 2012.

4. CERTIFICATION – ATHLETIC DIRECTORS AND COACHES

See OSAA Executive Board Policy "CERTIFICATION-ATHLETIC DIRECTORS AND COACHES" in the OSAA Handbook, **revised May 2024**.

5. CHARITABLE CAUSES

See OSAA Executive Board Policy "CHARITABLE CAUSES" in the OSAA Handbook, revised Fall 2012.

6. CONCUSSION MANAGEMENT

See OSAA Executive Board Policy "CONCUSSION MANAGEMENT" in the OSAA Handbook, revised Summer 2020.

[\(Medical Release – Return to Participation Following a Concussion\)](#) [\(Medical Release – Return to Learn Following a Concussion\)](#)

7. EJECTION POLICIES – EJECTED PLAYER OR COACH

See OSAA Executive Board Policy "EJECTION POLICIES – EJECTED PLAYER OR COACH" in the OSAA Handbook, revised Summer 2024.

[\(Ejection Report\)](#)

8. EJECTION POLICIES – FINES

See OSAA Executive Board Policy "EJECTION POLICIES -- FINES" in the OSAA Handbook, revised Summer 2024.

9. EJECTION POLICIES – MULTIPLE EJECTIONS OF INDIVIDUAL

See OSAA Executive Board Policy "EJECTION POLICIES – MULTIPLE EJECTIONS OF INDIVIDUAL" in the OSAA Handbook, revised Fall 2012.

10. HAIR DEVICE / ADORNMENT

See OSAA Executive Board Policy "HAIR DEVICE/ADORNMENT" in the OSAA Handbook, revised Summer 2022.

11. HEAT INDEX

See OSAA Executive Board Policy "HEAT INDEX" in the OSAA Handbook, revised Fall 2014.

[\(Heat Index Calculator\)](#) [\(Heat Index Record\)](#)

12. LIGHTNING SAFETY GUIDELINES

See OSAA Executive Board Policy "LIGHTNING SAFETY GUIDELINES" in the OSAA Handbook, revised Fall 2018.

[\(NFHS Position Statements & Guidelines\)](#)

13. MORATORIUM WEEK

See OSAA Executive Board Policy "MORATORIUM WEEK" in the OSAA Handbook, revised May 2014.

14. NON-DISCRIMINATION POLICY

See OSAA Executive Board Policy "NON-DISCRIMINATION POLICY" in the OSAA Handbook, revised July 2019.

[\(Complaint Form\)](#)

15. OFFICIALS – HOST SCHOOL RESPONSIBILITIES

See OSAA Executive Board Policy "OFFICIALS – HOST SCHOOL RESPONSIBILITIES" in the OSAA Handbook, revised Winter 2014.

16. REPORTING SCHEDULES, ROSTERS AND RESULTS

See OSAA Executive Board Policy "REPORTING SCHEDULES, ROSTERS AND RESULTS" in the OSAA Handbook, revised Summer 2024.

17. SHARED FACILITIES

See OSAA Executive Board Policy "SHARED FACILITIES" in the OSAA Handbook, revised Fall 2015.

[\(Shared Facility Request\)](#)

18. STATE CHAMPIONSHIPS – RANKINGS

See OSAA Executive Board Policy "STATE CHAMPIONSHIP -- RANKINGS" in the OSAA Handbook, revised Summer 2024.

19. WITHDRAWAL DURING A COMPETITION

See OSAA Executive Board Policy "WITHDRAWAL DURING A COMPETITION" in the OSAA Handbook.