

2024-2025



**WRESTLING
COACHES' MANUAL**

Congratulations to our 2024 Wrestling State Champions!

Conference 5A

Boys – Canyon Randall



Girls – Lubbock Cooper



Conference 6A

Boys – Arlington Martin



Girls – Allen



Wrestling Calendar | 2024-2025

- October 1 – First day for minimum weight certification
- November 11 – First day for duals, triangular, quadrangular meets, and tournaments
- January 18 – Last day for weight certification
- February 1 – District Certification
- February 7-8 – Regional Meets
- February 14-15 – State Meet

Wrestling Coaches Checklist

UIL Rules and Guidelines

UIL Rule Amendments & Sport Plan

Section 1350: Wrestling Plan

(a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE.

Rules in Sections 1200-1209 also apply to the Wrestling Plan.

(b) DIVISIONS.

(1) There shall be two divisions for high school boys and two divisions for high school girls, in conferences 5A and 6A only. Conference 4A, 3A, 2A, and 1A schools may compete for full honors in conference 5A.

(2) Boys', Girls' Restriction. No high school boy shall wrestle against a high school girl and vice versa. This prohibition is only applicable when the contest is held in Texas or in any other state that sponsors wrestling programs for both boys and girls. Refer to Official Interpretation #05-09-01, Appendix I.

(c) DATES FOR COMPETITION.

(1) Refer to Official Calendar.

(2) No school or student-athlete representing a school shall participate in a tournament or dual meet until the first Monday following the football district certification deadline and after the date for certifying district representatives.

(d) MEETS AND TOURNAMENTS.

(1) Number of Tournaments. No student representing a member school shall participate in more than eight tournaments during the school season excluding one district tournament and the regional and state tournaments. Each tournament the school team enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee.

(2) Exceptions. Dual, triangular and quadrangular meets do not count as a tournament for participants provided there is no loss of school time.

(3) School Week Limitation. No student representing a member school shall participate in more than one contest (tournament, dual, triangular or quadrangular) per school week (the first instructional day of the calendar week through the last school day). Exception: Regional and state competition.

(e) END OF SEASON.

Students and teams shall not represent a member school in any wrestling meet or tournament after the date of the State Individual Championships.

(f) RULES.

All UIL tournaments will be conducted in accordance with National Federation Rules.

(g) CHAMPIONSHIP STRUCTURE.

Refer to the Wrestling Coaches Manual for the championship structure.

2024-2025 UIL Rule Changes and Amendments

UIL Resources for Game Administrators

Weight Assessment Information

Trackwrestling Information

Ineligible Player and Unattached Participation

- (c) **MINIMUM PENALTY FOR USING INELIGIBLE PLAYER.** In the event an ineligible contestant is used in any UIL game or contest, knowingly or unknowingly, the minimum penalty shall be forfeiture of the game, contest or event. Refer to Section 27 (c)(3).
- (d) **UNATTACHED PARTICIPATION.** In any UIL member school sponsored athletic contest, meet or tournament, UIL member high school students shall not be permitted to enter unattached. The penalty for violation of this rule shall be assessed against the member school(s) in violation. This provision applies to a non-enrolled (home schooled) student participating in accordance with section 33.0832 of the Texas Education Code.

Awards

LIMITATION OF AWARDS

(a) LIMIT.

(1) Awards Schools May Give. A member school or member school district may give one major award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in UIL interschool competition(s) listed in Section 380. Each year a member school or member school district may give one additional award per student per interschool activity listed in Section 380, not to exceed \$20 each. Schools may give a student the \$20 minor award for an activity during the same school year the \$70 major award is given for that activity. A school may contribute to major awards in honor of winning a UIL State Championship event.

(2) Awards Students May Receive. A student may not accept from any source other than the school attended or the school district, any award in money, product or service for competing in an interschool contest except as follows.

(A) A certificate, medal, trophy, ring, or other symbolic award for participating in any UIL activity which counts on UIL standing, if it is given:

- (i) by the school, or school district in accordance to the limitations in Section 480 (a)(1);
- (ii) the District Executive Committee or the entity that organized the competition (i.e., the regional director or zone director;
- (iii) the UIL or one of the professional, education organizations sanctioned by the UIL; or
- (iv) an outside source approved by the school or school district.

(B) A medal, trophy, patch or other symbolic award for participating in an invitational athletic contest which does not count on UIL standing, in an activity which the UIL sponsors as listed in Section 380, if it is given by the organization conducting the contest or competition (Sports which are not sanctioned by the UIL, such as bowling, motorcycle racing or rodeo do not come under this rule).

(C) Unlimited awards for participating in an invitational academic or fine arts contest which does not count on UIL standing, whether or not it is an activity which the UIL sponsors.

(D) Educational trips sponsored by the school.

(E) Scholarships for college or university enrollment if awarded at or after graduation from high school.

(3) Awards Students May Receive for Intraschool Competition. A student may accept unlimited awards for participating in intraschool competition.

(b) LEAGUE STANDING DEFINED. For purposes of this rule, “counts on UIL standing” means any contest that causes an individual or team to advance toward a UIL district, bi-district, area, zone, regional or state championship.

(c) AMATEUR STATUS. Refer to Section 441 for rules governing amateur athletic status.

(d) INDIRECT AWARD. An award given to a second party to be held for later delivery to the student is considered received by the student when the award is given to the second party. This conduct is a violation by the member school or school district.

Section 481: GIFTS OR AWARDS TO SPONSOR OR COACH

Individuals who coach, direct or sponsor UIL activities in grades 9-12 may be suspended if:

- (a) they accept more than \$500 in money, product or service from any source, over and above the stipend paid by the school district, in recognition of or appreciation for coaching, directing or sponsorship of UIL activities. (Refer to Section 1202). The \$500 limit is cumulative for a calendar year and is not specific to any one particular gift;
- (b) they accept money, product or service for entering their student(s) in a contest or other activity;
- (c) this section includes, but is not limited to, money, gifts, use of automobiles, insurance, club privileges and any funds tendered by booster clubs for other services; and
- (d) it is a violation if coaches and/or their attorney(s) accept money or other valuable consideration for payment of legal expenses incurred to file suit or take other legal action against a school, school district or the UIL.

(e) EXCEPTIONS:

(1) Scholarships. A sponsor or coach may accept from any source in any amount a postsecondary institution scholarship.

(2) Retirement. Upon retirement from the profession, sponsors or coaches may accept money or other valuable consideration in any amount from any source.

(3) Annual UIL Award for Excellence. A sponsor or coach may accept the Annual UIL Award for Excellence sanctioned by the UIL.

Charitable Cause Guidelines

The UIL has received numerous requests from member schools to support various charitable causes in conjunction with high school athletic events. The UIL is supportive of these initiatives and has developed guidelines regarding an athletic competition being held in the name of a charitable cause.

Schools may host a contest in recognition of a charitable cause under the following conditions:

- The contest of competition may be held during any one week of the designated sport season (to be determined by each individual school).
- If NFHS or NCAA rules allow, non-school colors can be worn upon mutual agreement between opponents. (ex: pink uniforms)
- A commemorative ribbon of non-school color may be worn on the jersey or school-issued uniform.

- Officials may be allowed to use a colored whistle or modified uniform in accordance with UIL guidelines.
- Colored game balls will not be allowed, however they may be used during any warm-up period prior to the contest.

NFHS Wrestling and Rules Information

Pre-Season Regulations (See Individual Sport General Manual)

- Employment of Coaches
- Texas Education Code Requirements (State Law)
- Coaches Certification Program (CCP)
- UIL Eligibility for Athletic Contests
- Student Participation Required Forms

Regular Season

Contest Scheduling Rules

The following section combines State Law, State Board of Education regulations, and UIL rules regarding scheduling and participation in a contest.

- **One contest per school week:** According to State Board of Education mandates, students may only participate on one day per activity during the school week. School districts shall ensure no more than one contest or performance per activity is scheduled per student.
- ***Exception:** Tournaments and post-season competition may be scheduled as an exception to the school week limit. As well, district varsity contests postponed by weather or public disaster, provided that they are rescheduled and played on the next available date, other than Sunday, on which another district match is not scheduled. Junior varsity, freshman and junior high teams may not play postponed matches as an exception.
 - Junior varsity, freshman and junior high teams may not play postponed matches as an exception.
 - District varsity games that are postponed by weather or public disaster, and not played on the next available date, shall be rescheduled and played on a date determined by the District Executive Committee, but may not be made up as an exception to the school week limitation.
- **TEA and Participation:** The Texas Education Agency defines participation as being involved with the activity, traveling with the team, or sitting on the bench. Example: On a Tuesday night, the student's name is on the scorebook but she remains on the bench and does not actually enter the game. This counts as participation for TEA but not UIL, this student would not be able to participate again until after school on Friday, per TEA regulations.
- **UIL and Participation:** UIL defines participation if a student athlete actually entered the contest as a player. In the example above, the contest does not count as one of the allowable games as determined by UIL policy.

Definitions:

- **Calendar week** means 12:01 a.m. on Sunday through midnight on Saturday.
- **School week** means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.
- **Post-district play** means competition in UIL playoff series or contests such as bi-district, area, regional, etc.

Wrestling Tournament Regulations

Number of Contests Allowed 2024-25

8 Tournaments excluding one district, regional, and state tournament.

Conferences

There will be two conferences for wrestling, designated 6A and 5A and below.

Divisions

- High School Boys
- High School Girls

Official Rules

All Matches shall be conducted under National Federation Wrestling Rules

Representation

No school or student-athlete representing a school shall participate in a tournament or dual meet until November 6, 2023, and after the date for certifying district representatives.

School Week Limitation

No student or team representing a participant school shall participate in more than one contest per school week (the first instructional day of the week through the last school day of the week). A dual, triangular, or quadrangular meet may not count as a tournament but would count as a contest during the school week.

- *Exceptions:* The regional and state tournament, and district varsity tournaments postponed by weather or public disaster, may also be scheduled during the school week. Schools shall not enter wrestling tournaments scheduled on more than one school day per any one tournament.

School Tournament Defined

Any match that results in a loss of school time is defined as a school tournament. It could also be considered a school tournament if, in a non-school tournament, a student is wearing school uniforms or equipment, using school transportation, or is being directed in the tournament by a coach paid by the school.

Limit on Matches per Day

Wrestlers shall not compete in more than the number of matches allowed by NFHS rules in one day (consolation or championship). Wrestlers must have a minimum of 30 minutes rest between matches.

Weather Cancellation or Continuation

A tournament postponed or canceled by weather is considered a tournament when all semi-final matches have been completed. The remaining matches may be completed at a later date without it counting as another tournament, provided there is no loss of school time. When all semi-final matches have not been completed, the tournament director has three options:

- The tournament may be canceled and not count as a tournament for the individual or the school.
- The tournament may be continued, provided there is no additional loss of school time.
- The tournament may be continued with loss of school time and shall count as two tournaments.

Weight Classifications

There shall be 14 weight classes for UIL Boys Wrestling. A high school team may enter one athlete in each weight class. The two-pound growth allowance does not allow for a wrestler to drop below his/her minimum weight class.

- Boys weight classes are: 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165 lbs, 175 lbs, 190 lbs, 215 lbs, and 285 lbs
- *Growth Allowance:* A two-pound growth allowance takes effect on **December 27**.

There shall be 12 weight classes for UIL Girls Wrestling. A high school team may enter 1 athlete in each weight class.

- Girls weight classes are: 100 lbs, 107 lbs, 114 lbs, 120 lbs, 126 lbs, 132lbs, 138 lbs, 145 lbs, 152 lbs, 165 lbs, 185 lbs, and 235 lbs
- *Growth Allowance:* A two-pound growth allowance takes effect on December 27.

Clothing & Uniforms

Individuals and teams representing member schools in wrestling shall wear school-approved clothing. It is recommended that clothing be in school colors, similar in design, and/or have the school-identifying logo or name. All clothing does not have to be identical, but the school officials must approve whatever is worn.

Hair Rule

The length requirement of the rule has been removed and hair covering is not mandatory. If a hair cover is used, it shall meet the expectations of the rule. The hair cover must be of a solid material, non-abrasive and shall be attached to the ear guards. A legal hair-controlled device such as a rubber band(s) shall be secured so as not to come off readily during wrestling. NFHS Rule 4-2-1

Weigh-Ins

Weigh-ins for all UIL dual meets and tournaments shall follow the procedures outlined in Rule 4-5 of the National Federation Wrestling Rule Book.

Team Scoring

In district, regional, and state tournaments, team honors shall be determined by the National Federation scoring standards detailed in the rule book.

Coach Ejection

In addition to the penalty imposed by the local school district on a coach who is ejected from a game, the Automatic Minimum Penalty is discussed in Section 1208: Athletic Regulations of the Constitution & Contest Rules. The automatic penalty for a coach who is ejected from a contest *who is not current* on their UIL Coaches Certification Program is suspension in the next contest.

Awards

High school participants may receive only symbolic awards for participation in a school activity (i.e. trophies, plaques, or medals). High school athletes cannot accept anything of valuable consideration (defined as anything that is wearable, usable or salable). Using students' names for advertising purposes, if paid, is prohibited.

Non-Conference and District Contest

- Videotaping/Filming by Schools: It is a violation to film or videotape a non-conference or district athletic contest in which your school or team is not competing unless prior consent of the two schools involved has been obtained.
- A school does not have to obtain permission to film or tape a NON-CONFERENCE OR DISTRICT contest in which it is competing. However, the film or videotape shall not be utilized until after the contest has been completed.
- Films and videotapes become the property of the school doing the filming unless by district rule or by consent of the schools involved in the contest.
- Videotaping/Filming by Individuals: Any individual (other than the officially designated school camera) taping or filming must have prior permission from the schools involved in the contest and may not obstruct the view of other spectators of the contest.
- Commercial Uses: Use of the films or tapes for commercial purposes must be approved by all schools involved in the contest.

Non School Wrestling

- Any type of wrestling that is not the collegiate style of wrestling utilized during the UIL wrestling season and as part of the UIL program is considered non-school wrestling. This would include freestyle, Greco-Roman and other forms of wrestling.
- Coaches of individual sports are allowed to work with student-athletes from their attendance zone in non-school practice during the school year with limitations. Coaches should be aware that any time spent working with a student-athlete from their attendance zone in grades 7-12, whether in school or non-school practice, will count as part of the eight hours of practice allowed outside of the school day during the school week under state law.
- School coaches are not allowed to coach student-athletes in grades 7-12 from their attendance zone in non-school tournaments or competition during the school year. As wrestling is an individual sport, there is not a set season for school practice outside the school day, as long as the 8-hour rule is not violated. **NOTE: This would not prohibit a school coach from coaching student-athletes in grades 7-12 in freestyle, Greco-Roman and other forms of wrestling in non-school tournaments.**
- For non-school practice, the wrestling club would have to contract with the school to utilize school facilities. Non-school and school practice could not be held at the same time. There must be separation between when the school practice is complete and when the non-school club is allowed to use the facility.
- Outside of the school year, the restrictions are somewhat less. In non-school competition, outside of the school year, coaches in individual sports are allowed to coach student-athletes from their attendance zone. The use of school funds, school equipment or school transportation is still prohibited. The wrestling mat is considered much the same as the standards in volleyball and the

goals in basketball, in that they may be used in association with non-school practice and competition.

Non-School Tournament

- If a student participates in a non-school tournament, it will not count as one of his/her school tournaments providing he/she is not representing the school. A student athlete could be considered to be representing the school if, in a non-school tournament, a student is wearing school uniforms or equipment, using school transportation, or is being directed in the tournament by a coach paid for by the school.

National Tournaments

- Student-Athletes Under the Eight-Tournament Limit: A national tournament could be considered as one of the school-sponsored tournaments allowed during the school year under UIL rules for wrestling. A tournament is considered school-sponsored if the school coach coaches the athlete, the athlete uses school equipment or transportation or if the event is paid for out of school funds. If the student-athlete is attending the event as one of the eight school-sponsored tournaments allowed during the school year, there can be no competition on Sunday.
- Student Athletes at the Eight-Tournament Limit: If however, the student-athlete is at the tournament limit, a national tournament would have to be done as a non-school activity. When an individual chooses to compete in a non-school activity, school funds (including booster club funds) cannot be utilized, the school coach could not coach the athlete if the tournament is during the school year, school equipment or transportation may not be used, and the student-athlete may not represent the school.
- Funding School Sponsored Trips: Booster club funds may not be given directly to individual student athletes or coaches to help fund a non-school activity. Any booster club (or other outside) funds utilized for this activity would have to be donated to the school and the school would have to approved expenditure of these funds. The booster club can request the funds be used for this specific activity, but the school has the ultimate authority over those funds. School funds cannot be used to fund non-school trips or activities.

Weight Control Plan

ALL WRESTLING SCHOOLS WILL BE REQUIRED TO UTILIZE TRACKWRESTLING FOR THIS PROGRAM.

Minimum Weight Certification Program

Information regarding the UIL Minimum Weight Certification Program can be found [here](#).

Hydration Assessments

The Hydration Test is simply a pass/fail assessment based on the specific gravity level less than or equal to 1.025. A specific gravity level greater than 1.025 would be considered a failure on the hydration test.

- Hydration level will be judged using a color chart. If schools or assessors wish to provide dipsticks or a Urine Specific Gravity Refractometer and related materials for hydration testing, that would also be acceptable.
- Any attempt to violate the protocols of the weight certification process, by adulterating a sample or attempting to cheat, will result in the assessment process being ended, and the student not being eligible for reassessment for 24 hours, at which time they would begin the process from the start.
- If the athlete fails the hydration assessment, the athlete will not be eligible for reassessment for 24 hours and must meet the hydration requirement before the skinfold measurement takes place.

- If the athlete passes the hydration assessment, they must have their Alpha Weight determined immediately, on that date, without any exercise or delays.
- [Hydration Assessment Preparation Recommendations](#)

Appeals

Must be requested and submitted in writing (via email) to the UIL office **within seven (7) calendar days of the initial skinfold assessment date**. Additional appeal information can be found [here](#).

Guidelines to Reduce the Incidences of Skin Disease

The following guidelines are not meant to be all-inclusive of what may need to be done to prevent skin diseases from occurring in wrestling. They provide practical suggestions that, when implemented, should reduce the incidence of skin diseases among high school wrestlers. Some of the guidelines go above and beyond what would normally need to be done to prevent skin infections from occurring. However, in instances where some wrestlers, or an entire team, seem to be extremely susceptible to skin diseases, the more extreme guidelines may prove to be worthwhile. Whatever the procedures used, restricting wrestlers with skin lesions and keeping a clean wrestling environment are the keys to reducing the incidence of skin infections.

General Guidelines

- Clean wrestling mats daily, preferably within one hour of practice or competition, using a disinfectant cleaner. Allow mats to air dry before using.
- Wash all mats with disinfectant on a regular basis (one or two times weekly).
- Wipe weight room benches with disinfectant before and after use.
 - Launder towels, practice gear and uniforms after each use. Do not allow any wrestler into the practice room without clean practice gear.
- Wipe headgear and shoes with disinfectant after each practice.
 - Do not allow wrestlers to share any items of practice gear. If they must share, make sure the items are cleaned with disinfectant before they are transferred.
- Require each wrestler to shower after each practice and contest using disinfectant soap.
 - Open the doors to the practice room and use fans to lower the heat and humidity. Proper ventilation is important in destroying disease-carrying bacteria.
- Do not allow wrestlers to share towels during practice or competition.
- Neoprene sleeves and support braces should be wiped with disinfectant after each use.
 - Wrestlers should keep their fingernails trimmed short to avoid scratching themselves or someone else, as any opening in the skin increases the risk of infection.
 - Wrestlers who have been susceptible to skin diseases in the past may want to visit with their family physician regarding preventative oral medication, which may be available.

Guidelines for Wrestlers Who Have a Skin Disease

- Wrestlers with any sign of skin disease should be withheld from practice and competition until a medical diagnosis and clearance is obtained.
- Wrestlers having any signs or symptoms of a skin disorder should be sent for evaluation immediately.
 - If a wrestler with a skin disease has current written clearance from a physician to participate, the affected area should be covered with a water-resistant dressing or a gauze pad with a water-resistant covering to reduce the risk of infecting others.
- Coaches must present the written clearance form to the meet director or lead official at the weigh-ins.

- If a designated on-site medical professional is present at the weigh-ins, he or she has the authority to rule on any suspect communicable skin conditions. This medical professional has the authority to allow or deny, the participant regardless of written clearance from a physician.
- Wrestlers with any sign of skin disease should wash their hands frequently to avoid contaminating themselves or others.

Blood Clean Up Procedures

Any school that hosts a tournament should have policies in place to handle the clean-up of blood on mats and participants during competition. Following are some suggestions to help aid in this clean-up.

- Develop a mixture in a spray bottle of approximately 1-part bleach to 100 parts water and have it available at the mat side. Use disposable paper towels.
- Have a designated individual (trainer, asst. coach, or manager) with clean protective gloves, ready at all times.
- Stop match immediately when blood is found on mat and have the official direct the clean-up person to the blood.
- Once the blood is removed, place paper towels and used gloves in a receptacle designated for blood clean-up items.
- Only persons with protective gloves should remove blood or other body fluids from the mat.

Officials

Please refer to the UIL Constitution and Contest Rules, Section 1204 on the UIL website (<https://www.uil texas.org/policy/constitution/category/constitution-athletics>), for the latest information regarding officials (fee schedule, tournament fees, travel reimbursement, mileage calculator, scrimmage fees, other allowable expenses, scratch form, evaluation form, FAQs, etc.).

Assignment of Officials Out of the UIL Office

- Member schools shall use registered officials in all varsity contests.
- Neutral Officials: In all contests, schools should always attempt to secure neutral officials who have no affiliation with either school.
- Once a match has begun there shall be no protest based on the selection of match officials. Beginning a contest constitutes agreement.
- Payment of officials shall be according to Section 1204 in the UIL Constitution and Contest Rules. <https://www.uil texas.org/athletics/officials-fee-schedule>

Post-Season

District and Regional Tournaments

Representation

Each school may enter one team of boys and one team of girls for the district wrestling tournament. Each school is allowed to enter one athlete in each weight class.

Entries

Entries are due to the district wrestling director five (5) days before the district tournament.

District Tournament

Each District Executive Committee shall schedule a district boys' and girls' wrestling tournament to determine representatives for the regional tournament. The top four qualifiers in each weight class at the

district tournament will advance to the regional tournament. District wrestling tournaments for girls are mandatory. Regional tournaments for girls wrestling will no longer be open events.

Format

The district executive committee shall set the format of the district wrestling tournament for boys and girls competition.

Site

The site of the district tournament shall be determined by the wrestling district executive committee.

Starting Times

The wrestlers shall start at the time and in the order arranged by the district or regional director. The penalty for breach of this rule is disqualification.

Substitutions

The final decision on substitutions is left up to the district committee. There shall be no substitutions after the tournament has begun.

Scoring

In district, regional and state tournaments, team honors shall be determined by the National Federation scoring standards detailed in the wrestling rule book.

Advancement for Boys and Girls

In district tournaments, the top four wrestlers in each weight class will advance to the regional tournament. At regionals, the top four finishers in each weight class will advance to the state individual championships.

District tournament director will certify district results to the regional director immediately upon completion of the tournament. Regional tournament directors will certify results to state tournament director immediately upon completion of the tournament.

Wrestle Backs

At district and regionals, wrestle backs are allowed for advancement purposes only and only if the 4th and 5th place finishers have not previously faced each other in that tournament or if the 4th place finisher has not defeated the 5th place finisher in that tournament. This should be documented on the district and/or regional results prior to submitting to the UIL office.

Rules Committee

A rules committee appointed by the district wrestling executive committee should be established to act on all violations. A rules committee should be established at the regional tournament as well.

Rules

All UIL wrestling matches will be conducted in accordance with National Federation Wrestling Rules.

Weigh-Ins

Weigh-ins for all UIL district and regional tournaments shall follow the procedures outlined in Rule 4-5 of the National Federation Wrestling Rule Book. The district or regional director sets the schedule for weigh-ins.

Alternates - Regional/State - will be weighed in with the other competitors in their respective weight classes. Alternates will be placed in the bracket if the advancing wrestler is unable to compete. An

advancing wrestler unable to compete due to injury, not making weight, or not being present at the start of weigh-ins can only be replaced from the alternates from his/her same qualifying tournament. An alternate not present at the start of weigh-ins for his/her respective weight class and not registered on the official weigh-in sheet cannot replace the advancing wrestler. Alternates are to be placed in the 4th qualifying position, moving other seeded wrestlers up one spot.

Format

The format of the regional tournament is set by the regional director. The regional director determines how the bracket will be filled (seeding, draw, etc.).

Regional Sites and Directors

Regional sites and directors can be found on the UIL website at <http://www.uiltexas.org/wrestling/regional-sites>.

Police Protection

Adequate police protection should be provided for all tournaments.

State Tournament

Team Packets

Team packets will be available Thursday, February 13, 2025 at the state tournament site as well as Friday morning. Please check the UIL website for further details (www.uiltexas.org/wrestling/state).

Tournament Director

AJ Martinez will serve as the tournament director.

Date and Site

The UIL Wrestling State Championships will be held on February 14-15, 2025 at the Berry Center in Cypress, TX. The state schedule will be announced at a later date on the UIL website (www.uiltexas.org/wrestling/state).

Rules Committee

The tournament director and rules committee members shall rule on all wrestling state tournament rule situations.

State Tournament Certificates

A digital download of the certificates for each participant will be included in the team packet.

Programs

Programs for the state tournament will be in digital format only. They will be available on the UIL Website (www.uiltexas.org/wrestling/state).

Awards

Awards will be presented during the finals. The top three finishers in each weight class will receive medals. The top three teams will receive trophies.

State Tournament Rotation

Brackets for the state tournament will be determined by a rotation method. Brackets will be available on the UIL website (www.uiltexas.org/wrestling/state) following regionals.

State Tournament Weigh-In Procedures

Weigh-ins for the UIL Wrestling State Championships will be held in accordance with Rule 4-5 of the National Federation Wrestling Rule Book. The times for official weigh-ins will be listed in the state tournament schedule. Alternates will weigh in with their weight class.

Scoring

In district, regional and state tournaments, team honors shall be determined by the National Federation scoring standards detailed in the wrestling rule book. UIL will score six places for the boys and six places for the girls at the State Tournament.

Off-Season Regulations (see Individual Sport General Manual)

- Summer Strength & Conditioning & Sport Specific Instruction
- Off-Season Strength & Conditioning (during the school year)
- School Sponsored Camps
- Non-school Leagues, Camps & Clinics