

WRESTLING

IMPORTANT DATES

Weight Certification

Final day for weight certification..... December 23

Seeding/Divisional Tournaments

All Classes February 13-14

State Tournaments

All Classes February 19-21

I - GENERAL RULES AND REGULATIONS

- (1) The Montana High School Association will promote, provide for and control all interschool wrestling activities among the member schools.
- (2) The National Federation Wrestling Rules, unless modified by MHSA rules, shall govern all situations. Rule 4-4-1 is modified by Montana's fourteen (14) weight classes for boys'. Montana follows the NFHS fourteen (14) weight classes for girls':

Boys

103 lbs.	138 lbs.	175 lbs.
110 lbs.	144 lbs.	190 lbs.
118 lbs.	150 lbs.	215 lbs.
126 lbs.	157 lbs.	HWT (max. 285)
132 lbs.	165 lbs.	

Girls

100 lbs.	125 lbs.	155 lbs.
105 lbs.	130 lbs.	170 lbs.
110 lbs.	135 lbs.	190 lbs.
115 lbs.	140 lbs.	HWT (max. 235)
120 lbs.	145 lbs.	

Note: NFHS Rules do not have a minimum weight for the lowest weight class.

- (3) The MHSA will follow NFHS rule 4-5 on weigh-in procedures for all regular season matches/tournaments and post-season competition.

Exception: All weigh-ins for regular season and divisional tournaments will take place the night prior to competition. For example, a tournament that takes place on a Friday and Saturday will have weigh-ins at the home school on Thursday night and at the tournament site on Friday night. Weigh-ins for the state tournament will take place Thursday afternoon & Friday nights on-site.

- (4) The Montana High School Association Executive Board shall establish the starting date for practice and the first allowable date when any matches may be held.
- (5) Prior to the date of the first interscholastic wrestling match or meet, the wrestler must participate in eight (8) days of wrestling practice of at least one practice session on eight (8) different days for each contestant (no practice permitted on Sunday). The initial eight (8) practices for each individual must be completed as a comprehensive, regularly scheduled team practice with the full coaching staff.

When determining what constitutes a MHSA practice that satisfies the language above in (5), the following criteria must be applied:

1. Practice must be at least one (1) hour long.
2. At least one full squad (varsity team/J.V. team) and their coaching staff must be present.
3. The athlete must participate in the entire practice.

4. Practice should include the majority of drills and conditioning that are the norm for that team or squad.
5. A practice the day of a contested event does not count (unless an athlete is practicing with another squad that does not have a contested event that day, i.e. a varsity team member who stays home and practices with the JV team that does not have a contested event that day).
6. Warm-ups or walk-throughs with the team prior to a contested event does not constitute a practice.

If a student begins his/her initial eight (8) days of required practices and that period of days is interrupted by sickness, injury, academic ineligibility or any other reason for a period of two weeks, then the student shall be required to practice an additional four (4) days and in cases of sickness or injury to produce a doctor's release.

Athletes participating on teams competing in MHSA post season play, which overlaps the beginning of the next MHSA sanctioned activity starting practice date, may be credited for practices during the overlap period toward meeting the minimum practice requirement of the overlapped activity season.

If a student transfers to a new school after completing the required days of preseason practices for their sport or activity, the student must complete an additional number of practices (equal to half the # of required practices for that sport or activity) at their new school.

- (6) Each individual wrestler may have no more than eighteen (18) contested events (where he/she weighs in and wrestles at the same physical location) with a maximum of fifty (50) total matches prior to the post season. Two of the contested events must be in the city where the wrestler's high school that he/she participates for is located. An individual wrestler may have no more than six (6) matches in one day and no more than ten (10) matches in a two-consecutive day period.
- (7) A one-day invitational tournament (where there is not a predetermined number of matches for each contestant) shall count as one contested event toward season limitations. Invitational tournaments conducted over two (2) days constitute two contested events toward season limitations.
- (8) Schools may utilize the "mixer" format for regular season meets. Mixers are defined as inviting a set number of schools to one location, with meet administration matching up the wrestlers from different schools to provide each participating wrestler the opportunity to compete in several matches that day (pre-determined matches in specific weight classes; not bracketed competition). A mixer is an excellent option for teams that cannot fill all of their weight classes. A one-day mixer will count as one contested event towards the season match limitations.
- (9) When three or more schools take part in a double dual meet wrestling competition held in two separate schools/towns that are located less than thirty (30) miles apart and held on the same day, the following provisions apply:
 - a. One weigh-in will be used for multiple competitions that day.
 - b. Each dual meet wrestled will be counted as one contested event toward the season limitations.
 - c. A school not participating in the first dual will be required to follow NFHS rules and weigh-in one hour prior to their dual.
- (10) A wrestling match won by forfeiture will be counted as part of the season match limitation only when the match is used for seeding purposes into the divisional or state tournament.

- (11) Divisional and state wrestling tournaments shall be single elimination in the winner's bracket and double elimination in the loser's bracket.
- (12) It is recommended that the officials not be seen in the company of coaches, socially or otherwise, at any time during the course of a tournament.
- (13) The MHSA office will send ballots to all member schools for selection of divisional, seeding and state wrestling tournaments. It is strongly suggested that each school vote independently for officials for each tournament.

Divisional, seeding and state tournament ballots will be tabulated by the MHSA office staff. The MHSA office staff will contact those officials selected.

- (14) No school is required to take part in any contests or athletic events, but once entered, teams are obligated to participate in a contest or athletic event to its normal conclusion unless the contest is terminated by mutual consent of the school officials involved due to unusual weather or game conditions, or situations which could be hazardous to participants or spectators. Any coach is prohibited from unilaterally refusing to play.

If a school fails to complete contests or athletic events that they have entered, the violating school would be subject to penalties as deemed appropriate and necessary by the Executive Director.

No school is required to take part in any game or tournament, but when once entered under the plan outlined, schools shall carry out their part of the program in fairness to all other schools represented. Any team taking part in season play is automatically entered in to the first tournament held in that district or in that division. That team shall not be allowed to withdraw from playing in such tournament without the specific approval of the Executive Director. The penalty for violation shall be as outlined under Penalties, Article VIII, Section (2).

- (15) The MHSA prohibits any use and/or possession of tobacco, alcohol or other mood-altering drugs during competition. Violation will cause the coach or participant to be disqualified from further participation in that event.

II - WEIGHT CONTROL PROGRAM

- (1) In order to be eligible for any interscholastic wrestling competition a student must satisfy the requirements set forth in this plan.
- (2) Each wrestler must certify his/her weight within thirty-four (34) calendar days (December 23, 2025) of his/her first wrestling practice. To be certified, a wrestler must have on file a completed WR#1 form with the school principal or his/her designee. This form will bear the wrestler's name, his/her school, and the dated signatures of the examining physician, the wrestler, his/her parent or guardian, and the coach. On this card, the examining physician will record the lowest weight he/she feels the wrestler may safely attain during that wrestling season. The other parties must sign the form after the examining physician has recorded his/her lowest weight, and by so doing, they indicate agreement with the physician's assessment.
- (3) It is recommended that wrestling coaches and schools monitor weight control of their student athletes through skin-fold measurement techniques.
- (4) It shall be the responsibility of the school administration to see that the above provisions are met as specified.
- (5) A student who joins the team after the deadline for certification must have his WR#1 Form completed immediately.

- (6) There can be no recertification at a lower weight class once the WR#1 form is complete. A wrestler who wrestles in a weight class lower than that dictated by the WR#1 form at any time or at any level during that season is in violation of these rules.

- (7) The lowest weight class shown on the original WR#1 form for that season shall apply for the entire season. However, a wrestler may compete at any higher weight at any time during the season. If a wrestler weighs in more than one weight class above the lowest weight class shown on the original certification, the wrestler will no longer be eligible to wrestle at the lowest weight class shown on the WR#1. The wrestler must move to at least one weight class higher than shown on the WR#1.

NOTE: A wrestler certified at the 132 pound weight class, who weighs in at the 144 pound weight class after certification, would no longer be eligible to participate in the 132 pound weight class. The lowest weight class in which the wrestler may now participate would be the 138 pound weight class. The purpose of this rule is to allow growth and to discourage unhealthy or unsafe weight loss.

- (8) 50% rule: For health and safety reasons, Montana's weight control program shall require each wrestler to have at least one-half of weigh-ins during the season at the minimum weight the wrestler will compete in during the divisional and state tournament series. The divisional/seeding tournament manager will verify that the wrestler has complied with the 50% rule.

The MHSA requires that each school use a weight management portal through the National Wrestling Coaches Association (NWCA) to track the 50% rule.

For the purpose of the 50% rule, a valid weigh-in must comply with the following:

- a) The wrestler must weigh-in and compete, i.e. a decision is reached (win, loss or receive a forfeit).
- b) Weigh-ins for the purpose of the 50% rule can only occur at meets that have been scheduled before the season or rescheduled during the season because of extenuating circumstances with approval of the MHSA office. Each school must enter their regular season schedule (varsity and junior varsity) into the NWCA portal prior to the first scheduled competition of the season.
- c) A wrestler eliminated on the first day of a tournament cannot weigh-in the second day for the same tournament. Varsity and junior-varsity tournaments are considered separate events and if there is a corresponding junior-varsity tournament, then wrestlers would be allowed to weigh-in and wrestle the second day for the junior-varsity tournament.
- d) If a wrestler does not have anyone to wrestle during that event, this weigh-in will count.
- e) If boys/girls wrestle out of state, they must weigh-in at the Montana approved weight class but are allowed to wrestle in the state approved weight class in which the contest is held.
- (9) A wrestler must have weighed in and wrestled at least one time during the regular season in order to be eligible for the post season.
- (10) A two-pound weight allowance is allowed for regular season matches held on Monday, Tuesday and Wednesday. **The weight allowance cannot exceed +4 pounds over the original weight.**
- (11) **A two-pound growth allowance will be added to each weight class on January 1st.** The growth allowance also

applies to the maximum weight for the 285 lb weight class in boys' wrestling and the 235 lb weight class in girls' wrestling.

- (12) In invitational dual meet tournaments involving consecutive days of team competition, wrestlers are not allowed to weigh-in at a lower weight class after the first day of competition. They are allowed to weigh-in or wrestle at a higher weight class.
- (13) Violations of the above eligibility rules shall be dealt with by the MHSA Executive Director just as he/she deals with other eligibility violations.

III - DIVISIONAL/SEEDING TOURNAMENTS

- (1) Member schools shall be divided into three classes, the same as classified for wrestling as follows:

A. See www.mhsa.org for the detailed alignments for Class AA.

- 1. Two seeding tournaments will be conducted to determine the qualifiers and their seedings into the state tournament. The seeding tournament will be conducted over two (2) days. Each school is allowed to enter two (2) wrestlers per weight class. The top eight wrestlers in each weight class will advance to the state tournament. Team points, at both the seeding tournament and state level, shall be awarded to the top **fourteen (14)** scores from each team. A sixteen-wrestler bracket will be used. Any applicable place points will also be awarded. ***When two wrestlers from the same school meet in a match in the postseason, the maximum points possible will be awarded to the winner. Maximum points are defined as advancement points (two points for the championship bracket or one point for the consolation bracket) and two match points.***
- 2. Each division will be responsible for selecting the site and manager and for conducting its divisional tournament. The dates for divisional tournaments will be set by the MHSA Executive Board.

B. See www.mhsa.org for the detailed alignments for Class A.

- 1. Each division will hold a divisional wrestling tournament each year to determine the entries for the State Class A Wrestling Tournament. Class A schools will be allowed to enter a maximum of **eighteen (18)** wrestlers in the divisional tournament and shall have no more than two (2) wrestlers in a weight class. Team points, at both the divisional and state level, shall be awarded to each wrestler. ***When two wrestlers from the same school meet in a match in the postseason, the maximum points possible will be awarded to the winner. Maximum points are defined as advancement points (two points for the championship bracket or one point for the consolation bracket) and two match points.*** Any applicable place points will also be awarded. All **eighteen** wrestlers from each team have the opportunity to advance to state.
- 2. Each division will be responsible for selecting the site and manager and for conducting its divisional tournament. The dates for divisional tournaments will be set by the MHSA Executive Board.

C. See www.mhsa.org for the detailed alignments for Class B-C.

- 1. Each division will hold a divisional wrestling tournament each year to determine the entries for the State Class B-C Wrestling Tournament. Class B-C schools will be allowed to enter a maximum of **seventeen (17)** wrestlers in the divisional tournament but no more than

two (2) wrestlers in a given weight class. For Class B team points at both the divisional and state level shall be awarded to each wrestler; ***When two wrestlers from the same school meet in a match in the postseason, the maximum points possible will be awarded to the winner. Maximum points are defined as advancement points (two points for the championship bracket or one point for the consolation bracket) and two match points.*** Any applicable place points will also be awarded. All **seventeen** wrestlers from each team have the opportunity to advance to state. For Class C, Team points shall be scored by any fourteen wrestlers as designated by the school prior to the convening of the divisional seeding meeting and only those wrestlers designated prior to the seeding meeting shall gather team points at the divisional and state tournaments.

- 2. The MHSA Executive Board will set the dates for each of the two (2) Class B-C divisional tournaments.
- 3. For a team to be eligible for Class C wrestling trophies during the Class B-C state wrestling tournament, cooperative sponsorships must be Class C and have a combined enrollment at or below the maximum Class C enrollment range (100).
- 4. Each division will be responsible for selecting the divisional tournament site and manager. Tournament managers cannot be a coach or an official if that coach or official is participating in the tournament.

- (2) Seeding of contestants for divisional/seeding tournaments shall be the responsibility of each tournament manager. Each school shall furnish to the tournament manager, for seeding purposes, the win-loss record for each contestant it enters in the tournament. Each school is entitled to enter a contestant for each weight class (refer to individual classifications for exceptions). Any wrestler that fails to make the weight that he/she was seeded will not be allowed to compete in the tournament at any weight class.
- (3) All contestants must qualify in the divisional/seeding tournaments in order to participate in the state meet and there shall be no substitution or exception to this rule regardless of reason. If a contestant has qualified in the divisional/seeding tournament and because of illness, injury or some other reason he/she cannot participate, there will be a forfeit arranged in the state tournament bracket.
- (4) The first eight place winners in the AA seeding tournaments and Class A divisional tournaments, and B/C equitable distribution of qualifiers will qualify for the state tournament. The tournament manager must certify these qualifiers for his/her divisional to the state tournament manager not later than the Monday morning prior to the state tournament. Class B/C will base the number of state qualifiers on the equitable distribution of qualifiers (EDQ) formula for each weight class. The EDQ formula will be a total of divisional participants divided by total potential qualifiers in both divisions multiplied by sixteen (the number of state qualifiers) with no less than 6 qualifiers from each division. The MHSA will notify Class B/C divisional tournament managers of the number qualifiers for each division.

In Class A, if it is determined there will be a lack of qualifiers in the other division in a specific weight class, the opposite division will wrestle for 9th – 12th place only in those specific weight classes. The ninth through twelfth place wrestler will be placed into the state tournament where byes would be present. Alternates will be drawn by the MHSA after the completion of the divisional tournaments. The MHSA will notify divisional tournament managers and the schools involved of the selected alternates.

- (5) NFHS rule 4-5 on weigh-in procedures will be followed for divisional/seeding tournaments.

- (6) The fee and expense allowance paid to each official who works a divisional tournament must conform to the established fee schedule and expense allowance published in this MHSA Handbook.
- (7) The MHSA Record of Wrestlers' Qualifying Weigh-Ins form must be completed and presented to the divisional/seeding tournament manager verifying that the wrestler has complied with the 50% rule (refer to II-Weight Control Program).

IV - GIRLS WRESTLING

- (1) Member schools shall be divided into one classification for girls' Wrestling.

A. See www.mhsa.org for the detailed alignments.

- (2) The following specific recommendations and/or exceptions to the boys' wrestling will be implemented in this sport:

- Girls can only compete in regular season matches against girl competitors. It is recommended that MHSA regular season events have both boys' and girls' tournaments at the same site, when possible, but they wrestle separately.
- Girls can only participate in girls matches only during the post-season.
- Schools will determine if boys and girls will practice together, have the same coaches etc. By MHSA rules, a head coach will have to be designated for both programs (which can be the same individual).
- Post Season
 - One Classification
 - State Tournament Qualifiers:
 - Classification - Girls will wrestle in 1 Classification in the post season – AA, A, B/C.
 - Team Scoring – 4 Classes:
 - Class AA - Trophies will be awarded to the 1st, 2nd, and 3rd place teams.
 - Class A - Trophies will be awarded to the 1st, 2nd, and 3rd place teams.
 - Class B - Trophies will be awarded to the 1st, 2nd, and 3rd place teams.
 - Class C - Trophies will be awarded to the 1st, 2nd, and 3rd place teams.

- When two wrestlers from the same school meet in a match at the state tournament, the maximum points possible will be awarded to the winner. Maximum points are defined as advancement points (two points for the championship bracket or one point for the consolation bracket) and two match points. Any applicable place points will also be awarded.
- Girls' Divisional / Qualifying tournaments
 - Two (2) girls per weight class per school at the divisional tournament can be entered.
 - All girls entered in the divisional tournament can score.
 - Six (6) Divisional Tournaments will be held at the same time and site as the boys divisional wrestling tournament. There will be a separate boy and girl divisional tournament at each site.
 - Girls' teams will wrestle in the same divisions as their boys' team
 - Seeding for Divisional Tournaments will use the same criteria as the boys.
- EDQ – Girl's state qualifiers are based on the EDQ formula. The EDQ formula uses total participants for each weight class in each division divided by total participants for each weight class in all 6 divisions multiplied by twenty-four. **Each Division qualifies a minimum of 3 wrestlers in each weight class.** The MHSA will notify all

divisional tournament managers of the number of qualifiers for each weight class after all divisional brackets have been built.

e. Awards

- Per General Rules for Awards (6)

V - STATE TOURNAMENT PROCEDURES

- The Executive Board shall be responsible for staging the four state tournaments. They shall determine the site(s), set the dates and appoint a state wrestling tournament manager for each tournament. Tournament managers cannot be a coach or official if that coach or official is participating in the tournament.
- The fee and expense allowance to be paid to each official who works a state wrestling tournament must conform to the established fee schedule and expense allowance as published in this MHSA Handbook.
- In the boys' state tournaments, fifth and sixth places will be wrestled off. ***In the girls' state tournament, 7th and 8th places will be wrestled off.***
- NFHS rule 4-5 on weigh-in procedures will be followed for the state tournament.
- The divisional/seeding tournament manager must certify qualifiers for his/her division to the state tournament manager not later than the Sunday 10:00 am prior to the state tournament.
- The seeding for the state tournaments will follow the plan as printed in the MHSA Handbook.
- The results of the state tournaments shall be prepared by the managers for the MHSA Executive Director and the competing schools immediately following the tournaments.

VI - TICKET PRICES FOR STATE TOURNAMENTS

The following ticket prices as established by the MHSA Executive Board will be used for all state tournaments:

	Adult	Student
Single Session (one day)	\$16.00	\$14.00
Single Session (Thursday pm)	\$10.00	\$ 8.00
Single Session after 4 pm Fri or 3 pm Sat	\$10.00	\$ 8.00
All-Session (three day)	\$29.00	\$24.00

VII - ESTABLISHED POLICY ON TOURNAMENT PASSES FOR POST SEASON WRESTLING TOURNAMENTS

- Personnel passes — number needed up to a maximum of fourteen for Class AA, twelve for Class A, and ten for Class B-C. If school's co-op the host school will receive the administrative tickets as stated above and the other school(s) in the co-op will each receive an additional four (4) administrative tickets. These are to be used for administrators, coaches, spouses, chaperones, bus drivers, etc., who actually attend the tournament.
- Participants — one for each participant who qualifies for the state tournament.
- Manager — a maximum of two for each participating school.
- For spirit, bands and performing groups — they will be allowed free admission at playoff and state championship games when they play or perform.***
- Media
 - Print news media - one pass for Associated Press and passes for working staff of local newspapers of teams in the tournament or newspapers in the marketing area of those teams. Members of the print media are required to show

their Montana Newspaper Association press credentials when picking up their passes.

- b. Television news media - passes for working staff of local stations of teams in the tournament or stations in the marketing area of those teams.
- c. Commercial photography or broadcast - passes for working staff as contracted by the event manager or MHSA.
- d. Passes will not be issued for spouses or children who attend the event with working members of the media.

VIII - OFFICIAL PAIRINGS FOR THE STATE CLASS AA, CLASS A, AND CLASS B-C BOYS' WRESTLING TOURNAMENTS

The official pairings for the State Wrestling Tournament for Class AA consist of two parts which will be determined by the MHSA after both seeding tournaments are completed.

Set A:

Part I will be used by weights 103, 118, 132, 144, 157, 175, and 215.

Part II will be used by weights 110, 126, 138, 150, 165, 190, and 285.

Set B:

Part I will be used by weights 110, 126, 138, 150, 165, 190, and 285.

Part II will be used by weights 103, 118, 132, 144, 157, 175, and 215.

Part I	Part II
1st Western 8th Eastern	1st Western 8th Eastern
5th Western 4th Eastern	5th Eastern 4th Western
3rd Western 6th Eastern	3rd Eastern 6th Western
7th Western 2nd Eastern	7th Western 2nd Eastern
2nd Western 7th Eastern	2nd Western 7th Eastern
6th Western 3rd Eastern	6th Eastern 3rd Western
4th Western 5th Eastern	4th Eastern 5th Western
8th Western 1st Eastern	8th Western 1st Eastern

The official pairings for the State Wrestling Tournament for Class A, and Class B-C are listed below.

1st Western 8th Eastern
5th Western 4th Eastern
3rd Western 6th Eastern
7th Western 2nd Eastern
2nd Western 7th Eastern
6th Western 3rd Eastern
4th Western 5th Eastern
8th Western 1st Eastern

IX - OFFICIAL PAIRINGS FOR THE STATE GIRLS' WRESTLING TOURNAMENT

The official pairings for the State Wrestling Girls' Tournament will consist of the following:

- A. 24-person bracket in all **14** weight classes.
- B. All Girls that qualify from divisional are scoring wrestlers.
- C. Participants will be seeded at two (2) seeding meetings, east and west, for the state tournament using Track Wrestling.

X - WRESTLING TOURNAMENT FINANCING

- (1) Each divisional and state tournament must finance itself.
- (2) Charges against the tournament receipts will stand for payment in the following order:
 - A. Officials (referees).
 - B. Normal administrative expenses, to include the following:
 - (1) Printing of tickets, (2) Advertising, (3) Signs, (4) Postage, (5) Telephone, (6) Clerical, (7) Scorers, (8) Timers, (9) Mat officials, (10) Management.
 - C. Use of facility charges (rental) to include the following: (1) Extra custodial services, (2) Utilities, (3) Ticket sales, (4) Ticket takers, (5) Door guards, (6) Ushers, (7) Parking attendants, (8) First aid room and supplies, (9) Towel services.
 - D. Renting or borrowing extra mats and timing devices.
- (3) Nonallowable Tournament Expenses:

Filming of championships is not an allowable expense of the tournament.
- (4) **Payment of Team Expenses and Division of Profits:** After all allowable meet expenses are paid, the balance remaining shall be designated as team expenses and shall be paid as follows: Each participant from any one school shall be paid a per diem based on the amount of remaining profits, divided by the total number of participants minus participants in the host city schools.
- (5) After each divisional or state tournament the tournament manager shall remit to the Executive Director of the Montana High School Association a complete financial report of the tournament within fifteen (15) days following the conclusion of the event.

The tournament manager for each division and state tournament shall furnish the complete financial report to each of the competing schools and to the Executive Director of the MHSA. The Executive Director shall see that a summary of all reports of the wrestling tournament is sent to all MHSA member schools.
- (6) Related items:
 - A. Concessions: Proceeds from the divisional tournament go to the host school if the tournament is held in a member school facility. If not, concession rights shall be determined by the division.
 - B. The concession rights for any state tournament held in nonmember school facilities shall be awarded by the MHSA Executive Board.
 - C. The tournament program rights for all divisional programs will be determined by the respective division.
 - D. The tournament program rights for the state tournament will be the responsibility of the MHSA Executive Board.