

WRESTLING





Wrestling Coaches' Committee

(Listed by Districts)

1	Greg Jefcoat	Daphne	jjefcoat@bcbe.org
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Bi-District	N/A		
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Bi-District	N/A		
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	N/A		

The Championship Program

First Practice—Oct. 23 First Contest—Nov. 9

Online Requirements For All Sports

POSTING SCHEDULES

Schools must post season schedules in DragonFly and Track Wrestling by the deadline dates listed below. Failure to do so could result in a fine assessed to the school. Schools may go online and make any changes immediately as they occur.

Deadlines for posting schedules:

May 1— fall sports (football only)

June 1 — fall sports (cross country, swimming & diving, volleyball)

Sept. 15 — winter sports (basketball, bowling, indoor track)

(wrestling – see item 4 below)

Jan. 15 — spring sports (baseball, softball, outdoor track, soccer, golf, tennis)

POSTING ROSTERS

Schools are required to post team rosters prior to its first contest of the season.

POSTING SCORES

Schools are also required to post scores of contests online immediately following all contests in the regular season (and within 24 hours after regular season tournaments) and in the playoffs or be subject to a fine.

In the post-season playoffs, failure to report scores immediately after a contest will subject the school to a fine.

COACHES INFORMATION

In order to ensure that important information sent to head coaches by the AHSAA is received by the proper individual, head coaches of all sports should confirm that the head coach role is checked in their Dragonfly profile.

1. The wrestling program has competition in four divisions: 1A-4A, 5A, 6A and 7A. Each division has two super section qualifying meets and a state meet. All state tournament participants must qualify in a section tournament.
2. Each high school is limited to 14 regular season playing dates (for dual, tri- and quad matches) plus weekend tournaments. All tournaments must be held prior to the section and state tournaments and must be held on holidays or weekends. Tournaments are not counted as playing dates.

Junior high/middle schools are limited to 8 regular season playing dates plus weekend tournaments. All tournaments must be held on holidays or weekends.

Note: A tournament is defined as an organized sport competition with three or more teams, uses elimination and/or round-robin formats, and determines a champion. It is usually played at one site. All tournaments that determine a champion must be sanctioned by the AHSAA.
3. Only certified coaches, participants, tournament workers are allowed on the floor at all regular season and tournament events. All others are restricted to the stands except for emergency situations. Violation of this rule will result in a deduction of team points or a penalty. Tournament directors and officials will be responsible for monitoring.
4. All coaches must enter their schedules and results into Trackwrestling, which can be accessed by logging into the Optimal Performance Calculator (OPC) and clicking the link to enter the team's schedule and results.

In order to get their NWCA (National Wrestling Coaches Association) Optimal Performance access codes, coaches must first register. To register, coaches must go online at www.nwcaonline.com or call the NWCA office at 717-653-8009.

All of the schedules will be in DragonFly and Trackwrestling.com for the start of the season so coaches can utilize the live scoring component. Live scoring should be utilized when available. Coaches will be able to access the scoring component by logging into the OPC at the start of the season.

5. All participants must be eligible under AHSAA rules.
6. All matches will be conducted under National Federation rules, including the conduct rules for participants. The conduct of coaches falls under the AHSAA Ejection Rule.
7. High school competition will be divided into 14 weight classes as follows (in pounds): 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285.
Junior high/middle school weight classes are: 75, 85, 95, 103, 112, 119, 125, 130, 135, 145, 155, 165, 175, 205 and heavyweight.
8. For the 2023-2024 season, girls' wrestling will be considered a pilot program and will be wrestled as a separate division. The girls division will be divided into 12 weight classes as follows (in pounds): 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235.
9. All officials' decisions are final and protests are not allowed. All expressions critical of officials' decisions are interpreted as unsportsmanlike and will subject the school, players and coaches to appropriate disciplinary action.

Alabama Wrestling Minimum Weight Program

All schools with wrestling programs must follow the provisions of the weight certification program established by the association for all wrestlers competing in varsity and junior varsity programs as mandated by the NFHS. The results of this process will be binding towards the eligibility of all wrestlers. Any school not following the required provisions of the weight certification program adopted by the AHSAA will be subject to penalty including a fine or probation or both.

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females will be mandatory for all high school wrestlers. The AHSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

I. ESTABLISHING MINIMUM WEIGHTS

- A. Bioelectrical impedance (BIA) measurements will be utilized to determine each wrestler's body fat percentage. They will be taken using the **Tanita TBF-300W Body Composition Analyzer**.

If the Tanita gives an "Error" reading on two consecutive readings with a wrestler, then skin fold measurements will be used to determine body fat percentage at that time. Lange calipers shall be used at three specific sites to measure skin fold (Lohman sites, Abdominal, Tricep, and Subscapularis).

- B. The BIA measurements will be preceded by hydration assessment. A wrestler must pass a specific gravity assessment with less than or equal to 1.025. If the wrestler fails the specific gravity assessment with greater than 1.025, the wrestler must rehydrate and wait at least 48 hours to retest. Digital fiber optic refractometers shall be used to determine hydration.

Provided the wrestler passes the hydration test, the results of his/her body composition assess-

ment will be entered into the NWCA weight certification internet calculator on the Initial Assessment Page of the NWCA website (www.nwcaonline.com). The internet calculator will automatically determine the wrestler's minimum competitive weight based on the parameters in I.A. above.

- C. Once a wrestler passes the hydration assessment at the site, the measurement process has begun. If a wrestler is removed at any point during this process after the hydration assessment is done, the wrestler's only option to complete the assessment process is via the appeal process. **A one pound clothes allowance will be configured in with the Tanita Scale measurement so that the wrestler shall wear a singlet or shorts made for wrestling during the process.**
- D. The lowest weight class in which a wrestler may compete will be determined as follows:
 - 1. If the predicted weight, at 7% body fat for males and 12% for females, (less 2% of that predicted weight) is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.
 - 2. If the predicted weight, at 7% body fat for males and 12% for females, (less 2% of that predicted weight) falls between two weight classes, they must wrestle at the higher weight class.
 - 3. Any male or female wrestler whose body fat percentage at the time of measurement falls below 7% male/12% female may wrestle at the weight class where their predicted weight (less 2% of that predicted weight) places them.
- E. Deadline Date (Minimum Wrestling Weight for Competition) is February 5, 2024. The deadline date determines if the wrestler will be able to reach his/her MWW. The deadline date minimum wrestling weight is calculated by using 1.5% of his/her body weight lost per week from the initial assessment to the deadline date.

II. TIME PERIOD FOR BIA MEASUREMENTS

- A. Regardless of when a wrestler first participates in a practice session, he/she may not compete at the varsity or junior varsity level (exhibition matches) until his/her minimum weight has been determined and his/her name and data have been entered into the NWCA program.
- B. BIA measurements (including all appeals) must be conducted on or after June 12, 2023 of this year and must be completed by January 5, 2024. All eligible athletes or those becoming eligible at the semester break must meet this requirement.
- C. The controlled weight loss starting date ("Alpha date") will be Saturday, October 6th. (The first practice date is October 23rd).
- D. If BIA measurements are completed after the first official practice date, the "alpha date" will be the date BIA measurements are completed.

III. WHO MAY CONDUCT MEASUREMENTS OF THE AHSAA WEIGHT MANAGEMENT PROGRAM?

Encore Rehabilitation Corporation has been approved to fill this need. The testing dates, sites and locations will be listed on the AHSAA website (www.ahsaa.com/sports/wrestling).

Pre-scheduled time slots will be used at all locations. A coach must contact Bridgett Henderson of Encore Rehabilitation Corp. at bhenderson@encorerehab.com to schedule a time slot for your team. The complete team and Coach shall arrive 30 minutes prior to your scheduled time slot in order to register. The Coach must bring a complete listing of the athletes names along with the complete payment for the team's processing fees.

IV. GROWTH ALLOWANCE

A two-pound growth allowance shall be added to each weight class after December 25th. The weight classes remain the same for the purposes of the weight management program.

For purposes of minimum weight class eligibility, the growth allowance may be used (ex. A wrestler whose MWW is between 106.1–108 would be eligible for the 106 weight class after the 12/25 growth allowance).

V. WEEKLY WEIGHT LOSS MONITORING USING THE NWCA OPTIMAL PERFORMANCE CALCULATOR (OPC) FEATURES:

All wrestlers will be limited to losing no more than 1.5% of their body weight per week as they make their descent toward their pre-determined minimum wrestling weight. The wrestler's assessment data which is entered into the NWCA OPC program generates an Individual Weight Loss Plan for each wrestler.

(Please refer to the AL Coaches Instructions: How to view an Individual Weight Loss Plan)

This rule will be monitored as follows:

A. At each weigh-in during the season, all coaches must present their team's pre-match weigh in form for that date of competition to the match/tournament host director/coach. The pre-match weigh in form proves the wrestler's eligible weight class for that date of competition. This form is created and printed using the NWCA OPC program.

(Please refer to the AL Coaches Instructions: Creating a Pre-Match Weigh in Form)

B. Post-match, all coaches will be required to finish their previously created weigh in form by entering/typing in their wrestler's actual weigh in weights and saving them using the NWCA OPC program. After each match the actual weigh in weights must be entered and saved prior to creating a new pre-match weigh in form for your next competition date.

(Please refer to the AL Coaches Instructions: Record Actual Weigh in Weights Post-Match)

C. It is required that this task is completed prior to your next competition date. The wrestler's actual weigh in weight data entered into this screen will be public information. Failure to enter the wrestler's actual weigh in weight post-match will result in a warning the first time. Any further violations will render all wrestlers ineligible to compete on the next date of competition.

D. In the event that any wrestler exceeds the 1.5% weekly weight loss rule and/or competes at an ineligible weight class, restitution must be served for all matches that the wrestler competed in as an ineligible athlete. Any further violation of the weekly weight loss rule may cause the athlete to be ineligible for the remainder of the season.

E. All Head Coaches of participating teams in dual meets and tournaments will be required to record their wrestler's actual weigh in weights post-match to be eligible for post season competition. All coaches will be required to present a pre-match weigh in form at their Section Tournament Seeding Meeting showing their wrestler's eligibility.

(Please refer to the AL Coaches Instructions: Creating a Pre-Match Weigh in Form)

VI. APPEAL PROCESS

Any wrestler may appeal their body fat composition calculations. A wrestler is not eligible to wrestle during an appeal. Any wrestler that does compete forfeits the right to appeal as the participation is considered as acceptance of weight certification. Results obtained at any step are automatically accepted. The athlete has no choice. The appeals form can be found online at ahsaa.com & the password is ahsaa7325. The steps of the appeal process are as follows:

A. First Appeal – A complete retest of wrestler by the same certified measurer of first test (Encore). Appeals must be done online on the wrestling page on ahsaa.com This must be done

within 4 days of measurement after the results have been posted on the website. There is a \$30 charge for this appeal payable to the measurer at time of retest. All appeals will be scheduled with Bridgett Henderson of Encore Rehabilitation Corp. (at bhenderson@encorerehab.com) at the Encore Decatur West Clinic or at the next appropriate scheduled testing site.

B. Second and Final Appeal

1. Second and Final Appeal – A complete retest of wrestler by the same certified measurer of first appeal test (Encore). Appeals must be done online on the wrestling page on ahsaa.com. This must be done within 4 days of measurement after the results have been posted on the website. There is a \$35 charge for this appeal payable to the measurer at time of retest. All appeals will be scheduled with Bridgett Henderson of Encore Rehabilitation Corp. (at bhenderson@encorerehab.com) at the Encore Decatur West Clinic.

C. Appeals Binding - All Appeals will be done with the results of these tests being completely binding.

VII. NUTRITION EDUCATION

Each school shall provide a nutrition education program for all wrestlers and parents. This should be done in a pre-season meeting of parents and student-athletes. In addition to information given out in the meeting, wrestlers and parents should receive an orientation on the functionality of the integrated nutrition component of the NWCA Weight Certification Internet Calculator Program. Once all of the assessment date is entered into the NWCA program, unique passwords will be automatically generated for each wrestler. This allows each wrestler to go home and build a customized diet that honors their weight loss plan.

VIII. COSTS

All member schools will be assessed a fee of \$30.00 payable to the NWCA in advance. In addition, \$25.00 per student-athlete will be assessed and made payable to Encore Rehabilitation Corporation in advance to help offset their costs. If a student athlete fails the hydration test, only a \$10 charge will be assessed for a retest. If you need to contact the NWCA for any reason, the phone number is 717-653-8009. If you need to contact Encore for any reason, the number is 256-784-5600.

Wrestling Officials Fees

See official's page found at ahsaa.com.

Wrestling Duals Championships

1. Format

Regional Coordinators will be responsible for scheduling a meeting on or before October 23rd to determine dual scheduling and tournament organization. The principal of the schools marked by * on the Wrestling Duals Alignment will serve as the regional coordinator.

Region matches must be completed by Monday, January 8, 2024. First round tournament pairings, site and time must be submitted to the state office by 10:00 a.m. on Tuesday, January 9, 2024.

Sections will be divided by Regions: 1A-4A, 6A will have 8 regions; 5A and 7A will have 4 regions

Teams must have a minimum of 8 out of the 14 weight classes in order to compete in Duals Competition.

The top 2 teams from each region will advance to championship play. In case of a tie the following tie breaking procedure will be used:

- a. If two teams are tied, head to head will be used
- b. If three or more are tied:
 1. Best record among matches of the teams that are tied
 2. Best record against highest region team, then second best, then third, etc.
 3. Greatest score differential among all teams combined
 4. Best record against non-region common opponents (opponent(s) each team wrestled) of all tied teams
 5. Coin toss (procedure determined at coordination meeting)

2. Championship Play – Any change must be approved by the AHSAA.

5A & 7A – Quarter-Finals will be Friday or Saturday, January 12 or 13

Semi-Finals & Finals will be on Friday, January 19

1A-4A & 6A – Preliminary and Quarter-Finals will be Friday and Saturday, January 12 and 13

Semi-Finals & Finals will be Friday, January 19

The TOP of the bracket will be the host team except the regional champion will host when both teams are from the same region.

Note: If both (all) teams agree, dates of preliminary rounds, quarter-finals may be played earlier with approval from the AHSAA office.

3. The Dual Matches that are scheduled as part of the Duals Tournament will not count against the total of 14 wrestling dates allowed. All Dual Matches in Section play will be counted. All qualifying dual matches must be completed by January 8, 2024 and results in AHSAA office by January 9, 2024 at 10 a.m.
4. All semi-final teams will qualify to wrestle at the crossplex. Semi-Finals, Consolation Finals, & Finals will be held at the Crossplex on Friday, January 19th.

Class 5A and 7A

Qtr Final Round
(Friday or Saturday Night)
8 Teams
January 12 or 13
Site: Host Schools

Final Four
(Friday)
4 Teams
January 19
Site: Birmingham Crossplex

Class 1A-4A and 6A

Qtr Final Round
(Friday or Saturday Night)
16/8 Teams
January 12 or 13
Site: Host Schools

Final Four
(Friday)
4 Teams
January 19
Site: Birmingham Crossplex

Dual Finals Schedule: TBA

Duals Tournament Information

1. Ticket prices for Preliminary & Quarter-Final will be \$8. Ticket prices for the Finals in Birmingham will be \$10.
2. Please confirm date, time and site of preliminary, quarter-final rounds to the AHSAA office by emailing Jeff Segars, Marvin Chou and Ken Washington (jsegars@ahsaa.com, mchou@ahsaa.com, and kWASHINGTON@ahsaa.com)
3. Host school is responsible for entering results in TrackWrestling as well as emailing results to Jeff Segars and Marvin Chou each round. (jsegars@ahsaa.com and mchou@ahsaa.com)
4. Officials will be assigned by District Directors.
5. Teams competing in the finals will have a brief head coaches meeting TBA
6. Live scoring should be utilized when available.

Championship Sports Calendar

Wrestling Section Tournaments

Sites: Birmingham and Montgomery

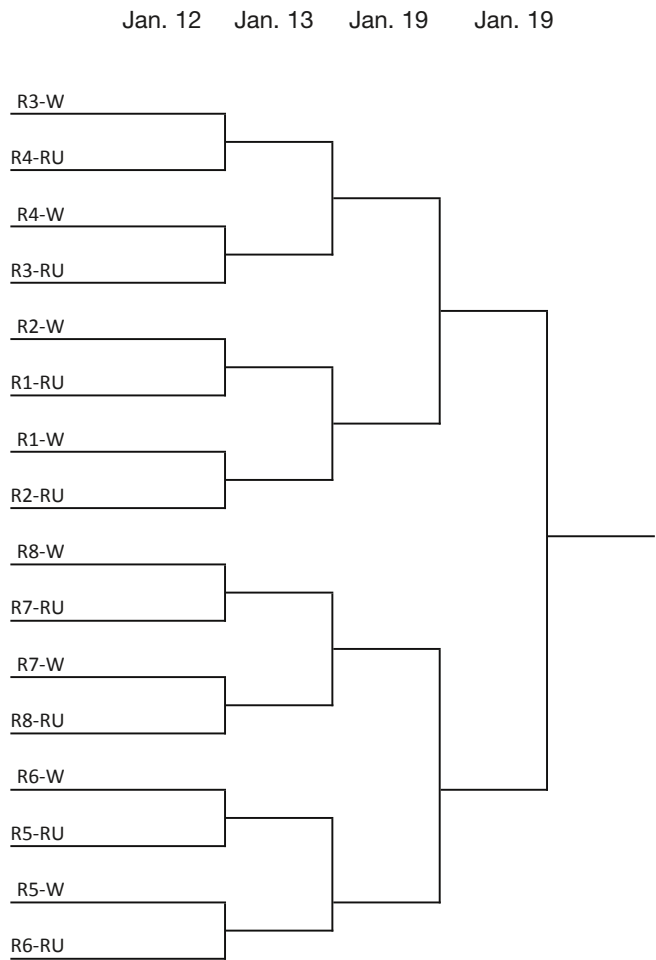
Dates: February 9 & 10

Wrestling State Tournaments

Site: Huntsville

Dates: February 15 thru 17

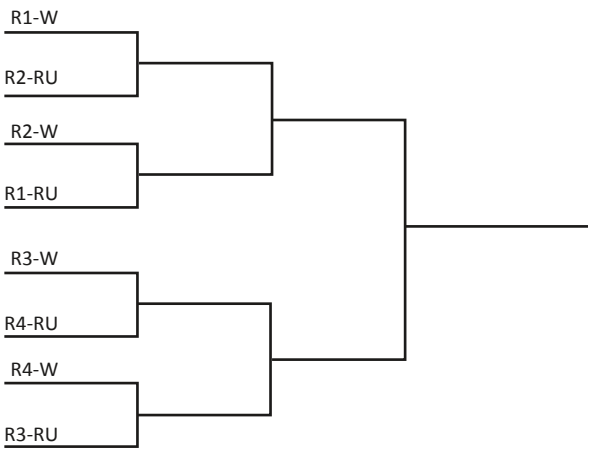
2024 Duals Tournament Bracket – 1A-4A and 6A



Home team top of bracket.
If two teams from the same region meet, the highest finisher in the regular season region play will be the host team.

2024 Duals Tournament Bracket – Class 5A and 7A

Jan. 12 or 13 Jan. 19 Jan. 19



Home team top of bracket.

If two teams from the same region meet, the highest finisher in the regular season region play will be the host team.

Super Section Tournaments

DATE: Feb. 9-10, 2024

SITES: South Super Section Tournament – Garrett Coliseum, Montgomery;
North Super Section Tournament – Bill Harris Arena at the CrossPlex,
Birmingham

ENTRY FEE: \$150 per team or \$30 per individual (payable to the AHSAA) must be submitted at the team sign-in table at the participants' entry gate PRIOR to a team's or individual's first match in the tournament.

** Any team that provides a mat to be used in the Super Section Tournament will not be required to pay an Entry fee for that tournament.*

ADMISSION: \$10 per day

COACHES' RESPONSIBILITY: Coaches of all teams participating in the Super Section tournament must immediately send a high resolution digital team photo and team roster (Excel format) to program coordinator Dennis Victory at AHSAA@cfxsports.com by Friday, Jan. 26, 2024.

SCHEDULE

	Times
Officials Meeting	TBA
Virtual Coaches Meeting	TBA

Bolded times are Set, all other times are approximate

FRIDAY	7:30-8:30	WEIGH INS (1A-4A, 6A, 7A)
	10:00	Championship Round of 32 (6 Mats)
	10:15	Consolation Round 1, Championship Round of 16 (6 Mats)
	12:30	Consolation Round 2/0, Consolation Round 3/1 (6 Mats)
	1:00	Championship Quarter Finals (6 Mats)
	3:30	Consolation Round 4/2 (6 Mats)
	5:00	Championship Semi-Finals (6 Mats)
	7:00	Consolation Quarter Finals (6 Mats)
SATURDAY	8:30-9:00	WEIGH INS (1A-4A, 6A, 7A)
	9:30	Consolation Semi-Finals (1A-4A, 6A, 7A) (6 Mats)
	11:00-12:00	WEIGH IN (5A)
	11:15	Placement Matches 5/6, 3/4 (1A-4A, 6A, 7A) (6 Mats)
	1:00	Championship Finals (1A-4A, 6A, 7A) (3 Mats)
		Championship Round of 16, Championship Quarter Finals (5A) (3 Mats)
	3:00	Consolation Round 2 (5A) (3 Mats)
		Championship Semi-Finals (5A) (3 Mats)
	4:30	Consolation Quarter Finals (5A) (6 Mats)
	5:30	Consolation Semi-Finals (5A) (4 Mats)
	6:30	Placement Matches 3/4, 1/2 (5A) (4 Mats)

Sectional and State Tournament Seeding

The brackets for each super section tournament will be seeded by the criteria listed below using the NWCA Wrestling program.

SECTIONAL TOURNAMENT SEEDING

To be seeded, a wrestler must have participated in a minimum of fifteen (15) varsity matches (not including forfeits and have a .500 record). Returning state qualifiers will be exempt from the minimum matches and will be qualified for seeding.

Section lineups are due in Trackwrestling by 11:59 p.m. CST on the Saturday before the super sections begin. Late entries may not be accepted. Coaches who fail to have their lineups in Trackwrestling by the deadline may cause their team to be excluded from the super section.

The seeding process is based on the data that coaches are required to record in Trackwrestling. Thus, it is the responsibility of the head coach to ensure the accuracy of all data that is recorded in Trackwrestling. A school that does not ensure that correct results have been recorded in Trackwrestling may be subject to a fine.

The seeding program compares each wrestler vs every other wrestler in the weight class using the below criteria. The seeding program then totals the seed points for each wrestler and ranks all seedable wrestlers. (Note: when two or more individuals are tied with seed points, the highest seeded individual will be determined by reapplying the seeding sequence criteria only to the tied wrestlers, thus breaking the tie.)

Seeding Criteria

Head-to-head
Common opponent
Returning Champion*
Returning Finalist*
Returning State Placement*
Returning State Qualifier*
Best winning percentage vs. in class and in state
Total number of matches won in class in state

Coin Flip

*From Alabama

Seeds will be released at Noon on Tuesday before Sectionals. If a coach feels there is an error in the seeding, the coach must complete the seed appeal form found on the wrestling page at ahsaa.com by Noon on Wednesday. The appeal must include specific rationale to justify the potential reseeding. The final seeds will be posted on Thursday morning before Sectionals.

STATE TOURNAMENT SEEDING

The 8 man and the 12 man brackets will be reseeded based on the most recent results. Head to head in the sectionals will be first criteria in the seeding process.

For the 12 man bracket, all wrestlers will be seeded 1-12. The top 8 seeds will be placed on the proper seed line in the bracket. Seeds 9-12 will be randomly drawn in the bracket. There will be 4 byes in the first round.

Seeding for the state tournament will be based on the most recent results. The seeding criteria that was used for the super sections will be used to seed the state brackets excluding criteria #6 (returning state qualifier) which will be removed from the criteria. Head to head in the sectionals would be the first criteria in the seeding.

State seed appeals will be done online. Appeals must include specific rationale to justify potential reseeding. Appeals will open on Monday at 7:30 a.m. and will close Monday at 7:30 p.m.

Any forfeit in the section tournament will be seen as a loss for seeding purposes.

GENERAL INFORMATION – CHAMPIONSHIP PLAY

1. In the section tournament, if a seeded wrestler cannot compete for any reason, any wrestler(s) seeded lower will be moved up to fill in the bracket. No wrestler may move a class after the entry deadline. Prior to the start of the super section meet, any wrestler submitted on the certification list may be used as a substitute in case of sickness or injury. If a substitute is used, the bracket for that weight class must be redrawn. After submitting a super section entry, a substitution may be made only at the position where the injury or sickness occurs.
2. In the section tournament, if a non-seeded wrestler cannot compete for any reason and no substitute is available, that place in the bracket becomes a bye and the bracket for that weight class must be redrawn.
3. Upon request, each coach must make available weigh-in charts, signed by a match official, for all wrestlers participating in the super section tournaments. Copies of score sheets may be used for dual meets and weigh-in charts can be used for tournaments.
4. Uniforms and weigh-in times will be in accordance with National Federation rules. In the section tournament, scheduled weigh-ins will be done by team by weight class. Certified scales shall be used.
5. Coaches should bring all previous weigh-in sheets to the super sections. Additionally, teams should bring a weigh-in sheet with them to sectionals. Teams are not required to provide a weigh-sheet at the state tournament.
6. All placement matches in the super sections and the state tournament shall be 2 minutes for each period.
7. If a wrestler is disqualified during the super section tournament for flagrant or unsportsmanlike conduct, that wrestler is eliminated from the super section and state tournament, all super section points are lost and no alternate will be used in the state tournament.
8. Officials for super section tournaments will be assigned by the State Office.
9. In the state tournament, the first six places in each weight class of classes 1A-4A, 6A, and 7A and the first four places in each weight class of class 5A will be scored. Medals will be given to the top four placers in each weight for all classifications.
10. In classes 1A-4A, 6A, and 7A super section, the top six finishers in each weight class will qualify for the state tournament in their division. In class 5A super section, the top four finishers in each weight class will qualify for the state tournament in their division. No alternates need to be determined. Medals will be given to the top four placers in each weight class. Medals will be picked up by head coaches.
11. An entry fee of \$150 per team and \$30 for an individual shall be assessed to meet expenses of the super section tournament.
12. Super section tournament admission is \$10 per session.
13. Two coaches in a corner. Wrestlers will not be allowed to sit in the corner. No one will be sitting "matside" with the exception of cheerleaders or newspaper personnel/photographers. Cheerleaders are to sit on sides of mats so as to not obstruct view from the bleachers. Only one certified athletic trainer per team may sit matside.
14. Only wrestlers who participated in sectionals (qualifiers and non-qualifiers) will be admitted through the Pass Gate. A qualifying team that does not compete in the state tournament until the second day may be admitted as a team on the first day of competition. All other coaches, principals, superintendents and their spouses will be admitted upon presentation of proper professional cards honored by the AHSAA. A maximum of 12 varsity cheerleaders (in uniform) will be admitted for the sessions in which their team is participating.

State Tournament

DATE: Feb. 15–17, 2024

SITE: Huntsville—Von Braun Center

DIRECTOR: Mark Russell

Phone: 256-427-6749. Fax: 256-427-6757

Email: mark.russell@huntsvilleal.gov

ADMISSION: \$12 per day

TEAM ADMISSION: Only wrestlers who participated in sectionals (qualifiers and non-qualifiers) will be admitted through the appropriate Pass Gate. A qualifying team that does not compete in the state tournament until the second day may be admitted as a team on the first day of competition.

MEDIA REQUESTS AND BROADCASTS: See Media link on the AHSAA website (www.ahsaa.com).

DIVISIONS: 1A-4A, 5A, 6A, 7A

SCHEDULE:

Bolded times are Set

THURSDAY	12:00	OFFICIALS' MEETING
	1:00	COACHES' MEETING
	1:30-2:30	WEIGHIN (1A-4A, 6A, 7A) SHOULDER TO SHOULDER
	3:00	Championship Round of 16 (1A-4A, 6A, 7A) 8 Mats
	15 MINS AFTER END OF ROUND OF 16	Championship Quarter Finals (1A-4A, 6A, 7A) 8 Mats
FRIDAY	7:30	COACHES' MEETING (5A)
	8:00-9:00	WEIGHIN (ALL CLASS, SHOULDER TO SHOULDER)
	9:30	Consolation Round 2 (1A-4A, 6A, 7A) 2 Mats per class Championship Quarter Finals (5A)
	1:00	BREAK Championship Semi-Finals (ALL CLASSES) 2 Mats per class Consolation Quarter Finals (ALL CLASSES) 2 Mats per class BREAK
	START 30 MINUTES AFTER CONS 1/4'S	Consolation Semi-Finals (ALL CLASSES) 2 Mats per class
SATURDAY	8:00-8:45	WEIGHIN (ALL CLASS, SHOULDER TO SHOULDER)
	9:00	Placement Matches 3/4 (All Classes), 5/6 (1A-4A, 6A, 7A) BREAK
	12:00	Championship Finals (4 MATS)

RULES: The tournament will be governed by AHSAA and National Federation rules.

UNIFORMS: In accordance with Rule 4-1 of the National Federation rules.

COACHES MEETINGS: TBA

ENTRIES: In Classes 1A-4A, 6A and 7A, six participants per weight class will qualify from each super section. In Class 5A, four participants per weight class will qualify from each super section. If a qualifier is scratched prior to the tournament, the other qualifiers will remain in the positions earned at the super section meet.

FORMAT: In classes 1A-4A, 6A, and 7A qualifiers from each super section will be reseeded. The last four seeded wrestlers will be randomly drawn in the bracket.

In class 5A, the top four finishers in each weight class from each super section will be reseeded.

SCORING: The first six places in each weight class of classes 1A-4A, 6A, and 7A and the first four places in each weight class of class 5A will be scored.

ELIGIBILITY: Participants must be eligible under AHSAA rules.

OFFICIALS: Assigned by the State Office.

AWARDS:

- (a) Trophies to the team winner and runner-up in each division
- (b) Medals to first four places.
- (c) Plaques to the Most Valuable Wrestler

It is the expectation of the AHSAA that all athletes and coaches display excellent character and sportsmanship during awards presentations. Failure to respond accordingly will result in a monetary fine and possible probation and/or suspension.

Awards will be made at the conclusion of each championship final.

1. State qualifiers, two team coaches, one manager (manager will not have floor access) per team and one scorer per team will be admitted through the Skate Lobby entrance of the Von Braun Center. All non-qualifying wrestlers will be admitted through the Pass Gate located in the Main Lobby of the Von Braun Center Arena. All other coaches, principals, superintendents and their spouses will be admitted upon presentation of proper professional cards honored by the AHSAA.

A maximum of 12 cheerleaders (in uniform) will be admitted for the sessions in which their team is participating through the Pass Gate in the Main Lobby of the Von Braun Center Arena.

2. Weigh-ins with certified scales will be conducted each day of the tournament in accordance with National Federation Rules. The shoulder-to-shoulder weigh-ins will be conducted by class at designated times. All wrestlers must be present in the weigh-in area at their designated time.
3. If a qualifier fails to meet weight requirements, the qualifier will be forfeited out of the tournament and the first round opponent will receive forfeit points.

Super Section Alignment

Class 1A-4A

SOUTH

Alabama School for the Blind
American Christian Academy
Anniston High School
Bayshore Christian School
Bayside Academy
Beulah High School
Cleburne County High School
Escambia County High School
Houston Academy
J.U. Blacksher
Mobile Christian
Montevallo High School
Montgomery Catholic School
Northside Methodist Academy
Oak Grove High School
Orange Beach Middle/High School
Prattville Christian Academy
Ranburne High School
Reeltown High School
Saint James High School Saks High School
Satsuma High School
T.R. Miller High School
Thomasville High School
W.S. Neal High School Walter
Wellborn High School

NORTH

Ashville High School
Brooks High School
Cherokee County High School
Corner High School
Deshler High School
Dora High School
Fultondale High School
Indian Springs
Madison County High School
New Hope High School
Ohatcee High School Piedmont
High School Pleasant Valley
High School Randolph School
Southeastern School
St. John Paul II Catholic School
Susan Moore High School
Weaver High School
West End High School
Westminster Christian Academy
White Plains High School
Wilson High School
J.B. Pennington High School

Class 5A

SOUTH

Beauregard High School
Brewbaker Tech. Magnet High School
Charles Henderson High School
Demopolis High School
Elberta High School
Elmore County High School
G.W. Carver High School
Gulf Shores High School
Holtville High School
John Carroll Catholic School
Leflore High School
Marbury High School
Ramsay High School
Shelby County High School
Tallassee High School
Valley High School

NORTH

A.P. Brewer High School
Alexandria High School
Arab High School
East Limestone High School
Hayden High School
Jasper High School
Leeds High School
Lincoln High School
Moody High School
Saint Clair County High School
Scottsboro High School
Southside High School, Gadsden
Springville High School

Class 6A

SOUTH

Baldwin County High School
Benjamin Russell High School
Brookwood High School
Carver Senior High School
Chilton County High School
Helena High School
Homewood High School
Hueytown High School
McAdory High School
Minor High School
Mountain Brook High School
Northridge High School
P. D. Jackson-Olin High School
Park Crossing High School
Paul Bryant High School
Pelham High School
Pike Road High School
Robertsdale High School
Russell County High School
Saraland High School
Spanish Fort High School
Stanhope Elmore High School
Wetumpka High School

NORTH

Athens High School
Buckhorn High School
Center Point High School
Clay-Chalkville High School
Columbia High School
Decatur High School
Fort Payne High School
Gadsden City High School
Gardendale High School
Hartselle High School
Hazel Green High School
Huffman High School
Lee High School
Mae Jemison High School
Mortimer Jordan High School
Muscle Shoals High School
Oxford High School
Pell City High School
Pinson Valley High School
Shades Valley High School

Class 7A

SOUTH

Alma Bryant High School
Auburn High School
Baker High School
Central High School, Phenix City
Daphne High School
Davidson High School
Dothan High School
Enterprise High School
Fairhope High School
Foley High School
Jeff Davis High School
Mary G. Montgomery High School
Opelika High School
Prattville High School
Smiths Station High School

NORTH

Albertville High School
Austin High School
Bob Jones High School
Chelsea High School
Florence High School
Grissom High School
Hewitt-Trussville High School
Hoover High School
Huntsville High School
James Clemens High School
Oak Mountain High School
Spain Park High School
Sparkman High School
Thompson High School
Tuscaloosa County High School
Vestavia Hills High School

2022-2024 Wrestling Duals Regions

7A – 4 Regions

Region 1	Region 2	Region 3	Region 4
Foley	Central, Phenix	* Hoover	Grissom
Fairhope	City	Vestavia Hills	Sparkman
* Daphne	Enterprise	Chelsea	Huntsville
Davidson	Opelika	Hewitt-Trussville	* Bob Jones
Mary G.	Dothan	Tuscaloosa County	James Clemens
Montgomery	* Smiths Station	Oak Mountain	Florence
Baker	Prattville	Spain Park	Austin
	Auburn	Thompson	
	Jeff Davis		

6A – 8 Regions

Region 1	Region 2	Region 3	Region 4
Saraland	Wetumpka	Brookwood	Hueytown
Robertsdale	Pike Road	Helena	* Mountain Brook
Baldwin County	Carver Senior	Northridge	Homewood
* Spanish Fort	Russell County	Paul Bryant	Minor
	Stanhope Elmore	* Pelham	P. D. Jackson-Olin
	* Benjamin Russell	McAdory	
Region 5	Region 6	Region 7	Region 8
Huffman	* Oxford	Hartselle	Fort Payne
* Gardendale	Shades Valley	Muscle Shoals	* Hazel Green
Mortimer Jordan	Clay-Chalkville	Decatur	Buckhorn
Pinson Valley	Gadsden City	Columbia	Lee
Center Point	Pell City	* Athens	Mae Jemison

5A – 4 Regions

Region 1	Region 2	Region 3	Region 4
Charles Henderson	Holtville	* Moody	* Arab
Elberta	Shelby County	Jasper	Southside, Gadsden
Demopolis	Ramsay	Leeds	A.P. Brewer
Brewbaker Tech.	John Carroll	Lincoln	Douglas
Magnet	Catholic School	Saint Clair County	Alexandria
* Gulf Shores	Valley	Springville	East Limestone
	* Beauregard	Hayden	Scottsboro
	Tallassee		
	Elmore County		
	G.W. Carver		

* Regional Coordinator: School Principal is responsible for dual scheduling

Regional Meeting shall be held on or before Oct. 23 to determine regional scheduling. The meeting may be held electronically.

1A-4A – 8 Regions

Region 1

W.S. Neal
Escambia County
Satsuma
Bayside Academy
Orange Beach
Middle/High
* Bayshore Christian
School
T.R. Miller

Region 2

* Montgomery
Catholic School
Saint James
Houston Academy
Northside Methodist
Academy
Beulah
Reeltown
Prattville Christian
Academy

Region 3

* Montevallo
American Christian
Academy
Oak Grove
Alabama School
for the Blind
Thomasville

Region 4

Cleburne County
Walter Wellborn
Anniston
Saks
* Ranburne

Region 5

* Fultondale
Dora
Corner
Ashville
J.B. Pennington
Southeastern

Region 6

Weaver
Pleasant Valley
Ohatchee
White Plains
* Piedmont

Region 7

Cherokee County
Madison County
* New Hope
Susan Moore
Randolph School
West End

Region 8

Westminster
Christian Academy
St. John Paul II
Catholic School
* Deshler
Wilson
Madison Academy