

## 59th ANNUAL 2025-26 CIAC WRESTLING INFORMATION

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### TOURNAMENT ALERT

- Weight certification for each wrestler must be completed prior to their first competition but not before December 1, 2025. (See notes regarding appeal process.)
- Each wrestler is required to have at least 33% of their weigh-ins during the season at or below the minimum weight they will wrestle during the state tournament series. Quad match equals one weigh-in. A two-day tournament also counts as 1 weigh-in. The maximum number of weigh-ins is 18, corresponding with maximum number of events.
- CIAC has adopted new season limits for teams and wrestlers. The details are in this packet, and are applicable to all wrestlers and all events. Season and weekly limitations must be adhered to for all wrestlers at all levels, including female wrestlers who may be opting to compete in co-ed events with their team, as well as “girls only” events.
- **Reminder for 2025-26: Conference tournament matches and out-of-state matches vs competitors from all New England states and New York WILL be counted for seeding records. Prep school matches and matches against teammates do not count for seeding purposes, as well as weight classes that are NOT sanctioned in the state in which the event is conducted (i.e., 98 pounds in a CT tournament). The only additional exception is for any wrestler who has more than two (2) losses against the same opponent. In Flo results, simply mark those matches as non-varsity.**
- **THE LAST DATE TO COUNT FOR TOURNAMENT WILL BE SUNDAY, FEBRUARY 15, 2026 (allowing for potential postponement of a conference tournament due to weather).**
  - 1) Tournament MUST BE COUNTED within seasonal limitations (see new information about “Season Limits”) and meet all the requirements listed in Section B of the CIAC Handbook (below in bold letters).
  - 2) Tournament results DO count toward season records (in Flo, event and matches will be checked as “varsity”).
  - 3) Tournament DOES count toward weigh-in requirements of 1/3 at lowest weight class (please note that although the conference tournament may be a two-day event with NFHS rules requiring a second day weigh-in, the EVENT counts as 1 weigh-in).
- **ALL TICKET SALES FOR CIAC TOURNAMENT GAMES WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETING.**
- **SCHOOLS SENDING DIFFERENT WRESTLERS TO MORE THAN ONE VARSITY COMPETITION ON THE SAME DAY MUST MAINTAIN WEEKLY AND SEASONAL LIMITATIONS FOR INDIVIDUAL WRESTLERS.**

**WEIGHT CERTIFICATIONS** -- Schools should be aware that a wrestler's weight certification date will be the date his/her information is submitted via the online system. If a school does its measurements on a Friday but does not enter the information until the following Tuesday, the certification date will be on the Tuesday and the allowed weight loss timetable will start in the week containing the Tuesday. Remember that being certified on any day in a week counts the same as far as the timetable is concerned, so if measurements are done early in a week it will allow for more time to have them entered without negatively affecting athletes ability to lose weight.

**WEIGH-IN FORM** – CIAC HAS DEVELOPED A VERSION OF THE WEIGH-IN FORM ONLINE WHICH HAS THE ATHLETE'S NAME PRE-PRINTED ALONG WITH THEIR ALLOWED MINIMUM WEIGHT FOR THE WEEK. A COPY OF THE APPROPRIATE WEEK'S FORM MUST BE BROUGHT TO EACH MEET BY THE COACH OF THE PARTICIPATING SCHOOLS.

**TRANSGENDER PARTICIPATION QUESTIONS REGARDING MINIMUM BODY FAT PERCENTAGE REQUIRING A MEDICAL RELEASE FORM** – Questions with minimum body fat percentage requiring a medical release form for a transgender student-athlete participating in the sport of wrestling should be directed to the CIAC office (203) 250-1111 through a school administrator – Principal, Assistant Principal, or Athletic Director.

**MEDICAL RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION** – The form expires fourteen (14) days after the earliest date the student may return to participate. If the post-season tournament falls on day 14, the note is good for the entire event.

**MANDATORY PRE-SEASON COACHES MEETING** – Monday, November 17, 2025 – 6:30 p.m. – CIAC Office – Room C-1. Due to space limitations, head coaches only please. If head coach is unable to attend, an assistant coach may represent your school. First year coaches must attend in person. All other coaches are encouraged to attend in person. A Zoom meeting link will be provided to head coaches who indicate they are unable to attend.

**TOURNAMENT COACHES ATTIRE** -- The following dress requirements are in effect for the 2026 CIAC wrestling tournament: NO jeans are permitted while a coach is in a wrestler's corner; no hats or head wear is permitted (unless in accordance with religious beliefs); no shorts or sweat pants are to be worn and t-shirts as an outer garment are not permitted.

**TOURNAMENT COMPETITOR'S ATTIRE** -- Only CIAC member school names are permitted on uniforms; club team names, etc. are prohibited.

**TOURNAMENT COACHING** -- During CIAC tournament competition, a maximum of two team personnel (CIAC certified coaches representing and authorized by that school and/or non-participating contestants) will be permitted on chairs at the edge of the mat.

**SCRIMMAGES** – Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. Sunday practices may be counted to fulfill the 10-day requirement.

**SUBMIT REGULAR SEASON SCORES** -- In order to ensure that standings and rankings on both the CIAC's web sites and other sites which draw their data from us are timely and accurate, all regular season scores must be entered online on the day of the event as soon as possible following the game's completion. **Results must also be entered in the Flo Wrestling portal, as that data will be used for seeding purposes.**

- Scores must be entered on the new CIAC website at <https://ciac.fpsports.org/>.
- In the lefthand column select “Schedules – High School”.
- At the top of the page select the school and “Wrestling Varsity” as the sport, then the team’s schedule will be displayed.
- Click on the green score entry button to make the entries.
- Only logged in users with security permission to enter scores for this sport will see the score entry button for their school’s meets.
- The system will display a score entry screen that is specific for wrestling.
- Enter the team scores.

**STUDENTS WITH SPECIAL NEEDS** -- Coaches are reminded to inform contest officials prior to each competition of any student with special needs who could be competing in the contest when his/her disability could impact the individual’s performance or the conduct of the competition.

**CIAC TOURNAMENT SITE MEDIA POLICY** -- The CIAC places tremendous value on the role the media plays in promoting and highlighting high school sports. To that purpose CIAC tournament venues and hosts should make every effort to provide a working environment conducive to all media (print, broadcast and internet based) covering our events. The following are **minimum standards**, developed in consultation with the CIAC Media Advisory Committee, which should be provided for working media at all CIAC tournament sites:

1. A minimum of one hour following the conclusion of post-game interviews to write in the press box, press area or a suitable facility in close proximity to the site of the event (i.e. office, classroom, etc.)
2. Access to electric power (shared power strip, etc.)
3. Access to wireless internet service

Site directors should communicate these requirements to any staff person who may be responsible for the administration of the event. If for some reason a site will not be able to provide these items for a contest, a site representative should inform the CIAC in advance and work with the media on-site before the game and work to provide a reasonable solution to the issue. Members of the media who will be covering events are directed to contact the appropriate site as far in advance as possible to inform them they will be at the event and discuss what arrangements will be made for working media at the site.

**UNMANNED AERIAL SYSTEMS AT CIAC-SANCTIONED EVENTS** – The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any person(s) at all CIAC-sanctioned events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium / field / arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

### **2025-26 NFHS WRESTLING RULE CHANGES**

**Modified an optional random draw (1-2-2)** – This change aligns with flexibility and allowing states to choose how to determine the starting weight class for dual meets. They have the option to start duals at the lowest weight class and proceed sequentially or the random draw of weight classes.

**Modified how the school name and other associated school marks can be applied on the uniform (4-1-2)** – This is a universal rule change approved for all NFHS rules publications.

**Modified the restriction on leg sleeve(s) (4-3-5)** – This change permits wrestlers to wear a leg sleeve without built-in pad.

**Clarified how a technical fall is scored (5-11-2c, 5-11-4)** – This rule change defines when a technical fall shall be awarded and eliminates any confusion between a pinning situation and near-fall criteria. This rule change will also clarify when a match shall be stopped to award the technical fall. By adding the near fall to this rule it will make the near fall consistent with the takedown or reversal that creates the 15-point advantage.

**Modified an illegal hold/maneuver (7-1-5n)** – This rule change seeks to clarify language regarding the leg block or “cut-back”. When applied, the hold/maneuver can cause significant injury to the defensive wrestler’s lower extremities.

**Modified use of an illegal hold/maneuver (7-3-3)** – Locking hands and including a leg in the clasp around the trunk of the body is the same as locking hands with an arm included.

**Clarified some Official Signals (Official Wrestling Signals)** – Deleted one of the signals for the Referee’s Time-Out and adjusted two other signals (No Control and Near Fall).

### **2025-26 Wrestling Points of Emphasis**

See NFHS Link <https://nfhs.org/resources/sports/wrestling-points-of-emphasis-2025-26>

- Use and Necessity of the NFHS Wrestling Skin Lesion Form
- Coach Misconduct Penalty – Consequences
- NFHS Official Wrestling Signals – Out-of-Bounds

## CIAC WRESTLING RULES INFORMATION FOR 2025-26

1. Only institutional members of the Conference may enter these tournaments.
2. Matches with non-members of state association schools will not be considered in the seeding (i.e. "Prep schools"). Matches with out-of-state schools from New England and New York WILL count for seeding. Matches against teammates (in events that allow double entries) **WILL NOT COUNT**.
3. The 2026 CIAC Wrestling Tournament will be operated in four (4) divisions. Placement of schools has been based on the 2024-25 boy enrollment in grades 9-12 and the actual entries the year before. **A listing of tournament divisions is available on the wrestling page at [ciacsports.com](http://ciacsports.com).**

LL – 697 and over      L – 524 to 696      M – 364 to 523      S – up to 363

4. An **Open Tournament** will be held a week after the division tournaments. Open Meet participants will be composed of the top six (6) wrestlers in each weight class.
5. a. In compliance with the 2025-26 National Federation Rule Book each wrestler shall be required "to establish his certified weight via a state association weight control program." **DETAILED INSTRUCTIONS OUTLINING THE CONNECTICUT WEIGHT CONTROL PROGRAM ARE INCLUDED WITH THIS TOURNAMENT INFORMATION.**
- b. Wrestlers who have not been weight certified by the CIAC weight control program are ineligible to participate in interscholastic wrestling meets or tournaments. **UNCERTIFIED WRESTLERS MUST NOT COMPETE, INCLUDING ANY WRESTLER WHO IS APPEALING INITIAL CERTIFICATION (See below). INELIGIBLE WRESTLERS MAY NOT COMPETE.**
- c. **Weight Class in State Tournament** – Each wrestler is required to have at least 33% of his weigh-ins during the season at or below the minimum weight they will wrestle during the state tournament series. Any and all weigh-ins for varsity competitions do count, except matches conducted after the last date to count (February 15, 2026).
6. a. To be eligible to compete in the divisional tournaments each school team must have competed in at least **eight (8)** varsity meets during the 2025-26 season, and each wrestler must be entered in a weight class consistent with the findings of the weight control program.
- b. **Entry fee – One person teams** - \$100.00. **Teams with four or more wrestlers** - \$100 per team plus \$10.00 for each wrestler entered as well as each alternate entered. Teams will be permitted to enter a maximum of fourteen wrestlers and fourteen alternates – maximum per team \$300.00. All those above the twenty-eight wrestlers and alternates permitted will pay the normal admission fee. Entry must be mailed to CIAC, 30 Realty Drive, Cheshire, CT 06410.

### **CIAC Late Entry Policy**

- **No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.**
- Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**
- Numerous member schools were late in submitting tournament rosters to CIAC, which resulted in fines, as well as teams and wrestlers being left off of tournament apparel. Other schools failed to enter accurate win/loss records matching their Flo results.

**Tournament Regulation Violations** – If a school fails to comply with tournament regulations and such requires the CIAC tournament sports committee, central office staff, or the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation fee of \$500 will be imposed upon the school before entry into the tournament will be allowed.

7. Competition during the regular season, state tournaments, and the New England Tournament, will be held in the following weight classes: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285.
8. **Awards** – Medals will be awarded in each Division Tournament and in the Open to the first, second, third, fourth, fifth and sixth place winners in each class. Plaques will be given to the winning team and the second place team in each Division and the Open Tournament. **MEDALISTS MUST BE PRESENT AT AWARDS CEREMONY TO RECEIVE AWARDS.**
9. **Team Scoring** – Will be according to National Federation Rule Book.
10. **Rules** – All bouts will be governed by the National Federation Rules for 2025-26.
11. **Medical Examination** – At the time of weighing in for all tournaments the designated on-site health-care professional must be present to examine all contestants for communicable diseases and shall disqualify any contestant who in his/her judgment will endanger other contestants. The health-care professional's decision is irrevocable. (Health Care Professionals – A.R.P.N., Physician's Assistants, M.D.'s, D.O.'s)

**Rule 4-2-4 reads as follows** – If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition.

**Rule 8-2-5 reads as follows** – A designated, on-site, appropriate health-care professional who determines a wrestler should not participate, shall not be overruled.

12. **Admission Prices \* (Per day) (Subject to change)**

Children five (5) and under	Free
Senior Citizens (age 65 and older)	\$5.00
Students (Grades 1-12)	\$5.00
Adults (All others not in the above categories)	\$10.00
Military in uniform or with ID	Free

All ticket sales for CIAC tournament games will be sold and redeemed via digital ticketing.

13. **Tournament Dates**

Division Finals	February 20, 21, 2026
Open	February 27, 28, 2026
New Englands	March 7, 8, 2026 (Saturday/Sunday)

14. **Postponement Schedule** – Check CIAC web page and local radio, TV and newspapers.

**Divisional Championships**

- a. If the Divisional Championships have to be postponed on Friday, the Divisional Championships will be conducted on Saturday and Sunday. Times TBA.

- b. If the Divisional Championships have to be postponed on Saturday, after Friday's session was held, the remainder of the Championship will be conducted on Sunday— starting at 12:30 p.m.
- c. The Open Championship postponement will be the same format as the divisional.

## 15. Tournament Sites and Starting Times

LL -- **Trumbull High School**

Meet Director – Mike King  
 Cell – (203) 610-2084  
 Email – [kingm@trumbulps.org](mailto:kingm@trumbulps.org)

L -- **Wilton High School**

Meet Director – Bobby Rushton  
 Cell – (203) 803-8679  
 Email – [rushtonr@wiltonps.org](mailto:rushtonr@wiltonps.org)

M -- **Guilford High School**

Meet Director – Bob Swan  
 Cell – (203) 641-2838  
 Email – [rswan@east-haven.k12.ct.us](mailto:rswan@east-haven.k12.ct.us)

S -- **Killingly High School**

Meet Director – Dave Nowakowski  
 Cell – (860) 705-2629  
 Email – [nowakowski@sbcglobal.net](mailto:nowakowski@sbcglobal.net)

Open -- **Floyd Little Athletic Center Fieldhouse, New Haven**

Meet Director – Dave Nowakowski  
 Cell – (860) 705-2629  
 Email – [nowakowski@sbcglobal.net](mailto:nowakowski@sbcglobal.net)

**Open Starting Time** – Friday – Estimated 3:00 p.m. / Saturday – Estimated 9:00 a.m. (Times subject to change)

**New England -- Providence, RI**

## 16. Season Limitations – NEW for 2025-26

**Season (and season limits) INCLUDES conference tournaments** and therefore extends the “last date to count” to include the weekend prior to the state class tournaments. For the 2025-26 season, practice may begin Monday, December 1, with first contest Monday, December 15 and last date to count Sunday, February 15 (providing 9 weeks of regular season competition dates).

See sample schedule calculator on the CIAC wrestling website.

**Summary:** Season limits for teams and individuals are as follows:

- Up to 18 total competitions including conference tournament.
- Up to 7 individually bracketed tournament events including conference tournament.
- Up to 9 multi-point events (quads, individually bracketed tournaments, dual tournament/round robin, any two-day events) including conference tournament.
- 40 total points for the team or for an individual wrestler (see “points” below).

Details:

- 1) A maximum of 18 total event competitions and 18 weigh-ins. A multi-day event counts as one weigh-in and one event.
- 2) A maximum of two (2) events and two (2) weigh-ins per any week. (Exception permitted for snowed out matches that are rescheduled, but the new ability of holding a “double dual” or tri-meet that does NOT count as a true “multi” may reduce the need for a weather rescheduled match to require three events in one week).
- 3) The “last date to count” includes all conference tournaments, extending it to include the weekend prior to the state divisional meets.
- 4) A maximum of 9 total multi-point events that are assessed two or more points (see below), **including conference tournaments**.
- 5) A maximum of 7 individually bracketed tournaments **INCLUDING ANY CONFERENCE TOURNAMENTS**. This maximum of 7 also includes **ANY multi-day tournaments**, whether individually bracketed or two-day “dual team event”.
- 6) Any two-day event, whether individually bracketed or a dual team event also counts toward the limit of 7 individually bracketed events, **and is allocated 5 points**. AN EXCEPTION is made such that **ANY CONFERENCE TOURNAMENT** is allocated three points, whether the duration of the event is one or two days. *Note: Points assessed for each event are detailed in the next section.*
- 7) A maximum of four (4) “double duals/tri-meets” are permitted and are allocated only one point – see details below.
- 8) **A maximum of 40 total “Points” for the season for any team or any individual wrestler** (see below for point values).

Point Values Assessed for Each Event Type:

- a. **Dual Meet** (two teams only – one round of wrestling) – **1 point**
- b. **Double Dual or Tri-Meet** (three – four teams, a maximum of two matches per team – this is NOT a full quad match) – **1 point** (a maximum of four double duals/tri-meets allocated as “1 point” permitted per season)\*
- c. **Quad Meet** (four teams / three rounds) – **2 points** (maximum of three rounds, a maximum of three matches per team). No more than four teams are attending a quad meet.
- d. **Dual Team Tournament or Dual Meet Team Round Robin** (any dual team format with more than four teams, with a maximum of five matches per team per day) – 1 day event – **3 points**. Note: While NFHS rules now permit six matches per day, the intent of this rule change was to allow third place and fifth place matches to be conducted in a 16-wrestler bracket in one day, so while a sixth match **IS** permitted at an individually bracketed tournament, **it IS NOT permitted under CIAC rules to allow for six matches for a team in a one-day dual meet situation**. However, if there are any collaborative (one-man teams) in attendance with their “host” school, it is permissible for **an individual wrestler** to wrestle a maximum of six matches on that day.
- e. **Individually Bracketed Tournament** (one-day event) – **4 points**. These one-day tournaments are intended to be for 16 wrestlers or less in each bracket. If greater than 16 wrestlers, there is a considerable chance that some wrestlers will reach the six-match limit prior to the end of the event. Any violation of the six-match rule will result in sanctions against the team and the individual wrestler. **It is the coach’s responsibility to ensure this rule is not violated.**
- f. **ANY Multi-Day Tournament** (either individually bracketed or dual team format) – **5 points**. Note that the maximum number of matches that may be wrestled over two consecutive days is 10. Any two-day event counts as one event and one weigh-in for purposes of the 33% rule.
- g. **Conference Tournament** (whether one or two days) are counted as **3 points** (and these results count toward individual wrestler’s records for see point calculations).

Additional Notes Regarding Double Duals and Tri-Meets:

Teams are permitted up to four “double duals” or tri-meets that are charged only 1 point and may be scheduled on any day, including on a day preceding a school calendar day. Please note that this format allows four teams to compete in two rounds of wrestling (**four teams will require two mats**), and team match-ups **must be pre-determined** (i.e. A v B and C v D then A v C and B v D), not based on “winners vs winners”. **This is NOT a**

**full quad meet, as there is no third opponent permitted for a team or individual.** An **earlier start time is encouraged**, if possible. These “double duals” or tri-meets are intended to specifically accommodate small programs that often struggle to get matches for many of their wrestlers in a standard dual format due to the preponderance of forfeits. Due to time constraints on a school night, not only should an earlier start time be utilized but **if a double dual or tri is being utilized by full-roster teams, an extra mat for any JV matches should be utilized**. A full tri-meet between full-rostered teams is **not recommended for mid-week school night competitions**, unless able to start early (i.e. 4:00 p.m.). Please note this exception also allows teams to make up a scheduled dual match that was canceled due to weather by joining in on an existing dual match while still maintaining weekly limits. In addition, it permits teams to provide an opponent for “collaboratives” (formerly known as “teams of 1”). However, while this DOES permit a second match for any wrestler at a tri or double dual, it DOES NOT permit a third match for a team or individual, or the event will be considered a quad meet and assessed 2 points for teams and individuals.

These limitations apply to teams and individuals, encompassing all events at all levels, including those that fall under the “elite event” category, girls events, JV tournaments or the new “JV exception”. CIAC strongly encourages teams to either schedule a “bye” on a minimum of one weekend during the season, or at least consider a Friday night tri-meet or quad replacing a full-day Saturday multi-team tournament event during at least one weekend of the season. Coaches are reminded that while wrestlers may participate in events at different levels of competition (i.e. a varsity tournament, a JV tournament or a girls only tournament), each individual wrestler must adhere to these weekly and season limits, as well as meeting the requirement of not practicing/competing seven (7) consecutive days. For purposes of the two events per week, the CIAC “week” starts on Sunday. For a weigh-in to count toward the 33% rule, the wrestler should be entered in that competition (and there can be no more than 18 total weigh-ins, and no more than two in a week for any individual).

17. If the tournament sponsor considers the tournament varsity level, all participants must consider it a varsity competition.

In multi-dual events, the sequence determined by the draw will be followed for that day’s subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round.

If a dual meet or a multi-meet is cancelled because of weather, participants in that cancelled meet may reschedule a dual meet or a multi-meet, and the rescheduled event may be against any CIAC member school, or other states association wrestling teams.

18. **Rules for Elite High School Individual Wrestlers and JV Teams Attending Varsity Level Tournaments – NEW**

**Elite High Individual Wrestlers**

- a. A coach is permitted to send up to four (4) “elite” level wrestlers to an elite tournament two times during the season.
- b. A wrestler may attend an elite level tournament while the remainder of the team attends either a dual meet event separate tournament on the same day. This does not permit these elite wrestlers to sit out a Wednesday dual match while then participating in a Friday quad with their team and then entering an elite event on Saturday, as no comparable team event is being attended on the same day.
- c. All team members and teams must abide by weekly, seasonal and multi-event limitations currently required by the CIAC for the sport of wrestling. While simultaneous events attended by the same school (i.e. up to 4 wrestlers at an elite event and the rest of the team at a different tournament) will only count as one event toward weekly, seasonal and multi-limits for the TEAM, each event counts toward weekly and seasonal limits for the individuals.

- d. In order to be considered an “elite level tournament”, the contest needs to have a minimum of sixteen teams competing from a minimum of three states and must be a NFHS sanctioned competition.
- e. Connecticut wrestlers in all tournaments must continue to follow NFHS match limitations for one-day and two-day events.
- f. For CT state seeding purposes, results from these “elite tournaments” will NOT count toward seed records (simply uncheck the varsity box in Flo results for your wrestler). The only exception will be that any matches against other New England states and any NY wrestlers WILL count toward seeding.
- g. All tournament competition must be completed before any wrestler is permitted to compete in another event.
- h. All wrestlers in all events must be accompanied by a coach in possession of a State of Connecticut coaching permit and approved by the school district, with approval of coach, athletic director and principal.

### **JV Teams Attending Varsity Level Tournaments**

*As has been the case, a school may continue to enter varsity and sub-varsity wrestlers at an individually bracketed tournament at the same site, where permitted by the host tournament team. This does not count as more than one date / competition for the team.*

Junior Varsity (“B”) teams may compete in Varsity-level Individually Bracketed Tournaments while NOT counting toward season limits for the varsity team that is attending a separate event at a different site (all events still count toward individual wrestler weekly and season limits).

This rule mirrors the current exception that is provided to elite-level varsity wrestlers who are able to attend a limited number of “elite events” while the remainder of their team may attend an event with a more appropriate level of competition.

A school may send a separate JV team (a “B” team) to a separate site from that which their varsity team is attending to participate in a varsity-level individually bracketed tournament under the following conditions:

- 1) Individual wrestler season and weekly limitations apply to all events.
- 2) A school may send a JV team to no more than two varsity level events during the season (excluding same-site double entry events as permitted above).
- 3) For an individually bracketed event that allows separate JV entry teams when that school’s varsity team is not also in attendance, it **shall be considered a varsity level event provided that no more than 25% of the teams in attendance are JV level “B” teams**. Example: A 16-team tournament could have no more than four “B” teams, while a tournament with 10 schools attending could not exceed two separate “JV teams” from schools not attending with their varsity team. Note: If a dual-entry event is also allowing separate “B” level JV teams, each attending school shall count as one team entry. Therefore, if the host school enters a varsity and a JV team, that would count as one school attending, not two, when determining the maximum number of separate JV teams permitted unaccompanied by their varsity squad. If more JV teams than the 25% that are permitted, the event will NOT count as a varsity level event.
- 4) While the intent is to allow a JV squad to attend a separate event while the varsity is elsewhere, the two events need not be on the exact same date, but must be in close date proximity. For example, if you are sending your varsity squad to the Lowell Holiday Tournament that occurs on a Tuesday/Wednesday during the vacation week, you could send your JV “B” team to a different varsity tournament on that Thursday. However, no wrestler may compete in both events.
- 5) A team may NOT send a JV team (“B” team) to any varsity level dual meet competition, including a “dual tournament” or “dual round robin”. This exception is for INDIVIDUALLY BRACKETED TOURNAMENTS ONLY.

19. **Class Tournament Seeding** – The CIAC Tournament Director will be responsible for seeding all entries. Losers in the round of 32 are eliminated. **Losers in the round of 16 will wrestle back.**

**Seeding Criteria** – Seeding for all divisions will take place VIA ZOOM on the following dates. **Any school that does not register their athletes into their respective Flo tournament online and submit seeding information between 6:00 a.m. and 8:00 p.m. on Monday, February 16 and have a designee participate on Zoom with their score books and weigh-in forms available for sharing MAY NOT be allowed to enter the tournament. A \$50 fine will be assessed for missing information. Coaches must still enter their tournament roster into CIAC via the online portal by February 16, as this ensures eligibility of all entrants, determines the team entry fee and gets the wrestlers' names on tournament t-shirts and apparel.** The CIAC roster may be submitted early – you do not need to wait until February 16 as is needed for Flo – via the CIAC web site – [www.ciacsports.com](http://www.ciacsports.com) .

Tuesday, February 17	6:00 p.m.	S
Tuesday, February 17	7:30 p.m.	M
Wednesday, February 18	6:00 p.m.	L
Wednesday, February 18	7:30 p.m.	LL

COACHES OR THEIR DESIGNEE MUST BE LOGGED INTO ZOOM SEED MEETING. Invites with a Zoom link will be sent prior to the meetings.

20. **2025-26 CT Wrestling Seeding Criteria** – This method is intended to reward strength of schedule and the defeating of quality opponents, while diminishing the value of forfeit wins and wins over opponents with lower win percentages. There is a slightly reduced value that limits rewarding a team scheduling an extremely high number of matches. All seed points will be automatically calculated through the Flo database. Please be sure to “uncheck” the “varsity” box for any matches that do not count for seeding. This includes:

- 1) Matches against teammates in multiple entry events (uncheck results for both your wrestlers).
- 2) Matches against any “Prep” schools who are not part of their state association.
- 3) Matches in tournaments at non-sanctioned weight (i.e. 98 pounds). **If competing out-of-state, matches at official weight classes recognized by the host state will be counted.**
- 4) Individually bracketed tournament “forfeit” losses (“defaults” count as a loss, while “forfeits” or “medical forfeits” do not).
- 5) Any losses beyond the first two (2) to a single opponent (such that only the first 2 losses count, so going 0-4 against 1 opponent will only count as 2 losses. Only the losing wrestler will uncheck the results after the first 2 losses. All the wins of opposing wrestler will count for their record.
- 6) Matches in any “elite tournament” exception (See item 18 for details), but these are out-of-state tournaments where you are bringing 1-4 wrestlers, and not your entire team, and seeing competition from multiple states, (you must count any results against other NE and NY wrestlers you may face in such events). Matches against any wrestlers from states other than New York and New England.

Please note that for 2025-26, conference tournament events DO count toward seeding, weigh-ins and season limits.

- a. **Base Points** – Base points are simply determined by (# of wins) x (winning percentage) with maximum # of wins for calculating purpose capped at 12. Therefore, an undefeated wrestler (i.e. 29-0) would earn 12 base points (12 wins x 1.0), while a 15-15 wrestler would earn 6 points (12 wins x 0.5 win pct), and a 20-10 wrestler would earn 8 points (12 wins x 0.67 win pct). Maximum wins capped at 12 in an attempt to reduce the benefit of over-scheduling, as well as allowing for possible snow or medical cancels or other factors that may reduce total number of possible competitions.
- b. **Place Points** – State tournament place points have been increased to maintain their prior relative value to the “base points” (Divisional States 6-5-4-3-2-1 for 1<sup>st</sup> through 6<sup>th</sup>, State Open and New England 12-10-8-6-4-2 for 1<sup>st</sup> through 6<sup>th</sup>). Maximum place points for returning NE/Open/Div Champion would be 30 points (12+12+6).

- c. **Net Points** – For Net Points, add wrestler’s base points to place points (i.e. the undefeated wrestler above who was 2<sup>nd</sup> at class divisional and 4<sup>th</sup> at Open would have 12 base points plus 13 place points for a total of 25 Net Points). The maximum Net Points would be 42 (12 base points plus 30 place points). A wrestler who is 20-10 and was 3<sup>rd</sup> at prior year’s class meet would have 12 Net Points (8 base plus 4 place).
- d. **Win Points** – Additional win bonus points are earned for each victory over Connecticut opponents, based on 12% of each defeated opponent’s “net points”. A maximum of the 12 “best” wins will be used to determine win points, with the highest bonuses earned counted first. Therefore, having 30 wins, but beating 12 wrestlers with winning records would earn more “win points” than a wrestler with 30 wins for whom 17 were forfeits and 8 were against sub-.500 wrestlers. Win bonus points would range from 0 points (for a forfeit or a victory vs an opponent with 0 wins) up to approximately 4 points for beating a State Open champ/NE finalist with only 1 loss. An “average” win over a .500 wrestler is worth between 0.5 to 1 point and a win over a “quality” wrestler who is a returning state place winner with a high win percentage worth around 2 points. In the example above, a 20-10 wrestler who was 3<sup>rd</sup> at state meet would generate 1.44 points if defeated by your wrestler. Wrestlers only receive “win points” for 12 highest win point victories, so as not to unfairly reward overscheduling of matches. Win points (from 1.0 to 2.0) can also be earned for countable matches against out-of-state opponents if they placed in their previous season’s state tournament as follows (and these out-of-state points must be entered manually into Flo results):

RI/VT/NH/ME: For RI/VT/NH/ME, we will use only their “All State” tournament results (not any divisional or regional event) as **12-10-8-6-4-2**. For MA, we will use their divisional state meet (D1/D2/D3) as **6-5-4-3-2-1 and the MA Open as 12-10-8-6-4-2**. New England placements will also be counted toward points as **12-10-8-6-4-2**. For NE states, this result will be calculated directly in Flo. For NY, use their Sectional placements, and this will need to be entered in results as an override of points earned. Bonus win points earned are: 2.0 for beating champ, 1.8 for 2<sup>nd</sup> place, 1.6 for 3<sup>rd</sup>, 1.4 for 4<sup>th</sup>, 1.2 for 5<sup>th</sup> and 1.0 for 6<sup>th</sup>.

- e. Therefore, each CT wrestler has a “value” assigned that is earned for any win over them (calculated automatically as part of Flo database), as 12% of their “net points”. This number will change throughout the season, as the wrestler’s wins and win percentage (and net points), change constantly. The only win points you need to add manually are for wins against out-of-state place winners from NE/NY as noted above.
- f. **SEED POINTS:** These are each wrestler’s total points used for seeding, and include past placement points from prior season, base points and win points. For each wrestler’s final point total, add base points and place points, as well as their 12 highest “win points”, which could earn a wrestler anywhere from a point or two, up to 10-15 points if beating numerous high quality wrestlers.
- g. The former bonus point for 18 or 28 wins has been eliminated.
- h. While more matches won would generate more “win points” (up to 12 wins), the net gain for beating marginal opponents is minimal, such that beating 10 wrestlers with sub-.500 win percentages would only generate about 3-4 bonus points ... which is about what you could earn by beating 2 state place winners.
- i. For 2025-26, we will retain current Zoom seeding meetings to break any ties ... but with such detailed points, there would be very few (if any) ties in need of breaking, so meetings should take under 45 minutes. Tie-break procedure:
  - (1) When there is a two-way tie implement step 1, if this does not break the tie implement step 2, if this does not break the tie implement step 3, etc.
    - Step 1 – Most Wins – Head-to-head (any and all matches including tournaments)
    - Step 2 – Number of Higher Ranked Opponents Beaten
    - Step 3 – Number of Wins
    - Step 4 – Coin Toss

(2) When there is a multiple tie (more than two) implement step 1, if this does not break all who are tied, implement step 2 for those still tied, if this does not break all who are tied implement step 3 for those still tied, etc.

- Step 1 – 1 point for each of higher ranked opponents beaten
- Step 2 – Number of Wins
- Step 3 – Coin Toss

This plan will also eliminate the step of allowing wrestlers to improve their seed by virtue of wins over those above them, as they have essentially already earned those points through the “win points”. However, we will continue to implement the final step of allowing “direct flips”. After a weight bracket is seeded, any wrestler who has defeated the next higher seeded wrestler during the season will interchange places with that wrestler. A wrestler moving up may interchange again if the next higher wrestler was beaten during the season. This may be repeated as warranted. Repeat this process until you have gone through the bracket once. This process will start at seed one and work down. If the two wrestlers have evenly split their matches, no interchange will occur, but winning a majority of those head-to-head contests (i.e. 2 out of 3) will permit the flip. If a wrestler has beaten a wrestler more than one place higher the interchange may not take place (unless all wrestlers in between the 2 have also been defeated).

I. As all wrestlers will have a “point value”, all wrestlers will be seeded. All entrants will be entered directly into the Flo portal for seeding, just as with regular season events, with the ability to list full tournament roster, including alternates, on the CIAC registration portal only. Alternates will still be permitted to be entered in case of scratches of seeded wrestlers at the Class tournaments. They will be placed where their total points prescribe, with no ability to move up by having beaten the wrestler above them. It is helpful to bring your “season summary” from Flo seeding reports to easily provide seed points for any alternates. However, the option of changing weight classes at the seed meeting is now eliminated. All entrants must be entered into the Flo portal and CIAC online roster between 6:00 a.m. and 8:00 p.m. on the Monday prior to the seed meetings (only open between 6:00 a.m. and 8:00 p.m. Monday, February 16, 2026, such that incomplete results will not be entered). Entries will be locked at that time, and weight class changes will not be permitted. Your post-season roster, including entries and alternates (up to a maximum of 28 athletes) will still be submitted to CIAC, for purposes of determining entry fee and apparel printing. Please note: Since your wrestler’s point totals will adjust based on your defeated opponent’s record, it is imperative that all coaches keep up-to-date records. In addition, to ensure that all wrestler’s are counting the same matches, there will be a deadline to check records and remove non-countable matches (marking as “non-varsity”) of SUNDAY, February 15 at 8:00 p.m. This will allow the Flo database to update overnight, and all W/L records and Flo Seed Point totals must then be entered between 6:00 a.m. and 8:00 p.m. on Monday, February 16. You will not be able to enter Flo seed data until Monday, February 16. However, since your CIAC online tournament roster (which is utilized for names on t-shirts and determining the number of wrestler passes for the state meets) does not require records or seed points, please submit that roster early, as numerous teams missed the deadline and did not appear on t-shirts.

See sample data below for bonus points, as well as sample seedings. Sample data for determining bonus points for wins against opponents.

Name	School	Won	Lost	Win Pct	Base Pts	Place Pts	Net Pts	Pts Earned for Win Vs wrestler
Joe Smith	Saskatoon	18	2	.900	10.8	8	18.8	2.256
Bill Jones	Saskatoon	12	12	.500	6.0	0	6.0	0.7200
Mark Allen	Saskatoon	4	16	.200	0.8	0	0.8	0.0960
Forfeit	Saskatoon	0	0	0.00	0	0	0.0	0
John Curry	Saskatoon	16	4	.800	9.6	2	11.6	1.3920
Mike Lala	Saskatoon	32	1	.970	11.64	14	25.64	3.0768

II. Sample seed data of those same wrestlers (now shown on different teams in same weight class)

Name	School	Won	Lost	Win Pct	Base Pts	Place Pts	Net Pts	Sample Win Pts Earned vs 20 top Beaten Opponents	Total Seed Pts
Joe Smith	A	18	2	.900	10.8	8	18.8	7.08	25.808
Bill Jones	B	12	12	.500	6.0	0	6.0	2.20	8.20
Mark Allen	C	4	16	.200	0.8	0	0.8	0.68	1.48
John Curry	D	16	4	.800	9.6	2	11.6	3.56	15.16
Mike Lala	E	32	1	.970	11.64	14	25.64	14.53	40.17

**REPLACEMENT WRESTLERS** – Once a wrestler is entered in a weight class at registration by Monday, February 16 at 8:00 p.m., the wrestler must wrestle in that weight class and may not change weight classes. A replacement wrestler who is listed on the CIAC tournament roster will be seeded as their points determine, and if tied, immediately following those wrestlers having the same point total, with no ability to improve their seed by virtue of having beaten anyone above. A zero point replacement wrestler will be placed last. Once replacement wrestlers have been seeded, all in the bracket bump-up accordingly. With scratches all wrestlers in the bracket move up. Please bring a final print-out of all Flo seed points to the divisional tournament in case you have a scratch and need to insert an alternate.

III. **Divisional Tournament Seeded Entries and Alternates** – All entries and alternates must be entered online via CIAC by 8:00 p.m., Monday, February 16, 2026. All entries (not alternates) must be entered into Flo portal on Monday, February 16 between 6:00 a.m. and 8:00 p.m. (please run your final seed point report immediately prior to entering seed data on that Monday, allowing all Flo records to update overnight on Sunday, February 15). **Coaches should also be checking their data in Flo during the season – do not wait until February 15 to seek assistance in correcting errors.**

- a. Once a wrestler is entered at a specific weight class at the seed meeting, that entered wrestler MAY NOT change weight classes. However, changes of entrants (permanently removing a wrestler from the tournament and inserting an alternate) may be made at the seed meetings, while changes may be made after the seed meeting and at the event only in accordance with the following guidelines.
- b. An alternate listed on CIAC tournament roster may replace any seeded wrestler at any weight class for which he or she is qualified, and this may be done at the seed meeting or at the divisional tournament. However, an alternate MAY NOT be inserted into a weight class that was left vacant by the school at the seed meeting. Please bring a final print-out of all Flo seed points to the divisional tournament in case you have a scratch and need to insert an alternate.
- c. Coaches and athletic directors are responsible for the submission of correct information, including the win/loss record and placement points of each wrestler. With the exception of egregious data entry errors, no changes will be made at the seed meeting. Any and all determination of correctable data at the seed meeting is at the discretion of the CIAC.
- d. It is the responsibility of coaches to attend the seed meetings, and to state any results that impact the seeding of a wrestler at the appropriate time. Once seedings at each weight are completed, it is too late to realize, for instance, that a wrestler who is seeded 8<sup>th</sup> had actually defeated the 7<sup>th</sup> seed and should have moved up accordingly.
- e. Coaches at the seed meetings are required to have scorebooks and weigh-in sheets. Any challenge regarding the weight class eligibility of a wrestler should be stated at the seed meeting at the time the weight class is brought up. However, since not all coaches from other divisions attend all seeding meetings, if there is any weight class challenge from a coach, it must be made within 24 hours of the seeds being posted on the CIAC website. If the CIAC is not able to readily verify the eligibility of a wrestler for a particular weight class, the coach of said wrestler will be required to provide CIAC with scanned copies of all weigh-in sheets within 24 hours of the request. A wrestler who is entered and seeded at a weight class for which they are not eligible will NOT be permitted to move up a weight class, and will therefore be ineligible to compete.

f. Any wrestler that is included on the CIAC post-season roster as either an entrant or an alternate, up to a maximum of 28 athletes per team, (and therefore paid as part of the team's entry fee), will be permitted entry to the divisional tournament, provided that they arrive on time with their team. Any team members that are not included on the post-season roster as entrants or alternates (for which each member school will be billed according to the entry fees detailed within this packet), as well as those who do not arrive with the team, will be charged the posted spectator admission fee.

IV. **Weigh-Ins** – Weigh-ins at all regular season matches must be according to National Federation rules. This will permit all competitors the option of wrestling one weight class above the class for which the CERTIFIED weight qualifies the wrestler. Weigh-ins at CIAC tournaments will be according to National Federation rules. **WRESTLERS MUST WEIGH-IN ON ALL DAYS OF COMPETITION INCLUDING CONFERENCE TOURNAMENTS. If a match is postponed and rescheduled to a Monday, there is a one pound allowance. There is no allowance for matches scheduled for a Monday.**

IN DIVISION AND OPEN MEETS, WRESTLERS MUST WEIGH-IN EACH DAY OF COMPETITION.

V. **Final Matches** – All final matches of divisional and open championships will be ordered by a random draw.

VI. **State Open** – The four divisional champions will be seeded according to state tournament placement points earned up to the divisional seed meetings on February 16, 2026. Seeding will be conducted by CIAC Tournament Director.

The four divisional state champions will be seeded according to state seeding placement points and state seeding criteria. All coaches of divisional champions are requested to email David Nowakowski at [nowakowski@sbcglobal.net](mailto:nowakowski@sbcglobal.net) or call (860) 705-2629 by 12:00 p.m. on Monday, February 23, if their wrestler has defeated any of the other three state champions. This is also the deadline for any female wrestlers who have qualified for the Open to decide if competing in the Open or in the Girls State Championship.

VII. **Tobacco Products** – Tobacco products, including electronic devices in any form, for participants and coaches are prohibited from all regular season and CIAC matches.

VIII. **Disqualification of Coaches or Wrestlers** – When an athlete is ejected from any CIAC contest the athlete is ineligible to participate in the next contest at the same level of play (even if the next contest does not occur until league or CIAC tournament play or next year). If one or more different level contests are scheduled prior to the next contest at the same level of play, the athlete shall be ineligible to participate in the next (but no more than one) contest at each level of play. The ejected player cannot be in attendance at the game for which he/she is serving their suspension.

**IMPORTANT** – When a coach is ejected from any CIAC contest the coach is ineligible to participate in the next two contests at the same level of play (even if the next two contests do not occur until league or CIAC tournament play or next year). **If one or more different level contests are scheduled prior to the next two contests at the same level of play, the coach shall be ineligible to participate in the next two contests at each level of play. The ejected coach cannot be in attendance at the games for which he/she is serving their suspension.** In addition, all coaches who are disqualified at any level will be suspended for the next two games, take two NFHS coaching courses (“Teaching and Modeling Behavior” and “Sportsmanship”) and the school will pay a \$50 fine. In addition to the two game suspension and fine, the CIAC reserves the right to review any incident that results in a coach’s disqualification and may assess additional game suspensions up to and including a one-year ban. The fine and proof of taking the coaching courses must be submitted to the CIAC office before the coach can resume his coaching responsibilities.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
**CIAC Wrestling Weight Control Program**

In 2025-26 the CIAC Wrestling Weight Control Program, which is to determine each wrestler's minimal weight, will consist of three components. The minimal weight for each wrestler must be determined prior to competition.

The three components requiring data to be recorded at the same time in this order:

1. Specific Gravity – Which will determine whether a wrestler is or is not dehydrated. **(Must pass to proceed to Step 2)**
2. Skin Fold – Which will determine a wrestler's percent of body fat.
3. Alpha Weight – Which will determine a wrestler's actual weight on the day of testing.

Three (3) enclosures are included in this information packet.

Enclosure #1 – The three components

Enclosure #2 – Skin fold questions and answers

Enclosure #3 – Weight classes – questions and answers

Data form via the password-protected online eligibility center.

**WEIGHT CONTROL**

Rule 1-5-1, 2, 3

Section 5 – Weight Control Program

**Art. 1** ... Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, appropriate health-care professional and coach in establishing the minimum certified weight class. An ideal program would be one where an appropriate health-care professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than seven percent for males or 12 percent for females.

**Art. 2** ... For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a medical release to participate signed by an appropriate health-care professional. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plans should also involve a nutritional component developed at the local level.

**Art. 3** ... The state's weight-control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season.

NOTES:

1. Certification date – The first allowable submission date to set the alpha weight is December 2, 2025 (first practice date).
2. No wrestler allowed to compete until alpha certified.
3. Two pound growth allowance is December 25, 2025 (not before).
4. Coaches must download the weekly weight reduction chart upon completion of data entry. **This form will be used as the official weigh-in form.**
5. Any wrestler assessment below 7% male, 12% female must have a physician's release to participate. This must be sent to CIAC and presented at weigh-ins.
6. **MINIMUM WEIGHT CLASS PERMITTED IS NOT ADJUSTED FOR ANY WEIGHT ALLOWANCE GRANTED UNDER FEDERATION RULE 4.5.5.**

**WRESTLING WEIGHT CONTROL PROGRAM**  
**THE THREE COMPONENTS**

NOTE: It is recommended that a trained team of three professional adults be used to collect data, each one having full responsibility for one of the components. It is also strongly recommended that the school nurse or a certified trainer may conduct the specific gravity component since it involves the handling of a body fluid. School wrestling coaches may not conduct any of the components. All components must be conducted consecutively.

**COMPONENT #1 – Specific Gravity (Data must be collected first – Test must be passed before proceeding to Component #2 and #3)**

- A. Each wrestler to be tested individually, to prevent urine exchange.
- B. Wrestler must fill test tube with urine.
- C. A float urinometer will be immersed in the urine to determine if the wrestler's urine has a specific gravity higher than 1.025.
- D. A "fail" is to be recorded in the appropriate column on the data form if the specific gravity is higher than 1.025.
- E. A "pass" is to be recorded in the appropriate column on the data form if the specific gravity is 1.025 or lower.

**COMPONENT #2 – Fat Analysis (Data to be collected immediately after specific gravity has been passed.)**

- A. Measure and record scapular skin fold before the abdominal skin fold. Scapular Skin Fold is a diagonal fold at the inferior angle of the scapula. Run left index finger down vertebral edge of subject's right scapula until you reach the inferior angle. Lift skin and fat beneath using left index finger and thumb, while index finger is on top of fold. Caliper is to be held in the right hand with thumb and trigger of the caliper down, so gauge is facing left in a visible position. Take skin fold measurement by placing caliper 1 cm. from thumb and index finger. At least two measurements must be taken. If second measurement is not the same after re-grasping fold, take a third measurement by re-grasping and use the average. Record measurement in the appropriate column on the data form.
- B. Abdominal Skin Fold is a horizontal fold one inch from umbilicus on subject's right side. (your left) Index finger of left hand is placed on top of fold with thumb underneath. The caliper is placed 1 cm. from index finger and thumb holding fold. The caliper is held in the right hand with thumb and trigger of caliper down so gauge is facing left in a visible position. At least two measurements must be taken. If second measurement is not the same after re-grasping fold, take a third measurement by re-grasping and use the average. Record measurement in the appropriate column on the data form.
- C. A wrestler's percent of body fat may be determined by using chart. The wrestler's percent of body fat is indicated on the chart where the scapula skin fold measurement and abdominal skin fold measurement intersect. Body fat in excess of 7% for male and 12% for female will permit a weight reduction equal to the percent of excess for this component.

Rule 1 – Sec. 5 - Art. 2 ... For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a medical release to participate signed by an appropriate health care professional. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

**COMPONENT #3 – Body Weight (Data to be collected immediately after fat analysis is completed.)**

- A. Record weight of wrestler to the nearest one tenth pound.

**SKIN FOLD – QUESTIONS AND ANSWERS**

The following questions and answers are intended to be of help in understanding the skin fold component.

1. **Question** – How should fingers be held to take skin folds?

**Answer** – For scapula and abdominal skin folds the left index finger and thumb are held with the long axis of the thumb and finger parallel with the body and the skin fold. Index finger on top.

2. **Question** – How do I know if I'm taking too much skin and fat in the skin fold?

**Answer** – Observe the skin between finger and thumb. If you see puckering (wrinkles on the skin) you are holding finger and thumb too far apart when starting the grasp. The skin should be smooth during and after the pinch and while measuring.

3. **Question** – How many times should I measure each skin fold?

**Answer** – At least twice. Release and remove calipers and fingers from fold each time. If measurements are not the same when re-grasping fold, take a third measurement by re-grasping, and use the average.

4. **Question** – Is it easier to measure on lean wrestlers?

**Answer** – Yes. On those near 7% male / 12% female fat measurements will be very consistent, and these are people we're most concerned for.

**WEIGHT CLASSES – INFORMATION**

1. Competition shall be divided into 14 weight classes as follows:

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.	285 lbs.

2. **Alpha Weight** is the weight registered on the scale when the wrestler is proceeding through the weight certification program.
3. **Minimum Weight** is the lowest permissible weight for the wrestler. The formula, using the results of the specific gravity component, the body fat component and the actual body weight must be used to determine the **MINIMUM WEIGHT**.
4. **CIAC Regulations**
  - a. CIAC MEMBER SCHOOL WRESTLERS **NOT WEIGHT CERTIFIED WITH THE DATA SUBMITTED VIA THE PASSWORD-PROTECTED ONLINE ELIGIBILITY CENTER – ARE INELIGIBLE TO WRESTLE IN AN INTERSCHOLASTIC HIGH SCHOOL MATCH. DOING SO WILL CAUSE THE TEAM TO FORFEIT THE ENTIRE MATCH.**
  - b. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan will be determined after all data is entered via the CIAC web site.
5. Weight certification must be completed prior to any competition.
6. Coaches must download and bring to the meet the weigh-in form for the current week for the CIAC eligibility center.
7. **Minimum weight class permitted is not adjusted for any weight allowance granted under Federation Rule 4.5.5.**
8. **Appeal Process:** There is now an appeal process for any wrestler whose initial assessment showed a body fat percentage of less than 7% for males or less than 12% for females OR for any wrestler who may dispute the accuracy of the body fat assessment conducted by the wrestler's school staff utilizing caliper method. Remember, a school can still "pre-test" their athletes to determine if they are at a weight and body fat percentage that will allow them to reach their desired weight class via descent. If a wrestler is tested and is not yet at the desired weight, they may be re-tested (all components, including hydration) no less than 48 hours after the prior test AS LONG AS DATA IS NOT SUBMITTED TO CIAC. **Wrestler is not eligible to compete until results are submitted to CIAC. Once results are submitted to CIAC, they become official.**

- a. The **alpha weight recorded at initial assessment submitted by the school cannot be changed**, even if that wrestler weighs less at the appeal test date and **is only valid if passing the hydration component conducted by the school** (since any appeal will not include hydration testing).
- b. While an appeal made by any wrestler who measures below 7% male or 12% female that results in an assessment above those thresholds will negate the need for the completion of the physician's form (upon submission of the body fat analysis results to CIAC), if the appeal test still determines body fat assessments below 7% male or 12% female, the physician's form is **still required prior to any competition**.

- c. For any appeal, the wrestler is not permitted to compete in any CIAC competition until appeal is conducted and properly submitted to CIAC. The deadline for any appeal to be submitted is December 24, 2025. Again, if appealing in accordance with above, wrestlers may not compete prior to the appeal data being submitted.
- d. For wrestlers above the 7% / 12% thresholds, the athlete's results of the initial assessment will be included with the team's submission to CIAC. The athlete, in consultation with parents and coaches, may opt to appeal the body fat assessment. However, that wrestler may not compete until the appeal is either completed and submitted to CIAC or is withdrawn. Once a wrestler competes in a CIAC event, the ability to appeal is forfeited.
- e. The cost of any appeal is the responsibility of the wrestler. Estimated cost is \$20-\$75 but may vary by location. Appeal testing must be conducted utilizing only approved methods and conducted by a physician or certified trainer at a facility other than the athlete's high school (i.e. CCSU, URI or Sacred Heart). The only approved methods of body fat assessment are utilization of the "BODPOD" or the "**INBODY 770**" or "**INBODY 570**" (may not utilize any lesser models of the INBODY series). Note: for the BODPOD, you must sit in the analyzer (essentially a giant egg) while wearing spandex and a swim cap. Air is moved through the chamber to measure body density. The results will give you body fat % and fat free mass (muscle and bone) in the body. The BodPod test takes between 5 and 10 minutes. Bodpod testing can be done at CCSU, Sacred Heart, URI and a few other facilities. The InBody is available at more sites and is less expensive. It is a research-approved bioelectrical impedance analyzer. For this test you will be asked to stand barefoot on what looks like a large scale while wearing lightweight clothing. An impulse is sent between electrodes at the hands and feet to measure the amount of fat mass, fat-free mass (muscle and bone), and water in the body. These results are further broken down into fat/muscle mass of the right arm, left arm, right leg, left leg and trunk. The test takes less than 5 minutes. Those with implanted medical devices (such as pacemakers) are prohibited from this test. Find a testing location near you (be sure to check the 770 or 570 model when conducting your search) at <https://inbodyusa.com/support/nearest-testing-location/>
- f. Upon completion of an appeal test, the only data that might change will be the body fat percentage. Again, the alpha weight CANNOT be changed from that which was entered from the initial assessment, which requires the hydration component to be met. Upon submission of the appeal form to CIAC, adjusted body fat percentage will be calculated into the form to determine a wrestler's optimal weight and minimum weight class.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
BODY FAT ASSESSMENT APPEAL FORM

Any **male wrestler** whose body fat percentage at the time of initial assessment is below 7% must obtain in writing a licensed physician's clearance stating that the athlete is naturally at this sub-7% body fat level. In the case of a **female wrestler**, written physician's clearance must be obtained for athletes who are sub-12% body fat. A physician's clearance is for one season duration and expires March 15 of each school year. However, a wrestler may appeal their initial assessment tested by the caliper method utilizing either BODPOD or INBODY 770 or 570 analysis. In addition, any wrestler who is ABOVE those thresholds may also utilize this appeal form if it is believed that the caliper testing provided an inaccurate result, as a more accurate test may impact their descent and minimum weight class permitted.

**NOTE: The sub-7% male or sub-12% female who receives an updated appeal assessment that remains below those thresholds may not wrestle below his/her initial assessment scratch weight and must still have the physician's form completed. Only those athletes who initial test was below the threshold and whose appeal results were shown to be at or above 7% / 12% are exempted from receiving the physician's form.**

Wrestler's Name \_\_\_\_\_ Grade: 9 10 11 12  
School \_\_\_\_\_ Class: LL L M S

Data Review (completed by school AD, trainer or nurse) Date of initial assessment \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Body fat % \_\_\_\_\_

Initial assessment alpha weight \_\_\_\_\_ lbs. (this alpha weight WILL NOT change for appeals)

Examining Analyst: Enter data below at time of athlete's evaluation

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Weight \_\_\_\_\_ lbs. Body Fat % Recorded \_\_\_\_\_

Circle Testing Method Utilized: BODPOD INBODY 770 INBODY 570  
(A print-out of the analysis must accompany this form)

Appeal testing may not be conducted after December 24, 2025, and all appeal data forms must be submitted to CIAC on or before December 24, 2025. Wrestler is unable to participate in any CIAC event until appeal data is submitted. Participation in any CIAC event forfeits all right to an appeal.

Name of Facility at which testing was conducted: \_\_\_\_\_

Name of person conducting body fat analysis: \_\_\_\_\_ Certification: \_\_\_\_\_

Analyst's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City/Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

NOTE: This form, accompanied by a print-out of the test result indicating the body fat percentage shown on this form, is the only document accepted as an "Assessment Appeal".

Fax a copy of this form to the CIAC (203) 250-1345 or email a scan of this signed form to [jsylvester@casciac.org](mailto:jsylvester@casciac.org)

## **FAQ FOR CONNECTICUT WRESTLING COACHES 2025-26**

Although the following items are addressed in either the NFHS Rule Book, the annual CIAC Connecticut wrestling packet or in the CIAC Handbook, these are some of the questions most commonly asked by coaches.

### **Part I – Weight Certification Process**

1. Q. **May a wrestler be “pre-tested” for body fat?**
  - A. Yes. In fact, the CIAC web site provides a calculator which will allow you to determine body fat percentage, weekly weight loss and minimum weight class PRIOR to your wrestler being certified. This is encouraged.
2. Q. **For official certification, may a wrestler be tested for hydration and measured for body fat before practice, and then have the alpha weight recorded after practice?**
  - A. No. The three components must be administered in succession, with each component (hydration, skin fold and alpha weight) immediately following the other.
3. Q. **May a wrestler appeal their initial certification or be re-certified?**
  - A. Yes. A wrestler may appeal their body fat percentage analysis (see above requirements). In addition, a wrestler who completes the three certification steps MAY have their coach/AD refrain from entering those results into CIAC if they are not yet at a weight that would allow descent to reach their desired optimal weight class. However, be reminded that the entire test must be redone, including hydration testing, and wrestler is not permitted to compete until results are submitted to CIAC. Once the results are entered into CIAC, there is no re-test option (only the appeal, as noted above).
4. Q. **Does a wrestler who has a body fat less than 7% male or 12% female require a doctor to sign the appropriate CIAC form before being eligible to participate?**
  - A. Yes, that is a risk of waiting until the last minute to conduct the certifications. While an appeal of the body fat analysis may be conducted in accordance with “Appeal Process”, the wrestler may not compete until the appeal is completed, and if the appeal still indicates body fat below those thresholds, the physician’s form is still needed. In addition, a “doctor’s note” is not sufficient, and once the proper form is received by CIAC, the notation is made on the official weekly weigh-in sheet.
5. Q. **Does the entire team have to be certified on the same day?**
  - A. No. Each individual wrestler must be certified before they are eligible to compete. In some cases, such as a wrestler coming off an extended football season, it may make sense to delay the certification until he is ready to compete ... as long as the certification is completed and entered prior to his participation in a match.

### **Part II – Minimum Weights and Minimum Weight Classes**

6. Q. **If a wrestler’s minimum weight (according to the weekly descent and weigh-in sheet) is 123, and a January match is postponed due to snow to the next day (giving all wrestlers 1 additional pound), may that wrestler compete in the 122 pound weight class, if he makes weight at 122?**
  - A. No. A wrestler’s minimum weight, either by virtue of the weekly descent, or by the 7% minimum figures, determines the minimum weight class eligible, and is not increased due to additional weight allowance.

7. Q. **In January, if a wrestler's minimum weight is 123 (according to the weekly descent and weigh-in sheet), and he weighs in at 122, is he still eligible to wrestle?**

Yes. A wrestler weighing in below his minimum weight does not preclude him from wrestling. However, it may limit him to only one weight class. For instance, in the example shown here, wrestler A weighed in at 122 pounds. However, his weekly descent (or his 7% minimum) is only 123. Therefore, he is not eligible to wrestle at 122 pounds. In addition, because his actual weigh-in weight would have allowed him to go 122 (were it not for it being below his minimum eligible weight), he is ONLY able to compete at 128. NFHS rules prevent him from wrestling at a weight class more than 1 weight above that which his weigh-in permits. Therefore, he can't wrestle at 134.

Lastly, any wrestler weighing in below the weight which descent will permit CANNOT have that weight-in count toward the 33% rule (for example, if descent allows Wrestler A to weigh 123, and he weighs in at 122 for a January match with a two pound allowance, this would NOT count as one of his 1/3 required weigh-ins to qualify for state tournament at 120).

8. Q. **Based on the data, would it be theoretically possible for a wrestler to be ineligible to wrestle?**

A. Unfortunately, in an extreme scenario, this would be possible. If wrestler A has an alpha weight of 160, and has a very high body fat percentage, in theory, he could be losing weight at a healthy rate, but too rapidly for the 1.5% per week that is allowed. In this extreme example, if he were to weigh 142 pounds, but his minimum weight is only 147 ... he would be ineligible to compete that day (as he would be weighing in a full weight class below that which his descent chart permits).

9. Q. **May a wrestler compete at a weight class 2 or 3 weights below that which they started the season?**

A. Yes, provided it is in accordance with the weekly descent. You may have a wrestler with a high body fat percentage who had worked their weight down through multiple weights over the course of the full season. However, be reminded that although he may be eligible to compete in an early February dual meet at weight class that is multiple weights below his alpha weight (but in accordance with the descent chart), he would not be permitted to compete in that weight class at the State Tournament unless he has at least one-third of his weigh-ins at that weight class (or below).

10. Q. **May a wrestler who makes 126 on one date then weigh-in at a later date at 138 and still drop back down to 126?**

A. Yes, the former rule about not being able to weigh in more than 1 weight class above your minimum certified weight without being able to drop back down is no longer in place. However, it is the position of the CIAC that proper weight management would not condone this practice. Due to the fact that the NFHS rules refer to an average weekly weight loss (and not a MONITORED weekly descent) does leave the door open for potential weight fluctuations inconsistent with the intent of the rule and program. The following chart may provide some examples and clarification:

	<u>Min. Weight For Week</u>	<u>Actual Weight</u>	<u>Allowed to Wrestle</u>	<b>MAY NOT Wrestle</b>
Before December 25	137	132	138 <b>ONLY</b>	132 or 144
Before December 25	137	137	138 and 144	150
Before December 25	137	138.1	144 and 150	157
After Dec. 25 w/2# Allowance (138 now 140)	137	132	140 <b>ONLY</b>	134 or 146
After Dec. 25 w/2# Allowance (138 now 140)	137	138.1	140 and 146	152
Consecutive Days of Competition with an Additional 1 pound allowance	141	141	147 <b>ONLY</b>	141 or 153

### **Part III – Contest Limits, Off-Season and Open Mats**

#### **11. Q. May a school send separate “A” and “B” teams to compete in two separate varsity-level events?**

A. Yes. (See Section 18) A team may send more than 14 wrestlers to the same individually bracketed tournament (in an event where multiple entries are permitted from the same school), and it would not count as “double” in terms of contest limits. A school could also send an “A” and “B” team to compete in a dual meet team tournament (same date and location), but this would still count as two events for purposes of season limits. In the case of a dual meet tournament compiling a “team” of sub-varsity wrestlers from multiple schools, this would NOT count as a “second date” toward those teams providing wrestlers. This sometimes happens when an 8-team tournament has a team cancel late and the integrity of the bracket is maintained by compiling a “JV All-Star” team from multiple schools in attendance. Please note that matches against teammates in either individually bracketed or dual tournaments do NOT count toward individual records for seeding purposes.

\*\*\*Please note that the CIAC has instituted a 10-practice requirement for individual competitors prior to any participation in an interscholastic match (3 practices prior to any scrimmage), a rule that may be waived for football players coming off of post-season play. This rule, depending on your school’s particular policy, may impact athletes who are academically ineligible and regain eligibility in mid-season.

If coaches have any questions regarding any CIAC policies, please have your athletic director contact CIAC directly. While members of the CIAC Wrestling Committee may be solicited for their advice or opinion regarding policy, any official decision must come from CIAC. Wrestlers or their parents should seek answers through the proper chain of coach, athletic director and CIAC ... and should not be seeking answers directly from CIAC.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

30 Realty Drive, Cheshire, Connecticut 06410

Telephone (203) 250-1111 / Fax (203) 250-1345

To the Physician:

The Connecticut Interscholastic Athletic Conference has instituted the Wrestling Weight Management Program to encourage healthy weight management by interscholastic wrestlers. As part of this program, a minimum weight is established for each wrestler prior to his or her competitive season.

Each wrestler's body fat and lean body mass is measured by an MPA certified assessor using skinfold calipers. A minimum weight is then calculated at 7% body fat for males and 12% for females.

Your patient was assessed during the pre-season as less than 7% body fat (for males) or 12% body fat (for females). The athlete is requesting that he or she be allowed to wrestle at his or her present weight – (alpha weight at initial assessment). Because this weight is less than 7% (for males) or 12% (for females) body fat, guidelines require permission from the athlete's personal physician. Most adolescents require 5-7% body fat (males) or 10-12% body fat (females) to achieve optimal growth and development. However, there are some adolescents who are naturally lean and develop normally at a lower percent body fat.

Please evaluate your patient for normal growth and development, paying particular attention to weight fluctuations and his or her growth curve. Based on the patient's history and your exam, determine if his or her present weight is compatible with normal growth and development and good health, and indicate your assessment on the reverse side of this memo.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
PHYSICIAN'S CLEARANCE FORM  
WRESTLER BELOW BODY FAT ALLOWANCE

Any **male wrestler** whose body fat percentage at the time of initial assessment is below 7% must obtain in writing a licensed physician's clearance stating that the athlete is naturally at this sub-7% body fat level. In the case of a **female wrestler**, written physician's clearance must be obtained for athletes who are sub-12% body fat. A physician's clearance is for one season duration and expires March 15 of each school year.

**NOTE: The sub-7% male or sub-12% female who receives clearance may not wrestle below his/her initial assessment scratch weight.**

Wrestler's Name \_\_\_\_\_ Grade: 9      10      11      12  
School \_\_\_\_\_ Class: LL      L      M      S

Data Review: Date of initial assessment \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Body fat % \_\_\_\_\_

Initial assessment alpha weight \_\_\_\_\_ lbs.

Examining Physician: Enter data below at time of athlete's evaluation

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Weight \_\_\_\_\_ lbs.

**Circle "A" or "B"**

A. The wrestler named has received clearance to participate at a wrestling weight class not lower than his/her weight at the time of initial assessment, which is below the 7% (male) or 12% (female) minimum body fat allowance. Example: Alpha weight – 110 pounds – 7% weight – 115 pounds. Wrestler may wrestle no lower than the 113 pound weight class.

B. The wrestler named is advised to wrestle at a weight which meets or exceeds the 7% or 12% body fat minimum requirement. The wrestler named has been given permission to participate at a weight not lower than the National Federation weight classification circled on the chart below which cannot be less than the alpha weight listed. This permission is valid from November through March 15 of the current school year.

Boys -106 -- 113 -- 120 -- 126 -- 132 -- 138 -- 144 -- 150 -- 157 -- 165 -- 175 -- 190 -- 215 -- 285  
Girls – 100 – 107 – 114 – 120 – 126 – 132 – 138 – 145 – 152 – 165 – 185 – 235

**These weight classes subject to a two pound growth allowance on December 25.**

Physician's Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City/Town \_\_\_\_\_ Zip \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

NOTE: This form is the only document accepted as a "Physician's Clearance." Copies of this form shall be attached to your Alpha Master and provided to opponent coaches and included with State Championship qualifying event entry materials.

**Fax a copy of this form to the CIAC (203) 250-1345 or email a scan of this signed form to  
[jsylvester@casciac.org](mailto:jsylvester@casciac.org).**

## **CIAC SPORTSMANSHIP**

Member schools are expected to conduct their relations with each other at all levels of competition in a spirit of good sportsmanship. The school administration is responsible for the athletic program, including the policies and procedures relating to sportsmanship and the conduct of activities in the school. The CIAC "Class Act" standards will be used in all CIAC contests. The CIAC Standards for Sportsmanship as defined in the Class Act program are found at [http://ciacsports.com/site/?page\\_id=10438](http://ciacsports.com/site/?page_id=10438).

## **COACHING CERTIFICATIONS**

For a list of all coaching certifications and links to forms go here:

<https://docs.google.com/document/d/1KnzXy81GK9x88bY1-5JBSuP-8SY34sdc/edit?usp=sharing&ouid=104830910406558409235&rtpof=true&sd=true>

**Volunteer Coaches:** The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.

2025-26 CIAC Wrestling Committee

### Administrators

Bob Swan, DPS, East Haven Public Schools - Chairperson  
Roy Wentworth, Norwich Free Academy  
Ted Oczkowski, AP, Wilcox Tech. High School, Meriden  
Pat Risley, Windham High School  
Ernest Goodwin, Amity Reg. High School – CAAD  
Keith Lipinsky, New Milford High School – CAAD

### Coaches

Dave Green, Nonnewaug High School, Woodbury  
Dave Esposito, Foran High School, Milford  
Jason Shaughnessy, Fairfield Warde High School  
John Lawless, Nonnewaug High School, Woodbury – Ex officio  
Chris Piel, New Milford High School

### Consultants

Steve Merlino, College Liaison, Coventry High School  
Sarah Jadach, Derby High School – Girls Wrestling Liaison

### Tournament and Officials

Carmen Delvecchio – Assistant Tournament Director  
Dave Nowakowski, Lisbon – Tournament Director  
Kevin Holmgren – Officials

### Tournament Appeals Committee for Divisional Championships

CIAC representative  
Head Official  
Meet Director

## CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### 2026 CIAC Wrestling Tournament Seed Information / Sites / Dates

Any school that does not submit seeding information into Flo between 6:00 a.m. and 8:00 p.m. on Monday, February 16, 2026 and via the CIAC web site – [www.ciaxsports.com](http://www.ciaxsports.com) – on or before February 17 at 8:00 p.m. and have a designee appear with duplicate materials, their score books and weigh-in forms at the Zoom meeting MAY NOT be allowed to enter the tournament. A \$50 fine will be assessed for missing information.

<b>Seeding Dates:</b>	S	– February 17 – 6:00 p.m.	Zoom
	M	– February 17 – 7:30 p.m.	Zoom
	L	– February 18 – 6:00 p.m.	Zoom
	LL	– February 18 – 7:30 p.m.	Zoom

<b>Divisional Tournament Site:</b>	LL	– Trumbull High School
	L	– Wilton High School
	M	– Guilford High School
	S	– Killingly High School

**Divisional Dates:** February 20, 21, 2026

**Open Tournament Site:** Floyd Little Field House, New Haven

**Open Dates:** February 27, 28, 2026

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### 2025-26 Weight Control Data Form

The weight control data form must be submitted via the password-protected online eligibility center prior to competition. First allowable submission date to enter data is December 1, 2025. **No wrestler may compete until alpha certified.** This form will be used as the official weigh-in form.

Two pound growth allowance will be given December 25, 2025. (It is illegal to give weight allowance prior to this date, except according to National Federation Rule 4-5-5.) **A one pound weight allowance is to be granted when a competition is postponed to a Monday.**

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2025-26 Entry Form  
(Limited to Members of the Conference)

Submit Regular Season Scores – All regular season scores must be entered online on the day of the game as soon as possible following the game’s completion. **Results must also be entered in the Flo Wrestling portal, as that data will be used for seeding purposes.**

- a. Scores must be entered on the new CIAC website at <https://ciac.fpsports.org/>
- b. In the lefthand column select “Schedules – High School”
- c. At the top of the page select the school and “Wrestling Varsity” as the sport, then the team’s schedule will be displayed.
- d. Click on the green score entry button to make the entries
- e. Only logged in users with security permission to enter scores for this sport will see the score entry button for their school’s meets
- f. The system will display a score entry screen that is specific for wrestling
- g. Enter the team scores

Team Roster / Tournament Rosters – Prior to the seed meeting the meet results and tournament roster must be completed and submitted via the online eligibility center – **no later than 8:00 p.m., Monday, February 16, 2026.** You will need an access log in from your athletic director to complete the form. To complete the team roster form:

- a. Go to the CIAC website at casciac.org
- b. In the lefthand column select “Eligibility Center”
- c. Select “Team Roster / Tournament Roster”
- d. Check off each player that is on your roster

Entry fee - One person teams \$100. Teams with four or more wrestlers - \$100 per team plus \$10 for each wrestler entered as well as each alternate entered. Teams will be permitted to enter a maximum of fourteen wrestlers and fourteen alternates (maximum per team \$300). All those above the twenty-eight wrestlers and alternates permitted will pay the normal admission fee.

Seeding point errors of a typographical nature will only be changed at the discretion of the tournament director at the seeding meeting. **Coaches are responsible for confirming the accuracy of all records prior to submission.**

Report all matches won or lost with member schools. (NOTE: To qualify a team must have participated in a minimum of eight (8) varsity meets against CIAC member schools. Only the first two matches against the same opponent will be counted towards the minimum qualifying number of matches.) **The last date to count for tournament qualification is February 15, 2026.**

**NFHS PHYSICIAN RELEASE FOR WRESTLER  
TO PARTICIPATE WITH SKIN LESION(S)**

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine Advisory Committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and appropriate health-care professionals that led to the research into this subject and to the development of this form.

**Goals for Establishing a Widely Used Form:**

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long-term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among appropriate health-care professionals who are signing "return to competition forms". Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or cannot participate.
4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student-athlete who never wins a match or the next state champion with a scholarship pending.

**Important Components for an Effective Form:**

1. Each state association needs to determine which health-care professional can sign off on this form.
2. Inclusion of the applicable NFHS wrestling rule so appropriate health-care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
4. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.
5. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
6. Inclusion of all the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in any way for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.

NFSHSA Sports Medicine Advisory Committee

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

**This form expires fourteen (14) days after the earliest date the student may return to participate.**

**If the original date of the post season tournament falls on day fourteen, the note is good for the entire tournament.**

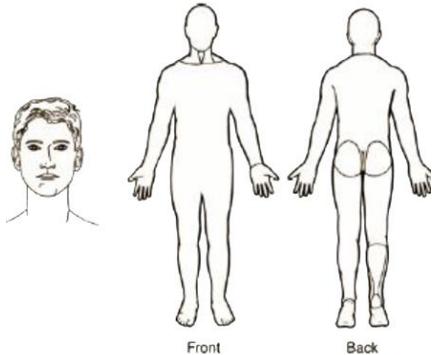
Name \_\_\_\_\_

Date of Exam \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Diagnosis \_\_\_\_\_

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) \_\_\_\_\_



Medication(s) Used to Treat Lesion(s) \_\_\_\_\_

Date Treatment Started \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Earliest Date May Return to Participate \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Form Expiration Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Provider Signature \_\_\_\_\_ Office Telephone \_\_\_\_\_

Provider Name (Must be legible) \_\_\_\_\_

Office Address \_\_\_\_\_

**Note to Appropriate Health-Care Professionals:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.) Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

*"ART.3 ... If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."*

*"ART.4 ... If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."*

*"ART.5 ... A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin condition such as psoriasis and eczema, and that this documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."*

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

**Bacterial Diseases (impetigo, boils):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or five full days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm scalp, skin):** Oral or topical treatment for 72 hours on skin and 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis (Pink Eye):** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** 24 hours after curettage.

## 2026 CIAC GIRLS' WRESTLING INDIVIDUAL STATE CHAMPIONSHIP TOURNAMENT

### Reminders for 2025-26

1. **Connecticut (along with the other New England states) has adopted the suggested 12 girls NFHS weights for 2025-26:**

100 lbs., 107 lbs., 114 lbs., 120 lbs., 126 lbs., 132 lbs., 138 lbs., 145 lbs., 152 lbs., 165 lbs., 185 lbs., 235 lbs.
2. **New appeal process regarding weight certification body fat:** See CIAC wrestling packet for complete details.
3. Girls will continue to participate in the regular season as members of their school's wrestling team, just as in the past, and may represent their team in the Divisional Class State Championship tournaments. Any girls who qualify for the State Open (top six (6) in divisional meet) will have the option of representing their team in the Boys State Open **or** competing in the Girls' Invitational Tournament, to be run concurrently with the State Open (may not compete in both).
4. A New England Girls Championship will be conducted concurrently with the Boys New England Tournament in Providence, RI. The top three (3) finishers at each weight class for the CT Championship will qualify for the NE Tournament. Therefore, any girl who opts to participate in the CT State Open (rather than the Girls State Championship) would NOT be able to qualify for the NE Girls Meet. However, any female who opts for the CT State Open and places top 5 would qualify for the Boys NE Meet (but would not be eligible for the NE Girls Meet). The NE meet will NOT include a 285 pound weight class.

### 2025-26 CIAC Girls' Wrestling Tournament Details

All components of the 2025-26 CIAC wrestling packet are applicable to any females seeking to participate in the Girls' Wrestling Championship on February 27 and 28, 2026 at the Floyd Little Athletic Center, New Haven, CT (Hillhouse High School), to be run concurrently with the CIAC State Open Wrestling Tournament.

1. Female wrestlers may represent their team in the Divisional Class State Championship Tournaments. Any girls who qualify for the State Open (top six (6) in divisional meet) will have the option of retaining their seed in the State Open **OR** declining their seed and entering the Girls Tournament. State Open qualifying girls will **NOT** be able to compete in both the Boys State Open and the Girls' Tournament. Declaration of intent will need to be made by 12:00 p.m., Monday, February 23, 2026 to the tournament director via email at [nowakowski@sbcglobal.net](mailto:nowakowski@sbcglobal.net) or by phone or text to (860) 705-2629. This will allow adequate time to adjust the brackets accordingly.
2. The tournament will be an individual event and team scores will be kept, with team awards for the top two teams..
3. For 2026, the seeding criteria will be based on the following factors:
  - h. Wrestlers who placed in the 2025 Girls State Tournament
  - i. Wrestlers who place in the 2025-26 CIAC State Divisional Tournament.
  - j. Any wrestlers who have defeated a 2025 State Championship place winner or divisional place winner during the current CIAC season, including at any "girls only" events conducted during current season.
  - k. Placement at any sanctioned CIAC "Girls Tournament" during the 2025-26 season.
  - l. 2025-26 win/loss record against other female wrestlers (New for 2025-26)

*The reason why varsity win/loss records are not a factor is due to the fact that for comparative purposes, there could be an outstanding female on Team A who is unable to break into the team's varsity line-up, while there could be another individual on Team B who is varsity by default and has claimed numerous varsity wins either by forfeit or on the mat..*

4. **NEW:** Teams will be permitted to enter only one girls at any weight class. This is a state championship meet, and not every female wrestler in CT may be able to compete at this level. It is likely that additional qualifying standards will need to be added in the near future.
5. Medals will be presented to the top six (6) finishers in each weight class, and winners will be recognized as CT State Champions. For 2025-26, there will be 12 weight classes as shown by NFHS weights, as well as an added 285 pound class (not contested at the NE meet). As with the CIAC state tournament series, a female wrestler must have at least 1/3 of her weigh-ins at or below the minimum weight at which they intend to wrestle at the championship.

**The 13 weight classes will be: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235 and 285 (each with the applicable 2-pound growth allowance added on December 25, 2025).** To qualify for the 100 pound class, wrestler must have at least  $\frac{1}{3}$  of their weigh-ins at or below that weight.

\*\*\* Please note the new weight certification appeal option. It is imperative that wrestlers, coaches, parents and administrators understand the descent and minimum weights, as no wrestler will be permitted to wrestle in a weight class that is below their minimum weight according to certification and descent.

6. All entries must be entered online via the Flo wrestling registration system by 8:00 p.m. Monday, February 16. Based on prior participation numbers, it is anticipated that there will be an average of approximately 14-22 wrestlers per weight class, with some potentially smaller numbers at either end of the spectrum, and perhaps slightly higher numbers at certain middle weights. **NEW:** Entered weight classes may not be changed following the submission of entries deadline. In the event that any female who subsequently qualifies for the State Open and opts to participate in the State Open, that female will be scratched from the Girls Tournament, and brackets may be adjusted by the tournament director to maintain balanced byes (as with scratches on the day of the event). **Any wrestler who fails to make the weight class for which they are entered at the Girls' Championship will NOT be permitted to move up a weight class.**
7. It is expected that there will be a limited number of matches that will need to be wrestled on Friday. The bracket will be similar to the Open, with a double-elimination format from the round of 32. On Friday evening, the Round of 32 (if needed), the Round of 16 (in any weight classes with more than 8 entrants) and the first round of consolations (in any weight class with more than 12 entrants) will be wrestled. A total of 10 mats will be utilized on Friday and early Saturday, with an appropriate number of mats designated for the Girls event (typically 2-4). On Saturday, the quarter-finals, semis, all other wrestle-back rounds and the medal round will be contested. Please note that due to expected variations in bracket sizing, the cross-bracketing of the consolations may vary in weight classes (whether an 8, 16 or 32 bracket). The state championship matches will be conducted concurrently with the CIAC State Open Championship Finals (2 mats). Third and fifth place matches wrestled prior to the championship finals, on multiple mats.
8. There will be no differentiated admission for spectators at the tournament, whether attending to watch the State Open or the Girls' Tournament or both. All admission fees posted for the event will apply to all spectators. Coaches and wrestlers are encouraged to inform their family members and other spectators that there is a chance that they will NOT wrestle on Friday (but will still weigh-in), and can provide expected details after the seed meetings, based on the bracket size for each weight class.
9. Registration will take place simultaneously with State Open registration on Friday. All entrants, whether or not they will have a match on Friday (due to variable bracket sizes), will need to register and weigh-in. Female weigh-ins will be conducted immediately following the State Open weigh-ins (and just prior to the Coaches Meeting). As such, wrestling for the girls is expected to begin 1 hour after the State Open commences (estimated start time for any females in the Round of 32 will be 4:30 p.m.). The entry fee for the girls event will be \$20 per wrestler (your school will be billed – do not bring payment). As there are no team scores being kept, there is no “team entry fee” option at this time. Again, the registration fee will be billed by CIAC to the schools of the entrants, and will not be collected at the gate.

10. Coaches passes will be determined based on the number of entries for the State Open and the Girls Invitational Tournament. As in the past, each team receives two (2) coaches passes and one (1) manager pass for the event. Any team that qualifies more than four (4) wrestlers for the Open will receive a third pass. In addition, any team that enters more than two (2) female wrestlers will receive an additional coach pass. Under no circumstance will more than four (4) coaching passes be issued to any school. Additional coach passes for certified coaches in proper attire may be in the corner coaching. Please note that due to both event being held concurrently, the chances of multiple wrestlers from the same team competing at the same time are increased. Referees will be instructed NOT to hold any matches for coaches who are occupied by another bout on another mat, as presence within the facility meets the requirement.
11. Girls may continue to represent their respective schools during the regular season in dual meets, tournament, etc., must appear on the school's roster and MUST be weight-certified and an eligible member of a team in order to participate in the Girls Invitational Tournament. All CIAC individual season limitations concerning the number of events for the season and on a weekly basis will apply. Any tournament conducted during the course of the wrestling season will count toward individual limits, whether the event is a varsity event, a JV event or a "girls only" tournament. Any "girls only" tournaments will be considered JV events, and results from those tournaments will not count toward a female wrestler's varsity record (and as such, sending girls to a girls' event will NOT impact a TEAM'S season, multi or weekly limitations, only the individual athlete). However, these tournaments are subject to CIAC regulations (i.e. tournament may NOT be scheduled for Sunday unless requesting a waiver from CIAC, which will probably be granted). In addition, schools with significant female participation may seek to schedule dual meet competitions with other schools, but these would be considered JV events (and would be subject to season and weekly limitations for INDIVIDUALS). In addition, any "one-man teams (now known as "collaborative teams")" are subject to all applicable rules and regulations (no more than six (6) athletes from any one school, and all wrestlers from same school must collaborate with one "host" school.

## CIAC TOURNAMENT SPECTATOR EXPECTATIONS (INCLUDING PARENTS)

### **Positive Cheering and Behavior**

- Spectators will cheer positively to support their team, not negatively against the opponent. “No Negatives, No Names, No Numbers”.
- Spectators will show respect for the game officials and their decisions.
- Spectators will respect CIAC tournament/site directors, tournament staff, and security when behavior is addressed and if asked to leave the event.

### **Dress Code**

- For CIAC tournament contests, all spectators should be appropriately attired according to their school’s policy. No attire with visible degrading or demeaning writings/logos is permitted.

### **Signs, Banners, Flags and Powder**

- Any signs must be positive in nature, reference only the school supported by the sign maker, be small enough not to obstruct the view of other spectators and be pre-approved by the school’s athletic director reference in the sign. Spectators are not permitted to bring flags for safety reasons. When asked to remove a sign, banner, or flag, participating schools will respect and follow the direction of any CIAC tournament/site director, tournament staff, or security personnel.
- All signs, banners, and flags may be restricted pending facility usage requirements or at the discretion of the CIAC tournament director. CIAC tournament directors/staff will notify the athletic director when such restrictions are necessary.
- Powder or powder-like substances are prohibited at all visiting and neutral sites.

### **Noisemakers**

- Outdoor Sports – No air horns, horns of any kind, or whistles will be used. Any other noisemakers may be allowed with approval from the host athletic/site director and the spectator’s school athletic director. Noisemakers can only be used during “dead ball” situations to celebrate good play.
- Indoor Sports – No noisemakers will be allowed. Pep bands are allowable with the prior approval of the CIAC tournament and site director, provided the school band has adult supervision, and the band only plays during “dead ball” situations.

### **Tailgating**

- Tailgating is prohibited on the grounds of any CIAC tournament or championship event.

### **Streaming**

- CIAC championships are streamed on the NFHS Network. Any streaming, broadcasting, or reproduction of a CIAC tournament game or championship without the expressed written consent of the CIAC is strictly prohibited.