

Texas Charter School Academic & Athletic League 2025-2026 Wrestling Rules

1. TCSAAL Wrestling will follow the rules set forth by the National Federation of State High School Associations (NFHS): <https://www.nfhs.org/activities-sports/wrestling>. For a detailed list of NFHS Rule Changes specific to 2025-2026, please visit <https://nfhs.org/sports/wrestling/rules>. The only exceptions that exist are amended by the TCSAAL rules found in this document or in our *Handbook*.
2. 2025-2026 NFHS Wrestling Rule Changes
 - a. For detailed listing of rule changes to NFHS Wrestling 2025-2026, please visit <https://nfhs.org/sports/wrestling/rules> for more information.
3. Tournament Description
 - a. TCSAAL will offer 4 (four) competition categories: Middle School (6th-8th Grade) Girls, Middle School (6th-8th Grade) Boys, High School (9th-12th Grade) Girls, and High School (9th-12th Grade) Boys.
 - b. Each wrestler will be placed into a singular weight class.
4. Match Length and Scoring
 - a. Individuals will have up to 6 matches, dependent upon registrations, and will wrestle within their respective weight range. Wrestlers will have 30 minutes of rest between matches.
 - b. Conduct of Matches
 - i. Length of Match
 1. Regular matches in dual meets or tournament championship competition, shall be six minutes in length divided into three periods of two minutes each.
 2. Consolation matches shall consist of three periods. The first period shall be one or two minutes in length, and the second and third periods shall each be two minutes in length.
NOTE: Consolation matches are not guaranteed and will depend on size of overall tournament and time availability.
 3. Overtime matches, in tournaments and dual meets, shall consist of one, one-minute period followed by two, 30-second tiebreakers, if necessary, and one, 30-second ultimate tiebreaker, if necessary.
 - ii. Choice of Position
 1. ART. 1 . . . The winner of the toss shall choose the odd or even numbered weight classes listed consecutively. This choice is not altered in case of fall, default, forfeit(s) or disqualification.
 2. ART. 2 . . . During tournament competition, immediately following the end of the first period, the referee shall determine which wrestler has the choice at the start of the second period by the toss of a disk.
 3. ART. 3 . . . The choice of the wrestlers for the start of the third period shall be the reverse of the choice in the second period. **NOTE:** If a second injury timeout is taken, the opponent will have choice of position for the restart, (the top, bottom or neutral position shall be chosen). If the second injury timeout occurs at the conclusion of the first period, the opponent will have the choice at the start of the second and third periods. (8-2-1)
 - c. End-of-Match Procedure
 - i. If no fall occurs during the final period, the referee shall direct the wrestlers to return and remain on the 10-foot circle while the referee verifies the match score. (It may be necessary for the referee to go to the scorer's table.)

- ii. The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand or raising the color wristband of the winning wrestler located on the referee's arm or having the winning wrestler raise their own arm.
- d. Overtime
 - i. When the contestants are tied at the end of the three regular periods, they will wrestle overtime. Overtime will consist of a one-minute sudden victory period, and if needed two 30-second tiebreakers. If the score remains tied at the end of the two 30-second tiebreakers, a 30-second ultimate tiebreaker shall take place.
 - ii. Overtime is an extension of the regular match. All points, penalties, cautions, warnings, timeout and injury time will be cumulative throughout the regular match and the overtime period.
 - iii. If the points earned in the sudden victory or ultimate tiebreaker involve a takedown or reversal straight to near-fall criteria, the match shall continue until the near-fall or fall situation has concluded.
- e. Scoring
 - i. Matches will be scored by a certified referee.
 - ii. A wrestling team scores points via the results of its individual wrestler's matches.
 - iii. Team entries include up to 1 wrestler per weight class.
 - iv. Team Scoring
 - 1. In tournaments, individual placement points shall be awarded as soon as earned. Placement points already earned shall be deducted in case of forfeit (other than injury) or disqualification from the tournament. Points for team scoring shall be awarded as follows:
 - a. Two team advancement points shall be scored for each match won in the championship bracket, except for the first-place match. A wrestler who receives a bye in a round where at least one match is wrestled shall be awarded two advancement points by winning the next match. No points are awarded for the bye if the wrestler loses the next match;
 - b. One team advancement point shall be scored for each match won in the consolation elimination, except for the final third-, fifth- and seventh-place matches. A wrestler who receives a bye in a round where at least one match is wrestled shall receive one advancement point, provided the wrestler wins the next round match;
 - c. Two additional points shall be scored for each match won by default, disqualification, fall or forfeit throughout the tournament;
 - d. One and one-half additional points shall be scored for each match won by a technical fall;
 - e. One additional point shall be awarded for each match won by a major decision;
 - f. In tournaments scoring four places, the winner of each championship semifinal shall be awarded 10 place points and the winner of each championship final shall be awarded four additional place points. The winner of each consolation semifinal shall receive four place points and the winner of third place shall receive three additional place points;
 - g. In tournaments scoring six places, the winner of each championship quarterfinal shall be awarded three place points, the winner of each championship semifinal shall be awarded nine additional place points and the winner of each championship final shall be awarded four additional place points. The winner of the quarterfinal consolation

match shall receive three place points. The winner of the consolation semifinals shall receive four additional place points. The winner of third place and the winner of fifth place shall receive two additional place points.

- h. In tournaments scoring eight places, the winner of each championship quarterfinal shall be awarded three place points; the winner of each championship semifinal shall be awarded nine additional place points; and the winner of each championship final shall be awarded four additional place points. All winners who reach the quarterfinal consolation shall be awarded one place point. The winner of the quarterfinal consolation match shall receive two additional place points. The winner of the consolation semifinals shall receive four additional place points. The winner of third place and the winner of fifth place shall receive two additional place points. The winner of seventh place shall receive an additional place point.

- v. **TOURNAMENT TEAM SCORING:** Four Places 14 pts. 10 pts. 7 pts. 4 pts. / Six Places: 16 pts. 12 pts. 9 pts. 7 pts. 5 pts. 3 pts. / Eight Places 16 pts. 12 pts. 9 pts. 7 pts. 5 pts. 3 pts. 2 pts. 1 pt.

5. Weigh-In

- a. Wrestlers are weighed in at the start of the tournament and distributed according to NFHS weight classes.
- b. Weight Classifications
 - i. Competition shall be in one of the following sets of weight classes when girls are wrestling girls:
 - 1. 14 Classes - 100 lbs, 105 lbs, 110 lbs, 115 lbs, 120 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 155 lbs, 170 lbs, 190 lbs, 235 lbs
 - ii. Competition shall be in one of the following sets of weight classes when boys wrestle boys (or when girls wrestle boys):
 - 1. 14 Classes - 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
- c. All wrestlers will receive the 2-pound growth allowance on the designated date of December 27, 2025.
- d. A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor.
- e. Contestants shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day.
- f. For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around to the 106-pound weight class and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to

make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited.

- g. The referee, or other authorized person, shall supervise the weigh-ins.
 - h. A contestant representing a school in an individually bracketed tournament shall be named by weight class prior to the conclusion of the weigh-in.
 - i. Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class. That contestant may wrestle in the weight class for which the individual's actual weight qualifies the contestant, or in the next higher weight class as long as either of these weight classes are permitted by the contestant's individual weight loss plan on that given date. An additional weigh-in is neither required nor allowed.
 - j. Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb if the contestant chooses to wrestle with it on. Once a wrestler has weighed in with the artificial limb, it shall not be removed during competition.
6. Seeding
- a. TCSAAL will seed randomly into a bracketed tournament, based on weight class. Previous year's results will be utilized when applicable.
 - b. Participants from the same campus will be placed on opposite sides of the draw to ensure teammates would not play each other until the Championship Match when possible.
 - c. TCSAAL will make first round matchups from different regions when possible.
7. Eligibility
- i. Competitors are expected to be familiar with and in compliance with all guidelines set forth in the *TCSAAL Handbook*.
 - ii. In order for a player to be eligible in accordance with the *TCSAAL Handbook*, they must be included on the participating team's official RSpportz roster, which is to be submitted by the end of the business day immediately prior to the day of the game.
 - 1. Violations of this eligibility clause are subject to, but not limited to, any and all repercussions detailed in the *TCSAAL Handbook*.
8. Awards
- a. TCSAAL will issue individual awards in the form of medals for the top 2 individuals in each weight class.
 - b. TCSAAL will issue team awards in the form of trophies for the top 3 overall.
9. Appendix
- a. Wrestling Penalty Chart
 - i. Please see <https://assets.nfhs.org/umbraco/media/1018379/2024-25-nfhs-wrestling-penalty-chart-final.pdf> for specifications.
 - b. Wrestling Referee Signals
 - i. Please see <https://assets.nfhs.org/umbraco/media/1018380/2024-25-nfhs-wrestling-official-signals-final.pdf> for more information.
 - c. Wrestling Scorers and Timers Instructions
 - i. Please see <https://assets.nfhs.org/umbraco/media/3812212/2020-wrestling-instructions-sheet.pdf> for instructions.
 - d. Wrestling Uniform Rules
 - i. Please see <https://nfhs.org/resources/sports/wrestling-uniform-rules> for regulations.
10. Final Notes
- a. All teams are expected to possess a copy of and be familiar with the entire contents of *NFHS 2025-2026 Wrestling Rules Book*.

- b. All coaches, competitors, and fans attending any TCSAAL wrestling related events are also expected to be familiar with the entire contents of the *TCSAAL Handbook* and are also required and bound by all TCSAAL rules within the *TCSAAL Handbook*.

**Any rules not covered in the TCSAAL Wrestling Rulebook will follow the NFHS Wrestling Rulebook.
All competitors, coaches, staff members, and spectators are bound by these rules and the TCSAAL Handbook.**