



Wrestling Regional Host Book

Instructions

Hold the regional meet on Saturday of week 33 of the IESA standardized calendar approved by the IESA Board of Directors. In 2025, the date is Saturday, February 22. As the host school, you set the starting time of the regional. Consider the distance all schools must travel. Generally, a regional begins at 9:00 a.m. and no later than 10:00 a.m.

Regional tournaments will use a follow the leader format.

The regional plaque and ribbons will be sent to you directly from our supplier. You should receive them about 2 weeks before the meet. If you do not receive them, please contact the IESA Office ASAP.

When your regional schedule is set, all teams should be notified of the exact site and start time. Include in your information the time and location of the seeding meeting, regional date, meet weigh-in time, meet starting time, a copy of their Regional Entry Form (you have access to this as the regional host from the host site on the IESA website). Also indicate to schools that all these materials must be received by the date of the seed meeting if no one will be in attendance.

School Entries and Regional Entry Forms

Individual contestants shall be limited to a maximum of six matches per day. There shall be a minimum rest period of 30 minutes between each match.

Schools must complete the Regional Entry Form. There is no weight certification. On the morning of the regional meet, each wrestler will simply step on the scale and must make weight for the weight class in which he is entered. A wrestler who does not make weight must be scratched and is not eligible to be moved to the higher weight.

Weight classes shall be as follows: 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 145, 155, 167, 185, 215, and 275. PLEASE NOTE: THE MAXIMUM WEIGHT IN THE HEAVYWEIGHT CLASS IS 275 LBS

There is no weight allowance for any weight class.

Hiring of Officials

Your mat officials have been hired by the IESA. Contact information for the officials assigned to your meet will be included in your final host information to be received prior to your seeding meeting. PLEASE BE SURE TO Email or CALL EACH OFFICIAL AND INFORM THEM OF THE STARTING TIME AND DIRECTIONS TO YOUR SCHOOL.

Please pay the officials the day of your meet with a check from the host school. Payment of \$160.00 each is the required payment for the three mat officials. The Head Official must attend your weigh-in and assist with the weigh-in procedure. Be sure to mention this to them when contacting them about your starting time.



Selection of Volunteer Workers

For all other positions necessary in the running of your regional wrestling meet, it is recommended that volunteer workers be secured. Request assistance from the participating schools if needed. Please make sure everyone knows the rules for their position.

Assign the duties to all workers ahead of time and send to all in writing. The following workers are recommended:

- Head scorer
- Official scorer at each table
- Match timekeeper at each table
- Students for moving bout cards to tables and back to head scorer, to post results, and for miscellaneous tasks as needed
- Announcer
- Awards personnel

Seeding Meeting

It is the responsibility of the regional wrestling host to invite the coaches of the participating schools to a seeding meeting on the Thursday prior to the date of the regional. For the 2025 season, this date will be [February 20](#). No team shall be allowed to participate in the regional without official entries submitted at the regional seeding meeting. Schools not in attendance shall have nothing to say regarding seeding. Any wrestler who is seeded must have at least eight (8) varsity matches completed to be a seeded wrestler.

Eight contestants in each weight class shall be seeded in the following manner:

- (a) Head-to-head competition;
- (b) Record against common opponents;
- (c) Overall record of VARSITY matches--include matches wrestled regardless of the weight class;
- (d) Vote by the coaches if the eight seeds cannot be determined through steps a through c above.

NOTES:

- No re-seeding shall be done after all 19 weight classes have been seeded. If any wrestler scratches after the seeding meeting, there are no replacements and the bout the wrestler who scratched from simply becomes a forfeit. There are no changes to the brackets after it has been seeded Wednesday night.
- Only the wrestlers who have wrestled at least 8 varsity matches may be seeded. All other wrestlers are drawn into the bracket. For example, if the 100 lb. weight class has 12 wrestlers entered but only five of the 12 wrestlers have wrestled 8 varsity matches, then only those five wrestlers will be seeded and the remaining seven wrestlers are all drawn into the bracket. A wrestler who has not met the 8 varsity match requirement can never be seeded and will be drawn into the bracket regardless of his or her record. For example, one wrestler in the 126 lb. wt. class has a 16-1 record heading into regionals but only four of the 17 matches were wrestled at the varsity level with the other 13 matches wrestled at the j.v. level. Another wrestler is 1-12 at the same weight class but all matches were varsity matches. The wrestler with the 16-1 record CANNOT be seeded. That wrestler must be a draw because he has not met the 8 varsity match requirement. The wrestler with the 1-12 varsity record may be seeded. A similar situation would hold true if a wrestler, due to injury during the season, enters the seeding day with a 5-0 varsity record. That wrestler cannot be seeded and must be drawn into the bracket whereas a wrestler



with a 4-8 varsity record could be seeded.

In the above procedure, if (a) determines all eight seeds, go no further. If it does not, go to (b). If this determines remaining seeds, go no further. If not, go to (c), then (d).

Once the seeds have been determined, no switching of seeds is permitted. This includes wrestlers from the same school who are seeded that are in the same bracket.

After the eight seeds have been placed on the bracket chart and the byes drawn in order by seed, the remaining wrestlers shall be placed by draw. Seeds #1, #4, #5, and #8 shall be placed in the top bracket and seeds #2, #3, #6, #7 in the bottom bracket with the exception noted above.

NOTE: If there are fewer than 8 wrestlers in a given bracket, you should seed the actual number of wrestlers in that weight class. Please refer to the sample brackets that are on the IESA website for placement of wrestlers in the bracket. DO NOT MAKE ANY CHANGES TO THE WEIGHT CLASSES AFTER THE SEEDING MEETING.

Seeded wrestlers may be placed in the same bracket. If two wrestlers from the same school are seeded in the same bracket, do not re-seed so they are placed in opposite brackets. For example, a school has two wrestlers in the 135 lb. weight class. One wrestler received the 2nd seed and the other wrestler received the 3rd seed. These two wrestlers must remain in the exact spot where they were seeded. It is not permissible to move the 2nd or 3rd seeded wrestler to the top bracket.

No changes to the brackets are made after the seeding meeting.

After the seeds have been placed on the bracket chart, the remaining wrestlers shall be placed by draw. Seeds #1, #4, #5, and #8 shall be placed in the top bracket and seeds #2, #3, #6, and #7 in the bottom bracket. If any wrestler scratches the day of the regional meet the seeds and the placement of the drawn wrestlers remain as done the night of the seeding meeting. The bout of the wrestler who scratches is treated as a forfeit and any bout affected by a scratch becomes a forfeit.

It is highly recommended that the host school have an LCD projector available at the seeding meeting to assist with the seeding process.

Wrestlebacks

Wrestleback for Third Place: Wrestlebacks will be for 3rd place but only the 3rd place winner will qualify for the sectional. The preliminary round and/or quarterfinal round losers to the finalists shall be placed in the first round of the wrestleback bracket. Then place the semifinal round losers in the bracket. [See Bracket Sheet available on the IESA website for more details.]

No cross-bracketing at the regional level

Equipment and Supplies

The following is a list of recommended equipment and supplies that you will need to provide:

- Current National Federation Wrestling Rule Book

- Two or more digital scales for weigh-in

- Two Wrestling mats are required--- **third mat at the regional level is optional**

- Time clock for each mat table (Preferably visible throughout the gymnasium)

- Scoreboard or flip chart for each mat table

- Public Address system



Two master bracket sheets for each weight class for scoring and display purposes
Bout cards for each match---generally done on Trackwrestling.
Leg bands for each mat

Contact the other schools in your regional if you need help in securing equipment.

Details for Meet Day

At the recommendation of the wrestling advisory committee and approved by the IESA Board of Directors, weigh-ins at the state series may be conducted by team rather than by weight class. Weigh-ins must be conducted using a digital scale.

A 60-minute weigh-in period shall be scheduled to start 90 minutes prior to all regional and sectional tournaments. Example: 7:30-8:30am weigh in for 9:00am start time. // 8:30-9:30am weigh in for 10:00am start time.

All competitors must weigh in and make the scratch weight as entered on the Regional Entry Form (without ANY allowance). If a wrestler fails to make the required weight, they can NOT move up to the next weight class and must be scratched. There are no replacements.

NO STATE SERIES HOST SHALL MAKE A WEIGHT SCALE AVAILABLE TO CHECK WEIGHT BEFORE THE ACTUAL WEIGH-INS BEGIN. NO TEAM MAY WEIGH-IN UNTIL THE HEAD OFFICIAL ASSIGNED BY THE IESA OFFICE IS PRESENT. HOST SCHOOLS IN PARTICULAR MUST ADHERE TO THIS RULE.

No school may bring a scale to the state series site to check weight. A school that checks their weight upon arriving at the state series site will be disqualified from competing if the head official on site is a witness to the checking of weight.

Have the mat official check hair and fingernails of all contestants at weigh-ins.

Call coaches together for final scratches. Have all Regional Entry Forms from all schools available for this meeting.

PLEASE REMEMBER THAT THIS IS AN IESA STATE SERIES ACTIVITY AND THAT YOU MUST CONDUCT THIS REGIONAL WITH TOTAL IMPARTIALITY. PLEASE DO NOT RECOGNIZE ANY TEAM MEMBERS, OR DO SOME OF THE THINGS THAT YOU MAY ORDINARILY DO FOR A REGULAR SEASON MEET (SPECIAL INTRODUCTIONS OF YOUR SQUAD MEMBERS, FLASHING LIGHTS, SMOKE, ETC.) THANK YOU FOR YOUR COOPERATION TO HELP US CREATE THE MOST EQUITABLE SETTING POSSIBLE.

It is strongly recommended that you as the regional host make every effort to have a competent physician or certified trainer in attendance. National Federation rule 10-2-4 states that in case of injury or illness sustained in the tournament, the tournament director, in consultation with the designated, on-site appropriate health care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue.

Post-Meet Details

You must submit your regional results according to the on-line instructions immediately at the conclusion of the regional on Saturday.

Provide a copy of your meet results to all participating schools in your regional. It would be best if all teams left with a copy of the results the night of the meet or they are emailed to all schools the next day.

PLEASE BE SURE YOUR TOURNAMENT MANAGER KEEPS A COPY OF THE RESULTS WITH HIM DURING THE WEEK AS THE IESA



OFFICE MAY NEED TO CALL TO DETERMINE A REPLACEMENT WRESTLER AT THE SECTIONAL IF ONE OF THE WRESTLERS WHO ADVANCES TO THE SECTIONAL HAS TO SCRATCH DURING THE WEEK.

Advancement to Sectional Meet

1. The winners of first, second, and third places in each weight class at the regional meet are eligible to be entered by their respective schools at the sectional meet. The sectional meet is scheduled for Saturday, [March 1](#).
2. The IESA Office and the sectional host must be notified of any scratches of qualifiers for the sectional meet as soon as possible so replacements may be contacted. IESA is responsible for contacting the replacement wrestlers if needed.

Team Scoring

First place-- 14 points
Second place--10 points
Third place-- 7 points
Fourth place-- 4 points

Advancement in all championship bracket matches--2 points
Advancement in all consolation bracket matches--1 point
Fall, disqualification, default, or forfeit--2 points
Technical fall--1 1/2 points
Major decision (Winning by 8 to 14 points)--1 point

When a wrestler receives a bye and wins his next match, advancement and match points are doubled. Example: Smith receives bye in preliminary round and pins opponent in quarterfinals. For this the wrestler receives a total of eight points, four for advancement and four for fall. This is a doubling of normal points. If Smith does not win his quarterfinal match, the wrestler receives no advancement points for the preliminary or quarterfinal rounds. Winning in a placing match is not an advancement. Please see the enclosed scoring sheet for byes and bonus points.

Sample: https://www.iesa.org/documents/activities/IESA-BWR_ByesandBonusPointsBracket.pdf

Awards

IESA orders all awards and will have the awards shipped directly to the host school. Please check the awards upon arrival to make sure they are all in good order.

A plaque shall be awarded to the regional winning team. Duplicate awards will be made for tied team scores at regionals which should be ordered from the IESA Office by the host school.

When presenting the individual awards at the regional level, host schools should present the awards to the weight classes as they are completed. For example, two weight classes have completed their championship bouts. The place winners for those two classes are then seated in the awards area while the next two championship bouts are taking place. At the conclusion of those two championship matches, awards are then presented to the first two championship bouts that were completed. Do not wait until the very end to award all 19 weight classes at one time.

Ribbons will be presented to the first, second, and third place winners in each weight division.



Finances

As soon as possible and no later than two weeks after the completion of the tournament, submit your financial report with payment to the IESA Office.

Financial report forms will be sent to you from the IESA Office. Admission prices at the regional level are \$10.00 for all spectators.

Do not collect any entry fees from the schools assigned to your regional! If the tournament runs a deficit, you may assess the participating schools after your financial report is approved by the IESA.

HOSPITALITY IS NOT AN ALLOWABLE EXPENSE.

Expenditures not permitted will be detailed on the financial report form.

Financial reports and instructions will be sent with the final host information with further details.

Other Wrestling By-Laws from IESA Handbook

The host school shall not make its wrestling event areas available to the visiting teams for practice sessions other than that designated in written instructions prior to the beginning of the scheduled meet time.

The displaying of signs or banners at tournament contests is prohibited. Local tournament managers should not permit these devices to be brought into the competition areas.

All noise-making devices shall be excluded from playing areas for all tournament play. Tournament managers should not permit spectators to bring megaphones, radios, or tape players into the playing area of any state series tournament contest.

If players or representatives of any school entered in a tournament are found guilty of carelessly or maliciously breaking, damaging, or destroying property or equipment belonging to the host school or other visiting schools, such as breaking or damaging lockers, etc., destruction to other teams' equipment, buses, etc., such school shall be held responsible for costs incurred in repairing or replacing such property or equipment.

Local tournament managers may permit the radio broadcasting of the tournament.

Video-taping will be permitted but will never be used in any official capacity.

Athletic uniforms may not show any commercial or non-school advertising other than the manufacturer's and must be in accordance with NFHS rules. Warm-ups may include commercial advertising.