ARTICLE 23
WRESTLING

23.1 GENERAL INFORMATION

23.1.1 The CAA shall adopt the current edition of the National Federation of State High School Association (NFHS) Wrestling Rules and Regulations. **These rules shall govern unless noted below.**

23.1.2 Any discrepancies will be ruled upon by the league director and/or Executive Board.

23.1.3 The CAA delegates all responsibilities for Wrestling meets/tournaments to the individual schools participating in these meets. The regulations listed here are intended to create a fair and consistent set of guidelines for these events. The Meet Director is responsible for all questions regarding their individually held meet/tournament.

23.1.4 CAA officials will be assigned to all CAA Certified meets/tournaments and paid directly by the CAA.

23.2 COACHING - Refer to Article 6.

23.3 REGULAR SEASON MEETS

23.3.1 Host School will be responsible for organizing regular-season tournaments.

23.3.1.1 Tournament Entry Fee: The CAA Executive Board will determine the fee structure on an annual basis.

23.3.1.2 Schools will be invoiced according to the number of registered athletes.

23.3.1.3 Host School provides 1st place team awards and 1st and 2nd place medals for each weight class. (2025-26)

23.3.1.4 Tournament results will be posted Bound.

23.3.1.5 Tournament results will be entered live by the host Tournament Director.

23.3.2 Multi/Tournament Registration must be completed in Track Wrestling

23.3.2.1 Saturday Tournament deadline: Thursday prior at 9:00 PM

23.3.2.2 Weekday multi/dual deadline: The day prior at 3:00 PM

23.3.2.2.1 First Offense: Written warning to Athletic Director. Second Offense: $50 fine to Member School. Third Offense: Athletic Director and Coach appear before the CAA Executive Board at the next scheduled Board Meeting. (2025-26)

23.3.2.3 High School coaches must print and supply their weigh-in sheet for every attended event.

23.3.2.4 High School athletes may not wrestle outside of their OPC-eligible weight class.

23.3.3 Multi/Dual match results must be entered in Track Wrestling for each athlete by their respective coach within 48 hours of the completion of the multi/dual meet.

23.3.4 Athletic Trainer must be on site at all Multi/Tournament events

23.3.4.1 Introduction to all head coaches should be done prior to the Multi/Tournament starting.

23.4 EQUIPMENT AND UNIFORM GUIDELINES

23.4.1 Uniform - Refer to NFHS Guidelines.

23.4.1.1 Hairnets - Refer to NFHS Guidelines.

23.5 MATCH AND SCORING GUIDELINES

23.5.1 Forfeit matches between the same schools are not allowed unless there is an injury default at Saturday Tournaments.

23.6 GAME TIME AND LATE ARRIVAL

23.6.1. The following CAA rules shall govern when a team/wrestler arrives at the meet/tournament late:

23.6.1.1 Weigh-In Time is forfeit time. Schools will be called at random for weigh-in.

23.6.1.1.1 Multi/Dual weigh-in time: 5 PM.

23.6.1.1.2 Saturday Tournament Weigh-in time: 8 AM.

23.7 ADDITIONAL HIGH SCHOOL REQUIREMENTS

23.7.1 OPC Weight Management, a weight management program, is required for all High School participants.

23.7.1.1 Two-Part Testing includes:

27.7.1.1.1 Hydration Test • If an athlete fails the hydration portion of the test, they may not continue further into the skin-fold or Bio-Impedance testing. Athletes are **NOT** eligible for a hydration re-test for 24 hours.

27.7.1.1.2 Skin-fold OR Bio-Impedance

23.7.2 Results must be entered into Track Wrestling by an approved Assessor for each school. The School AD or Nurse is qualified to enter results. A request must be made to the CAA Wrestling Director for login access.

23.7.3 High School athletes may **NOT** participate in any wrestling competition until the weight management testing has been completed and results are entered into Track Wrestling.

23.8 SPORTSMANSHIP AND EJECTION - Review Article 12

23.9 STATE CHAMPIONSHIP INFORMATION

23.9.1 The CAA will host a Wrestling State Championship Tournament at the end of the season.

23.9.2 A CAA representative will be present to award trophies.

23.9.3 The CAA will collect all entry fees and pay for all costs to run the State Tournament.

23.9.4 Junior High Boys - One (1) eligible athlete per team/per weight class may be registered. (2025-26)

Junior High Girls - Two (2) eligible athletes per team/per weight class may be registered.

High School Boys and Girls - Two (2) eligible athletes per team/per weight class may be registered.

23.9.4.1 Wrestlers must have completed at least 5 CAA-approved regular-season matches.

23.9.4.2 In addition to regular season matches, two (2) CAA Saturday Tournament participation is also required.

23.9.4.3 One athlete in the same weight class must be declared at weigh-in to be the scoring athlete for each school.

23.9.5 State Seeding eligibility requirement: Seven (7) CAA-approved matches in the registered weight class with a winning record.

23.9.6 Coaches may be asked to provide documentation that wrestler(s) are eligible for the state tournament.

23.9.6.1 Evidence must be recorded in Track Wrestling.

23.9.7 Weight Class will not be adjusted from the final registration weight in Track Wrestling.

23.9.7.1 High School coaches must provide a Track Wrestling weigh-in sheet matching the registered weight class to the CAA Tournament Director and/or CAA State Officials.

23.9.8 CAA will secure venues for all state tournament matches.

23.9.9 State Entry fee will be determined by the CAA Executive Board on an annual basis.