

2025-2026 MPA WRESTLING BULLETIN

Updated 1/22/26

WRESTLING SEASON

October 27, 2025 – The MPA will send all wrestling schools information to register new Assessors for the MPA Weight Management Program Assessor Training

October 29, 2025 – New Assessor, Coach, AD Trackwrestling Training 2:00 via Zoom
<https://us02web.zoom.us/j/85971769153?pwd=jjpWyuxddXjM9eaPJ2emgazklA94mW.1>

November 3, 2025 - First Allowable Date for the Alpha Weigh-in

November 17, 2025 - First Practice

November 22, 2025 – First Allowable Exhibition Meet

November 23, 2025 – Mandatory Coaches' Meeting at Morse HS 10:30 (Link Below)

November 27, 2025 – Deadline for submission of online schedule and Duals Schedule submitted on the MPA website

December 3, 2025 - Online Trackwrestling Eligibility Roster Due Date (Eligibility Roster **MUST** be submitted **BEFORE** Alpha Weigh-in data can be entered)

December 4, 2025 - First Countable Match

December 12, 2025 – Last date for Alpha Weigh-in to be entered into Trackwrestling

December 12, 2025 – Two (2) pound growth allowance

January 21, 2026 - Last Countable Match (Final Countable Match for Dual Tournament Seeding)

January 22, 2026 – Dual Meet Seeding Meeting

January 24, 2026 – League Championships

January 26, 2026 – Confirmation of Dual Tournament Participation

January 31, 2026 – Last Countable for Individual Tournament

January 31, 2026 – State Duals Championship (Classes A & B) at **Fryeburg Academy**

January 31, 2026 – Last Countable for Individual Tournament

February 4, 2026 – Last Countable for Qualifying for State Girls' Tournament

February 2 – 6, 2026 – Online Sportsmanship Voting

February 7, 2026 - Regional Meets (Classes A & B)

A North – **Cross Insurance Center, Bangor**

B North – **Cross Insurance Center, Bangor**

A South – **Noble High School, North Berwick**

B South – **Medomak Valley High School, Waldoboro**

February 14, 2026 - State Meets: Class A – **Cony High School, Augusta**

Class B – **Mattanawcook Academy, Lincoln**

February 17, 2026 – Girls Individual Championship at **Belfast Area High School, Belfast**

February 20, 2026 – New England Qualifier at **Edward Little High School, Auburn**

February 21, 2026 – New England Qualifier Make-up Date

February 24, 2026 - 12:00 Noon – Deadline for withdrawal from New England's

March 7/8, 2026 – New England Wrestling Championship – Providence Career and Technical Academy, Providence, Rhode Island

2026 CHAMPIONSHIP WRESTLING GUIDELINES

- All MPA Championship Meets will have the following times to help reduce the need for some schools to make an overnight trip, except for A South Regionals (8:00 Weigh-in, 9:00 Start).
 - Check-in: No earlier than 8:30 a.m.

- Weigh-in: 9:00 a.m.
- Start Time: 10:00 a.m.
- All wrestlers must be present and appropriately dressed for the awards presentation. Violations will result in the deduction of one team point. Appropriate attire would include a school uniform or school provided warmups.
- Awards will be presented at the end of the tournament.
- Wrestlers must wear a school provided or approved uniform in every match.

TERMS AND CONDITIONS OF PARTICIPATION

2025-2026 National Federation Wrestling Rules for high schools will govern interscholastic wrestling in Maine. In addition, the terms and conditions set forth in this bulletin shall be used in regular and post-season competition. All National Federation and all MPA rules apply to all high school wrestling competitions in Maine.

All MPA eligibility rules will apply.

Due to increased expenses and the increased fees associated with Flo and Trackwrestling, the MPA membership at the April 3, 2025 Interscholastic Business Meeting approved a \$350 fee to all schools participating in the MPA sponsored championships. Invoices will be sent following the Regional Championships to all schools that participated.

RECOMMENDED PROCEDURES:

- Strongly recommend showers after every practice and each individual match during all day tournaments.
- Head Gear should be washed weekly with a mild soap and allowed to dry before use. (it is recommended that schools read all manufacturer's recommendations for cleaning).
- In all day tournaments, each mat MUST be cleaned at least once during the day.
- Ankle bands should be cleaned once a week.
- Officials will check for skin infections site will have the final determination of clearance to wrestle for all injuries and skin infections.
- Host schools should establish a barrier to keep spectators away from the mat defining the wrestling area for participants and coaches.
- There should be no more than two certified coaches in the corner (can be one coach and one wrestler in uniform) and a scorekeeper if there is no room at the table.

MANDATORY COACHES' CLINIC 2025-2026

November 23, 2025 - Morse High School at 10:30 a.m. – 12:00 p.m.

Coaches may attend through Google Meet link: <https://meet.google.com/pma-xcuh-jtm>

*This is a mandatory meeting and one coach from every wrestling school must attend the meeting.

MANDATORY COACHES' COURSES

*Each coach must complete the NFHS “*Concussion in Sport*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*A Guide to Heat Illness*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*Sudden Cardiac Arrest*” video that is available at the NFHS website (www.nfhslearn.com).

*Each coach must complete the NFHS “*Protecting Students from Abuse*” video that is available at the NFHS website (www.nfhslearn.com).

COACH’S LIAISON TO THE MPA WRESTLING COMMITTEE

Scott Lewia, coach at Wells High School is the Class B Coach’s Liaison to the MPA Wrestling Committee and Erick Jensen, coach at Mt. Ararat/Brunswick High School is the Class A Coach’s Liaison to the MPA Wrestling Committee for the 2025-2026 season. Coach Jensen and Coach Lewia report on behalf of the wrestling coaches at each MPA Wrestling Committee meeting. Any issues that need to be addressed from a coach should go through Class B representative Coach Lewia at scottlewia13@gmail.com or Class A representative Coach Jensen ejensen711@gmail.com.

WRESTLING SCHEDULING

Schools may not begin practice prior to November 17, 2025. Only those meets held on or after on December 4, 2025, and on or before January 31, 2026 will be considered for seeding purposes. League championship meets shall be countable meets for seeding and will be one of the 15 regular season dates for all schools involved.

In order to allow enough time for conditioning, no exhibition or preseason meets may be held until the Saturday of the first week of practice, November 22, 2025.

ALPHA WEIGH-IN

New Wrestling Assessor, Coach, and AD Flo Training 2:00 via Zoom – October 29, 2025 at 2:00 p.m. Please use the link below:

<https://us02web.zoom.us/j/85971769153?pwd=jjpWyuxddXjM9eaPJ2emgazklA94mW.1>

Schools may have their Alpha Weigh-in any time on or after the second Monday in November (November 3, 2025) which is two weeks before the beginning of the winter season on Monday, November 17, 2025. Schools must follow all the procedures outlined in the Weight Management Handbook. **Wrestlers must have established their alpha weight before they may participate in any matches preseason or regular season. Once established it may not be changed for the season. During the Appeal Process (page 5 of the weight management program) a wrestler may not wrestle in a weight class lower than that indicted by his / her official weight loss table as established at the Alpha Weigh-in. All Alpha’s must be completed before December 12, 2025. Any Alpha’s performed after this date required a waiver from the MPA Wrestling Committee. A TWO-pound growth allowance will be allowed on December 12, 2025. After a growth allowance has been granted, wrestlers**

do not need to reach scratch weight to be eligible to compete in each weight class. The maximum amount of weight allowance for any meet is **FOUR** pounds.

WEIGHT CLASSES

2025-2026 NFHS Weight Classes:

Boys vs. Boys or Girls vs. Boys - 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285 lbs.

Girls vs. Girls - 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235 lbs.

The NFHS has provided options by state association adoption of 12, 13, or 14 weight classes. The MPA Wrestling Committee selected the 14 weight class option for boys vs. boys and boys vs. girls. For girls vs. girls the selection is 12 weight classes. The committee also recognizes a need to align with the New England Council selection of weight classes for competition in the New England Championships. These are the weight classes chosen by CNESSPA for the New England Championships.

WEIGH-IN PROCEDURES

For dual format meets, the weigh-in process (weighing, skin checks, grooming rules) will be administered by the host Athletic Administrator or the Athletic Trainer assigned to the contest to allow more officials to be available for matches. **For duals meets, the order of the weigh-in shall be the order of the first round, either lightest-to-heaviest OR by random draw. If a random draw is used, the host school will perform the draw. In the event of coop or independent wrestlers participating in a dual meet, the order of that team's matches may, by mutual coaches' consent, be varied to provide the maximum rest for each team's wrestlers.** Any skin checks that were of concern may be confirmed by the official once the official arrives at the facility. Coaches are required to fully understand the weigh-in rules and procedures. For individual format tournaments, the officials will still be expected to perform the weigh-ins as before. **COACHES MUST HAVE THE WEIGH-IN FORMS WITH EXACT DATE!**

Skin Disease - If a participant is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable, his/her coach shall provide current (within ten days) written documentation on the NFHS Skin Lesion Form from an approved healthcare provider stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. The NFHS Skin Lesion Form must be presented at the weigh-in prior to competition. The form may be overruled only by a designated meet physician. Wrestlers may not use documentation from a visit to a local clinic on the day of the meet or from a physician who may be a spectator.

There is no longer a minimum weight for the 285-pound weight class. The NFHS rule that allows wrestlers to wrestle up one weight class will apply to all weight classes.

A. A contestant shall not wrestle more than one weight class above that class for which his/her actual weight qualifies him/her. The same rules apply for males and females. Schools that have female wrestlers should call the host school to make arrangements prior to a meet.

- B. All weigh-ins must follow the new NFHS weigh-in procedure. 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.
- C. All contestants shall weigh-in in the gym or meet site wearing a legal uniform and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a suitable form-fitted compression undergarment that completely covers their breasts. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

The Match Date Minimum Weight form must be brought by the coach to each of the 18 allowable meets (3 preseason, 15 regular season). The date on this form must be the same as the date of the meet (the first day of a two-day meet) and must be provided to the officials, **opposing coaches, and the head table.** Wrestlers may not wrestle in a weight class lower than the minimum class indicated for that date on the Match Date Minimum Weight form. Wrestlers not listed on the Match Date Minimum Weight form for a given date, may not wrestle on that date.

The following procedures will govern all meets under the weight management policy:

- a. **Coaches must present his/her team's Match Date Minimum Weight Form to the officials before the weigh-ins at all exhibition and regular season meets or tournaments. Failure to do so will disqualify that school from participating in the meet.**
- b. All wrestlers in exhibition and junior varsity matches must wrestle in their weight class of entry in accordance with the Match Date Minimum Weight Form. No Exhibition Matches count toward seeding.
- c. If, at any time after a meet and before the regional seeding meetings, it is discovered that a wrestler won a match in a weight class other than those indicated on the Match Date Minimum Weight Form, that individual match will be declared a forfeit by the chair of the wrestling committee.

All wrestling schools are encouraged to schedule all schools in their region. All varsity matches on countable dates will be considered for seeding purposes. Competition in tournaments will count as countable matches for seeding purposes; however, head-to-head tournament competition will be used as a criterion. All tournament matches count for seeding purposes. **All school's that attend out-of-state meets must provide Meet results to the respective regional meet director within 1 week of the tournament's scheduled event if it involves any in-state competition.**

Individuals competing in any meet and tournament must be accompanied by the coach of record (eligibility list form) or a person who meets coaches' eligibility standards and who has written authorization by the principal or athletic administrator. Only coaches who meet the MPA Coaches' Eligibility requirements or athletes in uniform may sit in a corner. A maximum of two approved individuals are allowed in the corner. The head coach will be assessed a 2-point team deduction for an illegal, uncertified coach in the corner. Team members are not permitted to sit on the side of the mat during matches and

should be in the warm-up area or in the stands with their team when not wrestling.

A designated medical person's ruling about a participant injury shall be final. Officials will notify the coach if a wrestler is exhibiting signs or symptoms of a concussion. If an athlete is sent off, then a designated appropriate medical person (MD, DO, certified athletic trainer, registered nurse or physician's assistant) shall determine if the athlete can return to the contest. If a designated appropriate medical person is not available, the athlete's coach will make the decision as to whether the athlete may return to the contest.

Please see form available to report a skin condition. (The form is also located on the Wrestling homepage.)

The normal NFHS rules concerning forfeits shall be applied for all cooperative wrestlers who are regularly scheduled at any meet and for all other wrestlers in the cooperative wrestlers' weight classes. Forfeits are no longer considered as matches wrestled when considering the **six (6)** matches in one-day limit.

Rule 1-4-4 states: "No contestant shall wrestle in two consecutive matches with less than a **30-minute** rest between them. The conclusion time of each match shall be recorded." There are no exceptions to this rule.

The Maine Principals' Weight Management Program is mandatory for all schools and wrestlers. The weight management policy can be found at the end of this bulletin and all competition will be governed by this policy.

Coaches who schedule their Alpha Weigh-in after November 3, 2025 but before November 17, 2025 are allowed two preseason meetings with their teams, one of which must be the Alpha Weigh-in. Coaches who schedule their Alpha Weigh-in on or after November 17, 2025 are allowed only one preseason team meeting.

Any initial Alpha Weigh-ins performed after December 12, 2025 will not be accepted unless a waiver from the MPA Wrestling Committee has been approved. Appeals within the 14-day window for appeals, but after December 12, 2025 will be accepted.

The dual meet fee for varsity officials for **2025-2026** is **\$97.50**. When seven or more cooperative wrestlers are attached to a school, the officials at all meets that the school attends will be paid for an additional team. **When fewer than seven cooperative wrestlers are attached to a school, the extra bouts necessitated by their presence will be paid to the officials at the rate of \$6.75 per bout.** The responsibility for the additional payment will be left up to the discretion of the school to which cooperative wrestlers are attached (receiving school), the school from which the cooperative wrestlers come (sending school) and the school hosting the meet.

A school's administration may request an "Assistant Referee" for a Dual Match. The Assistant Referee will be paid mileage (unless he / she rides with Head Official) and 75% of the Dual Fee, which will be **\$73.00.**

BONA FIDE TEAM RULE

A member of a school team is a student athlete who is regularly present for and actively participates in team practices and competitions. Bona fide members of a school team are prevented from missing high school practice or competition to compete or practice elsewhere.

- * Two waivers per student athlete per sport season may be granted by the principal on a case-by-case basis for extraordinary circumstances (e.g., If a student/athlete were invited to participate in a prestigious weekend event then a waiver may be granted. If a student/athlete were invited to participate in a nationally recognized tournament over a school vacation, then **that** waiver may be granted for that activity. If a request to miss practice every Friday because he/she is receiving specialized coaching from an outside team/coach, then a waiver should not be granted **because it violates the spirit and intent of the rule**).
- ** This policy is not intended to restrict dual sport participation in schools that allow dual participation.
- *** Penalty for violation of this policy:

1 st Violation	Suspension from play for one game/contest
2 nd Violation	Removal from team for remainder of season

(Effective Date: 2019 Fall Sport Season)

EJECTION RULE FOR COACHES AND STUDENT ATHLETES POLICY:

In all team and individual sports (varsity or sub varsity), ejection or disqualification from a game, meet, or match for unsportsmanlike behavior of any form, by a coach or a player, shall result in the suspension of that player or coach. The coach or player ejected from a contest must sit out all contests at all levels until the coach or athlete completes the ejection penalty by sitting out the next game at the level from which he/she was ejected. This rule applies to a game, meet, or match suspended before completion as well as a completed contest. This penalty may not be served by sitting out an exhibition, sub-varsity, or other competition. A suspended coach may not be present at the game site. Not being physically present at the site means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands, or site area before, during, or after the game/meet. Any coach or player ejected from the last game, meet, or contest of a sports season shall serve a one game suspension in the opening countable game, meet, or contest in the next varsity sport in which he/she participates. The coach or player may participate fully in preseason.

In wrestling, a meet or match is defined as:

A multiple day tournament.

A dual, tri, quad, etc. held on one day.

Examples: A wrestler or coach ejected from the first day of a two-day tournament must sit out the second day of the tournament and the next scheduled meet or match on a subsequent date.

A wrestler or coach ejected from a dual, tri, quad, etc. meet scheduled on a given day must sit out that entire day and the next meet or match on a subsequent date.

Wrestlers must wear only school issued uniforms (Ref. Rule 4-1-1-C of NFHS rulebook, page 14). Notice 2014 – 2015. To sustain continued action during a match by “requiring” hair covers to be attached to the ear guards.

Prior to their return to play any player ejected from a game must complete the NFHS “*Sportsmanship*” video that is available at the NFHS website (www.nfhslearn.com).

Prior to their return to the sideline any coach ejected from a game must complete the NFHS “*Teaching and Modeling Behavior*” video that is available at the NFHS website (www.nfhslearn.com).

For any ejection the Athletic Administrator must submit and Ejection Report MPA Ejection Reporting Form (jotform.com) to the MPA.

TERMS AND CONDITIONS OF SCHEDULING

- 1A. Schools may schedule a total of 18 dates: 3 during the preseason (November 21 - December 3) and 15 during the regular season (December 4 – January 31). A consecutive two-day tournament equals one date. **Girls only dates do not count toward those 18 dates, and the girls may have up to 18 dates of girls only meets.**
- 1B. A team that knowingly does not honor the commitment of a wrestling match forfeits the matches they would have wrestled that day.

If a school fails to honor a committed match, or matches, on the MPA schedule, including the State Duals Tournament, the school shall be fined \$100 and the Head Coach will be disqualified for the next scheduled countable match(es) due to the Unsportsmanlike Behavior.

Entering schedules correctly into Track Wrestling is essential for the online results reporting system to be accurate. **Home schools enter dates for home matches.**
All opponents must be listed for every match date.

Home schools are required to list all opponents for in-season tournaments and end-of-season league tournaments.

Out-of-state opponents should be listed under the non-member category.

Two-day tournaments should list the first date!

Schools will only enter results of competition against Maine wrestlers. This may be at out-of-state tournaments if you see a Maine wrestler at that event. In that case – you are required to record Maine matches.

Each of the Maine meets must follow National Federation rules.

Schools that are participating in multiple meets on the same date at different sites must enter wrestlers in at least half the weight classes at each site. It is recommended that host schools enter results for all Maine wrestlers into the MPA reporting system.

*At all MPA tournament events, beginning with the Duals Championships and extending through the New England Qualifier, the host school may not do a 50/50 raffle, as this is an MPA event.

STATE TEAM DUALS CHAMPIONSHIP

Saturday, January 31, 2025

Wednesday, January 21, 2026 - Last Countable Match (Final Countable Match for Dual Tournament Seeding)

Monday, January 26, 2026 – Confirmation of Team Participation in the Dual Tournament.

Class A & B Site – **Fryeburg Academy**

Site Director: **John Gordon**

Meet Director: **John Gordon**

The MPA will sponsor a Team Duals Championship in Class A and in Class B. The tournament will be wrestled at a site that can host 4 mats (Cony, Fryeburg, and Mt. Ararat). Rule 11 will be used as a reference in the Dual Tournament.

Selection of Teams There will be a Class A and Class B Team State Championship. The top 4 teams from the North and from the South will compete in each classification. The MPA Wrestling Committee will meet to choose the class representatives on **Friday, January 23, 2026**. Dual matches wrestled on or prior to **Wednesday, January 21, 2026** will count toward dual seeding. **All dual meet results must be entered and verified for accuracy in TrackWrestling no later than 11:59 PM on January 21, 2026.**

- Any results not accurately entered by this date **will not be considered** during the State Duals Tournament seeding process or any appeal thereafter.

Schools must confirm acceptance of the invitation to the Duals Tournament by 12:00 on **Monday, January 26, 2026**.

1. Seed format will be the same as seeding for the individual tourney and will be organized initially by winning percentage within Class, then by overall win percentage but amended to:
 - a. Head-to-head
 - b. Record against common opponents
 - c. Best overall record
 - d. Returning champion
2. Format Simple 8 team championship bracket, single elimination as are all other MPA tourneys. All teams will wrestle at least two matches.
3. Schedule – (Time tentative, as each round will begin when all teams are ready)
 - a. 9:00 am weigh in by team with all substitutes weighing in. Coaches will need to present to the head table the Match Date Minimum Weight Form.
 - b. 9:30 or earlier Coaches pre-meet meeting
 - c. 9:45 teams march into gymnasium
 - d. 9:55 National Anthem

- e. 10:00 wrestling championship quarterfinals on four mats Class A
 - f. 11:00 wrestling championship quarterfinals on four mats Class B
 - g. 12:00 Class A championship semifinals and Class A consolation matches on 4 mats
 - h. 1:00 Class B championship semifinals and Class B consolation matches on 4 mats
 - i. 2:30 Class A and B championship finals 2 mats
 - j. 3:30 Awards ceremony
4. Teams If teams choose not to participate the MPA will select an alternate from each region (if alternate is used, all teams in region move as done with states)

5. Bracket

<u>Quarterfinals</u>	<u>Semifinals</u>	<u>Championship (A and B)</u>
Class A		
A1 -1N vs. 4S		
A2 - 2S vs. 3N	A5 - Winner A1 vs. A2 (Semifinal 1)	A9 - Winner A5 vs. Winner A6
A3 - 2N vs. 3S	A6 - Winner A3 vs. A4 (Semifinal 2)	
A4 - 1S vs. 4N		
	A7 – Loser A1 vs. A2 (Cons. Semi 1)	
	A8 – Loser A3 vs. A4 (Cons. Semi 2)	
Class B		
B1 -1N vs. 4S		
B2 - 2S vs. 3N	B5 - Winner B1 vs. B2 (Semifinal 1)	B7 - Winner B5 vs. Winner B6
B3 - 2N vs. 3S	B6 - Winner B3 vs. B4 (Semifinal 2)	
B4 - 1S vs. 4N		
	B7 – Loser A1 vs. B2 (Cons. Semi 1)	
	B8 – Loser A3 vs. B4 (Cons. Semi 2)	

6. Awards

- a. Team Championship and Team Runner up award
- b. Medals (22) champions and (22) runner up medals, weight class not included on medals

REGIONAL TOURNAMENT (CLASSES A, & B)

Individual Match Results – Deadline: January 31, 2026

All individual match results must be entered and verified for accuracy in TrackWrestling no later than 11:59 PM on January 31, 2026.

- Any results not accurately entered by this date **will not be considered** for Regional Championship seeding or in discussions at the regional seeding meetings.

It is the responsibility of each individual school to ensure that all meet results are entered correctly and verified by the stated deadlines. These measures are designed

to promote consistency, fairness, and efficiency in the seeding process across all classifications.

Date: Saturday, **February 7, 2026** (Meet Directors may alter the team schedule to allow for poor weather.)

Sites:

Class A North – **Cross Insurance Center, Bangor**

Site Director: - **Dan O'Connell**

Meet Director Class A – **Sean Keenan**

Class B North – **Cross Insurance Center, Bangor**

Site Director: - **Dan O'Connell**

Meet Director– **Bob Stedt**

Class A South – **Noble High School**

Site Director – **Aaron Moore**

Meet Director – **Aaron Moore**

Class B South – **Medomak Valley High School**

Site Director – **Matt Lash**

Meet Director – **Jeff Pelletier**

COACHES' ATTIRE

Coaches should be appropriately dressed in collared shirts with appropriate slacks. Jeans, hats, and boots are not allowed.

TERMS AND CONDITIONS OF SEEDING

1. The date, time, and site of the seeding meeting will be determined by the Meet Director. Fifteen dates are provided for seeding purposes. These dates and teams must be on the school's schedule and counted by all teams involved. Coaches are responsible for ensuring that their records are accurate and up to date for the regionals.
2. Order of Seeding
Situations not resolved utilizing this criterion will be resolved by the Seeding Committee. The wrestlers are rank ordered according to their winning percentage in all regular season meets and in state opponents only in their class of entry and then the following criteria are considered in order. This ranking by winning percentage is the starting point only. To be eligible for a weight class a wrestler must have one match in that weight class. The criteria used for adjustments is prioritized below.
 - a. **Best overall record in class of entry placing priority on total number of matches wrestled.**
 - b. **Best overall record in class of entry placing priority on total number of mat matches wrestled.**
 - c. Head-to-head in weight class of entry, against MPA/NFHS Sanctioned wrestlers.

- d. Head-to-head in weight class other than the weight class of entry.
- e. Record against common opponents in weight class of entry.
- f. Record against common opponent in same weight class but not weight class of entry.

*A wrestler may only move up one slot at a time following the criteria (i.e. the #6 wrestler has beaten the #2 wrestler, but they have not beaten #3, #4, or #5 or had a better record vs. common opponents. The #6 would have to remain the #6 even though they have beaten the #2 seed).

To be seeded in the top five, a wrestler must have at least four mat matches in the weight class of entry or have a winning head-to-head match with a wrestler seeded above him/her. Forfeits do not count as a mat match in this case only.

One wrestler in each weight class on each school team will be seeded for the Regional Wrestling Meets. All the rules relating to the order of seeding remain in effect.

All qualified wrestlers within a region will be seeded. The length of all championship bouts shall be 2-2-2.

Byes will be assigned to the highest seeds instead of randomly drawing for byes and will be assigned 2 bonus points for those wrestlers receiving a first-round bye.

The Seeding Committee is composed of the meet director, the head official and the MPA Wrestling Committee member assigned to the Regional Meet. **The committee reserves the right to make a final decision for seeding based on the data available.**

If a coach is dissatisfied with an official's decision on the misapplication of the rule, he/she may appeal. That appeal must be in writing and go to the Appeals committee for further review. (Judgement calls are not appealable -- see rule 6-6-5.) The coach and wrestler cannot leave the wrestling area during an appeal.

The decision of the Appeals Committee on all questions and rules is final. The Appeals Committee for the Regional, State, and New England Qualifier will be: Site Director, Meet Director, Head Official (if not involved in the appeal), and an Appointed North and or South non-voting Coach. If Head Official is involved, then a Back-up Official would be chosen.

The seeding meeting ends when the last class is seeded.

The size of the bracket (8, 16, 32) will be determined by the number of entries in that weight class.

REPLACEMENT OF SEEDED ATHLETES AT REGIONAL MEETS

Participants may be replaced at regionals due to illness, grades, and injury disqualification. If an athlete does not make weight, he/she may not be replaced. A request for replacement must be made to the meet director, committee representative, and head official on the day of the meet. Wrestlers cannot be substituted once their

team or weight class has entered the weigh-in area. Wrestlers are not allowed to switch weight classes once the school has submitted its regional entry form.

DETERMINATION OF ALTERNATES

The 3rd/4th place and 5th/6th place matches will be wrestled prior to the championship round. These matches will determine the alternates for the State Championship and this process will also be followed at the New England Qualifier. **The 5/6 matches determining alternates will not count towards team scoring.**

STATE CHAMPIONSHIP TOURNAMENTS (consider the Cap System)

Saturday, February 14, 2026

Class A – **Cony High School**

Site Director: **TJ Maines**

Meet Director: **Terry Devereaux**

Class B – **Mattanawcook Academy**

Site Director: **David Hainer**

Meet Director: **Bob Stedt**

Schedule

- a. 8:00 a.m. Check in teams.
- b. 9:00 a.m. Weigh-in.
- c. 9:30 a.m. Coaches meeting.
- d. 9:45 a.m. Team introductions.
- e. 9:55 a.m. National Anthem.
- f. 10:00 a.m. Start of wrestling.

In Classes A and B, the first four place winners (plus an alternate) in each weight class, in each region, shall qualify for the State Meet. **If there is a scratch, send to the appropriate Meet Director as soon as possible so that the spot may be filled by the alternate.** The alternate shall be the higher seeded wrestler who is defeated in the consolation semi-finals unless previously defeated by the other consolation semi-final non-winner. If the alternate from a region is not available, the alternate from the other region shall fill that open spot. The Alternate shall be the higher seeded wrestler who is defeated in the consolation semi-finals unless previously defeated by the other consolation semi-final non-winner.

In the case of each wrestler entering the same seed (States, New England Qualifier) and each having been defeated in the consolation semi-finals, their consolation semi-final match would be scored as if it took place during a dual team match and the wrestler who lost in the closer match would be the alternate. (A wrestler losing by a 3-2 score would advance over a wrestler who lost 12-1)

If both wrestlers lost by the same differential, then the wrestler who lost to the eventual consolation champion would be deemed the alternate for that class.

If a bye exists in any weight class, the bye shall exist in the fourth seed, with all other seeded wrestlers moving up as needed.

GIRLS INDIVIDUAL CHAMPIONSHIP

The 2025-2026 Girls' Individual Championship will allow girls the opportunity to wrestle exclusively against other girls for a championship but still allow them to be contributing members to their respective boy's teams and compete in the team championships. The wrestling committee has selected the NFHS Weight Classifications for 12 weight classes. The weight classes are: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235. To qualify for the girls' championship, all wrestlers must have an established Alpha weight. Any wrestler not making weight at the girls' tournament is not eligible to wrestle in a lower weight class. All schools that do not complete the entry form by the due date for the girls' tournament will be fined.

Champion and Runner-up awards will be presented to the winning and runner-up teams. Schools may enter more than one entry per weight class but must declare their wrestler that will count towards the team results at the end of the weigh-in period.

In weight classes with less than five (5) wrestlers the bracket will be set up as a Round Robin.

For 2026, seeding of the Girls Tournament would include all of their matches with girls for overall win percentage.

- a. Head-to-head against MPA/NFHS Sanctioned wrestlers.
- b. Record against common girls' opponents in weight class of entry.
- c. Record against common girls' opponent in same weight class, but not weight class of entry.
- d. Best overall record in class of entry placing priority on total number of mat matches wrestled.
- e. Returning champion of that tournament in weight class of entry.

*Any additional information for matches between two girls wrestling in boys matches must be provided to Bob Stedt by the coaches.

Date – Tuesday, February 17, 2026

Site – Belfast Area High School

Site Director: Susan Robbins

Meet Director: Bob Stedt

NEW ENGLAND QUALIFIER

The New England Qualifier will be Friday, February 20, 2026. (Snow date: February 21, 2026). Maine will use an 8-man bracket.

Site: Edward Little High School

Site Director: Todd Sampson

Meet Director: Jeff Pelletier

<i>Seeds in an 8-man bracket</i>	<i>Weights</i> <i>113, 126, 138, 150,</i> <i>165, 190, 285</i>	<i>Weights</i> <i>106, 120, 132,</i> <i>144, 157, 175, 215</i>
1	1B	1A
2	1A	1B
3	2B	2A
4	2A	2B
5	3B	3A
6	3A	3B
7	4B	4A
8	4A	4B

Scratches

1. If a wrestler scratches, the meet director will move in alternate and move seeded wrestlers as is done in states. The meet director can use his/her discretion to avoid having wrestlers from the same classification (B vs B) in the first round. If alternate is used/not available from Class B, then use alternate from Class A, if no alternate is available, meet director will use his/her discretion on the seeds. This would hold true if the Class A alternate is used/not available as well, we would use the Class B alternate.
2. This seeding process is similar to the process held for the New England Tournament.

NEW ENGLAND TOURNAMENT

The New England Championship will be held on **Saturday, March 7 and Sunday, March 8, 2026** at the Providence Career and Technical Academy, Providence, Rhode Island

The MPA will enter all qualified athletes. The top three in each weight class from the qualifier will represent Maine. It is the school's responsibility to pay all fees, transportation, lodging, etc., for the athletes and coach.

The MPA will enter three qualified girls for the New England Girls Championship from the Maine State Girls Championship. If a girl qualifies for the New England Championship in both boys and girls, she must decide which tournament that she will enter by the conclusion of the New England Qualifier.

The school which the qualifying athlete attends, has an automatic waiver of the Sport Season Policy for the athlete. A coach may work with the qualifying athlete prior to the event and coach the athlete at the New England Competition. If a Saturday competition should be postponed to Sunday for any reason, Maine's athletes will not be allowed to participate without a "waiver" from the MPA Executive Director.

A coach who holds current coach's eligibility status must be present and assume responsibility for a school's athlete(s) at the New England Competition.

There will be \$75 fine to schools for each wrestler who is entered the New England Tournament and who:

- Fails to appear to wrestle at the tournament or
- Fails to withdraw by the withdrawal deadline.

To withdraw a wrestler from the New England, meet, a school must call the MPA office at 622-0217 before the withdrawal deadline of **February 24, 2026** at 12:00 p.m.

AWARDS

The Wrestling Committee authorizes the presentation of "Outstanding Wrestler" awards which are administered by the Maine Interscholastic Wrestling Officials Association at the State Championships and New England Qualifier.

OFFICIALS FEES

Review the **2025-2026** MPA Handbook, Appendix J for the complete fee schedule, terms and conditions.

PROJECTED MEET DATES

In the **EVEN** numbered years South will host the Individual State Championship Meets. In the **ODD** numbered years the North will host the Individual State Championship Meets.

The State Duals Championship Meet will rotate between the schools that can accommodate 4 mats (currently Cony, Fryeburg, Mt. Ararat, and Sanford).

GOOD SPORTSMANSHIP BANNER CRITERIA

*Reminder that in the **2025 – 2026** school year wrestling will utilize the online balloting for the Sportsmanship Banners. The winner of the Good Sportsmanship Banner will be determined by a committee made up of the MPA representative, the meet director, and the head official, in consultation with officials assigned to the meet. Regional qualifiers will be passed on to the state meet director. At the State Meet, the meet director will provide the Wrestling Committee with nominated schools to be selected by the Wrestling Committee, head official, and state meet director.

The criteria to be used in determining the winner are:

Neatness in attire of wrestler, coaches, and managers.

The friendly, courteous, and cooperative relationship existing between teammates and the opposing team members.

The patience, understanding, and degree of respectful communication displayed towards officials by wrestlers and coaches.

The respect given to the matches, actions and conduct of the opposing school's wrestlers, managers, and coaches during and after each contest.

The lack of facial expressions, gestures, profanity, obscenities, and acts of unnecessary roughness or loss of self-control.

Leaving the bench, locker, and shower area in a neat, clean, and undisturbed state.

- Spectators exhibiting reasonable behavior in compliance with MPA rules and regulations. A few examples of poor behavior:
 - a. The use of noisemakers, placards, and confetti.
 - b. The display of distasteful banners or posters.
 - c. Verbal abuse of those on the mat.
 - d. The use of obscene gestures or vulgar language.
 - e. A lack of respect for the National Anthem and/or the National and State flags.

NFHS COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with competitors and equipment.

Universal Hygiene Protocol for All Sports

Shower immediately after all competition and practice

Wash all workout clothing after practice

Wash personal gear, such as knee pads, periodically

Don't share towels or personal hygiene products with others

Refrain from (full body) cosmetic shaving

Infectious Skin Diseases

Means of reducing the potential exposure to these agents include:

Notify guardian, athletic trainer and coach of any lesion before competition or practice.

Athlete must have a health-care provider evaluate lesion before returning to competition.

If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.

Follow NFHS or state/local guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if approved by health-care provider and in accordance with NFHS, state or local guidelines.

Blood-Borne Infectious Diseases

Means of reducing the potential exposure to these agents include:

Bleeding must be stopped immediately, and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice. Contaminated clothing must be cleaned before using again.

Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminating themselves or others.

Immediately wash contaminated skin or mucous membranes with soap and water.

Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.

Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

Further information can be obtained through your state high school association and the NFHS.

WRESTLING WEIGHT MANAGEMENT HANDBOOK

Download a copy of the Wrestling Weight Management Handbook at
<http://www.mpa.cc/pdf/weightmanagementhb.pdf>.

WRESTLING CLASSIFICATION 2025-2027

CLASS A 600+	CLASS B 0-599
NORTH	NORTH
1. Lewiston*, 1,655 2. Windham/Gray-NG/Westbrook, 1,311 3. Edward Little, 1,136 4. John Bapst/ Bangor/Brewer/ Hampden/ Hermon/Old Town/Orono (PCW), 1,101 5. Mt. Ararat/Brunswick, 1,067 6. Oxford Hills, 1,021 7. Camden Hills, 737 8. Messalonskee, 713 9. Skowhegan, 696 10. Mt. Blue, 694 11. Cony, 647 12. Gardiner/Hall-Dale, 643 13. Morse, 629 14. Freeport*, 629 15. Nokomis, 614 16. Lawrence*, 528 17. Lake Region*, 500 18. Poland*, 493 19. Central*, 311 20. Wiscasset*, 141	1. Ellsworth, 522 2. Mt. Desert, 476 3. Belfast, 471 4. Foxcroft/Penquis Valley, 442 5. Caribou, 422 6. Bucksport, 358 7. Washington, 306 8. Mattanawcook/Lee, 294 9. Mt. View, 288 10. Fort Kent/Madawaska/Wisdom, 280 11. Dexter, 273 12. Maine Central, 268 13. Calais, 228 14. Piscataquis, 143 15. Woodland, 140 16. Penobscot Valley*, 129
SOUTH	SOUTH
1. Biddeford/Thornton, 1,397 2. Portland/So. Portland, 1,304 3. Scarborough/Gorham, 1,301 4. Sanford, 1,075 5. Bonny Eagle, 1,034 6. Deering, 1,033 7. Noble, 940 8. Massabesic, 870 9. Cheverus/Falmouth, 749 10. Marshwood/Traip, 719 11. Kennebunk, 701 12. Fryeburg, 663	1. Lincoln, 555 2. Medomak Valley, 552 3. Erskine, 533 4. York, 503 5. Oceanside, 498 6. Waterville*, 484 7. Mountain Valley/Buckfield, 425 8. Spruce Mountain, 407 9. Wells, 400 10. Lisbon/Oak Hill, 391 11. Maranacook*, 369 12. Winslow, 367 13. Madison/Carrabec, 290 14. Monmouth/Richmond/Winthrop (Rangers), 268 15. Dirigo, 228

*Individuals Only