2026-27 Wrestling

Classification based on grades 9-12

6A	1,400 and over	4A	699-350
5A	1,399-700	3A	349 and under
Girls Division I		1200 and above	
Girls Division II		1199 and under	

First Day of Practice November 16

- Wrestlers must pass the hydration test and be weight certified prior to the first allowable date of IHSAA competition.

First Match	December 2
Dist. Tourn. Completion	February 20
State Tournament	February 26-27 at ICCU Dome

Rules

The official wrestling rules in Idaho are the National Federation of State High School Associations (NFHS) Wrestling Rules, with Idaho modifications. Rule books must be picked up and signed for by the school's representative at the district rules clinic.

Wrestling Season

The IHSAA wrestling season begins on November 16 and concludes with the State Wrestling Tournament. National Federation rules are in effect throughout the season. Participation in freestyle or Greco Roman tournaments is prohibited during the regular season

Match Limitations

An individual may compete on a maximum of sixteen dates, with no limit on the number of matches per date. Friday after 1:00 p.m. and Saturday may be counted as a single date. Two-day tournaments held during Christmas break when school is not in session and beginning at 8 AM will count as one date.

An individual who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored competition of that sport.

Practice Matches

If a coach takes any part of the wrestling squad to another school for a joint practice, that practice counts as one of the 16 regular-season dates. Joint practices or scrimmages may not be held before the first allowable date of competition.

Takedown Tournaments

Schools that donate the proceeds from a takedown tournament to the YEA Foundation are not required to count the event as one of the 16 regular season dates. Each school is limited to one takedown tournament per season.

Weight Classifications: Boys

98	106	113	120	126	132	138	144
150	157	165	175	190	215	285	

Weight Classifications: Girls

100	105	110	115	120	125	130	135
140	145	155	170	190	235		

Weight Certification

The certification program includes three vital components that will ensure the health and safety of each individual wrestler, the three components are:

1. Establishment of healthy wrestling body weight through body composition and hydration. The minimum weight will be based on 7% body fat for males and 19% for females. Should an athlete fall below this level, they shall not be permitted to compete until a medical doctor provides written verification the wrestlers body fat level is naturally below the prescribed percentage and the health of the individual is not compromised by the lower level of body fat composition. This verification from a medical doctor will only be approved by an IHSAA certified weight assessor.
2. Development of a sound, gradual and safe weight-loss plan, which includes nutritional education if weight loss is desired. The maximum weight loss per week shall not exceed 1.5 percent of body weight during the initial descent to the wrestlers certified minimum weight class.
3. Development of a nutritional education program that is directed to the coach, individual wrestler and parent.

The method designated to determine body fat of each wrestler is the use of Bioimpedance, a compact and portable body composition analyzer and scale. This body composition analyzer will be available in each of the six activity districts for use by member schools. The cost of the total Minimum Weight Certification includes a fee of $3.00 per wrestler plus mileage that will be paid to the certified weight assessor, a fee of $30.00 per gender will be charged for the weight certification fee.

Each wrestler will be required to be certified by the day prior to the first allowable date of competition. The window for certification will be October 19 to the day prior to the first allowable date of competition. During this time period each wrestler will have the opportunity to go through the certification process twice with the same assessor. Individuals who join the wrestling team after first allowable competition date must certify prior to the wrestler's first match. All wrestlers must pass the hydration test immediately prior to determining their body fat composition. The use of a refractometer and urine test strips will be the only two methods recognized in testing for hydration.

Every member school that has paid the annual IHSAA participation and weight certification fees may access the web based optimal performance calculator that will determine the lowest allowable weight class for each wrestler. To maintain the integrity of the Weight Certification Program a unique password will be assigned to the certified assessor, coaches and student athletes. Assessors can enter data, while coaches and athletes have view-only access

Once the wrestler is certified and the minimum wrestling weight is determined for the season, the wrestler will be ineligible to wrestle below their certified class. After a wrestler reaches and competes at his minimum certified weight class, the individual may return to a higher weight class. While returning to a lower weight class, a wrestler shall not lose more than four pounds from week to week. Once certified, a wrestler may only wrestle up to two weight classes above his certified minimum weight class.

Growth Allowance

A two pound growth allowance will be added to each weight class on January 1st. A wrestler may not use the two pound growth allowance to make scratch weight.

Representation to District Tournament
Two wrestlers from each weight class from all schools may enter the district tournament.

District Tournament Seeding Meeting
The District Tournament manager will call a meeting of all wrestling coaches prior to the tournament to verify entries, draw brackets, seed wrestlers, select officials, and address other relevant tournament matters.

Certification for District & State Tournament
To be eligible for the district & state tournament, each wrestler must weigh in at scratch weight and be available to compete on three of the sixteen regular season dates. The coach must provide verification that the wrestler has met the three required weigh-ins before the district seeding meeting. Each weigh-in will count toward one of the wrestler's sixteen regular season dates.

- Coaches are responsible for verifying to the manager of the district wrestling tournament the certified weight class of each wrestler entered.
- All records must be updated or the wrestler will not be seeded and will be drawn in.
- All challenges for weight verification shall be made before the weight is seeded.
- After the weight is seeded, there shall be no changes in that weight.
- Scorebook or a Track wrestling weigh in will serve as proof for making weight.
- Schools will be fined for not updating Track wrestling prior to the district tournament.

Seeding and Drawing the Brackets
All NFHS Wrestling Rules apply, with the following clarifications and exceptions.

1. Failure to verify entries at the seeding meeting will result in disqualification from the tournament. Contestants thereafter failing to make weight will not be permitted to participate in a different weight classification.
2. Immediately following the verification of entries, drawings will be made to place competitors on a tournament bracket

State Wrestling Representation
Wrestling representation for the state tournament will be calculated annually using participation data as of January 10. Girls' wrestling representation will be based on each district's individual participation numbers, while boys' wrestling representation will be based on the number of schools sponsoring a team in each district. A school must have at least eight boys wrestlers to be counted as a team.

State Seeding Meeting
The State Seeding Meeting will be held at the IHSAA office in Boise on February 21, 2027.

State Seeding Protocol for All Classifications

1. Seed the top eight state qualifiers.
2. Remaining state qualifiers will be placed by a random draw.
3. If possible teammates will be placed on opposite sides of the bracket unless it affects seeding

State Seeding Criteria for 1st through 8th
The seeding following criteria will be used to generate TrackPoints for seeding and at-large selection purposes.

1. Head-to-head
2. Record against common opponent (regardless of weight)
3. Highest returning state placer last year
   a. Highest returning state placer 1st-3rd at weight
   b. Highest returning state placer 1st-3rd at a different weight
   c. Highest returning state placer 4th-6th at weight
   d. Highest returning state placer 4th-6th at a different weight
4. District Champion
5. Best varsity record at that weight: minimum of 10 matches
6. Best overall varsity record.

Floor Passes at State Tournament
Each school receives complimentary admission and floor access for coaches based on the number of state qualifiers, plus two support staff. Additional personnel must have an IHSAA card or purchase a tournament pass but are not permitted on the competition floor.

Wrestlers	Coaches	Support Staff	Total Floor Passes
1 to 3	2	2	**4**
4 to 9	3	2	**5**
10-17	4	2	**6**
18+	5	2	**7**