



MASSACHUSETTS INTERSCHOLASTIC
ATHLETIC ASSOCIATION



2023-24 MIAA Wrestling Season Reminders & Resources

To all MIAA Wrestling schools:

I hope this communication finds you, your student-athletes and coaches excited for the winter season! I would like to bring your attention to several items important for the upcoming 2023-24 wrestling season. Please read this communication carefully as it identifies several new rules, updated forms, format changes and the creation of the MIAA Girls' Divisional State Tournament.

1. Click to view the [MIAA Wrestling page](#), which includes important information, dates, sites, etc.
2. Click to view the [MIAA FloArena FAQs and Training Videos](#)
3. The **cut-off date** for the wrestling regular season is **Wednesday, February 7, 2024**. All meets must be complete and results entered on FLO by this date.
 - All MIAA Wrestling **rosters, weight assessments, schedules and results must be entered through FloArena**. Results must be entered **within 96 hours of a meet**. Schools can also choose to enter their wrestling schedules and meet results on Arbiter.
4. **Minimum Weight Control** assessments must be completed and entered on [FloArena](#) on or before **December 7, 2023** or prior to your first varsity contest. Please note that **rosters must first be entered** in order to add the minimum weight assessments.
 - **NEW** - MIAA Rule 84.4.3 now allows a Licensed Athletic Trainer to complete the MIAA Minimum Weight Control Certificate. The rule outlines this certification must be done by a "duly registered Licensed Physician, Physician Assistant, Nurse Practitioner or Licensed Athletic Trainer." Please review all wrestling specific rules in the [MIAA Handbook](#) (Rule 84, beginning on page 78).
 - **NEW** - [Guidance for completing the MIAA minimum weight control certificate](#). This linked document is intended to assist medical professionals with the certification process.

Any of your athletes that wish to compete in the **MIAA Girls Wrestling Divisional and All-State Championship Tournaments** must have their minimum weight certified for **BOTH** traditional weight classes AND girls state weight classes. Both sets are found on the [Minimum Weight Control Certificate Form](#).

It is important to note that prior to entering the weight assessments, please change your role from "**COACH**" to "**ASSESSOR**" and also be sure to select the correct season (Mixed Gender 2023-24 or Girls 2023-24). You will be entering

ALL wrestlers under the "Mixed Gender 2023-24" season and your **female wrestler's weight assessments in BOTH "seasons"**.

- **Mixed Gender 2023-24** – All weight assessments using the traditional weight classes must be entered here (for all wrestlers).
 - **Girls 2023-24** – All girls wrestling weight class specific assessments must be entered here.
 - If you have a **new coach** or want to assign someone to have **Assessor permissions**, the Athletic Director must contact me directly. I would need the full name and email address used for their FLO account.
5. New NFHS weight classes take effect for this season.
- **Girls Weight Classes (12)**
100 lbs., 107 lbs., 114 lbs., 120 lbs., 126 lbs., 132 lbs., 138 lbs., 145 lbs., 152 lbs., 165 lbs., 185 lbs., 235 lbs.
 - **Traditional Weight Classes (14)**
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.
6. Click to view the official [MIAA Medical Release form](#), which is the **required** form. See below for skin infection resources.
- [Strategies to prevent wrestling skin infection outbreaks](#)
 - [Sample letter to parents after wrestling skin infection outbreak](#)
7. [MIAA Wrestling Tournament Format](#) – Details the MIAA Individual Tournament requirements, deadlines, seeding information and much more.
- **New language** has been added to the format regarding the following:
 - Sectional and Divisional State Seeding (*page 3, #8 and #9*) - If a Sectional or Divisional State champion cannot compete, **the champions are reseeded in that weight class.**
 - Weigh-in Procedures (*page 5, item b*) - At the two-day tournaments, a second day weigh-in will take place for the wrestlers still in the tournament with a **"plus one (1) pound allowance"**, in accordance with NFHS Rule 4-5-5. c.
8. **MIAA Girls Wrestling Tournament updates:**
- To qualify to compete at a MIAA **girls postseason** tournament, the athlete must weigh in at their **certified girls weight class at scratch weight at least once during the season!** Carefully read MIAA Rule 84.4.6, which states in part, *"To qualify at a certain weight for the MIAA Individual Sectional & State Tournaments, including Girls Divisional States & All-States, a wrestler must weigh-in at their certified weight class at scratch weight at least once during the season, shoulder to shoulder in front of an opposing coach. For the Girls Divisional State & All-States qualifier only, wrestlers are not required to compete when weighing in for scratch weight. The opposing coach must sign the weigh-in sheet verifying the scratch weight."*

- **NEW** – In an effort to keep up with the exciting growth of girls’ wrestling, the inaugural **Girls Wrestling Divisional State Tournament** will take place this winter, alongside the Mixed Gender State Tournament.
 - Please carefully review page 4, items #10, #11 and #12 of the [MIAA Wrestling Tournament Format](#) as it outlines specific details surrounding the MIAA Girls’ Divisional State Tournament, including who qualifies for Girls’ All-State Tournament.
- **NEW** – CNESSPA has created a Girls’ Division for the 2023-24 New England Wrestling Tournament. The top 4 from each weight class at the Girls All-State Tournament will qualify for New England’s. 5th place will serve as an alternate.

9. Additional notes and resources:

- The **2023-24 NFHS Wrestling Rule Changes** can be found [here](#).
- The **2023-2025 Wrestling Alignments** can be found [here](#).
- **Division 1 Wrestling Tournament Director** position is still available. Contact me for more information.
- Click to view [USA Wrestling – Coaching Girl Wrestlers: Best Practices](#) document.

Best of luck this wrestling season!

Phil Napolitano
MIAA Assistant Executive Director

EDUCATIONAL ATHLETICS

MIAA | 33 Forge Pkwy | Franklin, MA 02038 | 508-541-7997

