



MASSACHUSETTS INTERSCHOLASTIC  
ATHLETIC ASSOCIATION



## 2022-23 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 2022-23 wrestling season.

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 8, 2023**. All meets must be complete and entered on FLO by the end of day Wednesday to allow time for sectional reps and tournament directors to collect and verify information prior to seeding.
4. Minimum Weight Control assessments must be completed and entered on [FloArena](#) on or before **December 8, 2022** or prior to your first varsity contest. Please note that **rosters must first be entered** in order to add the minimum weight assessments.

Any of your athletes that wish to compete in the **MIAA Girls Wrestling All-State Championship Tournament** 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 2022-23 or Girls 2022-23). You will be entering ALL wrestlers under the "Mixed Gender 2022-23" season and your **female wrestler's weight assessments in BOTH "seasons"**.

- **Mixed Gender 2022-23** – All weight assessments using the traditional weight classes must be entered here (for all wrestlers).
  - **Girls 2022-23** – All girls wrestling weight class specific assessments must be entered here.
5. 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.
  6. If you have a **new coach** or want to assign someone **Assessor permissions**, the AD must contact me directly. I would need the full name and email address used for their FLO account.

7. 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](#)

8. [MIAA Wrestling Tournament Format](#) – Details the MIAA Individual Tournament requirements, deadlines, seeding information and much more.

- [Seeding Criteria #2](#) will be used to assist in seeding the 2022-23 MIAA Individual Wrestling Tournament.
- The **2021-2023 Wrestling Alignments** can be found [here](#).
- **Division 1 Wrestling Tournament Director** position is still available. Contact me for more information.

9. The **2022-23 NFHS Wrestling Rule Changes** can be found [here](#).

- NFHS Rule on **“Head, Neck, Cervical” Injury Time** – Please [click here](#) to review the document explaining the injury time.
- To view the NFHS illustration of the Blair Backside Tip, [click here](#).

**10. MIAA RULE REMINDER - Morning weigh-ins are not permitted**

*MIAA Rule 84.4.8 - For all team matches beginning after 3:00 p.m., wrestlers will get an additional two (2) pound allowance at the match site weigh-in. Actual weights will be recorded on all dual meet weigh-in sheets. Signatures of the coach and a school administrator (the principal or his designee) must appear in ink on the dual meet weigh-in sheets in order for the weigh-in to be validated. These dual meet weigh-in sheets will be kept by the coaches and one for each and every day of competition must be handed in at the sectional seeding meeting, or the day will not count toward certification or seeding.*

11. Be sure to **review all Wrestling specific rules** in the [MIAA Handbook](#) (Rule 84, beginning on page 85). Please carefully read Rule 84.4.6, 84.4.7 and 84.4.8 as the language was cleaned up last year to avoid confusion.

12. The **MIAA Girls Wrestling All-State Championship Tournament** will take place Friday, February 24, 2023 and Saturday, February 25, 2023. Please note that depending on the number of entries, this could turn into a one-day tournament, beginning on Saturday.

**MIAA Girls All-State Championship weight classes and team scoring:**

Recommended MIAA Girls All-State Tournament weight classes: **106, 111, 118, 127, 136, 147, 160, 175, 215.**

*“The Girl’s All-State Tournament weight classes **may be adjusted** based on participation numbers and weight information submitted during the Girl’s State Tournament entry. Any adjustments will be made by the Wednesday after the traditional sectional tournament and all schools will be informed.”*

A **team champion** and **runner-up** will be recognized at the 2023 Girls All-State Tournament. The language states **“one scorer per weight, per team”**.

13. 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**

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