

Women's Wrestling Information and Guidelines 2022-23

Regular Season:

- Women's varsity matches can be in boys events, women's only individual events, and women's dual team matches. As with the boys, scrimmages, exhibition, and JV matches DO NOT count as varsity matches.
- ALL varsity matches should be entered into Trackwrestling.
- **The NCHSAA will offer training on how to use Trackwrestling in regards to Women's Wrestling. The time and date will be announced.**
- In women's ONLY tournaments or dual matches, teams should use the 12 women's weight classes that will take effect in the 2023-24 season. (100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235)
 - Women's tournaments can use men's weights or Madison weights where it is seen as beneficial and necessary.
- Women's only events do not count against a school's weekly match limit. Girls can participate in both women's only and men's events with no penalty.
- For the regular season and postseason, women will have the same expectations and rules as men: one entry per weight per school, no allowance at weigh-ins, records accurately entered in Trackwrestling, etc.

Girls Regionals:

- Seeding will be based on season winning percentage, with a **7 match minimum**.
- Only varsity matches will count. Varsity matches include matches against boys and girls.
- Women's Weight classes will be used: (100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235)
- Forfeits count as wins for seeding purposes. If an athlete does not have a win that is not a forfeit, that athlete will be seeded as having no wins.
- Seed points for regionals will be based on 2022 Invitational: 25
 - 1st - 25 points
 - 2nd - 20 points
 - 3rd - 15 points
 - 4th - 10 points
 - Participation - 5 points
- Women's Regionals will be on Thursday, January 26, 2023 at sites to be determined. Date was chosen so that coaches and athletes did not have to choose between participating in regionals or the state duals.
- Regional sites should be able to hold at least 3 mats in order to complete the tournament in a timely manner.
- Women's teams will be divided into FOUR regions (W, MW, ME, E) based on participation.
- Regionals will be 8 person brackets.
- Top 4 from each region will advance to Women's Invitational on February 3-4, 2023 at the Rise Indoor Sports Arena/Greensboro Coliseum Fieldhouse

Women's Wrestling Invitational:

- 16 qualifiers- 4 from each region
- All matches up to the championship and consolation finals will be wrestled on Friday, February 3, 2023 at the Rise Indoor Sports Center, Bermuda Run, NC.
- Championship and consolation finals will be wrestled on Saturday, February 4, 2023 at the Greensboro Coliseum Fieldhouse in conjunction with the NCHSAA State Dual Team Finals.
- The NCHSAA will provide a podium for pictures.
- The NCHSAA will provide an award for Most Outstanding Wrestler.
- The NCHSAA will recognize team scores and a team champion at the Women's Invitational.