



**2025
Wrestling
District Director's
Manual**

UNIVERSITY INTERSCHOLASTIC LEAGUE

WRESTLING DISTRICT DIRECTOR’S MANUAL

This district director’s manual has been prepared to provide information for administration of UIL sponsored district wrestling tournaments. It should serve as a guide to administrators, coaches and tournament directors and assist in providing greater consistency in high school wrestling throughout Texas.

Also, please refer to the UIL Constitution and Contest Rules and Coaches Manual for further interpretations and explanations.

Questions concerning UIL wrestling activities should be addressed to the following staff members at the office Monday-Friday, 7:30am-5pm; (512) 471-5883:

Ray Zepeda – UIL Director of Athletics
athletics@uiltexas.org
(512) 471-5883

AJ Martinez – Tournament Director
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UIL Guidelines

There are three key persons who are responsible for this maintenance of good wholesome competitive athletics—the school administrator, the athletic director, and the coach. If these individuals conduct themselves in a

sportsmanlike manner, students and fans will follow their example.

The University Interscholastic League recommends that principals and coaches observe the following rules:

- The principal or some other school official with comparable status and authority should be in attendance whenever the school participates so that they may assist in seeing that their coaches, students and fans observe the rules of good sportsmanship.
- The coach shall remain at the seat at mat side assigned to him/her and not make any display during the match. The coach's business is to coach his/her team and not to officiate the match. They also must set an example for his/her team and its followers. (Note that no one, including the coach, may be closer than ten feet to the wrestling and scoring area.)
- No persons, including coaches and principals, shall go to the scoring table when matches are in progress (except as outlined in National Federation Rule 6-6-6) or talk to the officials or judges.
- Coaches are primarily responsible during the tournament for the conduct of their team and others who sit in their corner.
- Administrators are responsible for the conduct of the students under their supervision.

Advancement (Boys and Girls). In district tournaments, the top four wrestlers in each weight class will advance to the regional tournament. At regional, the top four wrestlers in each weight class will advance to the state individual championships.

- The district tournament director will certify district results to the regional director immediately upon completion of the tournament. Please use forms found on the UIL website (<https://www.uil texas.org/wrestling/forms>)

Workout. It is strongly recommended considering recent efforts statewide to reduce loss of school time that every measure be taken to schedule any regional activities during non-school hours. No workouts or practice sessions for qualifiers may be permitted unless there is no loss of school time involved.

Date. District wrestling tournament deadline is **February 1st, 2025.**

No Sunday Practices. No league member school shall play any athletic contest or conduct any formal practice on Sunday. Travel on Sunday has previously been permitted.

Entry Fees. District directors should set entry fees for all activities. Schools should be notified in advance.

Clothing. Individuals and teams representing member schools in wrestling shall wear school-approved clothing. It is recommended that clothing be in school colors, similar in design, and/or have the school-identifying logo or name. All clothing does not have to be identical, but school officials must approve.

Uniforms. All uniforms (singlets, compression shirts/shorts, and tights) MUST be school issued. NFHS Rule 4-1

Weigh Ins. Weigh Ins for all UIL dual meets and tournaments shall follow the procedures outlined in Rule 4-5 of the National Federation Wrestling Rule Book.

- Contestants shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.
- Contestants in an individual tournament shall weigh in at the tournament site a maximum of 2 hours before the first session of each day.

- For any event, 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. The weigh-in shall proceed through the weight classes beginning with the lowest weight class and ending immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in that scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited.
- The referee or other authorized person (school administrator or school approved personnel), shall supervise the weigh-ins.
- When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers. To be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s). The acceptable person(s) to receive that notice shall be the head coach, principal or athletic director. Competitions that are postponed for one calendar day or more, for reasons beyond the control of the participating school(s), or practices that cannot be held in these situations due to school policy shall be treated the same as competitions when there are consecutive days of competition in terms of the 1-pound allowance, with the exception of the required 48-hour notice.
- A contestant representing a school in an individually bracketed tournament shall be named by weight class prior to the conclusion of the weigh-in.
- All contestants shall weigh-in wearing a legal uniform (4-1-1) 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 sports bra that completely covers their breasts and minimizes the risk of exposure. For female contestants wearing a compression shirt under a one-piece singlet in order to comply with the definition of a legal uniform, if the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.
- Any contestant failing to make weight during the time allotted for the weigh-in shall be ineligible for that weight class. The contestant may wrestle in the weight class for which the individual's actual weight qualifies the contestant, or in the next higher weight class as long as either of these weight classes are permitted by the contestant's individual weight loss plan on that given date. An additional weigh-in is neither required nor allowed.
- Any contestant who has been authorized to wear an artificial limb, shall weigh in with the artificial limb if the contestant chooses to wrestle with it. Once a wrestler has weighed in with the artificial limb, it shall not be removed during competition.

Weight Classifications.

There shall be 14 weight classes per conference for UIL boys' wrestling. A high school team may enter 1 athlete in each weight class. Boys' weight classes are:

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

There shall be 12 weight classes per conference for UIL girls' wrestling. A high school team may enter 1 athlete in each weight class. Girls' weight classes are:

100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

*A 2-pound growth allowance takes effect on **December 27th**.

Team Scoring. In District Tournaments, team scoring shall be determined by the National Federation scoring

standards detailed in the rule book (NFHS Rule 9).

***NEW* Wrestle Backs.** At district, wrestle backs are allowed for advancement purposes, and the match is considered to be part of the tournament. The winner of the 4th place wrestle back match will be considered the 4th place finisher and qualifier for the subsequent tournament. The loser of the 4th place wrestle back match will be considered the 5th place finisher and the alternate for the subsequent tournament. Placement points earned for finishing 4th and 5th will be applied to the winner of the match accordingly. There are no advancement points nor bonus points for true 4th challenge matches.

Medals and award stand placements for a weight class with a challenge match should take place after the challenge match for that weight class concludes and reflects the result of the challenge match.

The wrestle back match will happen only if the 4th and 5th place finishers have not previously faced each other in that tournament or if the 4th place finisher has not defeated the 5th place finisher in that tournament. If they have previously wrestled twice and are 1-1, the 4th place finisher will be declared the winner by NC and finish in 4th place. This should be documented on the district results before submitting it to the regional.

UIL District Wrestling Results Form.

The UIL district wrestling results form (boys and girls) can be found on the UIL website at <http://www.uil texas.org/wrestling/forms>.

Tournament Information

Entries. Entries are due to the district meet director five days before the district tournament. District results will be sent from the district tournament director to the regional director immediately after the district meet. Trackwrestling will have each District Tournament set-up for you.

Starting Times. The wrestlers shall start at the time and in the order arranged by the tournament director. The penalty for breach of this rule is disqualification.

Rules Committee. A rules committee should be established at the district tournament. National Federation Rules. All UIL wrestling matches will be conducted in accordance with National Federation Wrestling Rules. **You can find the 2024-2025 NFHS wrestling rule changes [HERE](#).**

Format. The district director sets the format for the district tournament and also determines how the bracket will be filled (seeding, draw, etc.). No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits, in any one day of a tournament.

Drawing and Seeding (optional). Immediately following the verification of entries, drawings should be made to place competitors on the tournament bracket. Whenever there are two outstanding wrestlers in any weight class, the name of one shall be placed in the upper half of the bracket and the name of the other in the lower half. In case several seeded contestants are of nearly equal ability, they should be assigned positions according to the places in which they are seeded. A seeded wrestler shall have the same opportunity to draw for a bye as any other contestant, or byes may be placed by mutual consent. Consideration for determining seeded wrestlers should be given to the following:

- record against common opponents
- a returning champion or runner up in the same weight class
- a contestant with an exceptional record against acknowledged strong opposition; and
- a contestant with the best overall record.
- *The DEC should determine what drawing and/or seeding procedures will be used.*

The order listed is not mandated and is not an all-inclusive list. Tournament directors should establish criteria for seeding prior to commencing the actual seeding meeting, if seeding is to be used.

Disqualification. According to National Federation rules, all points accumulated by a wrestler who is disqualified for an unsportsmanlike conduct violation will be deducted from the team score.

Disputes. Protests based on the decision of a tournament official will not be permitted. A tournament committee and a tournament director shall assume responsibility for all aspects of tournament management. The tournament committee shall make decisions on matters not specifically covered by rules.

Coaches Meeting. It is not required but strongly recommended that you have a coaches meeting prior to the tournament to discuss details of the tournament.

Media. Space should be provided for individuals representing the media. It would be appreciated if every effort would be made to treat these individuals as our guests, by offering passes, programs, etc.

Tournament Officials. It is the responsibility of the district executive committee/tournament director to acquire UIL officials for the district tournament.

Regional Tournament Information

Dates. Regional wrestling tournaments shall be held **February 7 & 8, 2025.**

Entries. District tournament director will certify district results to the regional director immediately upon completion of the tournament.

Regional Sites and Directors:

Conference 5A, Region I
Mike Meeks, Lubbock ISD
mike.meeks@lubbockisd.org

Conference 6A, Region I
Dan McCready, Coppell ISD
dmccready@coppellisd.com

Conference 5A, Region II
Corey Eaton, Dallas ISD
ceaton@dallasisd.org

Conference 6A, Region II
Jerry Best, Allen ISD
jerry_best@allenisd.org

Conference 5A, Region III
Kevin Starnes/Megan Symank, College Station ISD
kstarnes@csisd.org / msymank@csisd.org

Conference 6A, Region III
Justin Landers, Katy ISD
justinllanders@katyisd.org

Conference 5A, Region IV
Michael Keel, Corpus Christi ISD
michael.keel@ccisd.us

Conference 6A, Region IV
Denise Vanlandingham, Austin ISD
denise.vanlandingham@austinisd.org

State Tournament Information

Date and Site. The UIL State Individual Wrestling Championships will be held on **February 14 & 15, 2025** at the **Berry Center**, in Cypress, TX. Tournament schedule and additional information can be found on UIL website <http://www.uiltxas.org/wrestling/state>.

Checklist for District Meet

Meet Responsibilities	Completed
Secure Facility and Arrangements	
Possible Conflicts with other school events	
Information to Participating Schools (60 days out)	Completed
To Organize and Publicize:	
Schedule of Events	
Ticket Prices	
Entry Fee for schools – if needed	
Parking Info and Fees – if fees needed	
Lodging Info. – Local Hotel Info. for schools	
Staffing- Assign	Completed
Officials	
Meet Director to Conduct Trackwrestling Program	
Workers – Volunteers for Tables and Tappers.	
Announcer	
Athletic Trainers	
Program Sellers	
Concession Sellers	
Will Call Workers	
Security	
Equipment (14 days out)	Completed
Public Address System	
Trackwrestling – Program to Run the Tournament	
Tournament Management Responsibilities (days before and during)	Completed
District Entries – District Director should have 5 days prior to Tournament	
Hospitality – Areas Set-Up	
Keep all Match Information entered in Trackwrestling	
Post Meet Responsibilities (immediately following meet)	Completed
Results Distributed	
<i>TrackWrestling</i>	
<i>Teams</i>	
<i>Regional Director</i>	
<i>Media – Results available to media</i>	
File records and results	
Payment to officials	