



**TO:** Girls High School Wrestling Coaches

**FROM:** Wes Ruth, Assistant

**RE:** 2026 Girls Regional Wrestling Tournament Information

**DATE:** January 16, 2026

Included with this cover letter you will find 2026 Girls Regional Tournament information, regional wrestling tournament sites, a regional wrestling verification form, and a sample copy of the third-place regional tournament finisher option form.

Dates for the Regional Wrestling Tournaments: **Girls** will be Monday and Tuesday, February 16-17, 2026.

For the **Girls** Regionals, coaches should have their tentative lineups uploaded into Trackwrestling no later than 4:00 p.m. on Wednesday, February 11. Lineups will be released to coaches on Friday, February 13<sup>th</sup> at Noon. All coaches will be locked out on Sunday, February 15<sup>th</sup> at Noon. From this point, all information/changes will need to be entered at the seeding meeting.

**(Girls)** Weigh-in time for Monday, February 16<sup>th</sup> will begin at 3:00 pm. Weigh-in time for Tuesday, February 17<sup>th</sup> will begin at 9:00 am.

General information for the Regional Tournaments:

1. **The regional wrestling verification form must be completed, and the alpha master list shall be provided to the tournament manager upon arrival at the regional site for the seeding meeting. Any school failing to provide the regional verification form and alpha master list shall not be allowed to participate in the regional tournament.**
2. **Girls Tournament Schedule:**

The Seeding Meeting will be held on Monday, February 16<sup>th</sup> at 1:00 pm.

### **GIRLS:**

#### **Monday 2/16/26**

**Session 1:** 5:00 pm

Championship - 1<sup>st</sup> Round & 2<sup>nd</sup> Round

Consolation - 1<sup>st</sup> Round & 2<sup>nd</sup> Round

#### **Tuesday 2/17/26**

**Session 2:** 11:00 am

All rounds until placement

\*\*Awards should be presented in an area where they do not disrupt the start of the next matches, or at the end. The finals schedule and flow of matches should not be disrupted for awards or any reason. \*\*

**Break and clear the gym.**

**Session 3: 6:00 pm**

Championship Finals, Consolation Finals, and 5<sup>th</sup> place matches will wrestle simultaneously on three mats.

**3. Seeding criteria will be as follows:**

- a. Head-to-Head Competition. If two wrestlers have split wins (one-one, two-two, etc.) during the season, the wrestler who won the last match will be given the seed.
- b. Record against common opponents.
- c. Returning state champion from the previous year.
- d. Returning state placer from the previous year.
- e. Returning regional champion or runner-up at the same weight from the previous year.
- f. Returning top five regional placer at any weight from the previous year.
- g. Coaches vote.
4. Two regional tournaments will be held in each class, with the top five finishers in each weight classification qualifying for the state tournament.
5. In the regional tournament a consolation match for fifth and sixth place will be wrestled.
6. Team points for 5th and 6th place will be given but no individual medals will be awarded.
7. Sixth place winners will qualify for the state tournament if one of the top five (1-5) regional place-winners cannot participate because of an injury, illness, academic ineligibility, flagrant misconduct disqualification, etc. It is the coaches/school's responsibility to immediately notify the Activities Association if one of their wrestlers cannot compete in the state tournament due to injury, illness, academic ineligibility, flagrant misconduct disqualification, etc. The OSSAA will then notify the coach or school of the sixth-place regional winner in that weight class and that wrestler will compete in the state tournament. Coaches who fail to notify the Activities Association immediately after learning one of their wrestlers cannot compete in the state tournament will be assessed a penalty by the OSSAA Board of Directors and possibly forfeit their right to coach in the state tournament. (**Note:** A sixth place regional winner will not replace one of the top five (1-5) regional place-winners who fails to make weight at the first weigh-in of the state wrestling tournament.)
8. On the state tournament bracket at a non-option weight, if one of the regional placers (1-5) cannot participate due to academic ineligibility, injury, illness, flagrant misconduct disqualification, etc., each contestant will move up one place (**unless the coach chooses not to**) from that regional and insert the sixth-place qualifier in the fifth place or open slot.
9. On the state tournament bracket at a option weight, if one of the regional placers (1-5) cannot participate due to academic ineligibility, injury, illness, flagrant misconduct disqualification, etc., each contestant will move up one place (**unless the coach chooses not to**) from that regional and insert the sixth place qualifier in the third place or open slot. The fourth-place option qualifier would stay on the bracket where he chose. If the fourth-place option qualifier is the contestant that needs to be replaced, the wrestler who originally placed fourth from that regional would move back from the third place slot to the fourth place slot. Each contestant would then move up one place (unless the coach chooses not to) from that regional and insert the sixth-place qualifier in the fourth place or open slot.
10. Regional tournament brackets: When the number of competitors is not a power of 2, that is 4, 8, and 16, there shall be byes in the first round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of 2 (**Exception: When the number of competitors is more than sixteen, a sixteen-man bracket shall be used with pigtail bracketing.**). There shall be no byes after the first round of competition in the championship or consolation bracket, and no further drawing is necessary for championship or consolation rounds. When byes are required for the first round, they shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket. No quarter-

bracket or half-bracket shall have more than one bye in excess of its paired bracket. After seeded wrestlers have been placed on the bracket and the byes drawn, remaining wrestlers shall be placed by draw.

**Note:** In a sixteen-man bracket where pigtail bracketing is required, wrestlers in all pigtail matches including consolation pigtail matches will not receive advancement points but will receive bonus points.

11. On the first day of the regional and state tournaments, girls must make the following weights: 102,107, 112, 117, 122, 127, 132, 137, 142, 147, 157, 172, 192, 237 and boys must make the following weights: 108,115, 122, 128, 134, 140, 146, 152, 159, 167, 177, 192, 217, and 287.
12. **All matches at the Regional and State Tournaments will consist of three periods. Each period will be two minutes in length.**
13. **Information concerning the regional seeding meeting and conducting the first weigh-in is enclosed in this mailout.**
14. Enclosed is a sample option form for the third-place finisher at the regional tournaments. Option forms will be located at the scorer's table. The third-place finisher, is choosing to wrestle the number **five** qualifier in the wrestle in match. The winner of the wrestle in match would then be placed into the bracket versus the number one qualifier, instead of the number two qualifier in the state tournament. The loser of the wrestle in match is eliminated from further competition.
15. During the regional tournament, the on-site tournament physician (if a site has contracted with one) will have the final authority in determining an individual's participation. (Exception: A current (within seven days of the event) OSSAA skin disease form complying with National Federation Rule 4-2-3 will take precedent over the evaluation of an onsite physician.)

**NOTE:** Do not forget the application for academic achievement award is due at the Activities Association, February 17, 2026. The application is located on the website at [www.ossaa.com](http://www.ossaa.com) under the wrestling tab. The certified minimum weight list form for wrestlers is due January 28, 2026

**OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION**  
**P. O. Box 14590, Oklahoma City, OK 73113**

**TO:**      Wrestling Coach  
**FROM:**    Wes Ruth, Assistant  
**RE:**       Regional Seeding Meeting  
**DATE:**     January 27, 2026

\*\*Each Regional host site will have a designated individual who will conduct the seeding meeting. This person will be required to attend a **Zoom meeting with the OSSAA Director on Wednesday, February 11<sup>th</sup> at 5:00 pm** to review seeding meeting processes and procedures, as well as present any questions or concerns.\*\*

The **Boys** Regional Seeding Meeting will be held Thursday, February 19 at 6:30 p.m. at the regional site you are assigned. Coaches should be at the meeting site by 6:15 p.m. to ensure a 6:30 p.m. start.

The **Girls** Regional Seeding Meeting will be held Monday, February 16, at 1:00 p.m. at the regional site you are assigned. Coaches should be at the meeting site by 12:45 p.m. to ensure a 1:00 p.m. start.

For the **Boys** Regionals, coaches should have their tentative lineups uploaded into Trackwrestling no later than 4:00 p.m. on Monday, February 16. Lineups will be released to coaches on Tuesday, February 17<sup>th</sup> at 4:00 pm, and you may enter head-to-head criteria as well. All coaches will be locked out on Wednesday, February 18<sup>th</sup> at 11:59 pm. From this point, all information/changes will need to be entered at the seeding meeting.

For the **Girls** Regionals, coaches should have their tentative lineups uploaded into Trackwrestling no later than 4:00 p.m. on Wednesday, February 11. Lineups will be released to coaches on Friday, February 13<sup>th</sup> at 4:00 pm. All coaches will be locked out on Sunday, February 15<sup>th</sup> at 11:59 pm. From this point, all information/changes will need to be entered at the seeding meeting.

When you arrive at the seeding meeting, the tournament director will give you a line-up of all fourteen weights and each school's wrestler that was uploaded into Track. When the seeding meeting begins, the tournament director or designee shall begin with the 100/106-pound weight class. He or She will ask the coaches at this time if there are any changes from the line-up you have in front of you. If so, coaches may make changes at this time. After all changes are made, the weight class is closed, and you proceed with seeding the 100/106-pound weight class. This format is to be used for the remaining weight classes.

The regional verification form and alpha master list shall be given to the tournament director upon arrival at the site for the seeding meeting.

If a coach chooses not to attend the regional seeding meeting, he/she shall mail or fax his/her regional verification form and alpha master list to the tournament manager prior to the seeding meeting. The tentative line-up as entered in Track will be the line-up and no changes will be allowed. Any seeding information on wrestlers will also need to be sent to the tournament director.

**Regional brackets are to be drawn during the seeding meeting and a copy given to each head coach.**

If a wrestler does not make weight or is a no-show, he/she will be eliminated from the regional tournament and cannot be replaced. The following will happen:

1. If it is a non-seeded wrestler, a bye will be put in his/her place.
2. If it is a seeded wrestler, all wrestlers will move up one spot and the bye will be placed in the last seeded position.
3. If in number one and two above, the placing of the byes creates a bracket where the byes are not evenly distributed throughout the bracket or the quarter-bracket or half-bracket has more than one bye in excess of its paired bracket, the bracket will be redrawn. The seeds on the bracket will remain the same and the rest of the bracket will be redrawn.

**The following criteria will be used to seed individuals at the regional wrestling tournament:**

- a) Head-to-Head Competition. If two wrestlers have evenly split wins (one-one, two-two, etc.) during the season, the wrestler who won the last match will be given the seed.
- b) Record against common opponents.
- c) Returning state champion from the previous year.
- d) Returning state placer from the previous year.
- e) Returning regional champion or runner-up at the same weight from the previous year.
- f) Returning top five

If you have any questions, please call the office.

**2025-2026 OSSAA GIRLS REGIONAL WRESTLING VERIFICATION FORM**

**DATE AND SITE OF WEIGH-INS (List tournament weigh-ins separately on this form)**

SCHOOL \_\_\_\_\_

CLASS \_\_\_\_\_

DATE \_\_\_\_\_

COACH'S SIGNATURE \_\_\_\_\_

**PRINCIPAL'S SIGNATURE**

This form must be signed by both the coach and principal and given to the regional tournament manager.

ANY SCHOOL FAILING TO PROVIDE THE REGIONAL VERIFICATION FORM AND ALTA HA MASTER FORM TO THE TOURNAMENT MANAGER UPON ARRIVAL AT THE SITE FOR THE SEEDING MEETING SHALL NOT BE ALLOWED TO PARTICIPATE IN THE REGIONAL TOURNAMENT.



OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

DAVID JACKSON, EXECUTIVE DIRECTOR

TRINITY JOHNSON, ASSOCIATE DIRECTOR

Assistants : Grant Gower - Mike Clark - Alex Claussen - Brian Lester - Wes Ruth - Lenny Hatchett



**THIRD PLACE REGIONAL FINISHER**

**NOTE: Do Not Complete This Form Unless  
You Are Choosing To Wrestle Against  
The #5 Regional Finisher**

I am choosing to wrestle the #5 in the wrestle in round instead of the #2 qualifier in the first round of the State Wrestling Tournament. The winner would then be placed onto the bracket versus the #1 Regional Finisher. **The loser of the wrestle in match is eliminated from further competition.**

Signed \_\_\_\_\_  
(Contestant)

Signed \_\_\_\_\_  
(Coach)

Class \_\_\_\_\_ Regional Held At \_\_\_\_\_

School \_\_\_\_\_ Weight \_\_\_\_\_

**NOTE: This option will not be valid unless it is turned into the scorer's table after the match or immediately following the finish of the following weight classification.**