



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 13th at Noon. All coaches will be locked out on Sunday, February 15th at Noon. From this point, all information/changes will need to be entered at the seeding meeting.

(Girls) Weigh-in time for Monday, February 16th will begin at 3:00 pm. Weigh-in time for Tuesday, February 17th 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 16th at 1:00 pm.

GIRLS:

Monday 2/16/26

Session 1: 5:00 pm

Championship - 1st Round & 2nd Round

Consolation - 1st Round & 2nd 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 5th 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 under the wrestling tab. The certified minimum weight list form for wrestlers is due January 28, 2026