



## MEMORANDUM

September 12, 2023

### VIA EMAIL

TO: Head Wrestling Coaches.

FROM: Jimmy Chung, secretary-rules editor and weight management liaison  
NCAA Wrestling Rules Committee

John Hangey, chair  
NCAA Wrestling Rules Committee.

SUBJECT: Wrestling Playing Rules Reminders for the 2023-24 Season and Center Mat Registration.

**2023-24 and 2024-25 Wrestling Rules and Case Books:** The 2023-24 wrestling season will be the first year using the 2023-24 and 2024-25 NCAA Wrestling Rules Book, which is available for free download [here](#) or the Center Mat [website](#). A hardcopy of the rules book was mailed to each institution and conference in early August. The 2023-24 and 2024-25 Wrestling Case Book, which also is available for free download on the Center Mat [website](#), contains approved rulings to use as a supplement to the official rules book. The online-only case book will be updated throughout the season.

**2023-24 and 2024-25 Major Rules Changes:** The major rules changes for the 2023-24 and 2024-25 seasons are available [here](#) and on the Center Mat [website](#).

**Weight Management/Trackwrestling Optimal Performance Calculator (OPC) Information:** You should have received an email in early August with information on the 2023-24 Wrestling Weight Management Program. As a reminder, all head coaches are required to watch the weight management video via the Trackwrestling OPC message that was sent to you last month. The YouTube link for the weight management video can be found [here](#). Questions on navigating the Trackwrestling OPC system should be directed to the Trackwrestling support staff using the ticket system found [here](#).

**Weight Certifications are Final:** Weight certifications that are fully approved by both the athletic trainer and coach are final. Please communicate thoroughly with your wrestlers to ensure you are approving the proper weight classification as these are not subject to change, recertification or appeal.

**Center Mat Registration:** The NCAA Wrestling Rules Committee will continue to utilize the Center Mat [website](#) to distribute rules clarifications, announcements and interpretations. Officiating updates and clarifications are also posted to Center Mat throughout the season. Weight management program messages will **not** be posted on Center Mat. These messages will be posted in the Trackwrestling OPC message center.

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As a head coach, you should have received an email from RQ+ inviting you to join the Center Mat central hub and create a password. If you did not receive this email or have additional coaches who would like access, please click the link above and register as a coach at no cost. After you register, you will receive an email notification anytime a new rules interpretation, rules education article, video, etc. is posted.

If you have any questions, please feel free to contact Jimmy Chung at [ncaawrestling.sre@gmail.com](mailto:ncaawrestling.sre@gmail.com).

JC/JH:af

cc: Jackie Paquette  
NCAA Wrestling Rules Committee  
Selected NCAA Staff Members