



MEMORANDUM

September 10, 2024

VIA EMAIL

TO: Head Wrestling Coaches.

FROM: Deral Brown, chair
NCAA Wrestling Rules Committee

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

SUBJECT: Wrestling Playing Rules Reminders for the 2024-25 Season and Center Mat Registration.

2023-24 and 2024-25 Wrestling Rules and Case Books: The 2024-25 wrestling season will be the second year using the 2023-24 and 2024-25 NCAA Wrestling Rules Book, which is available for free download [here](#) or the Center Mat [website](#). 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. There are no new rules for the 2024-25 season.

Weight Management/Trackwrestling Optimal Performance Calculator (OPC) Information: You should have received an email in early August with information on the 2024-25 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. 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.

Playing Rules Change Cycle: The NCAA Wrestling Rules Committee will begin the playing rules change cycle in January 2025 with the call for proposals followed by the annual rules survey in late February. The rules committee will meet April 28-30 to vote on rules changes for the next two years.

Center Mat Registration: The NCAA Wrestling Rules Committee will continue to utilize the Center Mat central hub to distribute rules clarifications, announcements and interpretations. Officiating updates and clarifications also are 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. The Center Mat central hub is available at [refquest.com](#). Commissioners, conference wrestling administrators and head coaches are automatically uploaded into the central hub based on information provided in the NCAA Directory. Coaches that don't have access to Center Mat, or need access for additional staff/coaches, please register at no cost using the link above. Conference commissioners

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and conference soccer administrators who need access to Center Circle may contact Bobbi Edmunds at bobbi@refquest.com.

If you have any questions, please feel free to contact Jimmy Chung at ncaawrestling.sre@gmail.com.

DB/JC:af

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