



WRESTLING

NCAA Men's Wrestling Early Season Reminders and Points of Emphasis

November 12, 2025

With the 2025-26 men's wrestling season officially underway, please review the following reminders and points of emphasis put together in conjunction with Mike McCormick, National Coordinator of Men's Wrestling Officials.

Officials Eligibility

Conference assignors and institutions are reminded that only registered officials who have met all the necessary requirements may be used for competition, including in-season dual meets, tournaments (including opens) and championship competitions. Any institution using a non-registered referee is subject to penalties as outlined in Rule 7.1.2 (p. 66) in the 2025-26 and 2026-27 NCAA Men's Wrestling Rules Book.

A list of the 2025-26 NCAA Wrestling registered officials can be found [here](#).

Flagrant Misconduct

If a flagrant misconduct violation occurs, officials are reminded that per Rule 5.5.7 (p. 54) in the 2025-26 and 2026-27 NCAA Men's Wrestling Rules Book, they shall review the violation utilizing mat-side video (if being utilized). Additionally, a flagrant misconduct violation cannot be changed after a subsequent match begins in a dual meet or the bout sheet leaves the table in a tournament (Rule 5.5.8).

Officials are also reminded that they are required to electronically complete and file the Flagrant Misconduct Report located on the NCAA Men's Wrestling Officiating Center Mat website and also available [here](#).

The suspension requirements for flagrant misconduct are outlined in Rule 5.5.10 (p. 54) in the 2025-26 and 2026-27 NCAA Men's Wrestling Rules Book. A reminder that suspension requirements apply to the team's next competition and does not distinguish between event types (dual meet, tri-meet, quadrangular meet, tournament, etc.).

A reminder that Rule 5.5.14, implemented for the 2025-26 and 2026-27 men's wrestling seasons, allows for a post competition review of a flagrant misconduct penalty. Requests for review must be:

- Filed electronically within 48 hours of the completion of the event using the [NCAA Men's Wrestling Post Competition Flagrant Misconduct Review Form](#);
- May only be submitted by the conference office or conference coordinator of officials;
- Must include a video of the incident



Weight Certification

Certification for Wrestlers Reporting after November 1.

Please refer to Rule 8.3.2 (p. 72) in the 2025-26 and 2026-27 NCAA Men's Wrestling Rules Book which allows for weight certifications for wrestlers reporting after November 1. A reminder that weight certification for these student-athletes must be performed prior to their first competition.

Weight Certifications are Final

Per Rule 8.3.5 (p. 72) in the 2025-26 and 2026-27 NCAA Men's Wrestling Rules Book, please note all *final weight certifications are unalterable* and may not be appealed for any reason.

One Pound Weight Allowance

Please refer to Rule 9.3.2 (p. 78) in the 2025-26 and 2026-27 NCAA Men's Wrestling Rules Book and A.R. 9-2a and A.R. 9-2b in the NCAA Men's Wrestling Case Book that specify the requirements for the one-pound allowance to be triggered. A reminder that the maximum weight allowance is one pound, *regardless of the number of back-to-back* events that occur.

Additionally, a reminder that the one-pound weight allowance may not be utilized to alter a wrestler's weight loss descent plan. For example, if a wrestler's descent plan showed 149.2 pounds, the wrestler would be ineligible to compete in the 149-pound weight class, even if the one-pound allowance were in effect.

One-Pound Weight Allowance Expanded to Duals within a 48-hour Window

The one-pound weight allowance has been expanded for the 2025-26 and 2026-27 men's wrestling seasons for all dual events held within a 48-hour window. Please note the following:

- The 48-hour window is measured by start time.
- The expansion to the 48-hour window applies only for dual meets (multiple dual events – tri-meets, quads, team advance tournaments are included). The one-pound allowance would not be triggered, as an example, for a team wrestling a dual meet on Thursday evening and an individual advancement tournament on Saturday morning.

Please refer to [SRE Article #3](#) for the [NCAA Men's Wrestling Case Book](#) interpretation.