



## MEMORANDUM

September 16, 2025

### VIA EMAIL

TO: Head Men's Wrestling Coaches.

FROM: Jimmy Chung,  
NCAA Men's Wrestling Secretary-Rules Editor  
NCAA Men's Wrestling Weight Management Liaison

SUBJECT: Men's Wrestling Playing Rules Reminders for the 2025-26 Season and Center Mat Registration.

**2025-26 and 2026-27 Men's Wrestling Rules Changes, Rules Book and Case Book:** The 2025-26 men's wrestling season will be the first year using the 2025-26 and 2026-27 NCAA Men's Wrestling Rules Book. The 2025-26 and 2026-27 Men's Wrestling Case Book contains approved rulings to use as a supplement to the official rules book. The online-only case book will be updated throughout the season. The 2025-26 and 2026-27 major rules changes, rules book and case book are all available [here](#) and on the [Center Mat central hub](#) (see below for more information).

### **Weight Management/Trackwrestling Optimal Performance Calculator (OPC) Information:**

You should have received an email on August 13 with information on the 2025-26 Men's 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.

**Center Mat Registration:** The NCAA DI Men's Wrestling Rules Subcommittee and DII and DIII Men's 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 men's 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.

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

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cc: Jackie Paquette  
NCAA DI Men's Wrestling Rules Subcommittee  
NCAA DII and DIII Men's Wrestling Rules Committee  
Selected NCAA Staff Members