



Girls Division Guidelines

1. These Guidelines shall be approved, adopted, and enforced by the National Prep Board.
2. The National Prep School Wrestling Tournament shall hold a Girl's Division. As with the Boys Division, the Girls Division will be folkstyle.
3. The Director of the Girls Division shall coordinate the Girls Division. The Director shall be appointed by the National Prep Board.
4. The National Prep Board retains final authority over the Girls Division as well as the Boys Division.
5. Wrestlers shall be entered in the tournament using the same system as the Boys Division, with the same deadlines for registration enforced.
6. As with the Boys Division, competitors in the Girls Division must represent their school, and their school must be approved for competition by the Prep Board.
7. Weight classes shall be in accordance with the NFHS Rulebook. For 2025-2026, the weights are 100- 107- 114- 120- 126- 132- 138- 145- 152- 165- 185- 235. A two-pound allowance is added to all weight classes as of December 25th. Thus, the effective weight classes for the tournament are: 102- 109- 116- 128- 134- 140- 147- 154- 167- 187- 237.
8. Competitors in the Girls Division must certify their weight class and that certification must be entered into Track Wrestling by the date set by the National Prep Board each year. January 31, 2026 will be the date for this season.
9. Girl Competitors must have made the weight class they enter at least once prior to the National Prep Tournament. This can be accomplished by



weighing in at or below the intended weight class at any regular season competition, even if the weight class for that competition does not match the girl's division weight classes.

- For example, a wrestler who competes in the 106-pound weight class of a Boys event, and steps on the scale at 101 pounds, has thus met the criteria to enter the National Prep Tournament in the 102-pound class, if she is also eligible for that weight according to weight certification guidelines.

10. Once a female wrestler certifies (makes weight) for a weight class, they can wrestle up *one* weight class and not have to follow a descent plan back to their original weight class.

11. Unlike the Boys Division, there is no qualifier for the girl's division of the National Prep tournament. *However, we encourage each region to establish a Girls Division at their qualifying tournaments, to bolster participation of girls at our member schools.* We will revisit this item if and when the tournament grows to a point where qualification is needed to control quality and numbers.

12. Schools eligible to compete in National Prep may enter one wrestler per weight class.

13. If a wrestler misses weight, they are disqualified from the tournament; they may not bump up to the next weight class.

14. If there are 6 or more entries in a weight class, competition shall be held and team scores shall be recorded using a double-elimination bracket, as outlined in the Federation rulebook. If there are 5 or fewer competitors in a weight class, then that weight class will be competed and scored as a round-robin.



15. Competition shall conclude with matches for first and third place in each weight class. Awards shall be presented to the top four place finishers in each weight class.

16. Awards will be presented to the top four team place finishers.

17. Competition in the Girls Division will take place on the same dates and in the same location as the Boys Division, with the same officials. The Tournament Clerk shall assign Girl's Division matches to mats in the same manner as Boys Division matches.

18. The tournament will be seeded one day after the entry due date by a Seeding Committee appointed by the Girls Division director. Every effort will be made to ensure equitable geographical representation on the Seeding Committee.

- Seeds will be distributed to participating coaches after the seeding meeting, and coaches shall have 24 hours to submit a challenge to the seeds. If a challenge presents new information, the Seeding Committee will adjust the seeds accordingly. Once the seeds are finalized, there shall be no changes to the seeds. If a seeded competitor drops out of the competition after the seeds are finalized, the lower seeded wrestlers will each move up a seed. Unseeded wrestlers will be drawn into the bracket randomly.