

GREAT LAKES DISTRICT
REGION IV AND XII
WRESTLING GUIDELINES
2025-2026

I. Great Lakes District Coaches Meeting

A. There will be two Great Lakes District Coaches Meetings to take place within a season.

The group will meet:

- a. Start of the season in August - to vote on any changes suggested at the last District Meeting. The group will also confirm the District Tournament date and location. This meeting will be a video call.
- b. End of the season in February - to discuss conduct, procedures and seeding. The group will make suggestions for future changes and make a verbal bid for the next District Tournament host. This meeting will be in-person, the day before the District Tournament.

II. Tournament Site Selection

A. Region IV and Region XII (Great Lakes District) colleges wishing to host the Great Lakes District Wrestling Championships must:

- a. Give a verbal request at the Great Lakes District Meeting in February
- b. Submit a written request or bid to the District Director at least thirty (30) days before the Great Lakes District Meeting in August.

B. The wrestling chairman, upon the recommendation of the wrestling coaches, will place all bids before the Region IV And Region XII Director for action.

C. The site location will alternate between Region 4 and Region 12 every year. Unless teams from that Region cannot host or are unwilling to host.

III. Tournament Dates

A. The Great Lakes District Wrestling Championship Tournament will be held within two weeks of the National Tournament.

B. The Great Lakes District Wrestling Championships Tournament for 2026 will be held on Sunday, February 22, 2026 at Michigan/Indiana Hosting site with the National Tournament to be held March 6th & 7th 2026 in Council Bluffs, IA. Check the NJCAA Wrestling Sport Codes for Future National Championship dates and location.

IV. Participation Requirements

- A. No contestant shall be permitted to enter the Great Lakes District Wrestling Tournament unless he is accompanied by a faculty member of his college, a designated proxy coach, or faculty member from another NJCAA member college, as indicated in writing and signed by the Athletic Director and the College President or Dean of the sending college. It shall be sent certified mail or by email to the Tournament Director prior to competition.
- B. Colleges represented in the Great Lakes District are: Ancilla College, IN, Bryant & Stratton College, WI, Harper College, IL, Henry Ford College, MI, Joliet Junior College, IL, Mott College, MI, Muskegon Community College, MI, Southwestern Michigan College, MI and Triton College, IL
- C. **The NJCAA Handbook Sports Codes** defines a Participant as:
 - a. Must be on Certified Academic Eligibility Roster
 - b. Must be on Certified NWCA/OPC Weigh-In Roster
 - c. Must be certified and eligible for specific weight class entered that weekend
 - d. Individuals failing medical examinations/skin checks may be allowed to weigh in and then be listed on the bracket as medical forfeit
 - e. Must make weight
- D. Each coach is required to bring all individual season record forms printed from the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) TrackWrestling and brought to the district seeding meeting as proof of matches wrestled by each individual entered in the tournament.
- E. Each coach is required to bring the weigh-in sheet for all participants in the district tournament to the seeding meeting.
- F. Each coach is required to bring two copies of their team's second semester eligibility form that was submitted to the NJCAA National Office. One for eligibility and one for the National Wrestling Academic Team Award that is presented at the national tournament.

V. Scoring

- A. The Great Lakes District Team Champion will be determined by using the point system outlined in the NCAA Wrestling Guidelines.
 - a. The NJCAA Handbook Sports Codes states that, the methods by which each district determines how to seed and draw, in addition to awarding or not awarding points after a bye in the championship bracket only, shall be determined by the participating colleges in that district.

VI. Rules and Procedures

- A. The Great Lakes District will conduct all matches according to the rules in the NCAA Wrestling Guidelines.
- B. The Great Lakes District wrestling coaches will meet the day prior to the Great Lakes District Tournament to discuss conduct, procedures and seeding.
- C. The seeding meeting criteria used will be predetermined by the coaches. New criteria can be suggested at the seeding meeting and voted on in August.

Current Seeding Meeting Criteria

- 1. Head-to-Head (In an even split, the wrestler winning the last contest has Head to Head Criteria)
 - 2. Common Opponent
 - 3. Returning All-American same weight
 - 4. Returning All-American different weight
 - 5. Junior College Record
 - 6. Overall Record
 - 7. Returning National Qualifier Same Weight
 - 8. Returning National Qualifier different weight
 - 9. Coaches Vote
- D. The Great Lakes District will qualify no greater than 70% of the total number of participants in the tournament. There can only be a maximum of nine (9) wildcard selections. All percentages will be rounded down to the next lowest number.
 - E. The Great Lakes District Coaches will seed depending on the total number of participants and the qualifying number.
 - F. Brackets will be drawn after weigh-ins, to allow for backups to weigh-in if a starter does not make weight.
 - G. If a seeded wrestler does not make weight, only wrestlers that were seeded are adjusted. All non-seeded wrestlers, including backups, are drawn into the brackets after weigh-ins.
 - H. The selection of the wildcard additional qualifier shall be determined by Coaches Vote after the completion of the District Tournament.
 - I. The tournament director will send official certification of all national qualifiers from Region IV and Region XII to the National Tournament Director as soon as qualifiers are determined.

VII. Officials and Procedures

- A. The Host College or organization shall provide a minimum of three, 32' – 42' diameter mats that meet all NCAA guidelines for the tournament.
- B. An official clock, scoreboard, and riding clock are to be provided for each mat.
- C. Officials are recommended by the wrestling coaches and selected by the tournament director. A minimum of four officials are recommended by the wrestling coaches and selected by the tournament director. It is recommended that there be one more official than the number of mats to be used to allow for a rotation of officials throughout the day.
- D. Official scales shall be available for at least one hour prior to the official weigh-in.

VIII. Awards

- A. The hosting Region will order the awards from Levy Recognition prior to the November 15th deadline.
- B. Two (2) Team Trophies will be awarded at the conclusion of the tournament.
- C. 1st, 2nd and 3rd place finishers in each weight class will receive medals.
- D. A Most Valuable Wrestler Award will be voted on by the coaches and the award given at the conclusion of the tournament.
- E. District Coach of the Year award will be given to the winning team's coach and the award will be given at the conclusion of the tournament.