



## **2025 Region 5A Region Wrestling Championship** **Tournament Information**



The Region 5A Wrestling Championship tournament will be held Friday, February 7, 2025 and Saturday, February 8, 2025, at Frank W. Cox High School. The following information will serve as entry guidelines, format, and rules for the Championship Tournament. All questions should be e-mailed to [Jessica.Bowman@vbschools.com](mailto:Jessica.Bowman@vbschools.com).

**1. Rules**

The National Federation of State High School Associations Wrestling Rules Book and current VHSL Handbook will serve as the basis upon which official decisions are made. Rules will be administered by National Federation Certified Officials and interpreted, only if necessary, by the Meet Committee, selected by the Meet Director.

**2. Entry Forms/Seed Meeting**

Please complete and return the region entry form and email to Jess Bowman at [Jessica.Bowman@vbschools.com](mailto:Jessica.Bowman@vbschools.com) at the conclusion of the seed meeting on Wednesday, February 5th.. Please take time to check the spelling of all names carefully. The tournament seed meeting will be held on **Wednesday, February 5, 2025 at 7:00 pm** in the LMC at Frank W. Cox High School.

**3. Competition Day Schedule**

Friday, February 7, 2025

Weigh-ins will begin at 10am. Coaches will meet at 11am and wrestling will start at 12N

Saturday, February 8, 2025

Weigh-ins will begin at 9am. Coaches will meet at 10am and wrestling will start at 11am

**4. Uniforms**

Approved wrestling team uniforms must be worn by all competitors. Each wrestler should have proper headgear. Wrestlers receiving awards should wear their warm-ups during the awards presentation, with no hats or headgear.

**5. Building Entrance & Parking**

All team members should ride a bus to the site and leave the available parking spaces for spectators to use. The buses should drop off the teams at the main entrance to the gym.

**6. Facility Guidelines**

We are pleased to host the 2025 5A Region Wrestling Tournament at Frank W. Cox High School. Please adhere to all facility guidelines listed below.

- 1- Good Sportsmanship and behavior by team members, coaches, and spectators is an expectation at all times. All team members should be supervised properly at all times by members of the coaching staff or other school personnel.
- 2- Food and drinks are allowed in the gym but we ask that trash makes its way to the trash cans.
- 3- Teams can utilize the PE hallway to leave their coolers and bags. Cox HS and the region are not responsible for lost or stolen items.
- 4- All personal belongings should be kept somewhere they can be monitored by team personnel. Items should not be left in the locker rooms or wrestling room unless they are monitored at all times. Frank W. Cox High School will not be responsible for lost or stolen property.
- 5- Locker rooms will be provided for team members to change.
- 6- Proper footwear and clothing are required at all times in the public areas of the building.
- 7- All building entrances in the team area should be left closed at all times. No one should be entering or exiting at these locations.
- 8- Frank W. Cox High School is a smoke free facility. Everyone should refrain from smoking or use of tobacco products while on school grounds.
- 9- Anyone needing assistance during this event should contact tournament personnel or security.

7. **Concessions & Hospitality**

There will be a limited hospitality room for coaches and workers.  
Concessions will be sold.

8. **Admission Fees**

The standard Region Tournament admission rate will be charged each day for the tournament. The spectator entrance will open at 11am on Friday and 10am Saturday. Spectators should only enter at the main gym entrance.

**General Admission** - \$10.00 via GoFan. No cash is accepted at the door.

**Passes Accepted with valid ID**

- Superintendent's pass (holder + 1 guest)
- Media with appropriate credentials
- VHSL Wrestling Officials Association
- VHSL Coaches Association
- VHSL Membership Card
- VATA Athletic Trainers pass
- VIAAAA Athletic Administrators

9. **Awards**

Individual Medals will be presented for places 1-3 in each weight class.  
Tournament runner-up and Championship Team trophies will be presented at the conclusion of the Finals matches.

10. **Medical help**

Certified athletic trainers will be present during the entire tournament for assistance.

11. **Corner**

A maximum of two coaches per school will be permitted in the mat corner during matches involving a wrestler from that school. Each person in the corner should have appropriate identification and must be an approved coach. Everyone else should be seated in the bleachers while watching the matches.

12. **State Qualifying**

The top four wrestlers in each weight class will qualify for the State Championship Tournament. Details for the VHSL State Championship Tournament will be passed on separately



## 2025 Region 5A Wrestling Championship Schedule



### February 7, 2025 at Frank W. Cox High School

- 10:00 AM Weigh-ins begin
- 11:00 AM Coaches meeting
- 12:00 NOON Round 1 – 1st round of 16 - 4 mats
- Round 2 - 1st round of consolations - 4 mats
- Round 3 – quarters - 4 mats
- Round 4 – 2nd round of consolations - 4 mats

### February 8, 2025 at Frank W. Cox High School

- 9:00 AM Weigh-ins begin
- 10:00 AM Coaches meeting
- 11:00 AM Round 5 –semis & consolation finals - 4 mats
- Round 6 - consolation semis - 2 mats
- Round 7 - 3rd/4th and 5th/6th - 2 mats
- 4:00 PM Championships and awards - 1 mat

\*\*\* ALL TIMES ARE APPROXIMATE, WE WILL START EACH ROUND AS SOON AS WE CAN. IF WE START TO RUN LATE, WE WILL COMBINE 5<sup>TH</sup>/6<sup>TH</sup>, 3<sup>RD</sup>/4<sup>TH</sup> AND 1<sup>ST</sup>/2<sup>ND</sup> AT THE SAME TIME ON 3 MATS, BUT WE WANT TRY TO SHOWCASE THE FINALS (SINGLE MAT) FOR THE ATHLETES THAT HAVE EARNED THAT HONOR.

Medals for top three places in each weight will be awarded after the championship bouts.  
Tournament Team Trophies will be awarded at the conclusion of the Tournament

### **Sportsmanship Pledge:**

**As members of the Virginia High School League, we are committed to upholding the highest standards of Good Sportsmanship. Good Sportsmanship is a key element in any Athletic Contest, and the conduct of everyone involved during the competition can add to the enjoyment and positive atmosphere. We are confident that everyone will show their appreciation by exhibiting Good Sportsmanship at all times!**

## **2025 Region 5A Wrestling Tournament**

### **Seed Criteria**

An initial ranking of the wrestlers at each weight will be determined by a point system combining the previous season's finish in postseason and the current season's wins.

Each returning wrestler will earn points from the highest place they finished last year in the postseason and the number of wins they have for the regular season this year.

### ***"Known Talent"***

Description of Known Talent:

The point of "known talent" is to provide a means of seeding a talented wrestler who did not wrestle matches at the entered weight class by the traditional method or has placed at national caliber events not recognized by the scholastic season. For the purpose of seeding the Region post-season individual tournament, "known talent" will be designated based on a specific set of criteria rather than a qualitative assessment or voting process. Any wrestler at each weight class shall be designated as "known talent" before any weight class is seeded.

### **Criteria to designate "known talent"**

- a. Did not wrestle matches during the season and entered for the post-season tournament for injury, illness, weather, or a fall sport entering the postseason.
- b. Placed top 6 at the previous VHSL State Championship or a Region Champ from last season or last season wrestled in case of injury.
- c. Did not lose head-to-head to any other wrestler entered in the same weight class at the post-season tournament.
- d. Placed at Top tier events that year/season i.e., Beast, Powerade, ironman, Fargo...

### **Seeding "known talent"**

- a. A wrestler designated as "known talent" who is undefeated against all region opponents entered at this weight class is seeded #1.
- b. If multiple wrestlers designated as "known talent" are entered in one weight class the higher place-winner in last year's past season criteria will get the top seed.
- c. If criteria b is not applicable, then the wrestlers are split by a coach's vote.
- d. A "known talent" cannot be seeded ahead of any wrestler entered at the weight class that has defeated the "known talent" head-to-head during the current VHSL season.

**INITIAL RANKINGS**  
**Total Points: Part I + Part II**

**I. Caliber Points: 2024-2025 Regular Season:**

Number of wins x 10

**II. Prestige Points: From 2023-2024 Postseason:**

State Champion	60 points
State 2nd	55
State 3rd	50
State 4th	45
State 5th	40
State 6th	35
State 7th	30
State 8th	25
Region Champion	30
Region 2nd	25
Region 3rd	20
Region 4th	15
Region 5th	10
Region 6th	5

**Tie-breaker and/or Exception criteria** (coaches may request an exception for wrestlers that they feel should be seeded higher than the initial points ranking)

- 1- Head to Head
- 2- Record against common opponents
3. Strength of this season's opponents
- 4- Record from last season
- 5- Coaches Vote
- 6- Coin Flip

\*Coaches will work to seed the top 6 wrestlers in each weight class.