

# USAW - NJ 2026 Scholastic State Championships



## AGAIN IN 2026: REQUIRED CREDENTIALS FOR COACHES

- At the REGIONAL QUALIFYING tournaments, we will continue to offer floor-pass wristbands to any Wrestling Leader member of USAW who shows proof of current membership, photo identification, and a \$5 entrance fee.
- At the STATE CHAMPIONSHIP tournament in Trenton, **only USAW Bronze-Certified coaches will receive floor passes.** Bronze Certification is a national (online) training program administered by the USAW national organization. There will be no entrance fee for coaches in Trenton – only proof of USAW membership,

## 2026 Divisions and Weight Classes

Divisions	Birth Years	Weight Classes	Period Match Times
Boys, Tot	2019 – 2020	37-41-45-49-53-57-61-65-70-80	1 - 1 - 1
Boys, Bantam	2017 – 2018	45-50-55-60-65-70-75-80-85-95-110-130	1 - 1 - 1
Boys, Novice	2015 – 2016	50-55-60-65-70-75-80-85-90-95-100-110-125-145-170	1 - 1½ - 1½
Boys, Junior	2013 – 2014	60-65-70-75-80-85-90-95-100-105-112-120-128-136-144-160-185-220	1 - 1½ - 1½
Boys, Intermediate	2011 – 2012	75-80-85-91-98-105-112-120-128-136-144-152-160-175-190-215-275	1 - 1½ - 1½
Boys, HS Cadets	2009 – 2010	91-98-106-113-120-126-132-138-145-152-160-170-182-195-220-285	1 - 1½ - 1½
Girls, Tot	2019 – 2020	41-45-50-55-60-70-80	1 - 1 - 1
Girls, Bantam	2017 – 2018	45-50-55-60-65-70-75-80-90-100-110	1 - 1 - 1
Girls, Novice	2015 – 2016	50-55-60-65-70-75-80-85-90-95-100-110-120-130-145	1 - 1½ - 1½
Girls, Junior	2013 – 2014	60-65-70-75-80-85-90-95-101-105-110-119-127-136-145-185	1 - 1½ - 1½
Girls, Intermediate	2011 – 2012	75-80-85-91-98-106-112-117-122-127-132-138-144-152-164-180-200	1 - 1½ - 1½
Girls, HS Cadets	2009 – 2010	94-100-107-114-120-126-132-138-145-152-165-185-235	1 - 1½ - 1½

## How to Register

- Current USA Wrestling card required to register. Card must be presented at weigh-in. For a current USA Wrestling card, visit [www.usawmembership.com](http://www.usawmembership.com), or follow the links during the registration process.
- Register using the regional qualifier tournament links on the next page, or on [arena.flowrestling.org](http://arena.flowrestling.org).
- Registration fee \$60.00 per qualifier, up through Wednesday before qualifier. Late registration \$70.00.
- Walk-in registration is only at qualifier weigh-ins (not on tournament day) on a space-available basis. \$70.00 cash only.
- There is only a fee for the regional qualifier tournaments. There is no fee for the State Championship (exception: HS Cadets register directly for the State Championships, \$60.00 fee. **Cadet Registration Link, Boys & Girls...**)

## Qualification for State Finals

- **BOYS:** Top 3 wrestlers in each qualifier bracket advance to the State Championships.
- **GIRLS:** **ALL** Girls who registered & weighed in at a Qualifier may compete at States. Top 3 from any Qualifier will receive state seeding criteria.
- Wrestlers who qualify may **not** change weight class for the State Championships.
- **Link to Cadets Registration...** See Tournament Rules page for more specific details.

## STATE FINALS TOURNAMENT: March 20 - 22, 2026 CURE Insurance Arena, Trenton

- **Session 1:** Friday, 3/20/26, Wrestle @ **11:00 AM:** ALL Girls age groups, Weigh-In times **9:30 AM - 10:30 AM**
- **Session 2:** Saturday, 3/21/26, Wrestle @ **9:00 AM:** Juniors, Intermediates, Cadets, Weigh-In times **6:30 AM - 8:00 AM**
- **Session 3:** Sunday 3/22/26, Wrestle @ **9:00 AM:** Tots, Bantams & Novices, Weigh-In times **6:30 AM - 8:00 AM**

### Championship Weigh-Ins at Venue:

- **ALL GIRLS** weigh-ins are Friday morning, **9:30 AM - 10:30 AM;** doors open at **8:00 AM FOR WRESTLERS AND 8:30 FOR SPECTATORS**
- **ALL BOYS** weigh-ins are **6:30 AM - 8:00 AM** on the date for each age group; doors open for wrestlers at **6:00 AM, 6:30 AM** for spectators

### Venue: CURE Insurance Arena

81 Hamilton Avenue  
Trenton, NJ 08611

**THERE ARE NO SATELLITE WEIGH-INS!**



# U S A Wrestling - N J 2026

## Scholastic Qualifier Tournaments & State Championships

Tournament Sites, Dates & Registrations:		Weigh-Ins & Start Times
<p>Toms River East HS, Toms River, NJ 08753  <b>Sunday, January 11, 2026; Max Entries 500;</b>                      Director: Jason Prior                      Contact: TRWCNJ@gmail.com</p> <p style="text-align: center; font-size: 2em;"><b>1</b></p> <p style="text-align: center; font-size: 1.5em;"><b>+GIRLS QUALIFIER</b></p>		<p><b>When:</b> Saturday, January 10, 3:00 - 5:00 PM  <b>Where:</b> Toms River HS East - <a href="#">Directions...</a>  <b>Tournament Start Time:</b>                      8:00 AM, Tots/Bantams/Intermediates                      11:30 AM, Novices/Juniors</p>
<p>Old Bridge HS, Matawan, NJ 07052  <b>Sunday, January 18, 2026; Max Entries 600;</b>                      Director: Janos Sagi                      Contact: OldBridgeUSAQualifier@gmail.com</p> <p style="text-align: center; font-size: 2em;"><b>2</b></p> <p style="text-align: center; font-size: 1.5em;"><b>+GIRLS QUALIFIER</b></p>		<p><b>When:</b> Saturday, January 17, 7:00 - 9:00 PM  <b>Where:</b> Old Bridge HS, Door #8 - <a href="#">Directions ...</a>  <b>Tournament Start Times, split sessions:</b>                      8:00 AM, Tots/Bantams/Intermediates                      12:00 PM, Novices/Juniors</p>
<p>Washington Township HS, Sewell, NJ 08080  <b>Sunday, March 15, 2026; Max Entries 500;</b>                      Director: Mike Horn                      Contact: michaeljr3583@hotmail.com</p> <p style="text-align: center; font-size: 2em;"><b>3</b></p> <p style="text-align: center; font-size: 1.5em;"><b>+GIRLS QUALIFIER</b></p>	<p><a href="#">REGISTER...</a></p>	<p><b>RESCHEDULED - When:</b> Sat, <b>March 14, 6:00 - 8:00 PM</b>  <b>Where:</b> Washington Twp HS - <a href="#">Directions...</a>  <b>Tournament Start Times, split sessions:</b>                      8:00 AM, Tots/Bantams/Intermediates                      11:30 AM, Novices/Juniors</p>
<p>Lakeland Regional High School, Wanaque, NJ 07465  <b>Sunday, February 1, 2026; Max Entries 250 / session, 500 total;</b>                      Director: Nikki Danhofer <a href="#">High School Directions...</a>                      Contact: LakelandJrWrestling@gmail.com, 201-400-7192</p> <p style="text-align: center; font-size: 2em;"><b>4</b></p> <p style="text-align: center; font-size: 1.5em;"><b><u>NO GIRLS QUALIFIER</u></b></p>		<p><b>When:</b> Sat, January 31, <b>Split Session Weigh-Ins</b>  <b>Where:</b> <a href="#">St. Francis of Assisi School, Haskell, NJ 868 Ringwood Ave, Haskell, NJ 07420</a>                      8-9 AM Bantams/Novices; 9-10 AM Tots/Intermediates;                      10-11 AM Juniors;  <b>Tournament Start Times, split sessions:</b>                      8:00 AM, Tots/Bantams/Intermediates                      11:30 AM, Novices/Juniors <a href="#">Weigh-In Directions...</a></p>
<p>North Hunterdon High School, Annandale, NJ 08801  <b>Sunday, February 8, 2026; Max Entries 300 / session, 600 total;</b>                      Director: Mike Raley                      Contact: NorthLions.Wrestling@gmail.com</p> <p style="text-align: center; font-size: 2em;"><b>5</b></p> <p style="text-align: center; font-size: 1.5em;"><b><u>NO GIRLS QUALIFIER</u></b></p>		<p><b>When:</b> Saturday, February 7, 6:00 – 8:00 PM  <b>Where:</b> North Hunterdon HS – <a href="#">Directions...</a>  <b>Tournament Start Times, split sessions:</b>                      8:00 AM, Tots/Bantams/Intermediates                      11:30 AM, Novices/Juniors</p>
<p>Upper Twp. MS, 525 Perry Rd, Petersburg, NJ 08270  <b>Sunday, February 15, 2026; Max Entries 250 / session; 500 total</b>                      Director: Joe Cunningham                      Contact: UpperTwpHornets@gmail.com</p> <p style="text-align: center; font-size: 2em;"><b>6</b></p> <p style="text-align: center; font-size: 1.5em;"><b>+GIRLS QUALIFIER</b></p>	<p><a href="#">REGISTER...</a></p>	<p><b>When:</b> Saturday, February 14, 6:00 – 8:00 PM  <b>Where:</b> Upper Twp Middle School – <a href="#">Directions...</a>  <b>Tournament Start Times, split sessions:</b>                      8:00 AM, Tots/Bantams/Intermediates                      11:30 AM, Novices/Juniors</p>
<p>Fair Lawn HS, Fair Lawn, NJ 07410  <b>Sunday, February 22, 2025; Max Entries 600;</b>                      Director: Rick Puerto                      Contact: rpuerto@USAWNJ.net</p> <p style="text-align: center; font-size: 2em;"><b>7</b></p> <p style="text-align: center; font-size: 1.5em;"><b>+GIRLS QUALIFIER</b></p>	<p><a href="#">REGISTER...</a></p>	<p><b>When:</b> Saturday, February 21, 5:00 – 8:00 PM  <b>Where:</b> <a href="#">Thomas Jefferson Middle School - Directions...</a>  <b>Address:</b> <a href="#">35-01 Morlot Ave, Fair Lawn, NJ 07410</a>  <b>Tournament Start Times, split sessions:</b>                      8:00 AM, Tots/Bantams/Intermediates                      11:30 AM, Novices/Juniors</p>
<p>Howell High School, Howell HS, Farmingdale, NJ 07727  <b>Sunday, March 1, 2025; Max Entries 450;</b>                      Director: Joe Goodman                      Contact: CoachJoe@outlook.com</p> <p style="text-align: center; font-size: 2em;"><b>8</b></p> <p style="text-align: center; font-size: 1.5em;"><b><u>NO GIRLS QUALIFIER</u></b></p>	<p><a href="#">REGISTER...</a></p>	<p><b>When:</b> Saturday, February 28 1, 1:00 – 3:00 PM  <b>Where:</b> Howell HS – Directions - <a href="#">Directions...</a>  <b>Tournament Start Times, split sessions:</b>                      8:00 AM, Tots/Bantams/Intermediates                      11:30 AM, Novices/Juniors</p>
<p>Hackettstown HS Wrestling, Hackettstown, NJ 07840  <b>Sunday, March 8, 2025; Max Entries 650;</b>                      Director: Dave Rowinski                      Contact: HackettstownHSWrestling@gmail.com</p> <p style="text-align: center; font-size: 2em;"><b>9</b></p> <p style="text-align: center; font-size: 1.5em;"><b>+GIRLS QUALIFIER</b></p>	<p><a href="#">REGISTER...</a></p>	<p><b>When:</b> Saturday, March 7, 6:00 – 8:00 PM  <b>Where:</b> Hackettstown HS Cafeteria – <a href="#">Directions...</a>  <b>Tournament Start Times, split sessions:</b>                      8:00 AM, Tots/Bantams/Intermediates                      11:30 AM, Novices/Juniors</p>

**STATE CHAMPIONSHIPS TOURNAMENT: FRI-SUN, March 20 - 22, 2026, CURE Insurance Arena, Trenton, NJ**

- Session 1: Friday, March 20, 11:00 AM, ALL Girls Age Groups (Tots/Bantams/Novices/Juniors/Intermediates and Cadet Girls)
- Session 2: Saturday, March 21, 9:00 AM, BOYS - Juniors, Intermediates & Cadet Boys ([Register as Cadet Boy or Girl...](#))
- Session 3: Sunday, March 22, 9:00 AM, BOYS - Tots, Bantams & Novices

# USAW/NJ Scholastic Tournament Rules for 2025 - 2026



## Eligibility, Registration and Qualifying

- 1) Any New Jersey (NJ) resident, or any wrestler who goes to school in NJ and is released by his home state's USA Wrestling governing body, may participate in the New Jersey regional qualifier tournaments and state championship tournaments.
- 2) All wrestlers must have a current (2025 - 2026) **USA Wrestling (USAW)** membership in order to register and compete in any qualifier or the state tournament.
- 3) **Wrestlers may only compete in the one appropriate division for their age and gender.** Wrestlers attending high school may only compete in the HS Cadet division. Furthermore, HS Cadet wrestlers must not have advanced beyond the NJSIAA district tournament for their school.
- 4) Who advances to the **State Championships**: Males who placed in the top three of their weight class at a Qualifier. Females who registered & weighed in at a Qualifier.
- 5) A wrestler may enter as many regional tournaments as they wish. **However, once a wrestler has qualified for the State Championship tournament, they cannot wrestle at any other regional tournament.** Violation of this rule will result in automatic disqualification from the state championship tournament. (Exception: if a wrestler is injured in a regional tournament and is unable to compete in the medal round, that wrestler may be allowed to compete in a future regional tournament only with a note from a licensed medical professional within 72 hours of the injury. Approval of the **USAW-NJ Kids Scholastic Chair** is also required.)
- 6) Each wrestler must designate their Club/Team/Town (**only one** may be selected) during registration for a regional qualifier. Club/Team/Town will be used to separate wrestlers during the first round of competition if possible. There will be no changing of Club/Team/Town once the qualifier has begun. It is the responsibility of the parent and/or coach to ensure the correct Club/Team/Town is designated.

## Weigh Ins

- 7) Weigh-in dates and times for regional qualifier tournaments are published on the event flyer. Weigh-ins for the **State Championships** tournament are held on-site on the morning of each day's wrestling.
- 8) All wrestlers must present a copy of their valid **USAW** membership card at weigh-ins.
- 9) Wrestlers must weigh in wearing a uniform approved for competition: a one-piece competition singlet; or, a compression shirt with shorts approved for wrestling. There is **no** weight allowance.
- 10) Wrestlers may change weight class at the scale **for the regional qualifier weigh-in only**.
- 11) **Wrestlers may not change weight class after qualifying for the State Championship tournament.** There is no growth allowance or uniform allowance. Wrestlers, parents and coaches should consider this rule prior to choosing their regional-qualifier weight class. (Exception: if a wrestler is the only one to qualify in a weight class for the state championship tournament, the wrestler may move up one weight class with the permission of the **USAW-NJ Scholastic Chair**. See #24.)
- 12) The regional qualifier is a single-elimination tournament. Wrestlers who lose their semifinal matches will compete for third place. Only the top three wrestlers in the weight class advance to the state championship tournament.

## Health and Safety Requirements

- 13) Parents are responsible for examining their wrestlers for skin lesions to prevent the spread of communicable skin diseases. Wrestlers with lesions must have the approved skin lesion report ([available at this link on USAWNJ.org](#)) **completed and signed by a licensed physician within 7 days of the competition**, and must bring the form to the weigh-ins and the competition. No other form will be accepted. Referees and tournament officials reserve the right to disqualify a wrestler who in their judgement does not have appropriate documentation of medical clearance.
- 14) Wrestlers must compete wearing a rules-compliant uniform: either a one-piece competition singlet, or a compression shirt with shorts approved for wrestling.
- 15) Headgear is mandatory for all wrestlers. Wrestlers with dental braces must wear protective mouthpieces. Any special equipment (e.g., knee, elbow or shoulder supports) must be inspected and approved by a tournament official prior to competing. Hair covers, if worn, must attach to the headgear. Fingernails must be properly trimmed.
- 16) Failure to comply with any of the foregoing health and safety requirements will result in a penalty to the wrestler and, if not corrected immediately, could result in disqualification with no refund of entry fees.

## Coaches Credentials

- 17) **Regional qualifiers:** Coaches 18 years and older with a valid **USAW** Leader membership card and a photo ID can purchase a coach pass to access the floor. This applies to the qualifying tournaments only (see #18). A fee of \$5 will be charged for each tournament attended. Only coaches with the coach pass are allowed on the floor and on the mat at any tournament.
- 18) **State championship tournament:** Coaches **must** have a Wrestling Leader membership **and** a Bronze-level Coach Certification to gain access to the floor/wrestling area. No fee will be charged for credentials.
- 19) To obtain a **USAW** Leader card, go to USAW membership.com to apply. **USAW national membership regulations require a background check for all members over the age of 18.** The background check may take one week or more to be completed; coaches are advised to apply early.

## Injuries and Forfeits

- 20) If a wrestler is injured and cannot continue their match, the wrestler cannot participate in later rounds without written clearance from a licensed medical professional.
- 21) If a wrestler does not appear on the mat when called for a match, the following procedure applies: (a) The absent wrestler will lose the match by forfeit; and (b) If the next round has not yet started, the tournament manager and/or a **USAW-NJ** governing body representative will decide if the match may be re-wrestled, or if the forfeit will stand; however (c) If the next round has started, the forfeit will stand.

## State Championship Tournament

- 22) The **USAW-NJ State Championships** tournament features all divisions in one 3-day weekend at one location. Each division will be wrestled in a single day.
- 23) Seeding questions and requests must be referred to the head table no later than **(Friday, TBD) and 8:00 AM on Saturday and Sunday** on the day of the age group's scheduled championships tournament. Absolutely no changes will be considered after the deadline.
- 24) Any wrestler who attempts to compete in the state championships at a different weight class than in the regional qualifier will be disqualified from the tournament.
- 25) If a wrestler is the only one to qualify in a weight class for the **State Championships** tournament, and the next higher weight class does not have 27 bracketed wrestlers, the wrestler may move up to the higher weight class with permission of the **USAW-NJ Kids Scholastic Chair**. If the wrestler is already in the highest weight class for the division, but the next higher division does not have 27 bracketed wrestlers in the appropriate weight class, then the wrestler may move to the correct weight class in the next division with permission of the **USAW-NJ Kids Scholastic Chairman**, if that bracket is not full.
- 26) The **State Championships** tournament is a double-elimination event. Medals will be awarded to the top 8 wrestlers in each weight class. Champions and runners-up will also receive a state finalist singlet. Medals will be presented at a place-winner podium ceremony. Professional photographs of the medal presentations are taken whenever possible, and are available for purchase.

## Violation of the Rules

- 27) Any person who weighs in, competes, qualifies and/or coaches in violation of these rules may be prohibited from wrestling or coaching in any USAW-NJ scholastic tournament for up to one full year, starting from the date the violation was discovered.

## Admission

- 28) Spectator admission for the 9 Regional Qualifier tournaments is: \$10 for adults & \$5 for children.
- 29) Spectator admission for the **State Championships** is:  
**One day:** \$20 + facility ticket fees for adults, and \$15 + fees for children/seniors, per day; **Three days:** \$50 + facility ticket fees for adults, and \$35 + fees for children/seniors. Anyone interested in renting a suite at the CURE Arena should call: **609-656-3224**

2026 INAUGURAL CHAMPIONSHIP WEEKEND



# FRIDAYS FOR THE *Girls*

PRESENTED BY  
**USAWNJ**

ALL-GIRLS DIVISION | TOTS THROUGH CADETS



WEIGH-INS: 9:30–10:30 AM



WRESTLING BEGINS: 11:00 AM  
(WRESTLE TO COMPLETION)



12 MATS



**CURE INSURANCE ARENA**

81 HAMILTON AVE, TRENTON, NJ

A FULL DAY DEDICATED TO GIRLS WRESTLING—  
**FRIDAY, MARCH 20TH**