

2026-27 TSSAA SPORTS CALENDAR

GIRLS WRESTLING

- In the **Pre-Season** there are no restrictions in regard to practice.
- First Practice Date is the Monday of NFHS Week 17.
- **Scrimmage Rule** does apply.
- The Date of the First Contest allowed is the Monday of NFHS Week 20. Eligibility and schedules must be filed online.
- Maximum number of regular season contests is 22 dates. No individual shall wrestle more than 55 matches, excluding forfeits, in in the regular season.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

IMPORTANT GIRLS WRESTLING DATES

Rules Meeting information can be found on the [TSSAA Website](#).

First Practice Date	Oct. 26, 2026
First Contest Date.....	Nov. 16, 2026
Deadline to File Eligibility & Schedules	Nov. 16, 2026
Dual Regions (MBC By)	Jan. 22, 2027
Dual Sectionals (MBC By)	Jan. 23, 2027
State Dual Meet.....	Jan. 30, 2027
Regions (MBC By).....	Feb. 6, 2027
Sectionals (MBC By)	Feb. 13, 2027
State Championships	Feb. 19-20, 2027
Dead Period.....	June 28 – July 11, 2027

Dead Period Rule – No coaching, observing, or contact between coach and players in sport involved. There is no practice, no open facilities, and no weight training/conditioning. The Dead Period, which is to be observed by all schools, is the week of the 4th of July and the preceding week – 14 days.

Multiple Contests – In wrestling, individuals accompanied by a coach may enter varsity competition at a different site on the same date and time, and this will count as two days on the school's schedule.

Off-Season – Begins with the school's elimination from postseason tournament play in a particular sport and concludes with the end of the school year.

Open Facilities – Permitted year round (Monday through Friday) except during the **Dead Period**. Schools may use their facilities for students in their building prior to or after the school day. Coaches may serve in a supervisory capacity only. There is no instruction, no teaching, no coaching, etc. Coaches may not participate or play in any manner. It is a free play type atmosphere. Sport specific skills cannot be taught. ATTENDANCE CANNOT BE MANDATORY.

Practice - Any interaction between a coach and student-athlete(s) where instruction, teaching, coaching, etc., is occurring. Happenstance communications between coach and student-athlete(s), in circumstances where attendance by the student-athlete is neither expected nor required, are not considered to be practice. Such communications may not, however, be used to circumvent the requirement in open facilities that a coach act in a supervisory capacity only. In addition, try-outs are considered practice.

Practice During the School Day – All athletic practice during the regular hours of any school day shall conform to the same rules, regulations, and season as corresponding athletic practice outside the school day.

Pre-Season – Begins the first day of school until the first official day of practice in that particular sport.

Scrimmage Rule – After the TSSAA first official day of practice in all sports, a school can practice with or scrimmage another school. Once a school has played their first game, there can be no more scrimmages. (Applies to High School & Middle School Division). In the high school division a school may have a maximum of four scrimmages or two scrimmage dates or one scrimmage date and two scrimmages (A scrimmage date is defined as more than two schools scrimmaging on the same day). **If registered TSSAA officials are used for a scrimmage, the schools are subject to the same sportsmanship requirements and penalties that apply to regular season contests.**

Summer – The period of time from the end of the school year until the beginning of the following school year.

Tournament – All tournaments shall be held on consecutive days with no other regular season games being played during the tournament unless permission is granted by the Executive Director. A tournament is defined as competition of three or more teams and three or more games, matches, etc., which progress to determine a winner.

Weight Training/Conditioning – Permitted at all times except during the **Dead Period**. Must be generic type program that would be beneficial to all students and not sport specific. Exceptions: 1. In baseball and girls softball, players may throw to condition arms. 2. In lacrosse, players may do stickwork (fundamental catching and throwing). Sport specific skills cannot be taught. Only students who are enrolled and in regular attendance at the school may participate during the school year. ATTENDANCE CANNOT BE MANDATORY.