

ALL STATE WRESTLING SELECTION PLAN

Nomination Due Date: March 5, 2025

Four selection committees will be formed: one (1) Large and one (1) Small to represent the East and one (1) Large and one (1) Small to represent the West. Large school committees will be comprised for classes 6A & 5A and Small school committees will be made up of classes 4A & 3A. The East will represent all schools within regions 2, 3, 6, and 7; the West will represent all schools within regions 1, 4, 5, and 8. Each committee will consist of four coaches - two from each class.

At the annual fall meeting, the Oklahoma Wrestling Coaches Association will select the selection committee. Each coach selected for the committee must be a member of the Oklahoma Coaches Association, then approved by the Oklahoma Coaches Association Board of Director.

The nomination deadline is March 5, 2025. The forms must be an official Oklahoma Coaches Association nomination form completed and **signed** by the respective head wrestling coach. The head coach must be a member of the OCA to nominate an athlete for All State. Incomplete or unofficial nominations will be voided.

NOMINATION GUIDELINES

1. The head coach must be a member of the OCA. Only the head coach can nominate an athlete for All State.
2. A coach may nominate only his senior wrestlers.
3. A coach may nominate his wrestler for only two weights and the wrestler may not be nominated at a weight lower than the lowest weight he wrestled that year. If he is nominated at a weight lower than he wrestled at state, a copy of tournament bracket or dual at the lower weight **must** be included with nomination.
4. The nomination must include a comprehensive record, resume' and picture of the wrestler.

The respective selection committee will select thirteen (13) wrestlers, one for each weight class (113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215 and 285) based on (1) state tournament finish; (2) season record; (3) competition; and (4) career record. Each All State squad will consist of no more that two wrestlers from one school and must include at least one wrestler from each of the four wrestling classes. The selection committee must rank in order of preference the wrestlers in each weight on the honorable mention list. Players shall be listed in order of preference by secret ballot.

Weigh in procedures: When wrestlers report for weigh-in, all wrestlers must be within twelve (12) pounds of weight or be sent home.

Nomination Deadline: March 5, 2025

All nominations must be in the OCA office by the deadline. You may mail or email a copy to the OCA office. Email nominations should be in .PDF format. Selection committee members are not exempt from the due date. Late nominations brought in the office on the day of the selection will be subject to a fine.

Please return the nomination form to:

Oklahoma Coaches Association
8080 Crystal Park Dr.
Oklahoma City, OK 73139

EMAIL: lea.mouss@oklahomacoaches.org