
MPSSAA BASKETBALL COMMITTEE REPORT

- 2025 State Championship Dates:
 - Semifinals: March 11-12 predetermined sites
 - Finals: March 14-15 Xfinity Center (UMD)
- **During the regular season only**, participating schools have the option to start running time in the first half if agreed upon prior to the start of the contest.
- [NFHS rules changes](#)
- Please ensure your coaches and/or athletic directors enter their schedules and scores on the MPSSAA website.



Maryland State Department of Education
200 West Baltimore Street
Baltimore, MD 21201



Swimming & Diving Committee Report

12.11.24 | MPSSAA Board of Control | BWI Marriott
Information and Points of Emphasis



- **2025 State Championships Dates:**
 - Diving: Friday, February 21, 2025
 - 5 PM
 - Swimming: Saturday, February 22, 2025
 - 4A-3A: **9:00 AM** (note 30 minute earlier starting time)
 - 3A-2A-1A: **3:30 PM** (note 30 minute earlier starting time)
- (e.) Schools and coaches are reminded that when a student fails to continue participation when eligible to do so, it is a violation of athletic COMAR regulations [COMAR 13A.06.03.07(11)]. Coaches do a disservice to the sport and challenge the integrity of the championships when they mask participant attendance (i.e. attendance at an outside/club event championship) at the state meet in relay events with NFHS relay substitution rules.
- **Regional Diving:**
 - Divers will be limited to **four (4)** boys and girls per school
 - Regional Diving will be held at Walkersville High School (Frederick, MD)
- **State Diving:**
 - Girls and boys will now alternate diving (compete at the same time) which will reduce the overall meet time
 - Warm-ups will be conducted together
 - Additional time will be added to breaks
- **Prelims/Finals Update**
 - Committee is looking at the following for *potentially* beginning with the **2025-2026** season.
 - 4A/3A prelims = Friday @ 5pm
 - 3A/2A/1A prelims = Saturday @ 9am
 - Diving = Saturday @ noon
 - Finals = Saturday @ 5pm
 - Top 8 swimmers from prelims will advance to finals in individual events
 - Top 16 swimmers from prelims will advance to finals in relay events
- **MPSSAA/Maryland Swimming Club Championships Scheduling Conflict**
 - As the MPSSAA and our member schools continue to receive more and more concerns related to this conflict, we are reminding coaches, teams and schools of the MPSSAA's seasonal time frame, state championship schedule and structure and advising them to have their families to reach out to their club program and Maryland Swimming to advocate for a date change to their Senior Championship Club Meet.

MPSSAA Wrestling Committee Report

Dual Meet Championships at North Point High School

February 15, 2025, State Semifinals and Final for 1A, 2A, 3A, and 4A

State Individual Tournament at Showplace Arena

March 6, 7, & 8 Girls, Coed 1A/2A, 7 Coed 3A/4A

Follow all postseason information:

<https://www.mpssaa.org/state-championships/wrestling/>

New Rules for 2025

Here are the new rule changes for high school wrestling beginning with the 2024-25 season from the NFHS.

Inbounds Rule Change: Now only one point of contact of either wrestler needs to be inside or on the boundary line to be considered inbounds. Previously, two supporting points were required.

Near-Fall Points Adjustment: Points for a near-fall have been revised to:

- Two points for two seconds
- Three points for three seconds
- Four points for four seconds
- Five points if injury or bleeding occurs after a four-point near-fall.

Takedown Points Increase: Wrestlers will now earn three match points for a takedown, instead of the previous two points.

Technical Fall Update: If a takedown or reversal leads directly to near-fall criteria that creates a 15-point advantage, the match will continue until the near-fall criteria is no longer met.

10-Foot Circle Optional: The 10-foot circle at the center of wrestling mats is now optional. Wrestlers are encouraged to stay in the center of the mat, which is indicated by the starting lines.

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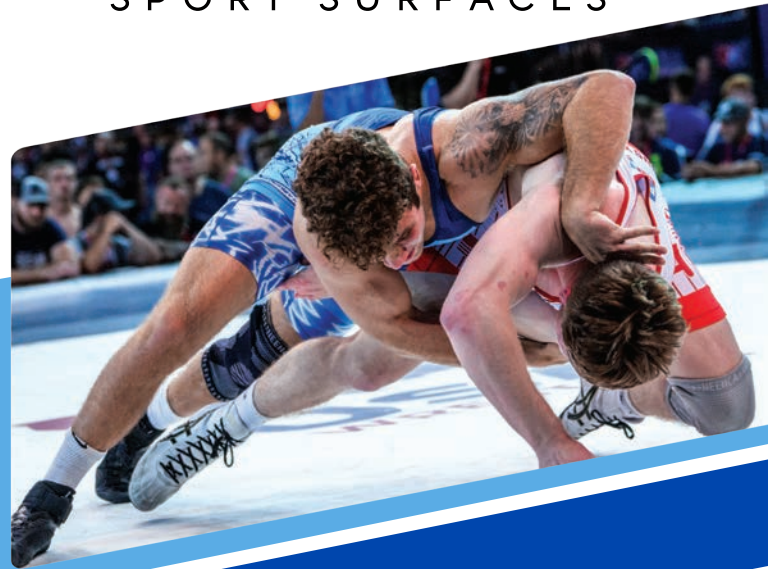
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Maryland State Wrestling Championships

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