



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

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To: Wrestling Coaches and A.D.s and Wrestling officials
From: Lewie Curtis, IHSAA

Congratulations on the completion of the first half of wrestling's regular season. I hope you all have the opportunity to spend some time with your supportive families and friends over the holiday break, while still pushing your teams and yourselves for the finish line in February! Below are some items to be completed, things to consider, and scenarios to contemplate (then coach and officiate them!).

TO DO – FOR COACHES (PLEASE COMPLETE SOON!)

- Bud Legg is in the process of re-formatting the Wrestling Stat Book and Archives. Two of the important parts of that book are sections regarding wrestlers and coaches. Please email Bud at blegg@iahsaa.org before the end of December the following:
 - Wrestlers going in to this year (through last year's season)
 - Win-Loss record of anyone reaching 160 career wins
 - Win-Loss record of anyone reaching 100 career pins
 - Names of anyone winning 145 consecutive matches or more (Wow!)
 - Names of anyone who are approaching any of those marks in this season
 - Coaches that have accomplished 225+ dual wins through last season
 - Need name, school(s), career W-L-T, and number of years at each school
 - Same information if you might achieve those numbers this season
- Bud has put together an extensive history of wrestling, but we have to do our part to help him keep it current. He works long, hard hours to make this happen. Please help him out, and a quick "thank you" to him is appreciated!

FOR COACHES AND OFFICIALS

- Skin checks prior to all wrestling events are mandatory! Make sure they are always getting done, even in sub-varsity competition.
 - I had the wrestling administrator from Nebraska inform me that they had a school attend a dual tournament in Iowa and the officials did not perform skin checks on their team. Members of the team have been afflicted with impetigo. He's not suggesting they contracted it at that meet, but if there aren't regular skin checks, then others are going to get the skin condition.
 - Skin checks are not an option at any level. Get them done prior to wrestling starting!
- Reminder that the 2-pound growth allowance comes into play after Jan. 1. If using it for individuals, be sure to check the growth allowance box on the weigh in sheet. Not all wrestlers will use the growth allowance. Ask if you are unsure!

SITUATIONS AND SCENARIOS

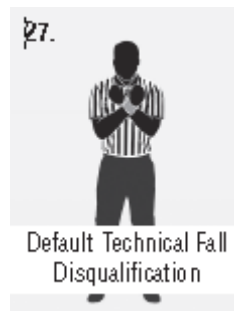
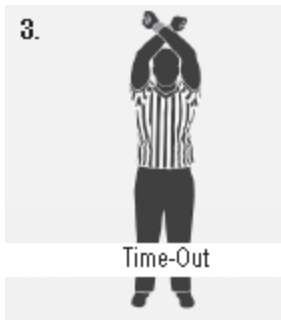
- In a tournament, a wrestler, after the end of the semi-final match, throws his headgear and gets an Unsportsmanlike Conduct penalty (Deduct one team point). Then the wrestler uses profanity while shaking hands with his opponent, garnering a second Unsportsmanlike Conduct penalty (Deduct 2 team points – total of three now – and removal from the premises immediately).
 - That situation is considered a disqualification – not an ejection. The team loses three points and the wrestler has to leave the premises.
 - A coach would need to go with him and supervise him.
 - He's done for that day, but his team points stay with the team, except for the three that he lost due to the two penalties.
 - Further matches involving that wrestler would be recorded as a forfeit and count as a win for the opponent and a loss for that wrestler.
 - He would not need to sit out the team's next scheduled event, since it is not an ejection.
- Same situation happens as described above, then the wrestler flips off the official or the crowd as he's leaving the mat.
 - Flagrant misconduct, which is an ejection and does the following:
 - Team loses an additional 3 points (now 6 total)
 - Team loses all of that wrestler's points accumulated
 - That wrestler would sit out the next scheduled meet as well as have to complete a Sportsmanship course, which will be shared with the school A.D.
- In a tournament, a scheduled 113-pound match is underway and the first period has been completed when the coaches discover there is a 106-pounder wrestling a 113-pounder. Uh-oh!
 - We have BAD TIME! Exit that match on TrackWrestling and get that straightened out.
 - Give those two participants rest time (minimum of one minute) prior to putting them out against their correct opponents in their correct weight class
 - Use some common sense – it might be a good decision to get one match to be wrestled prior to putting those wrestlers on the mat.
 - Good example of why we check wrestlers in, get name and school, have competent and attentive table help, etc.!
 - In a dual meet, this simply is not the same. We now have a 106-pounder wrestling up, or a 113-pounder having reported illegally. It will be a mess, so make sure we try to prevent it from happening!
- Wrestler uses a legal headgear with legal hair cover that is attached to the headgear. However, the hair keeps falling out and has to continually put back in.
 - Not much we can do here. Everything is legal, but not working very well. With a normal headgear, say that is too loose and always gets pulled down or comes unsnapped, you just get a new headgear. This may be the only hair covering style of headgear, so we just have to keep wrestling.
 - Coach, you should get that wrestler a new hair covering style headgear for future use (or a nice pair of scissors!).
- Wrestler with braces shows up with a "smooth strip" to clip on and cover his braces.
 - That is not legal equipment and cannot be used!
 - A mouthpiece must be worn to cover braces.

- Wrestler shows up to the mat with shoe laces tied together, but not tied to the shoes.
 - Technical violation – one match point awarded to opponent
 - Injury time starts and wrestler has 1 ½ minutes to correct
 - This is a clarified rule that was indicated in the rules meeting video.
 - Rule 4-1-3 now states: “If the shoes have laces, the laces shall either be taped to the shoe or secured by a locking device on the wrestling shoe in an acceptable fashion.”
- JV tournament on Friday night and a school has 3-4 kids wrestling in it that are also wrestling the next day in a varsity tournament. Is a one-pound allowance given to all wrestlers?
 - The answer in this case would be NO. The one-pound allowance is a team rule, not an individual rule.
 - As a rule of thumb, we say “team” needs to be at least half of the team being weighed in. So that should be 7 wrestlers.
 - Reminder that there should be a 48-hour notice given to all teams when giving the one-pound allowance.
- From the neutral position, a wrestler frequently uses a two-on-one tie where he holds the elbow and wrist of his opponent to help create angles to make leg attacks. He has a strong grip and doesn’t let go easily. The opponent’s tactic to break the hold is to punch the hands and wrists of the wrestler.
 - This action of punching at the wrists by the opponent should be considered “unnecessary roughness” and should be penalized according to the penalty chart.
 - Unnecessary roughness has no warning and results in one match point for the opponent.
- Wrestler has a broken nose and wants to wear a plastic face guard that is velcroed snugly to his face. Is this legal?
 - The answer is NO.
 - The only thing that is legal is the padded face mask. Hard plastic is not legal, even if it fits snugly to his face. Rule 4.3.1b “any protective equipment which is hard and/or abrasive must be covered and properly padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick”
- Stalling is thoroughly explained in Rule 5-24. While it is certainly subjective, we need to all do a better job of calling it when it exists and coaching a style that does not promote stalling.
 - Times when stalling should be called
 - From a neutral position, a wrestler continually avoids contact with the opponent
 - From a neutral position, a wrestler backs to the edge of the mat more than 1-2 times before trying to secure a takedown (playing the edge of the mat)
 - From a neutral position, a wrestler prevents the opponent from returning to the mat or doesn’t try to remain on the mat himself
 - From a neutral position, a wrestler isn’t trying to secure a takedown
 - From the advantage (top) position, doesn’t wrestle aggressively and attempt to secure a fall or near-fall points, except when releasing the opponent intentionally in order to secure another takedown
 - From the advantage (top) position, legally holds the opponent’s heel to his buttocks when broken down on the mat for five seconds

- From the advantage (top) position, holding the opponent’s leg or legs and not trying to break the opponent down, secure a fall or near-fall, or prevent a reversal or escape. If doing this for the sole purpose of controlling is stalling.
- When a defensive (bottom) wrestler refuses to aggressively attempt escapes or reversals it is stalling
 - The defensive wrestler is not stalling when overpowered

FOR OFFICIALS

- Consistency from the referee’s position needs to continually be improved. Here are things to work on:
 - Flip the coin and if the choice is to defer, use the proper signal, which is the “safe” sign – not the Time Out or the Default, DQ, or Tech. Fall signal (an X above the head or in front of the body)

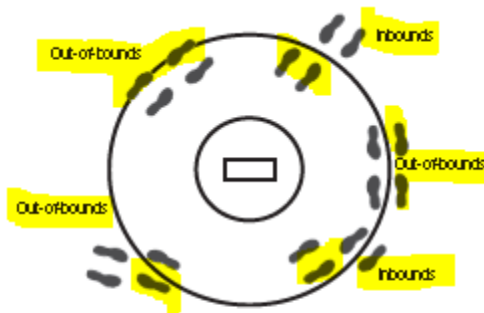


- Give the following commands while using one hand as a signaling tool: “Bottom set, top cover, Set” (pause briefly) blow whistle.
- Keep the hand on the same plane, avoid movement once you set the bottom wrestler, speak clearly.
- While not true 100% of the time, consider a false start preventable by a good, consistent effort by the official
- Near Fall criteria and counting
 - Get down and in position in order to see the first count. Don’t be standing up when counting, be on your way down, kneeling, or completely down. That’s just hustle and being in good, physical condition.
 - See the first count, show it, and verbalize it!
 - Remember 45 degrees is the criteria. Don’t be swayed by the crowd or the coaches. Get a look at it and be consistent.
 - One count equals one second (“thousand one”), don’t stroke too quickly. Be deliberate and consistent.
 - Watch other officials and work together to make our counts consistent across the board. We owe it to the wrestlers and coaches, so they know what to expect.

- Edge of the mat positioning
 - Straddle the line to get a good look at it
 - Don't stay in the middle or back off the edge, rather move to the edge to see it better
 - Remember, one supporting point of both wrestlers out of bounds is out!
 - The line is in bounds! Outside of the outer edge of the line is out of bounds!



This fall or near fall should be counted, because any part of both scapula are inbounds and the shoulders are over or outside the boundary line.



These examples show the variety of inbounds and out-of-bounds possibilities when in the neutral position.

11. (5-15-1) Contestants are considered to be inbounds if the supporting points of either wrestler are inside or on but not beyond the boundary lines.

- When utilizing a Head Referee (HR) and Assistant Referee (AR), which we recommend during championship matches or dual meets when possible:

ART. 2 . . . The AR will be granted the same mobility as the HR and will complement and assist the HR in making calls. The HR will be in complete control of the match. Following are procedures to follow with the use of an AR:

- Constant verbal communication between the HR and the AR is necessary throughout the match concerning stalling, line calls, illegal holds/maneuvers, technical violations, potentially dangerous holds/maneuvers and time remaining in the period;
- The two referees should be facing each other while each is maintaining a view between the wrestlers. Both referees must move to positions on the mat where the best view of wrestling and verbal communications can be achieved;
- In a near fall situation, the AR should not be down on the mat, but in a position to observe the action, the clock, and signal the HR when time expires;
- If the AR observes interlocking hands or grasping of clothing, the proper signal should be given immediately and the AR should inform the HR of the infraction;
- The AR must develop a feel for the match to properly assist the HR. When the AR disagrees with the HR, the AR will bring it to the HR's attention immediately. It is not required to stop the match, unless the HR thinks it is necessary. The HR will avoid interrupting the match when significant action is in progress;

- f. When necessary, the HR and AR shall meet briefly on the edge of the mat away from the wrestlers and coaches, away from the scorer's table to discuss the point of disagreement;
- g. The AR may support, disagree or have no opinion relative to a decision. The HR shall prevail in the event of disagreement;
- h. When a decision is reached, the HR will inform the scorer's table of any change in match scoring, timing, etc.;
- i. The HR, AR and two contestants are the only individuals permitted on the wrestling mat. Coaches are not permitted to address the AR and the AR is not permitted to address the coaches. This is the referee's responsibility;
- j. During any headlock, the AR should be in position to observe any action from underneath and verbally inform the HR of any change from legal to illegal;
- k. During the end-of-the-match procedure, the AR shall be on the edge of the circle to observe both wrestlers and coaches as they leave the wrestling area.

I'm sorry for the long email, but I hope it proves to be helpful as we march toward the post-season. Have a great holiday break. Merry Christmas and Happy New Year!

Lewie

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