

12/5/17

To: Wrestling Coaches and A.D.s and Wrestling officials

From: Lewie Curtis, IHSAA

As the wrestling season has opened up with competitions, I want to make a few points clear to all of our member wrestling schools and wrestling officials. Schools, please share this with coaches at all levels of your 7-12 wrestling programs.

- Sub-varsity high school wrestlers competing in dual meets and non-scoring team competitions.
 - NFHS rules state that wrestlers cannot compete more than one time against the same team in dual meet competition. The IHSAA understands and supports the need for sub-varsity high school wrestlers to have the opportunity to wrestle in matches when they become available, which might not be as often as desired. With that being said, the IHSAA will allow sub-varsity high school wrestlers to compete in more than one match versus opponents from the same school in events where the varsity is having a dual, or multi dual meet. All other rules pertaining to a representation must be followed, such as the 45-minute rest between matches, not accepting a forfeit in a varsity meet while still wrestling an opponent from that same school in a sub-varsity match, not exceeding 5 matches in one day, or not wrestling in a weight class for which they weighed-in or the next higher weight class. The sub-varsity high school competition needs to be a non-team scoring event, so team scores cannot be kept for those competitions. Examples follow.
 - School 1, School 2, and School 3 have a triangular dual in which each varsity team will compete against each other. During that event, sub-varsity high school wrestlers that have been weighed in properly and are representing their school can compete against each other, without it being considered a dual meet. No team scores are kept. Wrestler A from School 1 wrestles Wrestler B from School 2 in a sub-varsity match at 126 pounds. After the 45-minute rest has been met, that same Wrestler A from School 1 wrestles Wrestler X from School 2 in a sub-varsity match at 126 pounds. This is permissible since it is a non-team scoring competition. Wrestler A from School 1 cannot participate in the varsity dual vs. School 2 in any fashion, as he competed in the sub-varsity matches.
 - 4 schools are competing in quadrangular varsity duals. Sub-varsity high school wrestlers are also weighed in. School 1 has one sub-varsity wrestler weighed in at 138 pounds (We'll call him Wrestler J). School 4 has three sub-varsity wrestlers weighed in at 138 (They'll be called Wrestlers Q, R, and S). Schools 2 and 3 have no sub-varsity kids weighed in at 138. As long as the 45-minute rest period between matches is followed, Wrestler J from School 1 can wrestle each of Wrestler Q, R and S from School 4 during the evening, as long as no team scoring is kept. None of those wrestlers can compete in a varsity match of any

sort (forfeits included) when School 1 competes against School 4 at the varsity level.

- School 1 has one extra 152-pound sub-varsity wrestler. School 2 has one extra 152-pound sub-varsity wrestler, one extra 160-pound sub-varsity wrestler, and one extra 170-pound sub varsity wrestler. The coaches from those two schools want School 1's extra 152-pound sub-varsity wrestler to compete against each of the three extra wrestlers from School 2. Can that happen? Answer: NO! That wrestler can compete against School 2's 152-pound sub-varsity wrestler and against School 2's 160-pound sub-varsity wrestler, but not against the 170-pounder. A wrestler can only "bump up" one weight class.
- These matches can be entered into TrackWrestling by adding extra matches within the varsity dual. They will click add match and make sure the bottom field is set to "Yes" for extra match. It will show up as an "exhibition" match after the varsity dual meet and will not be scored into a team score.
- Expectations regarding sportsmanship and ejections
 - The IHSAA is doing all it can to promote the sport of wrestling. With that in mind, we need the help of school administrators, wrestling coaches at all levels, the wrestlers themselves, and the wrestling officials to promote positive sportsmanship.
 - A.D.s – be vigilant as you attend your school's events and take care of any unsportsmanlike issues coming from the crowd. Protect the officials, the coaches, and the athletes from a negative environment. Easier said than done, I know, but you can always use the IHSAA Conduct Counts guidelines for your reference points. Let's get the crowd sportsmanship cleaned up.
 - Coaches – Take 5 minutes before you get too far into the season and simply tell your team that you will not tolerate poor sportsmanship from the wrestlers on your team. Lay down the law and then follow-up on your expectations. After that is done, take a look at your own actions. Conduct yourself professionally. Communicate with officials with respect and with class. Give them the dignity they deserve, as their job is a difficult one. A job that many won't do and from which too many are leaving.
 - Officials – Discuss sportsmanship with the teams in your pre-meet. Talk candidly with the coaches and don't look for confrontation. Give respect and you'll get respect. Don't over-officiate in situations, rather see what happened and use preventive officiating when possible to diffuse situations. Be active and hustle and you'll avoid most problems! However, don't put up with any excessive static from the coaches or wrestlers. Unsportsmanlike conduct or misconduct can occur without an ejection, if needed.
 - Set a goal – Schools – set a goal to have no ejections from your wrestling team! Officials- set a goal to not eject anyone, but to find ways to prevent that. I know ejections will happen, but we can minimize them if we give the effort!
 - NFHS rules pertain to all 7-12 wrestling contests
- Reminder of NFHS rules
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- Legal headgear – no stickers allowed on headgear, the only flag that can appear on a headgear is the U.S. flag, and that still can only be a 2x3 inch size, hair coverings must be attached to the headgear, not a cap worn under the headgear.
- End-of-match protocol – after conclusion of each individual match the contestants shake hands with each other and the referee declares the winner. Then both contestants return directly to their team bench, not to shake hands with the opposing coach(es). This is true for junior high matches as well.
- Page 23 (Rule 5-11-5) should read “A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestler’s body **off of the mat.**” “Off of the mat” should replace “out of bounds”
- Case Book inaccuracies
 - Page 26 – 5.11.4 Situation B – Ruling – delete sentences 2 and 3 (last year’s rule that did not get revised for some reason).
 - Page 28 – 5.15.2 Situation A and Situation B – should say “Near fall points or a fall can be awarded while the supporting points of either wrestler are inbounds”
- National Anthem protocol – The IHSAA encourages all participants to stand at attention, placing their right hand over their heart, during the playing of the National Anthem. Contest officials should do the same. If that is not happening from all participants, contest officials should remain focused on simply following protocol themselves. It is a local school decision as to the conduct of their own students regarding this issue, so officials should not get involved.
- Dress the part
 - Post-season expectations for coaches include proper dress, such as khakis and a polo (coaching) shirt. At that time, we ask that no blue jeans or sweats be worn. I’ll stop short of making that a requirement for the regular season, however, I do believe that we should dress the part. Coaches, consider asking your staff to look professional when they work, on weekdays and weekends.
- Arm sleeves, leg sleeves, special equipment, etc.
 - Rule 4-1, 4-2, and 4-3 covers the wrestler’s uniform, appearance and health, and special equipment. Below are a few issues that have come up early in the season that need to be addressed.
 - Unless there is a medical reason for wearing a leg sleeve or arm sleeve (simply a compression sleeve), those are not legal in wrestling. Full-length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be a tight-fitting, single solid color, unadorned and shall not extend below the knee.
 - If the compression sleeve has padding on the elbow or knee, then that would be legal, as long as it fits “snug against the wrestler’s body.”
 - Braces must be covered with a tooth and mouth protector, which includes an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures). Clips simply covering the braces are not legal equipment.
- Track Wrestling information
 - Here is a link that might be helpful when setting up a tournament using TrackWrestling, particularly if it is a Junior Varsity tournament that uses bracketing other than typical 8-

man brackets, such as round-robin format. Thanks to Matt Shannon for helping put this document together. <http://www.iahsaa.org/wp-content/uploads/2017/11/Setting-up-a-Tournament-on-TrackWrestling.pdf>

- Here is a link for some training resources for the use of Track Wrestling. These might be helpful for individuals that are new to using the TW live scoring.
<https://trackwrestling.help.sportsengine.com/customer/portal/articles/2845494>
- Cheerleaders location
 - New wrestling rules changes this year modify the location of where a fall or near fall can be awarded, which extends the area where wrestling can take place outside of the circle. With that implementation, I think we need to clarify the location for wrestling cheerleaders to occupy to maintain a safe distance from the action.
 - Cheerleaders should occupy a corner of the mat, rather than the middle of the mat. This puts them safely away from the five-foot safety area. They can either sit in an “L-shape” around the corner or if squads have four or fewer, they could be in a straight line coming out from the corner.
- Weigh-in information
 - If schools are asking officials to be at the weigh-ins prior to duals or tournaments, it is suggested that an additional fee be paid to the officials who are in attendance versus those that do not need to be in attendance. Paying for the extra 1-2 hours of time is only appropriate.
 - When dual meet weigh-ins include girls, we can follow this protocol (using the example of a 6:00 start with a 5:00 weigh-in time)
 - 4:45 – weigh in female participants – prior to males entering the weigh in area.
 - 4:50 – pre-meet meeting with officials, coaches, and all participants
 - 5:00 – weigh in male participants.
 - If no female participants are weighing in, then this early start does not apply. Only to save time and preserve warm-up time prior to dual meets and when there are two genders needing to be weighed in does this apply. Host schools must effectively communicate this with all schools participating as well as the contest officials.
 - If start times differ, use the 15-minute (female) and 10-minute (pre-meet meeting) schedule in advance of the official weigh in time.
 - Be sure to get skin checks as well as hair and nail checks done prior to the weigh in, if possible. Remember the rule about hair – “in its natural state” is how we determine whether or not a hair cover is necessary. Braids or corn-rows are not the “natural state” so those styles still need a hair cover that is attached to the headgear.
- Coaches, please take a few minutes to evaluate your officials at <http://www.iahsaa.org/secure/schoollogin.php>. They appreciate the feedback.

Thank you for your time and effort,

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