

1/9/18

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 has updated 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 into 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! The [Wrestling Stat Book](#) is on our wrestling website.

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. Skin condition reports can be found on our website at http://www.iahsaa.org/wp-content/uploads/2015/11/Skinform_REV-Nov2015.pdf. Be sure to get wrestlers checked out by health care professionals so that you don't have issues in February!
- We have asked cheerleaders to sit in the corners of the mats for safety reasons (especially with the expanded area where wrestling can occur). Officials need to help with this by asking cheerleaders to occupy the correct spot around the mat, where possible. We should also ask our towel tappers to either stay in the corner of the mat or be near the score table, rather than sitting within the 5-foot safety mat area. Please pay attention to that and ask those helpers to sit in an appropriate spot.
- We are working hard to encourage interested people to become wrestling officials. We have conducted clinics to help those newcomers specifically, even assigning mentors for those that attended the clinics. I'm now asking all wrestling coaches – head, assistant, volunteer, junior high – to work professionally with our newer officials to make it a positive experience. We need

them to enjoy officiating, to work hard at it, and to want to continue. Often, they are getting junior high or junior varsity events, so those coaches are critical in their development.

- Let's all allow time for cleaning of mats between rounds, duals, etc. Send a loud and clear message that we care about trying to prevent skin infections. We do it in our practice rooms, let's be sure to do the same in front of our supportive fans.

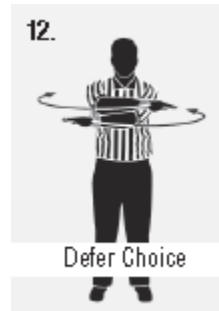
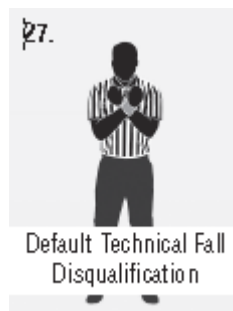
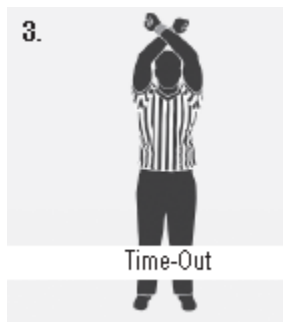
SITUATIONS AND SCENARIOS

- 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!
- 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.
- 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 circling on 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
- We have a JV/Varsity dual meet with JV on one mat and Varsity on the other. 132 pounders are on the varsity mat wrestling, with a 10-3 score in favor of Wrestler A after two periods, although the scoreboard says period three. The official has the participants shake hands and declares Wrestler A the winner. Wrestler A and B exit the mat and the 138-pound match begins. Halfway through the 138-pound match, the Coach of team B tells the official that the previous match only wrestled two periods and that those two should complete their match. What’s the ruling?
 - Rule 6-6-4 and 6-6-5 both indicate that in both dual meets and in tournaments “Errors by the timekeeper, official scorer, or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary.”
 - The 132-pound match, which unfortunately ended early, is official and cannot be re-wrestled or continued.

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)



- Position yourself in front of, and at an angle to the wrestlers, and be stationary.
- Give the following commands: “Bottom set, top cover, Set” then blow whistle.
- Keep the signaling 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 and show 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.

- 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:

- a. 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;
- b. 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;
- c. 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;
- d. 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;
- e. 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 referee, 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 referee 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. Dual team rankings will be voted on next week. Those rankings will be used to help determine the pairings for the Class 1A and 2A Regional Duals as well as the Class 3A Regional participants (top 24). Be prepared to vote for the top dual teams in your class.



Lewie Curtis

Director of Officials
Iowa High School Athletic Association
1605 S. Story
Boone, Iowa 50036
515-432-2011
lcurtis@iahsaa.org