

11/27/18

To: Wrestling Schools' A.D. and Head Coach
From: Lewie Curtis, IHSAA Wrestling Administrator

Welcome to the 2018-19 Wrestling season! As always, this is an exciting time of year and I want to wish all of you the best of luck throughout the season. If you have questions or concerns, don't hesitate to contact me by email at lcurtis@iahsaa.org or by phone at 515-432-2011.

I will try to send out information to you on a regular basis. I'd like to make contact or send reminders about every 2-3 weeks. I'll try to be brief and touch on some general concerns that I observe or that have been shared with me. With that in mind, here are some pre-season thoughts, ideas, and suggestions.

- State finals tickets go on sale to schools on Tuesday, December 4. An email was sent to all athletic directors with the login information if ordering online. Spectators can purchase their limited numbers of state finals tickets beginning Tuesday, December 11, or they purchase through the schools.
- I have recently seen some decent plans that indicated eligible weight classes and showed an error of one hundredth of a pound. I've asked for that to be corrected and have been told it is being taken care of. If you printed out decent plans for your wrestlers last week, you may want to take a new look at them. The Actual Eligible Weight column each week should not contain decimals other than .00 or .50. That will only change if a decent plan gets recalculated due to a wrestler weighing in at a class above the highest EWC. If a wrestler's decent plan says, for example 120.01 as their Eligible Wrestling Weight, know that it should be 120.0, which would allow them to compete at 120 that week. Hopefully this glitch gets corrected soon.
- As a reminder, coaches need to look over their schedules in the TrackWrestling OPC and make sure they are accurate, especially the column for Level (Varsity or Junior Varsity are the most typical choices). Selecting the correct level allows the individual wrestler to have their wins and losses recorded as Varsity or JV, which will be critical at the tournaments where TW seeding is used (including postseason and State). Coaches need to change the Pending option to Accepted once the teams are added to a triangular or quad, as well as any tournament they are in. Without accepting the event you will not be able to print off a weigh in sheet.
- Weather, consecutive day and scale allowance:
 - If a school must cancel classes (or dismiss early) due to inclement weather, thus cannot have an official practice the day before a scheduled meet, the teams participating in that meet are granted a one-pound scale allowance. It is the responsibility of the school that has cancelled classes (or let out school early) to inform the host school, who must then inform all the schools participating. Please, this sharing of information must happen swiftly and be given to the appropriate people. The athletic administrator is who needs to receive the message. This is not for the coaches to discuss and decide, nor the secretaries. This is a job specifically for the A.D. to take care of or delegate accordingly, but the initial information must go through the A.D.
 - Consecutive day scale allowances are becoming more and more common. There are some situations that can become confusing, so here are a few scenarios that might assist with your decision making. As a reminder, you can always call or email for clarification!

- Friday-Saturday tournament – scratch weight on Friday, one-pound allowance on Saturday. This one is simple and why the rule was developed in the first place.
 - Thursday dual, then Friday-Saturday tournament – again, pretty simple. Scratch weight on Thursday, one-pound allowance on Friday, two-pound allowance on Saturday. The school(s) with the Thursday dual need to inform the tournament host about their meet so this information can be shared with the teams who have entered the Friday-Saturday tournament. 48 hours of notice is the rule, but cancellations and reschedules may not allow for that. Give as much notice as possible – call if you have questions.
 - Monday night JV tournament, Tuesday JV/V triangular. These are becoming more common situations and may require clarification. It is not an automatic guarantee that a one-pound allowance is granted for Tuesday. As a general “rule of thumb” we consider half of a team to be needed to have consecutive day allowance count for all. In other words, I take four kids to a JV tournament on Monday, then on Tuesday I plan on weighing in all 28 of my wrestlers for the triangular. That does not constitute a one-pound allowance on Tuesday for consecutive days. There just isn’t enough of an impact in having four kids go to the JV tournament to warrant an allowance on Tuesday. I’d consider half of a team to be at least 7 kids (half of 14), considering a JV team or a varsity team to be 14 kids. If a host school indicates that a one-pound scale allowance is to be given, then go with that decision. It is the host school’s responsibility to either know this general rule or check with the IHSAA for verification. Again, timely information is critical, so don’t wait to inform people.
- Take a very serious approach to preventing and eliminating bullying or hazing in our wrestling programs. Nothing will put a black cloud over your program faster than the mere suggestion that the coaches or administration aren’t looking out for the safety of all participants, particularly the youngest, smallest, or most defenseless, as well as any females that have joined the team. I’d challenge all of you to take 4-5 minutes out of one practice to emphasize the importance of working as a team and supporting all teammates, especially as it relates to bullying or hazing. If your students hear the message directly out of the coaches’ mouths, they will know you mean business. Set your expectations and follow through if there is a problem!
- The IHSAA is making a very concerted effort to recruit and retain new officials in all sports. Please take a chance on hiring a new official to work some of your junior high and junior varsity level contests, and when you do bring them in, help them to be successful. Don’t expect flawless efforts the first few times out, but do expect a new official to hustle and conduct themselves in a professional manner. We are conducting new officials’ clinics to focus on mechanics, communication, rules, and professionalism. What I expect from coaches at all levels is to let the officials work and give their best effort, allowing them to explain calls or rules interpretations at appropriate times and in a professional manner, without fear of being attacked or ridiculed. We need officials now, but more importantly we need officials to develop for the future. Let’s all work together to make wrestling at the high school and junior high levels a sport that is respected because of the respect we share for and show toward each other.

- Based on recommendations from our Wrestling Advisory Committee (coaches on the committee include Tanner Warrington – Kuemper Catholic, Mark Reiland – IC West, Nick Hemann – New Hampton, Andrew Lundgren – Spirit Lake Park, and Chad Beaman – Humboldt), and approved by our Board of Control:
 - **After the eight State Dual teams per class are determined, those coaches will submit their own rankings to determine the seeds for the state dual tournament. (5-0)** A teleconference will take place on the morning following the completion of that class's Regional duals. During that teleconference, coaches will be directed to submit their top seven schools, in order, not voting for themselves. Those submissions will be used to seed the tournament. Previously the IWCOA rankings #3 was used to determine the State Dual seeds.
 - **Using the TrackWrestling system, the state individual tournament will be seeded for wrestlers #1-8, with a random draw for #9-16, using criteria to include head to head competition, common opponents, state place winner, and state qualifier (5-0)** The current system includes a random draw component as well as matching district champions with district runners-up. By seeding the tournament, those wrestlers who have established criteria would be placed on the appropriate lines.
- Regarding weigh in procedures:
 - Eligibility issues (academic rule – state and local, good conduct rule, transfer rule, ejection policy, etc.) prevents a participant from weighing in, thus they can't participate in that event (including a multiple-day event).
 - Skin conditions makes a wrestler disqualified from participation but not from weighing in. They can weigh in for purposes of certification, or, if they are cleared for the 2nd day of a tournament, they'd be able to weigh in on day 1 but not compete, then weigh in on day 2 and compete (with proper clearance on the skin form).
 - Concussion protocol does not keep a wrestler from weighing in, but the school must have medical clearance prior to the athlete competing.
 - Wrestler listed at a weight but weighs in at a higher weight – cross out the weight and replace it with the correct weight class that he weighed in at. (i.e. Weigh in sheet says 106 for Wrestler A. Wrestler A weighs in at 113. Simply cross out 106 and write in 113 and Wrestler A is eligible to compete at 113 and/or 120 in that event, must make weight at same weight class for multiple day event)
 - **RULE CHANGE FROM 2017-18:** During time off the scale(s), activities that promote dehydration, weight loss, or weight gain are prohibited. Those include using the restroom, removing clothing, adding clothing or drinking fluids or eating food. Coach your kids to be ready to simply weigh in!
- If competing against teams from other states, keep in mind that those schools follow their state rules regarding skin forms, so we should accept their state's skin form. Likewise, some other states allow participation from their junior high athletes as part of their high school team. We'd allow that to take place in Iowa, as the out-of-state team follows their own states rule. If an Iowa school competes in another state that allows JH wrestler to participate, we still do not allow our own JH wrestlers to compete.

- In a 2-day tournament a wrestler suffers a possible concussion on day 1 and is removed from competition – he would need written clearance prior to competing on day 2. He does not need to have written clearance prior to weighing in, but would need it prior to competing.
- Regarding mouthpieces (Rule 4-2-6):
 - Mouthpieces being used to cover braces must have the occlusal or “bite plate” covering the biting surfaces of the teeth, thus plastic clips that simply cover the actual braces are not legal. Coaches, be sure to check any kids with braces for proper mouthpieces.
 - Wrestlers who seem to spit out their mouthpiece to get a stoppage should be warned for stalling. If it happens for the first time I’d let it go without a warning, but if it happens a second time, give the warning for stalling. I consider that avoiding wrestling, which is stalling.

New rules changes

4-1-2: No additional manufacturer's logo, trademark or promotional references are allowed on the uniform.

4-5-7: Modified what can be worn by wrestlers in the designated weigh-in area.

5-10: The definition of escape was modified.

5-15-1, 5-15-2, 5-15-3: A wrestler is now inbounds if two supporting points of either wrestler are inside or on the boundary line. This could be two supporting points of one wrestler or one supporting point of each wrestler.

5-18: The definition of out of bounds has been revised.

5-22-1, 5-22-2: The definition of a reversal has been revised.

5-24-3e, f: Stalling in the neutral position also takes place when a wrestler is backing off the mat and out of bounds, as well as when the wrestler is pushing or pulling out of bounds.

5-25-1, 5-25-3: The definition of a takedown has been revised.

5-28-3: The definition of a recovery time out when a wrestler is injured because of the opponent's false start has been clarified.

6-4-1: The criteria when a match is stopped has been revised.

7-1-5q: The Nelson-Cradle is a new illegal hold/maneuver.

7-1-5y: Modified that a specific maneuver is not allowed.

7-4-2: Repeatedly dropping to one knee, as well as one hand, to break locked hands is considered unsportsmanlike conduct.

8-2-2: Clarified if a wrestler is injured because of the opponent's false start, then the injured wrestler should be accommodated with recovery time.

<https://nfhs.org/sports-resource-content/wrestling-rules-changes-2018-19/>

Best of luck,



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