

December 19, 2018

To: Wrestling Coaches, ADs and Wrestling Officials

From: Lewie Curtis, IHSAA Wrestling Administrator

I hope this correspondence (sorry for the length) finds you all doing well and preparing for a brief period of rest and relaxation with family and friends! Happy holidays to you all.

There are several situations that have been brought to my attention that I will try to clarify for coaches and officials, and ultimately for the competitors themselves. I appreciate all your patience and willingness to understand that not all situations have clear and simple interpretations, and that subtle differences can cause situations that appear similar to be ruled on differently. What an official observes and what a coach sees aren't always the same, but that does not excuse behaviors that are anything but professional. For the good of our sport, let's all be sure to always conduct ourselves in a professional manner!

- Be sure that skin checks are being conducted at Jr. Varsity tournaments. While time may be tight, the need for these checks is imperative. Coaches can assist by performing their own skin checks frequently on their own teams and not allowing kids who have suspect conditions to compete. Those kids need to see their doctor to determine contagiousness and a treatment plan, if necessary.
- Bud Legg would like the grade, career W-L record and number of falls (both going into this season – do not include this year) for any of your wrestlers who could make the 2019 Traditional State Tournament. We can add their season record and falls at the end of the Districts from Track Wrestling. Bud is constantly updating the Wrestling Stat Book for coaches records as well as the W-L record of wrestlers with 160 or more wins and those with 100 or more falls. Please check the [online Stat Book](#) to make sure your record, schools you were a head coach and years are correct (after last winter) and send any updates of wrestlers or yourself to Bud at blegg@iahsaa.org. He plans on using Christmas vacation to get ready for the tournament season.
- Items pertaining to girls' divisions and weigh ins for girls
 - If hosting a girls' division in a tournament, please plan accordingly for weigh-ins. Secure a female staff member to help weigh-in any girls that are participating.
 - If you are a school with girls on the team, be sure to communicate with schools where you will be traveling to. Those host schools need to know that they will have girls to get weighed in and would also appreciate a quick call if something changes as far as the girls attending or not.
 - 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.
- We have a few wrestlers with one leg competing this season. The legal starting position in the neutral position states that a wrestler has one foot on the starting line and the other foot on the line or line extended or behind the line. The wrestler with one leg (one foot) does need to start with a foot on the starting line but does not need to be in a standing position (upright on their one leg). Keep in mind, no part of the body can be touching the mat in front of the lead foot.
- Special equipment question – a knee support (patellar support) that has a hole in front of the kneecap is legal, if it is snug-fitting and nonabrasive.
- Stalling
 - This is a point of emphasis this year, so an increased number of stall warnings and penalties is to be expected. Here are some situations for which I'd like to continue to develop consistency (coaches, wrestlers, and officials).
 - When a wrestler backs off the mat, without being pushed, forced, or “shot out” by the opponent they should be called for stalling.
 - When a wrestler goes out of bounds due to being pushed, forced, or “shot out” by the opponent, stalling does not automatically need to be called. The official should determine if the wrestler is simply defending an attack, or if they are backing off the mat without an attempt to stay in. If backing off and making no attempt to stay in, call stalling.
 - The difference between stalling and fleeing is critical. The primary difference is that stalling comes with a warning and fleeing (considered a technical violation) comes with an automatic point penalty. What to look for when making those calls in the neutral position:
 - Stalling occurs when the wrestler is avoiding contact with the opponent, plays the edge of the mat, prevents the opponent from returning inbounds, is not attempting to secure a takedown, backs off the mat out of bounds, or pushes or pulls the opponent out of bounds.
 - Fleeing occurs when the wrestler leaves the mat area to prevent the opponent from scoring points (except in a near fall situation), goes out of bounds or forces the opponent out of bounds as a means of avoiding wrestling.
 - Study and understand the Penalty Chart ([Penalty Chart link](#)) as it pertains to the accumulation of points.
 - **Situation #1:** Wrestler A reports to the table not properly equipped (shoe laces not secured, and headgear not fastened). Wrestler A is penalized for an illegal hold in the first period. Later in the same period, Wrestler A is called for a technical violation of fleeing the mat. Wrestling continues through the first and second periods. In the third period Wrestler A backs off the mat and is warned

for stalling. Shortly after the warning, Wrestler A is injured and must take injury time.

- How is all of this scored? **Answer at the end of the memo.**

- Knees above the mat in the pinning situation, supporting points, etc.
 - Clarification of this rule is necessary. I apologize for any confusion from earlier in the season, as an interpretation was needed from the NFHS.
 - When in a pinning situation with defensive Wrestler A completely out of bounds and both of offensive Wrestler B's feet (toes or heels) inbounds, both knees of Wrestler B also must be inside or above the boundary line. The total of two supporting points are the two feet provided both knees stay inside of "the cylinder" or boundary line. If one or both knees go outside of the boundary line, the referee shall stop the match and signal out of bounds and award the necessary points.
 - When in a pinning situation with defensive Wrestler A's shoulders or scapula out of bounds but his/her feet inbounds, with both knees inside or above the boundary line, and offensive Wrestler B completely out of bounds, wrestling can continue since a total of two supporting points are in bounds (both feet and both knees of defensive wrestler). If the defensive wrestler gets a knee beyond the boundary line or raises a foot in the air, the referee shall stop the match and signal out of bounds and award the necessary points.
- Back bow – clarification
 - The back bow has been illegal as a maneuver in high school wrestling for several years. The "rule change" this year was more of a clarification that the back bow is now illegal "by application." What that means is simply that when the move is applied, it is illegal. You don't have to use the move for it to be illegal, you just have to apply it. With that comes a tough question that needs an interpretation: "When is the back bow considered "applied?"
 - The answer to that question is going to be this (keeping in mind there are subtle differences that an official must interpret on the spot): When the top wrestler straddles the bottom wrestler's leg, secures the ankle or foot and begins moving it forward toward the head or shoulders or even across the body, the official should consider that potentially dangerous (and might verbally tell the wrestler to "keep it legal" or signal potentially dangerous). As with any potentially dangerous move, the official might choose to stop the move right there if it is to prevent an injury. If wrestling continues and the top wrestler continues to pull or move the ankle or foot forward or across and the knee lifts up off the mat, that is the point where the move is considered applied, and thus illegal.
 - Agree or disagree, the back bow is illegal and needs to be removed from high school wrestling, so officials should call it early. Allowing it to go further than the knee coming up off the mat is an injury risk of the bottom wrestler.
 - Additional clarification to the "cross body ride and turk" or "high-thigh and turk". When the top wrestler has the cross-body ride or the high thigh and drives the opponent over to his side and in near-fall criteria, often the bottom wrestler posts his leg on the mat to prevent the top wrestler from getting him closer to a fall. The top wrestler will many times reach back and secure the bottom wrestler's foot or ankle, which puts the bottom

wrestler in a bit of a “C formation.” Is this considered a back bow or not? My interpretation for this is that it is not a back bow, however, if the referee considers it potentially dangerous, the match could be stopped for safety reasons. Grabbing that ankle or foot and pulling it toward the head should be considered potentially dangerous, but simply holding on to it to keep the bottom wrestler from moving should be allowed.

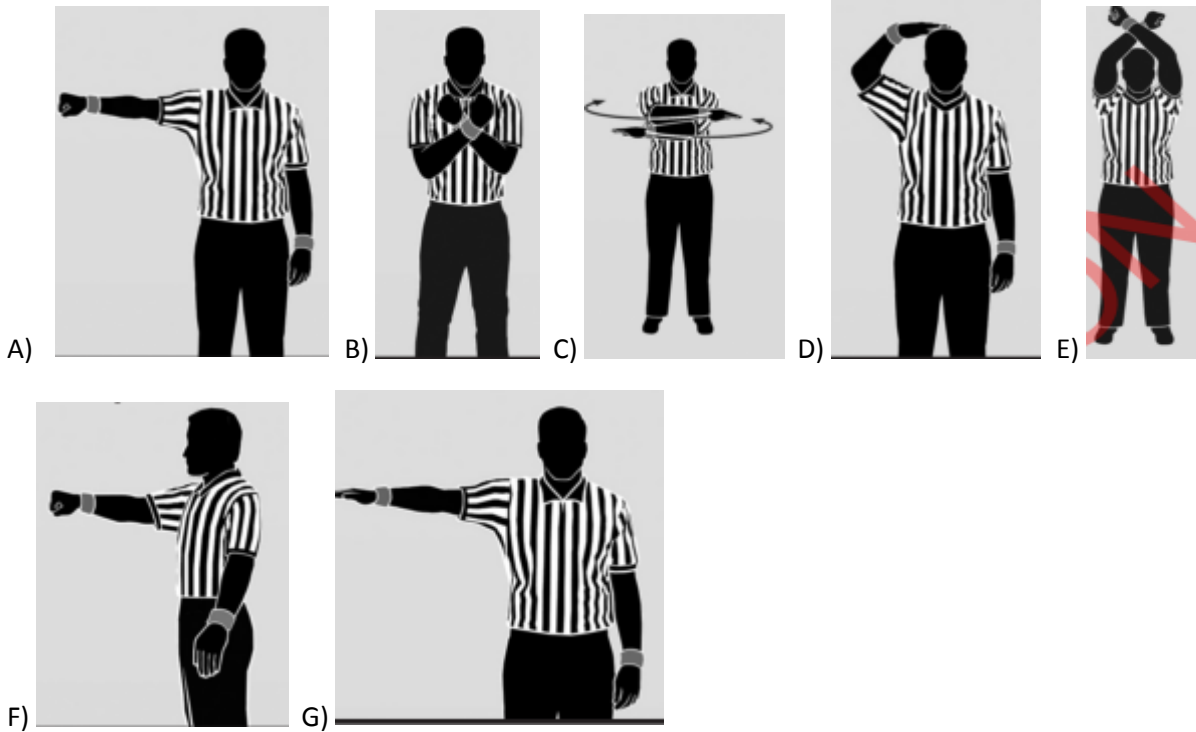
- **Situation #2** – Wrestler B chooses bottom position in the second period. During that period, Wrestler B takes his first injury time. The period ends, and Wrestler B takes his second injury time, which, by rule, will give Wrestler A the choice of position at the next re-start. Wrestler A already has choice of start at the beginning of the third period. The entire third period is wrestled without a stoppage in action, and the score is tied. The one-minute sudden victory overtime is scheduled.
 - In what position do the wrestlers start the overtime period – neutral or top/bottom?
 - **Answer (and further situations) at the end of the memo.**
- Weight management, descent plans, growth allowance
 - Coaches, please be sure to spend some time examining all your wrestlers’ descent plans over the next 10-12 days, as the growth allowance is set to kick in on January 1. With that comes some items that need your attention.
 - To receive and use the 2-pound growth allowance a wrestler must have made scratch weight at his Minimum Weight Class (MWC), which is indicated at the top of the Weight Loss Descent Plan as well as on every Official Weigh-in Report and the Roster page of the OPC on your TrackWrestling team page.
 - The MWC might be lower than any weight class that the wrestler has weighed-in at to this point in the season. If that is the case, and the wrestler continues to weigh-in at weight classes above the MWC, you need to make sure the Eligible Weight Classes (EWC) which are located on the Weight Loss Descent Plan and the Official Weigh-in Report matches the class in which the wrestler will weigh-in. If the wrestler weighs-in at a weight class that is above the EWC, the descent plan will recalculate immediately and will change their EWC. This is a situation that occurs frequently, so be sure to look things over!
 - If a wrestler is absolutely not going to drop down to their MWC, the coach can change that weight to a higher weight class. Be reminded that the MWC cannot be changed back to a lower number once it is moved up, so be 100% sure before making the change on your Roster page. You change it by clicking on the blue number underneath the MWC column, then the system will require you to “update” the new MWC. This is the system’s way of asking you “Are you absolutely sure that you want to change the wrestler’s MWC?”
 - Once a wrestler has made scratch weight at their MWC, he/she is eligible to receive the growth allowance (after January 1). In order to receive it, the coach will need to make sure the growth allowance column on the Official Weigh-in Report says “YES”. If it says “NO”, that indicates that the wrestler does not qualify for it. Remember to change that to “YES” if you want the wrestler to have the growth allowance!
 - Once a wrestler declares that they will, indeed, use the growth allowance, their weight class essentially moves up two pounds. So, if “bumping up” a wrestler

who has the growth allowance as a yes, that wrestler will need to know what to weigh. For example, a 138 pounder with a “YES” in the growth allowance wants to weigh-in at the 145-pound class and bump up to 152. This wrestler will need to weigh in excess of 140.0 in order to be a 145-pounder, thus being able to bump up to 152. If this wrestler weighs-in at 140.0, they are still on weight for the 138-pound class, since they have the growth allowance!

- Scenarios with a weigh-in report:
 - Wrestler A is listed as a 152-pounder in the Weight column (far left-hand side). His MWC says 152. His EWC says 152, 160. His EWW says 151.5. When he steps on the scale, his actual weight is 167.4. First, what should happen next? Second, what weight class can he compete at on that date? Third, what happens to his descent plan?
 - First, what should happen is the coach should cross out the 152 in the Weight” column and write in 170. There is no penalty for not doing that, but out of courtesy, that should happen (remember, we’re being professionals, right?).
 - Second, that wrestler is eligible to compete in the weight class that he made weight for and one above it. In this case, he can wrestle 170 or 182 on that date.
 - Third, his descent plan will immediately recalculate due to him violating his plan by weighing-in at a weight class above his EWC. Again, no penalty that night, so he can wrestle at that weight and the one above it.
 - At a January 3rd double dual meet, Team A has a weigh-in report that shows some wrestlers on the team as having a NO in their Growth Allowance column while others have a YES. Some of the NO growth allowance wrestlers “should have the growth allowance” claims Team A’s coach. First, why would the “should be” YES actually be a NO? Second, what can be done about it? Third, what happens once the weigh-in report is signed by the coaches?
 - First, the NO appears because that wrestler has not made scratch weight at his/her Minimum Weight Class (MWC) found on the descent plan. It doesn’t matter if that wrestler has “been weighing-in at this class all season” or not, if the MWC says a lower weight class than what the wrestler has been weighing-in for, then there will be no Growth Allowance. To change that, the coach needs to change the MWC, but once that is done there is no changing it back to a lower weight class.
 - Second, at that moment, if the coach wants the wrestler to be able to use the growth allowance, he would have to inform the other coaches that he is changing he NO to a YES and that he will make the change on TrackWrestling later that night or in the morning.

- Third, once the report is signed by the coaches, it becomes an official document and the referee will make rulings based on that report! Get it right before you get to that point.

Officials' Signals Quiz (no peeking at the NFHS Official Wrestling Signals pictures in the rules book)



Situation #1 answer: (Penalty Chart) Failure to report properly is a 1-point penalty as well as the start of injury time – if corrected prior to the 1 ½ minute injury time, the match will start with Wrestler B being awarded one point. The illegal hold by Wrestler A also gives Wrestler B one point (second penalty). The technical violation of fleeing the mat by Wrestler A gives Wrestler B two points (third penalty). The stalling warning is still just a warning, since it is Wrestler A's first stalling call. When Wrestler A takes injury time in the third period, if he/she can continue prior to the 1 ½ minute limit, Wrestler B will have choice of position (top, bottom, neutral) due to the second injury time (recall reporting to the mat not properly equipped as injury time!). The importance of an attentive scorekeeper and manager is imperative in a situation like this!

Situation #2 answer: (Rule 8-2-1c, d) Wrestler A also has choice at the start of the overtime period. He can choose to go neutral (in which case the first score wins the match) or he can choose to go in the top or bottom position.

- If Wrestler A chooses neutral, the first score wins. This is typically a takedown, but could be stalling, technical violation, illegal maneuver, etc.
- If Wrestler A chooses the bottom position and escapes, he'd be declared the winner.
- If Wrestler A chooses bottom and does not escape during the sudden victory period, the match would still be tied and would go into the 30-second tiebreakers!

Signals Quiz answers:

- A) Coach Misconduct
- B) Default, Tech, Fall, or Disqualification
- C) Defer Choice
- D) Flagrant Misconduct
- E) Time Out
- F) Unnecessary Roughness
- G) Unsportsmanlike Conduct

Please be aware of the defer signal, officials! Don't get caught signaling a Time Out, or a default, tech, fall, or DQ when the wrestler wants to defer. I often see the wrestler or coach make an X when they tell you they want to defer their choice. The proper signal for the official to give is the "safe sign" (baseball umpires???) when a deferred choice is requested.

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