

December 3, 2018

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

From: Lewie Curtis, IHSAA

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

- Rule 6-1 addresses Length of Match for varsity wrestling, and it indicates that “Regular matches in dual meets or tournament championship competition shall be six minutes in length divided into three periods of two minutes each.” (2-2-2) “Consolation matches shall consist of three periods. The first shall be one or two minutes in length, and the second and third shall each be two minutes in length.” (1-2-2 or 2-2-2) In Jr. Varsity tournaments, the length of matches should be 1-2-2 matches or 2-2-2 matches. We should not have 2-1-1 or 1-1-1 matches in high school wrestling.
- Wrestlers reporting in proper order at dual meets is covered in Rule 6-2-2 as well as addressed in the Case Book (6.2.2 Situations A, B, and C). Wrestlers must report to the scorer’s table in proper sequence as determined by the pre-meet disk toss. If the second wrestler reports first, followed by the first wrestler, the coach of the second wrestler can remove him, without penalty. Officials and coaches need to be vigilant in maintaining the proper order of reporting, so that conflict and controversy can be avoided. The official should “call” for the proper team’s wrestler to report for each match to help avoid confusion. Coaches should not send wrestlers to the scorer’s table when it is not their turn to present first, in hopes of getting the other coach or their wrestler to hastily report. Ultimately, “the referee shall correct errors without penalty to the contestants.”
- Skin checks can and should be performed by the official(s). If an on-site health care professional is available to assist with skin checks, that person should be used when there is a suspect condition that is identified by the official(s). The health care professional should not be the one performing all the skin checks, rather they should be the one helping the official(s) make a determination on a possible communicable skin condition.
- Stalling is a point of emphasis as well as having a modified definition (Rule 5-24-3e and f) in the neutral position. Keep in mind, what we are looking for is consistency in calling stalling, so officials should be sure to use proper mechanics by verbalizing to the two contestants words like “center” or circle”, “action”, or “improve” when identifying that you are watching for stalling in the neutral position. Because a wrestler goes out-of-bounds does not mean we have to call stalling. If the wrestler is backing out of the circle and you have told him/her to circle or improve, then give them a stalling call. If the wrestler goes out of bounds after having just scored an escape on the edge – that would not be a good time to call stalling! Let’s all develop consistency among officials, watching others make calls and discussing our calls.

### In-bounds and out-of-bounds information

- Takedown: Rule 5-25-3 “In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are in bounds.... or while at least the feet of the scoring contestant finish down on the mat inbounds.”
- Reversal: Rule 5-22-2 “In awarding a reversal at the edge of the mat, control must be established while the total of two supporting points of each wrestler are inside or on the boundary line.... or while at least the feet of the scoring contestant finish down on the mat inbounds.”
  - The thing to remember in a reversal on the edge of the mat is that the knees can be out of bounds while the feet are in bounds, IF CONTROL IS ESTABLISHED, similar to a takedown.
- Pinning situation on the edge of the mat clarification and interpretation from the NFHS:
  - BOTH knees need to remain in bounds in a pinning situation where the defensive wrestler is completely out of bounds with none of his/her supporting points inbounds.
  - The recently released [rules change video](#) showed a pinning situation where the offensive wrestler had a headlock with two heels inbounds and one knee inside of the boundary line while the other knee was clearly outside of the boundary line (both knees above the mat). This situation should be called out-of-bounds.
- Neutral or rear-standing position: Rule 5-15 “Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary lines.” If in these positions, one foot steps on the line and part of that foot is beyond the line (toes are beyond the line) then that is considered out-of-bounds. The entire foot needs to be on or inside of the line – any part beyond the line means it is out.

### Weigh-in sheets, decent plans, MWC, EWC, etc.

- As the season progresses it is important for coaches to view every individual wrestler’s decent plan. Of particular importance is the column for Eligible Weight Class (EWC). During that week, the wrestler can only use those two weight classes in the EWC column without risking a violation of the decent plan. Being at a lower weight class than the EWC allows is illegal and simply cannot be done. Being at a higher weight class than the highest weight on the EWC would violate the plan and cause an immediate recalculation of that wrestler’s decent plan, effective immediately and from the actual scale weight.
  - Coaches can change a wrestler’s Minimum Weight Class (MWC), which will change the EWC on the decent plan. ONCE A COACH MAKES THIS CHANGE, IT CANNOT BE CHANGED BACK – SO BE 100% SURE OF THE CHANGE TO A MWC! This change can be done on the Team Roster page of the Optimum Performance Calculator (OPC) in TrackWrestling.
    - Go to Roster page
    - Locate the wrestler and find the blue number under the MWC column
    - Click on that blue number, which gives you a dropdown list of weights where you can change the MWC
    - Type “update” to make the change official

- If anything on a decent plan or weigh-in sheet is confusing, please contact me and I'll help you through the confusion. Making changes yourself may cause an error that can't be corrected!
- When creating, saving, and printing weigh-in sheets, be sure to check closely for accuracy. Don't allow a lack of preparation be the reason for a mistake to occur that might cost an individual wrestler or your team!
  - Prior to saving, committing or printing the weigh in sheet, look at the wrestlers who are listed, check the weight class that you have them listed in, look at their MWC and their EWC, and make sure each participant is listed in the correct spots!
  - If a mistake is made and not detected until you get to the actual weigh-in, be sure to communicate with all coaches to make any manual changes.
  - Once the weigh-in sheet is signed by the coaches, it becomes an official document, and what the referee will need to reference if there is a question as to the eligibility of a wrestler regarding weight.
- Growth allowance starts on January 1 for those who have "certified" their minimum weight class by making scratch weight. The use of a growth allowance must be indicated on the weigh in sheets (Yes or No). Yes means that the allowance is being used by that participant, while a No means it is not being used. These must be accurate, and the weigh-in sheet becomes official when signed by the coaches.

### **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 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.

### **Cheerleaders location**

- Recent wrestling rules changes 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.

### **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>

### **Girls' Division Tournaments for 2018-19 Wrestling season**

<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Other Division(s)</u>
Riverside, Oakland	Sat., Dec. 8, 2018	10:00 AM	Varsity Boys
Iowa City, City High	Mon., Dec. 10, 2018	5:00 PM	JV Boys
Fort Dodge	Sat., Dec. 15, 2018	10:00 AM	Varsity Boys
Wilton	Sat., Dec. 15, 2018	9:30 AM	JV Boys
Ames (Mendenhall Invite)	Sat., Jan. 5, 2019	10:00 AM	Varsity Boys
Central Comm. (Elkader)	Sat., Jan. 5, 2019	10:00 AM	Varsity Boys
Ogden	Sat., Jan. 5, 2019	9:00 AM	JV Boys
Co. Bluffs, Tee Jay	Fri., Jan. 11, 2019	5:00 PM	Varsity Boys
Independence	Sat., Jan. 12, 2019	9:00 AM	JV Boys
Ankeny	Sat., Jan. 12, 2019		JV and V Boys
Cedar Rapids Jefferson	Sat., Jan. 12, 2019	10:00 AM	Varsity Boys
Glenwood	Fri., Jan. 18, 2019	5:00 PM	JV Boys
Waverly-Shell Rock	Sat., Jan. 19, 2019	10:00 AM	Varsity Boys

If you have any girls planning on attending Riverside, Oakland this weekend, please contact Darrell Frain (Riverside A.D.) at [dfrain@riverside.k12.ia.us](mailto:dfrain@riverside.k12.ia.us) by Wednesday at 4:00! Upcoming tournaments will also need advance notice of girls planning on attending so planning can occur!

Have an enjoyable December and a beautiful holiday season! I will be back in touch in January, unless something pressing comes up that requires another memo.

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