

November 12, 2007

TO: ATHLETIC DIRECTORS, WRESTLING COACHES AND OFFICIALS

RE: THE UPCOMING WRESTLING SEASON

Dear Athletic Directors, Wrestling Coaches and Officials:

*(Athletic Directors, please make a copy of this information for **ALL** of your wrestling coaches)*

My philosophy about interscholastic athletics is based on education, sportsmanship and health & safety of the participants.

Education

Athletics provide a great educational experience because they can teach important values for dealing with the circumstances of life. The values taught through interscholastic athletics include teamwork, sportsmanship and citizenship, respect for self and others, caring, dedication, commitment, trustworthiness, loyalty, responsibility, integrity, fairness, and doing ones' best whatever the outcome. Athletics can teach these lifelong values, but only if coaches teach and model those behaviors and accept nothing less from each student-athlete on his/her team.

Sportsmanship

Encouraging, or allowing, unsportsmanlike behavior in athletics is not ethical and is not in the best interests of the interscholastic athletic program. Coaches with character use their power to give athletes sincere praise and positive reinforcement, provide constructive feedback, discipline a player without humiliation or embarrassment to the student-athlete, and provide emotional support and guidance when needed. **Coaches and officials MUST respect each other and expect nothing less from the wrestlers.**

Health & Safety

The greatest health and safety risk in wrestling at the current time may be the risk of contracting a communicable skin condition. While most of those conditions are not life-threatening a new condition called MRSA can be. MRSA is a bacterial skin infection that is resistant to penicillin-type antibiotics, therefore, extremely difficult to treat. **The following three things - clean wrestlers, clean mats and skin checks - are the only way to minimize the risk of wrestlers contracting MRSA, or other communicable skin infections.**

Important Dates for 2007-08

First practice: Monday, November 12, 2007

First competition: Monday, November 26, 2007

Class 1A & 2A Sectional Tournaments: Saturday, February 2, 2008

Class 1A & 2A Regional Dual Meets: Tuesday, February 5, 2008

Class 1A, 2A & 3A District Tournaments: Saturday, February 9, 2008

State Wrestling Tournament: Wednesday - Saturday, February 13-16, 2008

Class 3A Regional Dual Team Meet: Tuesday, February 19, 2008

State Dual Team Wrestling Tournament: Saturday, February 23, 2008

Important Dates for Officials

- Tournament request forms: Submitted on-line by Thursday, December 6, 2007
- Supervised exam dates: Monday, December 3 and Wednesday, December 5
- Sportsmanship ratings: Submitted on-line by Monday, March 3, 2008

Correction of Errors - The rule relating to the time line for correcting errors has reverted back to the rule prior to 2006-07.

Errors in Match Score (*Dual meet*) – Errors by the timekeeper, official scorer or referee must be corrected before the next match, and prior to the offended contestant leaving the mat area, if additional wrestling is necessary. If additional wrestling is not required, the error may be corrected before the next match as long as the coach of the offended wrestler remains in the area.

** One suggestion is for the scoreboard operator to keep the match score on the clock until the wrestlers for the next match have checked in. That will allow coaches, team score keepers, and fans longer to see the score from the match just completed.*

Errors in computation of match score MUST be corrected within 30 minutes after the conclusion of a dual meet. If additional wrestling is required, it must be corrected before the next match.

Errors in Match Score (*Tournament*) – Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not required, the error may be corrected as long as the offended contestant or coach remains in the area.

** One suggestion is for the scoreboard operator to keep the match score on the clock until the wrestlers for the next match have checked in. That will allow coaches, team score keepers, and fans longer to see the score from the match just completed.*

Errors in computation of match score MUST be corrected before next match in which either competitor wrestles or, if additional wrestling is needed, it must be corrected before the offended wrestler leaves the mat area.

Errors in Team Score (*Dual Meet or Tournament*)

Errors in recording or computation of team scores MUST be **REPORTED** within 30 minutes after the meet is concluded.

Covering Oral Braces

Wrestlers who wear oral braces or other orthodontic devices are required to wear a tooth and mouth protector (*mouth guard*) in order to compete. The mouth guard must cover all areas of the braces or orthodontic devices. It is recommended that the mouth guard be properly fitted either from an impression of the teeth and braces or device, or impressing the teeth into the mouth guard. Mouth guards are required equipment for those wrestlers with braces or other orthodontic devices. If a wrestler reports to the mat without their mouth guard it is a technical violation, unsportsmanlike conduct on the head coach and injury time is started.

Consecutive Day Scale/Growth Allowance

Four things to keep in mind about the consecutive day scale allowance: **1) 48 hours notice must be given, if possible.** Certainly with weather cancellations this is not always possible, but if it is possible, 48 hours notice must be given. **2) The consecutive day scale allowance is a team rule.** If the majority of a team is competing on consecutive days, then the allowance is given to **ALL** wrestlers competing in the meet. It is NOT given if there was a JV meet on Monday and one or two JV wrestlers will be competing again in a varsity meet on Tuesday. In the case where there is a JV meet on Monday and a JV/Varsity meet on Tuesday, then ALL wrestlers competing in the meet should receive the consecutive day allowance on Tuesday. This allows a coach to move JV and varsity wrestlers around without creating a disadvantage to any wrestler. **3) A wrestler using the consecutive day scale allowance CANNOT count that weigh-in as a scratch weigh-in for receiving the growth allowance.** **4) A wrestler cannot use the consecutive day scale allowance to move to a lower weight** which they are not eligible for in a given week. For example, **if a wrestlers' minimum wrestling weight is 126#, he cannot use the consecutive day scale allowance to compete at 125#.**

Remember, unlike the growth allowance, the **consecutive day scale allowance is OPTIONAL.** If a one pound allowance is given due to consecutive days of competition, a wrestler is **NOT** required to use it to weigh in for a certain weight class. **The growth allowance IS mandatory.** Once a wrestler receives the growth allowance, after January 1, 2008, he must use it. For example, a wrestler receiving the growth allowance, **MUST** weigh in excess of 127# and no more than 132# to weigh-in for the 130# weight class.

Wrestlers' Health and Appearance

The following is a review of the "grooming rule" for wrestlers. It is the responsibility of coaches and officials to be sure wrestlers conform to this rule. Coaches, police your wrestlers so the officials will not have to embarrass them by requiring them to cut their hair, shave, etc. Officials, enforce the rule as written. Do not add things that are not in the rule and do not overlook things covered by the rule.

- Wrestlers shall be clean shaven
- Side burns shall extend no lower than earlobe level
- Hair, in its natural state:
 - shall extend no lower than the top of an ordinary shirt collar in the back
 - shall extend no lower than earlobe level on the sides
- If an individual's hair is as abrasive as an unshaven face the individual will be required to shave their head smooth or wear a legal head covering
- Hair that does not conform to the rule shall be contained in a legal hair covering or the wrestler shall not compete
- A mustache shall not extend below the line of the lower lip
- An individual with facial hair, other than a legal mustache, must wear a legal face mask

Second Injury Time Out

The rule related to a wrestler taking his 2nd injury time out has been revised for the 2007-08 season. I've enclosed a copy of the entire process to follow when a wrestler takes his 2nd injury time out. Be sure you review it thoroughly before your first meet.

Coach or Wrestler Ejections Due to Unsportsmanlike Conduct

If a coach or wrestler is ejected from a contest for unsportsmanlike conduct, IHSAA rules state they are ineligible for the next contest date. The question often comes up about what happens if the next contracted contest is a two-day tournament. If the tournament is an individual tournament the wrestler would be ineligible for the entire tournament as they would have been required to compete on the first day of the tournament to compete on the second day. However, if it is a dual team tournament that allows wrestlers to compete on either, or both, days the wrestler would be required to miss the first date of the tournament, but could compete on the second day of the tournament. Coaches would be eligible on the second day of the tournament.

Officials' Uniform

By rule, officials may wear the traditional black and white striped shirt, a gray shirt with black pinstripes or a common event shirt provided by the tournament manager. All officials at a meet must wear the same style and color of shirt. At all IHSAA post-season competitions officials will wear the traditional black and white striped shirt.

Junior High School Competition

Junior high school competition uses NFHS rules with the following exceptions:

- There are no weight classes for junior high wrestling in Iowa. Schools should pair their wrestlers based on size and ability.
- Junior high wrestlers can only compete in 3 matches a day.
- Junior high matches consist of three periods - 2-minutes, 1-minute, 1-minute.
- The minimum rest between junior high matches is 30-minutes.
- Junior high overtime consists of one, 1-minute sudden victory period with 1, 30-second tie breaker, if necessary.

*****OFFICIALS - PLEASE READ - VERY IMPORTANT*****

2007-08 SPORTSMANSHIP RATINGS

PLEASE READ THE ENCLOSURE ABOUT SUBMITTING YOUR 2007-08 SPORTSMANSHIP RATINGS ON-LINE!!

THE FINAL DATE TO SUBMIT WRESTLING SPORTSMANSHIP RATINGS ON-LINE IS MONDAY, MARCH 3, 2008!!!

2008 TOURNAMENT REQUEST FORMS

2007-08 TOURNAMENT REQUEST FORMS WILL ALSO BE COMPLETED ON-LINE. Go to the Athletic Association web site <www.iahsaa.org> and click on the "Officials" heading. From there, click on "2007-08 Wrestling Tournament Request Form". The form must be completed by Thursday, December 6, 2007. I don't believe you will have any problems filling out the form.

Coaches and officials, if you have any questions throughout the season don't hesitate to contact me. I'm here to work with you. We may not always agree, but I'm willing to listen to legitimate concerns. Have a great season and hope to see many of you throughout the season.

Sincerely,

Alan Beste
Assistant Executive Director
<abeste@iahsaa.org>

enclosures:

- 14 Tips for Long -Term Weight Loss (*Schools only*)
- 2007-08 NFHS Wrestling Rules Interpretations and Updates (*Schools & Officials*)
- NWCA On-line Weigh-in Form and Weight Loss Descent Plan Reminder (*Schools & Officials*)
- Overtime Procedure (*Schools & Officials*)
- Second Injury Time Out Summary (*Schools & Officials*)
- Sportsmanship Announcements (*Schools only*)
- Sportsmanship Rating Information (*Officials only*)

2nd INJURY TIME OUT SUMMARY

If the 2nd injury time out is taken:

- during a regulation period, the opponent shall have the choice of top, bottom or neutral position on the restart.
- at the conclusion of the first period, the opponent shall have the choice of top, bottom or neutral at the start of the 2nd and 3rd periods.
- at the conclusion of the 2nd period, the opponent shall have the choice of top, bottom or neutral at the start of the 3rd period.
- at the conclusion of the 3rd period, the opponent shall have the choice of top, bottom or neutral at the beginning of the sudden victory period.
- during the sudden victory period, the opponent shall have the choice of top, bottom or neutral on the restart.
- at the conclusion of the sudden victory period, the opponent shall have the choice of top or bottom at the start of BOTH 30-second tiebreaker periods.
- during either 30-second tiebreaker period or the ultimate tiebreaker period, the opponent shall have the choice of top or bottom on the restart.
- at the conclusion of the first 30-second tiebreaker period, the opponent shall have the choice of top or bottom at the start of the second 30-second tiebreaker period.
- at the conclusion of the second 30-second tiebreaker period, the opponent shall have the choice of top or bottom at the start of the ultimate tiebreaker period.

The conclusion of a period means there is no time on the clock when the official awards the time out.

OVERTIME PROCEDURE

The overtime procedure is summarized as follows: 1-minute sudden victory period, if no winner; two, 30-second tie-breakers will be wrestled, if no winner; a 30-second ultimate tie-breaker will be wrestled.

- All penalties, cautions, warnings, time outs, etc. carry over into overtime
- **A FALL TERMINATES ANY OVERTIME PERIOD.**

1-Minute Sudden Victory

- No rest between 3rd period and sudden victory period
- Wrestlers start in neutral position, unless one wrestler has already taken their 2nd injury time out, then their opponent receives the choice of position
- Wrestler who scores first wins
- If no winner, proceed to two, 30-second tie-breakers

Tie-Breaker I

- Disk flip determines which wrestler has their choice of position, unless one wrestler took their 2nd injury time out at the conclusion of the sudden victory period, then their opponent receives the choice of position
- Top, bottom or defer are the only choices for tie-breaker I

Tie-Breaker II

- The wrestler who did not have their choice for tie-breaker I, or who deferred, has the choice for the tie-breaker II, unless they took their 2nd injury time out at the conclusion of sudden victory or the conclusion of the tie-breaker I, then their opponent receives the choice of position
- Top or bottom are the only choices for tie-breaker II
- The wrestler scoring the most points during tie-breaker I **and** tie-breaker II is the winner

Ultimate Tie-Breaker

- Choice of position (top, bottom or defer) goes to the wrestler who scored the first points during the regulation, 6-minute, match, unless they took their 2nd injury time out at the conclusion of tie-breaker II, then their opponent receives the choice of position
- Double stalling and simultaneous penalty points are considered no points with regard to choice
- If no points were scored during the regulation match, a flip of the disk will determine which wrestler has choice of position, unless one wrestler took their 2nd injury time out at the conclusion of tie-breaker II, then their opponent receives the choice of position

The junior high overtime procedure has NOT changed. If junior high matches are tied at the end of the 4-minute regulation match, there will be a 1-minute sudden victory overtime period followed by a 30-second tiebreaker, if necessary. The 30-second tiebreaker is administered the same way as the ultimate tiebreaker at the high school level.

NWCA ON-LINE WEIGH-IN FORM AND WEIGHT LOSS DESCENT PLAN REMINDER

The following information should help clarify two areas of the weight management plan.

First, each wrestler's weight loss descent plan indicates which two weight classes he is eligible to weigh-in for each week without having his descent plan recalculated. If a wrestler weighs in above his highest eligible weight class for a given week his weight loss descent plan is IMMEDIATELY RECALCULATED FROM THAT DAY FORWARD. *For example:* if a wrestler's weight loss descent plan indicates he is eligible to weigh-in for the 130# or 135# weight classes he CANNOT weigh-in above the 135# weight class without having his descent plan IMMEDIATELY recalculated. If he weighs in excess of the 135# weight class, his lowest eligible weight class for his next weigh-in that week is 140# and he must follow his new descent plan to return to a lower weight class.

Second, the "Match Wt." and "Elig. Wt. Class" columns of the on-line weigh-in form indicate the lowest eligible weight class at which a wrestler can compete for that date. A wrestler can weigh-in for that weight class or one weight class above without effecting their descent plan. If a wrestler weighs in MORE than one weight class above their lowest eligible weight class their weight loss descent plan is IMMEDIATELY RECALCULATED FROM THAT DAY FORWARD. A wrestler is NOT eligible to compete below their lowest eligible weight class even if their actual scale weight qualifies them for a lower weight class. Remember, a wrestler cannot compete more than one weight class above the weight class for which their actual weight qualifies them.