



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

P.O. BOX 10, BOONE, IA 50036-0010
(515) 432-2011 FAX (515) 432-2961
www.iahxaa.org

RICHARD WULKOW, IHSAA Executive Director

DAVID ANDERSON, Assistant Executive Director
TODD THARP, Assistant Executive Director
CHAD ELSBERRY, Comm & Marketing Director

ALAN BESTE, Assistant Executive Director
ROGER BARR, Director of Officials
BUD LEGG, Information Director

November 16, 2009

TO: ATHLETIC DIRECTORS, WRESTLING COACHES AND OFFICIALS

RE: THE UPCOMING WRESTLING SEASON

Dear Athletic Directors, Wrestling Coaches and Officials:

At the beginning of each wrestling season I share my philosophy on interscholastic athletics. This year will be no different.

Education

Athletics provides a great educational experience because they can teach important values for dealing with the circumstances of life. The values we can teach 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, 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 reduce the risk of wrestlers contracting MRSA, or other communicable skin infections.**

Important Dates for 2009-10

- * First practice: Monday, November 16, 2009
- * First competition: Monday, November 30, 2009
- * Class 1A & 2A Sectional Tournaments: Saturday, February 6, 2010

- * Class 1A & 2A Regional Dual Meets: Tuesday, February 9, 2010
- * Class 1A, 2A & 3A District Tournaments: Saturday, February 13, 2010
- * State Wrestling Tournament: Wednesday - Saturday, February 17-20, 2010
- * Class 3A Regional Dual Team Meet: Tuesday, February 23, 2010
- * State Dual Team Wrestling Tournament: Saturday, February 27, 2010

Important Dates for Officials

- * Tournament request forms: Submitted on-line by Saturday, December 7, 2009
- * Supervised exam dates: Monday, November 30 and Wednesday, December 2, 2009

The following link shows the sites for the supervised wrestling exam:

<http://www.iahsaa.org/officials/2009-10%20EXAMINATION%20DATES%20AND%20SITES.pdf>

- * Sportsmanship ratings: Must be submitted on-line by Monday, March 1, 2010

NFHS Wrestling Rules Book Review

Coaches and officials should be sure to review the NFHS Wrestling Rules Book. **At a minimum**, everyone should review the first couple of pages that contain the new rule changes for the 2009-10 season. Pages 42-43 contain the Penalty Chart, pages 55-57 contain the Comments on the Rules and Points of Emphasis for 2009-10. Pages 58-75 contain illustrations to help with the interpretation of the rules and page 77 contains information on communicable disease & skin infection procedures.

Communicable Skin Conditions

NFHS rules require communicable skin condition report forms to be presented at the time of the weigh-in. If there is a **DESIGNATED, ON-SITE medical professional** (*Medical Doctor, Doctor of Osteopathic Medicine, Doctor of Chiropractic, Physician's Assistant, or Advanced Registered Nurse Practitioner*) **he or she may rule on any suspect skin conditions presented during the weigh-in period.** To qualify as a designated, on-site medical professional he or she must be designated for that purpose by the meet management and must be present at the time of weigh-in.

One common scenario is that an opposing coach believes a wrestler from the other team has a suspect condition and the wrestler's coach does not have the IHSAA Wrestling Condition Skin Report Form at weigh ins nor is there a designated, on-site meet physician present. The situation should be handled by allowing the wrestler to weigh-in, then when the official arrives he makes the final determination about whether the wrestler is allowed to compete or not. If he believes the condition is communicable, the wrestler cannot compete.

Another common scenario is that at the time of weigh-in none of the coaches are concerned about communicable skin conditions and no skin checks are done nor are any forms presented at that time. During his pre-meet duties, if the official suspects any wrestler of having a communicable skin condition the wrestler's coach will need to provide the IHSAA Wrestling Skin Condition Report Form. If the form cannot be presented, the wrestler will not be allowed to compete.

Also related to the IHSAA Wrestling Condition Skin Report Form is the issue of a form indicating the condition was communicable at the time the medical professional examined the wrestler, but a return to participation date is indicated on the form. In such cases, if the official believes the condition is still communicable after the indicated return date he may rule to **NOT** allow the wrestler to compete. Because the condition was communicable when the physician saw the wrestler, the official has some flexibility to rule that it is still communicable at the time of the meet. Also, if the IHSAA Wrestling Skin Condition Report Form indicates a condition is not communicable, but the expiration date has passed, again, the official may rule to **NOT** allow the wrestler to compete. We hope these two additions to the form are helpful to coaches and officials in helping to reduce the spread of communicable skin conditions.

The National Wrestling Coaches Association has produced a very good video about the prevention, spread and treatment of communicable skin conditions. An 8-minute segment of the video is specific to wrestling and is hosted by Joe Heskett and Dan Gable. It would be an excellent tool to use with your wrestlers and their parents. Here is a link to that video <http://www.nwcaskinprevention.com/webinar/Video.asp?chap=5>

Here is a link to excellent information about communicable skin conditions from the Minnesota Department of Public Health.

<http://www.health.state.mn.us/divs/idepc/dtopics/athlete/index.html>

Here is a link to the wrestling specific communicable skin condition prevention guidelines provided by the Athletic Association.

http://www.iahsaa.org/Sports_Medicine_Wellness/Comm/Skin.pdf

Here is a link to the IHSAA Wrestling Condition Skin Report Form.

<http://www.iahsaa.org/wrestling/skinform.pdf>

Defensive Starting Position

Once the defensive wrestler has become set in legal starting position the referee will give a verbal command of, “set,” indicating the bottom wrestler should remain stationary and the offensive wrestler may now assume legal starting position.

Offensive Starting Position Sequence

The following offensive starting position sequence is to be followed at all times. It is important for coaches to teach this sequence to their wrestlers at all levels of participation as failure to follow the sequence results in a caution for a false start. The sequence is:

1. Set the knee(s) and feet.
2. Place the palm of one hand on the opponent’s navel. The head should be placed on or over the midline of the opponent’s back.
3. Place the palm of the other hand on or over the back of the opponent’s near elbow.
4. **The offensive wrestler now becomes stationary, and the referee gives a second verbal command of “set,”** notifying both wrestlers that we have proper starting position of the top wrestler. The referee then pauses momentarily before blowing the whistle to start wrestling. This

sequence is to eliminate rolling starts by the offensive wrestler. Each official's pause before blowing the whistle may be somewhat different, but the key will be for the individual official to be consistent for all starts.

Offensive Wrestler Choosing OPTIONAL Starting Position

The offensive wrestler may choose the optional starting position by notifying the referee of his intent. Once the offensive wrestler notifies the referee he wants the optional starting position, the referee will then notify the defensive wrestler that the offensive wrestler will be using the optional start and allow the defensive wrestler to adjust his position after this notification. When the defensive wrestler has reset, the referee will again give a verbal command of, "set," and indicate to the offensive wrestler he may assume a legal optional starting position. When the offensive wrestler becomes stationary, the referee gives a verbal command of "set," notifying both wrestlers that we have proper starting position of the top wrestler. The referee then pauses momentarily before blowing the whistle to start wrestling.

Offensive Wrestler Choosing NEUTRAL Starting Position

The offensive wrestler may choose the neutral starting position by notifying the referee of his intent. This could occur when returning from an out-of-bounds situation, after action is stopped due to a stalemate, a penalty being enforced, etc. It could also take place when wrestler A chooses to start the second period in the "down" position and wrestler B signals he wants both wrestlers to start in the neutral position. In that case, the official indicates that wrestler A chose the down position and the official scorer records that wrestler A chose down for the second period. Wrestler A receives an escape to begin the second period and it will be wrestler B's choice for the third period. Regardless of when the situation occurs, the **OFFENSIVE WRESTLER MUST NOTIFY THE REFEREE OF THE DECISION TO START IN THE NEUTRAL POSITION BEFORE THE REFEREE "SETS" THE DEFENSIVE WRESTLER.** If the offensive wrestler indicates he wants to use the neutral starting position after the defensive wrestler has been "set" by the referee, it is a caution against the offensive wrestler.

End of Match Protocol for Dual Meets and Tournaments

The IHSAA Wrestling Coach's Advisory Committee has recommended, and the Board of Control has approved, that the Athletic Association develop a standardized end of match protocol for all matches. This protocol is designed to diminish excessive celebrations, and the appearance of poor sportsmanship when some wrestlers go to the opposing team's bench or corner to shake the coach's hand after a match and others do not. **Officials must be sure to discuss the proper end of match protocol with coaches and wrestlers as part their pre-meet duties.**

At the end of any match in a dual meet or tournament, the following protocol shall be followed:

- 1. Referees should move quickly after a match to get in proximity of the two wrestlers to facilitate the hand shake** between the wrestlers and direct them to their respective team benches or corners.
- 2. The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand.**

3. The wrestlers will then proceed to their respective team benches or corners without excessive celebration and without going to the opposing teams bench or corner.

4. Post match handshakes with the opposing coach are not to be permitted. If a wrestler should forget the protocol and go to the opposing team's bench to shake hands with the coach the referee should simply remind both coaches of the protocol that has been established.

As the recommendation for an end of match protocol came from the wrestling coaches advisory committee, it is expected that all coaches will establish it as an expectation for all matches. Officials can help by discussing the protocol during their premeet duties and directing wrestlers to their respective benches/corners when immediately after the post-match handshake. If a wrestler forgets and goes to the opposing bench/corner it is hoped that someone from the opposing coaching staff will shake his hand. In this event, the official should go to each coach and remind them of the protocol. If it is apparent a team is making no attempt to follow the protocol, the official should call me at the Athletic Association the next day so I can visit with the school's administration about the situation.

This protocol does not discourage teams from going through the congratulatory line at the end of a dual meet. This congratulatory line emphasizes good sportsmanship and all team personnel should be encouraged to participate.

Excessive Celebration & Taunting

Coaches have the responsibility to emphasize to their athletes that good sportsmanship is expected and excessive celebrations will not be tolerated. Referees should be well versed in the rules (5.31.2 & 7.4.2) pertaining to unsportsmanlike conduct in such situations. Keep in mind, excessive celebration is considered unsportsmanlike conduct, but if the excessive celebration is meant to embarrass, ridicule, demean or belittle the opponent it would be considered taunting. IHSA rules deem taunting to be flagrant misconduct that is cause for ejection from the meet.

NFHS INTERPRETATIONS

Awarding Near-Fall Points

The official NFHS interpretation regarding the awarding of near-fall points is as follows and appears on page 57 of the 2009-10 NFHS Wrestling Rule Book. Before awarding points to the offensive wrestler, the referee must make certain that the defensive wrestler has been released to the extent that permits the possibility of self defense. A good example is the cradle. In order for the cradle to be released to the extent that permits the possibility of self defense, the referee would make sure that the hands have been broken and the defensive wrestler has the possibility of getting into a position to defend themselves before awarding any near-fall points. Other examples are tips or tilts. When the defensive wrestler comes out of criteria in a near-fall situation, the referee would make sure the arm that has been trapped is released and the defensive wrestler has the possibility of self defense before awarding any near-fall points. The referee cannot rely solely on the action by the defensive wrestler to determine if he has been released from a pinning situation to the extent that permits the possibility of self defense, but must also observe what the offensive wrestler is doing to change the pinning situation. Due to the nature of wrestling, the referee's judgement when awarding near-fall points may be called into question. Consistency and proper interpretation of the rules will aid the referee in "selling" the call

to the coaches. Taking the time during the referee's premeet duties to explain to coaches and wrestlers the NFHS interpretation of how near-fall points will be awarded in the situations described above may be beneficial.

Near-fall points may be earned only once for any pinning situation, but there can be several different pinning combinations during the same situation. The official must determine when one pinning situation ends and another begins before determining when additional near-fall points can be earned.

Awarding Points in a Near-Fall Situation When There is Illegal Action by the Defensive Wrestler

As coaches and officials, I draw your attention to the following situation which is the official NFHS interpretation for rule 5.11.2. Wrestler A has Wrestler B in a pinning situation and the referee is holding 3 near-fall points when B grasps A's ear guards. The referee removes the hand, but allows action to continue to give A the opportunity to secure the fall. If (a) time expires or (b) the match is stopped due to the wrestlers going out of bounds, how many points are awarded?

RULING: Whether the period ends or an out of bounds situation occurs, the points awarded are the same. The referee shall award Wrestler A four points for the near-fall and one point for the technical violation of grasping the ear guards. **COMMENT:** The offending wrestler shall not profit from the illegal action. Because the pinning situation continued after the technical violation occurred, the defensive wrestler shall be penalized by awarding the offensive wrestler the additional near-fall point and one point for the technical violation if the clock is stopped for any reason while the pinning situation continues. Should the defensive wrestler break the hold, before the clock stops, the offensive wrestler would only receive the additional point for the technical violation.

Scale Allowance for Schools Not Having Practice by Board Policy or Administrative Decision Due to Inclement Weather and Other Unforeseen Circumstances

The rule related to scale allowances for weather-related postponements, or postponements for other unforeseen circumstances, is now interpreted the same as the consecutive day scale allowance. When practice cannot be held the day before a competition, due to inclement weather or other unforeseen circumstances, all schools involved in the competition are allowed a 1-pound scale allowance. When practice cannot be held for two, or more, consecutive days for reasons beyond the control of the participating school(s), all schools involved receive a 2-pound scale allowance. The maximum scale allowance is **TWO** pounds regardless of the number of days practice cannot be held. **It is the responsibility of the school administration, or head coach, to contact all schools who may be effected to notify them of the scale allowance.** The notification should be done as soon as possible after the school closing or meet postponement. Whatever method is used as notification, verification should be received from all participating schools that they received the scale allowance notification.

Remember, unlike the growth allowance, **any scale allowance is OPTIONAL.** A wrestler is **NOT** required to use a scale allowance during weigh-in. **If a wrestler chooses not to use a scale allowance because he wants to make scratch weight for certification that is his option.**

The growth allowance, however, IS mandatory. Once a wrestler uses the growth allowance for the first time after January 1 he must continue to 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.

Weight Management Information

All information related to weight management appears on the Athletic Association's web site under the "Wrestling" heading. Here is a link to the weight management powerpoint which explains the entire body composition assessment process and weight management rule.

<http://www.iahsaa.org/secure/wrweightmgmrules.php>

Also, below is a link to the printed information all schools need to know about the weight management rule. Coaches need to make sure they are well educated about the rule so it is not violated.

http://www.iahsaa.org/wrestling/Body_Composition/Body_Comp_Assess_Instr_Schools.pdf

Eligible Weight Classes and Scale Allowance

The on-line weight management system will show which two weight classes a wrestler is eligible to weigh-in for each week according to their descent plan. **If a wrestler's projected weight for a given week is 145.5#, he is eligible for the 152# and 160# weight classes that week.** If a scale allowance is given for consecutive days of competition or weather postponements that does not change the wrestler's two eligible weight classes. **There is no way for this wrestler to be eligible for the 145# weight class during this week.**

Restricted Zone at Individual & Dual Team Tournaments

In individual and dual team tournaments where coaches are permitted on the corner of the mat, the marking of a restricted zone is now required. The restricted zone shall be defined by either a contrasting line marked on the mat with paint or tape or a contrasting colored surface under the chairs. The restricted zone shall be no closer than 5 feet to the edge of the circle. Athletic directors and coaches should be sure the restricted area is marked and officials should be sure to check for it as part of your pre-meet duties. **The restricted zone can be defined by mats the chairs sit on, similar to those used at the state wrestling tournament.** Of course, the mats need to be at least 5 feet from the edge of the mat.

Sincerely,



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

Attachments:

Weight Management Rules PowerPoint

<http://www.iahsaa.org/secure/wrweightmgmtrules.php>

Blood Borne Pathogens Procedures:

http://www.iahsaa.org/Sports_Medicine_Wellness/Comm/Sport_Blood_Rules.pdf

2009-10 Signal Chart

http://www.iahsaa.org/wrestling/NFHS/09_10_Wrestling_Signal_Chart.pdf

2009-10 Wrestling Scorers & Timers Instructions

http://www.iahsaa.org/wrestling/NFHS/09_10_Wrestling_Scorers_Timers_Instructions.pdf

REVIEW OF CHOICE OF POSITION ON SECOND INJURY TIME OUT

When a wrestler uses a second injury time out, this is an overview of when the opponent gets the choice of position and what choices he has.

If a wrestler takes his second injury time out:

- **During any regulation period or sudden victory** - the opponent gets the choice on the restart (*top, bottom, neutral*).
- **During any tiebreaker period** - the opponent gets the choice on the restart (*top or bottom only*).
- **At the end of the 1st period or sudden victory** - the opponent gets the choice for the next two periods.
 - **At the end of the 1st period**, the choices are top, bottom, neutral.
 - **At the end of sudden victory**, the choices are top or bottom only.
- **At the end of the 2nd period** - the opponent gets the choice to start the 3rd period (*top, bottom, neutral*).
- **At the end of the 3rd period** - the opponent gets the choice for sudden victory (*top, bottom, neutral*).
- **At the end of tiebreaker 1** - the opponent gets the choice for tie-breaker 2 (*top or bottom only*).
- **At the end of tiebreaker 2** - the opponent gets the choice for the ultimate tiebreaker (*top or bottom only*), **UNLESS** the opponent has been penalized during the match (regulation or overtime) for unsportsmanlike conduct.

REVIEW OF OVER TIME PROCEDURE

If the score is tied at the end of regulation time, this is an overview of the overtime procedure used:

- **1-minute sudden victory period**, with both wrestlers starting from the neutral position.
- **30-second tie-breaker 1** – flip disk to determine who gets choice (*top, bottom, defer*).
- **30-second tie-breaker 2** – other wrestler gets choice of top or bottom only.
 - Whoever scores the most points in the **TWO** tie-breaker periods is the winner so the wrestlers need to wrestle to the completion of each tie-breaker period.
- **30-second ultimate tie-breaker** - choice goes to the wrestler who scored 1st in the regulation periods **OR** the opponent of a wrestler penalized during the match (regulation or overtime) for unsportsmanlike conduct (*top, bottom, defer*).
- **A fall terminates wrestling at any time.**
- ◆ Junior high overtime consists of 1-minute sudden victory followed by 1, 30-second ultimate tie-breaker period, if necessary.

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 one, 30-second ultimate tie breaker, if necessary.