

# STATE DUAL TEAM WRESTLING INFORMATION SHEET

## **ADMISSION**

**Spectators** - Admission is \$8 per session. The quarterfinal and semifinal rounds are one session. The championship and consolation finals are a second session. You will receive advance sale tickets for the first session of the tournament only. It will alleviate a great deal of congestion at the U.S. Cellular Center if you make every effort to sell these tickets in advance. Tickets for the evening session will be sold throughout the day at the US Cellular Center.

## **TEAM PERSONNEL**

**The Athletic Association will provide complimentary admission for 24 team personnel.** Any other person traveling with the team will need to purchase one advance sale ticket for the first session from your school's ticket allotment and exchange the ticket for a wrist band at the pass gate. **A wrist band is good for the entire day. THESE TICKETS WILL ONLY BE EXCHANGED FOR WRIST BANDS IF THE PEOPLE HOLDING THEM ARE WITH YOUR TEAM WHEN THEY ARRIVE AT THE U.S. CELLULAR CENTER. IF THEY ARE NOT WITH THE TEAM THEY WILL NOT BE CONSIDERED TEAM PERSONNEL.** Team personnel not traveling with your team **MUST** be wearing a wrist band to enter through the pass gate and be allowed on the floor. This procedure is meant to accommodate your varsity team personnel, including wrestlers, coaches, managers and medical personnel. It is **NOT** meant to accommodate 9th, 10th and JV wrestlers who are not weighing in and will not compete in the meet.

## **ATHLETIC TRAINERS**

Certified Athletic Trainers will be present throughout the tournament. Athletic trainers will be available beginning at 9:00am.

## **AWARDS**

Each team will receive medals and a picture plaque for the competing wrestlers and the head coach. Those teams progressing to the championship or consolation finals will also receive a trophy and championship team will be presented with a championship banner. We have enclosed an awards information sheet for your reference.

## **CHEERLEADERS**

A maximum of 6 cheerleaders, in uniform, and one coach/chaperone will be permitted through the pass gate and onto the floor of the U.S. Cellular Center. Cheerleader passes, and other pertinent cheerleading information, has been mailed separately to the Athletic Director and Wrestling Cheerleader Coach.

### **COMMUNICABLE SKIN CONDITIONS**

There is NOT a physician on site at the tournament so be sure any necessary skin forms are up to date.

### **LOCKER ROOMS**

Locker rooms are provided at the U.S. Cellular Center, but they are small and unsupervised. **No equipment or valuables should be left in the locker rooms.** Each team should bring their own towels so they can shower after competing.

### **OFFICIALS**

A referee and assistant referee will be assigned to each match of the tournament. Coaches remember all communication should be with the referee, not the assistant referee.

### **RULE 4-2-1**

A copy of the grooming rule is enclosed. Be sure your wrestlers meet the rule regarding hair, facial hair, etc. upon arrival so they do not need to attend to those issues at weigh ins Saturday morning.

### **SEATING FOR TEAM PERSONNEL**

Seating for team personnel will be provided on the floor of the U.S. Cellular Center for all sessions. Teams arriving before their session, or staying after they have been eliminated from the tournament, will be permitted to sit at floor level **if they are wearing a security wrist band.**

### **STARTING WEIGHT CLASS**

As per NFHS rules, the starting weight class will drawn immediately after weigh-ins have been concluded and for each subsequent round of the tournament (*quarterfinals, semifinals, consolation and championship finals*) the starting weight class shall be one greater than the previous round.

### **TEAM PICTURES**

**Team pictures for the picture plaques each school receives WILL be taken at the U.S. Cellular Center.** A schedule for taking pictures is enclosed. Each school will receive 15 picture plaques (14 wrestlers and 1 head coach) compliments of the Athletic Association. Additional plaques may be ordered for a fee by contacting Joyce at the Athletic Association.

### **TEAM TIE-BREAKING SYSTEM**

If there is a team tie, the team tie-breaking system found in the NFHS Wrestling Rule Book will be used to break the tie.

### **U.S. CELLULAR CENTER**

The U.S. Cellular Center is located at 370 First Avenue, NE, Cedar Rapids, IA. Team and spectator busses may unload on First Avenue directly in front of the Center. Busses may park on 4<sup>th</sup> Street, NE, 2 blocks east and 1 block north of the U.S. Cellular Center. We have enclosed maps and other information about Cedar Rapids to assist you.

### **WARM UP AREAS**

Small, but adequate, warm up areas will be provided throughout the tournament.

### **WEIGH-INS**

**ALL WEIGH-INS FOR THE STATE DUAL TEAM WRESTLING TOURNAMENT WILL TAKE PLACE AT THE U.S. CELLULAR CENTER AT 9:00AM.** The pass gate will be open at 7:30am for entry into the Center and weigh-in area. There will be two weigh-in groups. Those schools competing at 10:00am will be in group 1 and will be weighed in first. Those schools competing at 12:00pm will be in group 2 and will be weighed in immediately after group 1. ALL wrestlers, from both groups, are required to be in the designated weigh-in area when weigh-ins begin at 9:00am. We will use four scales to expedite the weigh-in procedure. The weigh-in order for each weigh-in group will be competitors on mat #1, then mat #2, then mat #3.

**Coaches should bring their NWCA weigh-in forms listing the names of all wrestlers to be weighed in.** Copies of these completed forms will be available for all coaches in a given class at the head table shortly after weigh-ins are concluded.

The **ONLY** scale allowance given at State Dual Team Wrestling is the 2-pound growth allowance. **NO OTHER SCALE ALLOWANCE WILL BE PERMITTED!**

### **WEIGHT CHECKS**

The U.S. Cellular Center will be open Friday evening from 7:00pm - 8:30pm for wrestlers to check their weight. Entrance will only be permitted through the pass gate on First Avenue. No workouts are permitted in the US Cellular Center. If you are traveling to Cedar Rapids on Friday and need a place to work out it is your responsibility to find a school who will allow you to use their facilities.

## STATE DUAL TEAM WRESTLING AWARDS INFORMATION

All teams qualifying for the State Dual Team Wrestling Tournament will receive a trophy and 15 medals (14 wrestlers and the head coach) compliments of the Athletic Association. Each school will also receive 15 picture plaques (14 wrestlers and the head coach) compliments of the Athletic Association. Picture plaques will be mailed to all schools approximately 6-8 weeks after the Tournament. Additional medals and picture plaques may be ordered for a fee by contacting Joyce at the Athletic Association.

Teams eliminated in the first round of competition will receive their trophy and medals on their respective mats at the conclusion of all 6 meets being wrestled during their session. (Conclusion of 10:00 am or 12:00pm session) Each team will be announced and the awards will be given to the head coach.

Teams advancing to the semifinals and finals will receive their trophy and medals on their respective mats at the conclusion of all consolation and final matches.

a) **Each team participating in the consolation matches** will be announced and the awards will be presented to the head coach. Awards will be presented to the fourth-place team in each class, then the third-place team. Awards will be presented to Class 1A teams first, then Class 2A teams, and finally Class 3A teams.

b) **Each team participating in the championship matches** will be presented their awards as follows: Wrestlers who actually competed in the finals will line up from 103 - 285 (east to west) with the head coach next to the 285 wrestler. Each wrestler competing in the championship match, and the head coach, will have a medal placed around his/her neck and the trophy will be presented to the head coach. Awards will be presented to the runner-up team in each class, then the championship team. Awards will be presented to Class 1A teams first, then Class 2A teams, and finally Class 3A teams.

# **PICTURE TAKING SCHEDULE FOR STATE DUAL TEAM WRESTLING**

**Team pictures for the picture plaques each school receives WILL be taken at the U.S. Cellular Center.**

Teams competing at 10:00am should arrive at the U.S. Cellular Center between 7:45am and 8:00am. We will begin taking pictures at 8:00am so they are finished before weigh-ins begin at 9:00am.

Teams competing at 12:00pm should arrive at the U.S. Cellular Center by 8:15am. This should allow all pictures to be taken before weigh-ins begin at 9:00am.

Any cheerleaders who wish to be in the team photo must be present on time and with their team. We cannot wait for them to arrive.

**It would expedite picture taking if all wrestlers would arrive wearing their warm ups.**

## **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.

1. Wrestlers shall be clean shaven
2. Side burns shall extend no lower than earlobe level
3. Hair, in its natural state:
  4. shall extend no lower than the top of an ordinary shirt collar in the back
  5. shall extend no lower than earlobe level on the sides
6. 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
7. Hair that does not conform to the rule shall be contained in a legal hair covering or the wrestler shall not compete
8. A mustache shall not extend below the line of the lower lip
9. An individual with facial hair, other than a legal mustache, must wear a legal face mask

### **LEGAL HAIR COVERINGS**

For hair coverings to be legal they must be worn under the headgear, or be part of the headgear, and be of a solid material that is not abrasive. Rubberized swimming caps are not legal headwear because they will not slide on the mat and can be abrasive. That poses a disadvantage for the opponent and a risk of injury to both wrestlers. Bandannas, or “do rags,” are also not legal headwear.

## **STATE DUAL TEAM WRESTLING TOURNAMENT CHEERLEADER INFORMATION**

Each qualifying school is allowed **six cheerleaders, if in school-issued or approved uniforms (NO T-SHIRTS AND SHORTS) and one coach/chaperone admitted free for each session.** There are seven wrist bands enclosed for these seven people. Wrist bands must be worn to enter the USSC through the pass gate and must be worn at all times.

Because wrist bands will be worn at all times, there will be **NO STUNTING** allowed at any time.

**NO SPECTATORS ARE ALLOWED ON THE FLOOR OF THE U.S. CELLULAR CENTER.**

There is NO cheerleading room provided at State Dual Team Wrestling.

**ALL National Federation Rules and the IHSAA - ICCA rules will be followed:**

- **APPAREL** - Participants shall wear an official school-issued cheerleading uniform while cheering. This could include a vest, body suit and skirt or a skirt and T-shirt that has been worn as part of the uniform all season. Shorts, dance pants and state tournament T-shirts are **NOT** acceptable! Cheerleaders are expected to wear their school-issued uniform just as the wrestlers are!
- **ALL JEWELRY IS PROHIBITED** except religious or medical medals which shall be taped to the body (without a chain) under apparel. All belly button rings need to come out. Studs in anything else that is pierced shall be removed. This includes: ears, nose, eyebrow, chin, tongue and any other part of the body that is visible. It will be the coaches' responsibility to make sure this is followed when the cheerleaders are cheering. If there is a violation, the cheerleader(s) will be removed from the mat. **COVERING JEWELRY DOES NOT MAKE IT LEGAL.**
- **Pins, buttons, or corsages MAY NOT** be worn while performing.
- **Fingernails must be kept at a length appropriate for safe participation.** This includes acrylic nails. When looking at your palm, nails should not be visible.

- **Hair MUST be secured cleanly away from the face and shoulders** -, i.e., in a ponytail. (No banana combs, butterfly clips, or long ribbons. Only barrettes and bobby pins that are flat to the head. **The ICCA will NOT be distributing bobby pins this year!**) All hair (including short hair) MUST be away from the face and off the shoulders. This means no wispies or bangs in the eyes. This is for long and short hair. Short hair, meaning it does NOT touch the shoulders, does not have to be in a ponytail.
- **Cheerleaders are not to chew gum or have candy in their mouths** while cheering.
- **Glitter - Participants shall not have loose or spray on glitter** on their hair, face or uniform (including ribbons).
- **Supports & braces** with hard and unyielding, or rough edges and/or surfaces, shall be appropriately covered.

**Do NOT bring** signs, pompons, megaphones, and pillows, bags, etc. to the mat area.

**Cheerleaders should be off the wrestling mats when cheering.** This is for the safety and welfare of the contestants and cheerleaders during the tournament.

**Cheerleaders are not to pound and/or strike the mat** if any of their cheers might cause officiating problems on the mats. The mats are to remain flat to the floor.

**IHSAA policy prohibits the display of any banners or signs**, as well as the use of confetti or any other form of paper or debris. Please share this information with your spectators and fans.

**Seating for cheerleaders and their coaches/chaperones** during sessions 1-9 will be directly behind the Head Table. A seating area will also be provided during the finals for those cheerleaders with wrestlers competing in the finals.

Note: **The Iowa Cheerleading Coaches' Association will monitor the cheerleaders at the State Dual Team Tournament to ensure that cheerleaders adhere to the rules.** If an individual from the ICCA approaches your squad, please be cooperative.

**FAILURE TO COMPLY WITH THESE REGULATIONS MEANS  
THE CHEERLEADER(S) WILL NOT BE ALLOWED TO CHEER  
AT THE TOURNAMENT!**

**Hair – Get It Right**

# Official Rulings by the Iowa Cheerleading Coaches' Association

## Find Your Cheering Hair Style

Is an **ILLEGAL** style really worth the **RISK**?

### **Pulling Hair away from the face Situations:**

1. Hair in a ponytail and bangs (which would have been in the eyes) secured away from the face – **legal**
2. Hair in a high ponytail that is long and goes down the back - **legal**
3. Hair in pig tails or side ponytail that does NOT touch the shoulders – **legal**
4. Hair in a low back ponytail at the base of the nape of the neck – **legal**
5. Short hair with hair that could be in face secured away - **legal**
6. Hair in a side ponytail that goes onto or touches the shoulders - **illegal**
7. Hair in pigtails that touches the shoulders - **illegal**

### **Bangs, Bangs pulled across Forehead, Whispies, & Chunks of Hair beside face:**

1. The above - out of eyes and if necessary soundly secured away from the face- **legal**
2. Hair that falls into the face while cheering, stunting, or tumbling - **illegal**
3. How do you know if it is legal?  
If you have to:
  - A. Move your head to move it away from your face- **illegal**
  - B. Use your hand to move it away from your face - **illegal**
  - C. Tuck it behind your ears - **illegal**

**GOAL:** Fix your hair before the meet or game so you don't have to worry about it. Look like an All-American cheerleader all the time; not just at tournament time.

If you have to move your head to get it out of your eyes, or use your hands to tuck it or replace it - it is probably **ILLEGAL**. If you get caught doing these things it **MAY BE** ruled **ILLEGAL**.

***Why risk being removed from cheering for a hair violation?  
Remember, these rules are in place for the safety of everyone!***