

12/4/19

To: Wrestling schools (A.D. and head coach), wrestling officials  
From: Lewie Curtis, IHSAA wrestling administrator

Wrestling season is underway! School personnel, please share this memo with your assistant coaches and junior high coaches! If you have questions or concerns, don't hesitate to contact me by email at [lcurtis@iahsaa.org](mailto:lcurtis@iahsaa.org) or by phone at 515-432-2011.

- State finals tickets go on sale to schools on Monday, December 9. An email has been sent to all athletic directors with the login information for ordering. Be sure your school is ready to order tickets for the state finals this Monday morning! Spectators can purchase their limited numbers of state finals tickets beginning Tuesday, December 17, or they purchase through the schools.
- A reminder that all wrestling schools can have one varsity team. That means your other teams (junior varsity, girls, freshmen, etc.) are considered sub-varsity. This is an important differentiation as it relates to eligibility (general transfer rule, open enrollment, etc.) and the 90-day varsity rule. Be sure to wrestle only eligible athletes on your varsity team or at any varsity event (some JV teams go to varsity events – these are “off limits” to those ineligible students). Call or email for clarification, if needed, but the athletic director should know the status of each athlete on your team's roster.
- Girls division tournaments: If you plan on attending one of these with some of your female wrestlers, please contact that school to let them know your plans. Offering a girls' division is fantastic but can turn rotten if only a few people show up! Sending a quick email will help the host school determine whether there are enough girls to warrant having the division. Communication is the key!
- Questions that have come up regarding the hair rule, shoelaces rule, headgear, etc. Here goes:
  - What do we do if the wrestler has their hair pulled up to meet the length rule and has it contained with a legal hair-control device (rubber band, elastic, ribbon, etc.) but wears no hair cover attached to the headgear, and the hair continually comes out of the hair control device?
    - First, there is no penalty for this happening. It is not stalling, it is not a violation or illegal. Nothing. Just have the wrestler fix it when you have a break in action.
    - Second, you do not have to stop wrestling immediately and you should not stop wrestling when there is action, scoring, near fall, etc.! Let wrestling continue and when there is a natural break or no action, stop the match and have them fix their hair. Coaches, take responsibility for your wrestlers and their hair, helping them get things tightened up, covered, etc. so that there won't be excessive stoppages.
    - Pigtails, braids, etc. still must meet the hair length rule. If those pigtails or braids hang down beyond the normal shirt collar, they need to be contained (either pulled up and contained with a legal hair control device or inside of a hair cover attached to the headgear) properly.
  - Shoelaces that come untied are considered stalling. Same situation as hair, stop wrestling when there is no scoring or action to get the laces tied. Give the stalling call during that time when the laces are being tied. Don't stop wrestling because of untied shoelaces when there is action, possible scoring, or near falls!

- If after the shoes come untied and the match is stopped to retie the laces and stalling is called, the wrestler wants to also tape the laces, you would then go to injury time to allow for the taping of the laces (similar to if they go to the table to report with their shoelaces not tied).
      - Coaches, instruct your kids on this simple and often overlooked issue! Take 1-2 minutes to deal with it and make it a non-issue. There really is no need for the shoelaces to be a part of any match!
    - The headgear comes off repeatedly during the match. What do we do about that?
      - Same as hair. Stop the match when there is no action, scoring, or near fall. Fix the headgear or put it back on. No penalty for headgear problems.
      - Coaches, again this is something that you can help with. Check on your kids' headgears, the fit, etc. No different than fitting a football helmet! Take a few minutes to help the kids get things fitting properly before they compete. Shouldn't have to be much of an issue.
- NFHS rule regarding length of matches.
  - Rule 6-1 addresses the length of match for high school wrestling. Article 1 states that "Regular matches in dual meets or tournaments championship competition shall be six minutes in length divided into three periods of two minutes each." (2-2-2)
  - Article 2 states that consolation matches shall also consist of three periods. However, the first period may be one or two minutes in length, while the second and third periods both shall be two minutes in length. This decision is up to tournament meet management and should be clearly communicated in advance of the tournament.
  - Junior Varsity tournaments should abide by these same standards. As many JV tournaments are round robin style, the entire tournament can be wrestled as (1-2-2) or (2-2-2) matches. There is no such match that consists of one-minute periods for period two and three. In other words, no (2-1-1) matches!
- As a reminder, coaches need to look over their schedules in the TrackWrestling OPC and make sure they are accurate, especially the column for Level (Varsity or Junior Varsity are the most typical choices). Selecting the correct level allows the individual wrestler to have their wins and losses recorded as Varsity or JV, which will be critical at the tournaments where TW seeding is used (including postseason and state). Coaches need to change the Pending option to Accepted once the teams are added to a triangular or quad, as well as any tournament they are in. Without accepting the event you will not be able to print off a weigh in sheet.
- Weather, consecutive day and scale allowance:
  - If a school must cancel classes (or dismiss early) due to inclement weather, thus cannot have an official practice the day before a scheduled meet, the teams participating in that meet are granted a one-pound scale allowance. It is the responsibility of the school that has cancelled classes (or let out school early) to inform the host school, who must then inform all the schools participating. Please, this sharing of information must happen swiftly and be given to the appropriate people. The athletic administrator is who needs to receive the message. This is not for the coaches to discuss and decide, nor the secretaries. This is a job specifically for the A.D. to take care of or delegate accordingly, but the initial information must go through the A.D.

- Consecutive day scale allowances are becoming more and more common. There are some situations that can become confusing, so here are a few scenarios that might assist with your decision making. As a reminder, you can always call or email for clarification!
  - Friday-Saturday tournament – scratch weight on Friday, one-pound allowance on Saturday. This one is simple and why the rule was developed in the first place.
  - Thursday dual, then Friday-Saturday tournament – again, pretty simple. Scratch weight on Thursday, one-pound allowance on Friday, two-pound allowance on Saturday. The school(s) with the Thursday dual need to inform the tournament host about their meet so this information can be shared with the teams who have entered the Friday-Saturday tournament. 48 hours of notice is the rule, but cancellations and reschedules may not allow for that. Give as much notice as possible – call if you have questions.
  - Monday night JV tournament, Tuesday JV/V triangular. It is not an automatic guarantee that a one-pound allowance is granted for Tuesday. As a general “rule of thumb” we consider half of a team to be needed to have consecutive day allowance count for all. As an example, I take four kids to a JV tournament on Monday, then on Tuesday I plan on weighing in all 28 of my wrestlers for the triangular. That does not constitute a one-pound allowance on Tuesday for consecutive days. I’d consider half of a team to be at least 7 kids (half of 14), considering a JV team or a varsity team to be 14 kids. If a host school indicates that a one-pound scale allowance is to be given, then go with that decision. It is the host school’s responsibility to either know this general rule or check with the IHSAA for verification. Again, timely information is critical.
- In a 2-day tournament a wrestler suffers a possible concussion on day 1 and is removed from competition – he would need written clearance prior to competing on day 2.
- Junior High Wrestling meet considerations
  - Think about the number of matches that you schedule in an evening
  - Think about the number of mats that you will wrestle on
  - Think about the number of officials you have hired and how much they are being paid
  - Think about the distance that the traveling schools must drive and the time going home
  - After considering all these factors, determine whether you should always allow for three matches per wrestler. Junior High meets should be able to get finished in under 3 hours!

Best of luck,



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 Iowa High School Athletic Association  
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