



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Wrestling: 2022-23 Memo #1

August 11, 2022

Wrestling Coaches and Athletic Directors,

The IHSAA has approved many wrestling changes ahead of this school year and I want to make sure I try to clarify all the plans being made for the 2022-23 season.

In a nutshell, here are the changes that have been previously announced and a few details we have for the postseason at this time:

- Eliminate Class 1A or 2A Sectional Wrestling Tournaments
- Dual Team wrestling will be held as follows:
 - Tuesday, January 31, 2023– Regional Duals for all classes (3 teams, two duals, winner advances – same format as 2022)
 - If weather causes a postponement, the make-up date will be Wednesday, Feb. 1.
 - If another postponement occurs, the highest ranked team in that regional, based on the final IWCOA rankings, will become the qualifying team for State Duals
 - Athletic Directors of schools who anticipate the possibility of hosting a regional dual (Top 16 ranked teams are considered and we try to go to Top 8) might want to check their gym availability/schedules for any conflict on that night. There will be many basketball games being played!
 - Qualifiers for Regional Duals will be based on IWCOA Dual Team Rankings (Top 24 in each class)
 - State Dual Team Tournament will be held on Saturday, February 4, 2023 at Xtream Arena in Coralville, IA
 - 6 mats will be used with a 9:00 a.m. start time with 8:00 a.m. weigh-in. Final schedule will be posted on our website later this fall.
- District Tournaments to be held on Saturday, February 11, 2023. Schedule will be:
 - 8:00 a.m. weigh-ins
 - Seeding meeting
 - 10:00 a.m. wrestling begins
 - 2 mats to be used
 - 12 Class 1A District Tournaments with approximately 10 teams involved
 - Top two place finishers qualify for state individual tournament
 - 8-person bracket with possibility of 1 or 2 pigtail matches (loser eliminated)
 - Wrestle back to true second place (maximum of 6 matches)
 - 12 Class 2A District Tournaments with 8 teams involved
 - Top two place finishers qualify for state individual tournament
 - 8-person bracket
 - Wrestle back to true second place
 - 8 Class 3A District Tournaments with 8 teams involved
 - Top three place finishers qualify for state individual tournament
 - 8-person bracket
 - Wrestle back to true second place
- State Individual Tournament will be held at Wells Fargo Arena in Des Moines, IA
 - Wednesday, February 15, 2023 through Saturday, February 18, 2023
 - 24 individual qualifiers per weight class, top 8 seeds advance to round of 16 automatically
 - Schedule will include three sessions per day (one class per session) on Wednesday (8 mats), Thursday (8 mats), and Friday (6 mats)

- Medal round (6 mats) and Championship Finals (3 mats) on Saturday, February 18, 2023
- Weight classes will remain the same for 2022-23 season with new NFHS weight classes taking effect in the 2023-24 season (still using 14 weight classes)
- Reminder to research IGHSAU girls' wrestling dates that might impact your boys' wrestling season!

Thanks!

Lewie Curtis

lcurtis@iahsaa.org