

## **2022-23 IHSAA Wrestling – preseason information and important dates**

- **Preseason information**
- A coach may have one team meeting with his wrestlers to hand out informational materials before the start of the season. This meeting shall not be used as a practice session.
- TrackWrestling Schedules
  - Be on the lookout for an email from TrackWrestling regarding your login information. It is scheduled to be sent out on October 1.
  - **The host school will create all dual and multiple dual meet schedules no later than Wednesday, November 23** so participating schools have the opportunity to add their dual meets and create their weigh in forms.
    - Name the meet using the names or abbreviations of the schools participating. For example, if Sergeant Bluff-Luton is hosting a quad with Denison-Schleswig; Westwood, Sloan; and Woodbury Central, Moville the meet name could be SBL/Denison/Westwood/Woodbury.
    - The host school should be listed first with the other schools listed however the host chooses.
    - Each team can then use that meet name to create their weigh-in form and each dual will be created under that meet name.
- All wrestling schools are required to have the scales used for official weigh-ins certified annually.
- Weight Management
  - A maximum of two (2) hydration/body composition assessment meetings may be conducted any time on or after October 1.
  - They must be conducted with the knowledge of, and under the guidance of, the school's Athletic Director.
  - They must be conducted in a classroom setting and the wrestlers must be in street clothes.
  - The skills of wrestling shall not be discussed. The meeting(s) is strictly for the purpose of explaining hydration and body composition assessment procedures and processes.
- Body Composition Assessment ([Body Composition Assessment Packet for Schools](#))
  - All high school wrestlers (grades 9-12) must have their body composition assessed by an approved assessor before their first competition. They must have had their body composition assessed and be entered into the NWCA online weight management system through TrackWrestling to be eligible to compete at any level. **OFFICIAL BODY COMPOSITION ASSESSMENTS MAY BE CONDUCTED FROM OCTOBER 24, 2022 – FRIDAY, FEBRUARY 10, 2023.** Approved assessors may conduct unofficial assessments before the official assessment period begins,

but assessments conducted by approved personnel after the official assessment period begins are considered official assessments.

- Each wrestler is only allowed one official body composition assessment unless the IHSAA grants an appeal. Any subsequent assessments, except approved appeals, will not change a wrestler's minimum wrestling weight.
- A list of approved body composition assessors can be found on the IHSAA Wrestling website under the "Body Composition Assessments" heading. Assessors must:
  - be approved by the IHSAA
  - follow the instructions provided by the IHSAA, and
  - use one of the assessment methods approved by the IHSAA.
- Hydration Assessment
  - Hydration assessment must immediately precede body composition assessment.
  - Any wrestler not passing the hydration assessment must wait a minimum of 24 hours before they can have their hydration level reassessed.
  - Wrestlers cannot have their body composition assessed until they pass the hydration assessment.
- If a school wants to appeal an assessment, the appeal form is located on our website at [APPEAL FORM](#)
- Rules Meetings
  - The online rules meeting becomes available on the IHSAA and Varsity Bound website beginning Monday, October 24, 2022. The meeting will no longer be available after Monday, November 28, 2022. After that date, it will be too late for coaches to view a rules meeting. Head coaches are required to view this meeting in order to coach in IHSAA postseason events!
- Concussion Education Mandate
  - All coaches are required to view the NFHS online course titled, "Concussion in Sports: What You Need to Know" before the first official day of practice in the first sport they coach.
  - Clicking on this link [CONCUSSION IN SPORTS](#) will take you directly to the course.
  - To receive credit for the course, each coach must register and order the course, view the course, and print the certificate of completion at the end of the course. Your completion date will be uploaded into Bound once the course has been completed. Reminder – in order for it to show as complete in Bound your BoEE folder number must be entered in your NFHS profile information. To verify this information is entered, go to [nfhslearn.com](http://nfhslearn.com), sign into your account, edit profile information, and ensure your "State Assigned ID number" is listed.
  - Keep the documents, as they will be used when renewing your coaching authorization.

- Coaches are encouraged to read our [2021-22 Regular Season Wrestling Manual](#).
  - The 2022-23 manual will be posted on our website upon approval by our Board.
- Regular Season Reminders
  - All wrestling correspondence will be sent via email and other information will be available online at [IHSAA WRESTLING](#)
  - With the change to the Dual Team series (see below for changes) we will not seek an “Opt-out” for dual team wrestling. If you qualify to this postseason competition, we will expect you to compete as with any other sport for which your school has signed up.
- Postseason changes
  - Dual Team Wrestling
    - Qualifiers for Regional Duals will be determined by IWCOA Rankings, to be finalized in mid-January. Please plan on providing an educated vote to the IWCOA when requested.
    - Regional Duals will be held at 8 sites per class on Tuesday, January 31, 2023. A bad weather date will be the next night, Wednesday, February 1, 2023. IWCOA Rankings will determine the state qualifying team if both of these nights are postponed due to weather.
    - State Dual Team will be held at Xtream Arena in Coralville on Saturday, February 4, 2023, with an 8:00 weigh-in and 9:00 opening round.
    - [2023 State Dual Tournament Schedule](#)
  - Individual Wrestling
    - District tournaments will be held in all classes on Saturday, February 11, 2023. There will be 12 sites used for Class 1A and Class 2A Districts, with the top 2 finishers advancing to the State Wrestling Tournament. There will be 8 sites used for Class 3A, with the top 3 finishers advancing to the State Wrestling Tournament.
    - There are now 24 qualifiers to the Traditional State Wrestling Tournament in each weight class.
    - The State Wrestling Tournament will start on Wednesday, February 15, 2023 and conclude with the championship finals on Saturday, February 18, 2023.
    - [2023 State Traditional Tournament Schedule](#)
- Reminder of Junior High Policy
  - Please understand that junior high athletics involves students in grades 7 and 8 only.
  - This is from our Junior High Manual: No 7th- or 8th-grade boy shall be permitted to compete in an interscholastic athletic contest involving any boy below 7th grade or above 8th grade.
  - Whether or not junior high school athletes are allowed to practice with high school athletes is left to the discretion of the local school district.
  - Students below the 7th grade shall not participate in interscholastic practices with, or against, students in the 7th grade or above.
- Postseason sites and assignments
  - The district wrestling sites will go to the Board of Control for approval on November 18.
  - If any schools have a pending Cooperative Sharing Agreement for wrestling that needs IHSAA approval, they must be submitted before Friday, October 7.