

Wrestling memo – 11/29/22

Wrestling coaches, athletic directors, and officials,

- Wrestling Rules Quiz (answers at the end of this memo)
 1. Coach misconduct occurs when a coach:
 - A. Questions the referee's call from the bench.
 - B. Questions the referee's judgment at the scorer's table.
 - C. Questions the referee's call while standing at matside.
 - D. None of the above.
 2. Fall or Near-fall can be earned if the wrestler being pinned has all or part of the shoulders or scapula beyond the boundary line and the offensive wrestler's toes are supporting points and the knee(s) of the offensive wrestler are:
 - A. Inside or on the boundary line in contact with the mat.
 - B. Inside of or on the boundary line above the mat.
 - C. Beyond the boundary line.
 - D. Both A & B.
 3. In a dual meet, the referee stops the match when the wrestler on top cries out in pain. The top wrestler indicates he was bitten and shows the referee his arm with both upper and lower teeth marks visible. What is the proper procedure and ruling?
 - A. Assess an unsportsmanlike penalty against the bottom wrestler and award the top wrestler a match point.
 - B. Charge the bottom wrestler with unnecessary roughness and penalize that wrestler one team point.
 - C. Charge the bottom wrestler with flagrant misconduct and award the match to the top wrestler with no other penalty assessed.
 - D. Charge the bottom wrestler with flagrant misconduct, award the match by disqualification to the top wrestler, and deduct three team points from the team of the penalized wrestler.
- [TrackWrestling Season Team Video \(by Matt Shannon\)](#) – this link shows a video that should be viewed by anyone working with TrackWrestling for your team!
- “Licensed health care provider” means a Medical Doctor, Doctor of Osteopathic Medicine, Doctor of Chiropractic, Physician’s Assistant, Advanced Registered Nurse Practitioner, Physical Therapist, or certified Athletic Trainer. For wrestling meets, the “Designated, on-site, medical professional” needs to hold one of the aforementioned titles.
 1. Emergency Medical Technician (EMT) or paramedic does not meet this standard.
 2. These same people are the ones who can provide written clearance releasing the student following a concussion or other brain injury to return to or commence participation in any extracurricular interscholastic activity.
 3. [Medical Release for Return to Athletics Form](#) can be printed and used at wrestling events.

- Tickets for the IHSAA State Individual Championship finals, will go on sale later than normal. Expect more information to follow. We are targeting January 10 as the purchase date for these reserved tickets. Coaches, please communicate with your Athletic Directors regarding state finals tickets as that date gets closer.
- [District Tournament sites and assignments](#) have been posted to our website.
 1. [The District Tournament bracket](#) is at this link. Please refer to it for how the tournament will be conducted.
 2. In Class 1A (and one Class 3A District) there may be more than 8 wrestlers for a weight class. If that is the case, there will be a true “pigtail” match(es) that take place. The winner of that pigtail gets entered into the 8-man bracket while the pigtail loser is eliminated.
 3. No team scoring happens for any pigtail matches. No bonus points are scored for pigtail matches. No advancement points are scored for pigtail matches. The pigtail happens only to get a wrestler entered on to a line in the round of 8. The pigtail wrestlers will be the #8 and #9 seed, or the #7 and #10 seed, or the #6 and #11 seed.
- [Examples of legal and illegal headgear](#) in accordance with NFHS rules are posted on our website for your reference.
- Reminder: shaking hands with opposing coaches following a match is not allowed during IHSAA wrestling competition. This should also be practiced at the junior high level. Shaking hands with the opposing coach can occur after the conclusion of a wrestling competition.
- Indicating the winner of an individual match can be done in one of two ways:
 1. The referee will raise the winner’s hand in the air
 2. The referee will raise the wrist band color that corresponds to the wrestler’s ankle band and ask the winning wrestler to raise his own hand
- [Signal chart for officials](#). Use these 28 approved signals.
- When contracting meets that include boys and girls matches, Athletic Directors need to be sure officials understand the expectations. In order to officiate a girls’ match, officials must be registered with IGHSAU. The same is true for boys’ matches and the IHSAA. Clearly indicate to officials what matches will be wrestled so you know you are getting a properly licensed wrestling official. We encourage officials to register for both, but it is not required at this time.
- Female wrestlers who are on a boys’ team roster are eligible to compete. If their school does not have a recognized girls’ program and are not sharing girls’ wrestling with other schools, that female can be on the boys’ wrestling team.
- [Wrestling Rules Quiz Answers](#)
 1. B Questions the referee's judgment at the scorer’s table.
 2. D Both A & B.
 3. D Charge the bottom wrestler with flagrant misconduct, award the match by disqualification to the top wrestler, and deduct three team points from the team of the penalized wrestler.

Let's all have a great season and work together to make wrestling a memorable experience for the members of the wrestling teams. Conducting ourselves in a professional and courteous manner reflects not only on yourself, but also sends a positive message to these young athletes and team personnel. Look the part at your upcoming duals and tournaments. Dress like the event is important and put on well-organized events! Communicate with your wrestling officials in a professional manner and treat all event workers with dignity. Be great at this!

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