

Wrestling memo – 11/4/22

Wrestling coaches, athletic directors, and officials,

- TrackWrestling rosters and body composition results are being added for the 2022-23 season. If your assessor has any difficulties, have them contact Kim Mechura (kmechura@iahsaa.org), Andy Umthun (aumthun@iahsaa.org), or me for assistance. The assessors need to be registered with us through Kim. Adding female wrestlers in the Girls High School season is a completely separate process, and those questions go to Erin Kirtley at the IGHSAU.
- [Regular Season Wrestling Manual](#) is on our website.
- Entering schedules is a responsibility of each school that is hosting an event. Schedules need to be added before competitions begin on Nov. 28. The host school in a quad, for example, needs to create the event and add the other three schools. The host then creates their three dual meets inside of that event. The visiting teams need to then go into that event and add their own duals with the first team alphabetically adding two duals and the next team alphabetically adding the final dual. The team that is last alphabetically does not have to add any duals.
 - Teams A, B, C, and D are wrestling in a quad being held at Team C.
 - Team C creates the event and adds Team A, Team B, and Team D.
 - Team C adds the following duals: Team C vs. Team A, Team C vs. Team B, Team C vs. Team D
 - Teams A, B, and D accept the event on their schedules
 - Team A adds the following duals: Team A vs. Team B and Team A vs. Team D.
 - Team B adds the following dual: Team B vs. Team D
 - All six duals have been added into schedules for each to accept and use to live score the matches.
- The IHSAA wrestling season is found in Track Wrestling in the 2022-23 High School Boys login, while the IGHSAU is in the 2022-23 High School Girls login.
- All participants must have a body composition assessment completed and entered by the assessor on the OPC of the TrackWrestling system. Please get those completed and get your rosters entered along with your schedules. Currently we have just over 1,000 eligible, rostered athletes entered into the system. That number should go to around 7,000 in the coming weeks.
- “Licensed health care provider” means a Medical Doctor, Doctor of Osteopathic Medicine, Doctor of Chiropractic, Physician’s Assistant, Advanced Registered Nurse Practitioner, or certified Athletic Trainer. For wrestling meets, the “Designated, on-site, medical professional” needs to hold one of the aforementioned titles.
 - Emergency Medical Technician (EMT) or paramedic does not meet this standard.

- 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.
- The IHSAA State Individual Championships will be held February 15-18, 2023. The updated schedule is on our website. 24 individual qualifiers will be a new thing this year. Class 1A and 2A will have two qualifiers per District weight class, while 3A will have three qualifiers per District weight class.
- Tickets for the IHSAA State Individual Championship finals scheduled for February 18, will go on sale later than normal. We are currently working with Wells Fargo Arena trying to provide a better method for schools. Expect more information to follow. We are targeting January 9 as a potential 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 will be approved by the IHSAA Board of Control at its November 18 meeting. We should have these posted on our website by the end of the business day on the 18th.
- Postseason Dual Team series reminders
 - Regional Duals will be held on Tuesday, January 31 with the top 24-ranked teams from the IWCOA Coaches Rankings qualifying.
 - State Duals will be the 8 qualifying teams from the Regional Duals and will be held on Saturday, February 4 at Xtream Arena in Coralville.
 - Teams wanting to schedule events (duals or tournaments) during this week can certainly do so, just keep in mind that some teams may have to back out if they qualify for the Postseason Dual Team series.
- Rule changes for 2022-23 season – please read carefully and prepare accordingly!
 - Headgear logo rule
 - Manufacturer's logo (Cliff Keen, Adidas, Rudis, Nike, etc.) may appear once on each ear guard.
 - Other legal markings include school logo or lettering, individual name or weight class, or approved memorial sticker (IHSAA will send a letter of approval to be shared by the school's coach).
 - Illegal markings include promotional references or logos, such as universities/colleges, businesses, wrestling clubs or wrestling organizations.
 - Shoe rule
 - The shoe coming off is now considered stalling, just like the shoelace coming untied.
 - Properly lacing the shoes, using every eyelet, will virtually eliminate this problem from happening. Coaches, this is up to you to take care of. Don't let a shoelace coming untied or a shoe coming off the foot be the difference between winning or losing a match!

- Shoelaces can still be taped, but that is not required. Proper tying of the shoelaces is the requirement. We suggest double knot, tape for good measure!
 - Facial hair rule
 - Facial hair trimmed to a length so that the skin is visible for medical examinations is allowed
 - If facial hair is too thick as determined by the official or the designated medical professional conducting skin checks, the wrestler has three options:
 1. Trim the facial hair to meet the guidelines
 2. Wear a legal face mask attached to the headgear
 3. Choose not to wrestle
 - Hair control devices and other adornments that are securely fastened and do not present an increased risk to the wrestler, teammates, or opponent are allowed.
- Stalling in the ultimate tiebreaker reminder
 - Officials are being instructed to call stalling in the ultimate tiebreaker differently than in the regulation time and overtime. Because the ultimate tiebreaker is a unique situation, stalling will be called differently.
 - Coaches are being instructed that officials will call stalling in the ultimate tiebreaker in the following manner:
 - If the top wrestler is holding on to the bottom wrestler and making no attempt to improve his position, the official will call stalemate and have a re-start from the top/bottom position.
 - If the top wrestler is holding on to the bottom wrestler and making no attempt to improve his position a second time, the official will call another stalemate, give the top wrestler a “verbal warning” that another stalemate will result in a stalling call, and have a re-start from the top/bottom position.
 - If the top wrestler is holding on to the bottom wrestler and making no attempt to improve his position for a third time, stalling will be called. This could be the first warning for stalling and a re-start could happen, or it could be a penalty point and end the match.
 - One specific stalling situation that should be called without warning or stalemate would be legally holding the heel to the buttocks while the defensive wrestler is broken down on the mat for more than five seconds (Rule 7-6-4b).

The wrestling season is underway for girls and the boys season takes off with practices on November 14. 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. Be great at this!

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