

Wrestling memo – 12/6/23

Wrestling coaches, athletic directors, and officials,

Please read through the bullet points below for wrestling information and updates. I'd appreciate it if the schools could share this memo with all assistant coaches and junior high coaches, please!

- [Regular Season Wrestling Manual](#) is on our website. Be sure to take time and review this document, as it summarizes the things you need to know, especially coaches! Be sure to also share this type of information with assistant coaches and junior high coaches!
- [Postseason Wrestling Manual](#) is on our website. Be sure to take time and review this document, as it summarizes the things you need to know regarding IHSAA postseason wrestling events.
- IWCOA dual team rankings will be utilized again this year. Be on the lookout for emails seeking your input – voting for your local teams and statewide teams – within your classification. These rankings will be utilized as the IHSAA determines Regional Dual Meet participants (top 24 in each class) and sites.
 - Researching dual team records is made easier using your TrackWrestling system. Simply login to your account, then
 - Select My Account in the blue section at the top.
 - Choose My Extras, then Dual Records.
 - Next, click on the Filter box
 - Choose Varsity as the Level
 - Choose Iowa – IHSAA Class 1A, 2A, or 3A as the League
 - The teams in that class appear alphabetically with their varsity records for dual meets appearing. You can click on Record and sort for most wins or click on Win % and sort that way.
 - Click on the blue link showing their record to see who they have competed in duals against and the result (no score)
 - Please do your best when submitting your votes to the IWCOA. The planned voting deadlines are Dec. 18, Jan. 15, and Jan. 22. The January 22 date will serve as the final rankings from which qualifiers will be determined and pairings will be made.
 - Regional Duals are set for Tuesday, January 30. For those schools who might anticipate possibly being a host (we try to go with Top 8, but that isn't always possible), please check now for facility availability. If you know that you cannot host, I'd appreciate a heads-up.
- [State Duals schedule for 2024](#)
- [State Individual schedule for 2024](#)
 - Reminder: reserved State Finals tickets will go on sale to schools on Jan. 9 (lower bowl) then again on Jan. 10 (upper bowl). General public reserved tickets go on sale January 16. Get prepared to place your order!

- Additional wrestling coaches floor passes for the State Wrestling Tournament will be available for purchase by schools. Each school with a qualifier will receive three complimentary passes. Schools wanting to provide access to approved and BoEE authorized coaches will have the opportunity to purchase those credentials. More information will be coming!
- [State Individual seeding criteria](#) (note Class 3A District place finish – criteria 6)

Rules of concern, weigh-ins/weight management topics, and Challenge Questions

- Coaches – please pay close attention to each individual’s weight descent plan. Each week the wrestler has two Eligible Weight Classes (EWC). In order for that wrestler to not be in violation of their plan, they must make weight at one of those two weights.
 - They are not eligible to weigh in below their lowest EWC for that week
 - If they weigh in above the higher of the two EWC for that week, their weight descent plan recalculates immediately and the weight loss per week won’t start up until the next week – and from the actual scale weight entered at that previous weigh-in causing the violation.
 - Adjusting the wrestler’s Minimum Weight Class (MWC) can be done by the coach. Only do this if you know for certain that the wrestler will not be using that lower weight class, as it cannot be changed back by the coach!
 - The MWC adjustment is done by clicking on the blue MWC number on the Roster page, selecting the new MWC, and updating. This adjustment does recalculate the plan retroactively for the season.
 - If unsure, please contact Lewie with questions!
 - Junior Varsity weigh-ins do count as official weigh-ins, so be sure the wrestler is making one of his two EWC – even if weight classes aren’t being used in a tournament – they pair wrestlers up in groups of four, often times! We should be weighing kids in and making sure that these pairings only include wrestlers within one weight class of each other per their actual scale weight!
- Consecutive day allowance
 - This time of year brings about many questions regarding Rule 4-5-5 (consecutive days and weight allowance). Read that rule first!
 - A few examples of situations regarding consecutive day weight allowances are listed below:
 - If a school must cancel classes (or dismiss early) due to inclement weather 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 and combinations of reasons, 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. These are becoming more common situations and may require clarification. 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. There just isn’t enough of an impact in having four kids go to the JV tournament to warrant an allowance on Tuesday. 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, so don’t wait to inform people.

- Monday events do not qualify for consecutive day allowance. The only way that would be allowed is if the team participating on Monday also had an event with a weigh-in on Sunday, and that simply is not happening. The choice to schedule on a Monday comes with the knowledge that scratch weight will be expected, regardless of level of wrestling.
 - School cancellation is part of the consecutive day scale allowance consideration. Here are a few scenarios that might prove to be helpful in determining whether or not to grant a scale allowance for consecutive days. (Keep in mind, whether or not a school allows for practice plays no part in these situations. Cancelling school or dismissing early is all we are considering)
 - In no instance will there be more than a two-pound allowance for consecutive days or weather-related cancellations.
 - The two-pound growth allowance is separate from the scale allowance for consecutive days or weather-related cancellations.
- Headgear straps – it is legal to cross the headgear straps. It is legal to use a connector device designed by the headgear manufacturers in order to pull the straps closer together and provide a better fit. The use of tape is illegal on headgear.
- Rule 4-2-6 addresses participants who wear braces on their teeth or other orthodontic devices. Simply put, a mouthpiece that covers both the front of the teeth and the biting surface of the teeth are necessary to satisfy this rule. The small attachable plastic clips that simply cover the braces are not considered legal and should not be used! Not reporting properly equipped is a technical violation and also uses injury time in order to correct the situation. Be sure to get this taken care of now, so an embarrassing situation does not occur!
- End-of-match procedure in Iowa calls for shaking of hands between the opponents, the official declaring the winner, then the contestants returning to their team bench or corner. This applies to all levels (7-12). Get your junior high coaches informed so this can be handled properly. Officials, you might try to assist by instructing the wrestlers to return to their corner. There isn't a penalty, just need to try and clean it up.
- Another item for junior high coaches – if you have girls wrestling, please make sure they are wearing proper, legal undergarments. This would include a sports bra to minimize exposure and a suitable undergarment that completely covers the buttocks and groin area. A suitable undergarment is also required of boys.
- A reminder that the signed weigh-in report is the official document for weight classification concerns that might arise. Be sure you prepare those weigh-in reports carefully and eliminate situations that might be deceptive to other coaches.

Challenge Questions (answers at the end of memo)

Q1 - Team A's wrestler (Joe) weighs in at the 106-pound weight class. Team A doesn't have a 113 or 120-pound wrestler. Team B doesn't have a 106 or 113-pound wrestler but weighs in a wrestler (Steve) at the 120-pound weight class. Both wrestlers (Joe from Team A and Steve from Team B) receive forfeits and then the coaches want them to wrestle in an exhibition match at 120 pounds. Is this permissible?

- A. Yes, if both coaches agree.
- B. No, unless both parents agree.
- C. Yes, if the athletic trainer feels it is safe.
- D. No, a wrestler cannot compete in more than one weight class above the actual weight.

Q2 - On Friday, Wrestler A wrestled five matches at a two-day, multi-dual meet. The following day, what is the maximum number of matches Wrestler A is allowed to wrestle:

- A. 6
- B. 5
- C. 4
- D. None of the above

Q3 - During a tournament, the coach of Team B requests to have two coaches and a stat person in the corner. Is this allowable:

- A. Yes, provided the stat person doesn't coach.
- B. Yes, provided the opposing team agrees.
- C. No, only two team personnel are allowed in the corner.
- D. No, unless approved by the tournament manager.

Q4 - The referee arrives five minutes before the start of the dual meet. The visiting team informs the referee that skin checks were not performed. The wrestlers have warmed up and the dual meet is ready to begin. The referee addresses this issue in this manner:

- A. The referee will ask the coaches to verify if anyone has any skin issues. If the answer is no, then the referee will start the dual meet.
- B. The referee will ask each contestant if he or she has any skin issues. If the answer is no, then the referee will start the dual meet.
- C. The referee will have each team return to the locker room. The referee or appropriate health-care professional will perform the skin check. The dual meet will start after conclusion of the skin check.
- D. The referee will start the dual meet without skin checks because the dual meet must start at the scheduled time.

Q5 - The official is holding three points for a near fall when wrestling is stopped because the defensive wrestler committed unnecessary roughness. What points will the official award:

- A. Two points for unnecessary roughness and three points for the near fall.
- B. One point for unnecessary roughness and three points for the near fall.
- C. One point for unsportsmanlike conduct and three points for the near fall.
- D. One point for unnecessary roughness and four points for the near fall.

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!

Lewie Curtis, IHSAA
Director of Officials
Wrestling Administrator
lcurtis@iahsaa.org
515-432-2011 ext. 228 (office)

Challenge Question answers

A1 - D (No, a wrestler cannot compete in more than one weight class above the actual weight.) Rule 1-4-6

A2 - B (5) Rule 1-4-7

A3 - C (No, only two team personnel are allowed in the corner.) Rule 2-2-2

A4 - C (The referee will have each team return to the locker room. The referee or appropriate health-care professional will perform the skin check. The dual meet will start after conclusion of the skin check.) Rule 3-1-4

A5 - D (One point for unnecessary roughness and four points for the near fall.) Rule 5-11-2h,i