

Wrestling memo – 1/15/24

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!

- 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. Begin completing the form to order additional coaches passes by clicking on this link: [State Wrestling Championships – additional coach passes](#)
 - **Order forms are due to the IHSAA by Tuesday, Jan. 16. Because of weather, this date was extended from Jan. 12.**
 - Reminder that each school qualifying a wrestler will receive 3 complimentary passes for coaches. The above referenced order form is for schools that want more than those 3 coaches passes.
 - Schools that qualify 3 wrestlers or more for the State Championships will receive one additional pass. This pass can be used at your discretion (new this year) for another coach, for another non-qualifying team member (warm-up partner), or for a manager.
 - We will be using identification badges rather than wristbands this year. This will be for coaches, wrestlers, and cheerleaders. Replacement badges for wrestlers and coaches will be at full cost, so keeping them secure will be imperative! Replacement cost will be the full \$120.
- Wrestling coaches – NOW is the time to check your Seed Criteria for returning state qualifiers! This is your responsibility to check for accuracy. If something appears to be inaccurate, you must report it to Lewie (lcurtis@iahhsaa.org) , as you cannot make changes to the criteria.
 - Click on the individuals name on your Roster page of the OPC
 - On the Edit Wrestler page, click on Seed Criteria
 - Look at the top two boxes for criteria for accuracy
 - 2022-23 state qualifier – should say State Qualifier
 - 2022-23 Iowa HS state place – should show their final placing if finishing in the top 8 (2nd and 3rd show as equal in criteria)
 - If something is inaccurate, email me with the name, school, correct criteria, and weight class so I can check for accuracy and make the change.
- [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 next planned voting deadline is Jan. 15, with one final ranking being submitted by Jan. 22. The January 22 date will serve as the final rankings from which qualifiers will be determined and sites 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](#)
- [State Individual seeding criteria](#) (note Class 3A District place finish – criteria 6)

Challenge Questions (answers at the end of memo)

Q1 - Wrestler B has Wrestler A in a near-fall situation for five seconds. Wrestler A grabs the ear guards of Wrestler B in an attempt to avoid being pinned. The referee notices the violation but does not stop the match. How many points will Wrestler B receive when the situations ends:

- A. Point(s) for technical violation and four points for near fall.
- B. Point(s) for technical violation and three points for near fall.
- C. Point(s) for illegal hold and three points for near fall.
- D. Point(s) for illegal hold and four points for near fall.

Q2 - 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.

Q3 - A team intentionally delaying its appearance to the mat area beyond five minutes of the established dual meet starting time, shall be penalized _____.

- A. one team point.
- B. two team points.
- C. three team points.
- D. five team points.

Q4 - Head/Neck/Cervical Column time-out is not an extension of:

- A. Injury time.
- B. Recovery time.
- C. Blood time.
- D. All of the above.

Q5 - If the required protective ear guard is misplaced, the referee is authorized to stop the match as follows:

- A. In the neutral position, when no takedown is in progress, the match may be stopped as soon as the ear guard is displaced.
- B. If the wrestler is being placed at a disadvantage because the misplaced ear guard is covering the eyes, nose, mouth or is causing choking, the match shall be stopped so that the proper adjustment may be made.
- C. The referee shall stop the match in all other situations, only when there is no significant action taking place.
- D. All of the above.

Rules of concern, scale allowance, etc.

- Special equipment and padding
 - The rule book says that special equipment that is hard or abrasive must be covered and padded “with a closed-cell, slow-recovery foam padding no less than ½-inch thick”
 - Honestly, I’m not sure what that description of padding would even look like! Let’s not over-rule on this issue. Consider a compression sleeve that has some padding in it as sufficient for covering these types of special equipment (knee brace, other types of apparatus that might be worn)
 - Keep in mind, the restriction of movement of the joint is not allowed in special equipment, so devices that lock in place to prevent movement of a joint in it’s normal range of motion are not permissible.
- In an attempt to simplify any “edge of the mat in a pinning situation” confusion, as it relates to the bottom wrestler being out-of-bounds and determining if the top wrestler is still inbounds, please read Rule 5-15-2c which states:
 - c. Near-fall points or fall shall be earned only while the supporting points of either wrestler are inbounds. In a pinning situation, when all parts of the defensive wrestler's shoulders/scapula are on the mat beyond the boundary line, if the feet including toes and heels of the offensive wrestler are the supporting points, the offensive wrestler's knee(s) must be inside the boundary, whether in contact with or above the mat.
- Let’s break this down
 - Supporting points include- (from 5-15-2a):
 - the knee(s); 2. the side of the thigh; 3. the buttocks; 4. the hand(s); 5. the head. 6. foot (feet).
 - So, when the defensive wrestler (bottom wrestler) is in a pinning situation and all parts of his shoulders/scapula are on the mat outside the boundary line, the offensive wrestler (top wrestler) needs to have two supporting

points inbounds on the mat. If the feet (including toes and heels) are those two supporting points then at least one knee of that top wrestler must also be inside the boundary line. That knee can be in contact with the mat or above the mat, but it must remain inside the boundary line!

- In this pinning situation, if the top wrestler has his feet (including toes and heels) down inbounds, and both knees go outside of the boundary line, we blow the whistle and stop the action. They are out-of-bounds! The top wrestler does not get a chance to pull the bottom wrestler back inbounds. Stop the match and re-start in the referee's position.
- Bad time on overturned TD call (when an assistant referee is being utilized)
 - Situation: Wrestler A is trailing in the match 6-5 when he is awarded a takedown near the edge of the mat with 0:30 remaining in the third period to take the lead, 7-6. Wrestling continues near the edge and Wrestler B is still defending the attempts of Wrestler A, when they go out of bounds with 0:08 remaining in the match.
 - The Assistant Referee (AR) and the Head Referee (HR) discuss whether or not Wrestler A had ever clearly demonstrated control during the situation. It is determined that Wrestler A did not fully gain control, so the takedown is taken off the scoreboard from Wrestler A.
 - Rule 5-1 covers Bad Time, which is what we have in this situation. Because the HR granted the TD that was changed later to no TD, the wrestlers wrestled in the wrong position from 0:30 until 0:08. That time needs to be added back on to the clock and re-wrestled, starting in the neutral position with Wrestler B leading 6-5. (TrackWrestling can be used to identify when the TD was awarded or the AR might have seen the time left on the clock when the AR originally awarded the points)
 - This situation is an example of a rule interpretation. There is no clear indication of whether or not that time should be re-wrestled, but our interpretation is that because of the final decision being that the call by the HR was changed to no TD, the official had put the wrestler in the wrong position by awarding the TD originally. (Rule 3-1-2 can also be used to support this situation)
- What should happen when we have a stoppage on multiple mats due to some kind of injury and only one medical professional is available?
 - Injury time when trainer is occupied on another mat
 - You can start injury time and allow the coach to observe and evaluate the athlete, then if it is determined that the medical professional is needed, the official can stop injury time and take an official's time (Rule 5-28-4) to wait on the medical professional .
 - What shouldn't happen is to have all 90 seconds of injury time run out and disqualify the injured wrestler when the medical professional has not been able to assist.
 - Recovery time when trainer is occupied on another mat

- This situation occurs when a contestant is injured as a result of an illegal hold, unnecessary roughness, unsportsmanlike conduct, or false start from neutral by the opponent.
 - Two minutes is given for recovery time, and there is not an extension of time to wait for a medical professional.
 - If the two minutes of recovery time runs out and the medical professional cannot evaluate the injured athlete, the match is terminated, and the injured athlete is declared the winner by injury default. The wrestler who committed the infraction loses the match.
 - No extension of time is given to recovery time for the evaluation of Head, Neck, or Cervical Column (HNC).
- Rescheduled meets from Saturday to Monday or Tuesday and weight allowance
 - If a Saturday event is rescheduled for the following Monday due to a weather postponement, a 2-pound scale allowance (in addition to growth allowance) is permissible on Monday.
 - If a Saturday meet was cancelled and school cancelled on Monday, the host of a Tuesday meet should grant a 2-pound allowance for consecutive days.
 - The host school makes the determination on scale allowance for consecutive days. With this stretch of bad weather and massive amounts of cancellations, the scale allowances are going to get used! Please communicate with each other effectively to be certain that all teams involved are aware of the decision.
 - Regularly planned Monday events do not generally receive a scale allowance.

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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Wrestling Administrator
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Challenge Question answers

A1 - A Point(s) for technical violation and four points for near fall. Rule 5-11-2i

A2 - 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. Rule 5-12-2c

A3 - A one team point.

A4 - D All of the above.

A5 - D All of the above.

Rule 6-2-1

Rule 6-4-3

Rule 6-4-5