



### **Wrestling memo #4 – 1/2/25**

Wrestling coaches, athletic directors, and officials,

Please review the following bullet points as we enter into the second half of the wrestling season. Please email me ([lcurtis@iahsaa.org](mailto:lcurtis@iahsaa.org)) or Andy Umthun ([aumthun@iahsaa.org](mailto:aumthun@iahsaa.org)) to get questions answered.

#### **Regular Season, weight classes, etc.**

- **Growth Allowance has started! Every wrestler is now issued a 2-pound growth allowance. Please be aware of the critical parts of each wrestler's Weight Loss Descent Plan.**
  - The first component of the plan to be aware of is the Minimum Weight Class (MWC). That is the very lowest weight class for which the wrestler can compete. The MWC can be changed to a higher weight class by clicking on the MWC number for that wrestler on the Roster page in your TrackWrestling team account.
  - The next component of the plan to be aware of is the Eligible Weight Class (EWC). The two weight classes listed are where the wrestler can weigh-in during that week without violating the plan. For the week of Dec. 30, because the growth allowance kicks in, a wrestler might be able to weigh in at a lower weight class than their lowest EWC for the week, only if the next week's EWC drops down to a lower weight class and his Actual Eligible Weight is within two pounds of that (see example below).
- **Here are a few scenarios and questions that will hopefully help you gain some clarity regarding the growth allowance, especially for the remainder of this week.**
  - My wrestler has a Minimum Weight Class of 126. He has Eligible Weight Class of 132, 138 this week (Dec. 30, 2024), but next week that drops to 126, 132. His Actual Eligible Weight for this week says 128.0. Can this wrestler make weight for the Thursday, Jan. 2 dual meet at 128.0 and wrestle in the 126-pound weight class?
    - Answer: Yes. (This is ok because the growth allowance makes 128.0 an acceptable weight for the 126-pound class, and this wrestler has an Actual Eligible Weight of 128 for this week – thus can utilize that allowance to make weight for the 126-class)
  - My wrestler has a Minimum Weight Class of 126. His Actual Eligible Weight says he can weigh 121. Is he able to weigh 121 or 122 and wrestle in the 120-pound weight class, since he has the growth allowance?

- Answer: No (The Growth Allowance cannot be used to change a Minimum Weight Class. This wrestler's MWC is 126 and stays at 126.)
  - My wrestler has been wrestling 132 all year long. His MWC says 126 and he is thinking about going down to 126 later in January. Can he use the growth allowance at 132 (and weigh 134.0 or less) and still drop down to 128.0 later in the year, making weight for the 126-pound class?
    - Answer: Yes. (The growth allowance can be used at either of the two Eligible Weight Classes with no effect on the weight loss descent plan)
  - My wrestler usually weighs around 150 pounds and has an EWC of 150, 157. We want to use him in the 165-pound class. How much does he have to weigh in order to be eligible for the 165-pound class without violating his descent plan?
    - Answer: The wrestler must weigh more than 152.0 and less than 159.0. (By weighing 152.1 up to 159.0, this wrestler has made weight for the 157-pound class. This means he has **not** violated his plan or caused it to be recalculated. By making weight for the 157-pound class, the wrestler can “bump up” one class and compete in the 165-pound class)
- **Reporting weigh-ins problem situations**
  - The following situations have happened this year and need the attention of every coach! I anticipate these situations being enough of a reason to be a cause for change in our weigh-in reporting procedure in TrackWrestling's OPC.
    - On Tuesday, a wrestler weighs in for the 157-pound class by weighing 153.2. His Eligible Weight classes for the week are 144, 150, so his weigh-in is a violation of his descent plan. However, the coach does not enter and commit the weigh-in report for the Tuesday dual meet. Then, that Friday and Saturday the same wrestler weighs in at 149.9 and competes in the 150-pound class.
    - The problem is obvious. Because the coach did not enter the 153.2 weigh-in, that wrestler's plan does not show a violation and a recalculation of the plan prior to the Friday and Saturday event. The coach and wrestler can get away with this deception if other coaches aren't aware of the Tuesday weigh-in.
    - Another situation that has happened and needs to not happen: A wrestler who has Eligible Weight Classes of 126, 132 for the week goes to a JV tournament on a Monday and, because the weight classes aren't being used for actual brackets, weighs in at 135.5. The plan should recalculate as soon as the actual scale weight is entered into the TW OPC system. The coach does not enter the weights right away, as he wasn't the coach attending the meet and hasn't taken the time to enter the weigh-in. That Thursday, the wrestler is weighed in for the 132-class and competes at 132, although he shouldn't be allowed to do that. Nobody knows about this issue until after the Thursday event is completed.
    - This problem is also obvious. Because the coach hadn't entered the Monday weigh-in, this wrestler's descent plan still appears to be accurate for Thursday. Because it happened at a JV meet makes it harder for other coaches to identify, but it also does count as an official weigh-in and needs to be entered as soon as possible. This wrestler should not be able

to be in the 132-class on Thursday (unless the 126 MWC is changed) after violating the plan on Monday.

- These types of situations are allowed in the TrackWrestling OPC because we allow for some “open” weigh-ins, giving coaches time to get their date entered. If too many “open” weigh-ins are in the system, that wrestler no longer shows up in weigh-in reports to be added for an event.
- We need coaches to get their actual weights entered as soon as possible after the weigh-in happens – at least within 24 hours. The actual weights need to be added prior to creating a weigh-in report for the next event.
- These types of situations can be a simple oversight, could be typing mistakes, or truly could be a deceptive attempt to “game the system.” Having no way to really know, I expect the number of “open” weigh ins to get changed in the future.

### **Rule Quiz**

Q1 - The coach believes the referee has misapplied a rule and approaches the scorer's table to discuss the situation with the referee. The referee does not agree that the rule was misapplied. Should the coach be penalized?

- A) No, because the coach questioned the referee in a sportsmanlike manner.
- B) Yes, the head coach is charged with misconduct because the referee didn't change the call that was questioned.
- C) No, because the head coach can question the referee one time before receiving a warning.
- D) Yes, the team is penalized one point because the coach is not allowed to question the referee's decision.

Q2 - Which maneuver is not illegal?

- A) Leg block (cut back).
- B) When a wrestler stands with one or both arms trapped.
- C) Figure 4 around the body.
- D) Locking the hands behind the back in a double arm bar from front.

Q3 - During the second period, the referee is addressing Wrestler B who has choice. Wrestler B chooses the top position. As the referee informs the scorer's table of Wrestler B's choice, Wrestler A is talking with the team's coach and is standing outside of the wrestling area. The penalty that will be assessed is:

- A) None, if Wrestler A returns to the wrestling area immediately.
- B) Wrestler B would receive one match point for technical violation.
- C) Wrestler A would be warned for stalling.
- D) The coach of Wrestler A would be charged with misconduct.

### **Postseason reminders and expectations**

- **State Tournament Seed Criteria – please check this, coaches!**
  - Every returning state qualifier on your roster needs to have their Seed Criteria checked for accuracy.

- Inaccuracies occur when a state qualifier is now enrolled in a different school than the previous school year, so check those carefully.
- 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
  - 2023-24 state qualifier – should say State Qualifier
  - 2023-24 Iowa HS state place – should show their final placing if finishing in the top 8 (2<sup>nd</sup> and 3<sup>rd</sup> 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.
- Coaches can't make the change themselves – I have to do that!
- **Professional dress and behavior, please**
  - The expectation for coaches at all postseason events would be to act and dress in a professional manner
  - As far as dress is concerned, please do not wear ball caps, do not wear blue jeans. Business casual would be the minimum standard.
  - As far as behavior is concerned, we expect all coaches approved by your local school board to work with students to address any and all situations in a controlled and respectful manner.
- **Head Coach cell phone number required for State Wrestling Tournament**
  - Each Head Wrestling coach will be asked to submit their cell phone number to the IHSAA. Click on this form to submit your head coach cell #.
    - [Wrestling: Head Coach Cell Phone Number form](#)
  - If your team (coach or wrestler) receives any kind of team warning or penalty during the tournament, a text message will be sent informing the coach of the violation. The coach will then need to acknowledge receipt of the text message and the violation.
  - We hope this process will eliminate the need to call coaches up to the head table and avoid potential embarrassment.
- **Reminder to potential Regional Dual host schools**
  - Regional Duals will be held on Tuesday, February 4.
  - Regional Duals sites and assignments will be determined around January 27-28.
  - Schools who have teams ranked in the top 10 could possibly be selected to host this event.
  - If you know your school will not host due to a conflict (basketball game that can't be relocated) should let me know ASAP. Only top-10 ranked teams need to bother with this communication!
  - [Dual Team Rankings for Dec. 30 are linked here.](#)
- **Reminder to A.D.s and Coaches about purchasing State Finals Tickets**
  - Please be reminded that the purchase dates are approaching
  - Level 100 tickets go on sale January 14, 2025 at 10:00 a.m.
  - Level 200 and 300 tickets go on sale January 15, 2025 at 10:00 a.m.
  - Jessica Morgan can answer questions in advance ([jmorgan@iahhsaa.org](mailto:jmorgan@iahhsaa.org))
- **Reminder to A.D.s and Coaches about purchasing additional coaches floor passes (beyond the 3 or 4 complimentary passes) for the State Wrestling Tournament**
  - Click on and complete this form by January 17, 2025! Only one entry per school – so A.D. needs to be sure to submit this form in time!

- [Wrestling: Additional Coaches Passes – State Wrestling Tournament](#)
- Schools will be billed for their order of additional passes ordered. \$132 per additional pass is the cost.
- No floor passes will be sold after the due date nor at the event site!
- Three complimentary passes are given, so do not include those coaches on this order form. One additional coach pass is given to teams qualifying three or more wrestlers. We can make adjustments to your order after the District Tournament.
- **State Tournament weigh-in locations and times**
  - Tuesday, Feb. 18 – weight checks and practice room open from 5:00-7:00 p.m.
  - Wednesday, Feb. 19 and Thursday, Feb. 20 – weigh ins at the EMC Event Center Junior Ballroom (former Iowa Hall of Pride location)
  - Friday, Feb. 21 and Saturday, Feb. 22 – weigh ins at the third level of the convention center – rooms 317-320.
- **District Tournaments are being constructed on your Schedule page. Do NOT create your own District Tournament event.**
  - When your District Tournament appears on your Schedule page, take a look at it and make sure your team is listed in the correct site.

### **Rule Quiz Answers**

Q1 – B (Rule 6-6-6)

Q2 – B (Rule 7-2-2)

Q3 – B (Rule 7-3-4)

Have a great finish to the 2024-25 wrestling season. The exciting conclusion will be the 100<sup>th</sup> IHSA State Wrestling Championships on Feb. 19-22, 2025! Let's make that event a memorable one for everyone!

Lewie Curtis, IHSA

[lcurtis@iahsaa.org](mailto:lcurtis@iahsaa.org)

515-432-2011 x 228