



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Wrestling Fall Memo

August 27, 2025

Good morning, Head Wrestling Coaches, AD's, & Asst. AD's –

Hope this fall wrestling memo finds you all doing well and ready for fall. This is Andy Umthun, Assistant Director here at the IHSAA and the new sport admin for wrestling. Just a few quick updates as it pertains to wrestling before our fall seasons are in full swing.

1. Preliminary Classifications

Preliminary classifications are now posted on our [Classifications: Wrestling | IHSAA](#). Please look over this and if you are involved in a co-op, ensure that it is listed on this. Please contact our office with any discrepancies. Please note with a change in code on how cooperative sharing agreements are counted, numbers will go to nearest 100th as only 25% of a cooping schools enrollment counts towards the total BEDS of the cooperative sharing agreement between schools.

2. TrackWrestling

Login for school's team admin will be sent out Monday, September 22. Assessor login will be sent out on Monday, September 29. If you do not receive this information, please have your AD contact our office.

- First Body Composition Assessment: October 20, 2025
- Final Body Composition Assessment: February 13, 2026

3. NFHS Rule Changes

Here are the [2025-26 NFHS Wrestling Rule Changes](#) for the upcoming 2025-26 season. This is a mailing year so all IHSAA wrestling schools will be receiving a NFHS Wrestling Rulebook this year.

4. IHSAA Wrestling Advisory Committee Meeting Updates

We have three implementations for the 2025-26 season that were brought to us by our wrestling advisory committee this past spring and approved by our board.

- Schools will have an official weigh in on site for all levels to ensure consecutive day allowance for all levels is utilized, regardless of numbers.
- Schools will be unable to create a 2nd weigh-in form until the previous weigh-in sheet is entered and committed in TrackWrestling from the last event.
- Allow hosts to determine number of mats used (2 or 3) based on their facility for the first 2 rounds of districts only. Two mats only after first two rounds due to time constraints.

5. IHSAA Wrestling Rules Meeting

The 2025-26 wrestling rules meeting will be available for viewing and completion on Monday, October 27 (week 17) through Bound. The NFHS, our national governing body, has rule updates/changes for the 2025-26 season, as well as points of emphasis, state specific information, etc. More details to come as the start of the season approaches.

6. IWCOA Convention

The 2025 IWCOA Convention will be held on Saturday, October 18 at the Airport Holiday Inn in Des Moines. Registration details and itinerary will be shared once available.

Thanks, and do not hesitate to reach out if you've got further questions as we progress into the fall.



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