



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Wrestling Fall Memo #3

October 13, 2025

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

Just a few quick updates as it pertains to wrestling prior to the IWCOA clinic and the start of the 2025-26 season.

1. TrackWrestling

I have received a few questions about this but as a reminder from a year ago, schools are invoiced for TrackWrestling. All hosting schools need to login to their account and get this paid (if you have not done so already). This was previously communicated, but with the Body Composition Assessments opening, data needs to be entered. It cannot be entered until that team's payment has been made.

- The IHSAA wrestling season is found in Track Wrestling in the 2025-26 High School Boys login, while the IGHSAU is in the 2025-26 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 before they can compete. Please get them completed and get your rosters entered along with your schedules. Reminder first assessment date is October 20.
- If your assessor has any difficulties, have them contact Kim Mechura (kmechura@iahsaa.org) or myself 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 the IGHSAU.

2. IWCOA Convention

Reminder, the 2025 IWCOA Convention will be held this Saturday, October 18 at the Airport Holiday Inn in Des Moines. Looking forward to connecting with many of you there this weekend.

- Registration: [IWCOA - 2025 Convention](#) (#2 deadline is tomorrow, 10:00am)
- Coaches Agenda: [IWCOA Convention - 2025 - Google Docs](#)
- Officials Agenda: [IWCOA - Convention Agenda - Officials](#)

3. Online Rules Meetings

A quick reminder for those that the required 2025-26 wrestling rules meeting will be available on Monday, October 27. All IHSAA rules meetings are hosted through our database at Bound (same as previous seasons). All coaches should have accounts and access already. If you are new to your program or district, please have your AD create and assign an account for you.

After logging into Bound, you can find the rules meeting in two ways:

- Click on the "Activity" feed on your dashboard and select "2025-26 Wrestling Rules Meeting Open"
- Click on the IHSAA logo on the left menu, then under Forms select "2025-26 Wrestling Rules Meeting"

Having any Bound issues? Please use the green chat box in the lower right-hand side of your screen to communicate directly with the Varsity Bound staff at: <https://ia.varsitybound.com/>.

Coaches have until **Monday, December 1, 2025**, to view and receive credit for completing this required rules meeting.

[2025-26 NFHS Wrestling Rule Changes](#)

[2025-26 NFHS Wrestling Points of Emphasis](#)

4. 2026 Traditional State Tournament Schedule

Both the 2025-26 regular season and postseason manuals are available on our website. Please ensure you have read through these and are well versed as the start of the season approaches.

- [Manual: Wrestling, Regular Season | IHSAA](#)
- [Manual: Wrestling, Postseason | IHSAA](#)

5. Weigh In's/Skin Checks/Licensed Health Care Providers

Early in the season, officials might conduct a pre-meet discussion with teams. They might be expected to be at weigh-ins, although that is not required by rule. They might be asked to help conduct skin checks. Athletic Directors should be aware that these expectations should be clearly communicated in advance and compensation should be made for additional time and work.

- Having a designated on-site health care professional is an important aspect of wrestling events. Do your best to secure those people to assist with the event.
- Head, Neck, and Cervical timeouts can only be granted to a designated on-site health care professional. Without them, the extended time for evaluation cannot be granted and the match will end in an injury default.
- Officials need to know if a designated on-site health care professional is available prior to the meet/event starting. Get that communicated to all coaches as well.
 - “Licensed health care provider” means a Medical Doctor, Doctor of Osteopathic Medicine, Doctor of Chiropractic, Physician Assistant, Advanced Registered Nurse Practitioner, Physical Therapist, 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 Medical Release to Return to Athletics form](#) is available for use at your wrestling events where you have an on-site, designated medical professional available.

6. Postseason Dual Team Series

Regional Duals will be held on Tuesday, February 3, 2026, with the top 24-ranked teams from the IHSAA Rankings qualifying.

- If you think your school’s boys wrestling team might be a top 10 type team, consider making arrangements for use of your gym for a possible Regional Dual assignment. This is a popular basketball night, so if your gym is definitely not available, let our office know ASAP.
- State Duals will be the 8 qualifying teams from the Regional Duals and will be held on Saturday, February 7, 2026, at Xtream Arena in Coralville. The [State Dual Schedule](#) is on our website.
 - 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.

7. 2026 District Tournament

District sites and assignments will be approved by the IHSAA Board of Control at its November 21 meeting. These will be posted on our website by the end of the business day on the 21st.

- The IHSAA State Individual Championships will be held February 18-21, 2026. The [updated schedule](#) is on our website. 24 individual state qualifiers per weight class will remain the standard. 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 21, are targeted to go on sale to schools on or around January 13 (100 level orders) and 14 (200/300 orders). Coaches, please communicate with your Athletic Directors regarding state finals tickets as that date gets closer.

8. Preliminary Classifications

Preliminary classifications are 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. A reminder that 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. Classifications will be final at November 21 board meeting.

9. Record Book and Archives

The [IHSAA Wrestling Record Book](#) was updated this past summer to reflect last seasons information. In addition, you may have seen a post this summer but we have digitized “The Predicament” wrestling newspaper that includes publications from 1970-2018 and can be seen in its entirety [HERE](#).

10. Official Recommendations (2024-25 season)

Final reminder If you have not done this yet, ensure you go back into the 2024-25 school year on Bound to gain access to this form under the IHSAA tab to complete and do so ASAP.

The wrestling season is quickly approaching with the IHSAA season starting on November 17. 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, and your communities. This is also an NFHS point of emphasis this year so let’s set a high standard for the 2025-26 season!

Thanks, and do not hesitate to reach out if you’ve got further questions.



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