



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Wrestling Memo

November 4, 2025

Good morning, Head Wrestling Coaches, Officials, AD's, & Asst. AD's –
Just a few quick updates as the official start of the 2025-26 season approaches. Some repeat information on here from previous memo due to number of questions on these topics.

1. TrackWrestling

As a reminder, 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 open, data needs to be entered. It cannot be entered until that team's payment has been made.

- 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.
- If your assessor has any difficulties, have them contact Kim Mechura (kmechura@iahsaa.org) 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 should go to the IGHSAAU.
- If you have issues or questions, please submit a ticket to the TW support team at <https://support.trackwrestling.com/s/>

2. Body Composition Assessment Appeals

I have received a few of these already but If you have an appeal, [Body Composition Assessment Appeal Request](#) must be submitted and approved by myself, then the assessor can conduct another appeal. Parameters must be followed, as this is an appeal of the accuracy of the assessment, not a chance to lose weight and re-take the assessment. Be prepared for assessments, know the rules, read the [Body Composition Assessment Packet for Schools](#) to increase your knowledge of the process!

3. Online Rules Meetings

A quick reminder that the required 2025-26 wrestling rules meeting is now available. 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. 2026 District Tournament

As a reminder, 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.

6. Officials Postseason Request Form & Schedule

Officials, please get this information, along with completing the registration process, ASAP. All postseason requests should be in for the IGHSAAU as soon as possible and the deadline for IHSAA postseason availability is November 10. In addition, we will have people going out throughout the season to complete evaluation. If you would like to request to be observed, simply email me at aumthun@iahsaa.org. Ensure your schedules are submitted as well for this purpose.

7. Head Neck and Cervical Column (HNC) Timeout

- Below are some Head, Neck, and Cervical Column timeout resources (links) that will help with determining when and if an HNC timeout can be granted.
- HNC can only be granted if there is an Appropriate Health Care Professional (AHCP) designated for the event.
- [HNC Flowchart](#)
- [HNC with an Appropriate Health Care Professional \(AHCP\)](#)
- [Without an AHCP](#)

8. Cheerleaders at Edge of the Mat

- With the rule change from last season regarding one point of contact being inbounds, cheerleaders need to cheer from the corner of the mat.
- Cheerleaders should not occupy the area of the mat that has the smallest safety space, which is in the center of the edges of the mat.
- The tournament setup for coaches' chairs and cheerleader placement should be planned and considered in advance!

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.



Andy Umthun

aumthun@iahsaa.org

Assistant Director

Iowa High School Athletic Association
515-432-2011 ext. 237 | www.iahsaa.org
1605 S. Story Street, Boone, IA 50036