



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Wrestling Memo #6

November 21, 2025

Good morning, from the UNI Dome, Head Wrestling Coaches, AD's, & Asst. AD's –

Below you will see district wrestling sites and assignments. You will also see final classifications for the 2025-026 wrestling season. I have also included some final reminders as we wrap up the first week of practice and prepare for our first legal competition date, which is right after Thanksgiving break on Monday, December 1.

1. 2026 District Wrestling Sites & Assignments

District sites and assignments are now available [HERE](#)

2. Classifications

[Classifications: Wrestling | IHSAA](#) were approved at this week's board of control meeting and are now final.

3. TrackWrestling Schedule Reminders

Schedules on TrackWrestling should be completed and ready to go for the season before first competition date December 1. As a reminder, the host school creates the event and includes the visiting teams. The visiting teams then simply must change the Pending event to an Accepted event.

- The host school can use Add Dual for their meets scheduled with the visiting teams inside of the event.
- The visiting team(s) will also need to Add Dual for the dual meets between two visiting schools (for triangular, quads, etc.) Those visiting teams will need to login to their TW account and do the live scoring for that dual meet or share your login info with the hosting team so they can do the live scoring at the scoring table.
- When you have an event that gets cancelled or postponed, and you have created a weigh-in report, that report will need to be deleted for you by our office so simple email me aumthun@iahsaa.org or contact TrackWrestling directly.
 - Give us the date and name of event that needs to be removed or changed.
 - Another option is to send it in the TW support
https://support.trackwrestling.com/?_ga=2.266929486.1527894782.1763304028-2037773393.1752084939
 - IGHSAA girls wrestling inquiries should go directly to Kylee or Lewie.

4. Consecutive Day Allowance

Consecutive day allowance should be implemented when you have weigh-ins taking place on consecutive days

- Example 1: Friday/Saturday two-day tournament - one pound allowance on Saturday
- Example 2: Monday tournament, Tuesday Dual - one pound allowance on Tuesday
- If the Monday event is a JV tournament, and Tuesday is a JV and Varsity event, the one-pound allowance can be granted assuming an official weigh in was conducted as instructed for all levels.

Below is the process as to how the growth allowance is granted.

- A team who believes they should have a one-pound allowance must contact the Athletic Director of the host school for the second day event.
- The host school A.D. then communicates with the visiting school A.D.s to inform them that a one-pound scale allowance will be granted for their event.
- Try to communicate these as early as possible. If you have back-to-back dates scheduled, you can communicate now! If back-to-back happens because of a weather postponement, communicate it as soon as possible.

5. Weigh-in Reports & Open Weigh-ins

To create a weigh in report for a two-day event, use the following directions

- Click on the blue weight scale icon next to the event
- Click Add weigh-in button
- Select wrestlers, use the date for Day 1 of event, 0-pound allowance and hit Add button
- Click Add weigh-in button
- Select wrestlers, use the date for Day 2 of event, 1 pound allowance and hit Add button

As a reminder, there are NO open weigh-ins this year

- After every weigh-in (all levels) the actual scale weight must be entered for each wrestler who is listed on the weigh-in sheet. This must be committed prior to a new weigh-in report being opened.
- Do not create weigh-in reports in advance of other meets. You won't be able to add wrestlers until all weigh-in reports are committed.

6. Weight Descent Plans

- Each wrestler must have the descent plan in place prior to competition
- The column for Eligible Weight Class tells the coach and wrestler the two weight classes for which the wrestler can weigh-in without violating the plan. If the wrestler weighs in above the heavier weight, the plan will immediately recalculate from the actual scale weight and slowly descend them back down.
- The two-pound growth allowance (when granted) does not impact the descent plan. In other words, the Minimum Weight Class will not change for the duration of the season.
 - Example: A wrestler who has a Minimum Wrestling Weight (MWW) of 122 will never be eligible for the 120-pound class.
 - As a reminder, do not need to make scratch weight to be eligible for the growth allowance January 1
- The coach can change the Minimum Weight Class for wrestlers who will not descend that far. This is done on the Roster page by clicking on the blue MWC number and changing the weight class to a higher weight class. This cannot be changed back, so only do this when you are 100% certain that the lower weight class will no longer be used.

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



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