



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Wrestling Memo #7 December 2, 2025

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

We have just a few good highlights worth noting as we progress through the first week of competitions.

1. Weigh-Ins for Non-Varsity Events

With competitions officially up and running this week, we have had a few coaches reach out regarding weigh-ins for lower-level events. Per this year's rules meeting, our wrestling advisory committee worked with our office to implement an official weigh-in for all lower-level events, not just varsity. This is to better utilize consecutive day allowance for wrestlers in these events as well as teach developing wrestlers the process. Host sites can still request weights in advance for bracket building purposes ahead of time but they will be unofficial weights and an official weigh-in still must be conducted for all levels and should be 1 hour ahead of wrestling as much as possible.

2. Scale Allowance

I have had some good questions on scale allowance so I thought I would try to highlight the big components of this.

- Postponed event due to weather/moved to next day – One Pound Allowance
- Cancelled or early dismissal of school with event the next day – One Pound Allowance
- Saturday event postponed to Monday – 1 Pound Allowance
 - Saturday event cancelled with regularly scheduled event Monday does NOT get a pound.
- 2 Pounds Allowed if multiple days of consecutive weather cancellations.
- 2 Pound Growth Allowance date is January 1, 2026.

Do not forget the process of having scale allowance 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.

REMINDER: This has NO impact on a wrestler's Minimum Weight Class! They are only eligible to weigh in at their eligible weight classes (EWC) each week without impacting their descent plan.

3. IWCOA Statewide Officials Conference Zoom

Next Wednesday, December 10 the IWCOA officials will be hosting a zoom to cover various topics in conjunction with the CIWOA and the EIWOA. This zoom will be held from 7-8:30pm and the full agenda, including the zoom link for this meeting can be viewed [HERE](#).

4. Weigh-in Reports & Open Weigh-ins

With competitions going this week, one last reminder that wrestlers can only have one open weigh in at a time.

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.

5. **2025-26 Rule Changes**

Ensure you have taken the time to familiarize yourself with this year's [Rule Changes](#) and [Points of Emphasis](#) as we get competitions underway. Will point out for duals can start at lowest weight or random draw this year. Per this year's rules meeting, teams must agree advance of weigh-ins to wrestle at lowest weight, otherwise will continue to utilize random draw.

6. **TrackWrestling Schedule Reminders**

Schedules should now all be on TrackWrestling and ready to go for the season. As a reminder, the host school creates the event and includes the visiting teams. Full directions for this can be viewed on the previous memo, along with all past memos on the [Wrestling | IHSAA](#) page of our website.

- 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 please 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
 - IGHSAAU girls wrestling inquiries should go directly to Kylee or Lewie.

Thanks, and good luck to all as we get our first official competition for the 2025-26 season this week!



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