



# IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

## Wrestling Memo #8 December 15, 2025

Good morning, Head Wrestling Coaches, Officials, AD's, & Asst. AD's –  
We have just a few good highlights & reminders as we head into mid-December.

### 1. **Seeding Criteria Accuracy**

Coaches need to check for your returning state qualifier's seed criteria.

- Click on the individuals name on your Roster page of the OPC
- On the Edit Wrestler page, click on Seed Criteria
- Look at the top two boxes for criteria for accuracy
  - 2024-25 state qualifier – should say State Qualifier
  - 2024-25 Iowa HS state place – should show their final placing if finishing in the top 8 (2<sup>nd</sup> and 3<sup>rd</sup> show as equal in criteria)
- If something is inaccurate, email me with the name, school, correct criteria, and weight class so I can check for accuracy and make the change. **Coaches can't make the change themselves – our office does**
- This should be completed by the first of the year.

### 2. **NFHS Rule Change 7-1-5n: Illegal Holds/Maneuvers Clarification**

Want to take this opportunity to further clarify one of the new rule change interpretations that has been implemented for this season. To ensure all coaches and officials on the same page I wanted to share some video examples provided by Ron Higdon, Assistant Director from Nebraska and is on the NFHS wrestling rules committee to illustrate the correct interpretation of what is legal and illegal under the language of the new Rule 7-1-5n. This was also the video utilized in the IWCOA zoom clinic held last week.

*n. leg block (cut-back) when leaving the feet and using the foot or leg to "cut out" an opponent's leg, to include from the rear-standing position;*

[7-1-5n Interp Video](#)

The hope is that this video will better clarify the intent of the rule change and better distinguishes between what is illegal and legal in these situations.

### 3. **IWCOA Officials Zoom Conference**

If you were unable to attend last week's IWCOA officials zoom conference, I have this meeting link available to view as you are able. [2025-2026 State Meeting for Iowa Wrestling Officials](#)

### 4. **Scale Allowance**

With the several weather issues coming up this week, I have had a lot of I have had some good questions on scale allowance so here are some quick reminders on 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.
- Ensure when these arise, to communicate with our office and all schools involved with potential scale allowance ASAP. 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.

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](mailto:aumthun@iahsaa.org) or contact TW 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](https://support.trackwrestling.com/?_ga=2.266929486.1527894782.1763304028-2037773393.1752084939)

#### 5. **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.

#### 6. **Descent Plan Clarifications**

A wrestler can weigh-in at either of the 2 Eligible Weight Classes (EWC) on their plan for that week without penalty.

- Be aware of when their descent plan's EWC drops down to a lower weight class. This is when re-calculations occur due to weighing in two classes above their lowest.
- Changing a wrestler's Minimum Weight Class can be done, if they have zero intentions of going that low. Click on the blue number in the MWC column and change it to something higher. **Once this is done, it cannot be undone, so plan carefully!**
- Again, ask questions if you are unsure.

#### 7. **Dual Team Rankings**

The first set of our IHSAA Dual Team Rankings will be released on December 23. These will be posted on our website once released and these official rankings are what is utilized for regional dual team selections.

- There will be 3 sets of rankings utilized for dual teams.
- Next two will be released on January 13 & 27 with sites and assignments going out with our final rankings.

#### 8. **Additional State Wrestling Tournament Floor Passes for Coaches**

The order form will open on January 2 and close on January 16. Each school with a qualifier will receive three complimentary passes.

- Schools wanting to provide access to approved and BOEE authorized coaches will have the opportunity to purchase those credentials.
- Begin completing the form (on Jan. 2) to order additional coaches passes by clicking on this link: [State Wrestling Championships – additional coach passes](#)
- Order forms are due to the IHSAA by Friday, Jan. 16 (put it in your calendars).
- The above-mentioned order form is for schools that want more than those 3 coaches passes.
- Schools that qualify 3 wrestlers or more for the State Championships will receive one additional pass. This pass can be used at your discretion for another coach, for another non-qualifying team member, or for a manager.
- We will be using identification badges again this year. This will be for coaches, wrestlers, and cheerleaders. Replacement badges for wrestlers and coaches will be at full cost, so keeping them secure will be imperative!

Jess Morgan sent AD's this [2026-Wrestling-Finals-Ticket-Letter.pdf](#) last week for ticket purchase timeline for finals.

Thanks, and as always, do not hesitate if you have any questions or I can help with anything.



**Andy Umthun**

[aumthun@iahsaa.org](mailto:aumthun@iahsaa.org)

Assistant Director

Iowa High School Athletic Association

515-432-2011 ext. 237 | [www.iahsaa.org](http://www.iahsaa.org)

1605 S. Story Street, Boone, IA 50036