



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

**Wrestling Memo #9
December 23, 2025**

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

Below we have our first installment of dual team rankings and some reminders as we head into break.

1. **IHSAA Dual Team Rankings**

Our first of three installments of our [IHSAA Dual Team Rankings](#) is now available. A lot of great wrestling yet to come and our next two rankings will be released January 13 & 27, 2026. Regional sites and assignments will also be released with last set of rankings. If you feel you may be in the top 8 in last set of rankings, ensure you are available to host on February 3, 2026. I will be reaching out to AD's in advance to ensure all potential options are available.

2. **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 (2nd and 3rd 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.

3. **Descent Plan Clarifications**

I have had a lot of questions on descent plans so I felt a reminder was needed to be included in this memo again. 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.
- All wrestlers must have a descent plan in place for all levels and are not eligible to complete, at any level, if they are not in Trackwrestling with a descent plan.

4. **Wrestling in Proper Weight Class**

We have had a few instances where wrestlers are competing in a weight class that they are not eligible for.

- The NFHS Rule Book states the following:
 - a. **Rule 1-4 ART. 6 . . . A wrestler who makes weight for one weight class may be shifted to the next higher weight class, provided it is not more than one weight class above that for which the actual weight qualifies.**
- This means that what a wrestler weighs at weigh-ins, qualifies them for a weight class. They are eligible to compete at that weight class and the next higher weight class only.
- The weigh-in sheet for a respective competition shows the weight classes that the wrestler is eligible for based on their weight loss plan. They should not compete at a weight class that is lower than the weight classes listed on that weigh-in sheet.

5. Officials Protocol for Weigh-ins, Skin Checks, and Matches

With the addition of girls wrestling, it is increasingly important for officials to be fully aware of and adhere to proper protocols when conducting skin checks, weigh-ins, and officiating matches. During skin checks and weigh-ins, officials (or other authorized personnel) should not physically touch a wrestler, including when checking fingernail length or conducting skin examinations.

One of the few instances in which an official should have physical contact with a wrestler is when raising the hand of the match winner. There may be limited extenuating circumstances that require contact, such as signaling a deaf wrestler when stopping a match or intervening to separate wrestlers during an altercation.

6. 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 Happy Holidays from the IHSAA!



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