



# IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

## Wrestling Memo #10

January 2, 2026

Good morning, and Happy New Year Head Wrestling Coaches, Officials, AD's, & Asst. AD's – Below are just a few reminders as we restart and compete in 2026.

### 1. **Growth Allowance**

As a reminder, as of January 1, 2026, all wrestlers can utilize 2 lbs. growth allowance. As a reminder from a rule change a year ago, wrestlers do not have to make scratch weight to utilize this growth allowance.

### 2. **Seeding Criteria Accuracy – FINAL REMINDER**

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.**

### 3. **IHSAA Dual Team Rankings**

Our first of three installments of our [IHSAA Dual Team Rankings](#) was released just before Christmas. 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 chance you're in the top 8 in last set of rankings, ensure you are available to host on February 3, 2026.

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

The order form for additional state wrestling floor coaches' passes is now open and will 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 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.
- Identification badges will be utilized again this year. This will be for coaches, wrestlers, & cheerleaders. Replacement badges for wrestlers & 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 reach out if you have any questions or concerns as we kick off 2026.



**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