



Wrestling Officials Spring Memo April 24, 2026

Good morning, Iowa High School Wrestling Officials-

Once again, thankful to every one of you for your work and dedication to the craft of officiating high school wrestling. As wrestling officials, you are an essential part of every match, and the demands of the job are real and grateful to each of you for this.

1. IHSAA/IGHSAU Joint Official Communication

In an effort to create consistency and streamline communication, as well as avoiding redundant information to officials from both the IHSAA and IGHSAU, there will be joint communication coming to you for all wrestling officials in this format going forward. You will still receive event specific information from either organization as those come up. As next year's wrestling season approaches, plan on bi-weekly communications like this.

2. NFHS Rules Change for 2026-27

The NFHS press release on rule changes can be view [HERE](#). Full list of rule changes can be found on the [NFHS wrestling page](#) of their website. These will all be broken down in detail in next year's rules meeting.

3. Wrestling Officials Offseason Preparation

Would like to push all officials this offseason to continue dedicating time to reviewing the rulebook and staying sharp on current rule interpretations and rule changes as consistency & accuracy on the mat reflect the professionalism of our entire officiating group.

In addition, staying physically active during the offseason and maintaining a healthy lifestyle not only helps you keep up with the pace of competition, but also ensures you can position yourself effectively and make the best calls possible. We encourage everyone to prioritize their physical wellness as part of their overall professional development.

Thank you for your ongoing commitment to the sport of wrestling here in Iowa. Your preparation behind the scenes makes all the difference on match day.

Andy Umthun
IHSAA Assistant Director

Bruce Ennen
IGHSAU Wrestling Officials Liaison