



Wrestling memo #1 – 10/24/24

Wrestling coaches, athletic directors, and officials,

Please review all of the information below. As the wrestling season approaches, this information is important and relevant. Please share this information with assistant coaches and junior high coaches!

- Track Wrestling’s “All-In” program is new this year. All hosting schools need to login to their account and get this paid for (\$100 for boys, \$25 for girls, \$25 if you choose to use Middle School). This was previously communicated, but with the Body Composition Assessments opening up, data needs to be entered. It cannot be entered until that team’s payment has been made! Let’s get this done.
 - The IHSAA wrestling season is found in Track Wrestling in the 2024-25 High School Boys login, while the IGHSAU is in the 2024-25 High School Girls login.
 - All participants must have a body composition assessment completed and entered by the assessor on the OPC of the TrackWrestling system before they can compete. Please get those completed and get your rosters entered along with your schedules.
 - If your assessor has any difficulties, have them contact Kim Mechura (kmechura@iahsaa.org), Andy Umthun (aumthun@iahsaa.org), or me for assistance. The assessors need to be registered with us through Kim. Adding female wrestlers in the Girls High School season is a completely separate process, and those questions go to Madison Melchert at the IGHSAU.
- 100th State Tournament
 - This year marks the IHSAA’s 100th sanctioned State Wrestling Championship tournament. We have some fun things in the works to make the event exciting for athletes, coaches, and spectators!
 - Day 1 of this year’s State Championships (Feb. 19, 2025) will be “Throwback Day” so help us spread the word!
 - If your team keeps singlets or warm-ups from previous years, this would be a good time to break them out and show them off! Be sure they still meet what is legal, of course.
 - Tell your fans to dig into their storage tubs and find those old state tournament T-shirts and wear them once again, with pride. Hopefully they still fit!
 - We are hoping to get our mat officials to participate by digging out their old black and white stripes for the first day!
 - The 84 wrestlers who qualify for the state finals will be introduced individually as they get ready to wrestle. We tried to do this last year and it kind of fell flat. Coaches, know that this will happen and if your wrestler has earned his spot in the finals, we will require them to report to the correct entry point to be introduced prior to their finals match.
 - If you have any creative ideas for the tournament, share them with Lewie!

- 2024-25 Wrestling Rule Changes
 - There are many rule changes this year. Below are some links that you need to pay attention to and share with your coaching staff at all levels.
 - The new rules (TD = 3, NF = 2, 3 or 4, one point of contact = inbounds, etc.) will apply to junior high matches as well as all high school matches.
 - Rule Book changes – you need to manually make these changes to last year’s rule book!
 - [NFHS Power Point \(Rule Change indicators for Rule Book\)](#)
 - Red underlined = new wording
 - Red crossed out = eliminated wording
 - [NFHS Press Release – new wrestling rules](#)
- Growth Allowance policy change
 - Beginning Jan. 1, 2025, all wrestlers will receive the growth allowance regardless of whether or not they have made scratch weight.
 - Please read [the Body Composition Assessment Packet for Schools](#), in particular the pages regarding the weight management philosophy and policies (1-4).
 - Making scratch weight is no longer required to receive the growth allowance.
 - The Minimum Weight Class does not change because of the growth allowance.
 - Questions to Lewie or Andy – better to be safe than sorry!
- [Regular Season Wrestling Manual](#) is on our website. Read it!
- [Postseason Wrestling Manual](#) is on our website. Read it!
- Last year rule changes review:
 - Six matches per day (10 total in two days)
 - 30-minute rest between matches
 - Referee uniform – shoes can contain white or gray trim
 - Legal wrestling uniform – remove “with stirrups” on description of form-fitted tights. (One leg only must include a knee pad) Tights that are “mid-calf” in length are legal, as long as they are tight-fitting.
 - Facial hair is permissible
 - Medical forfeit is now an option for the result of a match
 - Officials are being instructed to call stalling in the ultimate tiebreaker differently than in the regulation time and overtime. Because the ultimate tiebreaker is a unique situation, stalling will be called differently.
- Early in the season, officials might conduct a pre-meet discussion with teams. They might be expected to be at weigh-ins, although that is not required by rule. They might be asked to help conduct skin checks. Athletic Directors should be aware that these expectations should be clearly communicated in advance and compensation should be made for additional time and work.
 - Having a designated on-site health care professional is an important aspect of wrestling events. Do your best to secure those people to assist with the event.
 - Head, Neck, and Cervical timeouts can only be granted to a designated on-site health care professional. Without them, the extended time for evaluation cannot be granted and the match will end in an injury default.

- Officials need to know if a designated on-site health care professional is available prior to the meet/event starting. Get that communicated to all coaches as well.
- “Licensed health care provider” means a Medical Doctor, Doctor of Osteopathic Medicine, Doctor of Chiropractic, Physician Assistant, Advanced Registered Nurse Practitioner, Physical Therapist, or certified Athletic Trainer. For wrestling meets, the “Designated, on-site, medical professional” needs to hold one of the aforementioned titles. Emergency Medical Technician (EMT) or paramedic does not meet this standard.
 - These same people are the ones who can provide written clearance releasing the student following a concussion or other brain injury to return to or commence participation in any extracurricular interscholastic activity.
 - [The Medical Release to Return to Athletics form](#) is available for use at your wrestling events where you have an on-site, designated medical professional available.
- Postseason Dual Team series reminders
 - Regional Duals will be held on Tuesday, February 4 with the top 24-ranked teams from the IHSAA Rankings qualifying.
 - If you think your school’s boys wrestling team might be a top 10 type team, consider making arrangements for use of your gym for a possible Regional Dual assignment.
 - This is a popular basketball night, so if your gym is definitely not available, let Lewie Curtis know!
 - State Duals will be the 8 qualifying teams from the Regional Duals and will be held on Saturday, February 8 at Xtream Arena in Coralville. The [updated state dual schedule](#) is on our website.
 - Teams wanting to schedule events (duals or tournaments) during this week can certainly do so, just keep in mind that some teams may have to back out if they qualify for the Postseason Dual Team series.
- District Tournament sites and assignments will be approved by the IHSAA Board of Control at its November 22 meeting. We should have these posted on our website by the end of the business day on the 22nd.
- The IHSAA State Individual Championships will be held February 19-22, 2025. The [updated schedule](#) is on our website. 24 individual state qualifiers per weight class will again be the standard. Class 1A and 2A will have two qualifiers per District weight class, while 3A will have three qualifiers per District weight class.
- Tickets for the IHSAA State Individual Championship finals scheduled for February 22, are targeted to go on sale to schools on or around January 14 (100 level orders) and 15 (200/300 orders). Coaches, please communicate with your Athletic Directors regarding state finals tickets as that date gets closer.
- For wrestling historians, [the IHSAA Wrestling Record Book](#) can be viewed at your leisure!

The wrestling season is quickly approaching with the girls’ practices beginning November 4 and the boys’ practices starting on November 18. Let’s all have a great season and work together to make wrestling a memorable experience for the members of the wrestling teams. Conducting ourselves in a professional and courteous manner reflects not only on yourself, but also sends a positive message to these young athletes and team personnel. Be great at this!

Lewie Curtis, IHSAA

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