



## **Wrestling memo #2 – 11/15/24**

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!

- TrackWrestling event setup
  - If you are hosting a tournament, when setting it up on TrackWrestling, be sure to select IHSAA (or IGHSAU). This will get your fee for the event waived. This is part of your OPC Bundle package that all schools paid for.
  - This also includes Middle School events, if your school purchased the Middle School portion.
  - If you have issues or questions, please submit a ticket to the TW support team at <https://support.trackwrestling.com/s/>
- Edge of mat takedown (Rule 5-25-3 and illustrations 32, 33, 34)
  - Officials and coaches should review the following illustrations regarding what is and is not considered a takedown near the out of bounds line.
  - Illustrations 32 and 33 (below) show a non-takedown, which in previous years could have been ruled a takedown. Because one point of contact is not established in bounds on illustration 32, the immediate return of the feet inbounds in illustration 33 is not allowed.
  - This situation should be ruled out of bounds in illustration 32. No three-point takedown.



32



33

*32 & 33. (5-25-3) This is not a takedown. Control must be established while one point of contact of either wrestler is inbounds.*

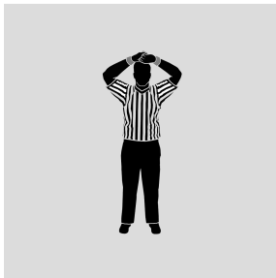
- Edge of mat takedown (illustrations 32, 33, 34) continued
  - Illustration 34 (below) shows a situation where a three-point takedown should be awarded.
  - The offensive wrestler has established control over his opponent while having at least one point of contact (foot/feet) inbounds.



34. (5-25-3) This is a takedown. The knees can either be above the mat or on the mat. The foot/feet is the point of contact.

- Edge of mat/off the mat
  - Going off the mat vs. going out of bounds
    - Going off the mat = touching the gym floor, gym wall, scoring table, bleachers, etc.
    - Going out of bounds = no point of contact inbounds
    - The area between circles when one wrestling mat is attached to another wrestling mat is not considered going off the mat if a point of contact remains inbounds.
    - The area between circles when one wrestling mat is attached to another wrestling mat is part of the “safety area” and can be wrestled on, unless the wrestlers are ruled to be out of bounds.
    - Stopping wrestling might happen while wrestlers are still inbounds when in the area between circles when one wrestling mat is attached to another wrestling mat if wrestlers from two different matches are in that area simultaneously and a safety concern exists.
  - Intentionally going “off the mat” when imminent scoring
    - Fleeing the mat
    - Technical Violation – 1 point
    - Example: Wrestler A is trying to secure a takedown while keeping one foot inbounds. Wrestler B, in order to not give up the takedown, reaches out and intentionally places his hand on the gym floor. The official should blow the whistle and rule the wrestlers out of bounds and also call Wrestler B for a technical violation, fleeing the mat, and award Wrestler A one point for that infraction.
  - Intentionally going “off the mat” when not imminent scoring
    - Stalling
    - Penalize accordingly (warning, point(s), etc.)
    - Example: Wrestler A is in control of Wrestler B who reaches out and intentionally places his hand on the gym floor. The official should blow the whistle and rule the wrestlers out of bounds and also call Wrestler B for stalling.
  - Knowing the difference between intentional and incidental
    - Intentional – obvious that the wrestler reaches out to touch the gym floor, wall, etc.
    - Incidental – while falling or rolling, a body part contacts the gym floor, wall, etc.
  - Knowing the difference between imminent scoring and not
    - Imminent scoring – potential for scoring is evident and getting close
    - Not imminent – no hold or maneuver in place that would lead to scoring
- Special equipment, promotional reference, etc.

- As a reminder, promotional reference should not appear on uniforms or special equipment.
- You cannot have advertising for a local business on your uniform, no promotion for a local wrestling club on your headgear, and certainly you cannot allow for a wrestler to show up with knee pads that say offensive things such as “I love hot moms.” Yes, this happened!
- What can be promoted is the school logo or lettering, an individual’s name or weight class, and the manufacturer’s logo at 2 ¼ inches.
- Junior High headgear can be disregarded for some of these things (college logos, etc.), but by high school, those headgear will not be allowed.
- Stars and stripes on headgear are legal. Stickers on headgear must be IHSAA approved.
- Signal Chart #17 – Interlocking Hands or Grasping Clothing is the same signal.
  - Interlocking hands PDF illustrations
    - [Locked hands example A](#)
    - [Locked hands example B](#)
    - [Locked hands example C](#)
  - Grasping clothing also includes headgear



17. Interlocking Hands or Grasping Clothing

- Head Neck and Cervical Column (HNC) Timeout
  - Below are some Head, Neck, and Cervical Column timeout resources (links) that will help with determining when and if an HNC timeout can be granted.
  - HNC can only be granted if there is an Appropriate Health Care Professional (AHCP) designated for the event.
  - [HNC Flowchart](#)
  - [HNC with an Appropriate Health Care Professional \(AHCP\)](#)
  - [Without an AHCP](#)
- Cheerleaders at edge of mat
  - With the new rule regarding one point of contact being inbounds, cheerleaders need to cheer from the corner of the mat!
  - Cheerleaders should not occupy the area of the mat that has the smallest safety space, which is in the center of the edges of the mat.
  - The tournament setup for coaches’ chairs and cheerleader placement should be planned and considered in advance!
- Growth Allowance question and answer
  - No MWC changes after Jan. 1 when going down
    - Example: Wrestler A has a Minimum Wrestling Weight of 121, which puts his Minimum Weight Class (MWC) at 126. After January 1, when Wrestler A receives his 2-pound growth allowance, he CANNOT drop to the 120-pound weight class.
  - Allowance must be used after Jan. 1 – important when “bumping up” weight classes

- Example: At a weigh in after January 1, Wrestler B weighs 139 pounds. The coach wants him to wrestle or take a forfeit in the 150-pound weight class. That is not allowed because Wrestler B made weight for the 138-pound weight class (138+2) and can only move up one weight class, so he is eligible to wrestle 138 or 144 that day.
      - Making scratch weight is no longer required to receive the growth allowance.
- [Body Composition Appeal Form](#) is linked here. If you have an appeal, it must be submitted and approved by Lewie, then the assessor can conduct another appeal. Parameters must be followed, as this is an appeal of the accuracy of the assessment, not a chance to lose weight and re-take the assessment! Be prepared for assessments, know the rules, read the [Body Composition Assessment Packet for Schools](#) to increase your knowledge of the process!
- Officials Postseason Request Form and Schedule (on DragonFly)
  - Get this done for Girl's scheduling ASAP
  - For Boy's scheduling this is needed by December 1
- Postseason sites and assignments for District Wrestling Tournaments will be released on Friday, November 22, following our Board of Control approval.
- [Regular Season Wrestling Manual](#) is on our website. Read it!
- [Postseason Wrestling Manual](#) is on our website. Read it!
- The IHSAA State Individual Championships will be held February 19-22, 2025. The [updated schedule](#) is on our website.
- 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.

Good luck to your wrestlers, coaches, and cheerleaders this coming season. With the 100<sup>th</sup> State Wrestling Tournament only a few short months away, this will surely be an exciting wrestling season. Coaches and Officials – be the model of excellence that wrestlers can learn from. We'd love for them to have a positive experience and stay involved in this great sport for years to come. The chances of that increase when you work together, showing class and grace.

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