



Wrestling memo #3 – 12/4/24

Wrestling coaches, athletic directors, and officials,

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

TrackWrestling event setup

1. 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.
2. This also includes Middle School events, if your school purchased the Middle School portion.
3. If you have issues or questions, please submit a ticket to the TW support team at <https://support.trackwrestling.com/s/>

Defensive wrestler commits an infraction during imminent and near fall situation

1. Officials and coaches should review Rule 5-11-2, particularly sub-article f, g, h, and i. These rules help determine appropriate scoring awarded when the defensive wrestler in these situations bleeds or is injured or commits an infraction (technical violation, illegal hold, unnecessary roughness, or unsportsmanlike conduct).
2. **Example:** Wrestler A has Wrestler B in near fall criteria and the referee has swiped four times. Wrestler B then grabs Wrestler A's headgear and pulls on it, thus getting himself out of near fall criteria and escaping to the neutral position. What should happen next?
 - Answer: The referee should stop the match when near fall criteria ends because of the technical violation that occurred. The referee should signal 5 points to Wrestler A for near fall (4 +1). Then the referee should signal a technical violation for grasping clothing (signal #19 and #17) and award 1 point to Wrestler A. This would be a total of 6 points awarded to Wrestler A. No escape given for Wrestler B. Re-start with Wrestler A in the top position.
3. **Example:** Wrestler A has Wrestler B in near fall criteria and the referee has swiped two times. Wrestler B then grabs Wrestler A's headgear and pulls on it but is still in near fall criteria as the referee swipes two more times for a total of four swipes. Wrestler B continues to fight off of his back and eventually makes it out of near fall criteria and to his belly. What should happen next?
 - Answer: This situation ends up being awarded the same way as the previous example. The referee should stop the match because of the technical violation. The referee should signal 5 points to Wrestler A for near fall (4 +1). Then the referee should signal a technical violation for grasping clothing (signal #19 and #17) and award 1 point to Wrestler A. This would be a total of 6 points awarded to Wrestler A. Re-start with Wrestler A in the top position.

Rules Questions for your enjoyment! (Answers at the end of the memo)

1. Team A's 106-pound wrestler receives a forfeit, and the coach then sends the 106-pound wrestler out to wrestle at 113 pounds for a match to be counted toward the team score. Is this permissible:
 - a. Yes, a wrestler may move up one weight class above his scratch weight.
 - b. No, a wrestler cannot receive a forfeit in one weight class and compete in another.
 - c. Yes, if both coaches agree.
 - d. Yes, if 48 hours' notice was given by host school.
2. In regular and postseason competition, what is the maximum number of matches that a wrestler can compete in on a single day?
 - a. 5
 - b. 6
 - c. 7
 - d. 10
3. A shoe from Wrestler A is torn during wrestling and becomes inoperable. What is the proper action?
 - a. Stalling.
 - b. Technical violation.
 - c. Official time-out.
 - d. None of the above.
4. On Friday, Wrestler A wrestled five matches at a two-day, multi-dual meet. The following day, what is the maximum number of matches Wrestler A is allowed to wrestle?
 - a. 6
 - b. 5
 - c. 4
 - d. None of the above
5. Wrestler A leads 3-1 and has Wrestler B in near-fall criteria. The official gets to a 4 count and Wrestler B yells out in pain with an injury, causing the official to stop the match. After awarding Wrestler A the correct number of near-fall points, what should the score be?
 - a. Wrestler A leading 5-1
 - b. Wrestler A leading 6-1
 - c. Wrestler A leading 7-1
 - d. Wrestler A leading 8-1

Junior Varsity events and weigh-in procedures

1. In many cases, it is helpful to know the names and weights of J.V. participants prior to the day of the event. Gathering that information to help make round-robin pairings is permissible, however conducting an on-site weigh-in is still required in boys' JV events (girls have leeway with this).
2. The weigh-in might include all teams simultaneously or it could be done upon arrival. This can help speed things up.
3. Be aware, coaches, that these weigh-ins are official and do need to be added to the Track Wrestling weigh-in report. These can have an impact on the descent plans, so plan accordingly with each of your wrestlers to avoid being overweight and having an automatic re-calculation.

Consecutive day and weather-related scale allowance

- If a school must cancel classes (or dismiss early) due to inclement weather the day before a scheduled meet, the teams participating in that meet are granted a one-pound scale allowance. It is the responsibility of the school that has cancelled classes (or let out school early) to inform the host school, who must then inform all the schools participating. Please, this sharing of information must happen swiftly and be given to the appropriate people. The athletic administrator is who needs to receive the message. This is not for the coaches to discuss and decide, nor the secretaries. This is a job specifically for the A.D. to take care of or delegate accordingly, but the initial information must go through the A.D.
- In no instance will there be more than a two-pound allowance for consecutive days or weather-related cancellations.
- The two-pound growth allowance is separate from the scale allowance for consecutive days or weather-related cancellations.
- Consecutive day scale allowances are becoming more and more common. There are some situations and combinations of reasons that can become confusing, so here are a few scenarios that might assist with your decision making. As a reminder, you can always call or email for clarification!
 1. Friday-Saturday tournament – scratch weight on Friday, one-pound allowance on Saturday. This one is simple and why the rule was developed in the first place.
 2. Thursday dual, then Friday-Saturday tournament – again, pretty simple. Scratch weight on Thursday, one-pound allowance on Friday, two-pound allowance on Saturday. The school(s) with the Thursday dual need to inform the tournament host about their meet so this information can be shared with the teams who have entered the Friday-Saturday tournament. 48 hours of notice is the rule, but cancellations and reschedules may not allow for that. Give as much notice as possible – call if you have questions.
 3. Monday night JV tournament, Tuesday JV/V triangular. These are becoming more common situations and may require clarification. It is not an automatic guarantee that a one-pound allowance is granted for Tuesday. As a general “rule of thumb” we consider half of a team to be needed to have consecutive day allowance count for all.
 - As an example, I take four kids to a JV tournament on Monday, then on Tuesday I plan on weighing in all 28 of my wrestlers for the triangular. That does not constitute a one-pound allowance on Tuesday for consecutive days. There just isn’t enough of an impact in having four kids go to the JV tournament to warrant an allowance on Tuesday.
 - I’d consider half of a team to be at least 7 kids (half of 14), considering a JV team or a varsity team to be 14 kids.
 - If a host school indicates that a one-pound scale allowance is to be given, then go with that decision. It is the host school’s responsibility to either know this general rule or check with the IHSAA for verification.
 - Again, timely information is critical, so don’t wait to inform people.
 4. Regularly scheduled Monday events do not qualify for consecutive day allowance. The only way that would be allowed is if the team participating on Monday also had an event with a weigh-in on Sunday, and that simply is not happening. The choice to schedule on a Monday comes with the knowledge that scratch weight will be expected, regardless of level of wrestling.

5. Here is a three-day scenario and weight allowances:
 - Thursday meet involving Schools A, B, and C. (scratch weight for all)
 - Friday meet involving Schools C, D, E, and F – (1 pound allowance for all teams because of School C having consecutive days)
 - Saturday meet involving Schools F, W, X, Y, and Z – (2-pound allowance for all teams because of School F having a 1-pound allowance on Friday and then a consecutive day weigh-in)
- School cancellation is part of the consecutive day scale allowance consideration. Here are a few scenarios that might prove to be helpful in determining whether or not to grant a scale allowance for consecutive days. (Keep in mind, whether or not a school allows for practice plays no part in these situations. Cancelling school or dismissing early is all we are considering)
 1. The basic, simple scenario:
 - No school on Monday at School A due to the weather.
 - School A has a double-dual on Tuesday at School B, including School C.
 - School A should contact School B, who will communicate with all three schools to inform them that a one-pound scale allowance will be given to all schools for Tuesday's double-dual event.
 2. Another possibility:
 - Early dismissal on Wednesday at School X due to weather.
 - Thursday duals between Schools X, Y, and Z postponed due to weather. (If held, it should have had a one-pound allowance)
 - Duals between X, Y, and Z moved to Friday. This includes a two-pound allowance.
 3. A tricky one to be prepared for:
 - The Saturday, Dec. 21 conference tournament gets postponed because of weather and is rescheduled for Monday, Dec. 23.
 - In this case, we would allow for a two-pound allowance on the Monday rescheduling, since the event was not originally planned for a Monday.
 - We would consider Saturday to Sunday to Monday as consecutive days, acknowledging that some schools might not allow a gathering for "practice" on Sunday and also not encouraging the need to get weight off before the rescheduling on Monday.
 4. You can always call or email to help get these types of questions answered!

Be aware of each individual wrestler's descent plan, coaches. Some key points of which to be aware:

1. The wrestler can weigh-in at either of the two Eligible Weight Classes (EWC) on their plan for that week without penalty.
2. 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.
3. 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!
4. Again, ask questions if you are unsure.

Additional wrestling coaches floor passes for the State Wrestling Tournament will be available for purchase by schools.

1. The order form will open on January 2 and close on January 17. Each school with a qualifier will receive three complimentary passes.
2. Schools wanting to provide access to approved and BoEE authorized coaches will have the opportunity to purchase those credentials.
3. Begin completing the form (on Jan. 2) to order additional coaches passes by clicking on this link: [State Wrestling Championships – additional coach passes](#)
4. Order forms are due to the IHSAA by Friday, Jan. 17 (put it in your calendars).
5. The above referenced order form is for schools that want more than those 3 coaches passes.
6. 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.
7. 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!

Rules Exam answers:

Q1 – #2 (Rule 1-4-5)

Q2 – #2(Rule 1-4-3)

Q3 – #3 (Rule 3-1-6)

Q4 – #2 (Rule 1-4-7)

Q5 - #4 (Rule 5-11-2h)

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