



### **Wrestling memo #5 – 1/16/25**

Wrestling coaches, athletic directors, and officials,

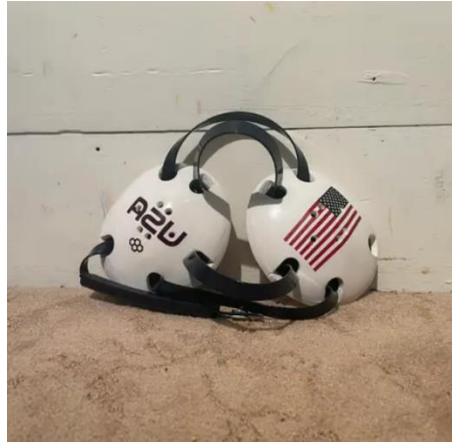
Please review the following bullet points as we enter into the second half of the wrestling season. Please email me ([lcurtis@iahsaa.org](mailto:lcurtis@iahsaa.org)) or Andy Umthun ([aumthun@iahsaa.org](mailto:aumthun@iahsaa.org)) to get questions answered.

#### **Regular Season, weight classes, etc.**

- **I continue to get these popular questions and here are the quick answers:**
  1. Q - Can my wrestler take the growth allowance at both of his eligible weight classes? **A – Yes**
  2. Q – Can my wrestler take his growth allowance and weigh 159.0 making weight for the 157 class on Tuesday and then go down to weigh in at 152.0 making weight for the 150 class on Saturday of that same week? **A – Yes, if his Eligible Weight classes for that week are 150, 157.**
  3. Q – Will my wrestler be able to weigh in at Districts at his Minimum Weight class of 132 and use his 2-pound growth allowance, even if he hasn't wrestled at 132 during the season? **A – Yes.** (If we see a bunch of that, I'd anticipate a rule change next year that requires one weigh in at the weight class for which they wrestle at Districts, but that is not the rule this year)
  - 4.
- **Some legal equipment, injury issues, etc.**
  1. Legal wrap for a broken hand bone:



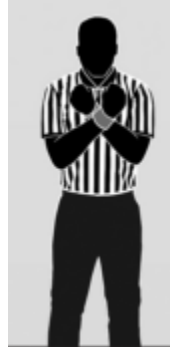
2. Legal headgears to wear (patriotism and school pride is OK!):



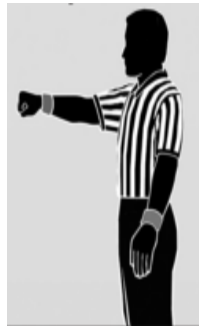
**Officials signals reminder:**



Defer choice



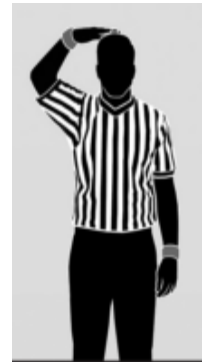
Tech Fall, DQ



Unnecessary roughness



Unsportsmanlike conduct



Flagrant misconduct

**Rule Quiz**

Q1 – Wrestler A is the defensive wrestler and loses a shoe during the process of a reversal. What is the call:

- A. Ignore the shoe and award the two-point reversal and let wrestling continue without stoppage.
- B. Stop match immediately, penalize Wrestler A for stalling and put the wrestler back in the referee's position.
- C. Award Wrestler B one point for technical violation on Wrestler A.
- D. Award two-point reversal for Wrestler A and penalize Wrestler A for stalling.

Q2 – If no scoring occurs in the 30-second ultimate tiebreaker, the offensive wrestler will be declared the winner. \_\_\_\_\_ match point(s) will be added to the offensive wrestler's score to determine the final match score.

- A. One
- B. Two
- C. Three
- D. Four

Q3 – Wrestler A is injured during the tournament. The injury prevents Wrestler A from appearing for their next match against Wrestler B. Wrestler B would receive:

- A. a bye.
- B. an injury default.
- C. a forfeit.
- D. a medical forfeit.

### **Postseason reminders and expectations**

- **State Tournament Seed Criteria – please check this, coaches!**
  - Every returning state qualifier on your roster needs to have their Seed Criteria checked for accuracy.
  - Inaccuracies occur when a state qualifier is now enrolled in a different school than the previous school year, so check those carefully.
  - Click on the individual's 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
    - 2023-24 state qualifier – should say State Qualifier
    - 2023-24 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 – I have to do that!
- **Professional dress and behavior, please**
  - The expectation for coaches at all postseason events would be to act and dress in a professional manner
  - As far as dress is concerned, please do not wear ball caps, do not wear blue jeans. Business casual would be the minimum standard.
  - As far as behavior is concerned, we expect all coaches approved by your local school board to work with students to address any and all situations in a controlled and respectful manner.
- **Reminder: Regional Dual significant dates**
  - Regional Duals will be held on Tuesday, February 4.
  - Regional Duals sites and assignments will be determined January 28.
- **Reminder to A.D.s and Coaches about purchasing additional coaches floor passes (beyond the 3 or 4 complimentary passes) for the State Wrestling Tournament**
  - Click on and complete this form by January 17, 2025! Only one entry per school – so A.D. needs to be sure to submit this form in time!
    - [Wrestling: Additional Coaches Passes – State Wrestling Tournament](#)
  - Schools will be billed for their order of additional passes ordered. \$132 per additional pass is the cost.
  - No floor passes will be sold after the due date nor at the event site!
  - Three complimentary passes are given, so do not include those coaches on this order form. One additional coach pass is given to teams qualifying three or more wrestlers. We can make adjustments to your order after the District Tournament.
- **State Tournament weigh-in locations and times**
  - Tuesday, Feb. 18 – weight checks and practice room open from 5:00-7:00 p.m.

- Wednesday, Feb. 19 and Thursday, Feb. 20 – weigh ins at the EMC Expo Center Junior Ballroom (former Iowa Hall of Pride location)
- Friday, Feb. 21 and Saturday, Feb. 22 – weigh ins at the third level of the convention center – rooms 317-320.
- **District Tournaments are being constructed on your Schedule page. Do NOT create your own District Tournament event.**
  - When your District Tournament appears on your Schedule page, take a look at it and make sure your team is listed in the correct site.

### **Rule Quiz Answers**

Q1 – D (Rule 8-1-2g)

Q2 – A (Rule 9-1-8)

Q3 – D (Rule 10-2-5)

Have a great finish to the 2024-25 wrestling season. The exciting conclusion will be the 100<sup>th</sup> IHSAA State Wrestling Championships on Feb. 19-22, 2025! Let's make that event a memorable one for everyone!

Lewie Curtis, IHSAA

[lcurtis@iahsaa.org](mailto:lcurtis@iahsaa.org)

515-432-2011 x 228