



# IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

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To: Wrestling Schools' A.D. and Head Coach  
From: Lewie Curtis, IHSAA Wrestling Administrator

Welcome to the 2016-17 Wrestling season! As always, this is an exciting time of year and I want to wish all of you the best of luck throughout the season. If you have questions or concerns, don't hesitate to contact me by email at [lcurtis@iahsaa.org](mailto:lcurtis@iahsaa.org) or by phone at 515-432-2011. If there is an emergency and you feel an absolute need to get in touch with me outside of office hours, my cell phone number is 402-699-6957. I don't mind taking calls on that number, but please try to utilize your resources (rule book, case book, officials' knowledge, winter sports manual, experience, etc.) prior to calling me with a question. If it can wait until Monday, that would be best!

I will try to send out information to you on a regular basis. I'd like to make contact or send reminders about every 2-3 weeks. I'll try to be brief and touch on some general concerns that I observe or that have been shared with me. With that in mind, here are some pre-season thoughts, ideas, and suggestions.

- Take a very serious approach to preventing and eliminating bullying or hazing in our wrestling programs. Nothing will put a black cloud over your program faster than the mere suggestion that the coaches or administration aren't looking out for the safety of all participants, particularly the youngest, smallest, or most defenseless. I'd challenge all of you to take 4-5 minutes out of one practice to emphasize the importance of working as a team and supporting all teammates, especially as it relates to bullying or hazing. If your students hear the message directly out of the coaches' mouths, they will know you mean business. Lay down your expectations and follow through if there is a problem!
- Check your scale. The scale from Befour that contains a PSA in the serial number may not be able to be repaired if it is not operating properly. I have spoken with a representative at Befour Scales and was told that the best thing you can do if you have a Befour scale with PSA in the serial number that is not functioning properly is to call their office at 262-284-5150 and ask to speak with a technician. The tech can give you the best options with regard to your scale.
- Based on a recommendation from our Wrestling Advisory Committee (coaches on the committee include Tanner Warrington – Kuemper Catholic, Mark Reiland – IC West, Nick Hemann – New Hampton, Clint Koedam – Sgt. Bluff-Luton, and Chad Beaman – Humboldt), third place finishers in 1A and 2A sectional may enter district due to injury, illness, or skin condition right up until 10:00, the start of weigh in. Previously there was a 9:00 deadline. That has simply been changed to 10:00. At 10:00, all wrestlers scheduled to weigh in are now officially entered into the tournament and no replacements can take place at that time. A wrestler missing weight does not allow the third place wrestler to weigh in in his place, that spot becomes a forfeit.
- With regard to weigh in procedures:
  - Eligibility issues (academic rule – state and local, good conduct rule, transfer rule, ejection policy, etc.) prevents a participant from weighing in, thus they can't participate in that event (including a multiple-day event).

- Skin conditions makes a wrestler disqualified from participation but not from weighing in. They can weigh in for purposes of certification, or, if they are cleared for the 2<sup>nd</sup> day of a tournament, they'd be able to weigh in on day 1 but not compete, then weigh in on day 2 and compete (with proper clearance on the skin form)
- Concussion protocol does not keep a wrestler from weighing in, but the school must have medical clearance prior to the athlete competing
- Wrestler listed at a weight, but weighs in at a higher weight – cross out the weight and replace it with the correct weight class that he weighed in at. (i.e. Weigh in sheet says 106 for Wrestler A. Wrestler A weighs in at 113. Simply cross out 106 and write in 113 and Wrestler A is eligible to compete at 113 and/or 120 in that event, must make weight at same weight class for multiple day event)
- If competing against teams from other states, keep in mind that those schools follow their state rules with regard to skin forms, so we should accept their state's skin form. Likewise, some other states allow participation from their junior high athletes as part of their high school team. We'd allow that to take place in Iowa, as the out-of-state team follows their own states rule. If an Iowa school competes in another state that allows JH wrestler to participate, we still do not.
- In a 2-day tournament a wrestler suffers a possible concussion on day 1 and is removed from competition – he would need written clearance prior to competing on day 2. He does not need to have written clearance prior to weighing in, but would need it prior to competing.

#### New rules changes

- Rule 5-11-2i - When a defensive wrestler commits a technical violation, applies an illegal hold/maneuver, commits unnecessary roughness or an unsportsmanlike act during an imminent or near fall situation, the offensive wrestler shall be awarded near fall points in addition to the penalty point(s).
  - Example 1: Wrestler A has Wrestler B in a near fall situation with the referee holding three points (5 second count) and Wrestler B gouges the eyes of Wrestler A, allowing him to be able to get to his belly.
    - In this case, the referee would award a 4-point near fall and 1-point for an illegal maneuver (eye gouge). 4-point near fall is awarded because Wrestler A earned a 3-point, then gets one for the illegal maneuver during the near fall. An additional penalty is also given after the near fall situation ends.
    - The referee can stop the match to award the points or can signal the points and allow wrestling to continue, just communicate it effectively with the bench and the spectators and coaches.
  - Example 2: Wrestler A has Wrestler B in a near fall situation with the referee holding three points (5 second count) and Wrestler B pulls the headgear of Wrestler A. The referee swipes the hand away and announces "That is a penalty", allowing wrestling to continue. Once again, Wrestler B pulls on the headgear of Wrestler A and again the referee swipes the hand away and announces "That is a penalty." Time runs out on the period.
    - In this case, the referee would award a 4-point near fall and 1-point for a technical violation (grabbing headgear) and 1-point for a second technical violation (grabbing headgear).

- Example 3: Wrestler A has Wrestler B in an imminent near fall situation, but prior to meeting criteria, Wrestler B pulls on the singlet of Wrestler A and gets out of the near fall situation.
  - In this case, the referee would award a 2-point near fall (because he felt the near fall was imminent but because of the technical violation criteria wasn't met) and 1-point for the technical violation (pulling on the singlet).
- Review the case book for 5-11-2 as there are many good examples.
- Rule 7-2-2g - A potentially dangerous hold occurs when a wrestler, from a standing position, is placed in a body lock with one or both arms trapped and then is lifted and is unable to use his arm(s) to break the fall.
  - The referee should get in position to stop this situation if he feels there is a possibility of an injury occurring. The match does not have to be stopped, like any potentially dangerous situation, unless the referee feels that the controlling wrestler might not be able to return the opponent safely and wants to prevent an injury.
  - Referees should use their best judgement as to deciding whether to stop action or not. It IS a potentially dangerous situation, so it can be stopped, but it can also be "officialled" through if the controlling wrestler appears to be returning the defensive wrestler safely.
  - Preventing injury in this situation is the emphasis!
- Rule 5-11-4b should now read: "once the technical fall has been earned, the offensive wrestler cannot lose the match"
  - You should strike the phrase "except for flagrant misconduct" from that rule
  - Wrestler A has Wrestler B in a near-fall situation, leading 13-0. The near-fall points have been counted and during that time Wrestler A bites Wrestler B.
    - Ruling: Wrestler A is declared the winner by technical fall (16-0). Wrestler A is disqualified from the meet or tournament due to biting (flagrant misconduct), which carries separate team penalties, because the misconduct occurred after the match had been decided.
    - The wrestler committing the flagrant misconduct will be ejected and his team points removed, as well as a 3-point team score deduction.
- The NFHS Wrestling Rules Interpretations can be found at this link. Be sure to read through these scenarios to be sure you are following the rules and won't get anyone disqualified.  
<http://www.nfhs.org/sports-resource-content/wrestling-rules-interpretations-2016-17/>

Best of luck,



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 Iowa High School Athletic Association  
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