

12/05/16

To: Wrestling Coaches and A.D.s and Wrestling officials

From: Lewie Curtis, IHSAA

As the wrestling season has opened up with competitions, I want to make a few points clear to all of our member wrestling schools and wrestling officials. Schools, please share this with coaches at all levels of your 7-12 wrestling programs.

- Sub-varsity high school wrestlers competing in dual meets and non-scoring team competitions.
 - NFHS rules state that wrestlers cannot compete more than one time against the same team in dual meet competition. The IHSAA understands and supports the need for sub-varsity high school wrestlers to have the opportunity to wrestle in matches when they become available, which might not be as often as desired. With that being said, the IHSAA will allow sub-varsity high school wrestlers to compete in more than one match versus opponents from the same school in events where the varsity is having a dual, or multi dual meet. All other rules pertaining to a representation must be followed, such as the 45-minute rest between matches, not accepting a forfeit in a varsity meet while still wrestling an opponent from that same school in a sub-varsity match, not exceeding 5 matches in one day, or not wrestling in a weight class for which they weighed-in or the next higher weight class. The sub-varsity high school competition needs to be a non-team scoring event, so team scores cannot be kept for those competitions. Examples follow.
 - School 1, School 2, and School 3 have a triangular dual in which each varsity team will compete against each other. During that event, sub-varsity high school wrestlers that have been weighed in properly and are representing their school can compete against each other, without it being considered a dual meet. No team scores are kept. Wrestler A from School 1 wrestles Wrestler B from School 2 in a sub-varsity match at 126 pounds. After the 45-minute rest has been met, that same Wrestler A from School 1 wrestles Wrestler X from School 2 in a sub-varsity match at 126 pounds. This is permissible since it is a non-team scoring competition. Wrestler A from School 1 cannot participate in the varsity dual vs. School 2 in any fashion, as he competed in the sub-varsity matches.
 - 4 schools are competing in quadrangular varsity duals. Sub-varsity high school wrestlers are also weighed in. School 1 has one sub-varsity wrestler weighed in at 138 pounds (We'll call him Wrestler J). School 4 has three sub-varsity wrestlers weighed in at 138 (They'll be called Wrestlers Q, R, and S). Schools 2 and 3 have no sub-varsity kids weighed in at 138. As long as the 45-minute rest period between matches is followed, Wrestler J from School 1 can wrestle each

of Wrestler Q, R and S from School 4 during the evening, as long as no team scoring is kept. None of those wrestlers can compete in a varsity match of any sort (forfeits included) when School 1 competes against School 4 at the varsity level.

- School 1 has one extra 152-pound sub-varsity wrestler. School 2 has one extra 152-pound sub-varsity wrestler, one extra 160-pound sub-varsity wrestler, and one extra 170-pound sub varsity wrestler. The coaches from those two schools want School 1's extra 152-pound sub-varsity wrestler to compete against each of the three extra wrestlers from School 2. Can that happen? Answer: NO! That wrestler can compete against School 2's 152-pound sub-varsity wrestler and against School 2's 160-pound sub-varsity wrestler, but not against the 170-pounder. A wrestler can only "bump up" one weight class.
- These matches can be entered into TrackWrestling by adding extra matches within the varsity dual. They will click add match and make sure the bottom field is set to "Yes" for extra match. It will show up as an "exhibition" match after the varsity dual meet and will not be scored into a team score.
- Expectations regarding sportsmanship and ejections
 - The IHSAA is doing all it can to promote the sport of wrestling. With that in mind, we need the help of school administrators, wrestling coaches at all levels, the wrestlers themselves, and the wrestling officials to promote positive sportsmanship. Here are my expectations as the administrator for the sport of wrestling, as the Director of Officials, and as the person in the IHSAA offices who has to collect the ejection reports from schools and officials!
 - A.D.s – be vigilant as you attend your school's events and take care of any unsportsmanlike issues coming from the crowd. Protect the officials, the coaches, and the athletes from a negative environment. Easier said than done, I know, but you can always use the IHSAA Conduct Counts guidelines for your reference points. Let's get the crowd sportsmanship cleaned up.
 - Coaches – Take 5 minutes before you get too far into the season and simply tell your team that you will not tolerate poor sportsmanship from the wrestlers on your team. Lay down the law and then follow-up on your expectations. Your athletes will respect you for setting the parameters on sportsmanship. After that is done, take a look at your own actions. Conduct yourself professionally. Communicate with officials with respect and with class. Give them the dignity they deserve, as their job is a difficult one. A job that many won't do and from which too many are leaving.
 - Officials – Discuss sportsmanship with the teams in your pre-meet. Talk candidly with the coaches and don't look for confrontation. Give respect and you'll get respect. Don't over-officiate in situations, rather see what happened and use preventive officiating when possible to diffuse situations. Be active and hustle and you'll avoid most problems! However, don't put up with any excessive static from the coaches or wrestlers. Unsportsmanlike conduct or misconduct can occur without an ejection, if needed.

- Set a goal – Schools – set a goal to have no ejections from your wrestling team!
Officials- set a goal to not eject anyone, but to find ways to prevent that. I know ejections will happen, but we can minimize them if we give the effort!
- Reminder of rules change – trap arm and lift
 - Trap arm with a lift is a potentially dangerous situation. A match stoppage is not required, but it might happen. Like any potentially dangerous situation (chicken wing, headlock, etc.), the referee can officiate through it or stop it. The official would stop it if it is deemed to prevent injury.
 - Officials should not automatically state that any time there is a standing position and a trapped arm exists followed by a lift that “I’m going to stop it.” Rather, the official should state that “I may stop it, if I deem it to be dangerous enough and I want to prevent an injury.”
- Dress the part
 - Post-season requirements for coaches include proper dress, such as khakis and a polo (coaching) shirt. At that time, we ask that no blue jeans or sweats be worn. I’ll stop short of making that a requirement for the regular season, however, I do believe that we should dress the part. Coaches, consider asking your staff to look professional when they work, on weekdays and weekends.

Thank you for your time and effort,

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