



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

P.O. BOX 10 • BOONE, IA 50036-0010 • (515) 432-2011 • FAX (515) 432-2961 • www.iahsaa.org

ALAN BESTE, Executive Director • BRETT NANNINGA, Associate Director

TODD THARP, Assistant Director • CHAD ELSBERRY, Assistant Director • JARED CHIZEK, Assistant Director

1/26/17

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

From: Lewie Curtis, IHSAA

As we prepare to wrap up the regular season and enter the post-season, I'd like to congratulate all coaches and officials for the work you have done and for the work you will continue to do for the sport of wrestling. I encourage all of you to continue with your support of this great sport, and do it with passion while maintaining a high level of sportsmanship and character! Best of luck in February.

A few bullet points to serve as reminders and/or learning points:

- For the benefit of fans and media, consider asking your team members to wear the same singlets in the session/round of your upcoming tournaments and duals. While it is not a steadfast rule, I think it allows for those watching to more easily recognize your team as well as promoting team unity.
- Overtime procedure reminder (oddly enough this does not always get administered properly)
 - Overtime matches, in tournaments and dual meets, shall consist of one, one-minute period followed by two, 30-second tiebreakers, if necessary, and one, 30-second ultimate tiebreaker, if necessary.
 - When the contestants are tied at the end of the three regular periods, they will wrestle overtime. Overtime will consist of a one-minute sudden victory period, and if needed two 30-second tiebreakers. If the score remains tied at the end of the two 30-second tiebreakers, a 30-second ultimate tiebreaker shall take place. The procedure will be:
 - a. no rest between the regulation match and the sudden victory;
 - b. wrestlers in the neutral position;
 - c. the wrestler who scores the first point(s) will be declared the winner; if no winner is declared by the end of the sudden victory, then the following procedure will be used:
 - Two 30-seconds tiebreakers will be wrestled to completion and score kept as in the regular match;
 - The referee shall flip a disk to determine which wrestler has the choice of starting position for the first tiebreaker;
 - The wrestler who has choice in the first tiebreaker may select top, bottom, or defer the choice to the opponent;
 - At the conclusion of the first 30-second tiebreaker, the opponent will have the choice of top or bottom position;
 - Whichever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner;
 - If the score is tied at the end of the two 30-second tiebreakers; the choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match (first three periods of the match); the wrestler whose opponent has received an unsportsmanlike conduct penalty at any time during the match will have the choice of position. The unsportsmanlike

conduct penalty will supersede the first points scored in the regulation match; if no points are scored in the regulation match, a flip of the disk shall determine the wrestler who has the choice (points for double-stalling or simultaneous penalties shall be considered as no points for the purpose of the tiebreaker choice);

- The wrestler who has choice may select top, bottom or defer the choice to the opponent;
- The wrestler who scores the first point(s) during the ultimate tiebreaker will be declared the winner. If no scoring occurs during the ultimate tiebreaker, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.

d. a fall terminates the match.

- Overtime is an extension of the regular match. All points, penalties, cautions, warnings, time-out and injury time will be cumulative throughout the regular match and the overtime period.
 - If the points earned in the sudden victory or ultimate tiebreaker involve a takedown or reversal straight to near-fall criteria, the match shall continue until the near-fall or fall situation has concluded.
- Hair Rule - During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well groomed. The hair, in its natural state, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows.
 - "The hair, in its natural state" simply means there's no need for an official to need to touch, push, or pull on a wrestler's hair. Ask him (or her) to shake their head and where the hair ends up is "in its natural state".
 - While we need to abide by the rules, we don't need to go out looking for locker room haircuts!
 - When a hair cover is being used, it needs to be attached to the headgear! It cannot be a separate piece of equipment such as a bandana, skull cap, or swimming cap.
 - When a hair cover is being used, the hair needs to fit inside of the cover. It shouldn't hang out the back. If the hair comes out, have the wrestler tuck it back in.
 - Use of Assistant Referee (AR) along with Head Referee (HR) – Rule 3-2
 - As we near the post-season, the use of a HR and an AR will become more prevalent. In our true-second wrestle-backs, we will use this system. We have encouraged officials to use the two-person system when they get the chance during the regular season.
 - The HR is in charge of that match, while the AR is there to assist and add a second set of eyes to things. Looking for illegal holds or technical violations are part of that, and if spotted should be brought to the attention of the HR. Stalling, line calls, and potentially dangerous holds or maneuvers need to also be watched by the AR. Helping with end-of-period time/clock is also essential. The AR should use moderate signals and can make verbal communication in a subtle way. Holding up signals, pointing at things, or verbalizing for all to hear are things a good AR does not do during a match.
 - The relationship of the HR and AR needs to be one of communication. They need to listen to each other, but as Rule 3-2-g clearly states, "The referee (HR) shall prevail in the event of a disagreement."
 - Skin report form
 - Coaches, please be sure your skin report forms are current. While we do not have a specific timeline for that, now is a good time to get wrestlers with suspect skin conditions to the doctor for treatment and/or clearance.

- Officials, if you have a wrestler with a skin report form that is checked “Is not communicable at this time” then you honor it. If it is checked “May return to participation on the date listed here” then you examine it and if it’s dry, they go. If it looks active and is wet, then you can overrule it.
- Coaches – talk to your administrators and try to find a professional health care provider to conduct your skin checks, so we remove that responsibility from the officials. If not, then the official has the final say. All of this can be taken care of now, to prevent problems in the post-season!
- Weigh in situations
 - Wrestler A reports to weigh in with the 152 pounders. He steps on the scale and weighs 156.1. What weight classes is he eligible to wrestle? Rule 4-5-8 says, “Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class. That contestant may wrestle in the weight class for which their actual weight qualifies the contestant, or in the next higher weight class as long as either of these weight classes are permitted by the contestant’s individual weight loss plan on that given date. An additional weigh-in is neither required nor allowed.” So the answer is he is now a 160 pounder and can wrestle at 160 or “bump up” to wrestle 170. Coaches, keep in mind that if this wrestler has a Minimum Wrestling Class of 145 his descent plan will recalculate and he’ll be 156.1 this week and can only drop the amount of weight loss per week as written on his descent plan. Changing his MWC to 152, which is permanent, would cause the descent plan to not recalculate in this situation.
 - Coach from Team X brings a weigh in sheet to a meet. The Growth Allowance column has a No, but the coach insists that his wrestler should get the two-pound growth allowance. How can you tell whether that wrestler qualifies for the growth allowance (which is determined by whether or not the wrestler has certified (or made scratch weight) at his/her MWC). Most weigh in sheets are printed in black ink. On the computer monitor the availability for a growth allowance is in blue, which you won’t be able to tell on a black ink printer. However, the blue Yes or No on the monitor is also underlined. If a No is not underlined, it means that that particular wrestler has not certified at his/her lowest weight. Unless the coach changes the MWC on the Roster page of TrackWrestling, that wrestler does not get to use the growth allowance and will violate the descent plan. Coaches, you need to look at every individual descent plan and make sure it is accurate before heading into the post-season!
- Weather related scale allowances
 - With the recent winter weather blast that much of the state has received, I’ve taken many phone calls or emails asking about scale allowances when school is cancelled and a team(s) can’t practice. Rule 4-5-5 addresses that.
 - “When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s). The acceptable person(s) to receive that notice shall be the head coach, principal or athletic director. Competitions that are postponed for one calendar day or more, for reasons beyond the control of the participating school(s), or practices that cannot be held in these situations due to school policy shall be treated the same as competitions when there are consecutive days of competition in terms of the 1-pound allowance, with the exception of the required 48-hour notice.”

Have a great end to your season. Coaches, keep your eyes on our website for more post-season information as well as emails and “snail mails” if you are hosting!

Lewie Curtis, Director of Officials
 Iowa High School Athletic Association
 (515) 432-2011 lcurtis@iahsaa.org