



# IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

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November 26, 2012

**TO: ATHLETIC DIRECTORS, HEAD WRESTLING COACHES, AND OFFICIALS**  
*(Athletic Directors, please forward this information for **ALL** of your wrestling coaches)*

**RE: THE UPCOMING WRESTLING SEASON**

Dear Athletic Directors, Head Wrestling Coaches, and Officials:

While there were very few wrestling rule changes this year, there are a large number of important information items in this letter. Please read all of them!

### **Concussions**

- A concussion is a traumatic brain injury that results in a temporary disruption of normal brain function.
- Most concussions do NOT result in loss of consciousness (being knocked out).
- Adolescent athletes are particularly vulnerable to the effects of concussion.
- Even a “ding” or “bell ringer” can result in a minor concussion and cause changes in short- and long-term brain function.
- Neither officials, nor coaches, are expected to “diagnose” a concussion, as that is the job of a licensed health-care provider, according to Iowa Code 280.13C.
- Officials, coaches, and administrators are expected to make efforts to ensure that concussed athletes do not continue to participate.
- Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as **loss of consciousness, headache, dizziness, confusion, or balance problems**) shall immediately be removed from **participation** and shall not return until he has received written clearance from a licensed health care provider.

We are currently working with Department of Education and legislative staff regarding updated protocol to be used when a student-athlete is concussed. Any changes in protocol will not take place until January 1, 2013, but be aware the protocol coaches and officials use when they observe signs, symptoms, and behaviors of a concussion will change.

### **Important Dates for 2012-13 Season**

- First practice: Monday, November 12, 2012
- First competition: Monday, November 26, 2012
- Class 1A & 2A Sectional Tournaments: Saturday, February 2, 2013
- Class 1A & 2A Regional Dual Meets: Tuesday, February 5, 2013
- Class 3A Regional Dual Team Meet: Wednesday, February 6, 2013
- Class 1A, 2A & 3A District Tournaments: Saturday, February 9, 2013
- State Dual Team Wrestling Tournament: Wednesday, February 13, 2013
- State Wrestling Tournament: Thursday - Saturday, February 14-16, 2013

All wrestling information can be found at the following link –  
<http://www.iahsaa.org/wrestling/index.html>

### **Important Dates for Officials**

- Monday, November 26, 2012 is a **VERY** important date for officials. The following must be completed by the end of the day, November 26:
  - Schedules and Tournament Request Forms
  - Wrestling Rules Exam Passed
  - Wrestling Rules Meeting viewed or attended via the IWCOA convention
- **Officials must submit sportsmanship ratings** on-line by the end of the day, Monday, February 18, 2013 to be eligible for post-season competition in 2014.

### **Emphasis on Several 2012-13 Major Rule Changes**

- Rule 1-2-2a – Competition in dual meets will be conducted by random draw of the weight classes. The random draw shall take place immediately **preceding** weigh-ins.
- Rule 4-1-1a – ... If sufficient reason is determined by the referee, a tight-fitting, short-sleeved **or sleeveless** undershirt of a single, solid color unadorned with no more than one manufacturer's logo/trademark/reference may be worn under the one-piece singlet; ...
- Rule 4-3-5 - Wrestlers may not wear wristbands, sweatbands, or bicep bands during a match.
- Rule 5-11-2i, f-h, when an imminent or near-fall situation is stopped due to a defensive wrestler committing a technical violation, applying an illegal hold/maneuver, committing unnecessary roughness or unsportsmanlike act which cannot be corrected and **requires** the referee to stop the match, the match will be stopped and a penalty point(s) shall be awarded **in addition to the near fall points in accordance with f-h.**
- Rule 5-21-1 – ... The draw shall take place immediately **preceding the** weigh-ins and be supervised by the referee or other authorized person. ...
- Penalty Chart:
  - Stalling\***
  - Warning
  - First Penalty = 1 Pt.
  - Second Penalty = 1 Pt.
  - Third Penalty = \*2 pts. (Plus opponent will have choice of position on the next restart. (e.g. If a wrestler's third penalty towards disqualification according to the penalty chart is for stalling, their opponent will receive 2 match points AND have their choice on the next restart.)**
  - Fourth Penalty = Disqualify
- Rule 8-2-1, h, exception ...if a second injury time-out is taken during a regulation period, the opponent shall have the choice of top, bottom or neutral position on the restart.
  - Exception: h. if the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period and the opponent already has the choice at the beginning of the second 30-second tiebreaker period, the opponent would then

have the added choice at the first restart after the beginning of the second 30-second tiebreaker period.

- Rule 10-2-9 - If two wrestlers in the championship bracket simultaneously cannot continue the match due to both being disqualified for stalling or having their injury or blood time elapse, the wrestler who is leading on points at the time the match is terminated will continue in the consolation bracket. If the match is tied at the time of termination, neither wrestler will continue.
- Rules 10-3-6 & 10-3-7 – Refer to how consolation rounds of an individually bracketed tournament may be cross-bracketed.

Here is a link to the 2012-13 NFHS Rules changes -

[http://www.iahsaa.org/wrestling/2012\\_13\\_WR\\_Rules\\_Changes.pdf](http://www.iahsaa.org/wrestling/2012_13_WR_Rules_Changes.pdf)

### **2011-12 Rules Emphasis**

**HEADGEAR IS PART OF THE UNIFORM** - By national rule, headgear is part of the uniform. **Headgear, like the rest of the uniform, must be worn as intended and designed by the manufacturer. HEADGEAR CANNOT BE ALTERED IN ANY WAY!** It is illegal to glue or tape anything to the inside or outside of the headgear. Padding that has traditionally been taped to the inside of an ear guard to protect cauliflower ear is not legal. Nor is it legal to cross headgear straps, as that is not how they were intended to be worn by the manufacturer.

**Tape is not allowed on the headgear, whether it be to repair a headgear, protect an injury, or for adornment.** Stickers **are** allowed on the headgear as long as they do not contain anything unsportsmanlike, do not pose a hazard to the opponent, and do **NOT** cover the ear holes or other openings that allow airflow.



**ILLEGAL**



**ILLEGAL**

Some headgear (*such as the one pictured on the next page*) have hook and loop closures to connect the straps and keep the forehead strap from working down on the forehead. Others have chin cups or padding on the chinstrap. These are legal as long as they are manufactured and not homemade. It is not the official's responsibility to be sure the manufacturer of the hook and loop closures, or chin cup or padding, are from the same manufacturer as the headgear. Just that they are not homemade.



A wrestler may wear a wrestling facemask attached to the headgear to protect an injury. **A facemask is special equipment and the referee may permit tape on the facemask ONLY, if in the referee's opinion, it does not pose a hazard to the opponent.** It is **NOT** legal to connect the facemask to the headgear with tape, as that would be illegal tape on the headgear.

Here is a practical situation regarding tape on the headgear. A wrestler reports to the scorer's table with a legal headgear (no tape, no stickers covering the ear holes, etc.). **During competition, the chinstrap keeps coming undone. When there is no significant action, the referee will stop the match to allow the wrestler to resnap the headgear. If this continues, the referee shall have the wrestler's coach get the wrestler a headgear that stays snapped.** If that is **IMPOSSIBLE** due to the size or shape of the wrestler's head, the referee may allow tape on the CHINSTRAP ONLY to keep the chinstrap from coming off during that match. This is a referee's timeout to allow the wrestler to replace or repair equipment that became damaged through use. This provision applies to the match in progress only. **When reporting for the next match the wrestler must have a legal headgear that will stay snapped or use injury time to get a new headgear so the match can continue. The referee should not allow the chinstrap to be taped after the first match in which it became inoperable.**

### **IHSAA Regular Season Winter Sports Manual**

Below is a link to the regular season winter sports manual. Coaches, I would suggest you review the wrestling information to be sure you are in compliance with all IHSAA rules.

[http://www.iahsaa.org/resource\\_center/IHSAA\\_Winter\\_Manual\\_2012\\_2013\\_WEB.pdf](http://www.iahsaa.org/resource_center/IHSAA_Winter_Manual_2012_2013_WEB.pdf)

### **Mandatory Reporting of Dual Meet Scores**

Based on a recommendation from the Wrestling Coaches Advisory Committee, all wrestling schools are mandated to enter **varsity** dual meet match and team scores into the NWCA OPC that is also used to monitor all aspects of the weight management program. **Varsity dual meet individual and team scores must be entered by 3:00 P.M. on Monday, December 17, Monday, January 14, and Monday, February 4.** All

**varsity** dual meets through the previous Saturday of each reporting date need to be included. The penalty for failure to report on time is:

- **First offense**, a letter/e-mail sent to the school's head wrestling coach, with a copy to the athletic director, from the IHSAA sport administrator giving 3 days to comply with the mandate;
- **Second offense**, a letter to the school's athletic director, with a copy to the principal and superintendent, from the IHSAA executive director, giving 3 days to comply with the mandate;
- **Third offense**, IHSAA will withhold **ALL** of the school's post-season wrestling expense allowances (sectionals – state wrestling).

***Benefit of TrackWrestling!!** With TrackWrestling either coach at a dual meet or tournament can score the meet, the other coach(es) do not need to do so. Coaches and athletic directors should communicate before each meet to see if someone will be using TrackWrestling. If that is the case, dual scores (which are required to be entered) will automatically be sent to the OPC and there is no need for either team to enter them again!*

#### **Eligible Weight Classes and Scale Allowance**

The on-line weight management system will indicate which two weight classes a wrestler is eligible to weigh-in for each week according to their descent plan. **If a wrestler's Minimum Wrestling Weight for a given week is 145.5#, he is eligible to weigh-in for the 152# and 160# weight classes that week.** If a scale allowance is given for consecutive days of competition or weather postponements, that does **NOT** change the wrestler's two eligible weight classes. **UNDER NO CIRCUMSTANCE IS THIS WRESTLER ELIGIBLE TO WEIGH-IN FOR THE 145# WEIGHT CLASS DURING THIS WEEK.**

#### **Ejections**

**Any coach or student-athlete disqualified from an interscholastic contest by contest officials for flagrant, violent, or verbal misconduct will be ineligible for the remainder of the day, and the next regularly scheduled contest at that level of competition, and all contests/meets/dates in the interim** at any level including IHSAA postseason tournaments, in addition to any other penalties the IHSAA or the school may assess.

**In addition, any coach ejected from an IHSAA sanctioned sport in grades 7-12 will be required to take the NFHS on-line course titled, "Teaching and Modeling Behavior."** The coach must view this course, and the certificate of course completion must be emailed or faxed to the IHSAA office (515-432-2961), before he or she is able to return to coach an interscholastic contest. The cost of the course will be the responsibility of the individual coach. This mandate is in addition to the penalty stated above.

**Also, any student-athlete ejected from an IHSAA sanctioned sport in grades 7-12 will be required to take an on-line course called "Sportsmanship- It's Up to You."**

The student must view this course, and the certificate of course completion must be sent to the IHSAA office, prior to the student participating in another interscholastic contest. There is no cost for this course. The Athletic Director of the ejected student will receive information on how the student can view this on-line course and how to submit the certificate of completion to the Athletic Association. This mandate is in addition to the penalty stated above.

### **One Last Thought**

**Coaches, remember, athletics is your classroom and you are the educator!** No matter if you are a classroom teacher or not, your number one responsibility is to teach the students in your program how to become better people. You do that through what you say, but more so by how you act. **Don't worry that your students are not listening to you, worry that they are watching everything you do.** Your actions speak louder than words so be sure you role model integrity, ethics and sportsmanship in all you do.

Officials, you are also educators. The way you interact with wrestlers, coaches, administrators, and spectators says volumes about your character and your expectations. **Model respect and accept nothing less from those you deal with.**

Sincerely,



Alan Beste  
Assistant Executive Director  
<abeste@iahsaa.org>

#### *Links:*

*Blood Borne Pathogens Procedures:*

[http://www.iahsaa.org/Sports\\_Medicine\\_Wellness/Comm/Sport\\_Blood\\_Rules.pdf](http://www.iahsaa.org/Sports_Medicine_Wellness/Comm/Sport_Blood_Rules.pdf)

*NFHS Signal Chart*

[http://www.iahsaa.org/wrestling/NFHS/12\\_13\\_Wrestling\\_Signals.pdf](http://www.iahsaa.org/wrestling/NFHS/12_13_Wrestling_Signals.pdf)

*NFHS Wrestling Scorers & Timers Instructions*

[http://www.iahsaa.org/wrestling/NFHS/Wrestling\\_Scorers\\_Timers\\_Instructions.pdf](http://www.iahsaa.org/wrestling/NFHS/Wrestling_Scorers_Timers_Instructions.pdf)

*NFHS Wrestling Interpretations*

[http://www.iahsaa.org/wrestling/NFHS/12\\_13\\_NFHS\\_WR\\_Interps.pdf](http://www.iahsaa.org/wrestling/NFHS/12_13_NFHS_WR_Interps.pdf)

*Review of the Administration of the 2<sup>nd</sup> Injury Timeout and Overtime*

[http://www.iahsaa.org/wrestling/Officials/OT\\_2ndInjuryTO\\_111912.pdf](http://www.iahsaa.org/wrestling/Officials/OT_2ndInjuryTO_111912.pdf)

## **CORRECTION TO SITUATION 5.11.2 G:**

Wrestler A has Wrestler B in a pinning situation and the referee is holding three near-fall points when B grasps A's ear guards. The referee removes the hand, but allows action to continue to give A the opportunity to secure the fall. If (a) time expires or (b) the action is stopped due to the fact the wrestlers went out of bounds, how many points should be awarded?

~~**RULING:** Whether the period ends or an out of bounds situation occurs, the point awards would be the same. The referee shall award four points for the near-fall and one point for grasping the ear guards. The offending wrestler shall not be allowed to profit from illegal action. (6-4-6; 7-3-2)~~

**CORRECT RULING:** The three near-fall points earned and the penalty point for the technical violation should be awarded, but no additional points are earned because the illegal actions were not the cause of the match being stopped. (6-4-6; 7-3-2)

## **TECHNICAL FALL OR STALLING?!**

Here is an interesting situation about a wrestler who intentionally, and repeatedly, lets a lesser wrestler off his back to neutral position after earning near fall points. The idea is that the better wrestler is getting more mat time to work on takedowns and pinning combinations. Is this unsportsmanlike conduct for "taunting, intimidating, or baiting" the opponent? Is the technical fall rule in place for instances like this?

Page 84-85 of the referee's manual in the wrestling casebook states, "The offensive wrestler must make an honest attempt to work for a fall. Whenever the offensive wrestler is content to hold the opponent on the mat without moving out to a perpendicular position and working for a fall, it is stalling. It is not sufficient for the offensive wrestler to move to a perpendicular position because it is possible for the wrestler to move perpendicular and simply hold the opponent on the mat without working for the fall. Anytime the wrestler in the advantage position is content to hold the opponent down, that is, simply keep the opponent off the base without attempting to work for a fall, it is stalling."

I understand the situation presented and the manual reference is not directly related, but I believe the manual gives good guidance! In most situations, the official would probably visit with the wrestlers prior to a neutral start and remind them that the goal is to work for a fall and not embarrass an opponent. If the same type of action continues, the official **could** call stalling on the offensive wrestler who is not working for a fall. At that point in the match, it may be a mute point and will probably have no negative impact on the offensive wrestler, but the message will be sent that the intent in wrestling is to work for the fall.