



Dear Wrestling Coaches and Athletic Directors-

We are excited for the 2024 Wrestling Season! We have just a couple items as we wrap up the first week of practice.

1) **REMINDER: Coaches have until Friday, November 22<sup>nd</sup> to view the rules meeting on Bound.** Head coaches who do not view the meeting will not be able to coach in the state qualifying meet or state meet.

- a. **AD's:** ensure you have your head coaches assigned and contact info updated on Bound.
- b. This will ensure they get credit for rules meeting and get various communication that will be sent out from our office throughout the season.

2) Final classifications will be listed on the IGHSAU website by 4:00pm on Friday November 8<sup>th</sup>. Please be sure to take a look at those as we begin our season.

3) All coaches are to update TrackWrestling after every meet. Please be sure to identify JV vs. Varsity competitions. We will utilize data from TrackWrestling when placing teams for Regional Meets.

4) If you are hosting a meet, please make sure to upload results on TrackWrestling. If you have any issues with this process, please reach out to TrackWrestling directly.

5) Prior to starting competitions please remember that individual wrestlers are permitted a maximum of 17 regular season competition dates (15 Varsity, 2 JV), with no more than 15 of those dates being varsity competitions (excluding regionals and state).

6) Teams are limited to 15 regular season competitions per level on their schedule (excluding regionals and state). EX) Team A has 15 Varsity and 15 JV competitions on their schedule and is compliant. However, Team B has 17 Varsity competitions on their schedule and is in violation of this rule.

7) The 2lb growth allowance is available on December 16<sup>th</sup>. Reminder this is available to every wrestler on that date. There is no more requirement to reach scratch weight. The 2lb growth allowance cannot be utilized to compete in a weight class that is lower than your decent plan allows.

8) Regional Meet placements will be released prior to January 1st. We will post the assignments on our website and various social media platforms.

9) Please be sure to fill out the Projected Weight Class Assignments form on Bound, no later than Friday, December 6th. This will help us as we balance our Regional Meets.

10) The State Meet Schedule is linked on our website [here](#). Please note that Class 2A will compete in the morning session on Thursday February 6<sup>th</sup>.

11) State Ticketing will be sold through the Xtream Arena Box office. This year we will have reserved seating for all sessions of the Girls State Wrestling Tournament. Tickets will go on sale February 1<sup>st</sup>. All sessions will be ticketed separately at \$12 a ticket.

Best of luck to all as we get another week of practice before we begin our competitions. If any questions come up during the season, please do not hesitate to contact our office.

Sincerely,