



Dear Wrestling Coaches and Athletic Directors-

We are excited for the 2024 Wrestling Season! We have just a couple items to emphasize prior to the first competitions.

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) Bruce Ennen will continue to be our Wrestling Officials Coordinator. If you have any questions pertaining to NFHS rules interpretations, please reach out to him at [ennen94@gmail.com](mailto:ennen94@gmail.com).

3) There have been significant rule changes to wrestling for the 2024-25 season. This is not a year when NFHS rule books are sent out. Please be sure to view all those rule changes [HERE](#). If you feel the need to order your own rule book this year you can do so using this [LINK](#).

4) New for 2024-25 season there is an option for **lower level (non-varsity)** competition weigh-in procedure. Guidelines for this new procedure will now reflect the following:

- A. Schools will be allowed to use home weigh-ins for non-varsity competition only.
- B. Coaches must create and use a Pre-Meet Weigh-In Form through the TrackWrestling site.
- C. Schools must send electronically or present the completed weigh-in form on site.

- D. The weigh-in must take place on the same day as the competition.
- E. Host schools must use NFHS established weight classes.
- F. Home weigh-ins for Junior Varsity should not be used for the purpose of establishing the lowest allowable weight class for postseason.

5) Final classifications are listed on the IGHSAU website. Please be sure to take a look at those as we begin our season.

6) 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.

7) 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.

8) 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.

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

10) 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.

11) 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>.

12) We have been getting some questions regarding TrackWrestling Tournament bills. If you have paid your "All in Bundle Access" and receive an invoice from TrackWrestling for a Tournament please submit a Help Ticket with TrackWrestling so they can void that invoice.

13) A message from IGHSAU Officials Coordinator Bruce Ennen:

Officials and Coaches,

Our season is upon us and I would like to bring up a couple of items to consider:

1. If JV girls are going to wrestle varsity in a dual meet they must weigh in shoulder to shoulder like all varsity girls do. That means weighing in a maximum of 1 hour shoulder to shoulder with other varsity wrestlers for dual meets.

2. Officials evaluators will be out during the season. If you want to be considered for the IGHSAU Postseason State Tournament, it's paramount you use only the 28 signals in our rules book. Make sure you are reading Lewie's current memo, which has some great clarifications and updated interpretations to Iowa wrestling. It's important to continue and read all memos to be up to date on the latest developments.

3. Coaches, your feedback and recommendations are very important to us in our postseason selection process. It will help us select the best officials in the state. Your recommendations are due by December 22, 2024.

Things to consider when looking at officials:

A. Do they have good mechanics, are they always in good position, and use crisp clear signals from our rulebook?

B. Do they know the rules and use good communication when explaining situations?

C. Are they in good shape to be able to perform their duties well at the end of the day?

D. Are they professionally attired and act professionally at all times?

E. Are they thorough and on time?

A-E may help you decide whether to recommend an official for the postseason.

Best of luck to the start of your seasons. If any questions come up during the season, please do not hesitate to contact our office.

Sincerely,

Madison Melchert

Assistant Director