



Dear Wrestling Coaches and Athletic Directors-

We have had quite a few questions come up with the first week of competition we want to address.

- 1) Body Composition Testing must be done prior to competition.
- 2) Jewlery is not allowed. Please have a plan prior to weigh-ins for any permanent Jewlery. See NFHS Rule 3-1-4b for reference.
- 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) During JV and Varsity competition weigh-ins still apply regardless of the format. This is imperative to the health and safety of our athletes.
- 5) 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.
- 6) The 2lb growth allowance is available on December 16th. 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.
- 7) Regional Meet placements will be released prior to January 1st. We will post the assignments on our website and various social media platforms.

8) 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.

9) The State Meet Schedule is linked on our website [HERE](#). Please note that Class 2A will compete in the morning session on Thursday February 6th.

10) 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.

11) 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.

12) A message from IGHSAU Officials Coordinator Bruce Ennen:

- There must be a 30-minute wait time between matches. There are no exceptions to this rule. Abusing this rule is a liability to all involved. Please reference NFHS Rule 1-4-4.
- Remember any device used to secure hair must not be hard or abrasive. Hair pins are not allowed.
- When weighing in make sure wrestlers are in proper uniforms including sports bras that completely cover breasts, a suitable undergarment that completely covers groin and buttocks, and wearing an official uniform. Please reference NFHS Rule 4-5-7.
- Make sure your wrestlers remove all types of jewelry prior to weigh-ins. No exceptions allowed. Please reference NFHS Rule 3-1-5.
- If braces are worn, make sure the wrestlers wear an adequate tooth and mouth protector. Please reference NFHS Rule 4-2-6.

Best of luck with the rest of the first half of the season! If any questions come up during the season, please do not hesitate to contact our office.

Sincerely,
Madison Melchert
Assistant Director