



Dear Wrestling Coaches and Athletic Directors-

As we approach Winter Break we wanted to reach out with some reminders and new information.

- 1) TrackWrestling has updated the state seeding, you will need to check all your athletes' seeding criteria. You can do this by logging into your season team, going into your roster, click on the athlete's name, and hitting 'Seed Criteria.' Please check state qualifiers and state place winners from last year to make sure that reflects appropriately. This is extremely important if your team has any transfers or your team is new. Please e-mail Matt Shannon at mattindee1@gmail.com if something needs to be updated.
- 2) 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](#).
- 3) During JV and Varsity competition weigh-ins still apply regardless of the format. This is imperative to the health and safety of our athletes.
- 4) 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.
- 5) If your athlete or coach receives an ejection, please make sure to reach out to Madison Melchert at madison@ighsau.org in the IGHSAU office. She will be able to help you through those steps. You can find ejection information listed on our website using this [LINK](#).
- 6) The 2lb growth allowance has been made available as of December 16th. Reminder this

is available to every wrestler. 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 have been released. You can find those listed on our website using the links listed below.

[CLASS 1A](#)

[CLASS 2A](#)

8) 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.

9) 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.

10) A message from IGHSAU Officials Coordinator Bruce Ennen:

IGHSAU Coaches:

This is a reminder to send in your recommendations for officials you would like to see working the postseason girls wrestling tournaments. You may recommend up to 15 officials you think deserve consideration. These recommendations are due this weekend, December 22nd.

Bruce Ennen
IGHSAU Officials Coordinator

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

Sincerely,
Madison Melchert
Assistant Director