

IGHSAU Guidelines for High School Wrestling Competition

All girls' wrestling events will comply with the descriptions listed in the NFHS Rule Book. Please refer to definitions located on pages 6 and 7:

Section 1-1: Match

Section 1-2: Dual Meet

Section 1-3: Tournament

Section 1-4: Representation

What types of individual formats can be used for my events?

As long as you follow NFHS descriptions, you may use the format of your choice to structure the needs of an individual event based on available participants.

This could include events such as, but not limited to:

- Scramble
- Madison block
- Round robin
- Pool play
- Traditional bracketed events.

Girls MUST weigh-in at the event, regardless of the event. They may wrestle at the weight class they weigh in at AND the weight class directly above it. Do not assign wrestlers to pools or brackets until after they have weighed in.

Examples:

If you are trying to get each wrestler 3 matches at event:

- A. Madison Block - select a bracket that allows for 3 matches within TrackWrestling. You may combine two adjoining weight classes. For example, you may combine 100# and 105# into one 4-person bracket. You CANNOT combine more than two (2) weight classes. The bracket weight class of a combined 100 and 105 would be called the 105 pound bracket. Wrestlers are allowed to move up one class to compete.
- B. Scramble Pairings - after setting your minimum and maximum number of matches in TrackWrestling, in this case 3 matches, you need to ensure your 105# wrestler is only grouped with 100# and 110# competitors. Why are there 3 weight classes allowed in this scenario? The 100# is wrestling up a class at 105 and the 105 is wrestling up to 110. The 100# may not wrestle the 110#. A scramble pairing is similar to allow adjustments in a dual meet set up. ***In a dual meet, team A could bump 100 up to 105 in a dual against team B. In the second dual, team B could bump their 105 up to 110. In essence, this creates a situation where the team B 105 competed against a 100 and a 110 which is allowed.***
- C. 8 person bracket - all 8 competitors would need to represent a maximum of 2 concurrent weight classes. You may combine 100# and 105# to create a bracket of 8. You CANNOT include 100, 105, and 110 to create an 8 person bracket.

**** IN ALL BRACKET SITUATIONS, THE TRACKWRESTLING MANAGER WOULD NEED TO ENSURE 3 WEIGHT CLASSES ARE NOT GROUPED INTO 1 BRACKET. ****

Varsity Events vs JV Events

What is the difference?

The IGHSAU is encouraging all programs to work towards the team/individual concept currently in place within the wrestling culture. We still honor and encourage programs to become involved because one girl can constitute a team due to the individual element of the current sanctioned sport. *Please refer to previous memos relating to this explanation.*

The determination of “varsity” or “JV” is up to the host school to determine. The host school tags the event(s) and determines the formatting of the event or level of competition involved. The only events at this time that would be mandated varsity level with one participant allowed would be Super Regionals and the State Meet.

We would like to encourage wrestling programs to:

1. Create traditional dual type events as listed in the NFHS handbook
 - a. If your program cannot do this yet, you can continue with an individual schedule.

2. Create traditional bracketed events with one wrestler per school at a weight class.
 - a. If your program or event cannot do this, you can format the event as you see fit

The above information will help provide guidance regarding when to incorporate a state-wide team element to the sport, particularly in postseason. The IGHSAU is excited about continued growth and will be looking for data points as to when the right time will be to make another transition.

What kind of events constitute a dual event?

Duals consist of the 14 NFHS weight classes and follow the definitions in section 1-2 of the NFHS rule book.

Weigh Ins - Individual and Dual events

All weigh-ins must occur **ON SITE** following NFHS time frames. Duals events allow weigh-ins 1 hour prior to the start of the event. Individual tournaments can range from a minimum of 1 hour to a maximum of 2 hours prior to the event. **Schools who manage or participate in events with illegal weigh in procedures will be ineligible for postseason competition.**

The IGHSAU would like the 2022-2023 season to focus on the growth of numbers and programs while allowing the leeway of scheduling and tagging of events. We feel this is fundamental to the growth of girls' wrestling in Iowa.

****Schools that have wrestlers who fall under the Transfer Eligibility Rule, please seek guidance with Erin Kirtley @ erin@ighsau.org in regard to scheduling events for this athlete. ****