



Iowa Girls' High School Athletic Union

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www.ighsau.org

2024 IGHS AU REGIONAL WRESTLING MANUAL

Regional Tournament: January 26, 2024

- Regions 1 and 2 - Sioux City, Tyson Events Center
- Regions 3 and 4 - Des Moines, HyVee Hall
- Regions 5 and 6 - Cedar Rapids, Alliant Energy PowerHouse
- Regions 7 and 8 – Mason City High School Fieldhouse

Regional Schedule:

- 6:30 AM Pass Gate opens for athletes, coaches, managers, cheerleaders, workers
- 6:30- 7:45 AM Coaches MUST bring weigh-in sheet to head table for check-in
- 7:45 AM Athletes begin lining up for weigh-ins (located on arena floor)
- 8:00 AM Weigh-ins and skin checks begin
- 9:00 AM Doors open to spectators
- 9:15 AM Coaches Information Meeting
- 9:45 AM Brackets released
- 10:00 AM Wrestling begins

**The start time of rounds will be coordinated to begin at the same time for the two regions at each site. Award presentations will happen at the same time for both regions at each site, upon completion of all matches

TOURNAMENT FORMAT

1. One wrestler per weight class, per school may be entered into the regional tournament.
2. **Trackwrestling Entries for Regional Tournament are due Wednesday, January 24th @ 10:00 am.**
 - a. **Make sure wrestlers' names are spelled correctly; grade & varsity record are updated**
 - b. **Coaches will get a notification email from Matthew Shannon regarding event entries one week prior to regional competition.**
3. All matches, championship & consolation, will consist of three 2-minute periods (2-2-2).
4. Bracket size will be consistent between weight classes and will be as follows:
32-person, wrestleback (WB) to 3rd place 6, true 4th (official TrackWrestling bracket format)
5. The top 4 place-winners from each weight class will advance to the state tournament.
6. There may be situations where an athlete may wrestle more than the NFHS allowed 6 matches, depending on bracket size. This has been approved by the IGHS AU Board of Directors.

SEEDING CRITERIA

In order for a wrestler to be seeded in Super Regional Competition, they must have a .500 record or better and have competed in 10 Varsity matches that season. Exceptions will be given to State Place Winners from the previous season. All seeding for Super Regionals will be predetermined via Trackwrestling's point system based on:

1. Head to Head
2. Common Opponent
3. 2023 IGHSAU State Place Winner
4. 2023 IGHSAU State Qualifier
5. Overall Record

Order of Rounds

Round 1 - 1st Round Championship Matches

Round 2 - 2nd Round Championship & 1st Wrestleback Matches (4 Mats)

Round 3 - 2nd Wrestleback Matches (4 Mats)

Round 4 - Quarterfinals & 3rd Wrestleback Matches (4 Mats)

Round 5 - 4th Wrestleback Matches (4 Mats)

Round 6 - Semi-Final and 5th Wrestleback Matches (4 Mats - Wrestle to Completion)

Round 7- Consolation Semi-Finals

Round 8 - 1st, 3rd, 5th place matches (3 Mats - One weight at a time)

Round 9 - True 4th Place Matches, if needed (1 Mat)

WEIGH-INS

1. For all regional locations, weigh-ins will take place two (2) hours before the start of the meet.
2. Coaches must prepare proper TrackWrestling weigh-in forms at the time of weigh-in.

ENTRY REGULATIONS

1. Wrestlers cannot be entered in a weight class lower than that permitted by their body composition assessment or descent plan. Wrestlers can be entered in a weight class for which they make weight (including growth allowance if they have qualified and used that allowance earlier in the season) and one weight class above.
2. Final entries, including changing any entries or the weight class at which wrestlers will weigh in, must be made with the tournament manager or his/her designee before the weigh-ins begin.
3. The declaration of the weight class in which each wrestler will compete must be made with the tournament manager or his/her designee before the last 235# wrestler steps off the scale.

COMMUNICABLE SKIN CONDITIONS & SKIN CHECKS

1. At regional tournaments, officials will conduct skin checks. Any wrestlers with suspect skin conditions must present a current, completed Wrestling Skin Condition Report at the time of weigh-ins signed by a medical professional stating the condition is not communicable or stating the wrestler had a communicable condition that is no longer communicable as of the date of the meet. If a designated on-site medical professional (Medical Doctor, Doctor of Osteopathic Medicine, Doctor of Chiropractic, Physician's Assistant, Athletic Trainer, or Advanced Registered Nurse Practitioner) is present at the weigh-ins he or she has the authority to rule on any suspect communicable skin conditions. This

medical professional has final authority to allow or deny participation regardless of what is indicated on the Skin Condition Report Form presented by the coach.

STATE QUALIFIER UNABLE TO ADVANCE TO STATE

1. If for some reason (injury, illness, ineligibility, etc.) a wrestler who has qualified for the state tournament cannot compete, the athletic director from the wrestler's school should call the IGHS AU immediately. Notification regarding injury or illness must be made to the IGHS AU by 6:00 p.m. Wednesday before the state wrestling tournament for another wrestler to advance to the state tournament. The 5th place wrestler from the same region of the wrestler unable to compete will qualify for the state meet. If a qualifying wrestler cannot compete in the state tournament but the replacement can also not compete, the opposing wrestler, who is present and has made weight for that weight class, is awarded a forfeit and two advancement points.

TOURNAMENT ROSTER:

1. In addition to entering athletes into Trackwrestling, schools will need to also fill out the regional tournament roster form found on Bound.
2. The **TOURNAMENT ROSTER FORM** is found on Bound under the IGHS AU tab. It can also be found at the top of each school's wrestling main page on Bound. Each AD or coach must complete and submit the team roster on Bound by **3:00pm on Monday, January 22nd**. This is mandatory for the distribution/ mailing of materials for the Super Regional event.
3. The roster form should include only those personnel with a specific meet-day or school-related responsibility. Only athletes participating in the event should be listed as athletes. Please read the instructions on the form carefully. It shall be the responsibility of each participating school to make certain that its roster form is complete and accurate.
4. Admission to the tournament site will be made strictly from the tournament roster form at the athlete pass gate. The tournament manager will also use this form as a data sheet to prepare the program prior to the tournament.

ADMISSION

1. **Ticketing:** All regional meets will utilize online + point of sale ticketing:
 - a. Tyson Events Center (Sioux City) - Tyson Events Center Box Office
 - b. Iowa Events Center/HyVee Hall (Des Moines) - HyVee Hall Box Office
 - c. Alliant Energy Powerhouse (Cedar Rapids) - Alliant Energy Powerhouse Box Office
 - d. Mason City Fieldhouse - Bound + card at the door. No cash.

Tickets will be available for online sales from each host site on January 19th @ noon. Links will be posted on the Wrestling Postseason Central button at the top of the ighsau.org page.

2. **Pass Gate:** Pass gate entries are limited to those with tournament credentials: participating wrestlers, head coach + six (6) team personnel. Head coaches, assistant coaches, volunteer coaches, managers, and medical personnel should be listed. Credentials will be handed out day of upon arrival at the team pass gate.
3. **Cheerleaders:** Only 6 cheerleaders per school and coach will be allowed through the pass gate. Cheerleaders will receive wristbands upon entry in order to get in the cheer room and matside. The

ICCA will have a representative at each site. Cheerleaders must have a coach/sponsor with them. ICCA guidelines and rules will be followed.

4. **Administrator Passes:** Administrators (and guest) who hold IGHS AU/IHSAA administrator passes will be admitted to regional contests and State Tournament contests. Administrators (and guest) must enter through the pass gate.
5. **Bus Driver:** One bus driver may be admitted free of charge, in addition to those individuals listed on the tournament roster form.

PRACTICE & WARM-UP SESSIONS

1. Each site will have the ability to offer warm-ups on competition mats, prior to the start of competition. After competition begins, athletes will be given designated space for movement, but no warm-up mats will be available after competition begins.
2. There will be no practice time allotted at the four sites the night prior to the event.

TOURNAMENT AWARDS

1. Medals and Ticket Punched signs will be awarded to the top 4 place winners in each weight class, in each Region. Winners will receive Regional brackets.

SPECTATOR GUIDANCE

1. SPECTATOR EXPECTATIONS:

- a. With the understanding that a tournament wrestling event is held as a part of the educational institution, the Board of Directors of the Iowa Girls' High School Athletic Union has adopted the following policies. It is the expectation that the host site enforces rules regarding unacceptable behavior below. Any of the following actions will result in ejection of the offender from the premises:
 - i. Disrespectful conduct, including profanity, obscene gestures or comments, offensive remarks of a sexual nature, or other actions that demean individuals or the event.
 - ii. Throwing articles onto the contest area.
 - iii. Entering the contest area in protest or celebration.
 - iv. Physical confrontation involving contest officials, coaches/directors, contestants, or spectators.
 - v. Spectator interference with the event.
 - vi. Use of a "laser light" pen.
- b. All spectators at state-sponsored wrestling tournaments shall wear shoes and a shirt which shall extend to the waist area. No one shall be admitted who is wearing a full mask (hidden identity). Face paints are allowed.
- c. Chants or cheers directed at the opponent. (First offense = Warning. Subsequent offense = Ejection.)
- d. Please notify the IGHS AU if any spectator is ejected from the facility including the name of the spectator. A procedure has been established to assist officials and administrators when spectator conduct becomes a problem.

2. BANNERS, DISPLAYS & NOISEMAKERS

- a. The use of balloons, banners, flags, signs, placards, Fatheads, confetti, etc. **are prohibited.**

- b. Additionally, objects which could provide a safety concern (pom-poms on sticks, fake swords, etc.) are prohibited, as are any artificial noisemakers (e.g., airhorns, thunder sticks, megaphones, cowbells, etc.).
 - i. Excluded from this rule are permanent wall displays or signs used for general administration of the tournament.
 - ii. Permitted items: miniature pom-poms not attached to a stick, rally towels (14"x14"), foam fingers and face and body paint.
- c. Use of artificial noisemakers (airhorns, cowbells, keys, thunder sticks, megaphones, etc.) signs, or banners is prohibited. (First offense = Warning. Subsequent offense = Ejection.)
- d. These rules shall apply to the State Tournament as well.

3. ALCOHOL AND TOBACCO POLICY

- a. No alcohol or tobacco is to be sold or consumed on the grounds of any State Tournament venue leased or provided to the Athletic Union for the purpose of conducting a state championship. Section 123.46 of the Iowa Code states: A person shall not possess or consume alcoholic liquors, wine or beer on public school property or while attending a public or private school-related function.
- b. A person shall not be intoxicated or simulate intoxication in a public place. A person violating this subsection is guilty of a simple misdemeanor.

4. PETS/ANIMALS PROHIBITED

- a. No pets are permitted at events sanctioned by the IGHS AU. Any person with a pet will be asked to leave. This policy shall comply with the provisions of Iowa Code 216c in that such a person with a disability or person training an assisted animal has the right to be accompanied by a service dog or an assisted animal under control. The person is liable for damage done to any premises or facility by a service dog or assisted animal.

MISCELLANEOUS ITEMS

1. CHARITABLE CONTRIBUTIONS & SOLICITATIONS

- a. No fund-raising solicitations, etc. will be permitted within the gymnasium. All raffles, bake sales, booster club sales, etc. must take place outside the gymnasium at IGHS AU-sponsored tournament games.

2. HOSPITALITY ROOM

- a. It is permissible for tournament managers to operate a hospitality room for administrators and coaches. In some instances, a local organization or business firm assumes these duties. The Board of Directors has no objection to such arrangement so long as the tournament manager controls administration and supervision of the project.

3. SOUVENIR PROGRAMS

- a. Host schools may furnish official programs for their site either on a gratis or sales basis and may retain any profits derived from the sale thereof. Fans and guest teams appreciate the use of the official programs.

LIVE-STREAMING & MEDIA

- 1. Radio broadcasts at regional events are free. No equipment will be provided from the event space or the IGHS AU.
- 2. Questions regarding Media & Credentials, contact: jasoneslinger@ighsau.org