

2023-24 Wrestling

Classification — based on grades 9-12

5A	1,280 and over	3A	639-320
4A	1,279-640	2A	319 and under

First day of practice November 13

****Wrestlers must pass the hydration test and be weight certified prior to the first allowable date of IHSAA competition.**

First Match	November 29
Dist. Tourn. completion	February 17
State Tournament	February 23-24 -Holt Arena Pocatello

2023-24 Wrestling Season

The wrestling season as defined by the IHSAA is from November 13 to the completion of the State Wrestling Tournament. National Federation rules shall be followed during the season. Participation in free-style and Greco-Roman wrestling tournaments will **not** be permitted during the regular season.

Wrestling Practice Matches

If a coach takes any part of the wrestling squad to a neighboring school for a joint practice session, that practice will count as one of the 16 regular season dates. Scrimmage or practice sessions shall not be held prior to the first allowable date of competition.

Match Limitations

An individual may compete in a maximum of sixteen dates (no match limitations). Friday after 1:00 p.m. and Saturday may count as one date. Two day tournaments held during Christmas break when no school is in session that start at 8:00 a.m. count as only one date.

A contestant who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored competition of that sport.

Takedown Tournaments

Schools who donate the proceeds from a takedown tournament to YEA do not have to count the match toward the fifteen regular season dates. Each school is limited to one takedown tournament per season.

Representation to District Tournament

Two wrestlers from each weight class from all schools may enter the district tournament.

District Tournament Seeding Meeting

A meeting of all wrestling coaches will be called by the manager of the District Tournament prior to the tournament to verify entries, draw the brackets, seed the wrestlers, select the officials and discuss other matters pertinent to the tournament.

Weight Classifications - Boys

98	106	113	120	126	132	138	145
152	160	170	182	195	220	285	

Weight Classifications – Girls

100	107	114	120	126	132	138	145
152	165	185	235				

To be eligible for district and state competition, each wrestler must weigh-in at scratch weight, then compete at scratch weight, or up one weight above scratch weight, on three of the 16 regular season dates. The coach must be able to provide verification that any

wrestler has made the three required weigh-ins before the seeding meeting. One may only count weigh-ins conducted at meets in which your school participates.

Weight Certification

The certification program includes three vital components that will ensure the health and safety of each individual wrestler, the three components are:

1. Establishment of healthy wrestling body weight through body composition and hydration. The minimum weight will be based on 7% body fat for males and 12% for females. Should an athlete fall below this level, they shall not be permitted to compete until a medical doctor provides written verification the wrestlers body fat level is naturally below the prescribed percentage and the health of the individual is not compromised by the lower level of body fat composition. This verification from a medical doctor will only be approved by an IHSAA certified weight assessor.
2. Development of a sound, gradual and safe weight-loss plan, which includes nutritional education if weight loss is desired. The maximum weight loss per week shall not exceed 1.5 percent of body weight during the initial descent to the wrestlers certified minimum weight class.
3. Development of a nutritional education program that is directed to the coach, individual wrestler and parent.

The method designated to determine body fat of each wrestler is the use of Bioimpedance, a compact and portable body composition analyzer and scale. This body composition analyzer will be available in each of the six activity districts for use by member schools. The cost of the total Minimum Weight Certification includes a fee of \$3.00 per wrestler plus mileage that will be paid to the certified weight assessor, a fee of \$30.00 will be charged for IHSAA weight certification class.

Each wrestler will be required to be certified by the day prior to the first allowable date of competition. The window for certification will be October 16 to the day prior to the first allowable date of competition. During this time period each wrestler will have the opportunity to go through the certification process twice with the same assessor. Individuals who join the wrestling team after first allowable competition date must certify prior to the wrestler's first match. All wrestlers must pass the hydration test immediately prior to determining their body fat composition. The use of a refractometer and urine test strips will be the only two methods recognized in testing for hydration.

Every member school that has paid the annual IHSAA participation and weight certification fees may access the web based optimal performance calculator that will determine the lowest allowable weight class for each wrestler. The website will also provide a nutritional education program for wrestlers and parents. To maintain the integrity of the Weight Certification Program a unique password will be assigned to the certified assessor, coaches and student athletes. (Assessors can enter data while coaches/athletes have view access only.)

Once the wrestler is certified and the minimum wrestling weight is determined for the season, the wrestler will be ineligible to wrestle below their certified class. It will be required for the host school of any IHSAA wrestling competition to facilitate the recording of the actual weight of each wrestler from all teams. This documented weigh-in sheet shall be signed by the weigh-in official and copied to those schools involved in the competition. Prior to each competition, coaches will be required to provide the Wrestling Weight Certification Alpha Report to the coach of the opposing

school. This report provides specific information for each wrestler, the alpha date weight, body fat, minimum wrestling weight, minimum weight class, and the first date each wrestler will be allowed to wrestle the minimum weight class. An IHSAA Approved Weight Assessor that is someone other than a representative of that school's wrestling coaching staff must certify this report.

After a wrestler reaches and competes at his minimum certified weight class, the individual may return to a higher weight class. While returning to a lower weight class, a wrestler shall not lose more than four pounds from week to week. Once certified, a wrestler may only wrestle up to two weight classes above his certified minimum weight class.

Growth Allowance

A two pound growth allowance will be added to each weight class *on January 1st*. A wrestler may not use the two pound growth allowance to make scratch weight.

Rules

The official rules for wrestling in Idaho are the National Federation of High Schools (NFHS) rules with some Idaho modifications. Rules books are to be picked up and signed for by the school representative at the district rules clinic.

2023-24 Wrestling Representation

<u>5A</u>		<u>4A</u>	
Dist. I-II	3*	Dist. I-II	1*
Dist. III	9*	Dist. III	3*
Dist. V-VI	3*	Dist. IV	4*
Next highest seed		Dist. V	2
		Dist. VI	3*
		*Next three highest seeds	

<u>3A</u>		<u>2A</u>	
Dist. I-II	2	Dist. I-II	3*
Dist. III	5	Dist. III	2*
Dist. IV	3*	Dist. IV	2*
Dist. V	2*	Dist. V	3*
Dist. VI	2*	Dist. VI	3*
*Next two highest seeds		*Next three highest seeds	

Girls

Dist. I-II	2*
Dist. III	5*
Dist. IV	3*
Dist. V-VI	5*
*Next highest seed	

Seeding and Drawing the Brackets

All rules, as set forth in the NFHS Wrestling Rules Book, will be followed with the following clarifications and exceptions.

1. Failure to verify entries at the seeding meeting will result in disqualification from the tournament. Contestants thereafter failing to make weight will not be permitted to participate in a different weight classification.
2. Immediately following the verification of entries, drawings will be made to place competitors on a tournament bracket.

The following seeding criteria will be used in seeding for the State Tournament.

Seeding Criteria: All Classifications

General Seeding Information:

1. Seed the top 8. All other wrestlers will be randomly drawn in.
2. If possible, separate teammates on opposite sides of the bracket unless it affects seeding.

1st through 8th seeds:

1. Head-to-head
2. Record against common opponent (regardless of weight)
3. District Champion
4. Highest returning state placer
 - a. Highest returning state placer 1st-3rd at weight
 - b. Highest returning state placer 1st-3rd at a different weight
 - c. Highest returning state placer 4th-6th at weight
 - d. Highest returning state placer 4th-6th at a different weight
5. Best varsity record at that weight
6. Best overall varsity record

Certification of Wrestling for the District Tournament

Each wrestler must weigh-in at the desired certified weight three times prior to the district seeding meeting. To be eligible for the district tournament, each wrestler must weigh-in at scratch weight, then compete at scratch weight or up one weight above scratch weight, on three of the 16 regular season dates.

- Coaches are responsible for verifying to the manager of the district wrestling tournament the certified weight class of each wrestler entered.
- All records must be updated or the wrestler will not be seeded and will be drawn in.
- All challenges for weight verification shall be made before the weight is seeded.
- After the weight is seeded, there shall be no changes in that weight.
- Scorebook or a Track wrestling weigh in will serve as proof for making weight.

State Seeding Meeting

The state seeding meeting will be held at the IHSAA office in Boise on February 18, 2024.

Number of Coaches/Support Personnel at State Tournament

All classifications will be limited to the listed number of coaches and two support personnel on the floor at the state tournament. These will be admitted without an IHSAA card or tournament pass. Any coaches or support personnel exceeding that number must have either an IHSAA card or purchase a tournament pass, but will not be allowed on the floor.

1-3 participants:	2 coaches
4-9 participants:	3 coaches
10-17 participants:	4 coaches
18 or more participants:	5 coaches