



**Idaho High School Activities  
Association  
2025-2026  
Wrestling Officials Packet**

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# 2025-26 Wrestling

## Classification based on grades 9-12

6A	1,400 and over	4A	699-350
5A	1,399-700	3A	349 and under

First Day of Practice November 17

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

First Match December 3

Dist. Tourn. Completion February 21

State Tournament February 27-28 at Ford Idaho Center

## 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.

## 2025-26 Wrestling Season

The IHSAA wrestling season runs from November 17 through the conclusion of the State Wrestling Tournament. National Federation rules apply throughout the season. Participation in freestyle or Greco-Roman tournaments is not allowed during the regular season.

## Match Limitations

An individual may compete on a maximum of sixteen dates, with no limit on the number of matches per date. Friday after 1:00 p.m. and Saturday may be counted as a single date. Two-day tournaments held during Christmas break when school is not in session and beginning at 8 AM will count as one date.

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

## 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.

## Takedown Tournaments

Schools who donate the proceeds from a takedown tournament to YEA are not required to count the competition toward the sixteen regular season dates. Each school is allowed only one takedown tournament per season.

## Weight Classifications: Boys

98	106	113	120	126	132	138	144
150	157	165	175	190	215	285	

## Weight Classifications: Girls

100	105	110	115	120	125	130	135
140	145	155	170	190	235		

## Weight Certification

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

- 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.
- 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.
- 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 per gender will be charged for the weight certification fee.

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 20 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. 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 and athletes have view-only access.

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. 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 1<sup>st</sup>. A wrestler may not use the two pound growth allowance to make scratch weight.

### Representation to District Tournament

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

### District Tournament Seeding Meeting

The District Tournament manager will call a meeting of all wrestling coaches prior to the tournament to verify entries, draw brackets, seed wrestlers, select officials, and address other relevant tournament matters.

### Certification for District & State Tournament

To be eligible for the district & state tournament, each wrestler must weigh in at scratch weight and be available to compete on three of the sixteen regular season dates. The coach must provide verification that the wrestler has met the three required weigh-ins before the district seeding meeting. Each weigh-in will count toward one of the wrestler's sixteen 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.
- Schools will be fined for not updating Track wrestling prior to the district tournament.

### 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

### 2025-26 State Wrestling Representation

<u>6A</u>		<u>5A</u>	
Dist. I-II	2*	Dist. I-II	2*
Dist. III	9*	Dist. III	3*
Dist. IV-V-VI	4*	Dist. IV	3*
*Next highest seed		Dist. V	2
		Dist. VI	3*
		*Next three highest seeds	

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

### Girls

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

### State Seeding Meeting

The state seeding meeting is scheduled to take place at the IHSAA office in Boise on February 22, 2026.

### State Seeding Protocol for All Classifications

1. Seed the top eight state qualifiers.
2. Remaining state qualifiers will be placed by a random draw.
3. If possible teammates will be placed on opposite sides of the bracket unless it affects seeding

### State Seeding Criteria for 1<sup>st</sup> through 8<sup>th</sup>

The seeding criteria will be used to generate TrackPoints for seeding and at-large selection purposes.

1. Head-to-head
2. Record against common opponent (regardless of weight)
3. Highest returning state placer last year
  - a. Highest returning state placer 1<sup>st</sup>-3<sup>rd</sup> at weight
  - b. Highest returning state placer 1<sup>st</sup>-3<sup>rd</sup> at a different weight
  - c. Highest returning state placer 4<sup>th</sup>-6<sup>th</sup> at weight
  - d. Highest returning state placer 4<sup>th</sup>-6<sup>th</sup> at a different weight
4. District Champion
5. Best varsity record at that weight: minimum of 10 matches
6. Best overall varsity record.

### Floor Passes at State Tournament

Each school is allowed floor access and free entry for coaches based on the number of state qualifiers, plus two support staff. Additional personnel must have an IHSAA card or purchase a tournament pass but are not allowed floor access. Boys and girls teams are counted separately.

Wrestlers	Coaches	Support Staff	Total Floor Passes
1 to 3	2	2	4
4 to 9	3	2	5
10-17	4	2	6
18+	5	2	7

# Wrestling Rules Changes - 2025-26

BY NFHS ON June 2, 2025 | WRESTLING, RULES CHANGE

## 1-2-2: Dual Meet

**ART. 2 . . .** Competition in dual meets shall be conducted by random draw of weight classes, or lowest weight to heaviest. In multi-dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. The following procedure shall be used for the optional random draws:

- a. The random draw shall take place immediately preceding weigh-ins.
- b. The referee or other authorized person shall supervise the random draw.
- c. Subsequent matches will follow in sequential order.

**Rationale:** The NFHS already permits states to select from three different weight class categories. This proposed change aligns with that flexibility, allowing states to choose how to determine the starting weight class for dual meets. Just as states currently can select a weight class category, they should also have the option to start duals at the lowest weight class and proceed sequentially, while remaining compliant with NFHS rules.

## 4-1-2: Wrestlers' Uniform

**ART. 2 . . .** Effective July 1, 2027, the school's name, school nickname, school logo, school mascot, weight classification and/or the wrestler's name are permitted on the uniform top and/or bottom. Any manufacturer logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2 1/4 square inches with no dimension more than 2 1/4 inches and may appear no more than once on each item of uniform apparel. No additional manufacturer's logo/trademark/or promotional reference shall be allowed on the wrestling uniform.

**Rationale:** This is a universal rule adaptation by every NFHS Rules Committee to be uniformed for every NFHS rule publication.

## 4-3-5: Special Equipment

**ART. 5 . . .** Wrestlers shall not wear wristbands, sweatbands, bicep bands or leg or arm sleeves that do not contain a pad during a match.

**Rationale:** We allow wrestlers to wear tights on both legs and that is no different than a sleeve on one leg. Requiring a pad on these sleeves serves no purpose other than more equipment monitoring for the officials. Manufacturers produce knee sleeves that are just the same and add a separate knee pad, and it has no negative effect on the opponent. Requiring a pad in leg sleeves is unnecessary.

## **5-11-2c; 5-11-4b: Technical Fall**

**ART. 2 . . .** A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer. (Photos 5-6)

a.- b. Remain the same.

c. A near fall is ended when the defensive wrestler gets out of a pinning situation. The referee must not signal the score for a near fall until the situation is ended and only one near fall shall be scored in each pinning situation, regardless of number of times the offensive wrestler places an opponent in the near-fall position criteria during the pinning situation. If the near-fall creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.

d.- i. Remain the same.

**Rationale:** This rule change would define when a technical fall shall be awarded and eliminate any confusion between a pinning situation and near-fall criteria.

**ART. 4 . . .** A technical fall occurs when a wrestler has earned a 15-point advantage over the opponent, however;

a. if a takedown or reversal, straight to a near-fall criteria creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.

b. once the technical fall has been earned, the offensive wrestler cannot lose the match. If a near-fall creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.

**Rationale:** This rule change will clarify when a match shall be stopped to award the technical fall. By adding the near-fall to this rule it will make consistent with the takedown or reversal that creates the 15-point advantage.

## **7-1-5n: Illegal Holds/Maneuvers**

n. leg block (cut-back) when leaving the feet and using the foot or leg to "cut out" an opponent's leg, to include from the rear-standing position.

**Rationale:** This rule change seeks to clarify language regarding the leg block or "cut-back". When applied the move/maneuver can cause significant injury to the defensive wrestler lower extremities. Other rules code language clarifies it as illegal when you leave your feet, NFHS language does not.

## **7-3-3: Technical Violations**

**ART. 3 . . .** Interlocking or overlapping the hands, fingers or arms around the opponent's body (with or without an extremity arm included) or both legs by a wrestler in the advantage position, unless the opponent has all the weight supported entirely by the feet or has lifted the opponent off the mat or the opponent has met near-fall criteria, is a technical violation and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent

to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.)  
(Photos 103-106)

**Rationale:** Locking hands and including a leg in the clasp around the trunk of the body is the same as locking hands with an arm included.

### **Official Wrestling Signals:**

(#3) Remove Officials' Time-out signal.

**Rationale:** It is an irrelevant signal, that the high school wrestling community does utilize to signal time-out.

(#9) Change direction of arrows in Indicate No Control to left and right instead of circular.

**Rationale:** Clarification. The circular motion is incorrect.

(#21) Modify the existing three-finger in the near-fall signal – the three fingers should be signaled like the "OK" sign.

**Rationale:** This was the recommendation from the NFHS Wrestling Officials Sub-Committee. The goal was to remove signals that are no longer used and clarify the proper signal mechanics being used nationwide.



## Completing an Ejection Report in Dragonfly

1. In the “Assignments” screen, select the game where your ejection report took place.
2. At the bottom of the page, select the “Add Document”, “IHSAE Ejection Report”

A screenshot of the Dragonfly software interface. The top section has two rows: "Officials" with "No Officials found" and "Workers" with "No Workers found". Below this is a "Key People" section featuring a profile icon and the name "Clint Sanders" with his title "Athletic Director | ID Test School 1" and email "clint@idtest1@dragonflyathletics.com". The bottom section is titled "Game Documents" and contains an "Add Document" button. A dropdown menu is open from this button, showing three options: "IHSAE Ejection Report", "Incident Report", and "Yellow Card Report". To the right of the dropdown, the text "0 game documents to show." is visible.

3. Complete all fields (all required). **Be aware that once you have submitted, it cannot be edited. It will also be viewable to all ADs and Commissioners at that time.**

Please ensure when completing the report please do the following:

- **Use language from the rule book in your sport that constitutes an ejection.**
- Be clear and concise and only report information relevant to the ejection.
- Do not include editorial comments or opinions, just facts.
- If the ejection is for language, please use the language that the player/coach used without paraphrasing or characters to replace letters.

#### **4-3 EJECTIONS**

- 4-3-1** In any athletic contest, including jamborees, any coach or player ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next regularly scheduled contest at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition. Any staff or parent/fan/spectator associated with a member school ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next two regularly scheduled contests at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition.

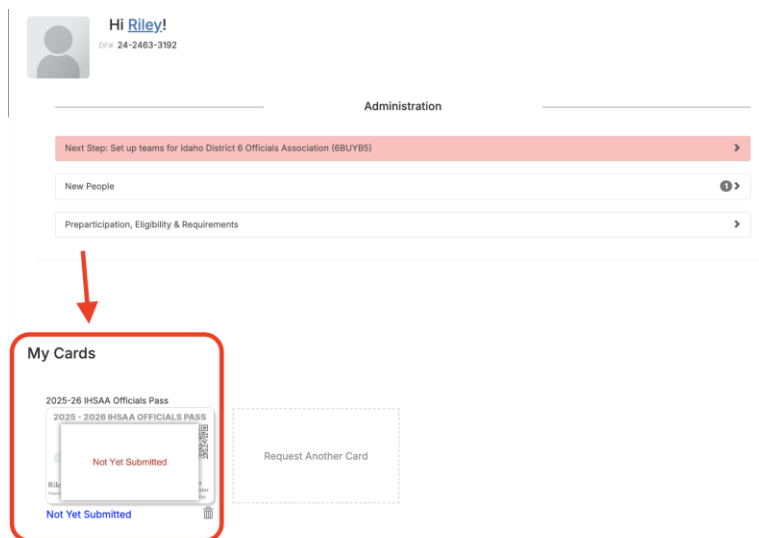
Note: Jamborees shall not be considered a regularly scheduled contest.

- a. At the time of ejection, the person/s must leave the field of play and assume a position that will not enable him or her to see or be seen.
  - b. During the suspension of the next regularly scheduled contest, the player is permitted to watch the contest, but may not participate. The coach is not allowed at the contest. The parent/staff/fan/spectator is not allowed at the next two contests.
  - c. Players will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
  - d. Coaches will also be required to take the NFHS online Teaching and Modeling Behavior course and submit a certification of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
  - e. Parents will also be required to earn the NFHS National Parent Credential which includes the free, online Positive Parenting Within School Programs course and The Parent Seat. Credential Certificate must be submitted to school administration prior to reinstatement. The credential must be completed between ejection and reinstatement.
  - f. Other Persons (staff/fan/spectators that are not parents) will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
- 4-3-2** A second violation will result in being suspended for the next two (2) regularly scheduled contests. The third ejection will result in suspension for the remainder of that season. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next IHSAA sponsored sport.
- 4-3-3** The procedure for suspension and notification is:
- a. The officiating crew must approve any additional suspension by a majority vote at the conclusion of the contest.
  - b. The official/commissioner shall report an ejection to the school's principal and athletic director when a player/coach/staff/parent/fan/spectator is ejected from a competition.
  - c. The report must be submitted within a 24-hour period of the conclusion of the competition in which the infraction occurred.
  - d. The game official that disqualifies an individual for an unsportsmanlike act must notify the District Commissioner with a written report by the conclusion of the next day.
  - e. The District Commissioner, upon receipt of the report, shall notify the District Secretary, President of the District Board of Control, the school, and the IHSAA with a written report of the incident by the conclusion of the next school day.
- 4-3-4** The responsibility to enforce the penalty for being suspended lies with the school principal. Any dialogue concerning the suspension should come from the school principal and be directed to the President of the District Board of Control of the region in which the contest took place. The President of the District Board of Control (of the region in which the contest took place) may appoint a hearing committee to hear any appeals within 48 hours of the receipt of a complete report of the incident. It is the responsibility of the secretary of the District Board of Control in which the hearing took place, to notify the district Board of Control secretary in which the student athlete or coach resides. Appeals may not deal with decisions made by contest officials.
- 4-3-5** When an individual is suspended for the next contest, the interpretation of "contest" is as follows:
- |                         |                          |
|-------------------------|--------------------------|
| Football: next game     | Volleyball: next match   |
| Basketball: next game   | Cross Country: next meet |
| Wrestling: next contest | Softball: next game      |
| Baseball: next game     | Track: next meet         |
| Tennis: next match      | Golf: next match         |
| Soccer: next match      | Swimming: next meet      |
- 4-3-6** Any ejection that is the result of physical contact or excessive verbal abuse by a player/coach on a game official will be referred to the local District Board of Control for review to determine if any additional reprimand or suspension is warranted.
- 4-3-7** If a coach is ejected from an IHSAA contest, the designated school administrator must appoint an appropriately qualified adult to supervise the remainder of the contest or forfeit the contest.



## **Applying for a IHSAA Officials Pass in Dragonfly**

1. Before the pass will show up as an option for you to apply for, you must first register with IHSAA as an official in one sport + pay the \$35 fee for the pass.
2. Once the above is completed, you will be able to apply for the pass. To begin this process, on your “Today” page, you will see the following under “My Cards”, select the “2025-26 IHSAA Officials Pass”:



3. Complete the questions in part 1 (much of which will be auto-filled using your information already in Dragonfly).
4. Upload a headshot or use your Dragonfly photo ensuring it meets all the requirements listed.
5. You will then be able to submit your request for the card. Cards will be reviewed at least once a week. Once your card is approved, you will receive a email.
6. To retrieve your card in the app, select “Cards” in the bottom right corner of the “Officials” app. This will what you use to gain access for yourself and one guest to contests. There will be no paper/ laminated cards printed.



## Athletic Officials Code of Ethics

Believing that mine is an important part in the nationwide school athletic program, I pledge to act in accordance with these principles:

- I will honor contracts regardless of possible inconvenience or financial loss.
- I will study the rules of the game, observe the work of other officials and will, at all times, attempt to improve myself and the game.
- I will conduct myself in such a manner that attention is drawn no to me, but to the young people playing the game.
- I will maintain my appearance in a manner befitting the dignity and importance of the game.
- I will cooperate with the news media in the interpretation and clarification of rules and/or other areas related to good sportsmanship but I will not make statements concerning “calls” after a game.
- I will uphold and abide by all rules of the IHSAA and the NFHS.
- I will give my complete cooperation to the school I serve and to the IHSAA which I represent.
- I will cooperate and be professional in my association with coaches and other officials and will do nothing to cause them public embarrassment.
- I will keep in mind that the game is more important than the wishes of any individual.