

**2023-2024**

# **Boys & Girls Wrestling**

**IHSA Manual for  
Schools & Managers**





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# School Information

**IHSA Manual for  
Schools & Managers**





## 2023-24 Boys & Girls Wrestling Series - Terms & Conditions

In accordance with Section 1.450 of the IHSAA Constitution, the Board of Directors has approved the Terms and Conditions governing the 2023-24 IHSAA Class 1A, 2A and 3A Boys & Girls Wrestling Tournament Series.

### I. SCHOOL CLASSIFICATION

Classifications in the IHSAA Wrestling State Series will be determined according to IHSAA Policy 17 (Classification System).

### II. DATES AND SITES

#### A) Boys Individual Tournament Series Dates and Sites:

- 1) Regionals: February 3rd

Tournament sites and team assignments will be posted online.

**Note:** It is recommended that Regionals be held as one-day tournaments on Saturday, February 3rd. Two-day Regionals may be conducted with the consent of the IHSAA.

- 2) Sectionals: February 9th -10th

Tournament sites and correlated Regionals will be posted online.

**Note:** All Sectional tournaments shall be two-day tournaments.

- 3) State Finals Tournament: February 15th - 17th

The 2023-24 Class 1A, 2A and 3A Individual State Final tournaments will be held at the State Farm Center, University of Illinois, Champaign. Randy Conrad has been appointed manager in charge of local arrangements.

#### B) Dual Team Tournament Series Dates and Sites:

- 1) The Team Sectional qualifier will be the school accumulating the most team points at the Individual Regional.
- 2) Sectionals - February 20th
  - Sites will be assigned by the IHSAA.
  - a. Four Regional championship teams shall compete at each of four Sectional semi-final sites.
- 3) State Final Tournament – February 23rd - 24th
  - a. A blind draw will be used to determine placement on the bracket for the State Finals.

**Note:** Pairings for the Dual Team Sectional matches will be drawn at the Winter Sports pairings drawing at the IHSAA Office in early December. In each Dual Team Sectional, only the semi-final matches shall be conducted on February 20th. The two teams winning semi-final matches will advance in the Dual Team State Tournament.

#### C) Girls Individual Tournament Series Dates

- 1) Regionals: January 26th-27th
- 2) Sectionals: February 9th – 10th
- 3) State Finals Tournament: February 23rd – 24th

### III. ONLINE ENTRIES, WITHDRAWAL PROCEDURES, ELIGIBILITY, AFFIRMATIVE ACTION AND ONLINE LIST OF PARTICIPANTS

The policy for Original Entry Deadlines, Late Entries and Late Withdrawals shall be the policies and procedures regarding entry for all IHSAA-sponsored sport/activities included in the 2023-24 Entry Policies and Procedures.

- A) **Online Entries:** All member schools must enter their school into the state series competition through the IHSAA Schools Center on the IHSAA Website at [www.ihsaa.org](http://www.ihsaa.org). The deadline for entry in wrestling is November 1, 2023. The 2023-24 Entry Policies and Procedures outlining the online entry procedures for all IHSAA-sponsored tournaments can be found in the Schools Center on the IHSAA website.
- B) **Late Entries:** Any attempt to enter a sport or activity online after the established deadlines will be denied. Schools that wish to enter after the deadline will be considered late. To be considered for late entry, the Principal/Official Representative must contact the IHSAA administrative officer in charge of that sport or activity. The penalty for late entry shall be a payment of \$100.00 for that sport/activity by the school.
- C) **Breach of Contract By-law 6.041 (Withdrawal Procedure):** To withdraw without penalty, the IHSAA Official Representative must notify the IHSAA Office, in writing, of the school's withdrawal from wrestling prior to the seeding meeting date and/or the date the List of Participants is due for that sport. If a school withdraws after the seeding meeting date/List of Participants due date and/or does not show up for competition, the school will be charged a \$100 penalty. If applicable, the school may be charged for any additional financial loss sustained by the offended school(s) or the Association as a result of such breach.
- D) **Eligibility:** All member schools in good standing may enter an individual(s) or a team under the provisions of IHSAA By-law 3.054.
- E) **Affirmative Action:** Only boys shall be permitted to participate in the boys' state series except as provided in the IHSAA Affirmative Action Policy. Only girls shall be permitted to participate in the girls' state series.

### IV. HOST FINANCIAL ARRANGEMENTS

- A) **Regional Meets:** For Individual Regional Tournaments, the host school shall pay for all local expenses. The host school shall receive a guarantee of \$1,800. The host school shall retain 20% of the net income and submit the remainder plus \$75 Track Wrestling fee to the IHSAA. If admission is not charged, the host school shall forfeit the guarantee. The IHSAA office will pay all postseason officials.
- B) **Sectional Meets:** For Individual Sectional Tournaments, the host school shall pay for all local expenses. The host shall receive a guarantee of \$2,500 and receive 20% of the net income minus the \$75 Track Wrestling fee to the IHSAA. If admission is not charged, the host school shall forfeit the guarantee. The IHSAA office will pay all postseason officials. For Dual Team Sectional Tournaments, the host school shall pay for all local expenses. The host school shall receive a guarantee of \$600 and receive 20% minus the \$50 Track Wrestling fee. If admission is not charged, the host school shall forfeit the guarantee. The IHSAA office will pay all postseason officials.
- C) **State Final:** In the State Final Dual Team Tournament only, each participating team shall receive reimbursement according to the following schedule.



Round Trip Mileage to State Final Site	Flat Rate Reimbursement
0-150 miles	\$ 250.00
151-300 miles	\$ 500.00
301-over miles	\$ 750.00

Mileage is \$5.00 per round trip mile for the first 50 miles and \$3.00 for each round-trip mile beyond 50.

Mileage shall be based on one (1) round trip to and from the State Final site. No reimbursement will be guaranteed to member schools which qualify individual contestants.

**Note:** Neither the State Association nor the local tournament management will assume responsibility for expenses of any kind other than those specified above.

D) Admission Fees:

- 1) In the Individual State Tournament Series, ticket prices have been established by the IHSA Board of Directors. The per session prices are as follows:

**Regional:** \$8.00 all-day pass (one-day tournament)  
\$5.00 per day (two-day-tournament)

\*A convenience fee may apply at schools using GoFa in the Regional round.

**Sectional:** \$7.00 per session – digital ticket  
\$8.00 per session – cash ticket

**State Final:** \$10.00 or \$12.00 per session (5)  
\$50.00 or \$60.00 season

- 2) In the Dual Team State Tournament Series, ticket prices on a per session basis have been established as follows:

**Sectional:** \$7.00 – digital ticket

**State Final - Quarterfinals and Semifinals:** \$9.00

**State Final - Final Session:** \$9.00

**Season Ticket Prices for Regional/Sectional Meets and Tournaments:**

Local managers of Regional and/or Sectional meets, and tournaments may sell season tickets along with session tickets. In the event a manager exercises this option, season ticket prices will be the same as the single-session price multiplied by the number of sessions.

For the Individual State Final, reserved tickets will be sold in advance by mailing in the form found online through the Schools Center or at the gate during the first day of the tournament. **Orders with correct remittance should be sent to: IHSA State Wrestling Tournament Tickets, State Farm Center, 1800 South First Street, Room 101, Champaign, IL 61820. Make checks payable to University of Illinois.**

**Note:** Under no circumstances shall there be a refund of ticket money for tickets sold in advance for the State Finals even when the tournament sessions are necessarily postponed. Tickets purchased in advance shall be good for the session when it is held.

E) Rights Fees for TV and Radio:

See the IHSA web site ([www.ihsa.org](http://www.ihsa.org)) for the fees to be charged by Local Managers and/or the IHSA for television and cable broadcasts and radio originations.

The Policy regarding media requirements for each Local Manager is contained in these Terms and Conditions.

## V. TOURNAMENT ASSIGNMENTS AND SEEDING MEETINGS

A) Boys Individual Regional Tournament Entries:

- 1) Each school shall submit to the Regional Manager at the seeding meeting the following information for all wrestlers who may participate in the Regional:
  - a. The completed Regional List of Participants, which is the Body Fat Roster for your school.
  - b. The Individual Wrestler's Season Record Verification Form listing the wrestler's actual weights and records from all their season matches. **(Entry in the tournament begins at the seeding meeting.)**

**Note:** In lieu of the official verification forms available online, coaches may submit computerized records listing the necessary information.

\*Only wrestlers who are on the Body Fat Roster, that was turned in, will be allowed to enter the Regional Tournament or be able to be an alternate in the Regional Tournament. Wrestlers who fail to make weight may be moved to a higher weight class. Wrestlers entered at the seeding meeting who subsequently become ill or injured may be replaced.

- 2) Criteria for determining seeded wrestlers will be without exception:

- a. Head-to-Head. (If both wrestlers have beaten each other the same number of times, then go to the next criteria.)
- b. Record versus common opponent.
- c. Vote of the coaches. If tied for a seed, re-vote on tied wrestlers only. If tie remains, flip the coin.

B) Seeding and Schedules in the Boys Individual State Tournament series will be done according to the following plan:

- 1) In the **Regional Tournaments**, only four (4) wrestlers in each weight class will be seeded in a meeting of coaches called for this purpose. In Regional weight classes that have nine (9) or more wrestlers, coaches will seed the top eight (8) wrestlers at the seed meeting. Whenever possible, the top four (4) seeded wrestlers will not wrestle until the quarterfinals. Coaches should provide the team roster with individual records to the Regional host on Wednesday prior to the Regional seed meeting. Any wrestler nominated for a top 4 seed at the Regional seed meeting must remain as a wrestler eligible for seeding until all four wrestlers are seeded in that weight class. This seeding session shall be held on **Thursday** prior to the first session of the Regional Tournament. Only extenuating circumstances should require a seeding meeting to be conducted during the weigh-in. A scratch session shall be held immediately following the conclusion of the weigh-in and the start of the tournament, and brackets shall be reseeded if a seeded wrestler withdraws. (See tournament manual for requirements regarding scratches.)

Under no circumstances shall the seeding and pairing of wrestlers delay the start of the first wrestling session.

**Note:** In Class 2A and Class 3A Individual Regional tournaments, schools will use an eight-person bracket when possible. When the number of competitors is not a power of two (2, 4, 8, etc.) for any specific weight class, there shall be byes in the initial round of competition. The number of byes shall be equal to the differences between the number of



competitors and the next higher power of two. There shall be no byes, after the first round of competition in either the championship or consolation brackets.

- 2) **Individual Sectional Pairings:** Wrestlers have been paired by a chance drawing. Champions and runners-up of the same Regional have been drawn to opposite half brackets, and third-place winners have been drawn to the opposite quarter brackets to the runners-up of the same Regional. In the first round of competition, Regional champions shall receive byes and Regional Runners-up will be matched with third-place winners.
- 3) **Individual State Final Pairings:** A separating/seeding criterion will be used on all Sectional champs to separate them in each weight class according to a listing of specific performance criterion that relates to the overall performance for that year and the previous year's state tournament only. The Sectional Manager will calculate the seeding points of each Sectional champ and enter the points online in the winners' reports. The criteria would be as follows:
  - a. Establish a point system for each of the Sectional winners. The wrestler that has the highest number of points would be seeded number one; the wrestler with the second highest points would be seeded number two etc.
  - b. The wrestlers that placed second and third in each Sectional would be assigned to a designated spot in the opposite bracket of the winner from that Sectional.
  - c. The 4th place finisher would be assigned to a designated spot on the same side of the bracket as the Sectional champ, but not in the first round.

Returning state champions at any weight class:

30 points

Returning 2nd or 3rd place winner at any weight class:

25 points

Returning 4th, 5th, or 6th place winner at any weight class:

20 points

Returning state qualifier at any weight class:

10 points

37 or more wins 15 points

32 to 36 wins 10 points

27 to 31 wins 7 points

22 to 26 wins 5 points

If tied for a place, flip of a coin would determine the seed of the wrestlers for placement of that seed on the bracket, except for the number one (1) seed and if the returning champ at that weight class is tied for the number one (1) seed, the returning champ will be seeded number one (1).

4) **Dual Team Sectional tournament pairings** for each class shall be drawn by the IHSAA and posted online in December. State Final pairings will be drawn yearly at the Winter Sports drawing.

C) **Dual Team Roster:**

- 1) A team roster listing a maximum of twenty-one (21) wrestlers who constitute the tournament squad shall be submitted to the Dual Team Sectional and Dual Team State Final tournament managers prior to the weigh-in

for each tournament. NFHS rule 11-1-4 requires wrestlers to weigh in at the same weight on both days of a dual team tournament. Only these twenty-one (21) wrestlers may weigh-in. Schools may substitute persons on their team rosters for any reason and at any time between contests, provided all substitutes meet IHSAA eligibility requirements.

D) **Girls Individual Regional Tournament Entries**

- 1) Each school shall submit to the Regional Manager at the seeding meeting the following information for all wrestlers who may participate in the Regional:
  - a. The completed Regional List of Participants, which is the Body Fat Roster for your school.
  - b. The Individual Wrestler's Season Record Verification Form listing the wrestler's actual weights and records from all their season matches. **(Entry in the tournament begins at the seeding meeting.)**

**Note:** In lieu of the official verification forms available online, coaches may submit computerized records listing the necessary information.

\*Only wrestlers who are on the Body Fat Roster, that was turned in, will be allowed to enter the Regional Tournament or be able to be an alternate in the Regional Tournament. Wrestlers who fail to make weight may be moved to a higher weight class. Wrestlers entered at the seeding meeting who subsequently become ill or injured may be replaced.

2) Criteria for determining seeded wrestlers will be without exception:

- a. Head-to-Head. (If both wrestlers have beaten each other the same number of times, then go to the next criteria.)
- b. Record versus common opponent.
- c. Vote of the coaches. If tied for a seed, re-vote on tied wrestlers only. If tie remains, flip the coin.

E) **Seeding and Schedules** in the Girls Individual State Tournament series will be done according to the following plan:

- 1) In the **Regional Tournaments**, only four (4) wrestlers in each weight class will be seeded in a meeting of coaches called for this purpose. In Regional weight classes that have nine (9) or more wrestlers, coaches will seed the top eight (8) wrestlers at the seed meeting. Whenever possible, the top four (4) seeded wrestlers will not wrestle until the quarterfinals. Coaches should provide the team roster with individual records to the Regional host on Tuesday prior to the Regional seed meeting. Any wrestler nominated for a top 4 seed at the Regional seed meeting must remain as a wrestler eligible for seeding until all four wrestlers are seeded in that weight class. This seeding session shall be held on **Wednesday** prior to the first session of the Regional Tournament. Only extenuating circumstances should require a seeding meeting to be conducted during the weigh-in. A scratch session shall be held immediately following the conclusion of the weigh-in and the start of the tournament, and brackets shall be reseeded if a seeded wrestler withdraws. (See tournament manual for requirements regarding scratches.)

Under no circumstances shall the seeding and pairing of wrestlers delay the start of the first wrestling session.

2) **Individual Sectional Pairings:** Champions and runners-up of the same Regional have been drawn to opposite



half brackets. In the first round of competition, Regional champions and Regional Runners-up will receive byes.

- 3) **Individual State Final Pairings:** A separating/seeding criterion will be used on all Sectional champs to separate them in each weight class according to a listing of specific performance criterion that relates to the overall performance for that year and the previous year's state tournament only. The Sectional Manager will calculate the seeding points of each sectional champ and enter the points online in the winners' reports. The criteria would be as follows:
- Establish a point system for each of the Sectional winners. The wrestler that has the highest number of points would be seeded number one; the wrestler with the second highest points would be seeded number two etc.
  - The wrestlers that placed second and third in each Sectional would be assigned to a designated spot in the opposite bracket of the winner from that Sectional.
  - The 4th place finisher would be assigned to a designated spot on the same side of the bracket as the Sectional champ, but not in the first round.

Returning state champions at any weight class:  
30 points

Returning 2nd or 3rd place winner at any weight class:  
25 points

Returning 4th, 5th, or 6th place winner at any weight class:  
20 points

Returning state qualifier at any weight class: 10 points

20 or more wins	15 points
15 - 19 wins	10 points
10 - 14 wins	7 points

If tied for a place, flip of a coin would determine the seed of the wrestlers for placement of that seed on the bracket, except for the number one (1) seed and if the returning champ at that weight class is tied for the number one (1) seed, the returning champ will be seeded number one (1).

## VI. TOURNAMENT STRUCTURE AND TIME SCHEDULES

- A) **Boys Individual Tournaments**  
Individual Regional and Individual Sectional time schedules will be announced by the local tournament managers. No session may be scheduled during normal school hours. Following is the time schedule for the Boys Individual

State Final Tournaments:

### Thursday, February 15, 2024

#### First Session

10:00 a.m. - Doors will open for Weigh-ins and Skin Checks (1A-2A-3A)  
10:30 a.m. - Class 1A-2A-3A Weigh-ins and Skin Checks including hair, nails, and special equipment  
10:30 - 10:45 a.m. - Coaches meeting  
10:45 a.m. - Officials Meeting  
11:00 a.m. - Table Workers Meeting  
11:15 a.m. - (approx.) Open Mats  
11:45 a.m. - Close Mats  
12:00 noon - Class 1A Preliminaries  
2:15 p.m. (approx.) - Class 2A Preliminaries  
4:30 p.m. (approx.) - Class 3A Preliminaries  
6:45 p.m. - Class 1A & Class 2A Winner's Bracket Quarterfinals  
(Continuous wrestling once wrestling begins at 12:00 noon)

### Friday, February 16, 2024

#### Second Session

6:00 a.m. - Doors open for weigh-ins  
7:00 a.m. - Class 1A-2A-3A Weigh-Ins  
8:30 a.m. - Class 3A Winner's Bracket Quarterfinals & First Round Wrestlebacks  
11:00 a.m. - (approx.) Class 1A & Class 2A First Round Wrestlebacks  
1:30 p.m. - (approx.) Second Round Wrestlebacks (1A-2A-3A)  
4:30 p.m. - Clear State Farm Center

#### Third Session

6:00 p.m. - Open State Farm Center Doors to the public  
7:00 p.m. - Semifinals Championship Round (1A-2A-3A)

### Saturday, February 17, 2024

#### Fourth Session

6:30 a.m. - Doors open for weigh-ins  
7:30 a.m. - Class 1A-2A-3A Weigh-Ins  
9:00 a.m. - Quarterfinal Wrestlebacks (1A-2A-3A)  
11:00 a.m. - Semifinal Wrestlebacks (1A-2A-3A)  
1:00 p.m. - 3rd-4th-5th-6th matches (1A-2A-3A)  
3:30 p.m. - Clear State Farm Center

#### Fifth Session

4:30 p.m. - Open State Farm Center  
5:00 p.m. - Line-up Grand March  
5:30 p.m. - Grand March  
6:00 p.m. - Championship matches (1A-2A-3A): Starting weight class determined by drawing during the winter sports bracket drawing.

- B) **Dual Team Tournaments**
- Sectional Dual Team semifinals will begin at 6:00 p.m. on Tuesday, February 20, 2024; only the semifinals will be wrestled.
  - In the Dual Team Sectionals and State Final, the weight class in which wrestling shall begin, will be determined





by randomly selecting one of the fourteen weight classes at weigh-ins. Once the beginning weight has been selected, the weight classes shall run consecutively.

- 3) Following is the time schedule for the Girls Individual and Dual Team State Finals on February 23-24, 2024.

#### Friday, February 23, 2024 – Girls Individual Tournament on 6 mats

6:30 a.m. - Doors open  
 7:30 a.m. - Weigh-ins  
 9:00 a.m. - Round 1  
 11:00 a.m. - Quarterfinals & Round 1 Wrestlebacks  
 1:30 p.m. - Round 2 Wrestlebacks

#### Dual Team Tournament on 6 mats

3:30 p.m. - Weigh-ins  
 5:00 p.m. - Top bracket quarterfinals  
 7:00 p.m. - Bottom bracket quarterfinals

#### Saturday, February 24, 2024

7:30am - Weigh-ins

#### Girls Individual Tournament on 3 mats

9:00 a.m. - Championship semifinals & Round 3 Wrestlebacks  
 11:30 a.m. - Consolation semifinals  
 12:15 p.m. - Placement matches  
 1:45 p.m. - Grand March  
 2:00 p.m. - Championship matches (on 1 mat)

#### Dual Team Tournament on 3 mats

9:00 a.m. - Top bracket semifinals  
 11:00 a.m. - Bottom bracket semifinals

#### Dual Team Tournament on 6 mats

6:00 p.m. - Championship & 3<sup>rd</sup> place duels

**Boys Regional:** The first alternate shall be the wrestler defeated in the third-place match. The second alternate shall be the wrestler who won the most matches in the championship bracket but failed to qualify as a place winner or as the first alternate. Should more than one (1) wrestler meet second alternate criterion then the one who was defeated by the highest seeded place winner shall qualify as the second alternate and advance to the Sectional. The other wrestler shall become the third alternate.

**Girls Regional:** The first alternate shall be the wrestler who was defeated by the highest-placing wrestler in the consolation round prior to the consolation semifinals. The second alternate shall be the wrestler who was defeated by the second highest-placing wrestler in the consolation round prior to the consolation semifinals.

**Boys & Girls Sectional:** The first alternate shall be the wrestler who lost to the third-place winner in the consolation semifinal. The second alternate shall be the wrestler who lost to the other semifinalist of the consolation bracket, unless the two wrestlers have met previously in the tournament then the winner of that match is the first alternate.

**Note:** In all tournaments, the alternate shall always be considered as being the lowest-placing wrestler to qualify.

\*Example: If an alternate is required for a champion, the second-place wrestler shall be considered as the champion for the purposes of pairing, third would move to second, and the alternate would be placed in as the third-place qualifier.

- 4) **Deadline for Withdrawing:** If a wrestler qualifies for advancement and is unable to compete for any reason (including failure to make weight), he has until the weigh-in time deadline before withdrawing.

## VII. ADVANCEMENT OF WINNERS

### A) Individual Advancements:

- 1) **Boys Regional to Sectional:** First, second and third place winners from each weight class will advance from Regional to Sectional competition where twelve (12) wrestlers in each weight class will compete for State qualifying berths.  
**Girls Regional to Sectional:** First, second, third, fourth, fifth, and sixth place winners from each weight class will advance from Regional to Sectional competition where twelve (12) wrestlers in each weight class will compete for State qualifying berths.
- 2) **Boys & Girls Sectional to State Final:** First, second, third and fourth place winners from each weight class will advance from Sectional to State Final competition. Sixteen (16) wrestlers in each weight class will compete for championship honors.
- 3) **Alternates:** If any of the qualifiers from the Regional Tournaments should be unable to participate in the Sectional Tournaments, or any of the qualifiers from the Sectional Tournaments should be unable to participate in the State Final Tournament, alternates shall be selected. The preceding tournament manager (Regional manager for Sectional and Sectional manager for State Final) shall select the alternate using guidelines as follows:

**Note 1:** Alternates substituting for any Sectional or State Final qualifiers may be entered up to the weigh-in time deadline. It shall be the responsibility of the IHSA Official Representative or coach to notify the previous tournament manager at the earliest possible time that an alternate may be necessary. That tournament manager is responsible for informing the alternate's coach that he will replace the regular qualifier.

**Note 2:** Should a qualifying champion or runner-up to the Individual Sectional or State Final tournament withdraw or be disqualified before or at the weigh-in deadline preceding the first session of such tournament for reasons including failure to make weight, and no alternate is available, the remaining qualifiers from the same Regional or Sectional in that weight class shall be moved up in the bracket, i.e., third to second, second to first, so that the resulting forfeit shall only occur in the initial round of competition.

**Note 3:** If the qualifying tournament alternates are not available or can't make weight for the sectional or state tournament, then the other alternates in attendance at that weight class would get the opportunity to take that spot by virtue of blind draw.

### B) Team Advancement:

- 1) The team scoring the most points at the Individual Regional will advance to the Team Sectional. Pairings for the Sectionals shall be drawn by the IHSA and posted online in December.





- a. Four (4) Class 1A, 2A and 3A teams will compete in each of four Sectionals, where the winners of the semi-final matches will advance to the State Finals.
- 2) To be eligible as a team a school must compete in at least ten (10) weight classes in the Individual Regional tournament. If a qualifying team did not compete in the required ten weight classes, the next highest finishing team with ten competing wrestlers shall advance.
- 3) Each Class 1A, 2A and 3A Sectional semi-final winners shall advance to the State Final Dual Team tournament. Teams shall compete in each of the three classifications. State Final pairings shall be determined by a blind draw conducted at the Winter Sports drawing.
- 4) In each dual meet, home team designation shall be alternated by weight class. The team whose wrestler has choice of starting positions at the beginning of the second period in each match shall be considered "home" team and shall be governed by Rule 6-2-2. The "home" team wrestler shall report to the official's table and identify himself by name and weight class. Thereafter he cannot be withdrawn or replaced without being disqualified from the weight class.

- C) **Weight Control Plan Entries: (Individual)**
  - 1) School athletic authorities should carefully read the information on the 2023-24 Weight Control Plan and the Questions and Answers which are included in the Wrestling School Manual which is online in the Schools Center. The weight control regulations establish the minimum weight at which wrestlers may compete in the Individual and Dual Team State Series.
  - 2) A wrestler shall not enter nor participate in a weight classification lower than the one for which they have been body fat tested as the minimum weight. (See Weight Control Plan)
  - 3) If a wrestler weighs in two weight classes above a certified weight, then the wrestler would recertify at one weight class above his certified weight. (A wrestler that has weighed in at 132 may weigh in at 132 or 138. If that wrestler weighs in at 145, that wrestler may not weigh in lower than 138 the rest of the season).
  - 4) Coaches must present the Body Fat Roster to the Meet Manager at all weigh-ins and **provide the meet official with a copy**. Coaches must keep an accurate weigh in sheet for each weigh in with date, actual weight of each wrestler that is weighed in, and signed by the weigh in supervisor.
  - 5) All wrestlers must be certified at their lowest weight class they will enter the Individual or Dual Team Wrestling State Final Tournament by the conclusion of weigh-ins for the Regional Tournament. If a wrestler is not able to meet this deadline due to an injury, he/she may certify and participate at the Dual Team Sectional or Dual Team State Finals for the first time all season as long as he/she is medically cleared and has met all other weight certification requirements.

- D) **Weigh-in:** All contestants are required to weigh-in in accordance with Rule 4-4 and 5. In Individual Regional Tournaments, each participant shall be named to his respective weight class prior to the conclusion of the weigh-in. Rule 4-5-5. A wrestler is considered a participant in the championship tournament series when they have been entered and have met the weight requirements on the first day of the Regional Tournament. Thereafter, if they fail to make weight requirements in the Regional, Sectional or State Final, or if they fail to appear for any match, their participation in the Individual Tournament series is over and their opponent(s) shall be awarded both forfeit and advancement points when applicable.

Each contestant must weigh in on the second day of the Individual Sectional and State Final Tournaments. One (1) additional pound will be allowed on each succeeding day of each tournament. (4-5-4) The weigh-in time shall be held within the following time schedules (As determined by Meet Manager):

**Note:** Everyone must be in the weigh-in area at the designated starting time.

- 1) For Individual Regional Tournaments: A maximum of two (2) hours and a minimum of one-half hour preceding the opening of the tournament. (Specific time will be set by the meet manager and all participants must be in the weigh-in area at the designated starting time.)

## VIII. TOURNAMENT RULES

- A) The official 2023-24 National Federation Wrestling Rules shall be in effect for all tournaments.
- B) We will use the 14 weight classifications listed in Rule 4-4-1 of the National Federation Rules Book.

### **Boys Weight Classifications**

- 106 lbs. and under
- 113 lbs. and under
- 120 lbs. and under
- 126 lbs. and under
- 132 lbs. and under
- 138 lbs. and under
- 144 lbs. and under
- 150 lbs. and under
- 157 lbs. and under
- 165 lbs. and under
- 175 lbs. and under
- 190 lbs. and under
- 215 lbs. and under
- 285 lbs. and under

### **Girls Weight Classifications**

- 100 lbs. and under
- 105 lbs. and under
- 110 lbs. and under
- 115 lbs. and under
- 120 lbs. and under
- 125 lbs. and under
- 130 lbs. and under
- 135 lbs. and under
- 140 lbs. and under
- 145 lbs. and under
- 155 lbs. and under
- 170 lbs. and under
- 190 lbs. and under
- 235 lbs. and under

**Note:** Tournament weigh-in allowances as prescribed in National Federation Rule 4-5-4 shall be granted.



- 2) For Individual Sectional Tournaments: The manager may set the starting time up to a maximum of two (2) hours and a minimum of one-half hour preceding the opening of the individual tournament. (Specific time will be set by the meet manager and all participants must be in the weigh-in area at the designated starting time.)
  - 3) The second day weigh-in for the Sectional Individual Tournaments shall be held not more than two (2) hours or less than one-half hour before the second session.
  - 4) For State Final Tournament(s): (see tournament time schedule, VI-A).
  - 5) All dual meet tournament teams shall weigh-in each day of competition a maximum of one (1) hour and a minimum of one-half hour before the first scheduled round of meets. (Rule 4-5-1 and 4-5-4)
  - 6) A two (2) pound weight allowance will be given to all wrestlers after December 25 for any weight class that they have made scratch weight at least once. When a wrestler goes down to a lower weight class for the first-time weigh-in, the wrestler must make scratch weight at that weight class for that first time weigh-in. No allowances are given for a first-time weigh-in at a lower weight class **including consecutive day allowance.**
- E) Length of Matches:
- 1) All championship bracket matches, and third and fourth place matches shall be six (6) minutes in length divided into three (3) periods of two (2) minutes with no rest between periods.
  - 2) **All consolation matches shall be six (6) minutes in length consisting of three two 2-minute periods.**
  - 3) In case of a tie after a regulation match the contestants shall wrestle an overtime match in accordance with National Federation Rule 6-1-3.
- F) Overtime Matches: All ties in the individual and dual team tournament matches shall be resolved by an overtime as provided in the National Federation Overtime Criteria.

**Note:** When available, referee/assistant referee officiating teams shall officiate all third-place matches in Regional Tournaments employing three officials and all Sectional Tournament championship and third-place bouts. The referee/assistant referee teams will referee all bouts in the Class 1A, 2A & 3A State Final Tournament.

- G) Team Scoring:
- 1) According to IHSAA by-law 3.054, all member schools must have competed in at least six (6) contests to be eligible for team honors. Entries may be accepted for individuals from member schools who have not met the six (6) contest requirement, however, no team points will be awarded to these individuals. If an individual should place, points for that place will not be awarded.
  - 2) In all Individual Regional Tournaments scoring shall be: first place, 14 points; second place, 10 points; third place, 7 points and fourth place, 4 points. All weight brackets will be scored as power of two when determining advancement points.
  - 3) In all Individual Regional Tournaments, two (2) additional points shall be credited to a team's total for each fall during the tournament and two (2) points for each default, forfeit and disqualification. In the championship bracket, a team shall also be awarded two (2) points for

each match won except in the championship final match. In the consolation bracket of Regional Tournaments, a team shall be awarded one (1) point for each match won except in the third-place matches. In addition, in both the championship and consolation bracket one and one-half (1 1/2) team points shall be awarded each technical fall and one (1) team point shall be scored for a major decision victory margin of eight (8) or more points.

**Note:** In all Regional Tournaments, if a wrestler received a bye in the preliminary round of competition, they shall be awarded two (2) advancement points for that round if they win the next match. In addition to the advancement points, they shall be awarded for the bye the same number of "bonus" points, if any, they earned for winning their first match by fall, forfeit, default, disqualification, technical fall, or major decision. In Regional Tournament consolation brackets, wrestlers receiving byes in the preliminary round of competition shall be awarded one (1) advancement point and applicable "bonus" points if they win their next match.

- 4) See Rule 9-2-2 a, b, c, d, e, regarding the recording and posting of team scores after the semifinal matches in Regional Tournaments.
  - 5) At the Individual Sectional and State Final Tournaments, no individual team scores will be kept.
- H) Team Tiebreaker:
- 1) **Individual Regional Formula:** To determine the place winners of a Regional Tournament which ends in a tie for the first two places, the following criteria will be applied in the order listed:
    - a. The team whose opposing wrestlers or team personnel has been penalized the greater number of team points for flagrant misconduct or unsportsmanlike conduct shall be declared the winner.
    - b. The team whose opposing head coach has been penalized the greater number of team points for coach misconduct shall be declared the winner.
    - c. The team whose opposing wrestlers where penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.
    - d. The team with the most individual champions will be declared the winner.
    - e. The team with the most second place winners will be declared the winner.
    - f. The team with the most third place winners will be declared the winner.
    - g. The team with the most fourth place winners will be declared the winner.
    - h. The team with the most victories in head-to-head competition with other tied teams throughout the tournament shall be declared the winner.
    - i. The team with the most victories in the championship and consolation brackets shall be declared the winner. (Do not count byes.)
    - j. The team that has accumulated the most advancement points throughout the tournament shall be declared the winner. (Do not count bonus points.)



- k. The team with the most pins, and wins by default, disqualification or forfeits in the tournament shall be declared the winner.
  - l. The team with the most technical falls shall be declared the winner.
  - m. The team with the most major decisions shall be declared the winner.
  - n. If a tie exists, a winner shall be declared by a flip of the coin.
- 2) **Dual Team Sectional and State Final Formulas:** In the event that a tie score exists in a dual meet at the Sectional, or State Final Tournament, refer to NFHS rule 9-2-2.

I) **Team Bench:** The dual team bench shall be limited to a maximum of twenty-six (26) individuals, including a maximum of twenty-one (21) wrestlers in proper uniform, listed on the team roster. The five (5) remaining individuals must be connected with the team and may include coaches, trainers, managers, etc.

- J) **Consolation Matches: (Individual Tournaments)**
- 1) In the Regional Tournaments a modified double elimination format will be utilized. All wrestlers losing their first-round match shall compete in the wrestle backs.
  - 2) In the Sectional Tournaments, **all wrestlers losing their first-round match shall compete in the wrestle backs.**
  - 3) In all Regional Tournaments, the championship and consolation final matches shall be wrestled at the same time. When possible, two (2) officials shall work the third-place match and one (1) official the championship match.
  - 4) In all Sectional Tournaments, the championship and third place matches shall be conducted simultaneously. Two (2) officials shall referee each third-place match and two (2) officials shall referee each championship match.
  - 5) In the State Final Tournament, third, fourth, fifth, and sixth place winners will be determined by "wrestling back." **All wrestlers losing their first-round match shall compete in the wrestle backs.**

- K) **Disqualification and Forfeits:**  
The following interpretation of Rule 8-4, 6 and 10-2-1 through 7 shall apply for 2023-24 tournaments:
- 1) **Individual Tournaments:** If disqualification is due to an illegal hold or a technical violation - including stalling - the wrestler would not be eliminated from competition for consolation matches. Disqualification for any other reason (Rule 8-4,6 and 10-2-1, 2, 5, 6 and 7) eliminates a contestant from further competition as follows:

Regional Individual Tournament - disqualified from further competition in individual series.

Sectional Individual competition - disqualified from further competition in individual series.

State Final Individual competition - disqualified from further competition in individual series.

- 2) Disqualification (except for the infractions listed in K1) in Dual Meet competition:

Sectional Dual competition - disqualified from further competition in Sectional team meets.

State Final Dual Team competition - disqualified from further competition in State Final Dual Team Meet.

- 3) **Forfeits and Disqualifications in Individual Tournaments:**
  - a. **Regional and Sectionals:** If a wrestler has advanced to the semifinal round and they forfeit this match or are disqualified as in Rule 8-4,6 or 10-2 (except for the infractions listed in "K-1") **they shall not be permitted to wrestle for third place.** If they forfeit (unless due to injury or illness as in Rule 10-2-4) or are disqualified in (1) the third-place match, they shall not be considered for individual advancement as provided under 'Advancement of Winners' above. Fourth place shall be void and no fourth-place medal awarded.

The Championship match:

- b. Second place shall be declared void. No medal shall be awarded. The winner and loser of the third-place match shall advance to the applicable tournament along with the champion.
  - c. **State Final tournaments:** Unless as verified as in K-3a, the forfeiting or disqualified contestant shall be ineligible for the consolation brackets and if the forfeiture or disqualification occurs in a championship, third or fifth place match the place shall be voided and no medal awarded.
- 4) **Forfeits in Dual Team Tournaments:**  
Each school participating in the dual meet tournament series is expected to have wrestlers entered and actively compete in each of the fourteen weight classes in each dual meet. Failure to enter a wrestler in any weight class or failure for a wrestler to appear for his match shall result in a forfeit awarded to the opponent in the uncontested weight class in that meet only. Forfeits do not carry-over to subsequent meets.

- L) **Sideline Coaching:** Rule 7-5-1, 2, 3, 4, and 5 shall be strictly enforced. Coaches should observe the following:

- 1) at the State Final Individual tournament two (2) coaches or other school approved certified adult school personnel from each opposing team will be permitted in chairs at the edge of the mat during all matches. At Regional and Sectional Individual tournaments, facilities permitting, a maximum of two (2) team representatives, of which at least one shall be a coach or other school approved certified adult school personnel, from each team may be permitted at mat side.
- 2) Coaches or others connected with a Dual Team Tournament meet should remain seated in the restricted area during the time the match is in progress (Rule 2-2-1).
- 3) Coaching should be limited to words of help and encouragement, and the ethics of good sportsmanship must be observed.

- M) **Unsportsmanlike Conduct:** Managers and officials have the strictest instructions to disqualify any wrestler, coach and/or other person guilty of profane or indecent language or of gross unsportsmanlike conduct. The IHSAA By-laws 2.030,



3.151, 6.011 and 6.012 give the Board of Directors complete authority to penalize a school for any unsportsmanlike conduct on the part of the principal, the coach, athletes, or any member of the faculty or Board of Education or any other official representative of any participating school. This authority will be exercised by the Board of Directors.

- N) Video Taping: Videotaping will be allowed provided the local manager has a comparable area for competing schools to videotape. When one school requests the video space, then the local manager shall provide similar space to competing schools. Non-competing schools and spectators will be allowed to videotape matches in the stands, provided they do not obstruct the view of participants and spectators.

- 1) They are in good taste and reflect good sportsmanship in their message and use.
- 2) They reflect identification and encouragement to participants and their school/community.
- 3) They are not displayed on the field of play or in a manner which interferes with play.
- 4) They do not obstruct the view of participants or spectators; and
- 5) They are not safety hazards.

- G) Cheerleaders: At all Regional and Sectional Tournaments, cheerleaders may be permitted on the floor to cheer depending on the facilities and available space. They are not to interfere with the conduct of the matches by standing up, obstructing the scoreboard, pounding on the mat, etc.

*Note:* At the State Final, a maximum of eight (8) cheerleaders will be permitted in a designated area for dual competition only. No cheerleaders will be permitted on the floor at the Individual State Final.

- H) Damage to Property or Equipment: If contestants or people from any school entered in a state series are found guilty of carelessness or maliciously breaking, damaging, or destroying property or equipment belonging to the host school, such school shall be held responsible for costs incurred in replacing or repairing such property or equipment.

- I) Media Coverage & Rights Fees for Broadcasting:

**Coverage**

- 1) State series hosts should work to accommodate media members with space to cover State Series events whenever possible.
- 2) For State Series events, the IHSA Press Box Policy should be used as a guide for determining media press box access should space become an issue.

**Broadcasting**

- 1) Radio or audio-only internet broadcasts are not subject to a broadcast rights fee at the Regional, Sectional, or Super-Sectional levels. A \$100 fee exists at the State Final round, pending approval by the IHSA after completion of the IHSA's broadcast application form.
- 2) If a State Series contest/event is broadcast on the NFHS Network, then there is no rights fee due and no other video streaming/TV broadcasts will be allowed, pending special permission from the IHSA.
- 3) If a State Series contest/event is not broadcast on the NFHS Network, then the broadcast rights may be purchased to broadcast via video streaming/TV pending approval by the IHSA after completion of the IHSA's broadcast application form.

*Note:* Broadcast application forms can be accessed by Googling "IHSA Broadcast Applications" or directly at [IHSA.org/News-Media/News-Media-Center/Broadcast-Applications](http://IHSA.org/News-Media/News-Media-Center/Broadcast-Applications)

- J) Tobacco/Liquid Nicotine Products: The use of tobacco or liquid nicotine products in any competition area, either during a practice or while a contest is in progress, or affiliated property of any IHSA state series contest by any coach, player, any other person connected with a team, or fan shall be prohibited. State series hosts are required to make all state series contest sites and any affiliated property, including

## IX. TOURNAMENT POLICIES

- A) Presale Tickets: See IHSA Website for presale information.
- B) All-Star Teams: No athletic team from any member school may compete against an "all-star" team. No school official from a member school shall assist, either directly or indirectly, with any contest by an all-star team during the school year, unless the contest is approved by the Board of Directors.
- C) State Final Passes: Each school with one or more individual qualifiers for the Individual State Finals will receive tournament passes for wrestlers and coaches.

1 or 2 wrestlers = 2 coaches passes – **No extra passes can be purchased.**

3 or 4 wrestlers = 2 coaches passes - The school can purchase an all-session ticket and exchange it for one additional coach's pass.

5 or more wrestlers = **3 coaches passes are given. Additional passes are not available for purchase.**

Each school qualifying a team for the State Final Dual competition shall receive twenty-six (26) passes, twenty-one (21) of which may only be used for uniformed wrestlers.

*Note:* Any school desiring to bring additional coaches, managers, trainers, etc., over and above the number of passes allotted, must purchase regular admission tickets for the extra personnel. No school will be permitted more than twenty-six (26) participant passes.

**Alternate Passes:** An alternate wrestler who gets into the tournament will receive a tournament pass, and the coaching staff will receive two coaches passes if they don't already have them for other wrestlers. Alternates who don't get into the tournament are welcome to stay and watch Session 1. When they leave the State Farm Center, they will need to purchase a ticket to re-enter.

- D) Bands: May be used by local tournament directors prior to the start of a session.
- E) Artificial Noisemakers: Mechanical noisemaking devices such as air horns and whistles shall be excluded from the gymnasium. In addition, any noisemaking devices that interfere with the competition shall be prohibited.
- F) Signs and Banners: The displaying of signs, banners, placards, or similar items at IHSA state series events is permitted, provided:



parking lots, fan accommodation areas, and other school or event venue property, tobacco/liquid nicotine free zones on the date or dates of any IHSAA event being held at the site.

- K) Use of Inhalers: A student with asthma may possess and use his/her medication during an IHSAA competition, while under the supervision of school personnel, provided the school meets the outlined procedures of self-administration in the Illinois School Code.
- L) Alcoholic Beverages and IHSAA State Series Events: The possession, distribution, sale and/or consumption of alcoholic beverages are prohibited at the site and on any affiliated property of any IHSAA state series contest. State series hosts are required to make all state series contest sites and any affiliated property, including parking lots, fan accommodation areas, and other school or event venue property, alcohol free zones on the date or dates of any IHSAA event being held at the site. Violation of this policy by an event host will subject the host to a penalty for violation of IHSAA By-law 2.020. Such penalty may include but not necessarily be limited to prohibition against subsequent event hosting assignments. Violation of this policy by a non-hosting member school will subject the school to penalty for violation of IHSAA By-law 2.020. Patrons of any IHSAA state series contest determined to be in violation of this policy will be removed from the premise, and law enforcement officials will be called as warranted. No ticket refunds will be granted in such cases.
- M) Prayer over the Public Address System: Prayer at an IHSAA state series contest that takes place over the public address system is prohibited.

## X. AWARDS

- A) In all Individual Regional Tournaments, medals will be awarded to the first, second, and third individual place winners in each weight class. In all individual Sectional Tournaments, medals will be awarded to the first, second, third and fourth place winners in each weight class. Plaques will be awarded to the school winner in the Individual Regional Tournaments.
- B) In the State Final Individual Tournament, medallions will be awarded to the first six (6) place winners in each weight class.  
First, second, third and fourth place trophies will be awarded to the school winners in Classes 1A, 2A and 3A of the State Final Dual Team Tournaments.  
In addition, twenty-six (26) medallions will be presented to the first, second, third, and fourth place teams in each class.
- C) Grand March: While participating in the Grand March, wrestlers shall wear their school's official warm-up or team uniform. No extra clothing, hats, caps, signs, or other adornment may be worn or carried. If a contestant fails to cooperate in the above requirement, they shall be prohibited from participating in the Grand March. Only coaches or certified school personnel shall participate in the Grand March with a school's qualifying wrestler(s).
- D) Awards Ceremonies: At all tournaments when wrestlers are receiving awards, they shall wear their school's official warm-up or team uniform. No extra clothing, hats, caps, signs, or other adornment shall be worn or carried at the awards ceremony or any other time on the State Farm Center floor. If

a contestant fails to wear their official school warm-up or uniform, they shall not be allowed to participate in the awards ceremony.

## XI. OFFICIALS

- A) Individuals: In each of the Regional and Sectional Tournaments, all matches preliminary to the semifinal round shall be wrestled during the opening session. Two (2) officials and two (2) mats for all sessions of the Regional Tournaments shall be provided. Whenever possible, three (3) officials will be assigned to Regionals. Five (5) officials shall be assigned for all sessions of the Individual Sectional Tournaments. Sectional Tournament centers are to use a minimum of three (3) mats for the first two (2) sessions. Where facilities permit, four (4) mats should be used for the first session.
- B) Dual Team: Two officials shall be assigned to officiate each Dual Team Sectional tournament. Two (2) additional officials can be assigned at the expense of the host school. At the State Final tournament two officials will be assigned to officiate each meet.
- C) Official Fees:  
The following fee schedule for officials will be adhered to.  
Wrestling (Classes 1A,2A,3A) (Flat fees per tournament):  
The IHSAA Office will pay each Individual Regional official – \$195.00 per tournament  
The IHSAA Office will pay each Individual Sectional official – \$243.00 per tournament  
The IHSAA Office will pay each Team Sectional official – \$81.00 per tournament  
Boys Individual State Final – \$517.00 (flat fee) plus up to two (2) nights' lodging at a hotel designated by the IHSAA Administrator.  
Team State Final – \$289.00 (flat fee) plus up to one night's lodging at a hotel designated by the IHSAA Administrator.  
Girls Individual State Final – \$172.00 (flat fee)

**Mileage Policy:** In the state series, to assist officials for out-of-pocket expenses, a voucher system will be used to compensate officials when they drive more than 70 miles round trip per contest. Payment will be made through the IHSAA Office, after completion of the tournament series, at a rate of thirty (30) cents per mile for all mileage more than 70 miles round trip. No compensation will be permitted for trips of less than 70 miles round trip.



## Managers are Required to Complete the Boys Wrestling Regional/ Individual Sectional Results Through TrackWrestling



# WAYS TO RUN A TRACKWRESTLING EVENT

### BASIC PAPER

This is the most basic way to run an event on Trackwrestling. One administrative computer with an internet connection is needed. This computer can be located at the head table or in a room away from the wrestling area such as a classroom or computer lab. A hard line or wireless internet connection can be used and a printer is required to print bout sheets, brackets and a few other items. Larger tournaments may require additional computers.

In a basic paper tournament the bout sheets will be printed and taken to each mat. The completed bout sheets will be returned after a match is completed and the results will be entered into Trackwrestling from the administrative computer. This will update brackets, generate match-ups for the next round and even calculate team points. The next round of bout sheets can then be printed and the process will continue until completion of the tournament.

#### YOU WILL NEED:

- Computer
- Internet Connection
- Printer

### BASIC ELECTRONIC BOUTS

This is another name for a paperless tournament. The administrative computer requirements are the same as a basic paper tournament but one computer that can connect to the internet is needed at each mat. Matches are scored live from each mat and brackets and any team points are immediately updated. A printer is needed for printing updated brackets and a few other documents.

The Trackwrestling dashboard will be available for fans to follow the progress of the event online in real time when electronic bouts are used.

#### YOU WILL NEED:

- Administrative Computer
- Matside Computers
- Internet Connection
- Printer

## LIVE VIDEO STREAMING

Streaming live video is another option when running electronic bouts. Match details will be displayed on the video so viewers will see the name and team of each wrestler along with the time, score and period. Video streaming will require integration from [www.flowrestling.org](http://www.flowrestling.org) and may have additional costs involved.

More information on streaming live video including costs and requirements can be found by contacting Flowrestling.

### YOU WILL NEED:

- Administrative Computer
- Matside Computers
- Internet Connection
- Printer
- Additional equipment as required by Flowrestling

## ELECTRONIC BOUTS WITH TRACKWRESTLING SCORE CLOCKS

This method is the same as running an electronic tournament with the addition of plugging in a Trackwrestling score clock to the matside computer so everything is completely integrated. Match details such as score, time and period will update on the score clock and dashboard right from the matside controller. Other match details such as weight class and bout numbers can also be displayed on the score clock. Matches are scored live from the matside controllers and brackets and any team points are immediately updated. Since the score clock is integrated with the matside computer, there is no need to have a clock operator separate from the person scoring the match and therefore you can get by with one less volunteer.

Go to <http://www.trackwrestling.com/tw/tickets/CreateTicket.jsp> to request more information on Trackwrestling score clocks.

### YOU WILL NEED:

- Administrative Computer
- Matside Computers
- Internet Connection
- Printer
- Trackwrestling Score Clocks

**These are the most common methods of running a Trackwrestling event but there are also other variations. Please contact us at <http://www.trackwrestling.com/tw/tickets/CreateTicket.jsp> with any questions.**



TRACKWRESTLING







# IHSA Wrestling Weight Control Program Summary

(Refer to the IHSA Wrestling Weight Control Manual for complete details on this program)

## Introduction

During the 2023-24 school year, the IHSA will continue its Weight Control Program that includes body fat testing. The program is designed to determine the minimum weight class a wrestler may participate in throughout the season. The establishment of a minimum weight class is based on a body fat measurement of 7% for male wrestlers and 12% for female wrestlers.

The IHSA is concerned for the safety of the young people who participate in our wrestling program. The establishment of minimum weight classes along with a maximum weight loss per week allows high school wrestlers to participate in the healthiest manner possible.

## THE REGULATION

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females is required for all high school wrestlers. The purpose of the weight control program is to identify the minimum weight at which an athlete can wrestle; it is not meant to serve as an endorsement from the IHSA that this minimum weight is the best weight for any individual wrestler.

### I. Establishing Minimum Weights

- A) There are two methods of determining a wrestler's body fat percentage. One method is using the TANITA TBF-300-A or 300-WA Body Composition Analyzer/Scale, but schools are required to receive approval from the IHSA Wrestling Administrator to use this scale. Only IHSA Certified Body Fat Testers will be able to read and enter the results on-line. The other method of determining a wrestler's body fat percentage is using skinfold measurements. Only measurements taken by IHSA Certified Skinfold Measurers will be accepted. Schools may elect to have a person certified as a body fat tester. Information about the first-time body fat certification session will be emailed out in September/October each year. The school may sign someone up for the training through the online form sent via email. All previously certified assessors will need to renew their license through the IHSA website each school year.
- B) The lowest weight class a wrestler may compete at will be determined as follows:
- 1) If the predicted weight, at 7% male or 12% female, is exactly that of one of the weight classes, that weight class shall be the wrestler's minimum weight class. (Example: If 7% body fat is 132, then that wrestler may wrestle 132 or above.)
  - 2) If the weight class falls between two weight classes, he/she must wrestle at the higher weight class. (Example: If the 7% body fat is 129, then that wrestler may wrestle at 132 or above.)
  - 3) Any male or female wrestler, whose body fat percentage at the time of measurement falls below 7% male or 12% female, must wrestle at the weight class. No weight loss for wrestlers in this category will be allowed. (Example: When the wrestler is body fat tested and he/she is hydrated and has only 6% body fat then if the wrestler weighs 128 pounds, then that wrestler may wrestle at 132 or above.)
- C) The school must have each wrestler body fat tested prior to the wrestler competing in any interscholastic matches. The school must print the results of the body fat testing from the school center. Each coach must carry a copy of this with him to all meets. **A wrestler involved in the initial appeal process regarding his/her minimum weight classification may not wrestle until the appeal is complete/final and posted on the School Center. The initial appeal must be completed within seven (7) calendar days. Note:** Any wrestler that loses more than 1.5 per cent body weight from the first test until the appeal must take the results of the first test.
- D) A final appeal is available to each wrestler on or before Friday of week 24 on the IHSA Standardized calendar. This appeal will allow a new descent plan following the appeal and after wrestling. Only wrestlers who have followed their original descent plan are eligible for this final appeal. The new descent plan will only allow the wrestler to descend no more than one weight below the lowest weight on the original descent plan.
- E) In the event a school wishes to make a final appeal to the results of the original body fat testing, the final appeal must be filed and completed by Friday of week 24 on the IHSA Standardized Calendar. A copy of the final appeal form can be found on page 26 of this manual.

#### **ALL MEETS:**

**Coaches MUST present the Body Fat Roster to the official. The forms will be collected and kept at the scorer's table.**



## II. Time Periods for Measurements

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- A) Skinfold measuring may begin on Monday of Week 19 of the IHSA calendar. All wrestlers, including those coming out late, must have their minimum weight established prior to any competition.
- B) Skinfold measuring must be completed by Friday, of Week 30.
- C) Results of measurements will be posted in TrackWrestling's OPC. A wrestler **may not wrestle** until his/her name appears on this result sheet.

## III. Responsibilities of Schools in the Measurement Process

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- A) It is the school's responsibility to ensure that an approved IHSA skinfold measurer conducts the body fat testing portion of the program. Individuals have the opportunity each year school year to take the course and become licensed.
- B) The school must have available at the time of the skinfold measuring: 1) a scale, 2) skinfold data sheets (provided on the IHSA website), 3) school officials (coach, teacher, A.D.) who will assist in obtaining the weight of each wrestler and with the recording of data.
- C) The school shall see that all charges for skinfold measuring are paid. IHSA certified skinfold measurers may charge up to \$5.00 per wrestler measured. (Most schools are certifying people in their District so that no fee is paid.)
- D) In the event a school wishes to make an initial appeal to the result(s) of body fat testing, the appeal must be filed and completed with the IHSA Office within seven (7) calendar days of the posting of the initial body fat results sheet in the OPC. A copy of the appeal form can be found on page 23 of this manual.

## IV. Weight Loss Per Week

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- A) A weight loss of 1.5% of a wrestler's total body weight per week on the descent has been established by the IHSA. A wrestler will not be allowed to wrestle at his/her established minimum weight until the date specified on the body fat result sheet provided by the IHSA. This date allows for a 1.5% weight loss per week from the date of the body fat testing.

*Note:* The first date a wrestler may qualify for each weight class on their descent is listed on the Body Fat Verification Form. A wrestler is ineligible to weigh in at that weight class until the listed date they must make scratch weight or the first time down. No allowances given.

Each wrestler must make weight at the next lower weight class on the descent down to their certified weight class on the first weigh in for that wrestler on or after the target date listed on the weight control certification form.

- B) A wrestler may not weigh in more than one weight class above the lowest weight class at which he/she has ever weighed in. If he/she does weigh in higher than one weight class above the lowest weight at which he/she has weighed in, then the wrestler establishes a new certified weight class one weight class above his/her original certified weight. (Example: If wrestler weighs in at 136 for the 138-weight class, that wrestler may weigh in at 138 or 145. Two weeks later the same wrestler weighs in at 131 for the 132-pound weight class. The same wrestler may now only weigh in at 135 or 138 for the remainder of the year. If this same wrestler weighs in at the 145 lb. weight class anytime during the remainder of the year, this wrestler would not be allowed to weigh in below the 138-pound weight class for the remainder of that year.)
- C) Coach must keep track of actual weigh in weight for each wrestler and have the weigh in form verified by the weigh in supervisor (Form available online).

## EQUIPMENT

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The IHSA will accept measurements using only skinfold testing for the initial test or the results from the TANITA TBF-300-A or 300-WA Body Composition Analyzer/Scale with approval from the IHSA WR Administration.

Skinfold measurements shall be taken **only** with the Lange or Slim Guide Caliper. Measurements taken with the Lange or Slim Guide calipers must be taken by an IHSA certified skinfold measurer.

The Specific Gravity Test strips may be purchased for 100 strips per bottle and under \$70.00 per bottle. Re Fractometers may be purchased and used to determine urine specific gravity.

## CERTIFYING BODY FAT TESTER

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- 1) Each school will have the opportunity to certify a person that will be responsible for Body Fat Testing. This person must be someone that is not connected with coaching of wrestling or related to anyone connected to wrestling in your school district. It may **not** be a wrestling coach.

*Suggestion:* Trainers, school nurse, health teacher, nurse practitioner, etc. The Principal will be responsible for designating that person to the IHSA. If a school elects not to certify a body fat tester, then they must coordinate with one of the certified body fat testers to come to their school and do the testing of their wrestlers.



- 2) Individuals must register for an in-person course due to a 30-participant maximum.
- 3) The IHSA will conduct initial training sessions annually in September/October.
- 4) A person will not be certified until he/she has attended one of these sessions and has been entered into the IHSA database.
- 5) Only certified body fat testers will be allowed to conduct body fat testing and enter results in their TrackWrestling account. Only certified body fat testers will be allowed to read and enter results from the TANITA TBF-300-A or 300-WA Composition Analyzer/Scale.
- 6) There will be a \$35.00 fee for the initial training of the body fat testers. This fee will be used to pay for the training of the Body Fat testers and the material used for handouts.
- 7) Schools will receive all the results of the Body Fat Testing on-line through the OPC and must carry a copy of the Body Fat Test results with them to all meets and provide a copy to each coach for all dual meets.

## INSTRUCTIONS FOR BODY FAT TESTER

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- 1) Have wrestlers being tested take the test for Urine Specific Gravity first. **NOTE:** Follow directions for administering this test. Once they pass the hydration test, they must be skinfold tested immediately. They cannot work out once they have passed the hydration test.
- 2) Wrestlers that do not pass the Urine Specific Gravity Test will not be body fat tested on this date. They only get one opportunity on any given date to pass the Urine Specific Gravity Test. Wrestlers that do not pass the Specific Gravity Test **must wait 24 hours to be re-tested.**
- 3) Once a wrestler has passed the Urine Specific Gravity test, he/she must be body fat tested immediately **on that date only.**
- 4) Proceed with the body fat testing of each wrestler. Take three measurements at each designated area and record each measurement.
- 5) Each body fat tester will have an account through TrackWrestling where data will be logged.
- 6) In the new assessment pop-up window, the certified body fat tester must enter the following data on each wrestler:
  - Name of wrestler
  - Assessment date
  - Result of hydration test
  - Weight of the wrestler and the three (3) measurements taken at each designated area on the wrestler.
- 7) Please make sure that everything is correct prior to committing the transaction. Once the transaction is committed, data cannot be edited.
- 8) Body Fat Tester must keep a hard copy of all data in case electronic submission does not work properly or tampering has occurred.
- 9) Schools will get results from their OPC. The IHSA reserves the right to have any wrestler re-tested.

## FITNESS ASSESSMENT: BODY COMPOSITION

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### *Description of Skinfold Procedures*

#### Equipment:

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- Skinfold Calipers (Lange or Slim Guide Skinfold Calipers with calibration block)
- Flexible tape and erasable markers to mark the proper sites
- TANITA TBF-300-A or 300-WA Composition Analyzer/Scale (optional)

#### Procedures:

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- 1) All measurements should be made on the right side of the body.
- 2) A caliper should be placed 1cm away from the thumb and finger perpendicular to the skinfold and halfway between the crest and the base of the fold.
- 3) Pinch should be maintained while reading the caliper.
- 4) Wait one (1) to two (2) seconds (and not any longer) before reading the caliper.
- 5) Take triplicate measurements at each site and retest if triplicate measurements are not within 1 to 2 mm.
- 6) Rotate through measurement sites or allow time for skin to regain normal texture and thickness.
- 7) Take three (3) measurements at each testing point on the body.

**Test Selection:** Very lean and very obese people pose special measurement problems: there may be limitations in equipment placement and reproducible outcomes. In addition, there may be a psychological “drawback” to performing this test on individuals who are somewhat sensitive to such information.



## Standardized Description of Skinfold Sites

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Skinfold Sites:

**Abdominal:** Vertical fold; 2cm to the right side of the umbilicus

**Triceps:** Vertical fold; on the posterior midline of the upper arm, halfway between the acromion and olecranon processes, with the arm held freely to the side of the body.

**Subscapular:** Diagonal fold (at a 45-degree angle); one (1) to two (2) cm below the inferior angle of the scapula

### Male test sites

Abdominal  
Triceps  
Subscapular

### Female test sites

Subscapular  
Triceps

## APPEAL PROCESS FOR BODY FAT TESTING

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- A) A school may make an initial appeal of the results of the body fat testing two times per wrestler.
- B) The first appeal must be filed and completed within seven (7) calendar days of the initial posting of the Body Fat Test results. Schools must fax a completed copy of the appeal form to the IHSA Office to start the appeal process.
- C) The final appeal must be made on or before Friday of week 24 on the IHSA standardized calendar. Schools must fax a completed copy of the final appeal form to the IHSA office on or before the deadline.
- D) No wrestler may wrestle interscholastically without being body fat tested. If a wrestler’s body fat test results are being appealed within the first week, the wrestler may not wrestle in interscholastic competition until the appeal results are posted on the School Center.
- E) The appealing school shall assume all cost for any appeals it makes.
- F) The wrestler has the following options for the appeal:
  - Have another skin fold test by any of the approved certified Body Fat Testers.
  - OR
  - Be hydrostatic weighed by one of the certified testers for hydrostatic weighing in the State of Illinois. **The school will be responsible to call and set up the appeal.** The date of the appeal must appear on the appeal form that is faxed to the IHSA Office. **Note:** Any wrestler that loses more than 1.5 per cent body weight from the first test until the appeal must take the results of the first test.
  - OR
  - Use Bio-Impedance test using the TANITA TBF-300-A or 300-WA Composition Analyzer/Scale.
- G) The **wrestler must** take the results of the initial appeal or final appeal if completed.
- H) The results of the appeal will be faxed to the IHSA Office, where the results will be posted on the school center.
- I) No other appeals will be granted.

## THE FOLLOWING IS A CERTIFIED APPEAL TESTER FOR HYDROSTATIC WEIGHING:

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**KELLEY ALTOM**

**PHONE: (847) 525-3369**

Gold Standards System (by appointment)

## HYDROSTATIC WEIGHING PROCEDURES

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Hydrostatic weighing involves determining an individual’s residual lung volume and land weight calculation. While dressed in a swimsuit, the participant will then be seated on a submerged platform/chair that is suspended in shoulder deep water from a weighing scale above. The participant exhales completely and then is instructed to immerse themselves under the water briefly, while an underwater weight is measured. Several trials are performed and recorded.

Please review the following instructions:

- Do not schedule if you have any lung or pulmonary disorders.
- Avoid vigorous activity 8 - 12 hours prior to testing.
- Fast for at least 4 hours before the test. (drink water during this time)
- Drink plenty of water to ensure that the athlete is hydrated.
- Swim attire is needed for the test
- Report for testing free of jewelry.



- Try to avoid gaseous foods at least two days prior to test date.
- Practice expelling all your air and holding your breath. This will make the test much easier.

### HYDRATION (PASSING THE URINE SPECIFIC GRAVITY TEST)

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- Eat a normal balanced diet emphasizing foods with high water content such as fruits and vegetables.
- Avoid foods and/or supplements that may contribute to water loss such as: chocolate, soft drinks, coffee, and creatine for at least 24-48 hours.
- Avoid vigorous physical activities that cause excessive sweating at least 24 hours.
- Consume plenty of fluids; at least eight to twelve (8) ounce glasses per day for several days prior to testing
- Avoid early morning assessment, if possible, due to the effect of not consuming liquids during your sleep.

# Frequently Asked Questions

*The following are commonly asked questions with answers:*

- 1) **Q.** Is a wrestler who has not weighed in prior to the state series required to make scratch weight?  
**A.** Yes.
- 2) **Q.** May a wrestler be weighed in for a match in which he/she does not wrestle?  
**A.** Yes, but only weigh-ins for wrestlers who actually wrestle (forfeit wins included) in Varsity, JV, Sophomore, Frosh, and exhibition matches shall count toward a weigh-in for scratch weight at that weight.
- 3) **Q.** May a wrestler who weighs 85 pounds be entered?  
**A.** Yes. There is no minimum weight requirement for wrestlers at 106.
- 4) **Q.** Must weigh-ins against out-of-state competition be included?  
**A.** Yes. Actual weights must be recorded and provided in the records of each wrestler.
- 5) **Q.** What if the Regional tournament is a wrestler's first competition?  
**A.** If the Regional tournament is a wrestler's first weigh-in, the wrestler must wrestle at scratch weight.
- 6) **Q.** Does the Weight Control Plan establish the minimum weight class in which a wrestler may wrestle in the Dual Team state tournament series?  
**A.** Yes, the Weight Control Plan as outlined does apply to the State dual meet tournament series. A wrestler's minimum weight class will be established at or before the Individual Regional tournament.
- 7) **Q.** Has the IHSA adopted a growth allowance?  
**A.** Yes, each individual that has made scratch weight at a weight class will be granted a two-pound growth allowance for that weight class. The two-pound growth allowance will apply on December 25 to all wrestlers that have made scratch weight at that weight class. **NOTE:** If a wrestler has not made scratch weight before at that weight class, then the wrestler cannot get growth allowance or consecutive day allowance at that weight class until the wrestler has made scratch weight one time at that weight class.
- 8) **Q.** What is a wrestler's certified weight?  
**A.** It is the lowest weight classification at which a wrestler may wrestle during the season.
- 9) **Q.** A wrestler, who is certified at 120 pounds, weighs in at 128 pounds and wrestles at the 132-pound weight classes. How does this affect the wrestler's certification?  
**A.** This wrestler is now re-certified for the remainder of the season at the 126-pound weight class. If a wrestler weighs in more than one (1) weight class above the lowest weight that the wrestler has made this year, the wrestler will be re-certified at one weight class above his original certified weight.
- 10) **Q.** A wrestler whose certified weight is 138 pounds, weighs in at 140 pounds at the Regional Tournament. Is the wrestler eligible to wrestle in the 152-pound class?  
**A.** No. During the state series a two-pound growth allowance is in effect. As a result, each weight class is technically two pounds heavier. The wrestler in question would have to weigh more than 140 pounds to qualify for the 152-pound weight class.



- 11) **Q.** What if a wrestler's first competition is after December 25?
  - A.** If a wrestler's first weigh-in is after December 25, the wrestler shall be required to weigh in at scratch weight.
  
- 12) **Q.** How will Regional Tournament managers verify entries to the weight classes?
  - A.** Each school will turn in at the Seed Meeting the Body Fat Roster, which will serve as the Regional entry form, and a summary sheet of weigh-ins for each wrestler entered. These lists will be validated by the Regional Manager.
  
- 13) **Q.** Must all information required in Question 12 above be submitted on the official IHSA forms provided in this manual?
  - A.** No. In lieu of the individual forms provided in this manual, coaches have the option of submitting all required information on computer forms.
  
- 14) **Q.** Must a school exchange Wrestler Body Fat Rosters at each meet?
  - A.** Yes, each coach must provide to the other coach, a copy of the Body Fat Rosters and to the tournament director of a tournament.



# IHSA Wrestling Weight Control Data Worksheet

School Name \_\_\_\_\_ IHSA School ID Number \_\_\_\_\_

Wrestler Name	Gender M or F	Urine Specific Gravity Test P=Pass, F=Fail	Alpha Weight	Abdominal	Triceps	Sub Scapula	Date
1.							
2.							
3.							
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5.							
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47.							
48.							
49.							

Wrestler Name	Gender M or F	Urine Specific Gravity Test P=Pass, F=Fail	Alpha Weight	Abdominal	Triceps	Sub Scapula	Date
50.							
51.							
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100.							

Signature Certified Body Fat Tester \_\_\_\_\_ Date \_\_\_\_\_



# Boys Weigh-In Form

School: \_\_\_\_\_

Date: \_\_\_\_\_

Name	Actual Weight
106	

113	

120	

126	

132	

138	

144	

Name	Actual Weight
150	

157	

165	

175	

190	

215	

285	

Weigh-in Supervisor Signature: \_\_\_\_\_



# Girls Weigh-In Form

School: \_\_\_\_\_

Date: \_\_\_\_\_

Name	Actual Weight
100	
105	
110	
115	
120	
125	
130	

Name	Actual Weight
135	
140	
145	
155	
170	
190	
235	

Weigh-in Supervisor Signature: \_\_\_\_\_



# Wrestling Weight Control Appeal Form

Date: \_\_\_\_\_

School: \_\_\_\_\_

Wrestler's Name: \_\_\_\_\_ Year In School: 9 10 11 12

Date of the appeal test: \_\_\_\_\_

Name of the person conducting the appeal test: \_\_\_\_\_ ID #: \_\_\_\_\_

Location of the appeal test: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_

We understand that the results of the appeal test will replace the previous skinfold results, that they cannot be appealed and that the wrestler may not wrestle until the results of the appeal are posted in the IHSA Schools Center.

**Note: If the person weighs less than 1 1/2 percent of the first test, this appeal is void and must take the results of the first test.**

1. Fax a copy of this appeal form to the IHSA office within 7 calendar days of the date of the first body fat test.  
**Email to [snox@ihsa.org](mailto:snox@ihsa.org). (Note: Completion of the Appeal must be within 7 calendar days of the date of the first body fat test).**
2. Take a copy of this form with you and give it to the person doing the appeal test.
3. Confirm receipt of Appeal Form by the IHSA.

**To be filled out and faxed back to the IHSA office by the person doing the appeal test.**

\_\_\_\_\_ ID Number: \_\_\_\_\_

Appeal Date: \_\_\_\_\_ Tester's Signature: \_\_\_\_\_

Alpha Weight: \_\_\_\_\_ (Must not be less than 1.5% of first test weight)

Passed Urine Specific Gravity Test : \_\_\_\_\_ yes (If no, the person may not test on this date.)

**Hydrostatic Weighing**

% Body Fat \_\_\_\_\_

**Skin Fold Test**

Triceps \_\_\_\_\_

**Bio-Impedance Measurement**

Abdominal \_\_\_\_\_

% Body Fat \_\_\_\_\_

Subscapula \_\_\_\_\_



# Wrestling Weight Control FINAL Appeal Form

Date: \_\_\_\_\_

School: \_\_\_\_\_

Wrestler's Name: \_\_\_\_\_ Year In School: 9 10 11 12

Date of the appeal test: \_\_\_\_\_

Name of the person conducting the appeal test: \_\_\_\_\_ ID #: \_\_\_\_\_

Location of the appeal test: \_\_\_\_\_

Principal's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_

We understand that the results of the appeal test will replace the previous skinfold results, that they cannot be appealed and that the wrestler may not wrestle until the results of the appeal are posted in the IHSA Schools Center.

**Note: If the person weights less that 1½ percent per week from the first test, this appeal is void and must take the results of the first test.**

1. Take a copy of this form with you and give it to the person doing the appeal test.
2. Fax a copy of this appeal form to the IHSA office by Friday of week 24 of the IHSA standardized calendar.
3. E-Mail: sknox@ihsa.org along with a copy of all weigh-in sheets to date.
4. Confirm receipt of Appeal Form by the IHSA.

**To be filled out and faxed back to the  
IHSA office by the person doing the appeal test.**

\_\_\_\_\_ ID Number: \_\_\_\_\_

Appeal Date: \_\_\_\_\_ Tester's Signature: \_\_\_\_\_

Alpha Weight: \_\_\_\_\_

Passed Urine Specific Gravity Test : \_\_\_\_\_ yes (If no, the person may not test on this date.)

**Hydrostatic Weighing**

% Body Fat \_\_\_\_\_

**Bio-Impedance Measurement**

% Body Fat \_\_\_\_\_

**Skin Fold Test**

Triceps \_\_\_\_\_

Abdominal \_\_\_\_\_

Subscapula \_\_\_\_\_



# Rules on Wearing Equipment & Braces

## Rule 4—Wrestlers' Classification and Weighing

### Section 3—Special Equipment

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*Article 1*—Special equipment is defined as any equipment worn that is not required by rule. Any equipment which does not permit normal movement of the joints and which prevents one's opponent from applying normal holds shall not be permitted. Any equipment which is hard and/or abrasive must be covered and padded.

*Article 2*—All parts of a pad must fit snug against the wrestler's body. Loose pads are prohibited.

*Article 3*—Taping or strapping which substantially restricts the normal movement of a joint, shall be prohibited.

*NOTE:* The taping of fingers and thumb is not a violation.

*Article 4*—To help identify contestants, red and green leg bands may be worn on either or both legs.

*Article 5*—Wrestlers may not wear wristbands, sweatbands or bicep bands during a match.



# IHSA Skin Condition Evaluation & Authorization to Compete in High School Wrestling

## National Federation Wrestling Rules:

"ART 3...If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART 4...If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

Once a lesion is considered non-contagious, it may be covered to allow participation.

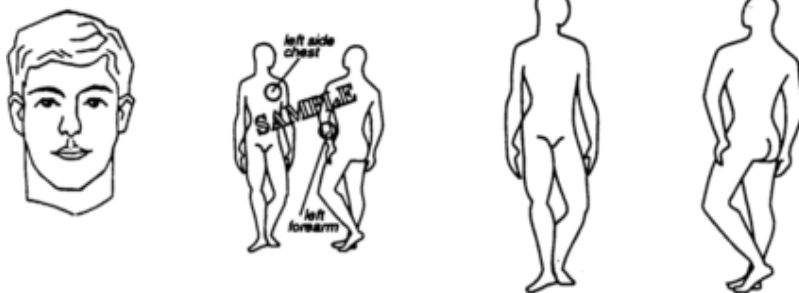
**NOTE:** On the day of a meet, the following may review a wrestler's condition: M.D., D.O., P.A., APRN, and ATC's.

In the absence of one of the previously-mentioned people, the referee has the final decision concerning the wrestler's participation.

## The following form is for the wrestler:

(Name of wrestler)

- 1) Indicate the specific location of the suspected skin condition on the figures below.



- 2) Describe the approximate size and color of the condition. *example: it is about the size of a nickel, red in color, etc.*

- 3) Check one:  This wrestler's skin condition is contagious. **He/she MAY NOT PARTICIPATE.**  
 This wrestler's skin condition is not contagious. **He/she MAY PARTICIPATE.**

- 4) If this is a birthmark, non-communicable skin condition, i.e. psoriasis or eczema, check  Yes (Valid for the year)

**Note to schools: Medical authorization to compete expires 14 calendar days from the date of the examination.**

### Healthcare Professional assumes all responsibility for this decision.

Print Healthcare Professional's name:

I am a/an:  M.D.

Healthcare Professional's signature:

D.O.

Healthcare Professional's phone number

Physician's Assistant

Examination date:

Advanced Practice Nurse/Nurse Practitioner



# Individual State Final Tournament Procedure

Before you and/or wrestlers from your school participate in the State Final Tournament at the State Farm Center, you should review information in this bulletin with your other coaches, your wrestler(s) and/or his/her parent(s). It will make your trip to State Tournament one to remember.

**Admission to State Farm Center:** All coaches and wrestlers who have been issued a Participant Pass may enter the State Farm Center ONLY through the Press and Participants Entrance, which is located at the northeast side, 200 level, of the building. **YOU WILL NOT BE ADMITTED AT ANY OTHER GATE.** When entering, you must display your Participant Pass to the doorman. **YOU WILL NOT BE ADMITTED WITHOUT DISPLAYING YOUR PARTICIPANT PASS.** At the conclusion of each session, you may use the nearest exit.

**Seating for Coaches and Competitors:** Your Participant Pass allows you and your wrestlers access to the designated seating area for Wrestlers and School Personnel on the north side of the arena in Sections 104 - 108 and 208 directly in front of the Working Press Box. The reserved area DOES NOT INCLUDE the Working Press Box. This seating is designed to allow you necessary access to the Arena Floor at Aisle 105 when a wrestler(s) from your school is scheduled to compete. Please do not attempt to bring unauthorized persons into this designated area. The ushers are instructed to assist you in this aspect of tournament administration. Please remember that special seating for wrestlers (and coaches) who finish in the top six in each class will be reserved in the lower seats near Aisle 102 on Saturday night to allow them immediate access to the arena floor for the awards ceremonies.

**IMPORTANT:** The seating area is for coaches and wrestlers and other proper team personnel. Please do not bring unauthorized persons into this area, and please remind your wrestlers that their personal fans are most welcome to sit in the spectator sections, not the sections reserved for competitors.

**Access to Arena Floor:** Your Participant Pass, properly displayed, will allow you access to the Arena Floor at times when your wrestler(s) are competing, and for the Grand March should you have a wrestler(s) in the championship bouts. To get to the Arena Floor from the North Side Seating Area, use the Aisle 105. (For the finals, place winners may use Aisle 102 also.) You WILL NOT be allowed access to the Arena Floor without proper display of your Participant Pass.

**Loss of Participant Pass:** Duplicate Participant Passes for wrestlers and/or coaches WILL NOT be issued in the event they are lost or stolen. You and/or your wrestler(s) may gain access to State Farm Center with a paid ticket for admission. A wrestler or coach whose Participant Pass is lost or stolen will not be denied the opportunity to compete/coach. Replacement passes will be issued only by the State Final Manager, Randy Conrad, once inside State Farm Center.

**Grand March:** There will be the traditional Grand March of Class 1A, 2A and Class 3A Finalists, floor officials and other dignitaries. Should a member of your school squad become a competitor in the championship match, please make sure both you and your wrestler(s) assemble in the tunnel at the north end of the State Farm Center no later than 5:00 p.m. The Grand March will begin promptly at 5:30 p.m., and we will begin wrestling the individual championship bouts promptly following the Grand March. Note: Grand March is designed to honor wrestler and coach. Participation will be limited to school personnel unless approved by management.

**Results:** Duplicated results WILL NOT be made available to coaches. The following process will be used:

- 1) Complete results will be posted on the IHSAA web site ([www.ihsa.org](http://www.ihsa.org)) after each round.
- 2) As each page is duplicated during the tournament for distribution to news media personnel with proper credentials, that page will be posted on bulletin boards to be used for this purpose in Room 1360 (Fighting Illini Basketball Lounge). Coaches may then obtain any result(s) they desire from these posted result pages and record them in the official program contained in the school packet distributed to each school prior to the start of the tournament. Extra programs may be purchased in the State Farm Center concourse throughout the tournament. Do not remove the result pages from these bulletin boards.
- 3) Class-by-class result boards are updated for each weight class in the individual competition on a per round basis. These boards are displayed on the North 100 level concourse. The boards are posted for review by coaches and spectators until the start of the final session Saturday night. Managers may copy results from these boards.
- 4) Personnel on duty in the media room will distribute results only to accredited news media personnel only, and will not distribute pages of results to coaches, managers, etc. Please do not cause crowding at the Media room door, nor embarrassment to yourself or your school, by trying to obtain results improperly.

**Press Box:** Seating is assigned to working press and official tournament personnel only. Please inform your wrestlers and members of your official party that the press box is designed to accommodate members of the working press and official tournament personnel only, and not wrestlers or coaches.

**Interviews:** Members of the news media covering the tournament have been informed to interview coaches and wrestlers in the seating area reserved for wrestlers and coaches in front of the Working Press Box (or at their assigned location in the Working Press Box) or elsewhere in the State Farm Center for all sessions. In addition, interview areas on the arena floor for the three-mat session(s) also will be used (see chart). Please be considerate of requests from news media personnel for interviews, but also help them cooperate in keeping the arena floor clear so that competition may proceed.



as scheduled. Should a news media representative interview you at that representative's assigned seat in the Working Press Box, please leave the Working Press Box once you have completed the interview.

The order in which coaches and/or wrestlers will be required to participate in post contest interviews will be: 1) (Only) Television; 2) (Combined) Print and Radio. Immediately following the conclusion of each championship match, the coach and/or wrestler involved in the match may first be interviewed by television reporters on camera in the designated interview area. After approximately two (2) minutes of television taping, the coach and/or wrestler involved in the contest will be available at the designated area for print and broadcast personnel. (TV Reporters also may participate but will not have exclusivity at this time.)

**Photographs:** It is imperative that coaches of a wrestler who places third, fourth, fifth or sixth in his/her individual tournament weight class make sure the wrestler returns to the State Farm Center for the final session and that the wrestler changes into either their school warm-up uniform or official school wrestling uniform for the weight class official photograph of place winners. The title bouts will be conducted in the final session and the official photos will be taken following each weight class title bout.

**Official Photos:** Each individual and the group of place winners in each weight class will be taken by Visual Image Photography. Look for the VIP display on the concourse of the State Farm Center to place your order or use the order form in the school packet distributed to each school at the state final. Wrestlers will not be released until they have turned to be photographed by all parties.

At the Saturday night finals, the top six place winners in each weight class will be honored at the completion of competition in their class. These athletes will be introduced and will receive their medals while on the awards stand at the west side of the arena.

For safety's sake and to prevent a general detraction from the honors being bestowed upon these athletes, media photographers bearing the proper credentials and parents will be allowed to take pictures outside the roped area, including the area. Once draped, the winners will face the media for pictures. No photographers will be allowed on to the floor.

**Video Tape Equipment:** Self-contained videotape equipment is not prohibited in the State Farm Center. Videotaping may be done from your seating location in the stands, but equipment will not be allowed to be positioned in such a fashion as to prevent spectators and/or other competitors and coaches from viewing the competition. Under no circumstances shall a non-news media (meaning spectator and/or school) videotape crew be permitted access to the arena floor for competition during any session of the tournament. Approved non-news media videotape crews may be given access to the press box locations and the east photo deck (behind and above the press box) only for the championship bouts of the individual competition portions of the tournament. Approval must be obtained in advance of the finals from IHSA Assistant Executive Director Matt Troha, who can be reached in the Media room.

**Corrections in Program Information:** Please make sure corrections concerning wrestlers from your school (name spelling, year in school, season record, etc.) are given to the scorers at the mats when they first wrestle, and for every bout thereafter, so that corrections may be made on the score charts posted in the outer concourse of State Farm Center on the north above the 100 level concourse, and so that results involving wrestler(s) from your school will be duplicated correctly.

**Corrections in Tournament Records, Data:** Please check the tournament records and other data included in the official program to make sure that we have proper information involving your school and/or wrestlers from your school who hold tournament records. If you find a mistake, please inform the head table as soon as possible, but before you leave State Farm Center Thursday.



# All Class 1A, 2A & 3A Wrestling Regional Tournament

## Team Winners are Required to Submit State Final Program Information Online

*Dear Coach or Athletic Director:*

Even though only 24 teams will advance to the Dual Team State Final (8 in Class 1A, 8 in Class 2A, and 8 in Class 3A), each Regional Tournament Team Winner will be required to complete the State Final Program information form online. This form provides the IHSA with most of the information (everything except statistics) printed in the state final souvenir program. You are required to provide this information once your team has won the Wrestling Regional Tournament.

The link to the State Final Program Information form is located in the IHSA Schools Center, a password-protected area of the IHSA Web site.

To log in the Schools Center, go to the main IHSA Web page ([www.ihsa.org](http://www.ihsa.org)) and click on the Schools Center link. Then use your ID and password (obtainable from your A.D. or principal) to log in. On the main menu of the Schools Center, look for the "Sport & Activity Tracker" area. Find Boys Wrestling and follow the row across until you find a link labeled "SFInfo" in the column labeled "Required Reports". Click on the link and follow the instructions to fill out the required pages.

The information you will provide online includes administration, coaching staff, coaching history, season record, and roster.

(If you experience any problems, please call the IHSA Office (309)663-6377 and ask for Brooke Finchum.)

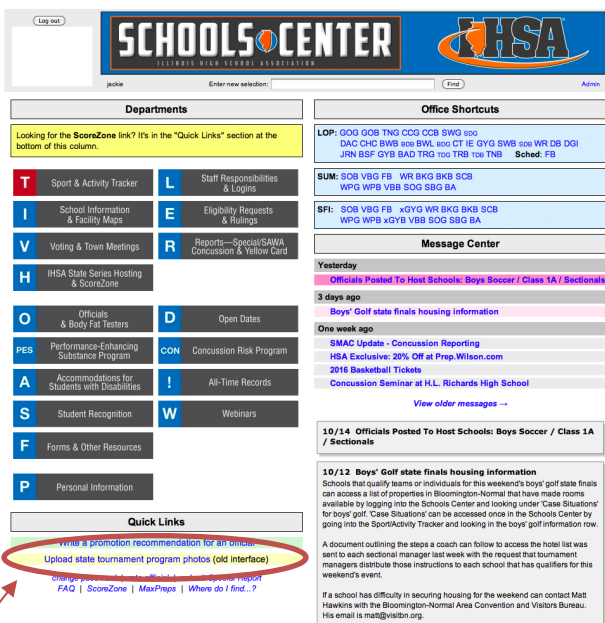
### IMPORTANT REMINDER

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Your wrestling team picture, administration pictures (Superintendent, Principal, Athletic Director, and Head Wrestling Coach) and all cutlines (photo identification) need to be uploaded into the Schools Center no later than Friday, February 16th. Your State Final Information ("SF Info") also needs to be entered online no later than Friday, February 16th.

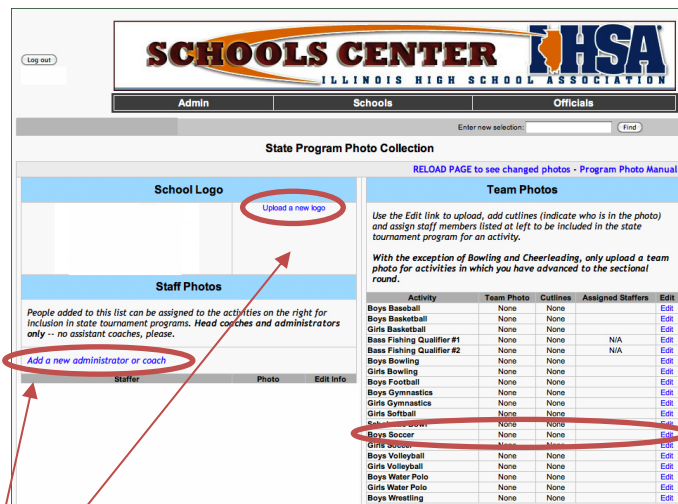
If your school advances from the Dual Team Sectional Tournament on Tuesday, February 20th, to the State Final Dual Team Wrestling Tournament, you are required to complete the IHSA UP-TO-DATE DUAL TEAM WRESTLING STATISTICS which is now part of the roster information in the school center or can be found in the Resources section of the Wrestling page on the IHSA website.

# INSTRUCTIONS FOR SUBMITTING PHOTOS



1. Sign into the Schools Center. Choose: Upload state tournament program photos here.  
NOTE: Only your administrative staff has access to this link.

Submit your photos by uploading them in the Schools Center.



2. Upload the School logo in .jpg format.
3. Add administrators and coaches. Choose: Add a new administrator or coach. You will want to do this before adding team photos. (If your sport/activity does not include administrators or coaches in the program, you can skip this step and start uploading your team photo.) Follow the step-by-step instructions, making sure that you **save the photos and information**. Do not use all capital letters.
4. Upload your team photo. Choose The Edit button that corresponds with your sport/activity.
  - a. Following the instructions upload your team photo. **Save changes**.
  - b. Assign staff members. Use the pull-down menus to assign staff members to be included in this program. **Save changes to staff assignments**. (If no administrators or coaches are included in the program, you can skip this step.)
  - c. Add your cutlines. List individuals (first and last name) in each row. Do not use all capital letters. Do not include numbers, year in school, etc. Please use the following to designate supervisors in the photo: Head Coach John Smith, Asst. Coach Billy Bob, Mgr. Jane Doe. **Save changes to cutlines**.
5. Go to School Photos Menu. Check to make sure you have included all photos and cutlines for this sport/activity. If everything is correct, you can exit the Schools Center. Make sure that you have completed all other state final information for the program.

If you have any questions, please call **Brooke Finchum** – 309-663-6377 or email [bfinchum@ihsa.org](mailto:bfinchum@ihsa.org)

## 2023-2024 IHSA Replacement Pricing and Order Form For Additional State Series Awards

**TOURNAMENT HOSTS: DO NOT USE THIS FORM.** An order form for STATE SERIES TIES is provided in the Manual for Schools for each sport.

- 1.) Please print and complete this form with Official Representative Signature.
- 2.) Please fax or email completed form to Cheryl Lowery @ 309-663-7479 (clowery@ihsa.org).
- 3.) From this form, an invoice will be generated and emailed back to the school email address supplied

This form is to be used only if the school is purchasing awards for one of the following reasons (check one):

<input type="checkbox"/> Team Roster Exceeds the number allowed in the T&C's <input type="checkbox"/> Dual Campus <input type="checkbox"/> Broken-Replacement	<input type="checkbox"/> Coop School <input type="checkbox"/> Lost-Replacement <input type="checkbox"/> State Awards: Music Sweepstakes
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Sport or Activity: \_\_\_\_\_ Year: \_\_\_\_\_ Qty.: \_\_\_\_\_ Place: \_\_\_\_\_

Gender:     Girls     Boys     Co-Ed

Classification:

1A    2A    3A    4A    5A    6A    7A    8A    No Classification  
 A    AA    MUSIC SWEEPSTAKES ONLY (Indicate Classification: AA, A, B, C, D)

Level of Competition:     Regional     Sectional     Super-Sectional     State

1-5 (\$6.00)     6-12 (\$9.00)     13-24 (\$12.00)     25-above (\$14.00)

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**Type of Award:**

<input type="checkbox"/> Team Plaque <input type="checkbox"/> Team Trophy <input type="checkbox"/> Medal/Medallion <input type="checkbox"/> Sweepstakes Medallion	<input type="checkbox"/> Badminton Gold Shuttlecock and/or Riser <input type="checkbox"/> Laser Trophy Plate <input type="checkbox"/> Replacement Trophy Plate w/o lasering <input type="checkbox"/> Bat, Tennis, Golf Club Replacement
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**Ind. Event Medals** (indicate Event name): \_\_\_\_\_  
(ie: Pole Vault, Long Jump, Diving, 100-yd. Butterfly, Single, Doubles, 102lb., Speech: IE, etc.)

**Ordered By (Print):** \_\_\_\_\_

**Job Title:**     Principal     A.D.     Off. Rep.     Coach

**School Name:** \_\_\_\_\_

**School Address:** \_\_\_\_\_

**City, Zip:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Official Representative Name (Printed):** \_\_\_\_\_

**Official Representative Signature:** \_\_\_\_\_



## 2023-2024 IHSA Replacement Pricing and Order Form For Additional State Series Awards

**TOURNAMENT HOSTS: DO NOT USE THIS FORM.** An order form for STATE SERIES TIES is provided in the Manual for Schools for each sport.

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- ◆ Once this form is completed and returned to the IHSA, an invoice attached will be provided to the email provided.
- ◆ **Invoice must accompany payment!** The awards company refers to the invoice to process IHSA approved orders.
- ◆ Duplicate/Replacement Awards will only be shipped to the school.
- ◆ Duplicate Awards Orders must be approved by the School's Official Representative
- ◆ **Trophy Letters & Figurine Replacement:** Schools who need replacement letters or figurine(s) for older model trophies, please contact A & M Products direct at 815-875-2667.

### Contact A&M direct for pricing and availability: 2008-2017 Figure and Plate Replacement Pricing:

- |   |   |
|---|---|
| ◆ Gold State Champion-top figure (#1)   | ◆ Gold State 3rd/4th Place-top figure (#1)                            |
| ◆ Gold State Champion-side figure (#1)  | ◆ State 3 <sup>rd</sup> /4 <sup>th</sup> Place Gold-side figure (#2)  |
| ◆ Gold State Runner-up-top figure (#1)  | ◆ Gold Girls Soccer-side figure 3 <sup>rd</sup> /4 <sup>th</sup> (#3) |
| ◆ Gold State Runner-up-side figure (#1) | ◆ Gold Music Lyre-side figure 3rd (#3)                                |

### Pricing for Schools (*INCLUDING MUSIC SWEEPSTAKES*) *Shipping not included:*

<b>Finish</b>	<b>State Medallion</b>	<b>Reg./Sect Medal</b>
Goldtone (1 <sup>st</sup> )	\$4.50	\$3.75
Nickel Silver (2 <sup>nd</sup> )	\$4.50	\$3.75
Copper (3 <sup>rd</sup> & 4 <sup>th</sup> )	\$4.50	\$3.75

### State Medallions and Reg./Sect. Medal Shipping Costs:

1-5 = **\$6.00**  
 6-12 = **\$9.00**  
 13-24 = **\$12.00**  
 25-above = **\$14.00**

### Plaque/Trophy Pricing for Schools (Shipping included):

Regional Champion Plaque (AM-260)	\$85.00
Sectional and Super-Sectional Champion Plaque (AM-261)	\$110.00
Third/Fourth place trophy (AM-558)	\$210.00
Champion/Runner-Up (AM-557/AM-557-1)	\$220.00

### Plate Replacement Pricing:

Lasering charge for State Final Trophy Plate	\$30.00, plus \$15.00 shipping
Replacement Black Plate for SF Trophy w/o lasering	\$12.00, plus \$15.00 shipping
Bat, Tennis, Golf Club Replacement for All Figurines	\$16.00, plus \$15.00 shipping





# IHSA State Final Miniature Replica Trophy Order Form

Remit Payment payable to A&M Products with this completed order Form.

Price includes UPS shipping the total order to one address.

*Trophy Dimensions: 11" High x 8" wide. White Lasered Acrylic sport inset, Lasered IHSA Seal & Sport Plate*



**Sport** \_\_\_\_\_

**School** \_\_\_\_\_

**Off. Rep./A.D.** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Address** \_\_\_\_\_ **City/Zip** \_\_\_\_\_

**Method of Payment:** **Check Number:** \_\_\_\_\_ **Purchase Order No. (if necessary):** \_\_\_\_\_

Description	Gender (check one)		Place: Champion; Runner-up; Third; Fourth Place	Year Trophy Was Won	Qty.	Price per Item	Amount
	Girls	Boys					
11"x8" Walnut Trophy						\$75.00 ea.	
Number of Name Personalization's	Use Spaces Below for each name personalization					\$ 5.00 ea.	
						<b>Order Total</b>	

**A&M Products**  
**Contact:** Andy Austin  
**Address:** 575 Elm Place, P.O. Box 266  
 Princeton, IL 61356  
**Phone:** (815) 875-2667  
**Fax:** (815) 879-0400

Please make copies of the second page for additional personalization's.



# **Manager Information**

**IHSA Manual for  
Schools & Managers**





## Managers Information

*This Manual includes information you will need for hosting a Regional, Individual Sectional and Dual Team Sectional Tournament. Do not hesitate to call the IHSAA Office if you have questions on conducting one of these tournaments.*

**Terms and Conditions, School Manual and Weight Control Manual:** The Boys & Girls Wrestling Series Terms and Conditions are on the Schools Center and should be downloaded for your reference. You should also download copies of the Boys & Girls Wrestling Manual for Schools and the Weight Control Manual.

**Appointment of Mat Officials:** The officials for your tournament will be assigned by the IHSAA Office. You will be notified online on your Schools Center of the officials who have been assigned to your tournament.

**Regionals:** For Regional tournaments where eight or more schools have been assigned, the IHSAA will attempt to assign three officials. **It will then be recommended to use three mats.** The Head Official and the Regional Manager shall work out a plan for rotating the officials in the championship session so that all officials work approximately the same number of matches. When three officials are assigned, two officials shall be assigned to work each Regional third-place match. Regional and Sectional third-place matches will follow the 2-2-2 format. Regional Tournament Managers must take (at minimum) 5-minute breaks between rounds to give the officials a break before beginning the next round.

**Individual Sectionals:** Five officials will be assigned to all sessions of the Individual Sectional tournaments. Individual tournament centers shall use four mats for the first session. The Head Official and the tournament managers shall devise a system of rotating five officials in the championship session so that all officials work approximately the same number of championship and third-place matches.

**Dual Team Sectionals:** Dual Team Sectional tournaments will be held at sites assigned by the IHSAA. Two officials shall be appointed to each Dual Team Sectional. Schools may request an additional two officials at the expense of the host school. In Sectional semi-final meets the two appointed officials shall officiate one Dual Meet. There is no championship meet as both winning semi-final teams automatically advance to the State Final tournament.

**Minor Officials:** All bench officials and other minor officials and helpers will be appointed by the local management. The local manager will provide timers, scorers and other bench officials as provided in the Wrestling Rule Book. Other minor officials and helpers to be appointed would include persons to post cumulative team scores (Regional and Dual Team meets only) on scoreboards or blackboards, announcer, runners to carry score cards to tournament scorer, dressing room attendants, ticket sellers and ticket takers, ushers, etc. **For bench officials, you must use only adults** who have had experience in this work. Their responsibilities and duties are extremely important. In case you do not have a sufficient number of experienced bench officials, you may wish to ask one or more of the schools entered in your tournament to supply an experienced timer or scorer.

**Entry Fees, Eligibility Certificates and Entry Forms:** A list of the schools assigned to your tournament can be found on the IHSAA web site.

The coach of each team entered in the regional tournament shall submit to the tournament manager at the seeding meeting a completed IHSAA Body Fat Roster. **Any wrestler that the school might weigh in for the Regional must be on this form.** One wrestler from each participating school shall be allowed to compete in each weight class. A wrestler may wrestle in any weight class for which they qualified but participants in each weight class must be named at the seeding meeting and verified at the time of the weigh-in which proceeds the first session of the tournament. (4-5-6)

Individual Sectional entries will be in the reports of winners to be advanced from the correlated regional tournaments. These reports will be sent by the regional managers on Saturday immediately at the conclusion of the meet.

The Dual Team Sectional Wrestling Entry Form (printed in the School Manual) listing a maximum of 21 wrestlers shall be submitted to the Sectional Dual Team tournament manager at the weigh-in. Only these 21 wrestlers may weigh in.

**Weight Class Qualifications:** The coach of each team entered in the regional tournament shall deliver to the tournament manager at the seeding meeting the Body Fat Roster and an IHSAA Individual Wrestler's Season Record Verification Form listing each entrant's weigh-ins, their actual weights, and records for all their season matches. Coaches should provide the team roster with individual records to the regional host on Wednesday prior to the regional seed meeting. The manager will check to see that no wrestler is entered in a weight class lower than their certified weight. **This is a check to do at the seed meeting with all coaches helping the Regional Manager.**

*NOTE: In lieu of the official verification forms (printed in the School Manual), coaches may submit computerized records listing the necessary information.*

Under the current weight control plan for the Regional Tournaments, a wrestler shall not be entered, nor shall they compete in a weight classification lower than one for which they were certified for on the Body Fat Roster. The maximum weight class in which a person may wrestle is the class, which is not more than one weight class above that class for which their actual weight, at the time of the weigh-in, qualifies them. National Federation Rule 4-4-2.

**Under no circumstances** may the tournament managers modify or set aside weight control rules. If questions rise, contact the IHSAA Office - (309) 663-6377.



Wrestlers of teams qualifying for Dual Team Sectional competition are restricted by the Weight Control Plan. The plan applies to all state series tournaments.

### **Weighing In:**

The local manager will make arrangements for supervising the weighing in. It is not always possible or practicable to have one of the referees do the supervising. This responsibility usually rests with the local manager or members of their staff. The local manager should insist that the coach of each wrestler be present during the weighing. A careful record of actual weight must be kept ensuring that all wrestlers have weighed in - including the 285 lb. class.

Each wrestler wishing to participate in a tournament must make the required weight for their class within the time limits listed below. This required weight is the weight for the class in which the wrestler is entered in accordance with National Federation Rule 4, Sections 4 and *Note: The weight classifications are listed in Item VIII-B of the Terms and Conditions.*

Each contestant in the Regional and Individual Sectional tournaments shall weigh in at the official weigh-in time. This time will be set by the tournament manager. The manager may set the weigh-in time a maximum of two hours and a minimum of one-half hour before the time set for the opening of the tournament. If, for example, the first session of your tournament is to begin at 6:00 p.m., weigh in could start as early as 4:00 p.m. The time set is the time that all contestants must be in the weigh-in area. Weigh-ins end once the last weight class has been called to the scale and all participants of that weight class given the opportunity to step on the scale when called for. **(Remember all schools must be in the weigh-in room at the start of the weigh-in.) This year by rule you may weigh in by team.**

All participants in a state series tournament shall be given a two-pound growth allowance, except those that are making their certified weight for the first time.

Each contestant, including those in the 285 lb. class, must weigh in on the second day of each Individual tournament series. The weigh-in, with a one-pound weight allowance, shall be held not more than two hours or less than one-half hour before the start of the second day. All wrestlers must be in the weigh-in area at this time.

All skin conditions must be checked by the head official or athletic trainer at the weigh-in. The doctor's skin form must be presented at the time of the weigh-in where skin checks should be performed. No one may submit a doctor's skin form after weigh-ins. **The head official and tournament manager will coordinate this.**

A wrestler is a participant in the tournament series when they have been properly entered and they have met the weight requirements for their class in the **Regional Tournament**. Thereafter, if they fail to make weight requirements for any weigh-in in the Individual tournament series, or if they fail to appear for any match, their opponent shall be awarded both forfeit and advancement points.

Sectional Dual Team tournament weigh-ins shall be governed by all articles of National Federation Rule 4, Sections 4 and 5.

For weighing in, at least two tested platform or digital scales should be available. Spring scales are not acceptable. All wrestlers are to be weighed in with their actual weight recorded. (Wrestler may wear suitable undergarments during weigh-in). A wrestler is considered to have made weight if there is visible space between the top of the bar and the frame directly above it.

**NOTE:** A wrestler has not made weight if the bar continues to bounce against the frame directly above it.

## Scratch and Seeding Sessions

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**Regionals:** Each local manager of a Regional tournament must arrange for a scratch and seeding session to which they must invite the coaches of the participating schools in their tournament. Briefly explain the purpose of the meeting and urge coaches to be responsible and cooperative. A certain amount of give and take is always necessary. Appoint a moderator who will see that the meeting proceeds in an orderly manner, without undue delay or an excess of discussion. The set seeding criteria shall be applied without exception to all weight classes. Criteria for determining seeded wrestlers will be without exception: (a) Head-to-Head. (If both wrestlers have beaten each other the same number of times, then go to the next criteria.), (b) Record versus common opponent. (c) Vote of the coaches. If tied for a seed, re-vote on tied wrestlers only. If tie remains, flip the coin. Only four wrestlers will be seeded accept when a weight class has 10 or more wrestlers, then seed six wrestlers.

**Please remind all coaches that the Individual Sectional Schematic will be posted at 8:00 p.m. February 3, 2024 on the IHSAA web site.**

**For Regional Tournaments:** The seeding meeting should be conducted on Thursday prior to the opening session. A scratch meeting should be held immediately after the conclusion of the weigh-in and the start of the first session. The brackets should be reseeded if a seeded wrestler withdraws. Brackets shall not be redrawn when a school replaces one of its unseeded wrestlers, the substitute shall be entered in the same bracket previously occupied by his teammate. Only in situations where the substituted wrestler is a seeded wrestler from a lighter or heavier weight class and merits consideration for a seed should brackets be redrawn. Should a wrestler be withdrawn without a replacement, it may be necessary to redraw all unseeded wrestlers in accordance with the seeding charts. Extenuating circumstances may necessitate holding the seeding meeting during the weigh-in. Should this be the case, under no circumstances shall the opening session start later than the scheduled starting time.



Four wrestlers should be seeded in each weight class. If coaches can agree on only two seeded wrestlers, they may draw wrestlers to the No. 3 and No. 4 spots on the bracket. However, even if these wrestlers are drawn, they will be considered as having been seeded No. 3 and No. 4. In regional weight classes that have nine (9) or more wrestlers, coaches will see the top eight (8) wrestlers at the seed meeting. Seeding shall begin with the 106 lb. class. An attempt shall be made to seed as accurately as possible with the hope of qualifying the three best wrestlers for the next higher tournament. When an agreement cannot be reached as to the relative seeds of any two, three, or four wrestlers, they should be drawn to positions in the bracket that will preclude the possibility of any two of them meeting until the semi-final round. When the seeding has been concluded, draw the remaining wrestlers to the other positions.

Each participating school's Body Fat Roster and the IHSAA Individual Wrestler's Season Record Verification Form should be available to the person conducting the meeting. Each head coach, or his representative, shall bring all dual meet and tournament records (scorebooks, etc.) to the Seeding Meeting for verification purposes. Should a school's Body Fat Roster or an IHSAA Individual Wrestler's Season Record Verification Form be questioned, and the school's coach is unable to provide proof of weigh-ins, the wrestler whose weight class is being challenged shall be moved up one weight class or be barred from participation.

All regular season dual and tournament matches shall count when seeding. A wrestler's entire season's record, including wins by forfeits, shall be considered even though they may have wrestled in more than one weight class during the season. However, major consideration should be given to their record at the weight class in which they are entered.

**For Individual Sectional Tournaments:** No pre-tournament meeting of coaches for seeding purposes is necessary. In the first round of Individual competition Regional champions will receive byes and Regional runners-up will meet Regional third-place winners. There will be no deviation from this schedule. Individual Sectional managers should refer to the seeding and scheduling chart for Sectional tournaments.

**Setting Up Individual Tournament Brackets and Schedules:** Procedure in drawing up the schedule and brackets for each weight class in the Individual Regional tournaments is as follows:

As soon as the seeding for each weight class has been completed, brackets may be made. Copies of the bracket for each weight class should be made available to all coaches. In filling in the brackets, you must follow the procedures as outlined on the seeding and scheduling charts for Regional tournaments, a copy of which is included in this manual. There may be no deviation from these charts insofar as the placing of seeded wrestlers and the order of matches are concerned.

In all Individual Regional Tournaments scoring shall be: first place, 14 points; second place, 10 points; third place, 7 points and fourth place, 4 points. All brackets will be scored as a power of two (2). See enclosed brackets for proper bracket.

Wrestlers in each session shall begin with the 106 lb. class and continue in the ascending order of weight classes.

The various rounds in a weight class bracket shall be designated in order as follows: (1) Preliminary round (applies only when there are nine or more wrestlers in a given weight class); (b) Quarterfinal round (applies in all weight classes having five to eight wrestlers); (c) Semifinal round; and (d) Final round. Preliminary round matches in all weight classes shall be completed before beginning the quarterfinal round bouts, etc. However, each succeeding bout as described above should be wrestled on the first open mat. Keep bouts going!

If a school does not enter a wrestler, then a bye would be used in the first round only. Once a wrestler is entered and weighed in and a school decides that the wrestler cannot start a match, a forfeit will be used. When a forfeit is used, there will be a winner and loser related to the individual records unless the manager rules a medical injury.

In the Regional tournaments, the top seeded wrestler or wrestlers in each weight class shall receive the byes, if any. The winners of preliminary round matches will wrestle their quarterfinal opponents after all other quarterfinal matches have been completed. (See seeding chart for the proper order of matches.)

For Regional tournaments, after the semifinal matches, all wrestlers defeated shall wrestle in the consolation brackets. The winner of the consolation final match shall be declared the third-place winner. There shall be no second-place matches. If two wrestlers meet for a second time during the tournament in the consolation bracket, the match will be wrestled. There are no walkovers, except 11- or 12-person bracket in regional.

**Note: Only award bonus points and previous place points - no advancement points are awarded for the walk-over matches that occur the last round of a tournament.**

**For Individual Sectional Tournaments:** Wrestlers will follow the schedules outlined on the graphic illustration of pairings.

In all Regional and Individual Sectional tournaments, championship and third-place matches shall be conducted on two mats simultaneously. All third-place matches will be six minutes in length.

**Dual Team Sectional Tournament Pairings:** The highest placing team in each regional tournament shall qualify for the Dual Team Sectional tournament.



**Posting Results:** An electric match scoreboard, blackboard or other suitable device should be provided for each mat and a responsible person designated to post cumulative team scoring (Regional and Sectional Dual Team only). The scoreboards should be within sight of spectators and posted results should be checked from time to time with the official scorer.

The Individual tournament management should prepare a series of wall charts showing the brackets for each weight class. These charts with blank brackets can be prepared in advance of the tournament and then filled in for first-round bouts as soon as names of the wrestlers are available. They can also be the computer printout of each weight class that is posted before and after each round. The name of the winner and their score should be posted in the proper line for the next round. These brackets should be hung in the gymnasium or lobby where they may be viewed by the spectators.

Arrangements should be made to post accumulated scores of each school entered in the Individual Regional and Dual Team Sectional tournaments. In the Individual Regional tournament only, advancement and fall points should be posted after the completion of each round of wrestling in each individual weight class, or no later than the conclusion of each complete round of wrestling.

**NOTE:** Advancement points shall be scored in all matches except championship, and third place (final consolation bracket) bouts. No team points shall be scored in the Individual Sectional tournaments.

**In all Regional Tournaments**, first, second, third and fourth place points should be posted when earned. After the semi-final matches, each winner's school is to be awarded ten points (cinch second-place points) and the loser's school none. After the consolation bracket semi-final match, each winner's school is to be awarded four points (cinch fourth-place points) and the loser's school none. Following each championship bout, score four points for the winner's school and following each third-place match, score three points for the winner's school. Do not score any points for the losers of these matches. Score additional team points as listed in NF Rule 9-2 and in Item VIII-G-3-Note of the Terms and Conditions.

Accurate and legible posting of tournament results will do much to increase spectator interest in the tournament.

**Choosing Alternates in Individual Tournament Series:** Occasionally a wrestler, after having qualified in the Regional, will be unable to wrestle in the Sectional because of illness or other reasons. For complete instructions regarding procedure in such a case, read carefully Item VII-A "Advancement of Winners" in the Terms and Conditions. Two parts of these instructions need special emphasis; namely: (1) The Regional manager must keep **an accurate record of the seedings and of the place winners in each match** otherwise, the Sectional manager will not know who should be notified to appear as an alternate. (2) If it is necessary for an alternate to wrestle in the Sectional, they shall be considered as being the third-place wrestler from their Regional. If they substitute for a champion, the second-place wrestler shall be moved up. To illustrate: If the champion in the 126 lb. class from Regional A cannot wrestle, an alternate is chosen as provided in the Terms and Conditions. This alternate is then considered as the third-place wrestler and the original second place wrestler is considered as the champion for the purposes of seeding, etc.

If an Individual Sectional qualifier is ill or injured, they will have until the weigh-in time deadline before withdrawing.

**NOTE:** Alternates substituting for the Individual Sectional or State Final qualifiers may be entered up to the weigh-in time deadline. It shall be the responsibility of the principal or coach to notify the proper tournament manager at the earliest possible time that an alternate may be necessary. The tournament manager is responsible for informing the alternate's coach that they will or may replace the regular qualifier.

If an alternate is needed at the Individual Sectional, the Sectional manager will call the related regional manager and ask him to choose the alternate in accordance with the rules. The Sectional manager will then notify the school represented by the alternate and request school authorities to have the wrestler report. If necessary, a second alternate should be contacted. If no alternate appears to wrestle, their opponent, if ready to wrestle, shall receive both forfeit and advancement points.

**NOTE:** Should an alternate be unavailable for either a regional champion or runner-up, the remaining qualifier(s) from the same Regional shall be moved to the higher vacated bracket(s) so that the resulting forfeit(s) shall occur in the initial round of competition.

### **Won-Lost Records of Individual State Final Qualifiers**

The IHSAA would again like to include in the program the season record (including Sectional competition) as well as the year in school (Sr., Jr., So., Fr.), and the coach, of all State Final Individual and Team entries. Therefore, please secure this information from the State Final qualifiers, or their coaches, in each weight class and post it accurately on the winner report.

Whether this data can be included in the State Final program will depend upon the cooperation of every **Sectional** manager and the coaches involved. In addition, the Sectional Manager will calculate the seeding points of each sectional champ and enter the points online in the winners' reports.

## **Mats and Equipment**

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If three officials are assigned to Regionals, then three mats should be used. Individual Sectional tournament centers are to use four mats for the first session. Please note the third paragraph of Item II of this Manual. Bouts will be held concurrently on all mats. Two mats shall be used for all Dual Meet Sectional tournaments.





Mats provided must be of legal size and dimensions as described in Rule 2-1 of the Wrestling Rule Book. If it is necessary to borrow mats from nearby schools to have legal-sized mats, this should be done. If it is necessary to use side mats, you should be certain that they are securely attached to the mat properly and that an attendant is at hand during bouts to keep these mats in place.

Rules 2-2-1 and 2 and 2-3-1 provide that all personnel other than the wrestlers on the mat shall be assigned to a restricted area which is well removed from the mat and the scoring table. You should, therefore, provide seating for such personnel either on the front row of nearby bleachers or on chairs at least 10 feet from the mat, facilities permitting. Coaches, managers, assistants, wrestlers not actually wrestling at the time, cheerleaders, and all other non-participating personnel must be kept away from the mat edges and the actual mat area. The number of team personnel (coaches and/or non-participating contestants) seated at mat side in individual tournaments may be two if the facilities permit. No match shall be permitted to be wrestled without coach or other adult certified school personnel for each contestant at mat-side.

**Medals and Trophies: See Page 46 for Awards Delivery Information. Medals for Individual Regionals, Individual Sectionals and State Final Individual tournaments and trophies for the Individual Regional Team Winner, and State Final Dual Meet tournaments will be sent directly from the manufacturer. If medals and trophies have not arrived a few days before your tournament begins, please call the IHSA Office.**

Please note Item X-D in the Terms and Conditions regarding awards ceremonies.

## Admission Fees and Finances:

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The policy established by the IHSA requires the following admission fees be charged:

Regionals:               \$8.00 for all day. A convenience fee may apply at school using GoFan in the Regional round.

Sectionals:              \$7.00 per session – digital ticket

Season Ticket Prices for Regional/Sectional Meets and Tournaments: Local managers of Regional and/or Sectional meets, and tournaments may sell season tickets along with session tickets. In the event a manager exercises this option, season ticket prices will be the same as the single-session price multiplied by the number of sessions. There is no discount price for season tickets.

**Regional Meets:** The host school shall pay for all local expenses. The host school shall receive a guarantee of \$1,800. The host school shall retain 20% of the net income and submit the remainder plus \$75 track wrestling fee to the IHSA. If admission is not charged, the host school shall forfeit the guarantee. The IHSA office will pay all postseason officials.

**Sectional Meets: (Individual)** The host school shall pay for all local expenses. The host shall receive a guarantee of \$2,500 and receive 20% of the net income minus the \$75 track wrestling fee. If admission is not charged, the host school shall forfeit the guarantee. The IHSA office will pay all postseason officials.

**Sectional Meets: (Dual Team)** The host school shall pay for all local expenses. The host school shall receive a guarantee of \$600 and receive 20% of the net income minus the \$50 track wrestling fee. If admission is not charged, the host school shall forfeit the guarantee. The IHSA office will pay all postseason officials.

The IHSA will issue reimbursement checks to the participating teams, based on the formula of \$5.00 per round trip mile for the first 50 miles and \$3.00 per each additional round trip mile.

**Officials Fees: For tournament officials' fees, see Item XI of the 2023-24 Boys Wrestling Series Terms and Conditions.**

## Miscellaneous

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Current National Federation Rule Books should be available at all times during the tournament.

The IHSA Wrestling Advisory Committee recommends that local managers of Wrestling tournaments make every effort to have a competent physician either in attendance or on immediate call. National Federation Rule 10-2-4 states that in case of injury or illness sustained in the tournament, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue.

It is of major importance that local managers study carefully the complete Terms and Conditions (available online) and the Weight Control Plan (included in the Wrestling School Manual, which is available online) governing the Individual Wrestling tournaments.

During a session of a Regional or Sectional tournament, wrestling is to proceed without interruption. It is not permissible to schedule a break in wrestling during any session.





## Report Forms:

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### **For Regional Tournaments:**

Managers are required to complete the Wrestling results through Track Wrestling - See the instructions on Pages 13-14

Complete the online Financial Report

### **For Individual Sectional Tournaments:**

Managers are required to complete the Wrestling results through Track Wrestling - See the instructions on Pages 13-14

Complete the online Financial Report

### **For Dual Team Sectional Tournaments:**

Managers are required to complete the Wrestling results through Track Wrestling - See the instructions on Pages 13-14

Complete the online Financial Report



## Sectional Champion ONLY Chart for Points

<b>Category A (Only Points In one of these areas)</b>	Returning State Champ at any Weight Class	30 Points	
	Returning 2nd-3rd at any Weight Class	25 Points	
	Returning at 4th-5th-6th at any Weight Class	20 Points	
<b>Category B</b>	Returning State Qualifier at any Weight Class	10 Points	
<b>Category C (Only Points in one of these areas)</b>	37 or more wins	15 Points	
	32 to 36 wins	10 Points	
	27 to 31 wins	7 Points	
	22 to 26 wins	5 Points	
<b>Total Seed Points</b>			



# IHSA Pass Gate List

(Not valid at State Final Events)

Illinois High School Association  
2715 McGraw Dr., Bloomington, IL 61704  
Phone: 309-663-6377  
Fax: 309-663-7479

The fields in this form will accept a cursor and can be filled out prior to printing.

The following are the only persons representing a member school to be admitted free to this contest. The top eight (8) categories will be admitted for the entire tournament. Rostered players will only be admitted accompanied by the coach.

Participating schools must complete this form and return it to the tournament manager prior to the start of the event.

Sport/Activity:	
Host School:	
Level of Contest:	
Your School:	

The top four (4) are allowed to have one (1) guest. Guests 1-3 must arrive with administrator. Guest 4 may arrive late.

### Administration

1.		
2.		
3.		
4. Head Varsity Coach		Guest <input type="text"/>

The remaining coaches, etc. are allowed entry into the tournament but are not permitted a guest.

5. Assistant Coach	
6. Assistant Coach	
7. Assistant Coach	
8. Assistant Coach	
9. Manager	
10. Scorekeeper	
11. Video/Camera Operator	
12. Bus Driver	
13. Athletic Trainer	
14. All rostered players according to the terms and conditions.	

All other representatives from your school must pay to attend an IHSA tournament.

In case of emergency or need to communicate changes to your school:

Contact Person:	
Cell Phone:	
Email:	

Contact Person:	
Cell Phone:	
Email:	



## State Series Awards Delivery Information For Tournament Managers

1. Tournament Plaques/Trophies/Medallions will be shipped to the school sites directly from A & M Products via United Parcel Service. Please inform whoever receives your UPS deliveries to expect awards to arrive up to two weeks prior to the tournament and ask them to deliver the awards to you upon receipt. This is key in case we need to replace any damaged awards prior to your tournament.

**STATE SERIES AWARDS WILL BE MARKED WITH A LIME GREEN LABEL SAYING "OPEN IMMEDIATELY"**



**UPON ARRIVAL** - Please OPEN and INSPECT the awards upon arrival. Contact Andy Austin **IMMEDIATELY** (aaustinaandmproducts.com) for awards damage. Most awards can be replaced prior to the level of competition, if inspected upon arrival. A&M will submit a "damages claim" against the shipping company and cannot do so if the school waits months to make a claim after the tournament for a replacement. Any claims due to damages after the tournament will result in the school being billed for the replacement.

2. Be advised that **IHSA Tournament**, medals and plaques may be shipped separately and may not arrive at your tournament site on the same day. Please open boxes immediately to check contents, as medals **CAN** be in plaque boxes. **NOTE:** There are no medals given at Regional and/or Sectional Levels in the team sports of baseball, basketball, competitive cheerleading, football, soccer, softball and volleyball, and in the activities of Drama/Group Interpretation and scholastic bowl.

Our awards supplier, A and M Products of Princeton, IL, often ships Regional and/or Sectional medals in the box with the plaque. **PLEASE CHECK THE PLAQUE BOXES CAREFULLY AND DO NOT DISCARD THEM UNTIL YOU HAVE DETERMINED THE MEDALS ARE NOT THERE!!**

3. It is very likely that some awards (particularly trophies) will arrive in two or more boxes. **They may not arrive on the same day but should be opened as they arrive.**

4. Please check all trophies, plaques, etc.,

- (1) Good condition and not damaged in any way.
- (2) Awards are engraved with the proper sport, tournament level, year, etc.
- (3) No missing medals/places

**State Final Tournaments**, medallions and trophies may be shipped separately and may not arrive at your tournament site on the same day. Please open boxes immediately to check contents, as medallions **can** be in trophy boxes.

Kraig Garber  
Asst. Executive Director

Contact **IMMEDIATELY** for damaged or errors on awards  
Andy Austin (aaustinaandmproducts.com)  
(309) 875-2667

# Awards Order Form for Regional/Sectional Tournament Ties



**TOURNAMENT MANAGERS:** This form must be completed to order the ties awarded earned during your Regional/Sectional Tournament.

Please complete and fax this document at the conclusion of your tournament so medalists don't have to wait long for their award(s).

Please return UNUSED TOURNAMENT medals to A & M Products, 575 Elm Place, Princeton, IL 61356.

Tournament Location: \_\_\_\_\_ Competition Level: \_\_\_\_\_ Reg \_\_\_\_\_ Sect \_\_\_\_\_  
Sport/Activity: \_\_\_\_\_ Gender (check one)  Girls  Boys  Co-ed

Tournament Manager's Name: \_\_\_\_\_

Tournament Manager's Phone Number: \_\_\_\_\_

Tournament Manager's Email Address: \_\_\_\_\_

Classification (check one): 1A  2A  3A  4A  5A  6A  7A  8A  Unclassified

A&M Products will mail orders for "Ties" directly to the School(s) indicated below.

## TEAM PLAQUE

Place: \_\_\_\_\_ Recipient Town: \_\_\_\_\_

School (Must supply both): \_\_\_\_\_

## Individual Event Medal Tie Requests

(\*Pole Vault, Discus, Diving, 100 yd. Butterfly, Singles, Doubles, 102 lb.; Speech: IE, etc.)

◆ Recipient Town & School: \_\_\_\_\_  
Name of Recipient: \_\_\_\_\_ Place: \_\_\_\_\_  
Event Name\* \_\_\_\_\_

◆ Recipient Town & School: \_\_\_\_\_  
Name of Recipient: \_\_\_\_\_ Place: \_\_\_\_\_  
Event Name\* \_\_\_\_\_

◆ Recipient Town & School: \_\_\_\_\_  
Name of Recipient: \_\_\_\_\_ Place: \_\_\_\_\_  
Event Name\* \_\_\_\_\_

◆ Recipient Town & School: \_\_\_\_\_  
Name of Recipient: \_\_\_\_\_ Place: \_\_\_\_\_  
Event Name\* \_\_\_\_\_

Fax (815) 879-0400 or email ([OfficeAssistant@aandmproducts.com](mailto:OfficeAssistant@aandmproducts.com)) this completed form

# General Information

**IHSA Manual for  
Schools & Managers**



# Emergency Action Plan (EAP)

In accordance with By-law 2.150, a school shall have on file for each student that participates (including practice) in interscholastic athletics a certificate of physical fitness issued by a licensed physician, physician's assistant or nurse practitioner as set forth in the Illinois State Statutes not more than 395 days preceding any date of participation in any such practice, contest or activity. As this By-law addresses pre-participation certification only, there is not a guideline or By-law in place to address release to interscholastic activity following an injury, with the exception of head injury/concussion. With the understanding that schools throughout the state have different needs and services available to them, this document was produced to provide guidelines on an athlete's return to activity following an injury.

Each school should have a written Emergency Action Plan (EAP) in place to address medical emergencies among athletes, staff, officials, and spectators, regardless of severity, occurring during a practice or competition. The plan should also address severe weather, fire, electrical failure, bomb threat, criminal behavior, or other possible emergencies. This plan should be developed to address the unique needs of the individual sport and venue.

EAP's should consist of the following components:

- Personnel
- Communication
- Equipment
- Emergency Medical Care
- Player Medical Information
- Game-day Responsibilities (includes appropriate sideline preparedness)
- Catastrophic Incident Plan

While each school's sports medicine/medical service needs and availability are different, guidelines should also be developed to assist the coaching staff on what injuries should be allowed to return to competition without a medical release. It is not practical to identify every situation or injury; however the following guidelines should assist the school/coaching staff on determining if the athlete should be allowed to return to activity without a release.

1. No swelling or deformity.
2. No headache, nausea, blurred vision, tingling, numbness or sensory changes.
3. Symmetrical (equal to the other side) joint range on motion and strength.
4. Ability to bear weight, without a limp, if injury occurs to the lower body.
5. Ability to complete full functional sporting activities without compensation.

Please remember that the majority of high school athletes are a minor. If there is a question as to their injury and ability to participate, the parents/guardian should be consulted.

Athletes that are unable to meet the above criteria should be encouraged to seek medical treatment prior to return to inter-scholastic activity. Those athletes that seek medical treatment should be required to provide a written medical release indicating their ability to participate. Without obtaining this release, the school may assume legal liability if the athlete is allowed to participate in activities not permitted by their medical provider.

A proper plan establishes accountability, should be comprehensive, yet flexible, practical, and easily understood. The written EAP must be revised, approved, distributed, and should be rehearsed regularly prior to every athletic season. The athletic department, administration, and sports medicine team share the responsibility to establish, practice, and execute the EAP.

A sample venue-specific is included as a part of this document, which was developed from portions of the third and fourth editions of National Federation of State High School Associations Sports Medicine Handbook. Persons interested in purchasing this handbook can do so at the following location: <http://www.nfhs.org/resources/publications/>



## Venue-Specific Action Plan

Illinois High School Association  
2715 McGraw Dr., Bloomington, IL 61704  
Phone: 309-663-6377  
Fax: 309-663-7479

### Venue

**Sport:**

**Location:**

### Emergency Personnel

**Present:**

**On-Call:**

### Emergency Equipment Location On-Site

**Nearest AED:**

**First Aid Kit:**

**Items for proper care of blood-borne pathogens:**

**Ice or chemical ice packs, water and towels:**

**Player Medical Information:**

**Other equipment as deemed necessary by local circumstances and qualifications of available personnel:**

### Communication

**Access to 911:**

**Access to on-call emergency medical personnel:**

### Role of First on the Scene:

1. Control scene (gain access to athlete)
2. Initial assessment (to determine breathing, consciousness, pulse status)
3. Detailed assessment (to determine extent of injury/illness)
4. Send designated coach to summon help if needed:
  - a. EMS: Call 911
  - b. Athletic Trainer: Call Athletic Training Room or Cell:
5. Initiate immediate care to the sick or injured athlete

### EMS Access:

If EMS is called provide directions/access to scene

**Directions to site/location:**

Open access gates  
Designate individual to meet EMS at entrance





# School's Responsibility: Sportsmanship



## School's Responsibility to an Official Prior To The Season

1. Send a reminder card or email to the officials after you have them scheduled.
2. Reminder should include date of contest, time, level, location and sport.  
Even though many schools and conferences have assignment chairpersons, sending a reminder is highly recommended. When an official does not show, people in your community won't know who the assignment chairperson is, but they do know the athletic director. Avoid embarrassment.
3. Have a standard wage scale set for your different sports and levels and a method in place to raise the pay periodically.
4. If possible, let the working officials know who their partner(s) will be.
5. Hire police and security along with medical assistant or athletic trainer coverage for events whenever possible.
6. Set a policy with your school board on fan, coach and player behavior.
7. Make sure all officials have a contract that is signed by your school—preferably by the principal or IHSA Official Representative.

## School's Responsibility to an Official Prior To The Contest

1. Prior to the contest, provide the officials with directions and inform them of any special activities that might be occurring (i.e., Homecoming, Senior Night, etc.)
2. Give the official a number they can call in case of an emergency or postponement due to weather.
3. Have competent workers assigned at all contests (scorers, announcers, chain crew, etc.). These people are of great assistance to the official during the contest.
4. Have a host assigned to meet the officials as they arrive. The host should do the following for the officials:
  - a. Provide a reserved parking space.
  - b. Meet officials and take them to the dressing room.
  - c. Have refreshments available for halftime and postgame.
  - d. Ask for any additional needs.
  - e. Introduce the officials to those game workers pertinent to the contest (i.e., scorer, announcer, chain gang, etc.).
  - f. Get the proper pronunciation of officials' names so they are correct when given by the public address announcer.
5. Athletic director should discuss with the officials any special events, conference rules, national anthem time, etc. that would affect the game.
6. Provide the officials with the name of the adult supervisor for that contest and where that person can be found in the event a challenging situation should occur.
7. Make officials aware of location of an athletic trainer or other first responders during the contest. Have a doctor on site when possible (especially at football contests).
8. Make sure all bench personnel are properly attired.
9. Do a check on game scoreboards and lighting systems prior to the game or contest.
10. Make sure the playing area is properly marked and meets National Federation guidelines for that contest.
11. Provide appropriate secured dressing area and hot water showering facilities.

## School's Responsibility to an Official During The Contest

1. Insist coaches display good sportsmanship and are proper examples for your players and crowd.
2. Have your public address announcer or cheerleader read the IHSA sportsmanship statement and remain unbiased during contest.
3. Make sure the event supervisor understands the duties and responsibilities pertinent to that contest.
4. Make sure the playing area is maintained during halftime of each contest. For wrestling, make sure the mat is properly cleaned and washed.
5. Help with adverse weather conditions; monitor accordingly.
6. Make sure proper crowd control is visible and in place. Good administrative control can prevent difficult situations.
7. Observe the crowd during the contest and prevent any disturbances that may occur.
8. Work with the official during the game regarding crowd control.
9. Retrieve the game ball at the end of the contest.
10. Escort the officials back to the dressing room at halftime and at the conclusion of the contest.

## School's Responsibility to an Official After The Contest

1. Escort the officials safely back to the dressing room and parking lot.
2. Do not allow unauthorized persons in the dressing room after the game. This includes coaches.
3. Have refreshments available for the officials after the contest.
4. Be sure to thank the officials for their time and effort, regardless of the outcome of the game.
5. Make sure arrangements for paying the officials have been completed. It is preferable to pay the official the day of contest.
6. Ensure that officials are not confronted by anyone after the contest.



# Do What's Right Sportsmanship

## DWR Expectations

- Represent your school and community favorably through positive interaction with opposing fans and players before, during, and after the competition.
- Use positive yells, chants, songs or gestures.
- Display modesty in victory and graciousness in defeat.
- Respect and acknowledge the integrity and judgment of officials.
- Exhibit positive behavior in both personal interaction and social media comments.

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### Acceptable Behavior...

- During the National Anthem, students, participants and fans should remove any hats, face the flag, not talk, place the right hand on the heart, and remain still until the end of the anthem.
- Applause during introduction of players, coaches and officials.
- Players shaking hands with opponents while both sets of fans recognize player's performance with applause.
- Accept all decisions of the game officials.
- Spirit Participants lead fans in positive support.
- Handshakes between participants and coaches at the end of contests, regardless of the outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of the contest for performance of all participants.
- Everyone showing concern for an injured player, regardless of the team.
- Encourage surrounding people to display sportsmanlike conduct.

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### Unacceptable Behavior...

- Disrespectful or derogatory yells, chants, songs or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Yells that antagonize opponents.
- Refusing to shake hands or give recognition for good performances.
- Blaming the loss of the game on officials, coaches or participants.
- Laughing or name calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Doing own yells instead of following the lead of spirit participants.

## IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions

**“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”**

The above language, which first appeared in all National Federation sports rule books for the 2010-11 school term, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion, but not a revision in primary responsibilities in these areas. Previous rules required officials to remove any athlete from play who was “unconscious or apparently unconscious.” This revised language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. However, the revised language does not create a duty that officials are expected to perform a medical diagnosis. The change in rule simply calls for officials to be cognizant of athletes who display signs, symptoms, or behaviors of a concussion from the lists below and remove them from play.

**NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself.**

### Definition of a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

### Behavior or signs observed indicative of a possible concussion

- Loss of consciousness
- Appears dazed or stunned
- Appears confused
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can’t recall events prior to or after the injury

### Symptoms reported by a player indicative of a possible concussion

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

This protocol is intended to provide the mechanics to follow during the course of contests/matches/events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

1. During the pre-game conference of coaches and officials, the official shall remind the head coaches that a school-approved appropriate health care professional (who meets the description above) will need to clear for return to play any athlete removed from a contest for an apparent head injury.
2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school-approved health care provider.
3. If it is confirmed by the school’s approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
4. Otherwise, if an athlete cannot be cleared to return to play by a school-approved health care professional as defined in this protocol, that athlete may not be returned to competition that day and is then subject to his or her school’s Return to Play (RTP) protocols before the student-athlete can return to practice or competition.
5. Following the contest, a Special Report shall be filed by the contest official(s) with the IHSA Office through the Officials Center.
6. In cases where an assigned IHSA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be over-ruled.

Additional information regarding concussion has been made available to IHSA member schools and licensed officials and can be accessed on the IHSA Sports Medicine website at <http://www.ihsa.org/Resources/SportsMedicine.aspx>.

# Sports Medicine



ILLINOIS HIGH SCHOOL ASSOCIATION. 2715 McGraw Drive • Bloomington, IL 61704  
• [www.ihsa.org](http://www.ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

## Concussion Information

### Return to Play (RTP) and Return to Learn (RTL)

**Background:** With the start of the 2010-11 school term, the National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.” In applying that rule in Illinois, it has been determined that only certified athletic trainers, advanced practice nurses (APN), physician’s assistants (PA) and physicians licensed to practice medicine in all its branches in Illinois can clear an athlete to return to play the day of a contest in which the athlete has been removed from the contest for a possible head injury.

*In 2015, the Illinois General Assembly passed the Youth Sports Concussion Safety Act, and this legislation, among other items, required schools to develop Concussion Oversight Teams and create Return to Play (RTP) and Return to Learn (RTL) protocols that student-athletes must meet prior to their full return to athletic or classroom activity*

### Mandatory Concussion Education

Required concussion education for all athletic coaches and marching band directors is another component of the Youth Sports Concussion Safety Act passed by the Illinois General Assembly in the fall of 2015.

The IHSA program includes two video presentations and other supplementary materials that ALL high school athletic coaches, marching band directors, and Concussion Oversight Team members need to review prior to taking a required exam over the curriculum. Individuals will be required to demonstrate proficiency on the exam by scoring at least 80% in order to serve as an athletic coach or marching band director at an IHSA member school.

The program offers training in the subject matter of concussions, including evaluation, prevention, symptoms, risks, and long-term effects. Coaches will be able to access the program after logging into the IHSA Schools Center and clicking on the “CON” tab, which will be located under the ‘Departments’ heading on the Schools Center homepage.

For more information on the Youth Sports Concussion Safety Act, including specific requirements of the law and other concussion education providers besides IHSA, individuals can access Sports Medicine resources on the IHSA website at <http://www.ihsa.org/Resources/SportsMedicine.aspx>.

*For those first adopters of this training, new curriculum from the IHSA/IESA is expected to be released in March of 2018 so those whose training will expire in 2018 will be able to remain in compliance with the law.*



Contact: Matt Troha • [mtroha@ihsa.org](mailto:mtroha@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479

### STUDENT MEDIA CREDENTIALS FOR PARTICIPATING SCHOOLS

Congratulations on qualifying for an IHSAA state final in a team sport. In order to provide the best possible coverage of this event for your school newspaper, yearbook and AV club, etc. you are entitled to have up to three students receive credentials to cover this event as official media members. In the event that you have less than three students, an adult sponsor may be included on this list. To apply for student media credentials, please have your Athletic Director or an individual involved with the aforementioned programs email Matt Troha ([mtroha@ihsa.org](mailto:mtroha@ihsa.org)) at the IHSAA with the following information:

- 1) The names of individuals attending
- 2) Whether they are students or adults
- 3) If the attending individuals will serve as reporters, photographers, videographers, etc.

Student media who are registering for credentials are expected to maintain a level of professionalism while covering this event. That includes no cheering while in the press box or game coverage area.

Proper attire is also required. Wearing school shirts and colors is acceptable, but students wearing face paint, costumes, carrying props, etc. will be required to change before receiving credential clearance.

The individual applying for student media credentials will receive specific information on credential pick-up and media regulations at the event via email in the days leading up to the state final.

Please note that student media credentials are only available for state final events in team sports. Due to the sheer volume of schools who qualify in individual sports, our press facilities would be unable to accommodate student media from all participating schools in individual sports. Student media are also welcome to cover IHSAA state final activities. Credentials are not required for these events, but please have your students check-in with state final personnel upon arrival for media coverage regulations.

### VIDEO TAPING STATE FINALS FOR COACH FILM BREAKDOWN

Each school will be eligible to receive a pass for an individual attending the state final event to shoot game film that is for the sole purpose of being used by the coaching staff for postgame breakdown. Passes for videographers shooting highlight videos, documentaries, etc. should be included in student media application reference above. Additional passes for videotaping purposes will need to come from the allotment of state final passes given to school/head coach at or prior to the state final event.

To apply for a credential to shoot video, please have your Athletic Director email Matt Troha ([mtroha@ihsa.org](mailto:mtroha@ihsa.org)) at the IHSAA with the name of the individual who will be taping and whether they are an adult or a student.

*Please contact Matt Troha (309-6336-377) at the IHSAA or any questions related to this document.*

## Internet Video Broadcasting Information



Contact: Matt Troha • [mtroha@ihssa.org](mailto:mtroha@ihssa.org) • Phone: 309-663-6377 • Fax: 309-663-7479

IHSA Tournament Managers/Hosts,

The advent of greater broadcasting technology has brought about many new potential internet broadcasting partners who may contact you seeking to broadcast the postseason IHSA events you host.

The IHSA's official broadcast partner, the NFHS Network, has the first right to exclusively broadcast any postseason IHSA event. If your school streams on the NFHS Network, via either the School Broadcast Program or a fixed Pixellot camera system in your gym or stadium, then you are encouraged to exclusively stream any/all postseason games you host. Additionally, if an NFHS Network school competing in the postseason tournament you are hosting would like to broadcast on the NFHS Network, they should be given exclusivity to do so as well. The NFHS Network also partners with several third party media companies, who should be granted the same exclusivity to broadcast as a school.

If you as the postseason host are not an NFHS Network school, and no competing school contacts you about broadcasting on the NFHS Network, at that point, a third party can be granted the rights to broadcast the event on the internet. In this instance, a broadcast rights fee is due to the IHSA. The internet streaming fee schedule is listed below. Potential broadcasters should be directed to complete and submit the IHSA Broadcast Application form from the IHSA website (TV fee schedule also located in this application), which can be found here:

[www.ihssa.org/documents/media/Video%20Ap.pdf](http://www.ihssa.org/documents/media/Video%20Ap.pdf)

If at any time you ever have questions on the fees or any other matters related to broadcasting or media, please email/call Matt Troha at the IHSA office ([mtroha@ihssa.org](mailto:mtroha@ihssa.org) or 309-663-6377).

### ***Internet Video Broadcast Rights Fee Schedule***

#### **BOYS BASKETBALL**

Per Regional Game-\$125  
Per Sectional Game-\$150  
Per Super-Sectional Game-\$225

#### **GIRLS BASKETBALL**

Per Regional Game-\$125  
Per Sectional Game-\$150  
Per Super-Sectional Game-\$225

#### **FOOTBALL**

Per 1<sup>st</sup> Round Playoff Game-\$250  
Per 2<sup>nd</sup> Round Playoff Game-\$325  
Per Quarterfinal Playoff Game-\$400  
Per Semifinal Playoff Game-\$475

#### **ALL OTHER SPORTS**

Per Regional Game/Meet-\$75 Per  
Sectional Game/Meet-\$100  
Per Super-Sectional Game/Meet-\$150

#### **VOLLEYBALL**

Per Regional Game-\$100  
Per Sectional Game-\$125  
Per Super-Sectional Game-\$150

#### **SWIMMING & DIVING**

Per Sectional Meet-\$250

#### **TRACK & FIELD**

Per Sectional Meet-\$250

#### **WRESTLING**

Per Regional meet-\$200  
Per Sectional meet-\$325



# **Unmanned Aerial Vehicle (Drone) Policy**

**For IHSA Tournaments**

**Effective February 18, 2015**

The use of unmanned aerial vehicles (“UAV”), also known as drones, is prohibited for any purpose by any persons at IHSA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device.

An exception to this policy may be made in specific cases for IHSA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the IHSA.

# IHSA Licensed Vendor



• [www.ihsa.org](http://www.ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

## School Information:

Please read the entire Trademark Use and Royalty Policy for full disclosures.

- By virtue of membership, schools are granted a license to use the IHSA Trademarks on or in connection with IHSA State Series Events. Member schools may produce their own programs or merchandise in accordance with the terms of the Trademark Use and Royalty Policy.
- Any writing or merchandise produced in connection with IHSA State Series Events must conspicuously display the IHSA name and at least one logo.
- Member schools contracting with an outside vendor to have programs or merchandise produced in connection with IHSA State Series Events are required to use IHSA licensed vendors.
- Member schools advancing to an IHSA State Final and choosing to have merchandise produced in connection with that event, must use Minerva Sportswear. The IHSA has a contract with this company to be the exclusive IHSA State Final Merchandise Vendor.
- A member school may use any IHSA Licensed Vendor. To see the approved list, visit the IHSA website at <http://www.ihsa.org/Resources/Merchandise/LicensedVendors.aspx>.

## Vendor Information:

Please read the entire Trademark Use and Royalty Policy for full disclosures.

- Any printed material or merchandise produced in connection with IHSA State Series Events, must conspicuously display the IHSA name and at least one logo.
- IHSA marks and logos can only be utilized by those who are granted a license by the IHSA.
- Member schools contracting with an outside vendor to have programs or merchandise produced in connection with IHSA State Series Events must use an approved IHSA licensed vendor.
- IHSA licensed vendors can sell licensed material to any IHSA member school.
- IHSA licensed vendors cannot produce merchandise in conjunction with an IHSA State Final. The IHSA has an exclusive State Final Merchandise Vendor contract.
- Licensed publication vendors pay the IHSA a 5% royalty of gross advertising sales, and licensed merchandise vendors pay the IHSA an 8% royalty of gross merchandise sales (based on sale of the finished product) - Royalty Report.
- For unlimited events, vendors can be licensed by the IHSA and utilize the IHSA name and logos for an entire year for a \$500 annual fee; or
- For limited events, vendors can be licensed by the IHSA and can utilize the IHSA name and logos for a single event, up to three events in a year, for \$50 per event or \$100 for three events.

Applying to be an IHSA Licensed Vendor (unlimited events):

1. Submit a completed Licensed Vendor Application for approval;
2. Once approved, sign the IHSA Vendor License Agreement; and
3. Pay the annual licensing fee of \$500.

Applying to be an IHSA Licensed Vendor (limited events):

1. Contact the IHSA office for approval;
2. Once approved, sign the IHSA Limited Use Vendor License Agreement; and
3. Pay the single event fee of \$50 or \$100 for three events.

For additional information regarding Licensing and Royalty, contact Tammy Craig at 309-663-6377, or visit the IHSA website at <http://www.ihsa.org/Resources/Merchandise/LicensedVendors.aspx>.

**Royalty Report:** For a downloadable pdf of the Royalty Report go to [http://www.ihsa.org/documents/forms/State\\_Tournament\\_Series\\_Royalty\\_Report.pdf](http://www.ihsa.org/documents/forms/State_Tournament_Series_Royalty_Report.pdf)