Iowa Girls' High School Athletic Union

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2026 - 2027 Wrestling Manual

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REGULATIONS PERTAINING TO WRESTLING PRACTICE AND CONTESTS

First Practice Date: November 2, 2026

First Contest Date: November 16, 2026

Two Pound Growth Allowance: December 14, 2026

Regional Dual Team Qualifying Meet: January 18, 2027

State Dual Team Tournament: January 22, 2027; Xtream Arena, Coralville

State Qualifying Individual Meet: January 29, 2027

State Individual Tournament: February 4-5, 2027; Xtream Arena, Coralville

Each member wrestling school receives a copy of the National Federation of State High School Associations Wrestling Rule Book every other year. Unless the Board of Directors adopts other rules, member schools will follow the wrestling rules published in the National Federation Wrestling Rule Book.

WRESTLING REGULATIONS

1. A coach may have one team meeting with his/her wrestlers to hand out informational materials before the start of the season. This meeting shall not be used as a practice session. See the section on "Weight Management Philosophy" later in this handbook for information about the two meetings that may be held to discuss body composition assessment and weight management.

2. A school's practice sessions may take place at any facility designated by the school's administration. For complete information on the practice facility rule, coaches should visit with their school's administration.

3. NFHS and IGHSAU rules require wrestlers to wear protective ear guards in practice any time wrestling is taking place. Please see Rule 4-1 and Rule 4-2 for all Wrestling Uniform, Appearance and Health guidelines.

4. Each school is permitted a maximum of fifteen (15) regular season competition dates before their first postseason competition. *Example: A school may schedule 15 varsity dates: 15 JV dates, 15 9th grade dates, etc.*

5. There are no restrictions on how many schools may compete on any of the 15 dates as long as NFHS rules regarding the number of times each wrestler can compete in one day are not violated. This rule can be found under Rule 1-4 in your NFHS Rule book. A two-day tournament counts as one competition/weigh-in date. NFHS rules state wrestlers must weigh-in each day of the tournament AND at the same weight class.

6. Wrestlers are permitted a maximum of 17 regular season competition dates (15 Varsity, 2 JV), with no more than 15 of those dates being varsity competitions.

7. All matches shall be contracted in advance by the competing schools. It is permissible to state, "Wrestlers weighing in and not competing at the varsity level may compete at the JV level in their eligible weight classes, if they have eligible opponents." The contract should state the level(s) of competition at which each school is competing. It is permissible for one school's varsity to compete against another school's junior varsity if it is stipulated in the contract. The meet then counts as varsity competition for one team and junior varsity competition for the other team. It is not permissible to have an "all-star" team compete in any competition. If a JV team participates in a varsity tournament, or any other competition, all the members of the team need to be students at the same school.

8. If a JV wrestler competes in a varsity competition, the event and the wrestler's results will be considered varsity. The wrestler must meet all varsity eligibility requirements, including transfer rules. In essence, by competing in a varsity event, the wrestler gives up her JV status for that meet, and the result will count as a varsity win or loss.

9. When you are importing your results from a varsity dual meet and have JV matches, please make sure you assign your level in TrackWrestling for specific individual matches. If you do not, these results will show up as Varsity results. The IGHSAU recommends always assigning levels to every match within all competitions to ensure the proper record represents appropriate levels wrestled.

10. A wrestler shall not be entered in more than one competition at the same time. A wrestler shall not participate in a JV tournament and varsity tournament on the same day, even if they are at the same site.

11. A wrestler shall not participate in JV and varsity dual team competition against the same school, in the same contest.

12. All high school meets must use NFHS weigh-in procedures and weight classes. Reminder: home weigh-ins will be permitted for non-varsity (JV/Lower-Level Competition).

13. Interscholastic competition is NOT permitted from December 24 through January 1. Schools may use interscholastic scrimmages during this period. The IGHSAU will continue to allow unlimited scrimmages. Reference scrimmage rule below.

14. No interscholastic wrestling practice, or competition, shall take place after the state wrestling tournament.

15. Videotaping of dual meets, and/or tournament matches is permissible, provided viewing of the videotape by team personnel does NOT take place until the entire meet is over. If videotaping is taking place for scouting purposes, the administration of the host school should be contacted as a courtesy, and the use of electrical outlets should not be expected.

MANDATORY REPORTING OF DUAL MEET SCORES

1. ALL HIGH SCHOOL DUAL MEETS AND TOURNAMENTS MUST USE THE LIVE SCORING FEATURE IN TRACKWRESTLING, with the home/host school responsible for providing or coordinating equipment and workers. The live scoring feature means that all match scoring must be done using TrackWrestling. All takedowns, reversals, escapes, etc. MUST be recorded in TrackWrestling.

2. The host school will create all meet schedules no later than Wednesday, November 11, 2026, so participating schools have the opportunity to add their meets and create their weigh-in forms. Name the meet using the names or abbreviations of the schools participating. For example, if Sergeant Bluff-Luton is hosting a quad with Denison-Schleswig; Westwood, Sloan; and Woodbury Central, Moville, the meet name could be **SBL/Denison/Westwood/Woodbury**. The host school should be listed first, with the other schools listed however the host chooses. Each program can then use that meet name to create its weigh-in form.

   The traveling teams competing against each other that night will also need to create their dual meets so all six dual meets being contested can be live scored. To avoid duplicate meets, the first traveling team alphabetically should create its duals with the other traveling teams. In this example, Denison-Schleswig would create its dual meets with Westwood and Woodbury Central. Westwood would then create its dual meet with Woodbury Central. Following this process ensures that all six dual meets contested that night are created and available for live scoring.

3. Accuracy of match results is imperative, particularly with varsity level matches. Be sure that the correct level is assigned (Varsity or Junior Varsity) in all results submitted (each individual match) and confirmed in the TrackWrestling system. These results will be used when seeding the individual state tournament weight classes.

4. The penalty for failure to create meet schedules on time is:
   - A letter/e-mail sent to the school's head wrestling coach, with a copy to the athletic director, from the IGHSAU sport administrator giving 3 days to comply with the mandate.
   - If there is no compliance, a letter to the school's athletic director, with a copy to the principal and superintendent, from the IGHSAU executive director, giving 3 days to comply with the mandate.
   - If still no compliance, IGHSAU will withhold ALL of the school's post-season wrestling expense allowances (Regionals- State Tournament).

5. IGHSAU is mandating coaches to update records on Trackwrestling prior to the start of the next event. By doing so, this ensures a more consistent process for recording/reporting throughout the season that aligns with other sanctioned IGHSAU sports.
   - First Offense – A letter/e-mail to the head coach from the IGHSAU sport administrator giving 3 days to comply with the mandate;
   - Second Offense – A letter to the athletic director with a copy to the principal and superintendent from the IGHSAU executive director, giving 3 days to comply with the mandate;
   - Third Offense – The IGHSAU member school's expense allowances will be withheld by the IGHSAU in the sport in which the third offense occurred.

CONTEST PROTESTS NOT UPHELD

The Board of Directors will not uphold any protest by a member school arising from any interscholastic contest involving the question of rules interpretation by any of the contest officials.

BENCH AREA RESTRICTION RULE

Any player/athlete on the bench as a substitute or in uniform who is involved in the breaking up, participating in, or

initiating a fighting incident will be automatically ejected from that contest and the PENALTY of the student athlete ejection rules will be invoked.

OFFICIAL WEIGH-INS

1. Each wrestler must be eligible to compete according to all eligibility rules before being allowed to officially weigh-in (*academic rule, good conduct rule, ejection policy, etc.)*
2. If a wrestler competes in a match, or receives a forfeit, the weigh-in becomes official and **MUST** be entered into the NWCA on-line weigh-in system through TrackWrestling.
3. If a coach wants a meet weigh-in to count as one of a wrestler's official weigh-ins, the actual scale weight shall be entered into the NWCA on-line weigh-in system through TrackWrestling, even if the wrestler does not compete or receive a forfeit.

JUNIOR VARSITY WEIGH-IN OPTION

1. Modifications to the current weigh-in procedure for lower level (non-varsity) competitions. Guidelines will now reflect the following:
    a. Schools will be allowed to use home weigh-ins for non-varsity competition only.
    b. Coaches must create and use a Pre-Meet Weigh-In Form through the TrackWrestling site.
    c. Schools must send electronically or present the completed weigh-in form on site.
    d. The weigh-in must take place on the same day as the competition.
    e. Host schools must use NFHS established weight classes.
    f. Home weigh-ins for Junior Varsity will impact descent plans like any other weigh-in.

END OF MATCH PROTOCOL

At the end of any match, the following protocol shall be followed:

1. Referees should move quickly after a match to get in proximity of the two wrestlers to facilitate the handshake between the wrestlers.
2. The wrestlers shall shake hands, then the referee shall declare the winner by indicating the winning color (arm band and ankle band) while facing the scorer's table.
3. The wrestlers will then proceed to their respective team benches/corners without excessive celebration.
4. The wrestler should not engage in a post-match handshake with opposing coaches.

This protocol certainly does not discourage teams from going through the congratulatory line at the end of a dual meet.

SCRIMMAGE RULE

a) Unlimited scrimmages may be held for female programs, with the intent that there are insufficient numbers to be able to practice against other females on a daily basis within their own program. Scrimmaging with other female programs would allow increased practice opportunities against other females, where normally these would be limited within a school's own program.

b) All scrimmages must take place at one of the participating schools' regular practice facilities.

c) Scrimmages may not be coed, in that male athletes are not allowed to participate against females during this scrimmage. For example, if a girls' team from Oakland Riverside wanted to travel to Underwood to scrimmage against their girls' team, the Oakland Riverside boys would not be allowed to travel with their girl's program to join in this event. The Underwood boys would also not be allowed to scrimmage against any female competitor traveling over from Oakland Riverside for the scrimmage. The only exception to this would be if Oakland Riverside and Underwood boys' programs chose to use one of their three allowed scrimmage dates and would still only be allowed to wrestle participants within the boys' programs.

d) A bona-fide scrimmage is one where no public advertisement has been made, no admission charged, no team scores kept or recorded, nor any timing device used.

e) Schools may not travel further than 100 miles, one way, to engage in a scrimmage. No school time may be used for traveling to, and /or participating in, a scrimmage.

PENALTY FOR VIOLATION OF RULES PERTAINING TO PRACTICES AND SCRIMMAGES

By Board of Directors action, violators of the scrimmage or practice rule shall be eliminated from the tournament series. No individual will move up in placement due to a disqualification for this type of violation other than stated above. Rulebook coverage will prevail as it affects individual placement. If the school was a team place winner, all team and individual awards will be collected and returned to the IGHSAU Office. If a championship team violates the rule, the runner-up team becomes champion; if a runner-up team violates the rule, the third-place team will become the runner-up; if a third-place team violates the rule, the fourth-place team will become third place. If a consolation runner-up team violates the rule, there will be no consolation runner-up team that year.

HIGH SCHOOL GRADUATES ARE NOT PERMITTED TO PRACTICE OR PARTICIPATE WITH OR AGAINST HIGH SCHOOL STUDENT ATHLETES

High school graduates **cannot** practice with or against a high school team, or a student representing his/her high school team, during the given sport season. Only bona-fide coaches and students in good standing at the school can participate in a school's practice sessions. This rule does not prohibit high school students from participating with or against high school graduates through the Non-school Team Participation Rule 36.15 (7).

This rule does not prohibit the local school district from allowing high school graduates to use their facilities for workout purposes. They cannot practice with or against a high school team, or a member of a high school team, during a school's practice session.

Scholarship Rule 36.15(2) h. prohibits high school students from participating in, and/or training, with or against college athletes representing their collegiate institution, as part of an event sanctioned or sponsored by a collegiate institution. Nothing in the rules prohibits a high school student from participating in a one-time tryout with or against members of a college team with permission from the member school's administration and the respective collegiate institution's athletic administration.

COACH-ATHLETE CONTACT ("Camps & Clinics Rule")

36.15(6) Summer camps and clinics and coaching contacts out of season.

a. School personnel, whether employed or volunteers, of a member or associate member school shall not coach that school's student athletes during the school year in a sport for which the school personnel are currently under contract or are volunteers, outside the period from the official first day of practice through the finals of tournament play. Provided, however, school personnel may coach a senior student from the coach's school in an all-star contest once the senior student's interscholastic athletic season for that sport has concluded. In addition, volunteer or compensated coaching personnel shall not require students to participate in any activities outside the season of that coach's sport as a condition of participation in the coach's sport during its season.

b. A summer team or individual camp or clinic held at a member or associate member school facility shall not conflict with sports in season. Coaching activities between June 1 and the first day of fall sports practices shall not conflict with sports in season.

c. PENALTY. A school whose volunteer or compensated coaching personnel violate this rule is ineligible to participate in a governing organization-sponsored event in that sport for one year with the violator(s) coaching.

WRESTLING INTREPRETATION: The Coach-Athlete Contact rule applies to wrestling coaches regardless of what style wrestling they may be coaching. No matter what style of wrestling is being coached, wrestling coaches may not coach their athletes during the school year, except from the first official day of practice until the State Individual Tournament is completed. During the summer, wrestling coaches must abide by section (b) of the Coach-Athlete Contact rule, regardless of what style of wrestling is being coached in a camp or clinic.

PRACTICE ROOM TEMPERATURE AND VENTILATION

There are no rules dictating the maximum temperature in wrestling practice rooms, but basic guidelines may be helpful for coaches and administrators. The location, and "normal temperature," of wrestling practice rooms vary greatly, and the following are guidelines only. Every effort should be made to maintain a "normal temperature" in the practice room before practice begins. While practice room temperature may increase during practice, there should be no artificial methods used to increase the temperature in the practice room. Efforts should be made to ventilate the practice room to help maintain a "normal temperature" and to help reduce communicable diseases.

SCALE CERTIFICATION

All wrestling schools are required to have the scales used for official weigh-ins certified annually. Information regarding certification of scales is sent to Athletic Directors in August/September each year.

WEIGHT MANAGEMENT PHILOSOPHY

The Iowa Girls High School Athletic Union believes one of the primary factors in promoting proper weight maintenance among high school wrestlers is the development of a weight control program that encourages safe weight loss. The National Federation of State High School Associations (NFHS) wrestling rules now mandate hydration assessment, body composition assessment and the rate at which a wrestler may lose weight. The primary purpose for these rules is to provide a safe wrestling environment for all high school wrestlers.

The NFHS and IGHSAU are NOT encouraging wrestlers to attain their minimum wrestling weight. Many wrestlers actually perform better while weighing more than their minimum wrestling weight. A wrestler's minimum wrestling weight might not be her optimal competitive weight. It is simply the lowest, safe weight at which a wrestler may compete.

In order for wrestling coaches to explain the weight management rules to their wrestlers, the Board of Directors allows coaches to have a maximum of two meetings with their wrestlers on or after September 21, 2026 and before hydration assessment and body composition assessment is performed. These meetings are in addition to the one meeting a coach may already have to discuss season preparations, etc. The following regulations apply to the weight management meeting(s):

1. A maximum of two (2) hydration/body composition assessment meetings may be conducted at any time ON OR AFTER September 21, 2026.

2. They must be conducted with the knowledge of, and under the guidance of, the school's Athletic Director.

3. They must be conducted in a classroom setting and the wrestlers must be in street clothes.

4. The skills of wrestling shall NOT be discussed. The meeting(s) is strictly for the purpose of explaining hydration and body composition assessment procedures and processes.

BODY COMPOSITION ASSESSMENT

1. All high school wrestlers must have their body composition assessed by an approved assessor BEFORE THEIR FIRST COMPETITION. They must have had their body composition assessed and be entered into the NWCA on-line weight management system through TrackWrestling to be eligible to compete at any level. **OFFICIAL BODY COMPOSITION ASSESSMENTS MAY BE CONDUCTED FROM OCTOBER 12, 2026 – JANUARY 28, 2027.** Approved assessors may conduct unofficial assessments ***BEFORE*** the official assessment period begins, but assessments conducted by approved personnel *after* the official assessment period begins are official assessments.
2. EACH WRESTLER IS ONLY ALLOWED ONE OFFICIAL BODY COMPOSITION ASSESSMENT unless the Athletic Union grants an appeal. Any subsequent assessments, except approved appeals, will NOT change a wrestler's minimum wrestling weight.
3. A list of approved body composition assessors can be found on the IGHSAU website under the "Wrestling" heading. Assessors must:
    a. be approved by the IGHSAU
    b. follow the instructions provided by the IGHSAU
    c. use one of the assessment methods approved by the IGHSAU.

APPEALS

APPEALS MAY ONLY BE PERFORMED WITH PRIOR APPROVAL FROM THE IOWA GIRLS HIGH SCHOOL ATHLETIC UNION. APPEALS PERFORMED WITHOUT PRIOR APPROVAL FROM THE IOWA GIRLS HIGH SCHOOL ATHLETIC UNION ARE INVALID.

THE WRESTLER, AND/OR SCHOOL, IS RESPONSIBLE FOR ANY & ALL COSTS RELATED TO THE APPEAL.

ALL APPEALS MUST BE CONDUCTED WITHIN 14 DAYS OF THE SCHOOL RECEIVING THE ASSESSMENT RESULTS FROM THE ASSESSOR AND BEFORE A WRESTLER COMPETES AT ANY LEVEL.

APPEAL METHOD:

The wrestler must have the same body composition assessment agency perform the appeal that performed the original assessment, and the same assessment method must be used. The wrestler must pass the hydration assessment at the time the appeal is performed. Wrestlers may use their weight at the time of the original body composition assessment unless they have gained more than 1.5% of their body weight (rounded UP to the nearest whole pound) between the time of the original assessment and the appeal. If they have gained more than 1.5%, they must use their weight at the time of the appeal.

Example: A wrestler weighs 137# at the time of the original assessment and chooses to appeal. 137# x 1.5% = 2.1#, rounded up to 3#. If the wrestler weighs 140#, or less, at the time of appeal, they can use their original weight at the appeal.

NOTE: Before a wrestler decides to appeal, they may, but are not required to, ask their body composition assessor to review the data related to the original assessment. If an error is detected, the assessor should contact the Iowa Girls High School Athletic Union with the correction. Correcting an error does not constitute an appeal.

BODY COMPOSITION ASSESSMENT PROTOCOL

It is the coaches' and athletic administrators' responsibility to make sure wrestlers follow the established assessment protocol. The Athletic Union will provide the protocol for each assessment method to each wrestling school and assessor. When the assessment protocol is not followed, it is nearly impossible for an assessment to be accurate. This may place a

wrestler's health in jeopardy and/or reduce their performance.

BODY COMPOSITION ASSESSMENT METHODS

1. One of the following body composition assessment methods shall be used.
    A. Tanita Professional Series Body Composition Analyzer/Scale
        Models: TBF-300A - using the *"Standard Mode*" only
            TBF-300WA - using the *"Standard Mode*" only
    B. Futrex Near-Infrared Photo Spectrometry
        Models: 5000 A/WL & 5500 A/WL
    C. Skin Calipers - Metal alloy calipers only
    D. Hydrostatic (Underwater) Weighing
    E. Bod Pod Air Displacement
    F. Dune Entergy X-Ray Absorptiometry (Dexa)

2. The IGHSAU will provide detailed instructions and protocol for all body composition assessment methods.

HYDRATION ASSESSMENT

Hydration assessment must immediately precede body composition assessment. Any wrestler not passing the hydration assessment must wait a minimum of 24 hours before they can have their hydration level reassessed. Wrestlers cannot have their body composition assessed until they pass the hydration assessment.

HYDRATION ASSESSMENT METHODS

1. One of the following hydration assessment methods shall be used.
    A. Urine Color Chart - primary method
    B. Reagent Litmus Strips - *secondary method*
    C. Refractometer - *secondary method*

2. The IGHSAU will provide detailed instructions and protocol for all hydration assessment methods.

TRACKWRESTLING WEIGHT MANAGEMENT SYSTEM

1. Hydration and body composition assessment information must be entered into Trackwrestling by the body composition assessor BEFORE A WRESTLER CAN COMPETE AT ANY LEVEL.

2. The Trackwrestling Weight Management System will be used to monitor each wrestler's descent plan. The descent plan will determine which two weight classes a wrestler is eligible to compete in each week without causing their descent plan to be recalculated. As per NFHS rules, wrestlers may wrestle one weight class above the class for which they weigh-in without breaking certification.

MINIMUM WRESTLING WEIGHT

The minimum wrestling weight for each wrestler will be determined by predicting a wrestler's weight at 19% body fat.

MINIMUM WRESTLING WEIGHT CLASS

1. A wrestler's minimum wrestling weight class CANNOT be less than their minimum wrestling weight as predicted by body composition assessment.

    A. If a wrestler's minimum wrestling weight is between two weight classes, the wrestler must wrestle at, or above, the higher weight class.

    B. If a wrestler's minimum wrestling weight is exactly that of one of the weight classes, the wrestler may wrestle at, or above, that weight class.

2. If a wrestler's percent body fat at the time of body composition assessment is BELOW 19%, the wrestler has two choices. First, they can wrestle at their minimum wrestling weight class as determined by body composition assessment at 19% body fat. Second, if their sub-19% body fat weight is exactly that of one of the weight classes, the wrestler may wrestle at that weight providing they have a physician's written release stating they are naturally below 19%. Wrestlers having less than 19% at the time of body composition assessment **CANNOT** wrestle at a weight class less than their weight at the time of assessment, even with a physician's written release.

CERTIFYING MINIMUM WRESTLING WEIGHT CLASS

Wrestlers will **NOT have** to certify their minimum wrestling weight class *(certified weight class)*, by making scratch weight*

All wrestlers will receive a 2lb growth allowance on December 14, 2026. All wrestlers will still need to follow their decent plan in order to get to their desired weight. If a coach enters an actual scale weight from a weigh-in into TrackWrestling, the weigh-in counts as an official weigh-in and also counts toward the wrestler's 15 date limitation. Wrestlers must be eligible to compete (scholarship rule, conduct rules, ejection policy, etc.) before their coach allows them to weigh-in for any competition. Wrestlers weighing in and not eligible to compete will be subject to further sanctions, along with their coach, by their school and the Athletic Union.

GROWTH ALLOWANCE

1. All Wrestlers will receive the 2-pound growth allowance on December 14, 2026. The wrestler can use the growth allowance at either of their two Eligible Weight classes (EWC) and have no impact on their descent plan. *For example, a wrestler's body composition assessment will allow her to wrestle at the 130# weight class. Then, in the first meet on December 16th she uses the growth allowance to weigh in for the 135# weight class. She is still allowed to use the growth allowance at 130# and 135# going forward without affecting her descent plan. If the same wrestler weighs in above 137# (135 + 2), her descent plan will immediately recalculate, and she will have to follow that plan to safely and legally descend back down to 135 or 130. That is considered a violation of her descent plan, thus the recalculation, which will also change her EWC to 135, 140 until the new descent plan allows her back down to 130, which will likely take 2-3 weeks.*

2. A wrestler CANNOT use the growth allowance to achieve a lower minimum wrestling weight class than her 19% weight permits.

SCALE ALLOWANCE FOR WEATHER REASONS

1. Postponed event due to weather, event gets moved to the next day = one pound allowance.

2. Cancelled or early dismissal of school one day with event next day = one pound allowance.

3. Multiple days consecutive weather cancellations = two-pound allowance.

   EX: Early dismissal on Thursday and no school on Friday both due to weather, for the Saturday event, two pounds allowed.

4. Saturday event postponed to Monday = one pound allowance.

5. Saturday event cancelled with a regularly scheduled Monday event does NOT get a pound.

WEIGHT LOSS DESCENT PLAN

1. All wrestlers losing weight are limited to an average weight loss of 1.5% per week beginning the Monday of the week their body composition is assessed. The descent plan will be monitored as follows:

   A. Before each weigh-in session, coaches must provide an Official Weigh-In Report form to the Administrator of weigh-ins, or their designee. This form will show the weight classes for which every wrestler is eligible to weigh in on that date without causing their descent plan to be recalculated. On December 14th, the Weigh-In Report Form will automatically allow each wrestler the 2lb growth allowance.

   B. A wrestler is NOT eligible to wrestle at a weight class below the minimum weight class determined by their descent plan regardless of their actual weight. Rule 4.4.2 states, "A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor." If a wrestler, whose lowest eligible weight class for a given week according to the descent plan is 135#, weighs in for the 125# weight class, or less, the wrestler is not eligible to compete at any weight class in that meet because of Rule 4.4.2 (can't "bump up" from 125 to 135 – the lowest weight class for which they are eligible).

2. A wrestler cannot weigh-in above their highest eligible weight class listed for a specific date without having their descent plan recalculated immediately (beginning at 12:01am the next day). For example, a wrestler's eligible weight classes (EWC) listed on the weigh-in form for a specific date are 130, 135 pounds. If the wrestler weighs in excess of the 135# weight class, their descent plan will be immediately (beginning at 12:01am the next day) recalculated. They will not be able to compete again at 135 pounds, or below, until their descent plan allows them to.

CONSEQUENCES FOR VIOLATIONS OF WEIGHT MANAGEMENT RULES

1. Any wrestler weighing in below his/her lowest eligible weight class for a given week according to his/her descent plan will forfeit all matches won at that meet.
2. The first time a school's wrestler(s) compete below their lowest eligible weight class for a given week according to the descent plan, the school will receive a letter of reprimand from the Athletic Union. This letter will explain the consequences for future violations.

3. The second time a school's wrestler(s) weighs in below their lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the coach and wrestler(s) will be suspended from competition for the next scheduled, or rescheduled date at that level of competition, which could include postseason competition.
4. The third time a school's wrestler(s) weighs in below their lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the coach and wrestler(s) will be suspended from competition for the next FOUR (4) scheduled, or rescheduled dates at that level of competition, which could include postseason competition.
5. The fourth time a school's wrestler(s) weighs in below their lowest eligible weight class for a given week according to the descent plan, the wrestler(s) will forfeit all matches won at that meet and the school's wrestling program will be placed on probation and NOT be allowed to compete the remainder of the season, including post-season competition, with the head coach coaching.
6. Any other violations of the weight management program will result in sanction of the school's coach or wrestling program as determined by the IGHSAU Board of Directors.

USE OF ILLEGAL METHODS OF WEIGHT REDUCTION
As per national rule, at any time the use of sweat boxes, hot showers, whirlpools, rubber, vinyl and plastic type suits, or similar artificial heating devices, diuretics, or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.

WEIGH-IN PROCEDURES
Weigh-in procedures for all meets, including the state tournaments, shall be as per national rule 4.5. Host schools are responsible for appointing managers for each scale and keep record of weigh-ins at each varsity level event.

Dual Meets – Weigh-ins shall begin a **maximum** of one (1) hour before the time a dual meet, or a team's first competition in a multiple dual meet *(to include dual team tournaments)*, is scheduled to begin. For a multiple dual meet, the meet administration may require all teams to weigh-in a maximum of one hour before the first dual meet, even if a team is not competing in the first dual meet. When a preliminary meet is followed by a varsity meet, the varsity weigh-in may, by mutual consent, precede the preliminary meet. NFHS rules state, "The random draw, if used, shall take place immediately preceding weigh-ins.

Individual Tournaments - Weigh-ins shall begin a maximum of 2 hours before the first session each day.

ADMINISTERING ON-SITE WEIGH-INS
Dual Meets: Weigh-ins may be conducted by the school administration of the host school; the head coaches of all teams involved, or their designees; or the official(s). Regardless of who conducts the weigh-ins, a representative from each participating school should be present during weigh-ins, but it is not required that they are present.

Tournaments: A representative from each participating school should be present during weigh-ins, but it is not required that they are present.

Rule 4-5-3: During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited. This includes using the restroom (to lose weight) or eating or drinking (to gain weight).