



Iowa Girls' High School Athletic Union

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2026 – 2027 Wrestling Season Updates **April 9, 2026**

Wrestling Coaches and Athletic Directors –

As we begin preparations for the 2026 – 2027 wrestling season, we wanted to share important updates regarding the season and key dates. The IGHSAU Wrestling Advisory Committee met in March and brought forward recommendations. The IGHSAU Board of Directors approved the following updates, which will go into effect for the 2026 – 2027 season.

The following dates and guidelines are approved for the 2026-2027 school year. These dates can be found on our website under the Wrestling tab.

- First Body Composition Assessment: October 12, 2026
- Last Body Composition Assessment: January 28, 2027
- First Practice: November 2, 2026
- First Competition: 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

Dual Team Format:

The top 16 teams in each class will compete in the Regional Dual Team Qualifying Meet, with 8 teams advancing to the State Dual Tournament. A 12-member Dual Team Ranking Committee has been established to evaluate team performance and determine rankings that will be used for qualification and seeding purposes.

[State Dual Team Tournament Schedule](#)

Sincerely,

Kylee Walker
Wrestling Administrator