



# *Iowa Girls' High School Athletic Union*

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## **Wrestling Regional Manual**

### **Classification of Teams**

There are two classifications in wrestling. The largest 80 schools with wrestling programs will be Class 2A; and the remainder of the schools with wrestling programs will be Class 1A.

### **Tournament Dates, Starting Times & Ticketing**

State Qualifying Meet: January 30, 2026, at 4:00pm

Weigh-ins will begin at 2:00pm, doors open to spectators at 3:00pm.

Tickets will be sold on Bound and available for purchase on Monday, January 26<sup>th</sup> at 10:00am.

Tickets will be \$8 plus processing fees and will be needed upon entry for K-12 students and all adults.

### **Time Schedules for Regional Wrestling Tournaments**

Regional wrestling shall take place during one session.

The following is a sample time schedule for regional tournaments; however, tournament managers will make the final determination as to the final schedule.

### **Class 2A**

- Round 1: Round of 16
- Round 2: Quarterfinal, Consolation 1 (Byes)
- Round 3: Consolation 2
- Round 4: Semifinal, Consolation 3

- Round 5: Consolation Semifinals
- Round 6: Championship finals and consolation finals (3<sup>rd</sup>/4<sup>th</sup> place match) – each weight class wrestled simultaneously.
- Round 7: Consolation final matches for determining second place – **only if wrestlers have not previously wrestled. If wrestlers have previously wrestled, the previous winner advances, by rule.**

## Class 1A

- Round 1: Round of 32
- Round 2: Round of 16 and first round of wrestle-back matches
- Round 3: Second wrestle-back matches.
- Round 4: Quarterfinals (round of 8) and consolation round three matches.
- Round 5: Consolation round four matches
- Round 6: Semifinals and consolation round five matches
- Round 7: Consolation semifinals
- Round 8: Championship finals and consolation finals (3<sup>rd</sup>/4<sup>th</sup> place match) – each weight class wrestled simultaneously.
- Round 9: Consolation final matches for determining second place – **only if wrestlers have not previously wrestled. If wrestlers have previously wrestled, the previous winner advances, by rule.**

This sample schedule should expedite wrestling and allow competitors as much equity as possible regarding rest between matches. Full wrestle-back opportunity is in place, so first-round losses can come back for a chance to advance to the state wrestling tournament. All third-place matches will be wrestled even if it is a rematch of a first-round match. This is in accordance with NFHS Rule 10-3-10 which states: “In the event two wrestlers, who have competed against each other previously in the tournament, are paired again to cross-bracketing, the matches shall be wrestled and scored as if the wrestlers had not previously met.”

## Advancing from Regional Competition

For each of the eight Class 1A and Class 2A regional tournaments, the champion and runner-up wrestler in each weight class will advance to the state tournament.

If for some reason (injury, illness, ineligibility, etc.) a wrestler who has qualified for the individual state tournament can't compete, the athletic director from the wrestler's school should call the IGHSAU immediately. Notification regarding injury or illness must be made to the IGHSAU by 9:00pm Wednesday before the individual wrestling tournament for another wrestler

to advance to the state tournament. If a qualifying wrestler can't compete in the state tournament but the replacement can also not compete, the opposing wrestler, who is present and has made weight for that weight class, is awarded a forfeit and two advancement points. Failing to make weight is not a legal reason for allowing a third-place finisher from the regional tournament to be entered into the state tournament. If a wrestler misses weight at the state meet, that spot becomes a forfeit.

## Weigh-Ins

Weigh-ins for all regional tournaments begin at 2:00pm, two hours before the scheduled starting time. Each wrestler receives the two-pound growth allowance, as per NFHS rules. The tournament manager, or their designee, as well as the lead official, should be present at weigh-ins. When the weigh-ins are completed, the tournament manager, or their designee, should sign the weigh-in forms to verify their accuracy and make copies of the forms for all participating head coaches.

## Awards

In regional competition, individuals placing 1<sup>st</sup> – 4<sup>th</sup> in their respective weight classes will be awarded medals. Individual champions will also receive the IGHS AU wall chart for their weight class. In addition, the regional team champion will receive an IGHS AU Regional Wrestling Championship banner. Wrestlers participating in the awards ceremonies are to wear only school-issued attire.

## Byes, Defaults, & Forfeits at Regional Tournaments

**Rule 10-3** in the NFHS Wrestling Rule Book addresses tournament brackets and byes. The following are examples explaining how team points should be awarded for a bye, forfeit, or default.

**Example 1:** Wrestler #1 is scheduled to wrestle #2 in the first round of the regional tournament. Wrestler #1 makes weight and is ready to wrestle, but wrestler #2 fails to make weight. Wrestler #1 received a bye, is awarded two advancement points and advances to the next round. No forfeit is awarded because wrestler #2 is not officially entered in a regional tournament because they did not make weight at the weigh-in.

**Example 2:** Wrestler #1 is scheduled to wrestle #2 in the first round of the regional tournament. Both wrestlers make weight. Wrestler #2 becomes ill, or injured, and is unable to wrestle. Wrestler #1 is declared the winner by medical forfeit, is awarded two points for the medical

forfeit, two advancement points, and advances to the next round of competition. If this occurs during the consolation round, only one advancement point is scored.

**Example 3:** Wrestler #1 and wrestler #2 are competing in a match. Wrestler #2 becomes injured through NO illegal action by #1 and is unable to continue. Wrestler #1 wins the match by default and is awarded two points for the default, plus two points for advancement, if the match is part of the championship bracket. If this match occurs during the consolation round, only one advancement point would be scored, in addition to the two points for the default.

**Example 4:** Wrestler #1 is scheduled to wrestle #2 in the first round of the state tournament. Wrestler #1 fails to make weight. Wrestler #2, who made weight, wins by forfeit and is awarded two points for the forfeit and two advancement points because all wrestlers are officially entered in the tournament through qualification at the regional tournament. Wrestler #1 would be eliminated from the tournament.

### **Entry Regulations, Verification of Entries, & Weigh-Ins Forms**

Wrestlers can't be entered in a weight class lower than that permitted by their body composition assessment or descent plan. Wrestlers can be entered in a weight class for which they make weight (including weight allowance) and one weight class above.

**Final entries, including changing any entries or the weight class at which wrestlers will weigh in, must be made with the tournament manager or their designee before the weigh-ins begin.**

The declaration of the weight class in which each wrestler will compete must be made with the tournament manager or their designee before the last 235# wrestler steps off the scale.

**Entries:** Entry into the Regional Tournaments will be done through TrackWrestling. All coaches will receive an email from TrackWrestling prior to their regional meet with complete instructions on how to enter wrestlers into their tournament. **The entry deadline is 6:00pm, on the Wednesday prior to regionals.** Coaches should enter the one wrestler in each weight class whom they believe will be the actual competitor. Two wrestlers per weight class may be listed on the weigh-in form, but only one contestant per school may compete in each weight class. Final entries and the declaration of the weight class in which each wrestler will compete must be made before the conclusion of weigh-ins. NFHS rules allow a wrestler to compete one weight class above the weight class for which she actually weighs in; as long as the coach notifies the tournament manager by the verification deadline, which is the conclusion of weigh-ins. Coaches

may verify entries privately with the tournament manager, or their designee, if they choose. Entries will not be released to schools prior to the conclusion of weigh-ins.

**Weigh-In Forms:** Coaches must enter their wrestlers into the TrackWrestling online weigh-in form for their regional meets, just as they have during the regular season. The form will show each wrestler's lowest eligible weight class for the tournament, according to their descent plan. Coaches should also bring copies of the actual, paper weigh-in forms from each regular season meet. These actual weigh-in forms are to be presented to the Meet Manager, or their designee, if any questions arise regarding the weight class at which a wrestler is qualified to weigh-in. Any wrestler competing in the tournament at a weight class for which she is not qualified will be disqualified from the tournament and will not advance out of the tournament. State qualifiers in all classes, do not need to be entered into a TrackWrestling online weigh-in form because they must weigh-in for the same weight class at which they competed during the qualifying tournament.

### **Length of Periods**

All matches during postseason competition (championship and consolation) will consist of three, two-minute periods (2-2-2).

### **Pairings & Seeding of Regional Tournaments**

**Seeding criteria must be entered into TrackWrestling by 10:00am on Friday. The seeding feature in TrackWrestling will be used for initial seeding. All wrestlers will be seeded prior to the byes being placed on a line. Reminder: the seeding meeting is a verification meeting.**

The **IGHSAU State Seed Criteria** is being applied for all Regional Wrestling Tournaments. This system looks at all criteria gathered for every wrestler entered, compares those criteria across each wrestler and against all other wrestlers entered in the weight class, and awards points accordingly. This is a comprehensive system that takes all aspects of the criteria into account and should be used to draw the brackets at the tournament. On rare occasions some minor adjustments might need to be made at a head coach seeding meeting, but the order of the criteria should not be tampered with. One thing for all coaches to remember is that a head-to-head win over a fellow wrestler does not mean you are automatically seeded ahead of them, rather it garners you the criteria point for that single comparison. The same comparisons are made with every other wrestler to get a point total, which is used for the final seeding position.

The starting time for the meeting should be within 10-15 minutes after the conclusion of the weigh-ins. All seeding shall be done according to Rule 10.3 of the current NFHS Wrestling Rule

Book. The tournament management, and/or the head coaches as a group (**one per school**) may be present.

## **Regional Tournament Bracket**

Sixteen person brackets will be used for all Class 2A regional meets, regardless of the number of wrestlers competing in a weight class.

Thirty-two person brackets will be used for all Class 1A regional meets, regardless of the number of wrestlers competing in a weight class. Wrestlers on championship brackets with less than 32 wrestlers and consolation brackets with less than 4 wrestlers will receive byes until they reach a bracket with an opponent.

All competitors are entitled to double elimination. If byes are necessary, draw for them according to NFHS rule 10-3.

Advancement points are awarded when a wrestler wins a match or receives a bye (regardless of the outcome of the next match), to advance to a bracket to compete against another wrestler. Two advancement points are awarded on the championship side of the bracket and one advancement point is awarded on the consolation side of the bracket. Even though wrestlers who receive byes are awarded advancement points, byes do not count as wins because the wrestler never intended to compete against anyone. (The sample bracket below is acceptable for the 2026 regional tournament).

## **Team Scoring**

Four place team scoring (14, 10, 7, 4) will be used in regional tournaments.

Team scoring must be contested within 30 minutes after the posting of final team scores for any consideration to be given to correcting team scores.

Team Ties: If teams tie, we will have Co-Champions. Please communicate with the IGHSAU which school takes home the awards and the IGHSAU will send the other school their awards after the tournament.

## **Communicable Skin Conditions**

Coaches who have wrestler(s) with a suspect skin condition are required to have the completed IGHSAU Skin Condition Report Form indicating the condition is not communicable on the date

of competition with them for the wrestler(s) to compete. Coaches must present the form to the meet manager or lead officials at the weigh-ins. If a designated on-site medical professional is present at the weigh-ins, they have the authority to rule on any suspect communicable skin conditions. This designated on-site medical professional has the authority to allow, or deny, participation regardless of what is indicated on the IGHSAU Skin Condition Report Form.

## Wall Charts

The IGHSAU will furnish wall charts for each weight class to all regional tournament managers, with the champion in each weight class receiving the wall chart.

## Cheerleading Rules and Resources

The ICCA will identify a point of contact for each regional site regarding cheerleading rules and regulations. The IGHSAU will share those with the host locations.

Resources regarding wrestling cheerleaders:

Clarifying Hair Rules: <https://www.iowacheercoaches.org/wp-content/uploads/2024/12/Revised-Hair-Document-12-24.pdf>

ICCA Strengthening Rules: <https://www.iowacheercoaches.org/iccaih saa-strengthened-national-federation-spirit-rules/>

Post Season Rules: <https://www.iowacheercoaches.org/post-season-rules/>