



Iowa Girls' High School Athletic Union

5000 Westown Parkway * Suite 150 * West Des Moines, Iowa 50266

Phone: (515) 288-9741

www.ighsau.org

2026 Wrestling State Manual

Congratulations on your athletes' advancement to the IGHSAU State Wrestling Tournament! Below you will find important information regarding your school's participation in this year's event. If you have any questions, please direct them to Wrestling Administrator, Kylee Walker, kylee@ighsau.org

State Wrestling Tournament Central

Venue

The 2026 State Wrestling Tournament is February 5-6, 2026, at Xstream Arena in Coralville.

State Tournament Roster

State Tournament Roster must be submitted on Bound by Monday, February 2nd by 10:00am.

The State Tournament Roster can be found on the online forms section on Bound under the IGHSAU tab. Athletes participating in the state tournament are the only individuals that may be put on the roster. Schools with one to three qualifiers will receive three coaching credentials. If a school has four or more qualifiers they will receive four coaching credentials. Iowa Coaching BOEE numbers will be required on the form and certified by the IGHSAU.

A school may purchase additional coaching credentials. You may do this on the Bound form. Credentials will be **\$65** each and get you into every session. This information must be completed on the form. *Teams will not be permitted to request an additional coach on site.* The IGHSAU will invoice the school for any additional coaching credentials that are purchased. Athletic Directors must provide an electronic signature on the form, stating they verify the approved coaching staff and numbers.

New for 2026: Schools that qualify only one athlete may bring a warm-up partner. The warm-up partner must be a rostered team member from the same school (club athletes are not permitted). The warm-up partner will receive an event credential issued in their name. This information must be completed on the Bound form. Teams will not be permitted to request a warm-up partner on site.

There are no additional wristbands available for purchase. Additional athletes, managers, or other team personnel are not allowed to enter through the team pass gate and must purchase general admission tickets for the event.

IGHSAU management reserves the right to dismiss any athlete or coach from the State Tournament in the event that credentials are shared with unauthorized individuals.

State Tournament Coaches Webinar

A pre-recorded webinar regarding details for the State Tournament released on Saturday, January 31. The webinar will be emailed to all coaches and athletic directors.

State Tournament Bracket Release

All brackets will be released for public viewing on **Sunday, February 1st**. If for some reason (injury, illness, ineligibility, etc.) a wrestler who has qualified for the 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 on Wednesday before the State Tournament allowing for another wrestler to advance to the State Tournament. If a qualifying wrestler can't compete in the State Tournament but the replacement also cannot compete, the opposing wrestler, who is present and has made weight for that weight class is awarded a forfeit and two advancement points.

Schedule of Events

The 2026 State Tournament and Weigh-In Schedule can be found on our [State Wrestling Tournament Central](#).

State Tournament Ticket Admission

All tickets for all sessions will be general admission seating. Tickets are available starting **Saturday, January 31st at 10:00am** on XtreamArena.com and on the IGHSAU website. Through Paciolian, wrestling fans will have the ability to purchase their tickets in advance and have them securely delivered via email to print at home, or through mobile delivery to their phones. Mail and UPS delivery options will not be made available.

Tickets will be available at the Xtream Arena Box Office, unless the event has sold-out online through digital ticketing. Please check with the Xtream Arena Box Office in advance if you have questions or concerns about tickets. Admission will be charged for children, kindergarten age and older. Accepted forms of payment are cash or credit/debit card. Xtream Arena Box Office does not accept personal checks. Please notify your fans. Those wishing to leave Xtream Arena and return the same session must scan their ticket at the specified stations prior to leaving the arena for readmittance to Xtream Arena later that session.

Team Packet Pickup

Team packet pickup for athletes, coaches, and medical will be available for pickup at the Staybridge Suites Hotel Conference Room (801 E 2nd Ave, Coralville, Iowa 52241) from 5:00pm – 9:00pm on Wednesday, February 4. Credentials may also be picked up on Thursday morning upon entry on Day 1. Enter the GreenState Family Fieldhouse and take a left to find the Staybridge Suites Conference Room.

Team and Pep Bus Parking

Buses and vans carrying teams to the GreenState Family Fieldhouse will drop off on the South side of Xtream Arena. A detailed map can be found on the [State Wrestling Tournament Central](#). Once passengers have unloaded, drivers proceed South on E 2nd Ave to E 7th Street where they will park. One driver per bus may be admitted through the Team Gate free of charge. Bus drivers are required to sit in the general admission bowl seating.

Team Pass Gate Admission

Athletes and coaches must check-in at the Team/Media Pass Gate located at the GreenState Family Fieldhouse on the south side of Xtream Arena. Athletes and coaches must enter the pass gate together. Participants staying in the on-site hotels must still enter the arena through the team pass gate as a team. **Credentials must be worn at ALL times and will have your name on it.**

Athletic Trainers

If your athletic trainer plans to have floor access during the event, they must be listed on the Bound team pass gate form in the medical personnel space provided. When the athlete they are assisting is not competing, they may not be mat side. Approved athletic trainers must enter at the Team/Media Gate located at the GreenState Family Fieldhouse on the south side of Xtream Arena. This opportunity is limited to one trainer per school. The University of Iowa Sports Medicine athletic trainers will be seated mat-side during the tournament. The athletic training room is in the middle of the locker room hallway.

School Administrators

School administrators are allowed to use their Administrator Pass during the State Tournament. Administrators must present their pass and a photo ID at the Team/Media Pass Gate (GreenState Family Fieldhouse Entrance). Administrator passes provide complimentary admission for the administrator and ONE guest.

Cooley's Corner

The IGHSAU is hosting a hospitality area for all administrators of participating teams and participating head and assistant coaches Thursday-Friday. Student athletes are NOT allowed in Cooley's Corner. Light snacks and beverages will be provided each day. Coaches and administrators must have their credentials on for admittance. Food and drink may not be taken out of Cooley's Corner. Cooley's Corner is located on the concourse in the Party Suite.

Locker Room/Team Hang Space

Locker rooms will be available for changing and showering throughout each day. Athletes are responsible for their own towels. Please do not store bags and personal belongings in the locker rooms unattended. There will be a designated space for team camps. **No boom boxes are allowed in Xtream Arena, they are only permitted in GreenState Family Fieldhouse. There will be NO chairs on the mats.**

Coach/Athlete/Cheerleader Arena Seating

Due to capacity needs, there will be arena seating for coaches and athletes competing in the tournament and their respective cheer squads, in the lower half of section 101 and 117 for those with credentials. There will be an entrance to the arena floor on the bottom of both sections for coaches and athletes. Credentials must be worn and visible at all times to pass back and forth through this secured space and may not be shared with others.

Cheerleaders

- [Clarifying Hair Rules](#)
- [ICCA Strengthen Rules](#)
- [Post Season Rules](#)

Spectator Parking

Public Parking is available at the South Parking Lot of Quarry Road (SE of Xtream Arena and S of the Coralville Conference Center) and the North Parking Ramp (N of Hyatt Regency Hotel). All street parking is 2-hour parking. Detailed parking maps are available on the [State Wrestling Tournament Central](#).

Spectator Seating

A seating map for spectators can be found on the [State Wrestling Tournament Central](#). Xtream Arena ushers will assist spectators with seating information. Administrators from each school are expected to monitor fan behavior of their fan sections.

Finals

- **Coaches:** Coaches will enter through the NE or SE vomms and proceed directly to their designated corner seating before their athlete's runout. Coaches will not walk out with their athlete.
- **Athletes:** Athletes will enter for finals runouts through the east-side middle hallway, located between the two scorers' tables.

Awards Presentations

Medals will be awarded to the 1st-8th place finishers for all weight classes in each class. We will be doing individual awards between every other weight class this year. Please instruct your athletes if they are competing on Friday evening to not leave the floor until their medal presentation is concluded.

Team trophies will be awarded to the 1st-3rd place teams in each class.

All place finishers will need to report to Bracket Row hallway on Friday evening by 6:00pm to get lined up for the Parade of Champions.

All awards must be accepted by an athlete in school approved team issued attire.

Awards Presentations Schedule

1A awards will proceed 2A awards.

100lb Competition

105lb Competition

Awards 100lb and 105lb

110lb Competition

115lb Competition

Awards 110lb and 115lb

120lb Competition

125lb Competition

Awards 120lb and 125lb

130lb Competition

135lb Competition

Awards 130lb and 135lb

140lb Competition

145lb Competition

Awards 140lb and 145lb

155lb Competition

170lb Competition

Awards 155lb and 170lb

190lb Competition

235lb Competition

Awards 190lb and 235lb

Team Awards

IGHSAU State Championship Media Credential Policy

The Iowa Girls' High School Athletic Union shall grant, at the discretion of management, media access credentials for its state championship events to radio, television, print and online media to those organizations or companies which routinely provide coverage during regular season play for either teams or individuals which are participating in the tournament, or which regularly offer general coverage of the sport. The number of credentials issued to each organization or company shall be held to the discretion of management. *Private talent evaluators, scouting services, photography studios, etc. shall not be granted access to areas of any venue restricted for media access.*

Apply for State Wrestling Media Credentials

Media Interview Protocol

Following each match or awards in the finals session, athletes are given a five-minute cool off period in their locker rooms. At that point, the head coach and wrestler are REQUIRED to report to the media interview space on Court 5 in the GreenState Family Fieldhouse. Jason Eslinger or another member of the IGHS AU staff will escort coaches and wrestler(s) to the interview area. Schools are allowed to conduct radio interviews with their school's local radio station prior to reporting to the interview.

Streamed and Televised Matches

The IGHSAU will stream the state wrestling tournament as part of the IGHSAU Digital Network powered by MidAmerican. Links to that event will be available on the IGHSAU website the day of the events. The final session will be broadcast on Iowa Public Television.

Official Tournament Programs and Merchandise

State Tournament merchandise and programs will be sold on the main concourse at Xtream Arena. [Tournament merchandise](#) will also be available for purchase online. Programs will be \$5.

Hotels

Participating school will arrange their own plans for travel, meals, and lodging while at the tournament. The Iowa City Area Sports Commission has provided information regarding available [hotel accommodations](#).

Practice Space

If you intend on needing practice space on the evening of Wednesday, February 4th, please contact Kylee at kylee@ighsau.org

Banners, Noisemakers, Helium Items, and Spectator Attire

Balloons, banners, signs, light or laser pens, or any paper debris including confetti are strictly prohibited. Objects that provide a safety concern such as pom poms on sticks are prohibited. Artificial noisemakers such as air horns, megaphones, cowbells, thunder sticks, etc. are not allowed. Xtream Arena policy prohibits pounding on seats. All spectators must wear a shirt and shoes during IGHSAU tournament matches. Shirts must be worn in a proper manner and should not promote obscene or inappropriate content.

See you in Coralville!

Kylee Walker, Erin Gerlich, and Lewie Curtis

kylee@ighsau.org

O: 515.259.1925

C: 515.577.4092