

## Minutes of the IHSA Wrestling Advisory Committee Meeting

April 23, 2013

The IHSA Wrestling Advisory Committee met at the IHSA Office, Bloomington, Illinois, on Tuesday, April 23, 2013, beginning at 10:00a.m. Committee members present were Ron Stewart, Chicago (King); Neal Weiner, Wheeling; Mark Hahn, Carol Stream (Glenbard North); Jon Murray, Geneseo; Doug DeWald, Leroy; Eric Roberson, Alton (Sr.); Rob Zielinski, McHenry; Craig Anderson, IHSA. Jay Blair, Manito (Midwest Central) was not in attendance.

The minutes from April 18, 2012 meeting were approved and discussed.

### **TERMS AND CONDITIONS RECOMMENDATIONS:**

- 1. Item V. B. 1) Seeding and Schedules in the Individual State Tournament series will be done according to the following plan:**

**Recommendation:** Coaches should provide the team roster and record to the regional host on Wednesday prior to the regional seed meeting.

**Rationale:** There is a great deal of responsibility for a school when it comes to hosting a seed meeting for a regional tournament. Participating schools should do their part in making sure the hosting school has the information needed to prepare for and conduct a regional seeding meeting.

Approved

- 2. Item V. B. 4) Seeding and Schedules in the Individual State Tournament series will be done according to the following plan:**

**Recommendation:** At the individual sectional team points will be kept for the purpose of seeding at the dual team state tournament. Of the 4 qualifying teams wrestling in the dual team sectional, the team with the most points in the sectional will be the number 1 seed followed by the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> seeds. At the dual team sectional, the number 1 seeded team will wrestle the number 4 seeded team and the number 2 seeded team will wrestle the number 3 seeded team. The 2 winning teams from the team sectional will advance to the team state championships.

Team scores will also be kept at the individual state tournament for the sole purpose of seeding the state qualifying teams in the dual team sectional. The state qualifying teams will be placed in seed order according to their team finish at the individual state tournament. At the state tournament the number 1 seeded team will wrestle the number 8 seeded team and the number 2 seeded team will wrestle the number 7 seeded team in the first quarterfinal round. The number 3 seeded team will wrestle the number 6 seeded team and the number 4 seeded team will wrestle the number 5 seeded team in the second quarterfinal round. The winners will advance to the semi-final matches with the consolation and championships to follow.

**Rationale:** This seeding procedure will take very little effort and will help make the finals and place matches at team state much more competitive. The idea of seeding at the state final is consistent with the seeding that is done at the individual state wrestling tournament.

Died for lack of motion

- 3. Item V. B. Seeding and Schedules in the Individual State Tournament series will be done according to the following plan:**

**Recommendation:** 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.

**Rationale:** The committee believes that once a wrestler is nominated for a seed, he must continue to be available for a seed in any of the top 4 positions on the bracket. Coaches that are currently

removing their wrestlers when it comes to the 3<sup>rd</sup> or 4<sup>th</sup> seed are defeating the spirit of the seeding process.

Approved

#### 4. Item VI. A Tournament Structure and Time Schedules A. Individual Tournaments

**Recommendation:** At the individual state tournament, open the doors for weigh-ins at Assembly Hall on Thursday at 11:00am.

**Rationale:** The past two years of three day wrestling identify an extremely late finish to wrestling on Thursday night. The requirement to get back to a hotel following wrestling and returning at the early hour for weigh-ins on Friday morning make it tough on the wrestlers. This additional hour would not require a Wednesday night stay in Champaign necessarily.

Approved

#### 5. Item VI. A. Tournament Structure and Time Schedules A. Individual Tournaments

**Recommendation:** Start wrestling on Thursday at the individual state tournament 1 ½ hours after weigh-ins.

**Rationale:** The previous two years of the state final have demonstrated a timely completion of weigh-ins. This additional half hour saved by beginning wrestling 1 ½ hours after the weigh-ins begin will allow for an earlier finish on Thursday night.

Approved

#### 6. Item VI. Tournament Structure and Schedule A. Individual Tournaments

**Recommendation:** During session 2 wrestle the quarterfinal and first round wrestlebacks using all 6 mats in class order with the following time schedule:  
Class 1A: 8:30 – 11:00am; Class 2A: 11:00am – 1:30pm; Class 3A 1:30pm – 4:00pm.

**Rationale:** The committee believes this will provide more opportunity for wrestlers to gain rest and energy for the tournament without being required to remain in Assembly Hall all day on Friday. Semi-finals on Friday night and wrestling on Saturday will be wrestled with all three classes together.

Approved

#### 7. Item VI. Tournament Structure and Schedule A. Individual Tournaments

**Recommendation:** Change the Fifth Session wrestling to the following schedule:  
4:30pm – Open Assembly Hall  
5:00pm – Line-up for the Grand March  
5:30pm – Grand March followed by Championship matches on 3 mats.

**Rationale:** The committee believes there is a sufficient break from wrestling with this schedule between sessions 4 and 5. The earlier start will allow many teams to travel home on Saturday night versus spending another night in a hotel.

Approved

## 8. Item VIII. Tournament Rules D. Weigh-in

**Recommendation** (7) An additional two (2) pound growth allowance, beyond the original growth allowance, will be given to all wrestlers competing in the dual team sectional and dual team state competitions.

**Rationale:** The committee believes that at this late time of the season, following the individual state tournament, these growing young teenagers could benefit from this additional growth allowance to have them remain safe regarding their weight loss/gain.

Not Approved

### NFHS Wrestling Rules Waiver request:

**Recommendation:** The committee recommends that if medical personnel are present at a wrestling competition, they may extend time injury time for a wrestler to 4 minutes to properly diagnose head, neck, and vertebrae injuries.

**Rationale:** This type of waiver has been granted to Wisconsin in years past. The committee believes that this would give medical personnel the additional extra time to do a better job of correctly assessing a wrestler for head trauma before allowing the wrestler to continue wrestling or discontinue the match.

Tabled

## WEIGHT CONTROL PLAN RECOMMENDATIONS:

### 1. II. Time Periods for Measurements A.

**Recommendation:** All wrestlers are eligible to re-certify their weight after their first certification date on or before Friday of Week 24 on the IHSA Standardized calendar.

**Rationale:** The committee believes this will give wrestlers a reasonable time to adjust their bodies to the sport of wrestling after coming from a fall sport. This would also reduce the rapid reduction that currently goes on as wrestlers try to reduce their weight before completing the certification process prior to their first match. There are many examples of young wrestlers coming out for wrestling for the very first time who find their weight and fitness making extreme changes after the first few weeks of the season. Many of these wrestlers end up with a certified weight higher than their actual weight creating an extreme disadvantage for them.

Pending

## ADMINISTRATIVE RECOMMENDATIONS:

Add this language to the weight control manual regarding an additional method for measuring body fat percentage:

Bio-Impedance measurements will be accepted from the use of the TANITA TBF-300-A Body Composition Analyzer/Scale. This technology is available for approximately \$1500-\$1700 from most health care product suppliers. Measurements taken with the TANITA analyzer must be witnessed by and entered by an IHSA licensed Certified Body Fat tester for that school. The use of any other model of TANITA must be approved by the IHSA prior to use. Measurements taken with a TANITA machine shall be taken in the standard mode.

Approved

### **ITEMS OF GENERAL DISCUSSION:**

1. Discussed Regional Questionnaire items and discussion from the regional reps meeting.
2. Discussed seeding the sectionals before assigning regionals.
3. Discussed the Individual State Tournament Time Schedule
4. Discussed the implementation of the TANITA Body Fat percentage indicator as an option for determining body fat percentage as well as how it will be included in the weight control manual.
5. Discussed the details of wrestlers making their descent according to their individual descent plan.
6. Discussed hairnets being part of the head gear.
7. Recognized outgoing Advisory Committee members: Doug DeWald, LeRoy and Mark Hahn, Carol Stream (Glenbard North)
8. Meeting was adjourned at 12:56 pm.