

## Minutes of the IHSA Wrestling Advisory Committee Meeting

March 11, 2020

The IHSA Wrestling Advisory Committee met at the IHSA Office in Bloomington, Illinois, on Wednesday, March 11, 2020 at 10:00 a.m.

Committee members present: Andrew Johnson, Chicago (C. Military Academy-Bronzeville); Josh Oster, Lockport (Twp.); Kevin Milder, Lena (L.-Winslow); Terrence Tetter, Danville (H.S.); Brad Alewelt, Rochester; Dave Harris, Belleville (Althoff); Ron Coit, Official – Farmer City and Sam Knox, IHSA.

Brady Stromquist, Woodstock (North) was absent.

Tony Clarke; Mike Manahan; Colleen McGlynn; Rich Montgomery, Rock Falls (IWCOA rep.); Rob Penney, Peoria (Richwoods) and John Kane, Hoffman Estates (Conant) joined the meeting to discuss the future of Girls Wrestling.

The committee discussed and approved the minutes from the April 17, 2019 meeting.

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

#### **1. I. Establishing Minimum Weights: C.**

**Recommendation:** Schools may assess wrestlers' body fat as early as the first day of practice. Wrestlers may participate in matches early in the season even if their body fat has not been assessed. If a wrestler participates in at least one match early in the season, he/she may not participate for the rest of the season if he/she is not assessed by Friday of IHSA Week 23 (early- to mid- December).

**Rationale:** Assessing a wrestler's body fat after a few weeks of practice and competition will allow a wrestler to become more acclimatized to the sport. This is especially true in situations where a wrestler participated in a fall sport or entered wrestling season out of shape and loses weight naturally after beginning a wrestling-specific workout routine and nutrition plan. Delaying body fat assessment will allow wrestlers to reach their optimum, healthy weight prior to learning their weight descent plan for the season.

**Died for Lack of Motion**

#### **2. II. Dual Meet Team Tournament Series Dates & Sites: 3) a.**

##### **V. Tournament Assignments & Seeding Meetings**

##### **VII. Advancement of Winners: B. Team Advancement**

**Recommendation:** Seed the teams in the Dual Team State Finals using a point system based on how the teams' wrestlers finished at the Individual State Finals in the current school year.

State Champion = 30 points

2<sup>nd</sup> Or 3<sup>rd</sup> Place = 25 points

4<sup>th</sup>, 5<sup>th</sup>, or 6<sup>th</sup> Place = 20 points

State Qualifier = 10 points

A coin toss will break any ties.

Use the seeds to create the Dual Team State Finals bracket.

#1 vs. #8; #4 vs. #5      #3 vs. #6; #2 vs. #7

**Rationale:** In theory, creating a bracket based on seeds will separate the better teams earlier in the tournament and therefore, will ensure a more balanced tournament.

Died for Lack of Motion

### 3. V. Tournament Assignments & Seeding Meetings B. 2) Individual Sectional Pairings

**Recommendation:** Seed the Individual Sectional using similar criteria that is used to seed the Individual State Finals, with adjusted win totals as noted below.

Returning State Champion at any Weight Class = 30 points  
Returning State Finals medalist (2<sup>nd</sup>-6<sup>th</sup>)  
at any Weight Class = 25 points  
Returning Sectional Champion at any Weight Class = 20 points  
Returning State Qualifier at any Weight Class = 10 points  
34 or more wins = 15 points  
29-33 wins = 10 points  
24-28 wins = 7 points  
19-23 wins = 5 points

**Rationale:** Currently, the Sectional bracket is created by a pre-determined schematic that places wrestlers randomly in the bracket based on their finish at the Regional. Seeding the Individual Sectional will ensure that the #1 and #4 wrestlers are on the same side of the bracket and the #2 and #3 wrestlers are on the same side of the bracket, just like what happens at the Regional and State Finals.

Died for Lack of Motion

### 4. VI. Tournament Structure and Time Schedules: B. Dual Team Tournaments

**Recommendation:** Sectional Dual Team semifinals will begin no earlier than 5:30 p.m.

**Rationale:** Current language says Sectional Dual Team semifinals will begin no later than 5:30 p.m. The start time for many events on a school night is 5:30 or 6:00.

Tabled

### 5. VIII. Tournament Rules C. Weight Control Plan Entries

**Recommendation:** All wrestlers must be certified at their lowest weight class they will enter the Individual or Dual Team Wrestling State Final Tournament by the conclusion of weigh-ins for the Regional Tournament. If a wrestler is not able to meet this deadline due to an injury, he/she may certify and participate at the Dual Team Sectional or Dual Team State Finals for the first time all season as long as he/she is medically cleared and has met all other weight certification requirements.

**Rationale:** Current language says that a wrestler must be certified to wrestle in the postseason by the conclusion of weigh-ins at the Regional. The committee feels that a wrestler who misses this opportunity because of an injury should be able to participate later

in the season in the Dual Team Sectional or Dual Team State Finals, if he/she is medically cleared to participate.

### Approved by Consent

**Administrative Recommendation:** The IHSA will organize a state series for Girls Wrestling in the 2020-21 school year, consisting of an Individual Sectional tournament and an Individual State Finals Tournament.

Girls will wrestle in 12 different weight classes. The actual weight classes will be determined later, once we learn if the NFHS adds girls weight classes to the rule book.

In 2020-21, the Girls Individual Sectional will take place on the same weekend as the Boys Individual Sectional.

In the years after that, the Boys Regional and Individual Sectional will move one week earlier on the calendar to allow for an open weekend to hold the Girls Individual Sectional.

The Girls Individual State Finals will take place on the same weekend and at the same location as the Boys Dual Team State Finals. Both genders will wrestle on Friday and Saturday that weekend.

**Rationale:** In the past three years, we have witnessed an increase in girls' participation.

**2017-18:** 424

**2018-19:** 633

**2019-20:** 837

The committee feels that it's time for the IHSA to organize a state series tournament for girls.

The committee feels that if this happens, the number of girls participants will significantly increase since they will be able to compete against other girls and will have the opportunity to participate in their own state series tournament.

Approved by the Board of Directors to be implemented in the 2021-22 school year.

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

1. The committee discussed using additional sections of a warmup mat at the State Farm Center for the Individual State Finals.
2. The committee discussed the concept of holding the Regional seed meeting on the day of the Regional as opposed to the Thursday of Regional week.
3. The committee discussed clarifying the language in the Terms and Conditions regarding alternates and their participation at the State Finals.
4. The committee discussed classification of wrestling teams. 40% of teams in 1A, 30% of teams in 2A, and 30% of teams in 3A. The rationale for the change is to place more schools and more wrestlers in 1A to attempt to reduce the number of Regional brackets where wrestlers automatically advance to the Sectional due to the low number of wrestlers in their bracket.
5. The committee recognized outgoing members Brad Alewelt, Rochester and Dave Harris, Belleville (Althoff).
6. The meeting adjourned at 2:15 p.m.