Idaho High School Activities Association

2026-2027

Wrestling Coaches Packet

DAIRY WEST
RealGood

2026-27 Wrestling

Classification based on grades 9-12

6A	1,400 and over	4A	699-350
5A	1,399-700	3A	349 and under
Girls Division I		1200 and above	
Girls Division II		1199 and under	

First Day of Practice November 16

- Wrestlers must pass the hydration test and be weight certified prior to the first allowable date of IHSAA competition.

First Match	December 2
Dist. Tourn. Completion	February 20
State Tournament	February 26-27 at ICCU Dome

Rules

The official wrestling rules in Idaho are the National Federation of State High School Associations (NFHS) Wrestling Rules, with Idaho modifications. Rule books must be picked up and signed for by the school's representative at the district rules clinic.

Wrestling Season

The IHSAA wrestling season begins on November 16 and concludes with the State Wrestling Tournament. National Federation rules are in effect throughout the season. Participation in freestyle or Greco Roman tournaments is prohibited during the regular season

Match Limitations

An individual may compete on a maximum of sixteen dates, with no limit on the number of matches per date. Friday after 1:00 p.m. and Saturday may be counted as a single date. Two-day tournaments held during Christmas break when school is not in session and beginning at 8 AM will count as one date.

An individual who exceeds the limitations of regular season participation will become ineligible for district, state or any other additional IHSAA sponsored competition of that sport.

Practice Matches

If a coach takes any part of the wrestling squad to another school for a joint practice, that practice counts as one of the 16 regular-season dates. Joint practices or scrimmages may not be held before the first allowable date of competition.

Takedown Tournaments

Schools that donate the proceeds from a takedown tournament to the YEA Foundation are not required to count the event as one of the 16 regular season dates. Each school is limited to one takedown tournament per season.

Weight Classifications: Boys

98	106	113	120	126	132	138	144
150	157	165	175	190	215	285	

Weight Classifications: Girls

100	105	110	115	120	125	130	135
140	145	155	170	190	235		

Weight Certification

The certification program includes three vital components that will ensure the health and safety of each individual wrestler, the three components are:

1. Establishment of healthy wrestling body weight through body composition and hydration. The minimum weight will be based on 7% body fat for males and 19% for females. Should an athlete fall below this level, they shall not be permitted to compete until a medical doctor provides written verification the wrestlers body fat level is naturally below the prescribed percentage and the health of the individual is not compromised by the lower level of body fat composition. This verification from a medical doctor will only be approved by an IHSAA certified weight assessor.
2. Development of a sound, gradual and safe weight-loss plan, which includes nutritional education if weight loss is desired. The maximum weight loss per week shall not exceed 1.5 percent of body weight during the initial descent to the wrestlers certified minimum weight class.
3. Development of a nutritional education program that is directed to the coach, individual wrestler and parent.

The method designated to determine body fat of each wrestler is the use of Bioimpedance, a compact and portable body composition analyzer and scale. This body composition analyzer will be available in each of the six activity districts for use by member schools. The cost of the total Minimum Weight Certification includes a fee of $3.00 per wrestler plus mileage that will be paid to the certified weight assessor, a fee of $30.00 per gender will be charged for the weight certification fee.

Each wrestler will be required to be certified by the day prior to the first allowable date of competition. The window for certification will be October 19 to the day prior to the first allowable date of competition. During this time period each wrestler will have the opportunity to go through the certification process twice with the same assessor. Individuals who join the wrestling team after first allowable competition date must certify prior to the wrestler's first match. All wrestlers must pass the hydration test immediately prior to determining their body fat composition. The use of a refractometer and urine test strips will be the only two methods recognized in testing for hydration.

Every member school that has paid the annual IHSAA participation and weight certification fees may access the web based optimal performance calculator that will determine the lowest allowable weight class for each wrestler. To maintain the integrity of the Weight Certification Program a unique password will be assigned to the certified assessor, coaches and student athletes. Assessors can enter data, while coaches and athletes have view-only access

Once the wrestler is certified and the minimum wrestling weight is determined for the season, the wrestler will be ineligible to wrestle below their certified class. After a wrestler reaches and competes at his minimum certified weight class, the individual may return to a higher weight class. While returning to a lower weight class, a wrestler shall not lose more than four pounds from week to week. Once certified, a wrestler may only wrestle up to two weight classes above his certified minimum weight class.

Growth Allowance

A two pound growth allowance will be added to each weight class on January 1st. A wrestler may not use the two pound growth allowance to make scratch weight.

Representation to District Tournament
Two wrestlers from each weight class from all schools may enter the district tournament.

District Tournament Seeding Meeting
The District Tournament manager will call a meeting of all wrestling coaches prior to the tournament to verify entries, draw brackets, seed wrestlers, select officials, and address other relevant tournament matters.

Certification for District & State Tournament
To be eligible for the district & state tournament, each wrestler must weigh in at scratch weight and be available to compete on three of the sixteen regular season dates. The coach must provide verification that the wrestler has met the three required weigh-ins before the district seeding meeting. Each weigh-in will count toward one of the wrestler's sixteen regular season dates.

- Coaches are responsible for verifying to the manager of the district wrestling tournament the certified weight class of each wrestler entered.
- All records must be updated or the wrestler will not be seeded and will be drawn in.
- All challenges for weight verification shall be made before the weight is seeded.
- After the weight is seeded, there shall be no changes in that weight.
- Scorebook or a Track wrestling weigh in will serve as proof for making weight.
- Schools will be fined for not updating Track wrestling prior to the district tournament.

Seeding and Drawing the Brackets
All NFHS Wrestling Rules apply, with the following clarifications and exceptions.

1. Failure to verify entries at the seeding meeting will result in disqualification from the tournament. Contestants thereafter failing to make weight will not be permitted to participate in a different weight classification.
2. Immediately following the verification of entries, drawings will be made to place competitors on a tournament bracket

State Wrestling Representation
Wrestling representation for the state tournament will be calculated annually using participation data as of January 10. Girls' wrestling representation will be based on each district's individual participation numbers, while boys' wrestling representation will be based on the number of schools sponsoring a team in each district. A school must have at least eight boys wrestlers to be counted as a team.

State Seeding Meeting
The State Seeding Meeting will be held at the IHSAA office in Boise on February 21, 2027.

State Seeding Protocol for All Classifications

1. Seed the top eight state qualifiers.
2. Remaining state qualifiers will be placed by a random draw.
3. If possible teammates will be placed on opposite sides of the bracket unless it affects seeding

State Seeding Criteria for 1st through 8th
The seeding following criteria will be used to generate TrackPoints for seeding and at-large selection purposes.

1. Head-to-head
2. Record against common opponent (regardless of weight)
3. Highest returning state placer last year
   a. Highest returning state placer 1st-3rd at weight
   b. Highest returning state placer 1st-3rd at a different weight
   c. Highest returning state placer 4th-6th at weight
   d. Highest returning state placer 4th-6th at a different weight
4. District Champion
5. Best varsity record at that weight: minimum of 10 matches
6. Best overall varsity record.

Floor Passes at State Tournament
Each school receives complimentary admission and floor access for coaches based on the number of state qualifiers, plus two support staff. Additional personnel must have an IHSAA card or purchase a tournament pass but are not permitted on the competition floor.

Wrestlers	Coaches	Support Staff	Total Floor Passes
1 to 3	2	2	**4**
4 to 9	3	2	**5**
10-17	4	2	**6**
18+	5	2	**7**

2026-2028 Girls Wrestling Classification & Alignment

Dist.	Division I 1200 & Above		Division II 1199 & Below	
I (14)	Coeur d'Alene Lake City Post Falls		Bonners Ferry Clark Fork Kellogg Kootenai Lakeland Lakeside	Priest River Sandpoint* St Maries Timberlake Wallace
II (9)	Lewiston		Clear Water Valley Grangeville Kendrick* Lapwai Moscow* Orofino Potlatch	Prairie
III (36)	Boise Borah Caldwell Capital Centennial Eagle Kuna Meridian Middleton Mountain View	Nampa Owyhee Ridgevue Rocky Mountain Timberline-B Vallivue	Bishop Kelly Cascade* Columbia Emmett Fruitland Garden Valley* Homedale Horseshoe Bend* Marsing McCall-Donnelly*	Meadows Valley Melba Mountain Home New Plymouth Parma Payette Salmon River Skyview Tri-Valley (Cambridge/Midvale) Weiser
IV (19)	Canyon Ridge Minico Twin Falls		Buhl Burley Declo Filer Glenns Ferry Gooding Hagerman Hansen Jerome Kimberly Oakley	Raft River Shoshone Valley Wendell Wood River
V (13)	Highland-P Pocatello		Aberdeen American Falls Bear Lake Century Grace Malad Marsh Valley	Preston Snake River Soda Springs West Side
VI (18)	Hillcrest Idaho Falls Madison Rigby Skyline Thunder Ridge		Blackfoot Bonneville Butte County Challis Firth Ririe Salmon	Shelley South Fremont Sugar-Salem Teton West Jefferson
110	31		78	

* Currently in a Co-Op

2026-28 BOYS WRESTLING CLASSIFICATION & ALIGNMENT

District	6A 1400 & Above	5A 1399-700	4A 699-350	3A 349 & Below
I (13)	Coeur d'Alene Lake City Post Falls	Lakeland Sandpoint	Bonners Ferry Timberlake	Kellogg Kootenai Lakeside Priest River St. Maries Wallace
II (14)		Lewiston Moscow*		Clearwater Valley Deary Grangeville Kamiah Kendrick* Lapwai Logos Orofino Potlatch Prairie Timberline- W Troy*
III (37)	Boise Borah Capital Centennial Eagle Kuna Meridian Middleton Mountain View Owyhee Ridgevue Rocky Mountain Timberline-B	Bishop Kelly Caldwell Columbia Mountain Home Nampa Skyview Vallivue	Emmett Fruitland Homedale McCall-Donnelly* Weiser	Cascade* Garden Valley* Horseshoe Bend* Marsing Meadows Valley Melba Nampa Christian New Plymouth Parma Payette Salmon River* Tri-Valley
IV (22)	Canyon Ridge	Burley Jerome Minico Twin Falls Wood River	Filer Gooding Kimberly*	Buhl Carey Declo Glenns Ferry Hagerman Hansen* ISDB Oakley Raft River Richfield* Shoshone* Valley Wendell
V (13)	Highland-P	Century Pocatello	American Falls Bear Lake Preston Snake River	Aberdeen Grace Malad Marsh Valley Soda Springs West Side
VI (19)	Madison Rigby Thunder Ridge	Blackfoot Bonneville Hillcrest Idaho Falls Shelley Skyline	South Fremont Sugar-Salem Teton	Butte County Challis Firth North Fremont Ririe Salmon West Jefferson
(119)	(21)	(24)	(17)	(56)

* Currently in a Co-op

Wrestling Rules Changes - 2026-27

Thu Aug 13 2026

1-5-1, 2 — Modified a minimal body fat percentage for female wrestlers.

4-2-6 — Clarified a comprehensive description of an intraoral mouth and tooth protector.

4-5-1 — Modified the process of weighing-in contestants.

5-24-4b — Clarified when a certain potential stalling situation hold is applied on the edge of the mat.

5-28-3, 8-2-7 — Modified the definition of recovery time.

7-6-3 — Clarified four additional elements of stalling.

1-4-3, 5-3-1-5, 10-3-1-5 — Modified how the use of byes affects bracketing in tournaments, round robin, pool play and scramble events.

Referee Signals Additions:
Official Wrestling Signals – Clarified how to signal stalling when the opponent is pushed out of bounds.

Official Wrestling Signals – Clarified how to signal stalling when opponent is pulled out of bounds.

Official Wrestling Signals – Clarified how to signal stalling when opponent is backing out of bounds.

Official Wrestling Signal – Clarified how to signal when wrestling action is continuing after going out of bounds.

IHSAA Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. Interscholastic programs should be designed to promote citizenship and enhance the academic mission of the school.

The Coach Will

- Be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

- Uphold the honor and dignity of the profession. The coach shall strive to set an example of the highest ethical and moral conduct. The coach/school will honor contracts regardless of possible inconvenience or financial loss.

- Master the contest rules and shall teach them to his or her team. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

- Demonstrate respect and support for officials. The coach shall not indulge in conduct, which would incite players or spectators against the officials. The coach will not make statements concerning officials' decisions after a game.

- Work with school faculty to promote overall educational growth of the student. The coach shall not exert pressure on faculty members to give student-athletes special consideration.

- Honor the commitment to student based programs that supplement the educational growth of each student-athlete.

- Be professional in association with other coaches. The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

- Exert his or her influence to enhance sportsmanship of all extracurricular activities.

- Cooperate with different media sources in an appropriate manner that promotes all aspects of the sport, school and community. Public criticism of officials, opponents or players is unethical.

- Uphold all policies and procedures of the school, district, IHSAA and the National Federation.

St Luke's Sports Medicine

Safety courses are required for all coaches on even numbered years. Courses must be taken after May 1, 2026. Submit certificate of completion to your administration.

Required Safety Courses:

***Coaching Mental Wellness**
***Sudden Cardiac Arrest**
***St. Luke's Concussion Course**

Follow these instructions to access the free, courses.

- ✓ Go to the IHSAA website - www.idhsaa.org
- ✓ Click school / Coaches
- ✓ Fill in required information to sign-in or create account
- ✓ Follow instructions to start course
- ✓ At the conclusion of the course, **PRINT / SAVE CERTIFICATE.**

NFHS Learn Help Desk
(317) 565-2023

IDAHO COACH
IDAHO TEACHER
IDAHO LEADER
IDAHO MENTOR

For more information on IHSAA and NFHS coaches education

- Idaho Coaches Education – www.idhsaa.org
- NFHS Learning Center – www.nfhslearn.com
- Follow Idaho Coaches on Twitter @IHSAAcoach

IHSAA Coach Education

The Idaho High School Activities Association is committed to the promotion of coaches' education programs as well as providing resources toward continuing education for all of Idaho's coaches.

✓ Requirements for Idaho Coaches

ALL COACHES

- CPR/1st Aid Certification
- St. Luke's Concussion Course (fall of even numbered years)
- NFHS Sudden Cardiac Arrest Course (fall of even numbered years)
- Coaching Mental Wellness (fall of even numbered years)

NON-CERTIFIED TEACHER

- NFHS Fundamentals of Coaching
- NFHS Teaching & Modeling Behavior

CHEER/DANCE/MUSIC/DRAMA/ADMINISTRATION

- NFHS Understanding Copyright & Compliance

POLE VAULT COACHES

- NFHS Coaching Pole Vault

✓ NFHS/IHSAA Educational Recommendations for Interscholastic Coaches

- Complete the NFHS Fundamentals of Coaching course (prior to coaching)
- Complete necessary courses to become and NFHS LEVEL 1 Coach within the first year of coaching
- Maintain current certification in CPR, AED and 1st Aid Safety
- Complete online courses or professional development specific to the sport in which they are an interscholastic coach
- Know the playing rules of their sport(s) and understand state association rules and policies governing their sport
- Encourage the participation of team building activities and community service projects with your team
- Pursue NFHS Certified LEVEL 3 credential within two years
- Read, understand and agree to the national and state Coaches Code of Ethics

NFHS Learning Center Coaches Education Courses

SPORT/ACTIVITY SPECIFIC COURSES

Coaching Baseball
Introduction to Pitch Smart – **FREE**
Coaching Basketball
Coaching Cheer & Dance
Spirit Safety Certification
Coaching Football
Blocking, Shoulder Tackling & Equipment Fitting
USA Football Tackling & Contact
Coaching Golf
Coaching Cross Country
Coaching Soccer
Coaching Softball
Coaching Swimming
Coaching Tennis
Coaching Track & Field
Coaching Pole Vault – **FREE**
Coaching Volleyball
Coaching Wrestling
Coaching Adapted Sports – **FREE**
Coaching Unified Sports - **FREE**
Adjudicating Speech & Debate – **FREE**
Introduction to Music – **FREE**
Introduction to Music Adjudication – **FREE**
Introduction to Esports - **FREE**
Speech & Debate Event Management - **FREE**
Theater Safety – **FREE**
Band Safety - **FREE**

ISSUES IN ACTIVITIES/SCHOOLS COURSES

Fundamentals of Coaching
Engaging Effectively with Parents - **FREE**
Appearance & Performance Enhancing Drugs – **FREE**
Bullying, Hazing and Inappropriate Behaviors – **FREE**
NCAA Eligibility – **FREE**
Mental Training for Performance
Middle School Sports
Positive Parenting Within the School– **FREE**
Social Media – **FREE**
Implicit Bias - FREE
Sportsmanship – **FREE**
Sports Nutrition – **FREE**
Strength & Conditioning
Teaching and Modeling Behavior
Teaching Sports Skills
Captains Course – **FREE**
Supervising After School Activities – **FREE**
Interscholastic Music Event Management - **FREE**
Title IX – **FREE**
Understanding Copyright & Compliance – **FREE**
Understanding Vaping & E-Cigarettes – **FREE**
Protecting Students from Abuse – **FREE**
P.A. Announcing - **FREE**

STUDENT COURSES - FREE

Concussion for Students
Hazing Prevention for Students
Learning Pro:
Homework Helper
Reading & Learning Strategies
Research Skills
Test Taking Tips
Captains Course
Social Media for Students
The Student Experience
Student Mental Health - **FREE**

SAFETY COURSES

Sudden Cardiac Arrest – **FREE**
Heat Illness Prevention – **FREE**
First Aid, Health and Safety
Concussion in Sports – **FREE**
Protecting Students from Abuse – **FREE**
ACL Prevention – **FREE**
The Collapsed Athlete - **FREE**
Band Safety – **FREE**
Afterschool Safety
COVID-19 for Coaches - **FREE**

4-3 EJECTIONS

4-3-1 In any athletic contest, including jamborees, any coach or player ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next regularly scheduled contest at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition. Any staff or parent/fan/spectator associated with a member school ejected for an unsportsmanlike or flagrant act will be suspended for the remainder of the contest/game/jamboree – and, will be suspended for the next two regularly scheduled contests at that level of competition, and all other games/meets/matches in the interim, in any sport, at any level of competition.
Note: Jamborees shall not be considered a regularly scheduled contest.

a. At the time of ejection, the person/s must leave the field of play and assume a position that will not enable him or her to see or be seen.
b. During the suspension of the next regularly scheduled contest, the player is permitted to watch the contest, but may not participate. The coach is not allowed at the contest. The parent/staff/fan/spectator is not allowed at the next two contests.
c. Players will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
d. Coaches will also be required to take the NFHS online Teaching and Modeling Behavior course and submit a certification of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.
e. Parents will also be required to earn the NFHS National Parent Credential which includes the free, online Positive Parenting Within School Programs course and The Parent Seat. Credential Certificate must be submitted to school administration prior to reinstatement. The credential must be completed between ejection and reinstatement.
f. Other Persons (staff/fan/spectators that are not parents) will also be required to take the NFHS free, online sportsmanship course and submit a certificate of completion to school administration prior to reinstatement. The course must be completed between ejection and reinstatement.

4-3-2 A second violation will result in being suspended for the next two (2) regularly scheduled contests. The third ejection will result in suspension for the remainder of that season. If penalties are imposed at the end of the sport season and no contest remains, the penalty is carried over to that particular sport until the next school year. In the case of a senior student, the penalty will continue to the next IHSAA sponsored sport.

4-3-3 The procedure for suspension and notification is:

a. The officiating crew must approve any additional suspension by a majority vote at the conclusion of the contest.
b. The official/ commissioner shall report an ejection to the school's principal and athletic director when a player/coach/staff/parent/fan/spectator is ejected from a competition.
c. The report must be submitted within a 24-hour period of the conclusion of the competition in which the infraction occurred.
d. The game official that disqualifies an individual for an unsportsmanlike act must notify the District Commissioner with a written report by the conclusion of the next day.
e. The District Commissioner, upon receipt of the report, shall notify the District Secretary, President of the District Board of Control, the school, and the IHSAA with a written report of the incident by the conclusion of the next school day.

4-3-4 The responsibility to enforce the penalty for being suspended lies with the school principal. Any dialogue concerning the suspension should come from the school principal and be directed to the President of the District Board of Control of the region in which the contest took place. The President of the District Board of Control (of the region in which the contest took place) may appoint a hearing committee to hear any appeals within 48 hours of the receipt of a complete report of the incident. It is the responsibility of the secretary of the District Board of Control in which the hearing took pace, to notify the district Board of Control secretary in which the student athlete or coach resides. Appeals may not deal with decisions made by contest officials.

4-3-5 When an individual is suspended for the next contest, the interpretation of "contest" is as follows:

Football: next game	Volleyball: next match
Basketball: next game	Cross Country: next meet
Wrestling: next contest	Softball: next game
Baseball: next game	Track: next meet
Tennis: next match	Golf: next match
Soccer: next match	Swimming: next meet

4-3-6 Any ejection that is the result of physical contact or excessive verbal abuse by a player/coach on a game official will be referred to the local District Board of Control for review to determine if any additional reprimand or suspension is warranted.

4-3-7 If a coach is ejected from an IHSAA contest, the designated school administrator must appoint an appropriately qualified adult to supervise the remainder of the contest or forfeit the contest.