

FAQ

For 2018-2019 season girls will be wrestling under `IHSA Boy's Wrestling`. However girls wrestling has been declared an emerging sport. Allowing exclusive `girls only` competitions. With that comes some conditions that will be added to begin movement towards sanctioning Girls Wrestling as an IHSA Sport.

If a girl is wrestling on her High School Varsity Team and plans on participating in the IHSA Boys State Wrestling Championship Series (individual) you need to know

- All team members are subject to IHSA By-Law 5.170 which places limitations on schools, teams and individuals for the number and types of competition. **Please check with your school coach and athletic director to ensure compliance.**
- Depending on a team's schedule the most tournaments a wrestler can compete in prior to the IHSA boys regional tournament is 4. For those not competing in the IHSA boys regional the limitation is 5
- The IWCOA Sectional and State Tournaments will each count as 1 tournament. Girls who participate in both will use 2 of their allowed tournament dates.

All girls including those not competing in the IHSA boys regional are encouraged to participate in as many girls only events as possible including tournaments, festivals (defined as a date where wrestlers are invited and matched up by weight without tournament/dual format) and dual meet competitions during the IHSA Wrestling Season.

All girls must be coached by her school's approved personnel at all competitions.

Coaches are requested to consider the following:

- Have all girls certify through the IHSA Wrestling Weight Control Program
- **Send all completed Emerging Sport Paperwork to the IHSA (copy to IWCOA)**
- Utilize Trackwrestling to manage your roster, tournaments, duals and events
- Add Girls Division competitions to your tournaments and duals (trackwrestling makes this very easy to accomplish)
- Add a school approved volunteer coach to support this initiative
- Enter your girls in the State Tournament Series which is `in season`