

## FAQ

The IHSA passed a new By-Law for the 2019-2020 which establishes Girls Wrestling. The limitations are as follows:

- Practices may start week 19 (Monday Nov 11<sup>th</sup>) and competitions week 21 (Monday Nov 25<sup>th</sup>)
- A Girls Wrestling Team may not participate in more than 18 dates in one season
- Individual Girl Wrestlers may not participate in more that 35 matches in one season

Exclusive `girls only` competitions are allowed.

**However, if a girl is wrestling on her High School Varsity Boy's 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
- We encourage all girls to participate in the IWCOA Girls Holiday Open Event Scheduled for Dec 23<sup>rd</sup> (Location TBD). This event will count as one Tournament date for those competing in the IHSA Boy's State Tournament Series

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
- **Register online with the IHSA through the school's Athletic Director's login for Girls Wrestling as an Emerging Sport**
- Report your events to the IWCOA to be added to the master schedule at [ilhsgirlswrestling@outlook.com](mailto:ilhsgirlswrestling@outlook.com)
- 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