

4.056 Exceptions to National Federation Rules

**Contestants shall be required to follow the National Federation rules regarding the uniform. Universal or freestyle singlets are not allowed. [4-1-1]

Weight classes shall be as follows: 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 145, 155, 167, 185, 215, and 275. [4-4-1; 4-4-2] **PLEASE NOTE THAT THE NFHS RULE ALLOWING A MAXIMUM WEIGHT OF 285 LBS. IN THE HEAVYWEIGHT CLASS HAS NOT BEEN ADOPTED BY THE IESA. THE MAXIMUM WEIGHT FOR THE HEAVYWEIGHT CLASS AT THE IESA LEVEL IS 275 LBS.

**Weigh-ins at the state meet are held on Friday only. [4-5]

**Weigh-in time period may begin two and one-half hours prior to the beginning of a meet. [4-5-1]

**Weigh-ins must be conducted in accordance with NFHS rule 4-5-7. Contestants may NOT weigh-in nude. [4-5-7]

**The following time limits shall apply to all state series matches and are recommended for all regular season matches:

- First period--one minute
- Second and third periods--one and one-half minutes [6-1-1]

**In regular season and tournament competition, the overtime period shall be conducted as follows:

- If the score is tied at the end of the three periods, the wrestlers will wrestle an overtime period which will be a maximum of one minute in length. Both wrestlers will be in the neutral position. The wrestler who scores the first point(s) will be declared the winner. If no winner is declared by the end of the 1 minute overtime period, a 30 second tiebreaker will be wrestled. Choice for position is given to the wrestler who scores the first point in the regulation match. The wrestler who scores the first point in the tiebreaker will be declared the winner. If no scoring occurs in 30 seconds the offensive wrestler will be declared the winner and one match point is added to the offensive wrestler's score. If the points earned in the overtime period or tiebreaker involve a takedown or reversal straight to the back, the match shall continue until the near fall or fall situation has concluded.

**There are no weight/growth allowances. All regular season contests (duals and tournaments) as well as the IESA state series shall be limited to the maximum weight in each weight class with no extra growth allowance permitted. Wrestlers must make scratch weight at every weigh-in except as noted below. [4-4-4].

During regular season meets and regular season invitationals, weight allowance may be given when National Federation rule 4-5-5 is met. No weight allowance is given for a digital scale. **NFHS Rule 4-5-5 is not in effect for the state series.

**Regional and sectional host schools shall designate a 45 minute block of time to conduct weigh-ins. Weigh-ins for the state series may be conducted as a team as opposed to weight class. ALL members of a team must be present before weigh-ins for that team may begin. [4-5-3]

**For all dual meets and tournaments, a maximum of two personnel (coaches and or non-participating contestants) will be permitted on chairs at the edge of the mat. [2-2-1; 2-2-2]