

IKWF Rule Modifications

12/15/19

For folkstyle competition, the IKWF Board of Directors has adopted the National Federation of State High School Associations rules with the following modifications and exemptions.

1. Rule 1-2-2&3: (modification) IKWF wrestlers shall not compete in more than 6 matches per day. No contestant shall wrestle in 2 consecutive matches with less than a 30-min. rest. Will allow wrestlers to compete in more than 6 matches at the Kids Open and exceptions listed in by-law 6-2-17.
2. Rule 2-2-2: (modification) Coaches allowed mat side without chairs or 5ft restricted zone during regular season; however, rule applies during IKWF State Tournament Series.
3. Rule 2-2-2: (modification) No water bottles or clipboards may be placed mat side during regular season Tournament competition. Clipboards must be held in hand at all times by Coaches. Water bottles, if used, must be placed on scorer's table or beyond the mat area. Exempt: during State Tournament competition.
4. Rule 3-1-1: (modification) Requires all IKWF State Tournament Series Officials to wear grey National Federation approved Officials' shirt. Officials may wear appropriate warm up jackets (black or dk. blue) only. Note: Jacket rule applies at IKWF regular season events as well as State tournament Series.
5. Rule 4-1-1: (modification) Allow the use of the international style (low cut).
6. Rule 4-1-3: (modification) (Girls State Finals only) Hair covers & taping of shoe laces are optional. Lace guards and double knotting of shoelaces are acceptable.
7. Rule 4-1-4: (modification) Allows the use of medical tape to secure wrestlers required head gear (head straps, ear guards & chin strap). The application of said tape shall be the responsibility/liability of Team Coach. The tape may not be abrasive or hinder opponent. Officials are prohibited from applying tape to head gear (Coaches only). Any taping correction needed on head gear (prior to or during match) shall be done using an Officials time out.
8. Rule 4-2-1: (modification) Removable tattoos shall not be allowed at any IKWF sanctioned event. (**Issue:** removable tattoos were being used to cover skin conditions at the State Championships).
9. Rule 4-2-5: (exempt) Use of mouth guard not required by IKWF wrestler.

10. Rule 4-5-7: (modification) Wrestlers will weigh-in with a legal competition uniform. This could be a traditional singlet, or a legal two-piece uniform as described in NFSHS rule 4-1-1. Furthermore, anyone weighing in with a compression shirt must remove it for skin checks.

11. Rule 5-29-3: (modification) Blood/Recovery Time – Recovery time now includes both blood and recovery time from an injury as a result of unnecessary roughness, unsportsmanlike conduct, or an illegal hold with a maximum of 2 min. per occurrence.

Note: blood time taken for unnecessary roughness, unsportsmanlike conduct, or an illegal hold does not count against the wrestler's 5 min. blood time. If wrestler is unable to continue at the conclusion of 2 min recovery time for blood or injury, he/she shall be declared the winner.

12. Rule 5-31-1: (modification) During regular season you will not penalize wrestler for not reporting ready to wrestle or properly equipped until he/she places foot on 3ft. starting line. Rule shall be in full force during the IKWF State Tournament Series.

13. Rule 6-1-1: (modification)

A. IKWF State Tournament Series match times for Tot/Bantam/Intermediate (formerly Midget) – 1min. (all 3 periods). Novice/Senior – 1min. 30sec. (all 3 periods).

B. Regular Season Open Tournaments: Tournament Director can follow same as above or may modify times for Novice/Senior to 1min (all 3 periods) or 1min. (first period) and 1min. 30 sec. (2nd & 3rd period).

14. Rule 6-1-3: (modification) Eliminates two 30 sec. tiebreaker periods. Clarification: when regulation match ends in a tie, you will wrestle a 1min. sudden victory period. If match remains tied, you will then wrestle a 30 sec.ultimate tiebreaker.

15. Rule 7-5-4: (modification) Coaches misconduct would be modified for regular season events. Misconduct warnings & penalties would be given to the individual coach that is currently mat side and the recipient of that penalty. Rule exempt during State Tournament Series.

16. Rule 10-1-2: (modification) Videotaping or filming is authorized at all IKWF events. It is however, prohibited at mat side as well as all restricted areas for coaches & wrestlers.

17. IKWF State Tournament series requires all mat officials to be USA & IHSA registered and licensed.

18. Mandatory Officials & Coaches Meetings.

IKWF Individual & Dual Team State Tournaments: Time & place to be designated by the

IKWF office & Head Official assigned to that tournament.

19. Coaches misconduct/unsportsmanlike for sideline infraction at Individual State Tournament: Coaches will be penalized for violating the main floor restriction zone when they do not have a wrestler on deck. The penalty/s are as follows:

DAY ONE:

- a) During preliminary round coaches will be warned for first offense.
- b) For the second offence during preliminary round or first offence during first round,
consolation bracket or quarter finals, a misconduct penalty will be assessed on the individual coach. (deduction 1 team point)
- c) For the third offence during preliminary round or second offence during first round consolation bracket or quarter finals, a misconduct penalty will be assessed on the individual coach (deduction 2 team points & removed from tournament venue for the remainder of the day)

DAY TWO:

- d) For the first offense during consolation bracket, semifinals & final round, coach will be penalized for unsportsmanlike conduct. (deduction 1 team point)
- e) For the second offense during consolation bracket, semifinals & final round, coach will be penalized for unsportsmanlike conduct. (deduction 2 team points & removal from the tournament venue for the remainder of the tournament) Note: this coach will be required to sit out the first tournament of the following year as well.

20. Ejection for misconduct, unsportsmanlike conduct or flagrant misconduct coach, wrestler or official:

- a) First offense will be a 10-day suspension and placed on probation for the remainder of the year.
- b) Second offense in the same season will require your appearance in front of the IKWF Board for disciplinary action.
- c) Upon receiving ejection report, IKWF President, C0-Head Officials and Sectional Director shall confer and thereafter a disciplinary committee comprised of the Sectional Director and 2 of the 3 IKWF Vice Presidents may impose an attendance restriction during the 10-day suspension.
- d) Exception: Misconduct during Dual Team or Individual State Tournament Series shall follow NFHS guidelines.

NOTE: Any Official/Tournament Manager administering ejection of coach, wrestler or official is required to notify the

IKWF office and both co-head officials in writing within 24 hours of the occurrence. Any official that needs to submit a special report and does not do so in the 24 hours shall be suspended for 10 days and not eligible for the State Series

21. State Championship Appearance: No hats worn by Coaches or Wrestlers at the IKWF Individual or Dual Team State Championships.
22. State Championship Parade of Finalists: At the IKWF Individual State Championships, any wrestler who does not participate in the Parade of Finalists will forfeit their finals bout.
23. State Championship Awards Presentation: At the IKWF Individual State Championships, Any wrestler who does not participate in the awards presentation and has not been red carded by the Head Trainer:
 - a. Will not be awarded a medal
 - b. All team points earned during the tournament will be deducted from the team's Senior or Novice Division team scores.
 - c. The wrestler will lose one year of IKWF State Series eligibility.
 - d. The team cannot score team points in the following years' IKWF State Series.Note: the head coach will have the opportunity to petition the IKWF Executive Board to appeal the decision to not score team points during the following years' IKWF State Series
24. (Exempt) Out of bounds fall/near fall (NFHS) rules will not be followed by the IKWF regarding scoring near-fall point or a fall when the defensive wrestler's shoulders or scapulae are not inbounds. This exemption applies to all IKWF events including state final tournaments.

IKWF Youth Sports Concussion Protocol

Dear IKWF Coaches & Officials,

The following is the IKWF return to play program:

1. Anytime a wrestler has been deemed unconscious or unable to wrestle because of signs or symptoms of a concussion, the following procedure must be followed:
 - a) Mat Official must email IKWF office and Co-head Official the name & club of the participant.
 - b) IKWF office shall email consequent club's Head Coach of the incident.
 - c) Team Coach shall email the IKWF office back once Wrestler's Parent and Doctor has written clearance

for the wrestler to return to play.

Note:

- a) Any Official found not to comply by sending concussion information to IKWF would be suspended for 10 day on first occurrence and for the remaining of the season on the second.
- b) Any Coach allowing Wrestler to participate without meeting the compliances of the IKWF office shall be suspended 10 days on the first occurrence and for the remaining of the season on the second.
- c.) The IKWF will not use NFHS rule 8.2.4b (HNC).

Statement: IKWF Board of Directors welcomes any suggestions or improvements for rule modifications or exemptions and reviews them annually @ the April meeting. Requests for changes can be emailed or faxed to the IKWF office between Feb. 15th and March 31st each calendar year.

Contact Information for IKWF Rules Director:

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