



OHSAA WRESTLING BULLETIN

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Edge of Mat Take Down

In Bulletin No. 3, guideposts for awarding edge of mat takedowns when restraining control is established and at least the feet of the scoring contestant finish down on the mat inbounds pursuant to NFHS Rule 5-24-3 needs to be clarified. It appears that some of us are erroneously using these guideposts as criteria for establishing whether a takedown is awarded while both wrestlers are clearly inbounds on the mat. **NOTHING HAS CHANGED FOR AWARDING A TAKEDOWN WHEN BOTH WRESTLERS ARE INBOUNDS** (e.g., wrestling in the center of the mat).

The intent of Bulletin No. 3 with accompanying Illustrations A & B was to provide a guidepost for awarding edge of mat takedowns only, and to eliminate the so-called “ankle” or “shoe lace” takedown at the edge. For an edge takedown to be awarded ([Illustration A](#)), the guidepost of establishing restraining control “at or above the knees” was offered. The phrase “at or above the knees” does not require the knees of the defensive wrestler to be literally wrapped-up by the offensive wrestler. Restraining control of the knees may be established if the attacking wrestler has wrapped both arms below both knees (e.g., at the calves) with suitable pressure (e.g., by the upper body, neck and head) to ensure that a kick-out or hip-heist and whizzer and the like by the defending wrestler could not be executed.

Frames 2 and 3 ([Illustration B](#)) of Bulletin No. 3 exemplified a situation demonstrating why restraining control must be established before a takedown can be awarded. This situation was illustrated within the boundary lines merely to demonstrate what can happen if wrestling continued at the edge and restraining control had not been established. Again, **NOTHING HAS CHANGED FOR AWARDING A TAKEDOWN** other than offering guideposts for defining restraining control for edge of mat takedowns per NFHS Rule 5-24-3. For potential takedown situations that occur on the mat proper, there are a multitude of other factors that must be taken under consideration by the official. The adage “one size fits all” does not apply here. Exercising good judgement, being cognizant of body positioning, restraining pressure, acquiescence of the defending wrestler, as well as a “feel” for restraining control beyond reaction time is paramount. As set forth in Section 4, paragraph 4 of the 2019-20 NFHS Case Book: “Control is felt as well as observed.”

Sleeve pads

NFHS Rule 4-3-5 states in-part: “Wrestlers shall not wear...leg or arm sleeves that do not contain a pad during a match. The rationale for the rule is that there is no purpose or function for use of a leg or arm sleeve that does not contain a pad for protection. While leg and arm sleeves that contain pads are legal per NFHS Rule, Ohio limits the length of the sleeve pad. Full-length sleeve pads are not permitted. Ohio does permit elbow sleeve pads that extend from mid-bicep to mid-forearm and knee sleeve pads that extend from mid-thigh to mid-calf.

Full-length elbow and knee sleeve pads cannot be made legal by rolling or folding the sleeve portion of the pad to meet the length requirement.

Mouth Protectors

NFHS Rule 4-2-6 requires wrestlers who wear braces or special orthodontic devices to wear a tooth and mouth protector. The device must meet the following requirements:

- i) the device must be intraoral – must be worn inside the mouth;
- ii) the device must include an occlusal portion – protects and separates the biting surfaces; and
- iii) the device must include a labial portion – protects the teeth and supporting structures (e.g., gums).

The teeth and all areas of the braces or orthodontic device must be covered with adequate thickness of the mouth guard material to insure proper protection. This includes upper and lower teeth that are fitted with braces or an orthodontic device.

While it is recommended that the mouth protector be fitted (molded) to conform to the wrestler's teeth and braces or orthodontic device, this is not an absolute requirement. Additionally, there is no requirement (by rule) that the mouth guard (upper and/or lower) be shaped in a well-defined channel configuration.

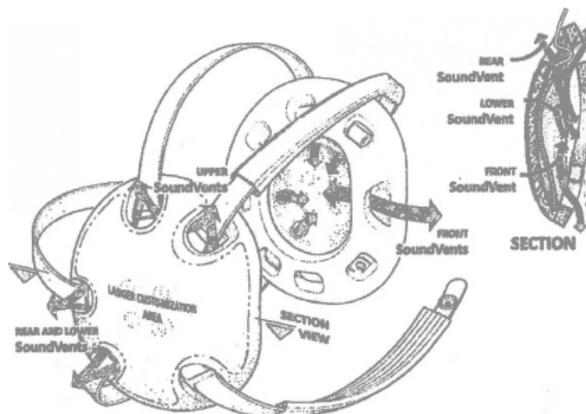
Headgear

The headgear regulation is governed by NFHS Rule 4-1-4 which reads as follows:

“Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:

- a. adequate ear protection;
- b. no injury hazard to the opponent; and
- c. an adjustable locking device to prevent it from coming off or turning on the wrestler's head.”

Note there is no stipulation for the necessary presence of vent holes at the center of the ear guards. We tend to be creatures of habit as we are used to seeing defined vent holes in the center of the ear guards, and if they are not perceived to be present, our assumption is that the headgear must be illegal. For example, the Danmar™ Products headgear (pictured below) is designed without vent holes at the center of the ear guards and some officials have deemed this to be illegal and have not permitted wrestlers to compete with this headgear. While there no provision in rule 4-1-4 requiring vent holes to be present, upon closer inspection, the vents are coextensive with the strap adjustment recesses around the edge of the ear guard. The Danmar Products headgear is permitted to be worn in Ohio.



Danmar™ Products Headgear

Another type of headgear that is approved by the NFHS is the softshell helmet. This headgear may be worn by wrestlers who are prone to concussions. The Adidas™ Force PRO and Mercado II™ pictured below are legal.



Adidas™ Force PRO



Mercado II™

The NFHS has waived the headgear logo stipulations (NFHS Rule 4-1-4) for these headgears.

More on the Headgear

School logos and mascots are permitted on the ear guard(s). There is no dimension restriction on the size of school logos and mascots placed on the ear guards. The only caveat is that if a school logo or mascot is printed on a stick-on label which is affixed to the ear guard(s), the vent holes must be unobstructed (the sticker material should be perforated so that the vent holes are unobstructed).

Toby Dunlap
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