

To: OHSAA Wrestling School Athletic Directors and Head Coaches

From: Tyler Brooks, Director of Officiating & Sport Management

Re: February Update

Date: Thursday, February 6, 2020

1 – Competing Up in Weight Class from the Weight Loss Plan

From the High School Wrestling Manual

(<https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/HSWRManual.pdf>):

If at any time during the season a wrestler weighs in and competes at a weight class more than one weight class above the minimum weight class according to his/her weight loss plan, he/she shall forfeit the minimum weight class corresponding to that day and any subsequent lower weight class(es) remaining on the weight loss plan. Growth allowance and other allowances may not be utilized to achieve a lower weight class for a wrestler.

I know that this phrase is difficult to comprehend the first time through, so please read it a couple of times.

The key is to remember that a wrestler may not weigh-in and compete two weight classes above his/her eligible weight class for that day according to their weight loss plan, and still maintain eligibility to descend to that weight class.

A wrestler may weigh-in one weight class above their eligible weight class for that day and compete up one weight class without affecting their eligibility to descend to the designated weight class on that date in their weight loss plan.

This is a complicated principle, but the concept is intentional in order to protect the safety and healthy weight loss plan for these young student-athletes.

2 – Certifying at Non-Varsity Events

A weight certification is valid for the remainder of the season, regardless of the level of competition that the certification was received.

For instance, if a varsity wrestler certifies his / her weight class at a JV event, the weight certification is still valid for all competition for the remainder of the season.

3 – Middle School Wrestling: OAC Events on School Schedule

Please review this with your 7/8 grade coach.

Many middle school conference tournaments are taking place after an OAC District event. As you know, the OAC wrestling tournament is not an OHSAA-sponsored tournament. If you have a wrestler that wants to participate in an OAC event, they can do so and maintain their OHSAA eligibility for this season if the OAC event:

- A) Fits on the school's schedule
- B) Is coached by your school's coaches
- C) Wrestler competes for their school (as opposed to a non-scholastic club)

If all three components above are met, then the OAC event is just another event for the school team. If the OAC event doesn't fit all three components above, then it would be considered non-interscholastic

competition, and the wrestler would not be eligible to return to the school team this season after competing in the OAC event.

If your 7/8 grade wrestler participates in an OAC event as a non-interscholastic (club) wrestler, then they would not be eligible to return to the school team for the remainder of the season.

4 – Skin Form – Authorized Signatures

This is a reminder that the OHSAA skin form must be completed by:

- 1 – A medical doctor (MD) or doctor of osteopathic medicine (DO), or
- 2 – A nurse practitioner (NP) or physician assistant (PA) working under a dermatologist from the approved short-notice dermatology practices.

Please do not instruct your wrestlers to seek medical clearance from medical personnel that are not approved as outlined above. Many times we see skin forms signed by NPs and PAs at urgent care clinics. These are not authorized medical personnel and the skin form is not valid with these signatures.

If you have any dermatology practices in your area that are interested in being added to the list of approved short notice dermatology practices, please have them email me.

Skin Form: <https://www.ohsaa.org/Portals/0/Sports/Wrestling/skinform.pdf>

Approved Short Notice Dermatology Practices: <https://www.ohsaa.org/Sports-Tournaments/Wrestling/Approved-Short-Notice-Dermatologist-Practices>



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