

**To:** OHSAA Wrestling School Athletic Directors and Head Coaches

**From:** Tyler Brooks, Director of Officiating & Sport Management

**Re:** November Update

### **1 – Trackwrestling Logins Have Been Sent**

For those of you who are first year athletic directors or head coaches, Trackwrestling.com is the online platform that the OHSAA uses for the weight management program. For more information on the weight management program, please review the 2019-20 Wrestling Manual beginning on page 12:

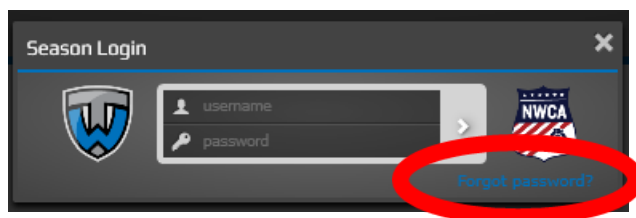
<https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/HSWRManual.pdf>

If you did not receive the login information email from Trackwrestling on Monday (10/28) at 12:40 PM, please follow these steps:

1 – Add [noreply@trackwrestling.com](mailto:noreply@trackwrestling.com) to your email's address book / contact list.

2 – Go to this webpage click "Login" next to "2019-20 High School Boys": [Trackwrestling Login Page](#)

3 – Click on "Forgot Password" in bottom right up the "Season Login"



4 – You will receive an email from [noreply@trackwrestling.com](mailto:noreply@trackwrestling.com) with instructions on how to login to your account.

### **2 – Non-Interscholastic Participation**

Once a wrestler competes for his/her school team (in a scrimmage or regular season competition) the wrestler cannot then go compete non-interscholastically (for a club or non-interscholastic team) and still be eligible to return to the school team this season.

For instance, if a wrestler participated in your school team's practice on Friday (11/15), they would still be permitted to compete non-interscholastically on 11/16 because the wrestler has not participated for your school in a scrimmage.

Once a wrestler has competed for your school team in either a scrimmage or regular season competition, they may not compete non-interscholastically and be eligible to return to the school team this season.

### **3 – Female Participation**

With the increase in female participation in OHSAA wrestling, I would like to take this opportunity to clarify a few things.

OHSAA wrestling is not gender specific, it is not "boys wrestling", it is just OHSAA wrestling with OHSAA wrestlers. If you have any girls wrestling on the team, they are regular OHSAA athletes and must follow all regulations just as their boy counterparts must. This includes pre-participation physical exams, body weight assessments, regular season schedule / point limitations, restrictions on non-interscholastic participation, etc.

Girls wrestlers are OHSAA wrestlers, exactly like boy wrestlers. If you or your athletic administrator have any questions, please email me.

#### **4 – Season and Weight Assessment Timelines**

As you all know, practice may officially begin on Friday, November 15.

Weight assessments may be conducted from Saturday, November 16 through Wednesday, January 15, 2020. Any wrestler that needs to be assessed after 1/15/20 would need to be approved by our office.

Any appeal assessments must be conducted within the two-week appeal period. The appeal period begins the day after the initial assessment.

A wrestler must have an active, valid assessment in Trackwrestling before they are permitted to compete in regular season competition.

#### **5 – Practice Arrangements**

A school with six or fewer weight classes represented on their team may practice with other school teams during the season. These practices do not count as scrimmages. These practice arrangements must be reported to me by email in advance of the practice arrangement beginning.

To file a practice arrangement request, the AD simply needs to copy me on an email to the other school's AD outlining the details of the practice arrangement.

#### **6 – Items Posted on Wrestling Webpage**

Important documents are always available online on the wrestling webpage, please take some time to familiarize yourself with these:

OHSAA Wrestling Webpage - <https://www.ohsaa.org/sports/wrestling>

2019-20 Wrestling Manual - <https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/HSWRManual.pdf>

2019-20 Wrestling Regulations - <https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/WrestlingRegs.pdf>

Past Updates - <https://www.ohsaa.org/Sports-Tournaments/Wrestling/Athletic-Director-Coach-Updates>



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