

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

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

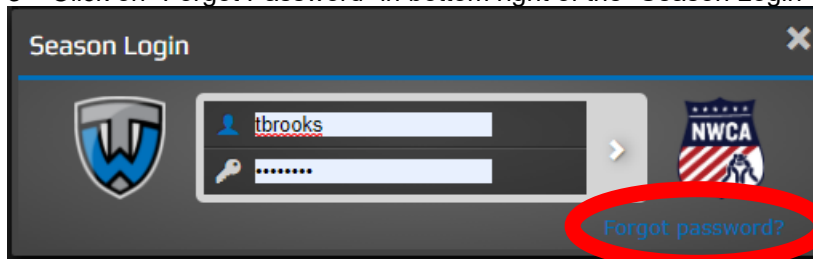
**Re:** November Update

### 1 - Trackwrestling Logins Sent

Trackwrestling is the online platform used to house the OHSAA Wrestling Weight Management Program. Each year, new logins are generated for the AD and head coach in Trackwrestling. You cannot use last year's login information for this season's initial login.

The Trackwrestling login emails were sent from Trackwrestling ([noreply@trackwrestling.com](mailto:noreply@trackwrestling.com)) on Friday, November 6. If you have not received your login email, 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 "2020-21 High School Boys": [Trackwrestling Login Page](#)
- 3 – Click on "Forgot Password" in bottom right of the "Season Login" window



- 4 – You will receive an email from [noreply@trackwrestling.com](mailto:noreply@trackwrestling.com) with instructions on how to login to your account
- 5 - Your Trackwrestling profile uses the email address associated with your myOHSAA profile

### 2 - Assessment Deadlines and Season Interruptions

I am aware that many school districts across the state have paused athletics at the school for a period of time.

As you know, all wrestlers must have an active, valid assessment in Trackwrestling before they can compete in regular season competition. There are no exceptions to this regulation.

The assessment period ends on January 15, 2021. If your school has paused athletic activity and you are concerned that you will not be able to have your team assessed prior to the January 15 deadline, please email me! I will work with you to extend the deadline to get your wrestlers assessed prior to competition whenever your season is permitted to resume.

### 3 - Reminders on Appropriate Attire During Assessments

During the weighing portion of an assessment, a wrestler is to be wearing a legal uniform. This is a change this year, and it was changed to align with the NFHS rule change that will require a legal uniform during weigh-ins of competition.

However, I realize that some schools have not distributed the school uniforms prior to the assessments being conducted. If your wrestlers do not have a competition uniform available to them during their

assessment, they may conduct the weighing portion of the assessment while wearing a two-piece practice uniform.

During the skinfold measurement portion of the assessment, assessors will obviously need access to the body sites to be measured by the calipers, so a wrestler may need to remove a part of their uniform to give the assessor access to these body sites.

#### 4 - Participating Non-Interscholastically

With many schools having paused athletics in some capacity, I am getting questions on what students are permitted to do in the non-interscholastic setting during our OHSAA season. There are really only two scenarios:

##### **Has the wrestler competed for your school team in a scrimmage or regular season competition?**

If no, then by OHSAA regulations, the wrestler has not officially joined the school team. As such, the wrestler is permitted to compete with non-interscholastic (club) teams. If the wrestler plans to compete in the OHSAA individual wrestling tournament, the wrestler must cease all non-interscholastic competition by January 11, 2021 (wrestling regulation 2.1). If a wrestler participates non-interscholastically after 1/11/21, he / she will not be permitted to participate in the OHSAA individual wrestling tournament.

If yes, then by OHSAA regulations, the wrestler has joined the school team. As such, if the wrestler decides to then go compete with a non-interscholastic team, he / she shall be ineligible to return to the school team for the remainder of the season.

As always, if you aren't sure, please email me in advance! We do not want a wrestler to lose their OHSAA eligibility!

#### 5 - Scheduling Requirements

There seems to be misperception that schools are required to have a certain number of specific types of events on a regular season schedule. This is not accurate. I have had schools contact me asking if they were permitted to only have duals and tris on their schedule, and that answer is yes, that is permissible. Teams are not required to participate in tournaments, or any other specific type of event for that matter. A team could participate in duals only for an entire season if they desired to do so. The only limitation on event types on a single schedule is tournaments, a schedule may not exceed 16 tournament points (wrestling regulation 1.11).

#### 6 - Wearing a Facial Covering During Competition

While it is not required, wrestlers are permitted to wear a facial covering during competition. Face masks that cover the nose and mouth area that extend slightly below the chin area are acceptable. However, neck / face gaiter masks are not acceptable in that there is a potential for gaiter type masks that cover the neck area to interfere with the application of wrestling holds (e.g., half nelson, etc.). Please see photos below:

Permitted

Not Permitted



### 7 - Clarification on Recommendations Provided in “Administrator Update”

Our office send regular communications from our Executive Director Doug Ute to each school’s superintendent, principal, and athletic directors.

Please see the excerpt below from the “Administrator Update” shared on November 18:

Here are some **additional recommendations** from the OHSAA for schools to attempt to mitigate exposure:

- Reduce or greatly eliminate unnecessary travel.
- In individual sports, reduce the number of opponents that participate in a contest (example: maximum of three other schools in wrestling, swimming & diving, gymnastics and bowling contests).

The second bullet point has caused some concern and confusion. This information is solely a series of recommendations, not requirements. Teams are permitted to participate in events involving more than four schools.

### 8 - COVID-19 Return to Play Form

This excerpt was initially shared in the November 12 Administrator Update:

*As a reminder, the Ohio Health Director’s Sports Order says that a student-athlete who tests positive for COVID-19, whether symptomatic or asymptomatic, shall not return to sports activities until a documented medical exam is performed clearing the individual prior to the individual returning to participate in practice or games. The documented medical exam must specifically include an assessment of the cardiac/heart of high intensity exercise due to the potential of myocarditis occurring in COVID-19 patients. To assist the membership in this process, the OHSAA has developed a form that schools are welcome to utilize for students who have had the medical exam to verify that the student can or cannot return to practices or games. The OHSAA form is not a requirement and is simply being provided as a tool for the membership. The form is also for use by the student and schools only and is not to be returned to the OHSAA.*

*Administrators can access the form here:*

<https://ohsaaweb.blob.core.windows.net/files/Sports/2020/RTPCoronavirus.pdf>



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