

To: Wrestling School Athletic Directors and Head Coaches

From: Tyler Brooks, Director of Officiating & Spot Management

Re: Requirements & Recommendations Document, October Update

PLEASE READ THIS ENTIRE EMAIL

1 - Wrestling Requirements, Rules Modifications, and General Recommendations

Please review the document at the link below.

<http://bit.ly/WRRecs>

This information was drafted in conjunction with the Ohio Department of Health. The document was also reviewed and drafted in consultation with the Ohio High School Wrestling Coaches Association, and I am continually thankful for our productive, respectful working partnership.

Weigh-ins are not covered in the document as additional guidance will be sent on the subject. Weigh-ins will occur at the contest site.

There are no restrictions on types of events or total numbers of participants in events this season. That being said, each school will have to weigh the increased risk of exposure at larger events against the overall goal of participating in a full season as healthily as possible with no interruptions in team activities. It is important to acknowledge the obvious here; the larger the event the higher risk of exposure, the more events a team participates in the higher risk of exposure. Wrestling is an indoor, contact sport. There is no way to ignore or remove the inherent risk of all indoor, contact sports during a pandemic. What we can do is mitigate risk, and by following the requirements and recommendations that is exactly what we are going to attempt to do.

Some schools may review this information and be happy that there are no restrictions on types of events or total number of participants. Other schools may be upset by the lack of restrictions, for fear that it jeopardizes our season and our state individual tournament. The reality is that no set of restrictions can guarantee a season free of interruptions, health, or the completion of our state tournament. The entire wrestling community is still hurting from the cancellation of the 2020 State Individual Tournament, and that has brought into focus how valued that tournament is by the Ohio wrestling community. Everyone is invested in providing a season for the wrestlers and committed to providing a state individual tournament.

Athletic Directors - please share this document with your 7/8 grade athletic directors and 7/8 grade wrestling programs.

2 - Online State Rules Interpretation Meeting

The mandatory online state rules interpretation meeting for coaches is now available. It went live on Wednesday (10/14) at 9 AM. All head coaches are required to complete this meeting. The penalty for failure to complete the meeting requirement is removal of the school from the individual wrestling tournament.

The meeting must be completed by Thursday, December 3. If the meeting is not completed by 12/3, a \$50 late fee will be incurred. The meeting can be viewed with a late fee until January 26. After January 26, there will be no further opportunities to complete this meeting requirement.

To access online State Rules Meetings:

1. Login to your myOHSAA account (<http://officials.myohsaa.org/Logon>)
2. Click on the "Rules Meetings" icon in the upper right
3. Click on "Find a State Meeting" from left-side menu

4. Search for your sport specific State Rules Meeting using the 'Sports' and 'Meeting Type' (select "Coach") drop-down menus
5. Click on 'View Meeting'

3 - Resources for Girls Wrestling

I wanted to take this opportunity to discuss the growing participation of girls in wrestling, and the proliferation of girls teams.

Below is a link to a Google Doc that is a helpful resource to all schools seeking information on girls teams, events, and contact information:

[Girls Team - Statewide 2020-21](#)

Additionally, below is a link to a video titled "Sanction OH Webinar: How to Start a Girls Program". I hope this is a helpful resource for schools that are interested in recruiting girls to your team and creating your own girls team:

[Sanction OH Webinar: How to Start a Girls Program](#)

As I stated last year, 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 student-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 - Weight Management Program

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 2020-21 Wrestling Manual (link below in item 5).

Coaches and ADs will be sent their login information from Trackwrestling.com in early November. To ensure delivery of your login email, please take this opportunity to add the following email address to your contacts / safe-senders list:

noreply@trackwrestling.com

Guidance regarding any modifications to the assessment setting will be forthcoming. I do not anticipate any significant changes to the assessment process, but we are still gathering feedback from our assessors to ensure the assessment setting is as safe and comfortable as possible for both the wrestlers and the assessors.

5 - Sanctioned Events and Non-Interscholastic Participation

I am starting to get questions regarding sanctioned / unsanctioned events during the school season and how that relates to interscholastic participation.

The OHSAA does not require member schools to participate in sanctioned events, so the status of an event being either sanctioned or not sanctioned by an out-of-state's athletic association is not relevant.

However, we must always keep in mind the principle of non-interscholastic participation. Any event that occurs during the OHSAA season could be participated in interscholastically or non-interscholastically.

- If the event is being participated in by a wrestler as a non-interscholastic event, and they intend to join the school team that season, they may not participate in a scrimmage or regular season contest prior to participating in the non-interscholastic event.
- If the event is being participated in by a wrestler as an interscholastic event, then the event needs to be accounted for on a school schedule, coached by a school coach, represent the school, etc.

6 - Open Mats

Open mats are currently permitted to occur by OHSAA regulations.

7 - Wrestling Regulations and Manual

Below are important resources that you will want to save for future use. There are always posted on the OHSAA Wrestling webpage (<https://www.ohsaa.org/sports/wrestling>):

[20-21 Wrestling Regulations](#)

[20-21 Wrestling Manual](#)

[Past Updates](#)



Tyler Brooks

Director of Officiating & Sport Management

Ohio High School Athletic Association

4080 Roselea Place

Columbus, Ohio 43214

tbrooks@ohsaa.org

P: 614-267-2502 x 112

F: 614-267-1677