

18. WRESTLING

A. GENERAL REGULATIONS — apply to all levels of interscholastic wrestling unless otherwise noted.

1) Interscholastic Participation

1.1) Participation Limitation

9th-12th Grades — 20 points; 7th & 8th grades — 17 points

A high school team and/or wrestler may participate in a maximum number of regular season contests worth 20 points. Any and all matches wrestled by an individual shall count toward the team's point limitation of 20 points. 7th & 8th grade wrestlers are permitted 17 points. Points are calculated as follows:

Points Event	Wrestler's Matches
1/2 point - Dual match -	1 match maximum
1 point - Tri-match -	2 match maximum
2 points - Quad match -	3 match maximum
2 points - One-day tournament -	5 match maximum
3 points - Two-day tournament -	10 match maximum (5 per day)

Any event in excess of two days will have two points added for each day beyond the second day if more than 10 matches will be wrestled by any one individual during the tournament.

The Ohio High School Wrestling Coaches Association Girls State Wrestling Tournament is recognized by the OHSAA. Participation in this event does not affect a wrestler's ability to participate in either the OHSAA Individual or Dual Team Tournament. Additionally, participation in this event will not accrue any points toward the individual's or team's regular season schedule point limitation.

1.11) Team Regular Season Contest Limitation (9th-12th grades)

A high school team may compete in a maximum of 20 points. A team schedule may not have more than 16 points from tournaments. Teams may fill the remaining points with dual matches. Dual tournaments are not a substitute for a dual or tri-match. The OHSAA Dual Team Tournament is considered a "postseason" event. Participation does not count toward the participation limits.

1.12) Individual Contest Requirements

An individual wrestler may participate in a maximum number of contests totaling 20 points. Any wrestler who exceeds the 20 point limitation is ineligible for further regular season or any OHSAA tournament competition. A wrestler may accrue his/her points from any schedule or level of competition.

Note: 7th & 8th graders — 17 points.

1.13) High School Varsity Tie-Breaker

A tie-breaker shall be used for all varsity dual meets. The first criterion is which team had any unsporting penalties. The remaining criteria are published in the NFHS Wrestling rulebook.

1.2) Multiple School-Sponsored Teams

A school may sponsor two (same level) wrestling teams. When a school sponsors two wrestling teams, a separate schedule for each team is required and each schedule is bound by wrestling regulation 1.11 (above).

1.3) Practice — Practice is instruction given by a school coach to his/her team during the OHSAA-defined wrestling season. Practice sessions which involve wrestlers from other schools are scrimmages.

1.4) Scrimmage — Any practice or workout between two or more teams is a scrimmage. Multiple team scrimmages shall count as one scrimmage; however, the time limit is three hours.

1.41) High schools (Varsity, Junior Varsity, Freshmen) — Four scrimmages permitted. Three hour time limit for all scrimmages.

Individual wrestlers from a school that does not have enough wrestlers to schedule or participate in dual meets (six or fewer weight classes) may practice or work out with other school teams or individuals during the regular season. Such situations shall be reported in writing to the Wrestling Administrator.

After the conclusion of the Sectional Wrestling Tournament, wrestlers who qualify for further competition may "practice" with wrestlers from other schools who are similarly qualified.

Any team or individual that exceeds the maximum number of contests (games, matches, meets, scrimmages) may be denied the right to participate in the OHSAA Wrestling Tournament during the year the violation occurs.

1.5) Previews — A preview may not exceed one half of the regular season contest for any one athlete (three one-minute periods) or team and shall be wrestled according to National Federation Wrestling Rules. A preview may be scheduled and held only starting with the first day after the official start date of coaching and ending with the

date of the first regular season event of the teams involved.

- 1.6) **Weight Loss** — The OHSAA does not permit any practice that endangers the health and safety of the participants. Crash dieting, the use of diuretic, emetics and other drugs for weight reduction, the use of a sweat box, any type rubber, vinyl, or plastic sweatsuit or bag, hot showers, whirlpools or similar artificial heat devices for weight reduction is prohibited. The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice. Violation at a contest site shall automatically disqualify the contestant from further participation for the match or tournament. Such dangerous practices during training constitute a lack of institutional control.
- 1.7) **Weight Classes** — Grades 9-12 — 14 weight classes
- 1.71) **Freshmen** — when the event is a freshman-only event, the weight classes shall be: 98, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285. The minimum weight for the 285-pound class shall be 215 pounds and is subject to the growth allowance, making it 217 pounds on and after 12/25.
- 1.72) **Boys Weight Classes** — when the event is predominantly male wrestlers, the weight classes shall be those weight classes adopted by the NFHS: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285. The minimum weight for the 285-pound class is 215 pounds and is subject to the growth allowance, making it 217 pounds on and after 12/25.
- 1.73) **Girls Weight Classes** — when the event is a female-only event, the weight classes shall be: 101, 106, 111, 116, 121, 126, 131, 137, 143, 150, 160, 170, 189, and 235. The minimum weight for the 235-pound class is 184 pounds and is subject to the growth allowance, making it 186 pounds on and after 12/25.
- 1.74) **Growth Allowance** — A two pound allowance will be given on December 25. The growth allowance can only be used by a wrestler who has certified at a desired weight class. The growth allowance (and any other weight allowance) cannot be used to participate in a weight class if they have not already certified at the desired weight class.
- 1.75) **Minimum Weights for Heaviest Weight Class** - Note: This minimum weight is fixed before the 12/25 growth allowance and is 2 pound heavier after the 12/25 growth allowance. These minimum weights are capped and are not subject to any other weight allowances.
- 1.76) **Weight Class Certification** — a wrestler can certify at a weight class at any level of competition. In order to certify at a weight class, a wrestler must weigh-in for that weight class and participate in one of the following scenarios:
- a) Compete in a match
 - b) Accept an opponent's forfeit
 - c) Begin a match and accept an opponent's medical default
- A wrestler cannot certify at a weight class by forfeiting or defaulting a match.
- 1.77) **Weight Class Descent** - 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 for that day 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.
- A wrestler may weigh less than their weight loss plan allows for that day, but they cannot compete in a weight class lower than weight class prescribed by their weight loss plan.
- 1.78) **Out-of-State Opponents** — The weight classes of the state in which competition is held shall be the weight classes wrestled.
- 1.8) **Weight Management Program** for grades 9-12

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females is required for all senior high school wrestlers. The OHSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

A. ESTABLISHING MINIMUM WEIGHT

Each wrestler must complete two steps to satisfy the certification process. The first step is weight assessment and the second step is competition. Step 1: Each wrestler must complete the weight management process. This will establish the wrestler's minimum weight class (MWC), which is his/her safest and lowest weight class that he/she may compete. Step 2: Each athlete must compete one time at his/her lowest allowable weight class at or after the date in which the weight loss plan allows. The wrestler must make the original scratch weight in that weight class. Accepting a forfeit during a dual meet and moving up one weight class in a dual meet satisfy the competition part of the process.

Note: Every wrestler, while descending to a lower weight class, must qualify by making scratch weight at that weight class before any additional pounds may be used. Wrestlers may certify for a weight class at the first weigh-in of the Sectional Tournament.

The Weight Management program description, logistics of establishing minimum weight, and examples may be found in the 2018-2019 Wrestling Manual, which is posted in the “Wrestling” section of the OHSAA website (www.ohsaa.org).

B. PENALTIES

Penalties for a wrestler circumventing (attempting to cheat and/or cheating) the weight assessment process:

1. First Offense – Suspension for one wrestling season.
2. Second Offense – Suspension for two wrestling seasons.

A coach who knowingly cheats the Ohio Weight Management Program or assists a wrestler to circumvent the weight assessment process will be subject to penalties and sanctions imposed by the OHSAA Executive Director.

2) Non-Interscholastic Participation

See General Sports Regulation 7 for regulations on non-interscholastic participation.

2.1) Individual Non-Interscholastic Competition Date:

A wrestling athlete who has not participated for the school in wrestling that season must cease non-interscholastic wrestling competition six weeks (42 days) prior to the Monday of the week of the first state individual tournament in wrestling in order to be eligible for OHSAA Tournament competition.

Date: January 11, 2021.

3) Out-of-State Travel

For information on Out of State Travel regulations see Bylaw 9-2 at www.ohsaa.org.

4) Ejection for Non-Sporting Conduct — and/or Flagrant Misconduct (7th-12th grades)

Any wrestler or coach shall be ineligible for all levels of OHSAA tournaments (dual team and individual) until the ejection consequence has been completed. Each level of the OHSAA Dual Team Tournament is qualified as a one-day tournament. See Sections 13 and 14 of the General Sports Regulations for the complete Ejection Regulation.

5) Instructional Programs

5.1) Interscholastic wrestling coaches may coach athletes from the school where employed outside the interscholastic season of the sport. No coach may require participation until the official start of the interscholastic season.

6) Penalties

6.1) The maximum penalty for violation of General Sports Regulation 7.2.2 (participation with a non-interscholastic wrestling squad while a member of the school’s interscholastic wrestling squad) or any OHSAA regulations for any member of the school squad, EXCEPT a senior, is ineligibility for the remainder of the interscholastic wrestling season or the ensuing wrestling season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

6.2) The penalty for a coach for violation of General Sports Regulation 7.5 (non-interscholastic teams) may include suspension, probation, public censure, fine not to exceed \$1,000 per occurrence, or such penalty as the Executive Director may deem appropriate.

7) Transfer Bylaw

While all questions regarding the transfer bylaw should be addressed to the appropriate school administrator, information regarding the transfer bylaw can be found on the OHSAA website at this link, <http://www.ohsaa.org/Eligibility/Transfer>. Note that students who transfer and do not meet an exception to the transfer bylaw, and who participated in high school wrestling within 12 months of the transfer date, are ineligible for all contests and the OHSAA postseason tournaments beginning with regular season point #11, or for those schools that do not field teams (6 or fewer weight classes) with varsity regular season point #9.

B. SPECIFIC REGULATIONS — 7TH & 8TH GRADES

1) Weight Management

No weight management plan exists for 7th & 8th grade wrestlers. Coaches should encourage participation and de-emphasize weight loss. Coaches should educate wrestlers on good nutritional plans.

2) Weight Classes

7th & 8th grade weight classes include 16 classes: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 150, 160, 172, 205 and 245. The minimum weight for the 245 pound class shall be 205 pounds and is subject to the growth allowance, making it 207 pounds on 12/25.

3) Growth Allowance

The growth allowance is intended to **grow** the weight classes to accommodate the natural growth of the 7th & 8th

grade wrestler. It is not intended to assist a youngster to “starve” himself into a lower weight class. A two-pound growth allowance will be applied to all weight classes on December 25. In effect, all maximum weights in all weight classes go up two pounds. 7th & 8th grade wrestlers do not “certify” at a weight class, they are eligible for weight classes by their strict weight only, regardless of weight loss during the season.

4) Weigh-in Regulations (7th & 8th Grade)

On school days (including tournaments beginning on a Friday), 7th & 8th grade wrestlers may weigh in at their home schools prior to lunch before any competition on a school day. The weigh-in must be witnessed by an administrator/designee, and the approved, signed weigh-in sheet shall be presented at the meet prior to the competition. Weigh-ins for non-school day tournaments must be conducted as per existing NFHS rules. Skin checks must be performed before the start of competition each day.

5) Participation Limitation

- a) Review item 1.1 regarding participation limitations. 7th & 8th grade wrestling programs should have a balanced schedule which would include tournaments as well as home and away dual/tri matches. Teams and individual wrestlers are limited to a maximum of 17 regular season points.

Note: The Ohio Athletic Committee’s (OAC) State Junior High Tournament is NOT an interscholastic event. Participation in an OAC event during the OHSAA season shall result in ineligibility for the remainder of the OHSAA season.

- b) No one below the 7th grade shall practice/participate with or against 7th & 8th grade wrestlers. 7th & 8th grade wrestlers shall not practice/participate with or against 9th-12th grade wrestlers.
- c) No requirement for dual or tri/matches exists for 7th & 8th grade.

6) Coaching, tryouts and instruction may begin — November 15, 2019.

7) First match — December 5, 2019.

8) Season ends — March 15, 2020.

9) Scrimmages — Two permitted or one scrimmage and one preview.

Note: Individual wrestlers from a 7th & 8th grade school that does not have enough wrestlers to schedule or participate in dual meets (six or fewer weight classes) may practice or work out with other school teams or individuals during the regular season. Such situations shall be reported in writing to the OHSAA Wrestling Administrator.

10) 17 regular season points and no specific requirements for the number of duals or tri matches.

11) Rules — National Federation Wrestling.

12) Length of Matches

- a) Each period is 1½ minutes.
- b) Consolation matches are comprised of three 1-minute periods.
- c) Tournament overtime period is one one-minute sudden victory period followed by a 30-second period if necessary. In the ultimate tie-breaker, the person who scores first in the regulation match has choice and their choice is either up or down. If the wrestler was penalized for unsportsmanlike conduct, choice is offered to the opponent.

13) Officials — Regardless of the number of officials, all must be OHSAA Class 1, 2 or 3, or officials in training.

C. SPECIFIC REGULATIONS — Grades 9-12

1) Coaching and tryouts may begin — November 13, 2020.

2) First match — December 3, 2020.

3) Coaching and Season end — March 14, 2021.

4) Scrimmages — Maximum of four permitted or three and one preview. In a preview, an individual is limited to three one-minute periods.

5) Regular season contests — Maximum of 20 points for teams and individuals.

6) Rules — National Federation Wrestling.

7) Length of Matches — Each period is 2 minutes; consolation match periods are 1-2-2 minutes.

8) Officials:

8.1) Varsity — Minimum of one OHSAA Class 1 or Class 2 official required.

8.2) Reserve/Junior Varsity — Minimum of one OHSAA Class 1 or 2 official required.

8.3) Freshmen — Regardless of the number of officials, all must be OHSAA Class 1, 2 or 3, or officials in training.

WRESTLING 2020-2021

Wrestling	2020-21	2021-22	2022-23	2023-24
Coaching Begins	11/13	11/12	11/11	11/10
Earliest Preview Date	11/14	11/13	11/12	11/11
Season Begins	12/3 (Thu)	12/2 (Thu)	12/1 (Thu)	11/30 (Thu)
Non-Interscholastic Date	1/11	1/10	1/9	1/8
Dual Team Regional	2/6	2/5	2/4	2/3
Dual Team State	2/13 or 2/14	2/12 or 2/13	2/11 or 2/12	2/10 or 2/11
Individual Sectional	2/22-2/27	2/21-2/26	2/20-2/25	2/19-2/24
Individual District	3/1-3/6	2/28-3/5	2/27-3/4	2/26-3/2
Individual State	3/11*	3/10*	3/9*	3/7*
Season Ends	3/13 or 3/14#	3/12 or 3/13#	3/11 or 3/12#	3/9 or 3/10#
Easter	4/4	4/17	4/9	4/17

*Denotes 3-day event to begin no sooner than specified date

#Denotes final date to be determined