

To: OHSAA Wrestling School Athletic Directors and Head Coaches

From: Tyler Brooks, Senior Manager of Officiating & Sport Administration

Re: December Update

Date: Tuesday, December 14, 2021

1 - A Wrestler's Individual Contest Limit

Each schedule (varsity, JV, etc.) and each wrestler are limited to 20 points per season. Each schedule is limited to a maximum of 16 tournament points. Each wrestler is limited to 20 total points, but each wrestler is not limited to 16 tournament points in a year. Each wrestler may accrue his / her 20 points in a season from any schedule. For instance, a wrestler could accrue 15 points from the varsity schedule and 5 points from the JV schedule for a season total of 20 points. It is possible and permissible that all 20 of this wrestler's points could be from tournaments.

2 - Home School Weigh-Ins

This is a reminder that home school weigh-ins are only permitted in sub-varsity competition. Do not request permission to conduct home school weigh-ins for varsity competitions for any reason, permission will not be granted. Please review wrestling regulation 8.2 below:

8.2) Home School Weigh-Ins

Sub-varsity wrestlers may weigh-in at their home school on the day of competition. The host school / tournament director may dictate the time of day the home weigh-ins take place. Home school weigh-ins will be conducted using Trackwrestling-generated weigh-in forms and must be witnessed and signed by a school administrator / coaching staff / designee. Additionally, the signed weigh-in form shall be presented at the meet prior to the competition.

3 - Regarding Weigh-Outs and NFHS Sanctioned Tournaments

Please be aware that if your event has out-of-state schools and it requires an NFHS sanction, that weigh-outs are not permitted. This is dictated by the NFHS, not the OHSAA. If your event does not require an NFHS sanction, then you may request use of weigh-outs by sending me an email in advance of your tournament.

If you are unsure if your event requires the use of an NFHS sanction, please consult with your athletic director and review OHSAA bylaw 9-2-3.

4 - Freshman Weight Class Set

It was brought to my attention that the freshmen weight class set (wrestling regulation 1.71) was not updated to reflect the new boys weight classes, this oversight will be corrected in next year's wrestling regulations.

Until then, please use the boys weight class set (wrestling regulations 1.72) plus the 98-pound weight class for freshmen competition.

5 - Conducting a Practice Arrangement

A school with six or fewer weight classes represented on their team may practice with another school team during the season (wrestling regulation 1.41). 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 submit 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 - Use of Weight Allowances

This is a reminder, a wrestler is not eligible to use any weight allowances for a given weight class unless they have made scratch weight at that weight class prior to the event.

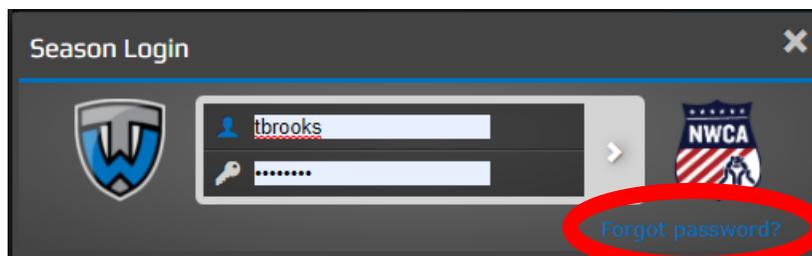
7 - Updates on Weight Management and Trackwrestling

Here a few updates / reminders on weight management and Trackwrestling:

- a) If you need a name correction in Trackwrestling, please send me an email. I am only one that can correct misspelled names.
- b) If you would like an interpretation on weight class descent eligibility for one of your wrestlers, please send me an email at least 3 days in advance of your event.
- c) For every single event, coaches must create a weigh-in form through Trackwrestling that will be printed and used for weigh-ins, signed by an official or administrator, and kept throughout the season for record keeping. There are no exceptions to this for any event grades 9-12.

You should have received your Trackwrestling login email on Tuesday 11/3 at 10 AM. If you have not received your login email, please follow these steps:

- 1 – Add noreply@trackwrestling.com to your email's address book / contact list
- 2 – Go to this webpage click "Login" next to "2021-22 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 with instructions on how to login to your account
- 5 - Your Trackwrestling profile uses the email address associated with your myOHSAA profile

Helpful Links

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

Wrestling Manual - <https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/2021-22/21-22HSMManual.pdf>

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



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