

To: OHSAA Wrestling School Athletic Directors and Head Coaches

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

Re: September Update

Date: Wednesday, September 7, 2022

1 – Tournament Representation for the 2023 and 2024 Boys Wrestling Tournaments

The tournament representation for the 2023 & 2024 boys wrestling tournaments were approved at the 9/1 Board of Directors meeting. Please see summary information below.

Division I		
	Sectionals Earned	District Tournaments (C, NE, NE / NW, & SW)
C	4	Central (4 C sectionals)
E	0	
NE	7	Northeast (4 NE sectionals), NE / NW (3 NE sectionals, 1 NW sectional) - Hosted by NW (Perrysburg)
NW	1	NE / NW (3 NE sectionals, 1 NW sectional) - Hosted by NW (Perrysburg)
SE	0	
SW	4	Southwest (4 SW sectionals)

Division II		
	Sectionals Earned	District Tournaments (NW / C, SW / C, NE, & E / SE)
C	2	NW / C (3 NW sectionals & northernmost C sectional), SW / C (3 SW sectionals & southernmost C sectional)
E	2	E / SE (2 E sectionals, 2 SE sectionals). Note: Hosted by East in 2023 at site TBD, hosted by SE in 2024 at a site TBD.
NE	4	NE (4 NE sectionals)
NW	3	NW / C (3 NW sectionals & northernmost C sectional)
SE	2	E / SE (2 E sectionals, 2 SE sectionals). Note: Hosted by East in 2023 at site TBD, hosted by SE in 2024 at a site TBD.
SW	3	SW / C (3 SW sectionals & southernmost C sectional)

Division III		
	Sectionals Earned	District Tournaments (C / E, NE, NW, & SW / NW)
C	2	C / E (2 C sectionals, 2 E sectionals). Note: Hosted by East in 2023 at a site TBD, hosted by C in 2024 at a site TBD.
E	2	C / E (2 C sectionals, 2 E sectionals). Note: Hosted by East in 2023 at a site TBD, hosted by C in 2024 at a site TBD.
NE	4	NE (4 NE sectionals)
NW	5	NW (4 NW sectionals), SW / NW (3 SW sectionals & southernmost NW sectional)
SE	0	
SW	3	SW / NW (3 SW sectionals & southernmost NW sectional)

2 – Update on Girls Wrestling

I have had several schools ask the question, “How many girls do we need to have to sponsor girls wrestling or have a girls wrestling team?”

In short, from an OHSAA perspective, that answer is one girl wrestler. We only need to know if you have any girls who will be entering into the OHSAA girls tournament. If that answer is yes, then you need to coordinate with your AD to ensure that school has “girls wrestling” as a sport offered in myOHSAA and that your school has tournament participation set to “Yes” for the girls wrestling tournament.

Girls Regular Season

Below is a link to a document that has been shared over the last couple of years to assist schools with scheduling regular season girls competition. Please take a few minutes to review and input your school’s girl wrestling information. If you have any questions about the document, please contact Dave Ressler at dressler@lutheranwest.com.

Link: https://docs.google.com/spreadsheets/d/12VnEiOUwco9AUzEzGf_r-zdk5zUyn0LacMLX9iGXJI/edit#gid=0

OHSAA Girls Wrestling Tournament

The OHSAA girls wrestling tournament will be a single division. The state will be split into four regions, each region will have a single regional wrestling tournament site that will advance four wrestlers to the state bracket. Regional tournaments will take place primarily on Sunday, March 5. Some regional sites may need to hold some competition on Saturday, March 4 if the number of wrestlers in a bracket necessitate it.

Regional tournament sites have not yet been finalized and likely won’t be until late fall. These regional sites could be sites from last year’s OHSWCA’s district tournaments, sites serving as a boys district tournament, or a new site altogether.

The timeline for schools being assigned to their regional site has not been determined but it would be no earlier than late October. I will keep the community updated on the timeline for this process as it develops.

The girls wrestling tournament state tournament will take place alongside the boys state tournament at the Schottenstein Center in Columbus on March 10-12.

3 – Review of 2022-23 Wrestling Regulations

Here is a link to the 2022-23 wrestling regulations:

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

Below are a few changes of note:

- a) 1.11 – There is no longer a requirement for points to be allotted to tournament or non-tournament events. A team’s schedule could be comprised entirely of tournaments if they choose.
- b) 5 – Sponsorship – This new regulation outlines the different participation opportunities that girl wrestlers have during regular season competition. Please review this section in full. In summary, a girl can participate in both boys and girls events during the regular season up to their individual participation limitation (20 points). Additionally, a girl can participate in both boys and girls events during the regular season and still be eligible to compete in the OHSAA

girls tournament. A girl wrestler may choose to participate in either the OHSAA boys or girls wrestling tournament, but they cannot participate in both genders' tournament.

- c) Weight Class Set for 7/8 Grade Girl Competition - 7th & 8th grade weight classes for competition with all girls includes 16 classes: 72, 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 155, 170, 190, and 235. The minimum weight for the 235 pound class shall be 185 pounds and is subject to the growth allowance, making it 187 pounds on and after 12/25.

4 – State Rules Meeting Dates

The online state rules interpretation meeting will be available on Wednesday, October 19 at 9 AM. All coaches will be emailed when the meeting becomes available. The meeting is available 24/7 as it is a recorded meeting, not live. The meeting must be completed by Thursday, December 1. After 12/1, a \$50 late fee will be charged and it must be completed by Monday, February 6 at 11: 59 PM.

5 – Weight Management Program Timeline

The weight assessment period will be from Saturday, November 12 through Monday, January 16, 2023. Schools will be sent their login information for Trackwrestling by Friday, October 30 at 12 PM.

If you are a newer head coach and would like to learn more about the OHSAA Wrestling Weight Management Program, please refer to pages 6-11 in the OHSAA Coaches Manual, here is a link to last year's Coaches Manual: <https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/2021-22/21-22HSManual.pdf>

6 – Rule Changes for 2022-23 Season

Here is a link to an article summarizing the rule changes for the 2022-23 school year:

<https://www.nfhs.org/sports-resource-content/wrestling-rules-changes-2022-23/>

7 – Message from Sponsor: ProtectED

When it comes to odors inside school athletic facilities, it's not surprising to encounter unpleasant smells. Sweat odors can accumulate on the gym equipment, in the locker room and on the various surfaces that are exposed to this bacteria, even when facilities are cleaned to the highest standards. However, in addition to foul odors, there are also other problems that can also be a contributing factor to the air quality – such as mold growth, bacteria leading to MRSA and other staph infections, and allergen buildup.

Athletic Directors across the country are embracing the need for better air quality in their facilities. While the pandemic certainly shed light on this important topic, the reality is our K-12 education system has been plagued with poor air quality for decades.

To learn more about *NanoStrike* and to set up a consultation with Protect|ED, please visit www.CleanAirInSchools.com

Season Calendar

Nov. 11, 2022	First Day of Coaching
Nov. 12	Earliest Preview Date
Dec. 1	Season Begins
Jan. 9, 2023	Non-Interscholastic Date (Boys)
Jan. 16 2023	Non-Interscholastic Date (Girls)

Feb. 12	Sectional Tournament Draw
Feb. 20-25	Sectional Tournaments (Boys)
Feb. 27-Mar. 4	District Tournaments (Boys)
Feb. 27 - Mar. 4	Regional Tournaments (Girls)
Mar 10-12	State Tournament
Mar 12	Season Ends

Resources

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

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

Wrestling Regulations:

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

2021-22 Coaches Manual (2022-23 Manual will be available prior to state rules meeting going live):

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



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