



2020-21 High School Wrestling Manual



Ohio High School Athletic Association
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Table of Contents

OHSAA Mission Statement OHSAA Wrestling Calendar OHSAA Contact Information	2
Welcome to the 2020-21 Season	3
Coaching Points of Emphasis	4
2020-21 Wrestling Regulations	5
Weight Management Program	6 – 10
Coaches and the Weight Management Program	11
Common Questions from High School Coaches	12 – 13
NFHS Skin Lesion Explanation and Form	14 - 15
Communicable Disease Procedures	16
Tournament Regulations Info	17
7/8 Grade Weigh-In Form	18

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
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www.ohsaa.org

OHSAA Mission Statement

To serve our member schools and enrich interscholastic opportunities for students.

2020-21 Wrestling Calendar	
November 13	Coaching Begins
November 14	Earliest Preview Date
December 3	Season Begins
January 11	Non-Interscholastic Date
January 31	Sectional Tournament Draw (Individual)
Feb. 22 – Feb. 27	Sectional Tournament (Individual)
March 01 – March 06	District Tournament (Individual)
March 12 – March 14	State Tournament (Individual)
March 14	Season Ends

OHSAA Contact Information

Name	Title	Responsibilities	Email
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Toby Dunlap	Director of Officiating Development – Wrestling, State Rules Interpreter	Responsible to the Director of Wrestling for all aspects of wrestling officiating, training, education, mechanics and compliance	<u>Toby.dunalp@lubrizol.com</u>
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National Federation of State High School Associations			<u>www.nfhs.org</u>
Ohio High School Wrestling Coaches Association			<u>www.ohswca.com</u>
Ohio Wrestling Officials Association			<u>www.owoa.org</u>

Ohio High School Athletic Association

4080 Roselea Place, Columbus, OH 43214-3069

To: OHSAA Wrestling Coaches

From: Tyler Brooks, Director of Officiating & Sport Management

Re: Welcome to the 2020-21 Season

The 2020-21 wrestling season is upon us!

This is going to be one of the most challenging years for us as professionals to provide participation opportunities for our wrestlers. As with any challenge, the reward is even more satisfying when goal is accomplished. This year's goal for all of us is to do whatever we needed to provide a wrestling season for our student-athletes.

This manual will provide "normal updates" to our 2020-21 wrestling season. With that said, there will be additional guidance documents forthcoming in advance of the wrestling season to help school provide a wrestling environment that is safe as possible during this pandemic. We have all seen how lightning fast things can change this year, but I wanted to publish this manual in preparation for the online state rule interpretation meeting going live on 10/14.

One of the most significant changes to the wrestling regulations this off-season was the inclusion of a set of girls weight classes. These weight classes were determined in collaboration with the Ohio High School Wrestling Coaches Association. The weight classes (as listed in 1.73) will be used in regular season events when all participants are female.

To help provide more visibility to important weight management program concepts, wrestling regulations 1.74, 1.75, 1.76, and 1.77 have all been created / edited to provide greater clarity to these important concepts. Please review these with your coaching staff.

Also new for the 2020-21 school year, any wrestler or coach ejected for fighting / flagrant misconduct will be ineligible for the next four regular season contest points at the same level of competition. Simply put, fighting / flagrant misconduct has no place in interscholastic athletics. Please review General Sport Regulation 14 with your coaching staff and your team.

Finally, there was a change to OHSAA Bylaw 9-2-1 via the referendum process this spring. This change will continue to limit the amount of travel to any location outside the contiguous boundaries to Ohio to one trip but will eliminate the requirement that NO SCHOOL TIME be missed, leaving that decision to the discretion of the member school.

As always, there were some significant changes to the NFHS rules, but those changes will be reviewed during the State Rules Interpretation Meeting.

As a reminder, OHSAA regulations require that any school sponsoring wrestling must have the head wrestling coach attend/view a State Rules Interpretation Meeting. In an emergency, an assistant coach or the Athletic Director may attend/view in his place. The online State Rules Interpretation Meeting for coaches may be viewed beginning October 14 at 9 AM through your myOHSAA profile and will be available through December 03 without penalty. After December 03, the online meeting will be available for a \$50 fee up until January 25, 2020. Coaches who fail to view the State Rules Interpretation Meeting will cause their team to be ineligible for the OHSAA Individual Wrestling Tournament.

Have a great season!!!

Coaching Points of Emphasis

- 1 – There are no “exhibition” matches permitted by the OHSAA. All matches count towards a team’s schedule at some level (Varsity, JV, Freshman, etc.).
- 2 – OHSAA Individual Tournament Seeding – every wrestler must have competed in a minimum of 12 matches and a possess a .500 or better record.
- 3 – Weight Management – a wrestler may weigh-in at a weight, then accept a forfeit and/or default and be considered “certified” at that weight class.

2020-21 Wrestling Regulations

Please follow this link to view the 2020-21 Wrestling Regulations:

<https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/2020-21/WrestlingRegs.pdf>

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 assessment and the second step is competition. **Step 1:** Each wrestler must complete the weight management process. This will only establish the wrestler's Lowest Minimum Weight (LMW), 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.**

1. Minimum weight will be established through a process where each student will have his/her hydration tested, be weighed, and have a certified assessor determine his/her percentage of body fat through the use of skin fold calipers.
2. Only measurements taken by OHSAA certified assessors who have successfully completed the OHSAA Assessor Certification Course will be accepted. Wrestling coaches and administrators can access the OHSAA website (www.ohsaa.org) for a current list of approved assessors. It is the responsibility of the school wrestling administrator to contact certified assessors.
3. Measurements may not be taken after practice or a workout.
4. The lowest weight class at which a wrestler may compete will be determined as follows:
 - a. If the predicted weight, at 7% body fat, is exactly that of one of the weight classes, that weight shall be the wrestler's minimum weight class.
 - b. If the predicted weight falls between two weight classes the wrestler must wrestle at the higher weight class.
 - c. There will be a one percent variation of error adjustment, which will be determined by the "Optimal Performance Calculator" (OPC).
 - d. When weighing in, using a certified scale, one will round up the reading to the nearest tenth.

5. Requirements for Assessment Setting

For the purposes of the weight management program, a wrestling team is constituted by 4 or more wrestlers from one school. This number does not pertain to the sport as defined by the OHSAA Handbook, Constitution, Bylaws, and Sport Regulations

Requirements for a Multi-Team Assessment

- 1) 2 or more teams
- 2) 2 or more General Assessors, or 1 Master Assessor

Requirements for a Single Team Assessment

- 1) 1 team (any number of wrestlers)
- 2) 1 Master Assessor (no exceptions)

Requirements for a Single Wrestler who is Re-Assessing Due to Failed Hydration Test on First Assessment

- 1) 1 wrestler
- 2) 1 General Assessor who is not affiliated with the wrestler's school, or 1 Master Assessor

Requirements for a Single Wrestler who Missed Initial Team Assessment

- 1) 1 wrestler
- 2) 1 General Assessor who is not affiliated with the wrestler's school, or 1 Master Assessor

***A wrestling team of 3 or fewer may be assessed at a multi-team assessment by General Assessors with written (electronic) approval of the OHSAA, contact Tyler Brooks at tbrooks@ohsaa.org.

6. Persons eligible to be trained as OHSAA approved assessors include licensed physicians, registered nurses, licensed practical nurses, licensed athletic trainers, licensed physical therapists, licensed physician assistants, registered nutritionists, and exercise physiologists. It is a conflict of interest for an active wrestling coach to serve as an OHSAA Certified Assessor. Coaches are permitted to perform clerical and organizational duties during skin fold assessments.

B. Assessment Timelines

1. No wrestler may compete until he/she has participated in the weight assessment process and his/her name and data are included on the school Alpha Master Roster, which can be printed at www.Trackwrestling.com by each member school's coach.
2. A wrestler may compete before or during an appeal at his/her lowest approved weight based on the initial assessment.
3. Assessments may begin on November 14, 2020. Wrestlers may be assessed any time on or following this date to establish their initial ("Alpha") weight. Weight measurement data shall be submitted online at www.Trackwrestling.com by the assessor within 72 hours of assessment. The deadline for assessments is January 15, 2021. Athletes who wish to be assessed after the January 15 deadline must receive written permission from the OHSAA Wrestling Administrator. All wrestlers, including those coming out late, must have their minimum weight established and their name must appear on the school's Alpha Master Roster prior to competing.
4. The specific gravity of the urine will determine whether a candidate may participate in an assessment on any date. A reading of 1.025 or less is required to pass the hydration test. For any failed specific gravity test, the wrestler may not be reassessed for a minimum of 48 hours.
5. Results of the measurements will appear on the Alpha Master Roster. Each school is responsible for reviewing the results from www.Trackwrestling.com.
6. Situations requiring special attention must be reported to the OHSAA in writing before deadlines or due dates.

C. Responsibilities of Testing Sites

1. Contract with an OHSAA Certified Assessor.
2. Discuss with assessor what, if any, of the items needed for assessing:
 - Plastic collection cups
 - Disposable non-sterile gloves
 - Reagent strips
 - Individual profile forms
 - Written parental permission
 - Staff to assist with collection and data recording
 - Certified scale

D. Wrestlers Below 7% Body Fat

Any male wrestler whose body fat percentage is below 7% (12% female) at the time of his initial assessment may not wrestle below his / her initial weight.

E. Weight Loss Per Week

1. A weight loss limit of 1.5% on average of the wrestler's initial weight per week has been set. The projected earliest date to wrestle at Predicted Minimum Weight will be broken down into days. This date will be on each wrestler's weight loss plan.
2. A wrestler will not be permitted, at any time, to wrestle in a weight class that would require him to lose more than 1.5%, per week, of his initial weight from the original date of assessment.

*Coaches WILL exchange Trackwrestling-generated weigh-in forms to determine the weight class of the wrestlers for that competition.

Note: The official on site will verify that each coach has a copy of the opponent's weigh-in form. Protests will be handled by the OHSAA. Officials are authorized to assess an unsportsmanlike penalty to a Head Coach who fails to comply with this rule.

3. **PENALTY:** A wrestler who competes at a weight before the proper amount of time has passed to achieve that weight class will be considered an ineligible wrestler, thus requiring his/her team to forfeit the dual or his/her points in a tournament.

Note: The event director is responsible for collecting and verifying the minimum weight class of wrestlers when requested for events held in Ohio with five or more teams participating.

F. Growth Allowance

1. The OHSAA Weight Management Program includes growth allowance. A two-pound growth allowance will be given on December 25.
2. Growth allowance, or any other extra pound allowance, may not be utilized to achieve a lower minimum weight for a wrestler.
3. In order to utilize the growth allowance and other weight allowances, a wrestler shall compete at his/her lowest allowable weight in the desired weight class at least once prior to using the two-pound growth allowance.
4. One-pound allowance will be given on the second day of a two-day tournament.
5. With 48-hour notice, teams will be given a one-pound allowance if a team in the event had a match the previous day.
6. In the event of inclement weather and a school is unable to practice the day before a scheduled contest, each team is granted a one-pound allowance.
7. A maximum of two pounds above the growth allowance (scratch plus 4) is the total maximum allowable by NFHS rule.

G. Appeals

A wrestler may compete before or during an appeal at his or her lowest approved weight based on the initial assessment.

1. All steps of the appeal must be completed during the 14-day appeal period.
2. The 14-day appeal period shall start on the day following the assessment date.
3. The 1.5% weight loss limitation is in effect the day following the assessment date.
4. In order to utilize the results of an appeal, the wrestler must compete at his/her approved lowest minimum weight during an appeal for a lower weight.
5. Any athlete may appeal his/her initial assessment one time by reassessment.
6. An athlete must take an Individual Profile Form and written parental permission with him/her to the appeal assessment.

Appeal Process - The steps of the appeal process are as follows:

Step 1. Reassessment: The athlete shall repeat the weight assessment as described in the regulation.

1. The master assessor shall be responsible for conducting the initial appeal using skin fold calipers.
2. The reassessment shall occur within 14 calendar days of the original assessment date unless a written extension is granted by the OHSAA before

the expiration of the 14-day period. All steps of the appeal must be completed during the same 14-day period.

3. Reassessment includes hydration assessment, weight measurement, plus the required measurements of the skin fold sites (three sites for males, two sites for females). If the hydration assessment is failed, the wrestler may not be reassessed for a minimum of 48 hours.
4. When the assessor enters the appeal data, he/she must indicate that this is an appeal.
5. Failure to adhere to these conditions or timelines may be cause for denial.
6. The wrestler or school is responsible for any costs incurred during the appeal process.

Step 2. If dissatisfied with the initial appeal results, the wrestler may choose to be hydrostatically weighed or undergo air displacement weighing to determine body fat percentage. Results obtained at this step are automatically accepted. The athlete, family, school, or coach may not appeal further.

1. Hydrostatic weighing or air displacement weighing facilities must be approved by the OHSAA and the Appeal Proposal shall be filed with the OHSAA before any assessment occurs.
2. The 1.5% weight loss limitation shall be observed when conducting hydrostatic or air displacement weighing.
3. The wrestler is responsible for any costs incurred during the appeal process.
4. A student may not wrestle at the new, appealed weight until the assessor has entered the valid data into the Trackwrestling system.
5. A wrestler may skip a skin fold reassessment and proceed directly to a hydrostatic reassessment or an air displacement reassessment.

H. Costs

1. All costs incurred for the initial assessment and appeal process are the responsibility of the school or parent.
2. An assessor may charge up to \$5 per athlete for each assessment plus \$35 per hour. This charge is assessed for any athlete who passes or fails the urine-specific gravity test.
3. An athlete who appeals the initial test will be charged \$5 for a body fat assessment using skin fold calipers.
4. OHSAA Certified Assessors are permitted to charge mileage at the current IRS standard rate for mileage, whenever travel is required to a location. This is in addition to the service fee of \$35 per hour.
5. CLIA lab certification will be obtained by the OHSAA and all assessors will work under that certificate.
6. All OHSAA member schools who sponsor wrestling shall be members of the National Wrestling Coaches Association (www.nwcaonline.com).

I. 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.

Weight Class Eligibility Examples

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 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.

Growth allowance and other allowances may not be utilized to achieve a lower weight class for a wrestler. For simplicity, all examples are listed without growth allowance.

1. A wrestler has reached his/her lowest minimum weight of 106. On the day of competition, he/she weighs in at 116.5. This is more than one weight class above the lowest minimum weight of 106, therefore 106 is surrendered and 113 becomes the new minimum weight for that wrestler if the wrestler participates at that event. The weigh-in alone does not cause forfeiture of the LMW.

2. a. A wrestler with a lowest minimum weight of 126 is descending toward his/her lowest minimum weight, but has yet to reach the lowest minimum weight, and weighs in for competition. In compliance with his/her weight loss plan the wrestler weighs in at 132.1 (making him/her eligible at 138 and 145) and wrestles at 145. The wrestler still retains the opportunity to continue to descend toward the lowest minimum weight of 126 as he/she did not weigh in more than one weight class above his/her lowest weight according to their weight loss plan.

b. A wrestler is descending toward his/her LMW of 119 and their lowest weight allowed for a given competition day is 126. He/she weighs in at 133 making him/her eligible for the 138 and 145 pound weight classes. If that wrestler competes, he/she has now surrendered his/her lowest minimum weight (LMW) of 119 and their weight loss plan weight of 126. The wrestler's new minimum weight (LMW) is now 132 for the remainder of the season.

3. A 129.3 pound lowest minimum weight wrestler weighs in at 129.6 pounds, legally wrestling several times at 132 and 138 pounds. Later in December his/her actual weigh-in weight is recorded at 138.1 pounds making him/her eligible for the 145 and 152 pound weight classes. This requires that he/she surrenders the 132 pound weight class, establishing the new minimum weight class of 138, if he/she competes.

A wrestler is NOT eligible for a lower weight class because of any additional pound allowances.

4. A wrestler is dropping weight heading toward 138. This week his lowest allowable weight is 152. What happens if he weighs in at 162 and wrestles?

On any given date a wrestler may not weigh-in and compete more than one weight class above his/her lowest allowable weight, as defined by the wrestler's Weight Loss Plan timeline. In this case, the wrestler's lowest weight for the week is 152, which means that the wrestler could weigh-in no higher than 160 and maintain his target weight class of 138. To weigh-in above 160 would require that 138 be forfeited and 145 would become his/her new minimum weight. Remember that the weight management program is intended to allow for weekly weight loss over an extended period of time.

Coaches and the Weight Management Program

1 - It is considered a "conflict of interest" for an active wrestling coach, at any level, to become an OHSAA-approved skinfold assessor. Coaches are only allowed to perform clerical and organizational duties at an assessment site.

2 – It is the coach's responsibility to have their entire roster entered into Trackwrestling prior to the team's assessment.

3 – Each wrestler shall have the signed Parent Permission Form and Individual Profile Form ready for the assessor upon arrival to the assessment site

4 – Preparing Your Wrestlers for Assessment

Athletes should be given the following set of instructions in order to maximize the chances of a successful testing session:

- 1) No vigorous activity on the evening before and the day of the testing.
- 2) Avoid any caffeinated beverages on the day before and day of the testing.
- 3) On the day of testing, drink 500ml (17 oz.) Of fluid. (A sports drink is an excellent choice).
- 4) In preparation for the hydration test drink 2-4 cups of water in 1-2 hour period immediately preceding the test.
- 5) Be awake three hours prior to testing.
- 6) Do not eat two hours prior to testing.
- 7) Avoid any vitamin or mineral supplements two days before and the day of testing.
- 8) Wrestlers shall be assessed (weighing and skinfold measurements) in weigh-in attire

5 - It is the responsibility of the Assessor to input the data of each wrestler on Trackwrestling within 72 hours of the assessment.

6 - The annual cost of membership for schools in the National Wrestling Coaches Association (or "NWCA") is \$30.00 and this allows each school access to Trackwrestling.

Common Questions from High School Coaches

Q1. What is the first day that wrestlers can have a weight assessment conducted?

A. **November 14** is the first day that weight assessments can occur.

Q2. Can a wrestler participate in a scrimmage prior to having an assessment?

A. A wrestler can participate in a scrimmage or preview before a weight assessment. However, he or she cannot compete in a regular season match until an assessment is conducted.

Q3. My 220 pound wrestler is still playing football. He weighs 232 pounds and will not come out until our football team is out of the tournaments. When can he have a weight assessment?

A. He can be assessed as early as **November 14**. However, many coaches will have wrestlers practice for a week to 10 days and then send the wrestler for an assessment. The wrestler cannot participate in a contest other than a scrimmage or preview until an assessment is conducted.

Q4. Should there be an allowance for what the wrestler wears during assessment?

A. No, a weight allowance for clothing is built into the formula.

Q5. What should a wrestler wear for assessments?

A. All wrestlers shall wear a suitable undergarment that completely covers the buttocks and groin area. Female wrestlers shall also wear a suitable undergarment that covers their breasts.

Q6. How do head wrestling coaches enroll for membership in the National Wrestling Coaches Association?

A. All Head Coaches are automatically enrolled for NWCA membership by the OHSAA. It is imperative for head coaches to provide their athletic directors with current email addresses for myOHSAA profiles.

Q7. How do I find an OHSAA Assessor?

A. You can visit <http://www.ohsaa.org/sports/wrestling/Weight-Management-Program> and view the Master and General Assessor Directories.

Q8. What can my wrestler expect at an Assessment?

A. A urine hydration test and a weigh-in will be followed by the skin fold assessment. The entire assessment takes a short time. Other forms of assessment include water displacement and use of a BOD POD.

Q9. What if we disagree with an assessor's skin fold assessment?

A. A wrestler may appeal the original assessment within the 14-day appeal window, which begins the day following the assessment. Remember that the appeal will be automatically denied if the wrestler loses more than 1.5% of his/her weight per week from the date of his/her original assessment and the appeal.

Q10. If my wrestler “fails” the hydration test may we continue through the rest of the assessment?

A. No, when the hydration test is “failed” there is no need to continue with that assessment.

Q11. Do I have to provide my opponents with my weigh-in (alpha master) forms?

A. Coaches must provide their opponents with a weigh-in form generated through trackwrestling.com. The trackwrestling.com generated weigh-in form is required.

Q12. Can my school sponsor more than one Varsity team?

A. Yes, 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.

Q13. Do 7-8th grade wrestlers have to have a body fat assessment?

A. No. 7/8th grade wrestlers are not subject to the weight management program regulations.

Q14. What form do I bring to each of my wrestling events?

A. You must present the Trackwrestling-generated weigh-in form at each wrestling event.

NFHS MEDICAL RELEASE FORM FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a medical release form for wrestlers to participate with skin lesion(s) as a suggested model to be considered for adoption in each state. The NFHS Sports Medicine Advisory Committee (SMAC) conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another wrestler. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS SMAC presumes to dictate to professionals how to practice medicine. Nor is the information on this form meant to establish a standard of care. The NFHS SMAC does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature.

committee also believes that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and appropriate health-care professionals that led to the research into this subject and to the development of this form.

The Ohio High School Athletic Association as recommended by its Joint Advisory Committee on Sports Medicine has adopted the policy to require that it be a physician, defined as a medical doctor (MD) or doctor of osteopathy (DO) who is authorized to clear a wrestler for continued participation in this sport. In addition, Certified Nurse Practitioners or Physician's Assistants (PA) who work in a dermatology practice as identified on the list found here (www.ohsaa.org/Portals/0/Sports/Wrestling/ApprovedShortNoticeDermatologistPractices.pdf) are eligible to sign this form a return the student to participation.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among appropriate health-care professionals who are signing "return to competition forms". Consistent use of these guidelines should reduce the likelihood wrestlers catching a skin disease from participation and suffering from inequalities as to who can or cannot participate.
4. Provide a basis to support appropriate health-care professional decisions on when a wrestler can or cannot participate. This should help the appropriate health-care professional who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.

IMPORTANT COMPONENTS FOR ANEFFECTIVE FORM:

1. Each state association needs to determine which appropriate health-care professional can sign off on this form.
2. Inclusion of the applicable NFHS wrestling rule so appropriate health-care professionals will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
3. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should mitigate the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
4. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after a visit with an appropriate health-care professional.
5. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
6. Inclusion of all the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired, and can be edited in any way for use by various individuals or organizations. It may also be modified and used for sports other than wrestling. In addition, the NFHS SMAC would welcome comments for inclusion in future versions, as this form will be reviewed yearly, and modified as needed.

**National Federation of State High School Associations
Sports Medicine Advisory Committee – OHSAA Joint Advisory Committee on Sports Medicine**

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____

Date of Exam: ___ / ___ / ___

Diagnosis _____

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

Medication(s) Used to Treat Lesion(s): _____

Date Treatment Started: ___ / ___ / ___ Time: _____

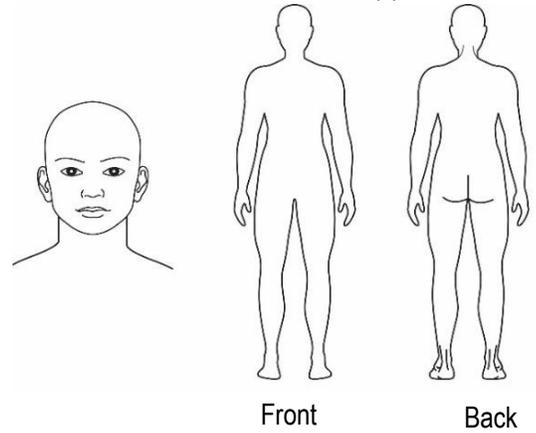
Form Expiration Date for this Lesion (Note on Diagram(s)): ___ / ___ / ___

Earliest Date the Wrestler May Return to Participation: ___ / ___ / ___

Physician (MD, DO) or CNP or PA from approved list Signature _____ Office Phone #: _____

Physician Name/Name of Collaborating Dermatology Practice (Must Be Legible) _____

Office Address _____



Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for 72 hours is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 72 hours. For a first episode of Herpes Gladiatorum, wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment before return to wrestling should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed, and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: Upon treatment with curettage and hyfrecator, may wrestle immediately.

Note to Appropriate Health-Care Professionals: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

“ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”

“ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition.”

“ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.”

Once a lesion is considered non-contagious, it may be covered to allow participation.

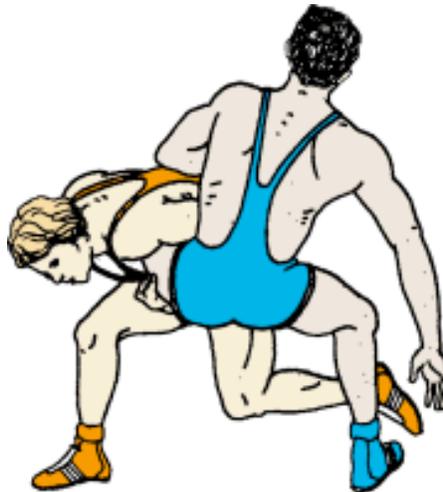
DISCLAIMER: Neither the National Federation of State High School Associations (NFHS) nor the OHSAA shall be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above-named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.

Communicable Diseases Procedures

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouth guards and other articles containing body fluids.

Additional information is available from the OHSAA and the National Federation of High Schools



Tournament Regulations

Tournament Regulations are available at www.ohsaa.org. From the homepage, under “Sports”, click “Wrestling”. Tournament regulations are in the left-column under “Individual Tournament Information”

The Tournament Regulations can also be found by following this link:

Individual Tournament Regulations:

<https://www.ohsaa.org/Portals/0/Sports/Wrestling/WRindTourneyRegs.pdf>

Date _____

School _____

Coach _____

Event _____



Official 7/8 Grade Weigh-In Form

This verification of weights must be exchanged prior to competition

Weight class	Wrestler Name	Actual Weight
80	_____	_____
86	_____	_____
92	_____	_____
98	_____	_____
104	_____	_____
110	_____	_____
116	_____	_____
122	_____	_____
128	_____	_____
134	_____	_____
142	_____	_____
150	_____	_____
160	_____	_____
172	_____	_____
205	_____	_____
245	_____	_____

Authorized Signature: Principal Assistant. Principal AD _____

Note: Minimum weight for the 245 weight class is 205 lbs. All weight classes subject to growth allowance, including the 245. The minimum weight for HWT will become 207 pounds after Dec. 25th.