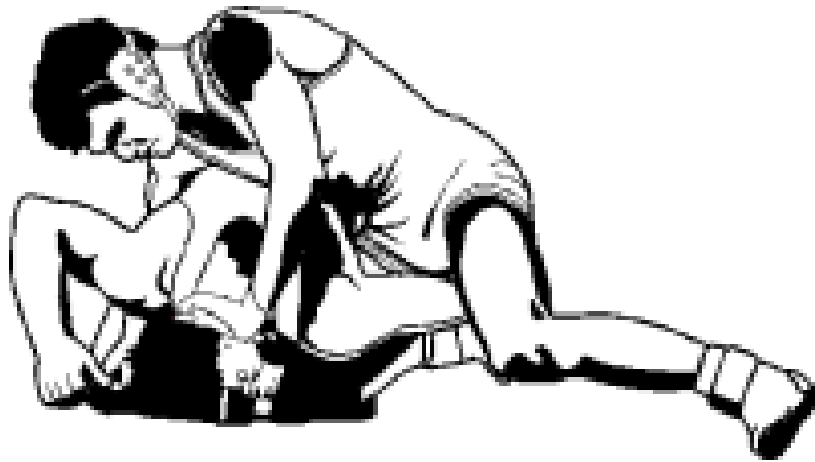




2019-20 High School Wrestling Manual



Ohio High School Athletic Association
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OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
4080 Roselea Place ~ Columbus, OH 43214
614-267-2502 ~ 614-267-1677 (fax)
www.ohsaa.org

OHSAA Mission Statement

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

2019-20 Wrestling Calendar	
November 15	Coaching Begins
November 16	Earliest Preview Date
December 5	Season Begins
January 13	Non-Interscholastic Date
February 2	Sectional Tournament Draw (Individual)
February 8	Dual Team Regional
February 16	Dual Team State
Feb. 24 – Feb. 29	Sectional Tournament (Individual)
March 02 – March 07	District Tournament (Individual)
March 13 – March 15	State Tournament (Individual)
March 15	Season Ends

OHSAA Contact Information

Name	Title	Responsibilities	Email
Tyler Brooks	Director of Officiating & Sport Management	Oversees all aspects of wrestling and weight management	tbrooks@ohsaa.org
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	Toby.dunalp@lubrizol.com
Jim Vreeland	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquiries	vree66@gmail.com
Dick Loewenstine	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquiries	rloewenstine1@gmail.com
Ray Anthony	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquiries	ctfire210@aol.com
National Federation of State High School Associations			www.nfhs.org
Ohio High School Wrestling Coaches Association			www.ohswca.com
Ohio Wrestling Officials Association			www.owoa.org

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 2019-20 Season

The 2019-20 wrestling season is upon us!

There were significant changes to the out-of-season regulations regarding what is permitted by coaches coaching their school team wrestlers. Please review the following General Sport Regulations: 7.3.2, 7.5.3, and 8.4. Link to General Sport Regulations here, beginning on page 75:

<https://www.ohsaa.org/Portals/0/SchoolResources/Handbook.pdf>

In summary, the sport of wrestling was re-classified with the other individual sports. Under previous regulations, wrestling was sometimes grouped in with the individual sports and other times grouped with team sports but was inconsistently addressed in terms of out-of-season regulations between coaches and wrestlers.

As part of these revisions, the following are now in effect:

- Wrestlers may participate with a non-school program outside of the school's season with no restriction when coached by either a school coach or a non-school coach. (7.3.2)
- A school team's coaching staff may coach wrestlers from their school outside the school season, however students from the school team shall not be required to attend the coaching instruction. (7.5.3)
- Individual coaching instruction may be received by a member of the school team at any time from either school or non-school coaches or instructors. (8.4.1)

This will be year two of permitting dermatology offices that have agreed to be on our pre-approved list to allow their Certified Nurse Practitioners (CNP) and Physician Assistants (PAs) affiliated with the practice to sign the approved skin form. The link to find the list assembled to date is:

<http://www.ohsaa.org/Portals/0/Sports/Wrestling/ApprovedShortNoticeDermatologistPractices.pdf>

As always, any MD or DO is still permitted to sign the skin form. What this means is that if a CNP or PA is affiliated with one of these practices, then he or she may sign off on our wrestling skin form. This privilege is restricted to those mid-level medical personnel who work in these practices only.

If you are aware of a practice that would like to also be listed on this pre-approved list, please have them contact me at tbrooks@ohsaa.org.

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 accessed beginning **October 16 at 9 AM** through your myOHSAA profile and will be available through **December 04** without penalty. There is no fee for any meeting prior to **December 04**. After **December 04**, the online meeting will be available for a \$50 fee up until **January 13, 2020**. Coaches who fail to view the State Rules Interpretation Meeting will cause their team to be ineligible for both OHSAA wrestling tournaments (both Dual Team and Individual Tournaments).

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).
- 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 – Weigh-Ins – wrestlers are permitted to wear socks during weigh-ins. However, there is no weight allowance for socks if worn.
- 4 – 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.
- 5 – Multiple Schedules, Having 22 or More Wrestlers – if your high school has 22 or more participating wrestlers you may create a second Varsity schedule. This schedule could be labeled “Varsity B”. Any school, regardless of the number of wrestlers, may have a “Junior Varsity” schedule. Each schedule is still restricted to the “Team Regular Season Contest Limitation” as described in the wrestling regulations 1.11. However, individual wrestlers may accumulate their 20 points from wrestling any events from either schedule.

2019-20 Wrestling Regulations

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 Team Tournament is considered a "post-season" 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.

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 of the NFHS Wrestling rulebook.

1.2) Multiple School-Sponsored Teams (See General Regulation 29)

A school may sponsor two (same level) wrestling teams when more than 21 eligible participants are reported on the official eligibility form. When a school sponsors two wrestling teams a separate schedule for each team is required.

Example:

a) Eighteen wrestlers are on the team. The schedule indicates eight duals and six one-day tournaments (20 points). The coach wants to send three wrestlers to a two-day tournament. He schedules the three wrestlers as his "B" team.

Ruling: **Violation.** Penalties may include, but not be limited to, a fine, loss of wrestlers' eligibility and/or denial of participation (team and individual) in OHSAA tournaments.

Note: It would not be a violation to have both a varsity and sub-varsity squad.

b) Thirty-six wrestlers are on the eligibility form. The school sponsors a Varsity "A" team and a Varsity "B" team. All teams have a 20-point schedule. Ruling: **Legal.**

c) Eighteen wrestlers are on the team. The school sponsors a Varsity team and a sub-varsity team (JV). All teams have a 20-point schedule. Ruling: **Legal.**

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, JV, Freshman) — Four scrimmages permitted. Three-hour time limit for all scrimmages.

Individual wrestlers that will enter the Sectional Tournament 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 sweat suit 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

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 is 215 lbs (and is subject to the growth allowance).

1.72) High School 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 lbs (and is subject to the growth allowance).

1.73) Growth Allowance — A two-pound allowance will be given on December 25. No weight allowance can be used to achieve a lower minimum weight.

1.74) 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 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.

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 tournament in wrestling to be eligible for any OHSAA Tournament competition.

Date: **January 13, 2020**

- 2.2) The school wrestling coach may coach wrestlers from his/her school team in non-interscholastic wrestling for a period not to exceed 10 days from June 1 to July 31. Exception: Greco-Roman and freestyle wrestling are interpreted as different sports from interscholastic, also known as folk-style wrestling.

3) Out of State Travel

A wrestling team may travel out of state to compete in contests (scrimmages, previews and games) in states or Canadian provinces that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province is Ontario. Additionally, a wrestling team may travel to a non-contiguous state or province one time per sport per interscholastic season to compete provided there is no loss of school time. (Bylaw 9-2-1)

A wrestling team may not travel out of state to practice. (Bylaw 9-2-2 for exceptions).

“School time” is defined as any time during any day during which the school is in session as stipulated in its Board-adopted school calendar exclusive of contingency days. **Penalty for Violation:** The school shall be ineligible for the OHSAA post season tournament in the sport in which the out-of-state travel was involved and could be subject to additional penalties as referenced in Bylaw 11.

EXCEPTION: If, because of missed school days because of calamity situations, an otherwise non-school day(s) becomes a school day(s) to make-up for the missed school day, the school may compete in contest(s) outside the State of Ohio provided:

- 1) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;
- 2) The school receives written permission from the Executive Director’s office at least one week in advance of the scheduled event.

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

Any wrestler or coach ejected or disqualified for unsporting conduct or flagrant foul shall be ineligible for all wrestling contests for the remainder of that day and event. In addition, he/she shall be ineligible for all contests at all levels in wrestling until two regular season/tournament contest points or two event days at the same level as the ejection or disqualification. 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 Sport 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 ineligible 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 Sport 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 7-8th grade wrestlers. Coaches should encourage participation and de-emphasize weight loss. Coaches should educate wrestlers on good nutritional plans.
2. Weight Classes
Junior High (7-8th grade) weight classes include 16 classes: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 150, 160, 172, 205 and 245.
3. Growth Allowance
The growth allowance is intended to "grow" the weight classes to accommodate the natural growth of the 7-8th grade wrestler. It is not intended to assist a youngster "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.
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. Junior High School (7-8th 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 State Junior High Tournament (OAC) is **NOT** an OHSAA tournament. Coaches MAY coach their wrestlers in this event (see 7.5.1 exception 3). Wrestlers are permitted to participate after the school season ends in this non-interscholastic wrestling tournament.
- b) No one below the 7th grade shall practice/participate with or against 7-8th grade wrestlers. 7th and 8th grade wrestlers shall not participate/practice with or against 9th-12th grade wrestlers.
- c) No requirement for dual or tri/matches exists for 7th-8th grade.

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

7. First match — December 5, 2019.

8. Season ends — March 15, 2019.

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

NOTE: Individual wrestlers from a 7th and 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/tris/tournaments

11. Rules — National Federation Wrestling.

12. Length of Matches

- a. Each period is 1 1/2 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 seconds 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

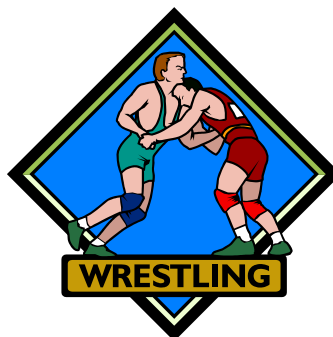
1. Coaching and tryouts may begin — November 15, 2019.

2. First match — December 5, 2019.
3. Coaching and Season end — March 15, 2020.
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) Freshman – Regardless of the number of officials, all must be OHSAA Class 1, 2 or 3, or officials in training.

	2019-2020	2020-2021	2021-2022	2022-2023
Coaching Begins	11/15	11/13	11/12	11/11
Earliest Preview Date	11/16	11/14	11/13	11/12
Season Begins	12/5	12/3	12/2	12/1
Non-Interscholastic Date	1/13	1/11	1/10	1/9
Dual Team Regional	2/8	2/6	2/5	2/4
Dual Team State	2/16	2/13 or 2/14	2/12 or 2/13	2/11 or 2/12
Individual Sectional	2/24-2/29	2/22-2/27	2/21-2/26	2/20-2/25
Individual District	3/2-3/7	3/1-3/6	2/28-3/5	2/27-3/4
Individual State	3/13-3/15	3/11*	3/10*	3/9*
Season Ends	3/15	#3/13 or 3/14	#3/12 or 3/13	#3/11 or 3/12
Easter	4/12	4/4	4/17	4/9

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

#Denotes final date to be determined



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 "Performance Calculator."
 - d. When weighing in, using a certified scale, one will round up the reading to the nearest tenth.
5. A minimum of two schools/teams must be present for the assessment, unless assessed by a master assessor. A team is defined as at least four wrestlers for weight management program purposes only.
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 16, 2019**. Wrestlers may be assessed any time on or following this date to establish the "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, 2020**. Athletes who wish to be assessed after the January 15 deadline must receive written permission from the OHSAA Wrestling Administrators. 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 printing those from www.Trackwrestling.com using proper protocols.
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 Alpha weight.

E. Weight Loss Per Week

1. A weight loss limit of 1.5% on average of the "Alpha" 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 the Alpha Master Roster printout.
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 "Alpha" 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.

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 will 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.

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 16** 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 16**. 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 enrolled for NWCA membership by the OHSAA. It is imperative for head coaches to provide their athletic directors with current email addresses.

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 drops 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. Any school may sponsor more than one varsity team as long as more than 21 wrestlers are on the official eligibility form.

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

A. No. Junior high wrestlers are not subject to the weight management program regulations.

Q14. My 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?

A. 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.**

Q15. 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: _____

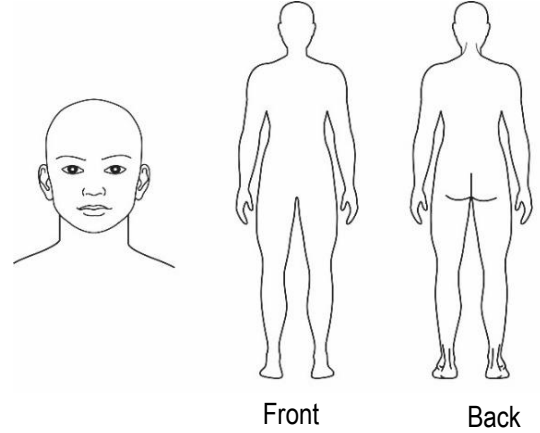
Date of Exam: ___ / ___ / ___

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 “Tournament Info”.

The Tournament Regulations can also be found by clicking on these links:

1) Individual Tournament Regulations:

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

2) Dual Team Tournament Regulations:

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