



2019-20

Wrestling

Manual

For 7-8th Grades



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To: 7-8TH Grade Wrestling Coaches

From: Tyler Brooks, Director of Officiating & Sport Management

Re: 2019-20 Middle School Wrestling 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 (CNPs) 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.

Recently we have had questions concerning the "non-interscholastic date" and its pertinence to the middle school wrestling season. The short answer is that there is not a "non-interscholastic date" for middle school athletics and the high school's non-interscholastic date does not pertain to middle school wrestling. Each sport's non-interscholastic date only pertains to student-athletes that desire to be eligible for OHSAA state tournaments. Because there are no OHSAA state tournament for middle school athletics, there is no "non-interscholastic date" for middle school athletics. An athlete may join a team at any point that a school permits and may compete in non-interscholastic events until they compete for the school team. **If a student-athlete participates in a non-interscholastic event after they have participated for their school team, the student-athlete is not eligible to return to the school team for the remainder of that season.**

Officials are required to remove wrestlers from competition if symptoms of a concussion appear. The wrestlers cannot re-enter that day and must be put into the Return to Play Protocol. Please see the policy at: http://www.ohsaa.org/medicine/sportssafety.htm#Concussion_Resources

You are also encouraged to participate in the Ohio High School Wrestling Coaches Association. For information please visit the OHSWCA website at www.ohswca.com.

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.

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. Minimum weight for the 245-pound weight class is 205 pounds. All weight classes subject to growth allowance, including the 245-pound weight class. The minimum weight for 245-pound weight class will become 207 pounds after December 25.
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 1½ minutes.
 - b. Consolation matches are comprised of three 1-minute periods.
 - c. Tournament overtime period is one one-minute sudden victory period followed by a 30 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.

The Wrestling Penalty Chart

Jim Vreeland, Oak Harbor, Ohio
OHSAA State Rule Interpreter

There are seven different kinds of penalties that make up the penalty chart. They include **starting violations, technical violations, illegal holds, unnecessary roughness, misconduct, unsportsmanlike conduct, and flagrant misconduct**. Either competitor may be guilty of many of these during a match, while non-competitors, coaches and other team personnel may only be guilty of misconduct, unsportsmanlike conduct or flagrant misconduct. Only coaches may be guilty of a misconduct violation while coaching during a match. This would also include a wrestler assuming the role of a coach in the corner. Let's take a closer look at each of these penalties.

Misconduct is only called on a coach whose behavior at the scorer's table warrants first receiving a warning; this is usually for questioning the official's judgment. The second misconduct violation is to deduct one team point, with the third offense being a two point deduction and the head coach removed from the arena for the remainder of the day.

Starting violations require a caution on the first offense and a caution on the second offense. The third and all subsequent violations continually get a one match point penalty given the opponent. A wrestler cannot be disqualified for starting violations. He/she can lose the match by continuous points contributing to a technical fall; 15 point margin.

Technical violations include clasping hands, grasping clothing (yours or the opponent's), grasping head gear and/or knee pads, fleeing the mat to avoid being scored upon, and stalling. Reporting to the scorer's table not properly equipped or not ready to wrestle is also a match point for the technical violation plus use of an injury time to correct the error. A stalling penalty is the only other violation that requires a single warning before a penalty point is given up.

Illegal holds may be committed by either wrestler from any of the three basic wrestling positions; offensive, defensive and/or neutral. The list of illegal holds spelled out in the NFHS rule book are so listed to ensure a safe, healthy environment for competition. It is the official's responsibility to work to be in position to recognize dangerous situations and prevent any injury to either athlete. Some of the illegal holds include; hammerlock, twisting hammerlock, full nelson, headlock without an arm encircled above the elbow, straight head scissors, any figure four applied to the head or body, double under hook snap back from a standing position, twisting knee lock, front quarter nelson with the chin, leg block, hands/fingers in the eyes, neck wrench, forcing a body part beyond its normal range of movement, and simply...any skill used to punish or harm the opponent. This is a one match point penalty with no warning given.

Unnecessary roughness violations are physical acts that go beyond normal aggressiveness. A few examples include (but not limited to); a forceful slap to the face, gouging/poking the eyes, forceful cross face, a forceful forearm/elbow to the back of the head or neck and a forceful trip to the mat. This is a one match point penalty with no warning given. Continual acts of unnecessary roughness may be interpreted as flagrant misconduct on the part of the either wrestler during the match.

Unsportsmanlike conduct may be either a physical or nonphysical act and may occur before, during or after the match. Examples include (but are not limited to) swearing, taunting or baiting the opponent, throwing headgear or other equipment, failure to comply with the end of match procedure, spitting or clearing a nasal passage on the mat, repeatedly dropping to a knee to break a clasp hands and showing displeasure with the official's call. Continual acts of unsportsmanlike conduct may be interpreted as flagrant misconduct on the part of the either wrestler during the match. The penalty during the match follows the penalty chart 'one ... one ... two ... DQ'. A second unsportsmanlike conduct violation during a match may result in a two point team deduction and a removal from the arena. The severity of the situation rests in the judgment of the official.

The penalty for any non-participating team individual is the following; this is a one team point deduction on the first offense, with the second offense brings a two point team deduction and removal from arena for the remainder of the day. There is no warning given.

Technical violations, illegal holds, unnecessary roughness and unsportsmanlike conduct all follow the penalty chart '*one...one...two...DQ*' for participating wrestlers. That refers to the instance and the penalty for it. The first occurrence is a one point penalty, the second occurrence is another one point penalty, the third occurrence is a two point penalty and the fourth occurrence of any penalty in any combination the violator is disqualified from the match.

It is important to recognize that an unnecessary roughness call is a little stronger than an illegal hold call, and an unsportsmanlike conduct call is stronger than an unnecessary roughness call. And, as should be expected, the final penalty and strongest call an official can make is a flagrant misconduct penalty.

SITUATION # 1: **Wrestler A**, during the first period, has attacked from the onset. **Wrestler B** draws a warning for stalling followed by diving off the mat to avoid giving up the takedown. The official blows his whistle to stop the match then awards **Wrestler A** one point for the technical violation. **Wrestler B's** coach goes to the table to complain about the fleeing call. He continues to argue, and then the official warns the coach for misconduct and notifies the table to record the same on the score sheet. The first period ends with **Wrestler A** earning another point as the result of another stalling violation. At the start of the second period, with **Wrestler A** taking the neutral position, **Wrestler A** finishes a head lock takedown, with **Wrestler B** pulling on the head gear. The official wipes the grasp away, informs **Wrestler B** of his penalty and allows wrestling to continue. The second period ends with the official awarding **Wrestler A** two points for the takedown, four points for the near fall and concluding with two points for the technical violation. The official now reminds **Wrestler B** his next violation will result in disqualification. The sequence of penalties is *one ... one ... two ... DQ*. During the third period, **Wrestler B** is called for stalling. **Wrestler B** is disqualified from the match, not the tournament

Flagrant misconduct will end the match. Flagrant acts may also be physical or nonphysical and may occur before, during or after the match. Some examples of flagrant misconduct include (but are not limited to); extreme foul language, kicking, biting, punching, head butting, striking or any use of tobacco products. It is important for all to understand a flagrant misconduct violation is the most severe penalty, and involves a bit of extra work after the event. The procedure is almost universal across the nation, with individual states having their slight variation to the procedure.

In Ohio;

- Deduct three team points & in most tournaments forfeit all points earned to that time.
- The athlete or coach is removed from arena, note: if there is no assistant coach to stay with the flagrant wrestler, then he/she must remain on the team bench next to the coach and stay quiet. Any further problem from him/her the team forfeits the match and is disqualified.
- The official has 48 hours when school resumes calling the school to notify the administration of the flagrant occurrence & complete an ejection form. A copy gets mailed to the school in question and to the OHSAA office.
- The school then responds to the OHSAA office with their handling of the athlete or coach. The OHSAA office then sends a copy of the result to the official.
- The offender is not allowed to participate until an equivalent to the next two points on the school's schedule has been met.

SITUATION # 2: At the start of the second period in an overly aggressive match, **Wrestler B** stands and **Wrestler A** lifts and returns his opponent with excessive force. The official stops the match to award **Wrestler B** one point for the unnecessary roughness call. At the restart, **Wrestler A** hits a strong breakdown, then jams his forearm and elbow in the back of his opponent's neck. Again, the official stops the match to award **Wrestler B** one point for unsportsmanlike conduct, then informs **Wrestler A** about his extreme roughness, and to stay within the bounds of clean, legal wrestling. His coach stands up, turns to his fans, throws his arms in the air and shouts "this guy is terrible." The official gets the wrestlers returned to the center, and then calls the

coach to the table. The official now informs the coach of his unsportsmanlike conduct for inciting the fans, and also instructs the scorer to deduct one team point. While on their feet in the third period, **Wrestler A** swings a forearm and clubs **Wrestler B** in the head. He is hit so hard that he is knocked off his feet then grabs his neck. The official blows his whistle to end the match, places his hand on the top of his head then calls **Wrestler A** for flagrant misconduct. He instructs the scorer to deduct three team points, and reminds the coach his wrestler is to be removed from the gym.

Note: It is important to remember there are only three penalties that require a warning before any points are given up, two on the part of the wrestlers and one on the coach. The first is on either participant in any position. Starting violations require the offending wrestler given two warnings before giving up any penalty point/s. These warnings are referred to as cautions. The second is a warning for stalling on either participant, and again in any position. The third is a coaches' warning for misconduct. This can only occur when the coach is coaching and goes to the table to question the official, and does so in an inappropriate manner.



Head Trauma

Concussions / Unconsciousness

By

Eric Deleon, MD...Joe Hershey, Athletic Trainer...Jim Vreeland, OHSAA Official

Situation: Both **wrestler A** and **wrestler B** shoot simultaneously for a double leg takedown. In the process, heads collide with a resounding thud heard by everyone involved in the match. While **wrestler B** rolls over, sits, and has no issues, **wrestler A** is still laying flat on his back and has not moved. The official stops the match, starts the injury clock, and calls for medical assistance at mat side. What is a concussion? Let us examine how a referee, an athletic trainer and/or a physician shall assess this situation to make the proper determination as to whether **wrestler A** should continue to compete in this match.

From a medical perspective, **what is a concussion?** A simplified definition for a concussion is a brain bruise. Concussions classifications based upon loss of consciousness, severity of symptoms, and the length of time of symptoms are in existence. We as officials, coaches, and parents should view any concussions with grave concern. A concussion, brain bruise, is so much more serious than a simple pulled muscle or bone bruise. A recurrent pulled leg muscle will heal with proper therapy and time. A brain cell seriously damaged may never heal and can result in serious and or permanent loss of brain function. After a concussion, the athlete may appear totally normal in respect to their physical and cognitive function but may be harboring an area in the brain that is extremely sensitive to another concussive episode. A subsequent head trauma may be catastrophic. The most serious, a medical occurrence acknowledged by some medical associations is Second Impact Syndrome, SIS. SIS is a term utilized to categorize an episode of internal brain swelling, resulting from a second concussive episode occurring prior to the proper healing of a previous concussion. This swelling can result in permanent brain damage or death. Research on recurrent concussions have led the medical community to give warnings of patients developing lifelong symptoms of headaches, loss of memory abilities (immediate and long term), depression, and or loss of cognitive functions. At present the medical community is unsure of the exact treatment for concussions. It is recommended for athletes with even a tentative history of a concussion to be evaluated by a physician prior to being allowed to participate in any athletic event (practice or game). After proper medical evaluation, the current treatment is most often conservative; time and rest. Medical experts in the field are uncertain as to what is the proper amount of time and rest for concussions but recommendations are based upon severity and duration of symptoms.

The NFHS rules of wrestling are specific concerning loss of consciousness. Rule 8-2-4 states "...Any contestant who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the match / practice and Ohio law (HB 143) states they may not return to competition that day. If the official has removed the wrestler for concussion symptoms, the match will end in a medical default.

Official's Summary: Safety is paramount. Start the appropriate clock, request medical assistance, and pay attention to the wrestler's responsiveness. Evaluate the wrestler's mental status; are they dizzy, ask their name, their birthday, the date, and the name of the competition site. Evaluate their physical ability; is their grip strength bilaterally equal, can they stand without assistance, and with their eyes closed can they stand with arm out stretched. Remember, if the official has removed the wrestler for concussion symptoms, the match will end in a medical default.

Safety is paramount.

Date _____

School _____

Coach _____

Event _____



OFFICIAL MIDDLE SCHOOL 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.

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.

Revised/Approved by NFHS SMAC - April 2018 – Revised by the OHSAA JACSM – August 2018

**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: _____

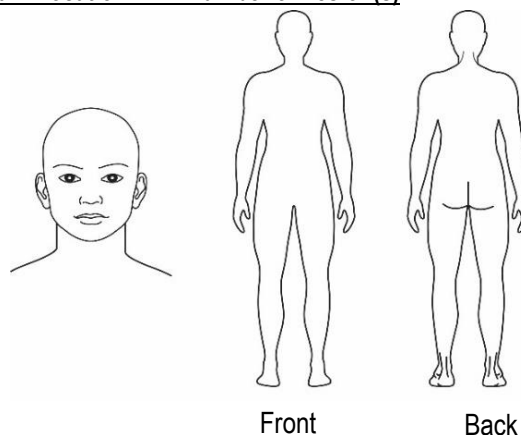
Date of Exam: ___ / ___ / ___

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.

Revised/Approved by NFHS SMAC/OHSAA JACSM – January 2018