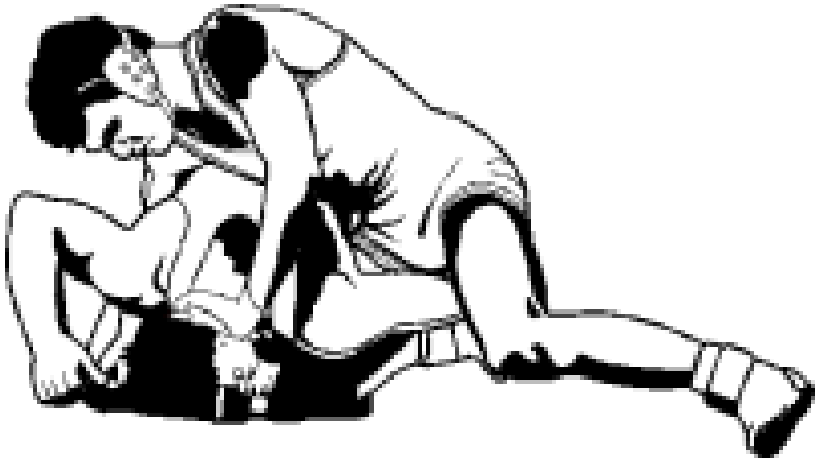
2025-26 Wrestling Manual



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OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
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OHSAA Mission Statement

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

Wrestling Calendar	
November 14th	Coaching Begins
November 15th	Earliest Preview Date
December 4th	Season Begins
January 12th	Non-Interscholastic Date (Boys)
January 12th	Non-Interscholastic Date (Girls)
February 8th	Sectional Tournament Draw (Boys and Girls)
Feb. 23th – Feb. 28th	Sectional Tournament (Boys and Girls)
March 2nd – March 7th	District Tournament (Boys and Girls)
March 13th – March 15th	State Tournament (Boys and Girls)
March 9th	Season Ends

OHSAA Contact Information

Name	Title	Responsibilities	Email
Monroe Britton	Sport Administration	Oversees all administrative aspects of wrestling and weight management	mbritton@ohsaa.org
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Toby Dunlap	Director of Officiating Development – Wrestling, State Rules Interpreter	Responsible to the Director of Wrestling for all aspects of wrestling officiating, training, education, mechanics and compliance	Toby.dunalp@lubrizol.com
Jim Vreeland	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquiries	vree66@gmail.com
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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
Coaches' Tool Chest			https://coachestoolchest.com/

Ohio High School Athletic Association

4080 Roselea Place, Columbus, OH 43214

To: OHSAA Wrestling Coaches

From: Monroe Britton, Sport Administration

Re: Welcome to the 2024-25 Season

Coaches,

Please take time to review the information within this manual, as it was created in hopes of providing you information that will allow for you to navigate your upcoming season.

Throughout the season, we will make every effort to keep you informed of changes, as well as various informative documents on our website.

As you know, communication is key in the successful administration of any of our sports, and we encourage you to ask questions or seek assistance from the OHSAA sport management or compliance teams when needed.

Here are some additional points you should note as you begin to look over this manual:

- The viewing of the online State Rules Interpretation Meetings is mandatory for any Varsity Head Coach of a team sponsored by an OHSAA member school. In an emergency, an assistant coach or the Athletic Director may view this meeting in place of a Varsity Head Coach. The purpose of the Rules Interpretation Meetings is to give you a thorough understanding of the OHSAA Sport Regulations, additional "*points of emphasis*", as well as any changes to the national playing rules written by the NFHS. We hope you'll encourage your assistant and junior high coaches to view this also.

  The online State Rules Interpretation Meeting for coaches may be viewed beginning November 3 at 9 AM through your myOHSAA profile and will be available through December 5th without penalty. After December 5th, the online meeting will be available for a $50 fee up until February 2rd, 2026. Coaches who fail to view the State Rules Interpretation Meeting will cause their team to be ineligible for the OHSAA Wrestling Tournament.

- The rules the OHSAA use to regulate Wrestling stem from the National Federation (NFHS). NFHS Rules govern all playing rules, while OHSAA Sport Regulations govern specific rules to Ohio, as well as the various administrative regulations and interpretations. Our elected Board of Directors approves these regulations annually and serve as the basis for ALL schools playing by the same rules. This guide should serve to provide all coaches with clear answers and interpretations to the many regulations governing grades 7-12 wrestling in Ohio.

We wish each of you a successful season and many thanks for the great work you do with the student-athletes at your school.

Sincerely,

Monroe Britton

Coaching Points of Emphasis

1 – Adoption of Girls Wrestling

In January 2022, the OHSAA Board of Directors approved girls wrestling as a sanctioned OHSAA sport.

Please review the excerpts from our wrestling regulations below:

> *Wrestling Regulation A – 5: Sponsorship*
> *5.1) A school that sponsors girls wrestling and boys wrestling shall maintain separate schedules for girls and boys events.*
> *5.2) A school that sponsors girls wrestling may permit girls to participate in both boys and girls events during the regular season, provided they don't exceed the individual contest limitation in a season. Girls are permitted to enter and compete in the OHSAA girls wrestling tournament provided the school is registered for the girls tournament through the school's myOHSAA account.*
> *5.3) Girls may choose to participate in only boys wrestling events during the regular season and remain eligible for the OHSAA girls wrestling tournament provided the school is registered for the girls tournament through the school's myOHSAA account.*
> *5.4) A girl may participate in all girls wrestling events on their school's schedule, and may also participate in any additional boys wrestling events up to the individual contest limitation, and still participate in the girls wrestling tournament provided the school is registered for the girls tournament through the school's myOHSAA account.*
> *5.5) A girl may only participate in either the OHSAA girls wrestling tournament or the OHSAA boys wrestling tournament. A girl wrestler cannot participate in both tournaments.*
>
> *Wrestling Regulation B – 2: 7/8 Grade Weight Classes – Girls*
> *7th & 8th grade weight classes for competition with all girls includes 16 classes: 72, 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 155, 170, 190, and 235. The minimum weight for the 235 pound class shall be 185 pounds and is subject to the growth allowance, making it 187 pounds on and after 12/25.*

2 – Change to Regular Season Scheduling Requirement

As of 2022-23, there is no longer a requirement for regular season event scheduling of tournament and non-tournament points. Please see wrestling regulation 1.11 in full below:

> *Wrestling Regulation 1.11 - Team Regular Season Contest Limitation (9th-12th grades)*
> *A high school team may compete in a maximum of 20 points. There is no requirement for points to be allotted to tournament or non-tournament events.*

3 – Descending to Scratch Weight After 12/25

The following scenario only applies to a wrestler that is descending in weight to make scratch weight for the first time at a weight class after the 12/25 2-pound growth allowance is enacted. If a wrestler weighs in for an event between scratch weight and the two-pound weight allowance (i.e., between 126 pounds and 128 pounds), that wrestler is only eligible for one weight class in competition that day. The wrestler is only eligible to participate in the weight class that their strict weight places them into.

Once the two-pound growth allowance is given (Dec. 25th), every weight class has a new maximum weight.

> Example: 126 becomes 128. NFHS Rule 4-4-2 states "A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in qualifies the competitor." If a 126 lb. wrestler has not yet certified at 126 and subsequently weighs in at 127.5 (after 12/25), the wrestler has qualified for the 134-pound weight class but may not be bumped up to 140. If the wrestler were to compete or accept a forfeit at the 140-pound weight class, the wrestler would be an ineligible competitor because they wrestled two weight classes above his actual weigh-in weight and the weight class.

Again, this scenario only arises when a wrestler is descending to a new weight class for which they have not yet certified, after 12/25, and they weigh-in between the weight class and the weight class plus the two-pound growth allowance.

2023-24 Wrestling Regulations

Updates for 2024-25:

1. **Wrestler's Matches Per Day:**
   6 match maximum
   10 match maximum (Two-day tournament)

   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:

Point(s)	Wrestler's Matches Per Day	Event Example
1/2 point	1 match maximum	Dual match
1 point	2 match maximum	Tri-match
1.5 points	3 match maximum	Quad match
2 points	**6 match maximum**	One-day tournament
3 points	10 match maximum (5 per day)	Two-day tournament

2. **Rest between Matches** - No contestant shall wrestle in two consecutive matches with **less than a 30-minute rest between matches**.

For a complete breakdown of the OHSAA Wrestling Regulation, please follow the link below:

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

Weight Management Program for Grades 9-12

The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females is required for all senior high school wrestlers. The OHSAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

A. Establishing Minimum Weight

Each wrestler must complete two steps to satisfy the certification process. The first step is assessment and the second step is competition. **Step 1:** Each wrestler must complete the weight management process. This will only establish the wrestler's Lowest Minimum Weight (LMW), which is his/her safest and lowest weight class that he/she may compete. **Step 2:** Each athlete must compete one time at his/her lowest allowable weight class at or after the date in which the weight loss plan allows.

The wrestler must make the original scratch weight in that weight class. Accepting a forfeit during a dual meet and moving up one weight class in a dual meet satisfy the competition part of the process.

Note: Every wrestler, while descending to a lower weight class, must qualify by making scratch weight at that weight class before any additional pounds may be used. **Wrestlers may certify for a weight class at the first weigh-in of the Sectional Tournament.**

1. Minimum weight will be established through a process where each student will have his/her hydration tested, be weighed, and have a certified assessor determine his/her percentage of body fat through the use of skin fold calipers.

2. Only measurements taken by OHSAA certified assessors who have successfully completed the OHSAA Assessor Certification Course will be accepted. Wrestling coaches and administrators can access the OHSAA website (www.ohsaa.org) for a current list of approved assessors. It is the responsibility of the school wrestling administrator to contact certified assessors.

3. Measurements may not be taken after practice or a workout.

4. The lowest weight class at which a wrestler may compete will be determined as follows:

   a. If the predicted weight, at 7% body fat, is exactly that of one of the weight classes, that weight shall be the wrestler's minimum weight class.

   b. If the predicted weight falls between two weight classes the wrestler must wrestle at the higher weight class.

   c. There will be a one percent variation of error adjustment, which will be determined by the "Optimal Performance Calculator" (OPC).

   d. When weighing in, using a certified scale, one will round up the reading to the nearest tenth.

5. <u>Requirements for Assessment Setting</u>

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

<u>Requirements for a Multi-Team Assessment</u>
1) 2 or more teams
2) 2 or more General Assessors, or 1 Master Assessor

<u>Requirements for a Single Team Assessment</u>
1) 1 team (any number of wrestlers)
2) 1 Master Assessor (no exceptions)

<u>Requirements for a Single Wrestler who is Re-Assessing Due to Failed Hydration Test on First Assessment</u>
1) 1 wrestler
2) 1 General Assessor who is not affiliated with the wrestler's school, or 1 Master Assessor

Requirements for a Single Wrestler who Missed Initial Team Assessment
1) 1 wrestler
2) 1 General Assessor who is not affiliated with the wrestler's school, or 1 Master Assessor

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

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

B. Assessment Timelines
1. No wrestler may compete until he/she has participated in the weight assessment process and his/her name and data are included on the school Alpha Master Roster, which can be printed at www.usabracketing.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 15th 2025. Wrestlers may be assessed any time on or following this date to establish their initial ("Alpha") weight. Weight measurement data shall be submitted online at www.usabracketing.com by the assessor within 72 hours of assessment. The deadline for assessments is January 13th, 2025. Athletes who wish to be assessed after the deadline must receive written permission from the OHSAA Wrestling Administrator. All wrestlers, including those coming out late, must have their minimum weight established and their name must appear on the school's Alpha Master Roster prior to competing.

4. The specific gravity of the urine will determine whether a candidate may participate in an assessment on any date. A reading of 1.025 or less is required to pass the hydration test. For any failed specific gravity test, the wrestler may not be reassessed for a minimum of 48 hours.

5. Results of the measurements will appear on the Alpha Master Roster. Each school is responsible for reviewing the results from www.usabracketing.com.

6. Situations requiring special attention must be reported to the OHSAA in writing before deadlines or due dates.

C. Responsibilities of Testing Sites
1. Contract with an OHSAA Certified Assessor.

2. Discuss with assessor what, if any, of the items needed for assessing:

- Plastic collection cups
- Disposable non-sterile gloves
- Reagent strips
- Individual profile forms
- Written parental permission
- Staff to assist with collection and data recording
- Certified scale

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

E. Weight Loss Per Week
1. A weight loss limit of 1.5% on average of the wrestler's initial weight per week has been set. The projected earliest date to wrestle at Predicted Minimum Weight will be broken down into days. This date will be on each wrestler's weight loss plan.

2. A wrestler will not be permitted, at any time, to wrestle in a weight class that would require him to lose more than 1.5%, per week, of his initial weight from the original date of assessment.

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

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

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

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

F. Growth Allowance
1. The OHSAA Weight Management Program includes growth allowance. A two-pound growth allowance will be given on December 25.

2. Growth allowance, or any other extra pound allowance, may not be utilized to achieve a lower minimum weight for a wrestler.

3. In order to utilize the growth allowance and other weight allowances, a wrestler shall compete at his/her lowest allowable weight in the desired weight class at least once prior to using the two-pound growth allowance.

4. One-pound allowance will be given on the second day of a two-day tournament.

5. With 48-hour notice, teams will be given a one-pound allowance if a team in the event had a match the previous day.

6. In the event of inclement weather and a school is unable to practice the day before a scheduled contest, each team is granted a one-pound allowance.

7. A maximum of two pounds above the growth allowance (scratch plus 4) is the total maximum allowable by NFHS rule.

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

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

2. The 14-day appeal period shall start on the day following the assessment date.

3. The 1.5% weight loss limitation is in effect the day following the assessment date.

4. In order to utilize the results of an appeal, the wrestler must compete at his/her approved lowest minimum weight during an appeal for a lower weight.

5. Any athlete may appeal his/her initial assessment one time by reassessment.

6. An athlete must take an Individual Profile Form and written parental permission with him/her to the appeal assessment.

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

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

1. The master assessor shall be responsible for conducting the initial appeal using skin fold calipers.

2. The reassessment shall occur within 14 calendar days of the original assessment date unless a written extension is granted by the OHSAA before

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

3. Reassessment includes hydration assessment, weight measurement, plus the required measurements of the skin fold sites (three sites for males, two sites for females). If the hydration assessment is failed, the wrestler may not be reassessed for a minimum of 48 hours.

4. When the assessor enters the appeal data, he/she must indicate that this is an appeal.

5. Failure to adhere to these conditions or timelines may be cause for denial.

6. The wrestler or school is responsible for any costs incurred during the appeal process.

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

1. Hydrostatic weighing or air displacement weighing facilities must be approved by the OHSAA and the Appeal Proposal shall be filed with the OHSAA before any assessment occurs.

2. The 1.5% weight loss limitation shall be observed when conducting hydrostatic or air displacement weighing.

3. The wrestler is responsible for any costs incurred during the appeal process.

4. A student may not wrestle at the new, appealed weight until the assessor has entered the valid data into the USA Bracketing system.

5. A wrestler may skip a skin fold reassessment and proceed directly to a hydrostatic reassessment or an air displacement reassessment.

H. Costs

1. All costs incurred for the initial assessment and appeal process are the responsibility of the school or parent.

2. An assessor may charge up to $5 per athlete for each assessment plus $35 per hour. This charge is assessed for any athlete who passes or fails the urine-specific gravity test.

3. An athlete who appeals the initial test will be charged $5 for a body fat assessment using skin fold calipers.

4. OHSAA Certified Assessors are permitted to charge mileage at the current IRS standard rate for mileage, whenever travel is required to a location. This is in addition to the service fee of $35 per hour.

5. CLIA lab certification will be obtained by the OHSAA and all assessors will work under that certificate.

6. All OHSAA member schools who sponsor wrestling shall be members of the National Wrestling Coaches Association (www.nwcaonline.com).

I. Penalties

Penalties for a wrestler circumventing (attempting to cheat and/or cheating) the weight assessment process:

1. First Offense – Suspension for one wrestling season.

2. Second Offense – Suspension for two wrestling seasons.

A coach who knowingly cheats the Ohio Weight Management Program or assists a wrestler to circumvent the weight assessment process will be subject to penalties and sanctions imposed by the OHSAA Executive Director.

Weight Class Eligibility Examples

If at any time during the season a wrestler weighs in and competes at a weight class more than one weight class above the minimum weight class according to his/her weight loss plan, he/she shall forfeit the minimum weight class corresponding to that day and any subsequent lower weight class(es) remaining on the weight loss plan.

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

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

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

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

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

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

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

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

Coaches and the Weight Management Program

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

2 – It is the coach’s responsibility to have their entire roster entered into USA Bracketing 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 USA Bracketing within 72 hours of the assessment.

6 – Previously, 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 USA Bracketing. As of the 2021-22 school year, this $30 fee is now included in all OHSAA member school dues for the sport of wrestling.

Common Questions from High School Coaches

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

A. November 15 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 may 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 215 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 7 - 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. Wrestlers shall be assessed (weighing and skinfold measurements) in weigh-in attire in accordance with the NFHS wrestling rule book.

Q6. 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.

Q7. 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.

Q8. What if we disagree with an assessor's skin fold assessment?

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

Q9. 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.

Q10. 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 for each event generated through usabracketing.com. The usabracketing.com generated weigh-in form is required.

Q11. Can my school sponsor more than one Varsity team?

A. Yes, a school may sponsor two (same level) wrestling teams. When a school sponsors two wrestling teams, a separate schedule for each team is required and each schedule is bound by wrestling regulation 1.11.

Q12. Do 7/8th grade wrestlers have to have a body fat assessment?

A. No. 7/8th grade wrestlers do not participate in the OHSAA Wrestling Weight Management Program.

Q13. What form do I bring to each of my wrestling events?

A. You must present the USA Bracketing-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.

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 _____

_____

Location AND Number of Lesion(s) _____

_____

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

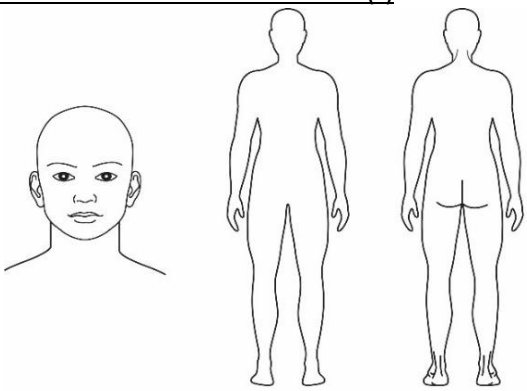
_____

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

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

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

Mark Location AND Number of Lesion(s)



Front Back

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

Communicable Diseases Procedures

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

1. **The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.**

2. **Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.**

3. **Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.**

4. **Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.**

5. **Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.**

6. **Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.**

7. **Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.**

8. **Contaminated towels should be properly disposed of/disinfected.**

9 **Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouth guards and other articles containing body fluids.**

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

Tournament Regulations

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

The 2026 Tournament Regulations will be approved at the September 2025 Board of Directors Meeting.

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

Tournament Regulations:
https://ohsaaweb.blob.core.windows.net/files/Sports/Wrestling/WRindTourneyRegs.pdf

Date _____ **School** _____

Coach _____ **Event** _____

Official 7/8 Grade Boys Wrestling 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 200 lbs. All weight classes subject to growth allowance, including the 245. The minimum weight for HWT will become 202 pounds on or after Dec. 25th.

Date _____ **School** _____

Coach _____ **Event** _____

Official 7/8 Grade Girls Wrestling Weigh-In Form

This verification of weights must be exchanged prior to competition

Weight class	Wrestler Name	Actual Weight
72	_____	_____
80	_____	_____
86	_____	_____
92	_____	_____
98	_____	_____
104	_____	_____
110	_____	_____
116	_____	_____
122	_____	_____
128	_____	_____
134	_____	_____
142	_____	_____
155	_____	_____
170	_____	_____
190	_____	_____
235	_____	_____

Authorized Signature: Principal Assistant. Principal AD _____

Note: Minimum weight for the 235-weight class is 185 lbs. All weight classes subject to growth allowance, including the 245. The minimum weight for HWT will become 187 pounds on or after Dec. 25th.