19. WRESTLING — BOYS & GIRLS

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

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

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 (OHSWCA) Girls and Boys State Duals Tournament is recognized by the OHSAA. Participation in these events does not affect a wrestler's ability to participate in the OHSAA Tournament. Additionally, participation in these events 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. There is no requirement for points to be allotted to tournament or non-tournament events.

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. A wrestler may accrue his/her points from any schedule or level of 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 the NFHS Wrestling rulebook.

1.2) Multiple School-Sponsored Teams

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 (above).

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, unless both schools have the same board-approved coach.

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, Junior Varsity, Freshmen) — Four scrimmages permitted. Three hour time limit for all scrimmages.

Individual wrestlers 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 sweatsuit 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 weight classes

1.71) Freshmen (Boys or Girls) —when the event is a freshman-only event, the weight classes shall be: 98, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, and 285.. The minimum weight for the 285-pound class shall be 210 pounds and is subject to the growth allowance, making it 212 pounds on and after 12/25.

1.72) Boys Weight Classes – when the event is predominantly male wrestlers, the weight classes shall be those weight classes adopted by the NFHS: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, and 285. The minimum weight for the 285-pound class is 210 pounds and is subject to the growth allowance, making it 212 pounds on and after 12/25.

1.73) Girls Weight Classes – when the event is a female-only event, the weight classes shall be: 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, and 235. The minimum weight for the 235-pound class is 184 pounds and is subject to the growth allowance, making it 186 pounds on and after 12/25.

1.74) Growth Allowance —A two pound allowance will be given on December 25. The growth allowance can only be used by a wrestler who has certified at a desired weight class. The growth allowance (and any other weight allowance) cannot be used to participate in a weight class if they have not already certified at the desired weight class.

1.75) Minimum Weights for Heaviest Weight Class - Note: This minimum weight is fixed before the 12/25 growth allowance and is 2 pounds heavier after the 12/25 growth allowance. These minimum weights are capped and are not subject to any other weight allowances.

1.76) Weight Class Certification – a wrestler can certify at a weight class at any level of competition. The certification must occur at a weigh-in in accordance with NFHS Rule 4-5. In order to certify at a weight class, a wrestler must weigh-in for that weight class and participate in one of the following scenarios:

a) Compete in a match

b) Accept an opponent's forfeit

c) Begin a match and accept an opponent's medical default

A wrestler cannot certify at a weight class by forfeiting or defaulting a match.

1.77) Weight Class Descent - 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 for that day 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.

A wrestler may weigh less than their weight loss plan allows for that day, but they cannot compete in a weight class lower than the weight class prescribed by their weight loss plan.

1.78) 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 weight assessment and the second step is competition. Step 1: Each wrestler must complete the weight management process. This will establish the wrestler's minimum weight class (MWC), 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 Wrestling Manual, which is posted in the "Wrestling" section of the OHSAA website (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 Wrestling Administrator.

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 individual tournament in wrestling in order to be eligible for OHSAA Tournament competition.

Boys Date: January 11, 2027

Girls Date: January 11, 2027

3) Out-of-State Travel

For information on Out of State Travel competition see Bylaw 9-2 at OHSAA.org.

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

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 OHSWCA Dual Team Tournament is qualified as a one-day tournament. See General Sport Regulations 13 & 14 for the complete ejection regulation.

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.

6) Penalties

The maximum penalty for violation of General Sports Regulation 7 (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 ineligibility 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.

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 starting with varsity regular season point #11 and for any remaining regular season contests, scrimmages, and the OHSAA postseason tournament.

8) Modifications to Competition

With mutual agreeance of all participating teams in an event, the competition may be modified in one or both of the following ways:

8.1) Multiple Entrants in Same Weight Class

Schools may enter more than one wrestler in the same weight class in an event, including bracketed individual tournaments.

8.2) Home School Weigh-Ins (Sub-Varsity Only)

Sub-varsity wrestlers may weigh-in at their home school on the day of competition. The host school / tournament director may dictate the time of day the home weigh-ins take place. Home school weigh-ins will be conducted using Trackwrestling-generated weigh-in forms and must be witnessed and signed by a school administrator / coaching staff / designee. Additionally, the signed weigh-in form shall be presented at the meet prior to the competition.

B. SPECIFIC REGULATIONS — 7TH & 8TH GRADES

1) Weight Management

No weight management plan exists for 7th & 8th grade wrestlers. Coaches should encourage participation and de-emphasize weight loss. Coaches should educate wrestlers on good nutritional plans.

2) Weight Classes – Boys

7th & 8th grade weight classes includes 16 classes: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 150, 160, 172, 205 and 245. The minimum weight for the 245 pound class shall be 200 pounds and is subject to the growth allowance, making it 202 pounds on and after 12/25.

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.

3) Growth Allowance

The growth allowance is intended to grow the weight classes to accommodate the natural growth of the 7th & 8th grade wrestler. It is not intended to assist a youngster to "starve" himself / herself 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. 7th & 8th grade wrestlers do not "certify" at a weight class, they are eligible for weight classes by their strict weight only, regardless of weight loss during the season.

4) Weigh-in Regulations (7th & 8th Grade)

Wrestlers may weigh-in at their home school on the day of competition. The host school / tournament director may dictate the time of day the home weigh-ins take place. 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.

5) Participation Limitation

a) Review item 1.1 regarding participation limitations. 7th & 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 Ohio Athletic Committee's (OAC) State Junior High Tournament is NOT an interscholastic event. Participation in an OAC event during the OHSAA season shall result in ineligibility for the remainder of the OHSAA season.

b) No one below the 7th grade shall practice/participate with or against 7th & 8th grade wrestlers. 7th & 8th grade wrestlers shall not practice/participate with or against 9th-12th grade wrestlers.

c) No requirement for dual or tri/matches exists for 7th & 8th grade.

6) Coaching, tryouts and instruction may begin — November 13, 2026

7) First match — December 3, 2026

8) Season ends — March 14, 2027

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

Note: Individual wrestlers from a 7th & 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 or tri matches

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) The overtime period is one one-minute sudden victory period followed by a 30-second 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) Rest between Matches - No contestant shall wrestle in two consecutive matches with less than a 30-minute rest between matches.

14) 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 13, 2026

2) First match — December 3, 2026

3) Coaching and Season end — March 14, 2027

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

9) Officials:

9.1) Varsity — Minimum of one OHSAA Class 1 or Class 2 official required.

9.2) Reserve/Junior Varsity — Minimum of one OHSAA Class 1 or 2 official required.

9.3) Freshmen — Regardless of the number of officials, all must be OHSAA Class 1, 2 or 3, or officials in training.

WRESTLING CALENDARS

Boys and Girls Wrestling	2026-27	2027-28	2028-29
Coaching Begins	11/13	11/12	11/10
Earliest Preview Date	11/14	11/13	11/13
Season Begins	12/3	12/2	11/30
Non-Interscholastic Date	1/11	1/10	1/8
Sectional	2/22-2/27	2/21-2/26	2/19-2/24
District	3/1-3/6	2/28-3/4	2/26-3/3
State	3/12-3/14	3/10-3/12	3/9-3/11
Season Ends	3/14	3/12	3/11
Easter	3/28	4/16	4/1