

Officiating Ohio High School Wrestling

Contributions by :

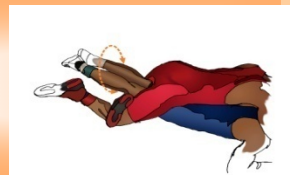
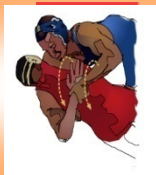
Ohio High School Athletic Association

Ohio Wrestling Officials Association

National Association of Sports Officials

*National Federation of State
High School Associations*

Unit 3



Representation

How many wrestlers may compete for their school per weight class in dual meets?

Is substitution permitted?

Is there a limit on the number of matches a wrestler can wrestle each day?

What is the minimum amount of time between matches to wrestle?





Representation

How many weight classes can a wrestler be moved above what he weighed-in for?

What is a match?

What are the responsibilities of team captains?

What is Ohio's weight certification program?

Who may conduct weigh-ins?





Competition

What are the 14 weight classes?

What is the minimum weight to wrestle heavy weight?

What is a growth allowance?

How does growth allowance effect a wrestler's ability to wrestle up a weight?

What types of competition are there?

Are there limits to the number of matches a wrestler can wrestle during the season?





Equipment

What are the required mat markings?

What are the mat dimensions?

Where must the team benches be located?

Where must the scorer's table be located?

Who sits at the scorer's table?

What is a "Restricted Zone?"

How many coaches allowed in chairs during a tournament?





Representation

Two individuals of nearly equal weight

1 wrestler per each weight class

No substitution permitted

No more than 5 matches per day

45-minute rest between matches

Not accepting a forfeit at one weight & competing in another





Order of Matches

Conducted by random draw of weights at prior to the start weigh-in

Referee or authorized person supervises

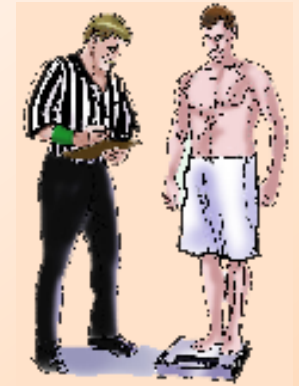
- Referee required to have draw kit available

Subsequent matches follow in traditional order, and the next dual meet begins with the following weight class





Representation



A wrestler weighing in for one weight class may be shifted to a higher weight provided it is **not more than** one weight class above that for which his **actual weight** qualifies him.

The exact weight is recorded & submitted to official scorer.





Weigh-ins

All contestants shall weigh-in wearing a suitable undergarment that completely covers the groin and buttocks. Female wrestlers shall also wear an undergarment that covers her breasts.





POINTS OF INTEREST

Representation

Team Captain(s)

Each team designates a captain or captains

Reports to referee at center of mat for disc toss

Referee discusses sportsmanship

Head Coach

Prior to meet, head coach verifies all wrestlers...

Proper uniform

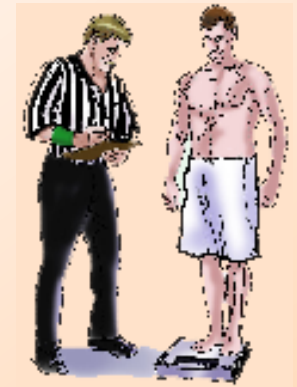
Properly groomed

Properly equipped





Weight Certification



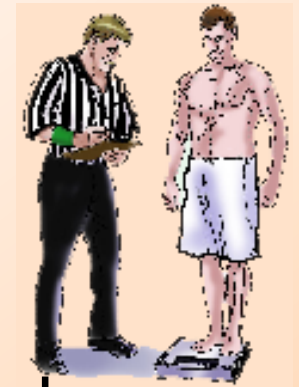
Compete at certified weight

Each wrestler must compete once at his/her minimum weight. That may occur during the season, or the first day of sectional weigh-ins. If the wrestler makes his/her minimum weight during the season, he/she then may weigh-in one weight class above the certified weight (lowest alpha weight).





Weight Certification

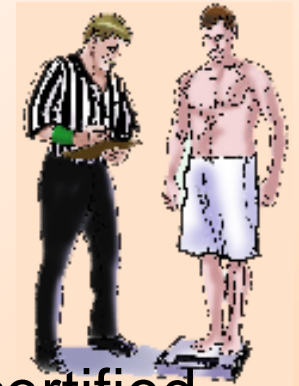


Minimum weight will be established through a process where each student will have his/her hydration tested, be weighed and have a certified assessor determine his/her percentage of body fat through the use of skin fold calipers.





Weight Certification



Only measurements taken by OHSAA certified assessors who have successfully completed the OHSAA Assessor Certification Course will be accepted.

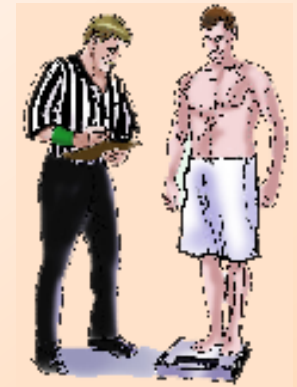
No 9-12 high school wrestler may compete until the athlete has had a minimum weight determined and it appears on the school's Alpha Master Roster.

Measurements may not be taken after practice or a workout.





Weight Certification

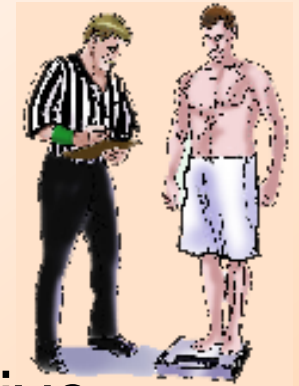


Persons eligible to be trained as OHSAA approved assessors include licensed physicians, registered nurses, licensed practical nurses, licensed athletic trainers, licensed physical therapists, licensed physician assistants, registered nutritionists, and exercise physiologists.





Weight Certification



It is a conflict of interest for an active wrestling coach to serve as an OHSAA Certified Assessor.

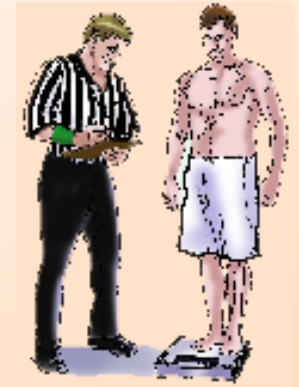
Coaches are permitted to perform clerical and organizational duties during skin fold assessments.

A minimum of two schools/teams must be present for the assessment.





Weight Certification



Testing begins in mid-November.

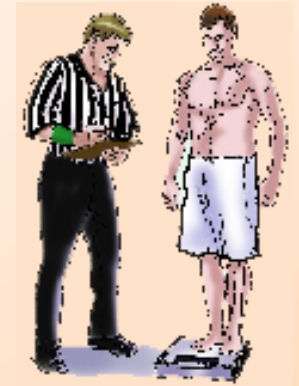
Wrestlers may be measured any time on or following the date to establish their “Alpha” weight.

The final testing deadline is in mid January.





Weight Certification



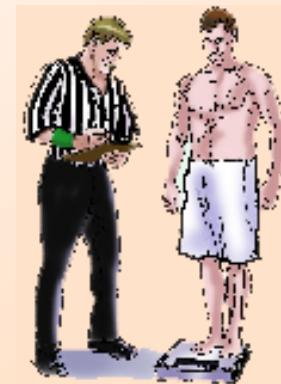
All wrestlers, including those coming out late, must have their minimum weight established and their name must appear on the school's Alpha Master Roster prior to competing.





OHSAA WEIGHT MANAGEMENT

Weight Certification



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

A weight loss limit of 1.5% of the “Alpha” weight per week has been set.

The projected earliest date to wrestle at Predicted Minimum Weight will be broken down into days. This date will be on the Alpha Master Roster printout.





OHSAA WEIGHT MANAGEMENT

Weight Certification



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

Coaches will exchange Alpha Master forms, to determine the weight class of the wrestlers for that competition.

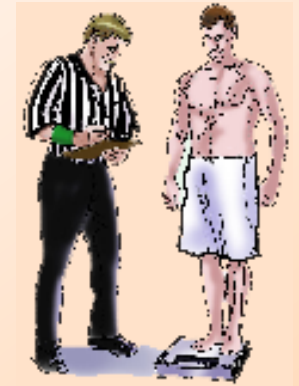
The official on site will verify that each coach has a copy of the opponent’s Alpha Master Form in case a question arises that a wrestler may have violated the 1.5% per week weight loss limit.

Protests will be handled by the OHSAA.





Weight Certification



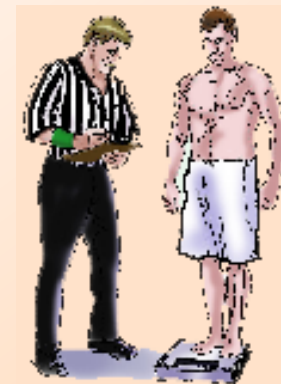
A wrestler who competes at a weight before the proper amount of time has passed to achieve that weight class will be considered an ineligible wrestler, thus requiring his/her team to forfeit the dual or his/her points in a tournament.





OHSAA WEIGHT MANAGEMENT

Weight Certification



The OHSAA Weight Monitoring Program includes growth allowance.

A **two pound** growth allowance is given on **December 25**.

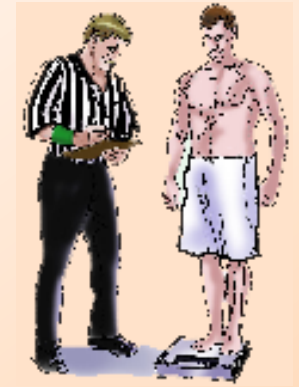
Growth allowance may not be utilized to achieve a lower minimum weight for a wrestler.

In order to utilize the growth allowance, 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.





Weight Certification



****OHSAA regulation:**

Every certified wrestler is required to compete ONCE at his certified weight (alpha weight).

**** OHSAA regulation:**

A wrestler accepting a forfeit at their scratch weight satisfies the requirement of the above modification.





POINTS OF INTEREST



Weight Certification

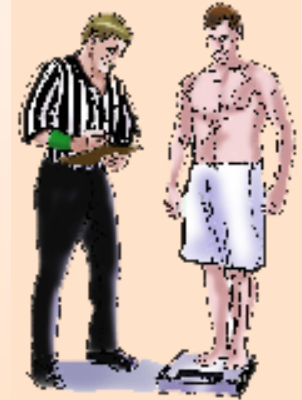
Certified Weight	Makes weight at:	May bump to:	Makes weight at:	May bump to:
106	106	113	113	120
113	113	120	120	126
120	120	126	126	132
126	126	132	132	138
132	132	138	138	145
138	138	145	145	152
145	145	152	152	160
152	152	160	160	170
160	160	170	170	182
170	170	182	182	195
182	182	195	195	220
195	195	220	220	285
220	220	285		
285*	285*			

*Minimum weight to wrestle 285 lbs is 215 lbs. .





Growth Allowance



7th & 8th Grade...

Refer to OHSAA 2013-14

Junior High School Wrestling Regulations.

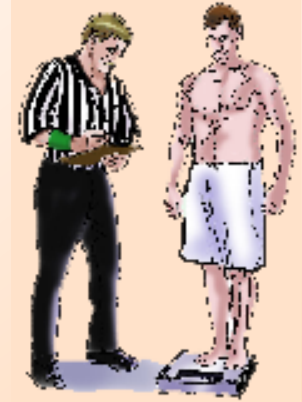
Starting 2012-13

Junior high programs will have an approved weigh-in form for week night events. Participating schools are expected to use the approved form.





Growth Allowance



Includes minimum 215 weight

Changes weight classes

106=108

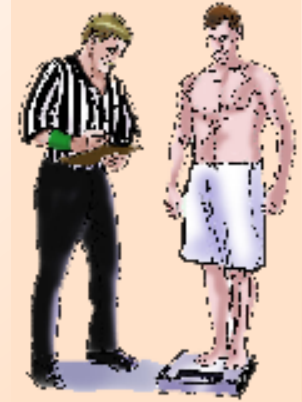
113=115

285=287





Not Making Weight



Ineligible for that weight class

May be bumped up to next weight class

No exhibition matches permitted where either or both competitors are ineligible (academic, age, residence, weight) or scoring is not counted.

In bracket tournaments the contestants shall be named by weight class prior to conclusion of weigh-in. **NO SUBSTITUTIONS** after weigh-in.





Competition



Dual

Competition between 2 teams

Triangular

Competition involving 3 teams

Quad

Competition involving 4 teams

Tournament

Competition between multiple teams

Conducted over 1 - 3 days





Competition



A team and/or wrestler may participate in a maximum number of regular season contests worth 20 points.

All matches wrestled by an individual shall count toward the team's point limitation of 20 points.





Competition



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.

Any wrestler exceeding the 20 point limitation is ineligible for further regular season or any OHSAA tournament competition.





20 Point Limitation

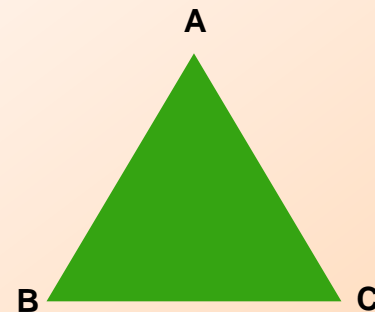
Point(s)	Event Type	Wrestler's Matches
1	Dual	1 match maximum
1	Tri	2 match maximum
2	Quad	3 match maximum
2	1 Day Tournament	5 match maximum
3	2 Day Tournament	10 match maximum





TRIANGULAR FORMAT

Competition



Configuration

Two mats

Two officials

Two full sets of table workers

Conclusion of weigh-in,

Each coach selects A, B, or C

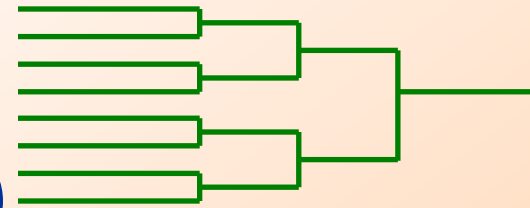
Conduct random draw

7 weight classes per round per mat





BRACKET TOURNAMENT



Byes

When competitors not a power of 2...

Byes in 1st round equal difference between # of competitors and next higher power of 2

No byes after 1st round in championship or consolation bracket

Placed by mutual consent or drawn

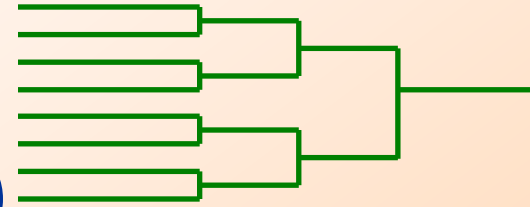
After seeded wrestlers placed & byes drawn, remaining wrestlers placed by draw

No quarter bracket shall have more than 1 bye in excess of its paired bracket





BRACKET TOURNAMENT



Consolation Rounds

Tournaments scoring 6 places

Consolation rounds start after quarterfinals

Tournaments scoring 4 places

Consolation rounds start after semifinals

Conducted as original first round pairings

Matched in order in which they were defeated

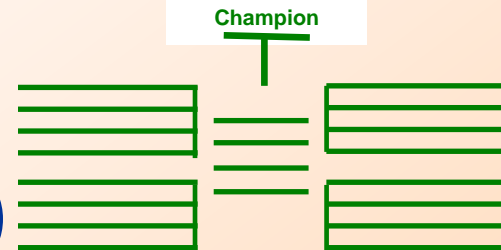
If previously met, treated as new match





ROUND ROBIN PAIRINGS

Pool Tournament



Wrestlers divided into “pools”

Each round...

Wrestler A wrestles B

Wrestler C wrestles D

Wrestler A wrestles C

Wrestler B wrestles D

and so on...

Process continues until only wrestlers with best records are left or the wrestlers are fed into a bracket style format based on won/loss record.





DUAL MEET: DETERMINING

Choice of Position



Referee flips disc

Winning team selects odd or even matches

Referee advises head scorer

Implications...

Odd/even matches sent to scorer's table first

Upon reporting cannot be withdrawn/replaced

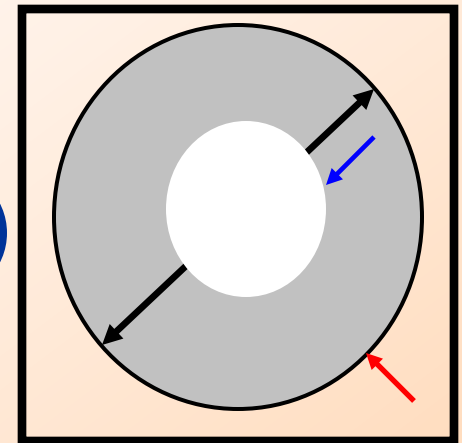
Not altered in case of forfeit or default

Choice of position at start of 2nd period





Mat Size & Markings



Minimum diameter 28 feet

2-inch wide out of bounds line

Note: the 2-inch wide boundary ring is part of the inbounds wrestling area.

5 ft safety mat...surrounding & secured

10 foot circle at center of mat

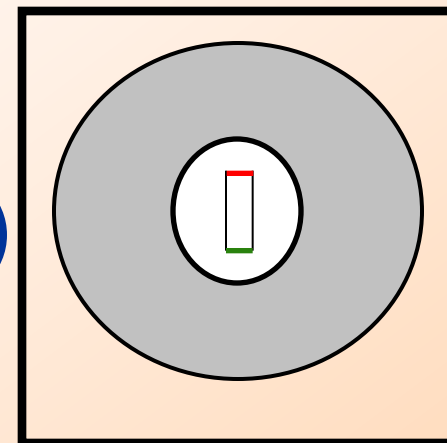
When area enclosed by 10 foot circle and inbounds area are of contrasting colors, the 2 inch line can be omitted.





EQUIPMENT

Mat Size & Markings



Starting Lines

1 inch wide

3 feet in length

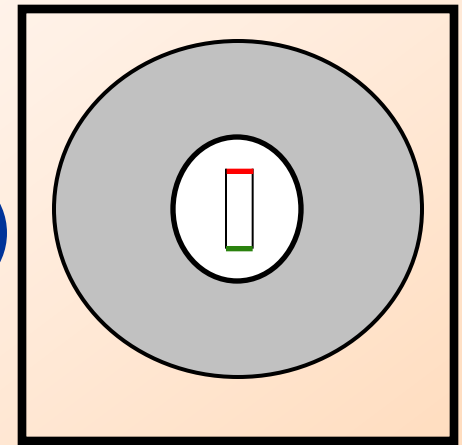
12 inches apart from outside to outside

RED & **GREEN** lines, 1" wide, at opposite ends





Logistics & Definitions



Mat area includes

Wrestling mat plus 5-feet of safety mat.

Team benches

Scorer's table

10 ft between mat & (as facilities permit)...

Team benches & scorer's table

Team personnel restricted to team bench





COACHES' CHAIRS

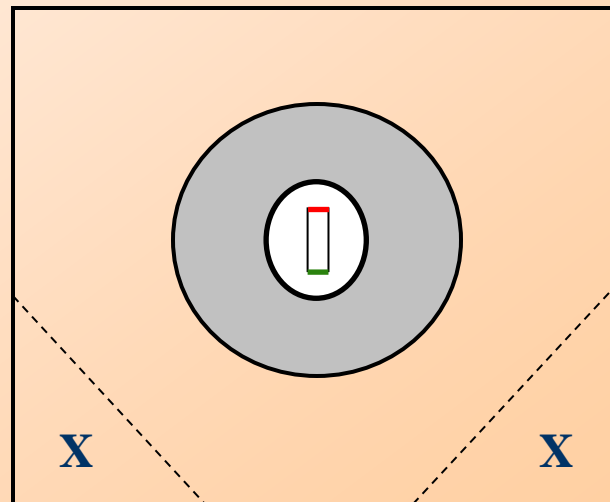
Logistics & Definitions

Tournaments or Multi-Team events only
Max of 2 team personnel in chairs at mat edge

Restricted Zone

6 ft from corner of mat

Never closer than 5 ft to wrestling area





ACCOMMODATES...

Scorer's Table

Official Timekeeper

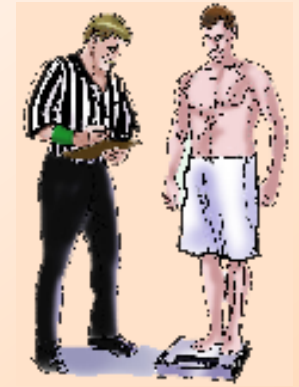
Head Scorer

Visiting Team Scorer





Scales



Provided by home team

Certified annually by the County
Department of Weight & Measures

A scale is certified if it is within a quarter pound
above and below every 50 pound increment.

