



**November 15, 2018**

We have received a number of questions during our rule meetings and now the start of regular meetings has begun.

1. The knee is the supporting point if the knee and foot are on the mat. Likewise with the elbows and hands on the mat it is the elbow that is the supporting point.
2. NO SLEEVES ALLOWED; pads are legal if it is a one piece manufactured product.
3. Two supporting points must be on the mat to earn take down, reversal, etc. Toes and heels are supporting points and **the knees may be up or down on the mat as long as they are on or inside the boundary line.**
4. If a wrestler has been removed for suspected concussion (signs, symptoms, behaviors, etc.) he/she may not return the same day (HB 143). If a coach puts his wrestler back into the consolation rounds the wrestler must be removed, it is unsportsmanlike conduct on the coach and report the situation to the OHSAA office. Likewise, we must not allow a coach to harass and/or intimidate a physician to change his/her mind to let a wrestler participate with a skin problem. It is also unsportsmanlike conduct, and the call must be made along with a report to the OHSAA.
5. Any coach interested in a Friday night weigh-out, the new procedure is that he must email Tyler Brooks ([tbrooks@ohsaa.org](mailto:tbrooks@ohsaa.org)) to ask permission.
6. If you have a double false start, someone jumped first which caused the opponent to flinch. If you do have a true double caution then you have simultaneous recovery times. And you may have two wrestlers with concussion symptoms. If both are removed then the next rounds would be a forfeit in the championship and the consolation bracket. This would be extremely strange. Remember someone false started first.
7. In a dual meet tournament, if a wrestler/coach is hit with unsportsmanlike or flagrant violation after the official score sheet is signed; the penalty for the 1, 2 or 3 point deduction would be applied to the offending team on the next dual meet they compete.
8. It is the **official's time to replace** head gear if it comes off, a mouth guard that drops out, or a shoe blows out and needs to be taped to continue the match. If it continues, the second time ... notify the wrestler "it will be injury time if it happens again (a third time)." The shoes are illegal equipment once the match ends and may not be worn, but it may be taped to complete the match. It is unsportsmanlike conduct if the wrestler intentionally spits the mouth guard out to stop from being pinned or scored upon. He/she must keep it in their mouth.
9. Mouth guards molded by an orthodontist are certainly acceptable. They may look strange, but necessary to take care of the dental problem. They are safe if they cover the dental work and meet all the requirements by rule.
10. OWOA clinic counts as a local meeting. It is the responsibility of your local secretary to enter the credit for the Nov. 10<sup>th</sup> date in his attendance. Ray, Dick and I will also do an abbreviated rules presentation for everyone so we are ready to go Nov. 30<sup>th</sup>. This will be the last face to face presentation for the year.
11. The head (in a front bridge or back bridge) counts as one supporting point.

**Be Professional \* Polite \* Prompt \* Direct \* Decisive**