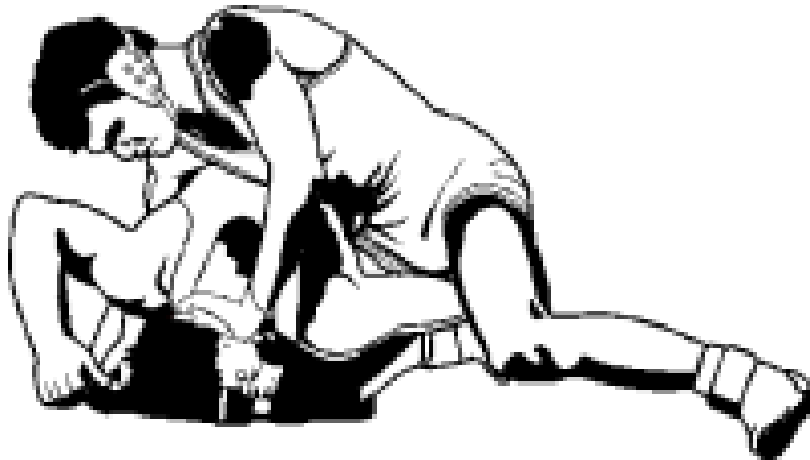




2010-11 WRESTLING Manual

For Junior High Coaches & Officials



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WRESTLING — BOYS 2010 Junior High Regulations

A. GENERAL REGULATIONS — apply to all levels of interscholastic wrestling unless otherwise noted.

1) Interscholastic Participation

1.1 jh) Participation Limitation (7th & 8th grade) — 17 points

Points	Event	Wrestler's Matches
1 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)

A junior high school team and/or wrestler may participate in a maximum number of regular season contests worth 17 points. Any and all matches wrestled by an individual shall count toward the team's point limitation of 17 points. 7th & 8th grade wrestlers are permitted 17 points, with a limit of 5 matches per day. Points are calculated as follows: 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.

1.11 jh) Team Regular Season Contest Limitation (7th & 8th grades)

A junior high school team may compete in a maximum of 17 points of competition. In order to compete in the maximum number of contests a team schedule must include at least four dual/trimatches and no more than 13 points from tournaments. Teams who are unable **or** unwilling to participate in dual or tri-match competition may schedule a maximum of 13 points. Dual meet tournaments are not a substitute for a dual or tri-match.

Note: **Four 1 pt. event requirement of either dual and/or tri-match for 7th & 8th grade. (Recommended for 2010-11, required thereafter)**

1.12 jh) Individual Contest Requirements

An individual wrestler may participate in a maximum number of contests totaling 17 points. Any wrestler who exceeds the 17 point limitation is ineligible for further regular season competition. Any victory which counts toward the season record is considered a match. Note: 7th & 8th graders — 17 points.

1.13 jh) Junior High School Team Tie Breaker used for all dual meets. NFHS tiebreaker shall be used.

1.14 jh) Overtime procedure applied at all events, duals and tournaments.

1.2 jh) 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.

1.3 jh) 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 two hours. Facilities opened by school personnel during the season where teams/individuals meet to wrestle shall constitute a scrimmage.

1.31 jh) 7th & 8th grade Junior High—Two scrimmages permitted - Two-hour time limit

Any team or individual that exceeds the maximum number of contests (games, matches, meets, **and scrimmages**) may be penalized in accordance with Bylaw 12.

1.4 jh) 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. Earliest preview may be November 26.

1.5 jh) Weight Loss — **The OHSAA does not approve of any practice that endangers the health and safety of the participants. Crash dieting, the use of diuretic 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.** Violation shall automatically disqualify the contestant from further participation for the match or tournament. Such dangerous practices constitute a lack of institutional control.

1.6 jh) Ejection for Unsporting Conduct and/or Flagrant Misconduct

Any **wrestler or coach** ejected or disqualified for unsporting conduct or flagrant misconduct shall be ineligible for all wrestling contests for the **remainder of that day and event**. In addition, he/she shall be ineligible for all contests at all levels in wrestling until two regular season/tournament contests (equivalent of 2 points) are competed at the same level as the ejection or disqualification. Coaches ejected are also required to pay a \$100 fine and take the National Federation of State High School Associations Fundamentals of Coaching course, which must be completed within 30 days of the ejection.

See *Ejection Policies for Players and Coaches* in the General Sports Regulations.

2) Out of State Travel

A wrestling team may travel out of state to compete in contests (scrimmages, previews and games) in states or provinces in Canada that are contiguous to Ohio regardless of distance traveled. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province includes Ontario. Additionally, a wrestling team may travel out of state one time per interscholastic season to compete in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time.

“School time” is defined as any time during any day during which the school is in session as stipulated in its Board adopted school calendar exclusive of contingency days. Penalty for violation: EXCEPTION: If, because of missed school days due to calamity situations, an otherwise nonschool day(s) becomes a school day(s) in order to makeup for the missed school day, the school may compete in a contest(s) outside the state of Ohio provided:

2.1 jh) Out-of-State Opponents —The weight classes of the state in which competition is held shall be the weight classes wrestled.

2.2 jh) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;

2.3 jh) The school receives written permission from the Commissioner’s office at least one week in advance of the scheduled event.

2.4 jh) A wrestling team may not travel out of state to practice.

3 jh) NonInterscholastic Participation

3.1 jh) Individual NonInterscholastic 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 state tournament in wrestling.

3.2 jh) The school wrestling coach may coach wrestlers from his/her school team in noninterscholastic wrestling for a period not to exceed 10 days from June 1 through July 31. EXCEPTION: Greco-Roman and freestyle wrestling are interpreted as different sports from interscholastic wrestling in accordance with National Federation Rules.

4 jh) Instructional Programs

See *Regulations for Instructional Programs* under Section 5 of the General Sports Regulations.

4.1 jh) Wrestling squad members may be used for out of season demonstration purposes only if approved in advance by the Commissioner.

5 jh) Penalties

5.1 jh) The maximum penalty for violation of Sports Regulation 4.4 (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 is ineligibility for the remainder of the interscholastic wrestling season or the ensuing wrestling season.

5.2 jh) The penalty for a coach for violation of Sports Regulation 4.10 (noninterscholastic teams) may include suspension, probation, public censure, fine not to exceed \$1,000 per occurrence, or such penalty as the Commissioner may deem appropriate.

6jh) GROWTH ALLOWANCE / EXTRA WEIGHT

6.1 jh) The OHSAA growth allowance is a two-pound allowance to be given on December 25.

6.2 jh) A one pound allowance will be given the second day of a two day event.

6.3 jh) With 48 hour notice, teams will be given one pound if a school had an event the day before.

6.4 jh) In the event of inclement weather and a school is unable to practice the day before a scheduled contest, each team is granted one additional pound at weigh ins.

C. SPECIFIC REGULATIONS — 7th & 8th Grades

1 jh) Weight Management Coaches should encourage participation and deemphasize weight loss. Coaches should educate wrestlers on good nutritional plans.

2 jh) Weight Classes Junior High (7th & 8th grade) weight classes include 16 classes: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 150, 160, 172, 205 and 245 (**245 having a minimum weight of 205**).

3 jh) 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” him / her into a lower class. A two pound growth allowance will be applied to all weight classes on December 25. All maximum weights in all weight classes go up two pounds, as will the minimum weight for HWT.

4 jh) Weigh in Regulations: On school days, 7th & 8th grade wrestlers may weigh in at their home schools prior to lunch for a dual, triangular or quadrangular meet. **The weigh -in must be witnessed by an administrator/designee, and a signed weigh in sheet must be presented at the meet prior to the competition. Weigh-ins for tournaments must be conducted as per existing NFHS rules.**

5 jh) Participation Limitation

Review item 1.1 regarding participation limitations. Junior High School (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 points. **Note: The State Junior High Tournament is NOT an interscholastic event.** Coaches shall not coach their wrestlers, nor do schools

enter wrestlers as school wrestlers, in this event. Wrestlers are permitted to participate in this non-interscholastic wrestling tournament after the school season ends.

1jh) 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 9-12 grade wrestlers.

2 jh) Coaching and instruction may begin — November 12, 2010.

3 jh) First match — December 3, 2010.

4 jh) Season ends — February 21, 2011.

5 jh) Scrimmages — Two permitted or one scrimmage and one preview.

6 jh) 17 points including all tournaments, tri matches and dual.

7 jh) Rules — National Federation Wrestling and OHSAA Regulations.

8 jh) Length of Matches

a. Each period is 1½ minutes.

b. **Consolation** matches are comprised of three 1 minute periods.

c. **Overtime** is one one-minute period followed by a 30 second period if necessary.

Note: Overtime is used in both tournament and dual meet competitions.

9 jh) Officials — OHSAA Class 1, 2 or 3 required.

SPECIAL NOTE: The OHSAA strongly encourages the junior high coach to attend a rules interpretation meeting with the high school staff.