

16. WRESTLING — BOYS

- 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

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:

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)

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) Team Regular Season Contest Limitation (9th-12th grades)

A high school team may compete in a maximum of 20 points of competition. In order to compete in the maximum number of contests a team schedule must include at least four dual/tri-matches and no more than 16 points from tournaments. Teams who are unable or unwilling to participate in dual or tri-competition may schedule a maximum of 16 points. Dual tournaments are not a substitute for a dual or tri-match. Note: No requirement for dual/tri-matches exists for 7th & 8th grade.

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. Any victory which counts toward the season record is considered a match. Note: 7th & 8th graders — 17 points.

1.13) High School Varsity Tie-Breaker

A tie-breaker shall be used for all varsity dual meets. NFHS tie-breaker shall be used.

1.2) Multiple School-Sponsored Teams (See General Regulation 28) (7th-12th grades)

A school may sponsor two varsity (same level) wrestling teams when more than 21 eligible participants are reported on the official eligibility form. When a school sponsors two wrestling teams a separate schedule for each team is required.

Example:

- a) Eighteen wrestlers are on the team. The schedule indicates eight duals and six one-day tournaments (20 points). The coach wants to send three wrestlers to a two-day tournament. He schedules the three wrestlers as his "B" team.

Ruling: Violation. Penalties may include, but not be limited to, a fine, loss of wrestlers' eligibility and/or denial of participation (team and individual) in OHSAA tournaments.

Note: It would not be a violation to have both a varsity and sub-varsity squad.

- b) Thirty-six wrestlers are on the eligibility form. The school sponsors a junior varsity team and varsity teams. All teams have a 20 point schedule. Ruling: **Legal.**
- 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.
- 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. Facilities opened by school personnel during the season where teams/individuals meet to wrestle shall constitute a scrimmage.
- 1.41) High schools (Varsity, Junior Varsity, Freshman) — Four scrimmages permitted. Three hour time limit for all scrimmages.

Individual wrestlers that will enter the Sectional Tournament from a school that does not have enough wrestlers to schedule or participate in dual meets may practice or work out with other school teams or individuals during the regular season. **Such situations shall be reported in writing to the Commissioner.**

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. Earliest preview may be November 26.
- 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 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.
- 1.7) Weight Classes — Grades 9-12 — 14

The grades 9-12 wrestling weight classes shall be 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285. The minimum weight for the 285 pound class shall be 210. (minimum weight of 210 lbs. is subject to growth allowance)

- 1.71) Growth Allowance — A two pound allowance will be given on December 25.
- 1.72) Out-of-State Opponents — The weight classes of the state in which competition is held shall be the weight classes wrestled.

Note: When only freshmen participate, weight classes shall be: 98, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189 and 265. The minimum weight for the 265 pound class shall be 188 (subject to growth allowance).

- 1.8) Weight Control Program

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

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. No senior high school wrestler may compete until the athlete has had a minimum weight determined and it appears on the school's Alpha Master Roster.
3. Measurements may not be taken after practice or a workout.
4. During the assessment/measurement, male wrestlers **must** wear shorts and female wrestlers **must** wear shorts and a sports bra. No allowance for clothing weight is permitted.
5. 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 "Performance Calculator."
 - d. When weighing in, using a certified scale, one will round up the reading to the nearest tenth.
6. A minimum of two schools/teams must be present for the assessment. A team is defined as at least eight wrestlers.
7. 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. MEASUREMENT TIMELINES

1. No wrestler may compete until he/she has participated in the Alpha Weigh-in and his/her name and data are included on the school Alpha Master Roster, which can be printed at www.nwcaonline.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 12, 2010. Wrestlers may be measured any time on or following this date to establish the "Alpha" weight. Weight monitoring data shall be submitted online at www.nwcaonline.com by the assessor within 72 hours of assessment. The deadline for data is January 24, 2011. 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 printing those from www.nwcaonline.com using proper protocols.
6. Situations requiring special attention must be reported to the OHSAA in writing before deadlines or due dates.

C. RESPONSIBILITIES OF TESTING SITE

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 can not wrestle below his Alpha weight.

E. WEIGHT LOSS PER WEEK

1. 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.
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 “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. Coaches SHALL use the optimum performance calculator weigh-in sheet which can be found on the site of the Alpha Master Report. 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. 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 Monitoring Program includes growth allowance. A two pound growth allowance will be given on December 25.
2. Growth allowance may not be utilized to achieve a lower minimum weight for a wrestler.

3. 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.

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 shall occur within 14 calendar days of the original Alpha Date.
2. The 14-day appeal period shall start on the day following the Alpha Date.
3. The 1.5% weight loss limitation is in effect the day following the Alpha 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.

The steps of the appeal process are as follows:

Appeal Process

Step 1. Reassessment: The athlete shall repeat the “Alpha Weigh-In” 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 Alpha 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 three measurements of three skin fold sites. 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 by entering the information using the APPEAL link.
5. Failure to adhere to these conditions or timelines will be cause for denial.
6. The wrestler is responsible for any costs incurred during the appeal process.

Step 2. If dissatisfied with the initial 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. All appeals and assessments must be completed by January 24, 2011.
3. The 1.5% weight loss limitation shall be observed when conducting hydrostatic or air displacement weighing.
4. The wrestler is responsible for any costs incurred during the appeal process.

5. A student may not wrestle at the new, appealed weight until approval in writing has been received from the OHSAA.
6. **PENALTY:** A wrestler who weighs in at a weight before the proper amount of time has passed to achieve the lowest minimum weight will be considered an ineligible wrestler and subject to OHSAA regulations and sanctions.
7. A wrestler may compete before or during an appeal only at his or her lowest allowable weight based on the initial assessment.
8. A wrestler may skip STEP 1 and proceed directly to STEP 2.

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 \$5.00 per athlete for each assessment plus \$30.00 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 \$5.00 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 \$30.00 per hour.
5. CILA 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 Commissioner.

WEIGHT CLASS ELIGIBILITY EXAMPLES

On any given date a wrestler may not weigh in more than one weight class above his/her lowest allowable weight as defined by the Alpha Master report timeline. Any wrestler who does weigh in more than one weight class above the lowest allowable weight then vacates that lowest weight and a new lowest weight will be established. Growth allowance 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 103. 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 103, therefore 103 is surrendered and 112 becomes the new minimum weight for that wrestler.
2. a. A wrestler with a lowest minimum weight of 125 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 timeline the wrestler weighs in at 132 (making him/her eligible at 135 and 140) and wrestles at 140. The wrestler still retains the opportunity to continue to descend toward the lowest minimum weight of 125 as he/she did not weigh in more than one weight class above his/her lowest actual weight.

- b. Two weeks later, the same wrestler in example 2a, who according to his Alpha timeline (descent plan) is allowed to weigh 128.4. He weighs in for competition at 138 pounds. This is more than one weight class above his allowable weight. Therefore, the 125-pound class is surrendered and 130 pounds becomes his new minimum weight.
3. A 129.3 pound lowest minimum weight wrestler weighs in at 129.6 pounds, legally wrestling several times at 130 and 135 pounds. Later during the season his/her actual weigh-in weight is recorded at 135.1 pounds making him/her eligible for the 140 and 145 pound weight classes. This requires that he/she surrenders the 130 pound weight class, establishing the new minimum weight class of 135.

A wrestler is NOT eligible for a lower weight class because of allowances for successive days of wrestling, which then brings a weight class up to the 7% minimum weight.

1.9) Ejection for Unsporting Conduct and/or Flagrant Misconduct (7th & 8th Grades)

Any wrestler or coach ejected or disqualified for unsporting conduct or flagrant foul 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 *Teaching and Modeling Behavior* 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: The school shall be ineligible for the OHSAA postseason tournament in the sport in which the out-of-state travel was involved and could be subject to additional penalties as referenced in Bylaw 11.

EXCEPTION: If, because of missed school days due to calamity situations, an otherwise non-school day(s) becomes a school day(s) in order to make-up for the missed school day, the school may compete in a contest(s) outside the state of Ohio provided:

- 1) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;
- 2) The school receives written permission from the Commissioner’s office at least one week in advance of the scheduled event.

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

3) Non-Interscholastic Participation

3.1) 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 state tournament in wrestling in order to be eligible for OHSAA Tournament competition.

Date: January 17, 2011.

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

4) Instructional Programs

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

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

5) Penalties

- 5.1) 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 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.

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

B. SPECIFIC REGULATIONS — 7th & 8th Grades

1) Weight Management

Coaches should encourage participation and de-emphasize weight loss. Coaches should educate wrestlers on good nutritional plans.

2) 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 (minimum weight for 245 is 205).

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 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.

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

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

5) Participation Limitation

- a) Review item 1.1 regarding participation limitation. 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 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.
- 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 9-12th grade wrestlers.

- 6) Coaching and instruction may begin — November 12, 2010.

- 7) First match — December 3, 2010.
- 8) Season ends — February 21, 2011.
- 9) Scrimmages — Two permitted or one scrimmage and one preview.
- 10) 17 points including all tournaments.
- 11) Rules — National Federation Wrestling.
- 12) Length of Matches
 - a. Each period is 11/2 minutes.
 - b. Consolation matches are comprised of three 1 minute periods.
 - c. Overtime period is one one-minute period followed by a 30-second period if necessary.
- 13) Officials — OHSAA Class 1, 2 or 3 required.

C. SPECIFIC REGULATIONS — Grades 9-12

- 1) Coaching and instruction may begin — November 12, 2010.
- 2) First match — December 3, 2010.
- 3) Deadline date for OHSAA Tournament — January 24, 2011.
- 4) Tournament draw/seeding meeting — January 30, 2011.
Note: Team seeding, not placement of individuals on the brackets.
- 5) Coaching and Season end — March 5, 2011.
- 6) Scrimmages — Maximum of four permitted or three and one preview. In a preview, an individual is limited to three one-minute periods.
- 7) Regular season contests — Maximum of 20 points for teams and individuals.
- 8) Rules — National Federation Wrestling.
- 9) Length of Matches — Each period is 2 minutes; consolation match periods are 1-2-2 minutes.
- 10) Officials:
 - 10.1) Varsity — Minimum of one OHSAA Class 1 official required.
 - 10.2) Reserve/Junior Varsity/Freshman — Minimum of one OHSAA Class 1 or 2 official required.

Wrestling	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16
Coaching Begins	11/12	11/11	11/9	11/8	11/14	11/13
Earliest Preview Date	11/26	11/25	11/23	11/22	11/28	11/27
Season Begins	12/3	12/2	11/30	11/29	12/5	12/4
Non-Interscholastic Date	1/17	1/16	1/14	1/13	1/19	1/18
Sectional	2/14-2/19	2/13-2/18	2/11-2/16	2/10-2/15	2/16-2/21	2/15-2/21
District	2/21-2/26	2/20-2/25	2/18-2/23	2/17-2/22	2/23-2/28	2/22-2/27
State	3/3-3/5	3/1-3/3	2/28-3/2	2/27-3/1	3/5-3/7	3/4-3/6
Season Ends	3/5	3/3	3/2	3/1	3/7	3/6
Easter	4/24	4/8	3/31	4/20	4/5	4/27