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
OBJECTIVES—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?
OBJECTIVES—UNIT 3

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?
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?
OBJECTIVES—UNIT 3

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?
RULE 1-4

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 random draw kit available

Subsequent matches follow in traditional order, and the next dual meet begins with the following weight class
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.
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).
Minimum weight will be established through a process where each student will first take a hydration test, be weighed and have a certified assessor determine his/her percentage of body fat through the use of skin fold calipers or other means.
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.
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.

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 each wrestler’s Lowest Minimum Weight (LMW).

The final testing deadline is in mid January.
All wrestlers, including those coming out late, must have their LMW established and their name must appear on the school’s Alpha Master Roster prior to competing.
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 the (LMW) will be broken down into days. This date will be on the Alpha Master Roster printout.
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.
OHSAA WEIGHT MANAGEMENT

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.
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.
**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.
### Weight Certification

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

<table>
<thead>
<tr>
<th>Certified Weight</th>
<th>Makes weight at:</th>
<th>May bump to:</th>
<th>Makes weight at:</th>
<th>May bump to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>106</td>
<td>106</td>
<td>113</td>
<td>113</td>
<td>120</td>
</tr>
<tr>
<td>113</td>
<td>113</td>
<td>120</td>
<td>120</td>
<td>126</td>
</tr>
<tr>
<td>120</td>
<td>120</td>
<td>126</td>
<td>126</td>
<td>132</td>
</tr>
<tr>
<td>126</td>
<td>126</td>
<td>132</td>
<td>132</td>
<td>138</td>
</tr>
<tr>
<td>132</td>
<td>132</td>
<td>138</td>
<td>138</td>
<td>145</td>
</tr>
<tr>
<td>138</td>
<td>138</td>
<td>145</td>
<td>145</td>
<td>152</td>
</tr>
<tr>
<td>145</td>
<td>145</td>
<td>152</td>
<td>152</td>
<td>160</td>
</tr>
<tr>
<td>152</td>
<td>152</td>
<td>160</td>
<td>160</td>
<td>170</td>
</tr>
<tr>
<td>160</td>
<td>160</td>
<td>170</td>
<td>170</td>
<td>182</td>
</tr>
<tr>
<td>170</td>
<td>170</td>
<td>182</td>
<td>182</td>
<td>195</td>
</tr>
<tr>
<td>182</td>
<td>182</td>
<td>195</td>
<td>195</td>
<td>220</td>
</tr>
<tr>
<td>195</td>
<td>195</td>
<td>220</td>
<td>220</td>
<td>285</td>
</tr>
<tr>
<td>220</td>
<td>220</td>
<td>285</td>
<td>220</td>
<td>285</td>
</tr>
<tr>
<td>285</td>
<td>285</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Refer to OHSAA 2018-19 Junior High School Wrestling Regulations.

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

6th grade students may not compete.
Growth Allowance

Includes minimum 215 for HWT

Changes weight classes after Dec. 25th.

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
PARTICIPATION

**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

<table>
<thead>
<tr>
<th>Point(s)</th>
<th>Event Type</th>
<th>Wrestler’s Matches</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2</td>
<td>Dual</td>
<td>1 match maximum</td>
</tr>
<tr>
<td>1</td>
<td>Tri</td>
<td>2 match maximum</td>
</tr>
<tr>
<td>2</td>
<td>Quad</td>
<td>3 match maximum</td>
</tr>
<tr>
<td>2</td>
<td>1 Day Tournament</td>
<td>5 match maximum</td>
</tr>
<tr>
<td>3</td>
<td>2 Day Tournament</td>
<td>10 match maximum</td>
</tr>
</tbody>
</table>
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
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
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
**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.
Choice of Position

Referee flips disc, visiting captain calls color

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
EQUIPMENT

**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.
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
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
Certified Scale(s)

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.