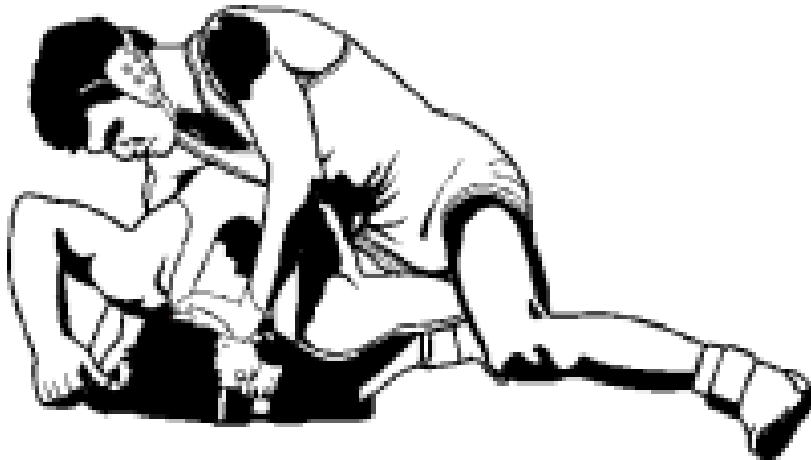




2010 WRESTLING Manual

For Coaches & Officials



Ohio High School Athletic Association
4080 Roselea Place
Columbus, Ohio 43214
Ph: 614-267-2502
Fax: 614-267-1677
Web Site: www.ohsaa.org

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NOTE: ATTENDANCE CARD ENCLOSED IN THE WINDOW OF YOUR MAILING

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

4080 Roselea Place ~ Columbus, OH 43214

614-267-2502 ~ 614-267-1677 (fax)

www.ohsaa.org

TO: Wrestling Coaches & Officials
FROM: Henry Zaborniak, Assistant Commissioner
DATE: September, 2010
RE: 2010-11 Rules Books and Related Materials



The OHSAA Wrestling Manual is published as an addendum to the OHSAA Wrestling Regulations. Enclosed in your mailing you will find rules materials and this manual. Please take time to review this information. The health and safety of every student-athlete will be enhanced if coaches, officials and supporting adults work together. There are a number of safety concerns in wrestling: concussions, weight management, hydration, skin and communicable diseases. Coaches must be diligent in education of both wrestlers and parents on these topics. Especially important is educating parents on prevention of communicable diseases and recognition of concussions. Coaches, parents, athletes and officials are asked to attend an on line concussion management course. The course is free of charge and may be accessed at nfhslearn.com.

The required state interpretation meetings can be attended in person or online. Review the following pages for additional information. Next season the number of state drive in or face to face meetings will be reduced to five. Our experience in football this season was that 57% of coaches and officials attended an online meeting. 7-8th grade coaches are encouraged to attend the on line meeting.

The NFHS Wrestling Rules Committee is continuing to study weight classes. It is likely that for 2011-12 there will be 14 weight classes, but the 103 class will be raised as will the 275 class. Other classes will be adjusted to provide the greatest ability for kids to compete. More information will be forwarded as it becomes available.

The OHSAA will sponsor a dual team wrestling state tournament in 2012-13. The OHSWCA will be instrumental in planning for this new event. Additional information will be available through your local OHSWCA meetings.

The Ohio Wrestling Officials Association will conduct an officiating clinic in November. Please consult the OWOA web site (www.owoa.org) for information.

The Ohio High School Wrestling Coaches Association will conduct its annual clinic on October 15 & 16, 2010. Contact The Ohio State University wrestling staff or the OHSWCA for information. For a registration form to the clinic, go to: <http://www.ohswca.com/>.

Help kids be good wrestlers and great people. Have a great season.

OHSAA MISSION STATEMENT

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

2010-2011 OHSAA Boys Wrestling Calendar

Nov. 12	First Day of Coaching
Nov. 26	First Day H.S. Preview Permitted
Dec. 3	Season Begins
Jan. 17	Non-Interscholastic Competition No Longer Permitted
Feb. 14 - Feb. 19	Sectional Tournament
Feb. 21 - Feb. 26	District Tournament
Mar. 3 - Mar. 5	State Tournament
Mar. 5	Season Ends

OHSAA CONTACT INFORMATION

NAME	TITLE	RESPONSIBILITIES	E-MAIL
Henry Zaborniak	Assistant Commissioner	Oversees all aspects of wrestling and football	hzaborniak@ohsaa.org
Kim Zaborniak	Administrative Assistant	Assists in the coordination several sports & tournaments	kzaborniak@ohsaa.org
Lyle Smith	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquiries	ljsmith31@sbcglobal.net
Dick Loewenstine	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquiries	Dick.loewenstine@dbadirect.com
Ray Anthony	State Rules Interpreter	Conducts state rules interpretation meetings and fields rules inquiries	ctfire210@aol.com
Jim Vreeland	Director of Officiating Development- Wrestling	Responsible to the Assistant Commissioner for all aspects of wrestling officiating training, education, mechanics and compliance	Vree66@gmail.com
National Federation of State High School Associations		www.nfhs.org	
Ohio High School Wrestling Coaches Association		www.ohswca.com	
Ohio Wrestling Officials Association		www.owoa.org	

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

4080 ROSELEA PLACE, COLUMBUS, OHIO 43214-3069

PHONE: 614-267-2502 FAX: 614-267-1677 WEB SITE: www.ohsaa.org

TO: WRESTLING COACHES AND OFFICIALS – 2010-2011

OHSAA regulations require that any school sponsoring wrestling must have the head wrestling coach attend one of the State Rules Interpretation Meetings. In an emergency, an assistant coach or the Athletic Director may attend in his place. Every OHSAA wrestling official is required to attend one of the State Rules Interpretation Meetings. You have the choice to attend EITHER a drive in meeting or the on line meeting. Meetings may be attended on line by logging into <http://www.ohsaa.org/sports/wr/boys/default.asp>. In addition, drive in meetings will be conducted see site/dates/times below). Individuals attending the drive in rules meeting must be in attendance within 10 minutes of the start of the meeting and remain until the conclusion of the meeting to receive attendance credit. On line meetings may be accessed beginning October 4 and will be available through October 23. There is no fee for any meeting (drive in or online) prior to October 23. From October 27 through November 5 the online meeting will be available for a \$50 fee.

Coaches who fail to attend a State Rules Meeting will cause their team to be ineligible for the 2010-11 OHSAA wrestling tournaments. Officials who fail to attend one of these meetings will be suspended the following year and will be ineligible for OHSAA tournament assignments in the current season and following year.

Date/Time	Site	Coordinator
10/4/2010 – 7:15 PM	<u>St. Francis DeSales High</u> 4212 Karl Rd Columbus, OH 43224	RICHARD BAKER
10/4/2010 - 7:15 PM	<u>Wayne High School</u> 5400 Chambersburg Rd Huber Heights, OH 45424	<u>GARY DOLL</u>
10/5/2010 - 7:15 PM	<u>Green High School</u> 1474 Boettler Rd Green, OH 44232	<u>RICH CARPENTER</u>
10/6/2010 - 7:15 PM	<u>Westlake High School</u> 27830 Hilliard Blvd Westlake, OH 44145	<u>GEORGE WERLING</u>
10/7/2010 - 7:15 PM	<u>Liberty High School</u> 1 Leopard Way Youngstown, OH 44505	<u>GARY OFFERDAHL</u>
10/12/2010 - 7:15 PM	<u>Springfield High School</u> 1470 S. McCord Rd Holland, OH 43528	<u>JOHN JAKSETIC</u>
10/13/2010 - 7:15 PM	<u>Oak Hills High School</u> 3200 Ebenezer Rd Cincinnati, OH 45248	<u>RICHARD LOEWENSTINE</u>
10/14/2010 - 7:15 PM	<u>Bath High School</u> 2850 Bible Rd Lima, OH 45801	<u>PAUL BASINGER</u>
10/18/2010 - 7:15 PM	<u>Athens High School</u> 1 High School Rd The Plains, OH 45780	<u>DONALD GODENSCHWAGER</u>
10/19/2010 - 7:15 PM	<u>Malabar Middle School</u> 205 W. Cook Rd Mansfield, OH 44907	<u>THOMAS STORTZ</u>

MEETINGS – ASSESSORS myOHSAA INFORMATION

State and Local Meetings can be obtained by going to myOHSAA or logging on to www.ohsaa.org and clicking on officiating and click on find a rules meeting.

UPDATED Master Assessor's and
General Assessor's can be located on the
www.ohsaa.org website.

Go to www.ohsaa.org, click on Sports and Tournaments
Go to Wrestling. Scroll down towards the bottom of the page
and Click to view the assessors.

**OFFICIALS – CHANGE OF ADDRESS?
PLEASE LOG ONTO myOHSAA AND MAKE THE
APPROPRIATE CONTACT INFORMATION CHANGES
THANK YOU!**

HAVE A GREAT SEASON!!!



WRESTLING — BOYS 2010-11

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

1) Interscholastic Participation

1.1) Participation Limitation

9th through 12th Grades — 20 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 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. 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) 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.

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.

1.13) High School Varsity Tie Breaker

A tie breaker shall be used for all varsity dual meets. Refer to NFHS tie breaker in 2010-11 rule book.

1.2) Multiple School -Sponsored Teams (See General Regulation 28)

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 subvarsity 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. A 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 oneminute periods) or team and shall be wrestled according to National Federation Wrestling Rules. Earliest preview may be November 25.

1.6) 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.

1.7) Weight Classes — Grades 9-12

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 210. (minimum weight of 210 lbs. is subject to growth allowance)**

1.8) Ejection for Unsporting Conduct and/or Flagrant Misconduct

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 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: The school shall be ineligible for the OHSAA postseason tournament in the sport in which the outofstate 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 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:

- 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) NonInterscholastic Participation

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

Date: January 18, 2011.

3.2) 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: GrecoRoman 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 noninterscholastic 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 (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.

B. 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.

1. 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.

2. MEASUREMENT TIMELINES

1. No wrestler may compete until he/she has participated in the Alpha Weighin 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 25, 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.

3. 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 nonsterile gloves
 - Reagent strips
 - Individual profile forms
 - Written parental permission
 - Staff to assist with collection and data recording
 - Certified scale

4. 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.

5. 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 which will determine the weight class of the wrestlers for that competition. Coaches SHALL use the optimum performance calculator weighin 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.

6. GROWTH ALLOWANCE / EXTRA WEIGHT

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.
4. A one pound allowance will be give the second day of a two day event.
5. With 48 hours notice, teams will be given a one pound allowance if a team in the event had a match the day before.
6. 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. See NFHS Rule 4-5-5 page 17 NFHS Wrestling Rule Book.

7. APPEALS

1. A wrestler may compete before or during an appeal at his or her lowest approved weight based on the initial assessment.
2. All steps of the appeal shall occur within 14 calendar days of the original Alpha Date.
3. The 14day appeal period shall start on the day following the Alpha Date.
4. The 1.5% weight loss limitation is in effect the day following the Alpha Date.
5. 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.
6. Any athlete may appeal his/her initial assessment one time by reassessment.
7. 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 WeighIn” as described in the regulation.

1. The master assessor shall be responsible for conducting the initial appeal using skin old 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 14day 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.

8. 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).

9. 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.
3. 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 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 weighin 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.

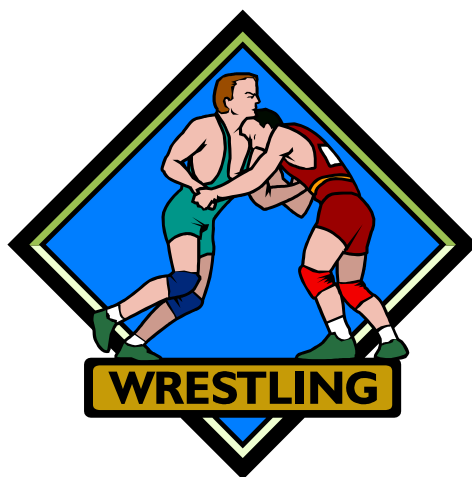
D. SPECIFIC REGULATIONS — Grades 9-12

- 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 both **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) NFHS overtime procedure followed in both tournament and dual meet competitions
- 11) NFHS dual meet tie breaker procedure followed in all such competitions
- 12) Officials:
 - 10.1) Varsity — Minimum of one OHSAA Class 1 or Class 2 official required.
 - 10.2) Reserve/Junior Varsity/Freshman — Minimum of one OHSAA Class 1 or 2 official required.

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



COMMON QUESTIONS from HIGH SCHOOL COACHES

- Q1. What is the first day that wrestlers can have a body fat assessment?
A. November 12, is the first day that body fat assessments can occur.
- Q2. Can a wrestler participate in a scrimmage prior to having an assessment?
A. A wrestler can participate in a scrimmage or preview before an alpha assessment. However, he or she cannot compete in a regular season match until an assessment is conducted.
- Q3. My 215 pound wrestler is still playing football. He weights 227 pounds and will not come out until our football team is out of the tournaments. When can he have a body fat assessment?
A. He can be assessed as early as November 15. However, most coaches will have wrestlers practice for a week to 10 days and then send him for an assessment. He cannot participate in a contest other than a scrimmage or preview until an assessment is conducted.
- Q4. Should there be an allowance for what the wrestler weighs during within/assessment?
A. No, an allowance is built into the formula.
- Q5. What should a wrestler wear for assessments?
A. All wrestlers shall wear a suitable undergarment that completely covers the buttocks and groin area. Female wrestlers shall also wear a suitable undergarment that covers their breasts.
- Q6. How do head wrestling coaches enroll for membership in the National Wrestling Coaches Association?
A. All Head Coaches are enrolled for NWCA membership by the OHSAA. It is imperative for head coaches to provide their athletic directors with current email addresses.

Q7. How do I find an OHSAA Assessor?

- A. Log on to www.ohsaa.org and go to the wrestling home page and click on the Assessor link.**

Q8. What can my wrestler expect at an Assessment?

- A. A urine hydration test and a weigh-in should be followed by the skin fold assessment. The entire assessment takes a short time.**

Q9. What if we disagree with the Assessors skin fold assessment?

- A. A wrestler may appeal the original assessment within 14 days. (See item G of the weight control plan). Remember that the appeal will be automatically denied if the wrestler drops more than 1.5% of his/her weight per week from the date of his/her original assessment and the appeal.**

Q10. If my wrestler “fails” the hydration test may we continue through the rest of the assessment?

- A. No, when the hydration test is “failed” there is no need to continue with that assessment.**

Q11. Do I have to provide my opponents with my Alpha Master forms?

- A. Yes. Failure to do so will result in an unsportsmanlike penalty. Repeated failure to do so may result in an ejection. Coaches should provide their opponents with a weigh-in form generated through the OPC (optimal performance calculator). In 2010-11 that weigh in sheet is required.**

Q12. Can my school sponsor more than one varsity team?

- A. Any school may sponsor more than one varsity team as long as more than 21 wrestlers are on the official eligibility form.**

Q13. Is it true that the weight classes may change?

- A. There is discussion by the NFHS Wrestling Rules Committee toward changing weight classes. Coaches from across the country, like wrestling coaches in Ohio, have many opinions regarding weight classes. The NFHS Wrestling Rules Committee has collected a great deal of data on weight classes. No change will occur prior to the 2011-12 season.**

Q14. Do 7-8th grade wrestlers have to have a body fat assessment?

- A. No. Junior high wrestlers are not subject to the body fat assessment regulations.**

Q15. My wrestler is dropping weight heading toward 135. This week his lowest allowable weight is 152. What happens if he weighs in at 162 and wrestles?

- A. 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 time line. In this case the wrestler’s lowest weight for the week is 152, which means that the wrestler could weigh-in no higher than 160 and maintain his target weight class of**

135. To weigh-in above 160 would require that 135 be forfeited and 140 would become his/her new minimum weight.

Remember that the weight management program is intended to allow for weekly weight loss over an extended period of time.



The Wrestling Penalty Chart

Jim Vreeland, Oak Harbor, Ohio
OHSAA Director of Officiating Development

There are seven different kinds of penalties that make up the penalty chart. They include **starting violations, technical violations, illegal holds, unnecessary roughness, misconduct, unsportsmanlike conduct, and flagrant misconduct**. Either competitor may be guilty of many of these during a match, while non competitors, coaches and other team personnel may only be guilty of misconduct, unsportsmanlike conduct or flagrant misconduct. Only coaches may be guilty of a misconduct violation while coaching during a match. This would also include a wrestler assuming the role of a coach in the corner. Let's take a closer look at each of these penalties.

Misconduct is only called on a coach whose behavior at the scorer's table warrants first receiving a warning; this is usually for questioning the official's judgment. The second misconduct violation is to deduct one team point, with the third offense being a two point deduction and the head coach removed from the arena.

Starting violations require a caution on the first offense and a caution of the second offense. The third and all subsequent violations continually get a one point penalty given the opponent. A wrestler can not be disqualified for starting violations. He/she can lose the match by continuous points contributing to a technical fall, 15 point margin

Technical violations include clasping hands, grasping clothing (yours or the opponent's), grasping head gear or knee pads, fleeing the mat to avoid being scored upon, and stalling are all technical violations. A figure four applied to the head in the neutral position to prevent being taken down is a delayed technical violation, and reporting to the scorer's table not properly equipped or not ready to wrestle is also a match point for the technical violation. A stalling penalty is the only other violation that requires a single warning before a penalty point is given up.

Illegal holds may be committed by either wrestler from any of the three basic wrestling positions; offensive, defensive and/or neutral. The list of illegal holds spelled out in the NFHS rule book are so listed to ensure a safe, healthy environment for competition. It is the official's responsibility to work to be in position to recognize dangerous situations, and prevent any injury to either athlete. Some of the illegal holds include; hammerlock, twisting hammerlock, full nelson, headlock without an arm encircled above the elbow, straight head scissors, body figure four, double under hook snap back from a standing position, twisting knee lock, front quarter nelson with the chin, leg block, hands/fingers in the eyes, neck wrench, forcing a body part beyond it's normal range of movement, and simply...any skill used to punish or harm the opponent. This is a one point penalty with no warning given.

Unnecessary roughness violations are physical acts that go beyond normal aggressiveness. A few examples include (but not limited to); a forceful slap to the face, gouging/poking the eyes, forceful cross face, a forceful forearm/elbow to the back of the head or neck and a forceful trip to the mat. This is a one point penalty with no warning given.

Unsportsmanlike conduct may be either a physical or nonphysical act and may occur before, during or after the match. Examples include (but are not limited to) swearing, taunting or baiting the opponent, throwing headgear or other equipment, failure to comply with the end of match procedure, spitting or clearing a nasal passage on the mat, repeatedly dropping to a knee to break a clasp hands and showing displeasure with the official's call. Continual acts of unsportsmanlike conduct may be interpreted as flagrant misconduct on the part of the either wrestler during the match. The penalty during the match follows the penalty chart 'one ... one ... two ... DQ'. A second unsportsmanlike conduct violation during a match may result in a two point team deduction and a removal from the arena. The severity of the situation rests in the judgment of the official.

The penalty for any non-participating team individual is the following; this is a one team point deduction on the first offense, with the second offense brings a two point team deduction and removal from arena for the remainder of the day. There is no warning given.

Technical violations, illegal holds, unnecessary roughness and unsportsmanlike conduct all follow the penalty chart 'one...one...two...DQ' for participating wrestlers. That refers to the instance and the penalty for it. The first occurrence is a one point penalty, the second occurrence is another one point penalty, the third occurrence is a two point penalty and the fourth occurrence of any penalty in any combination the violator is disqualified from the match.

It is important to recognize that an unnecessary roughness call is a little stronger than an illegal hold call, and an unsportsmanlike conduct call is stronger than an unnecessary roughness call. And, as should be expected, the final penalty and strongest call an official can make is a flagrant misconduct penalty.

SITUATION # 1: **Wrestler A**, during the first period, has attacked from the onset. **Wrestler B** draws a warning for stalling followed by diving off the mat to avoid giving up the takedown. The official blows his whistle to stop the match then awards **Wrestler A** one point for the technical violation. **Wrestler B's** coach goes to the table to complain about the fleeing call. He continues to argue, and then the official warns the coach for misconduct and notifies the table to record the same on the score sheet. The first period ends with **Wrestler A** earning another point as the result of another stalling violation. At the start of the second period, with **Wrestler A** taking the neutral position, **Wrestler A** finishes a head lock takedown, with **Wrestler B** pulling on the head gear. The official wipes the grasp away, informs **Wrestler B** of his penalty and allows wrestling to continue. The second period ends with the official awarding **Wrestler A** two points for the takedown, four points for the near fall and concluding with two points for the technical violation. The official now reminds **Wrestler B** his next violation will result in disqualification. The sequence of penalties is *one ... one ... two ... DQ*. During the third period, **Wrestler B** is called for stalling. **Wrestler B** is disqualified from the match, not the tournament

Flagrant misconduct will end the match. Flagrant acts may also be physical or nonphysical and may occur before, during or after the match. Some examples of flagrant misconduct include (but are not limited to); extreme foul language, kicking, biting, punching, head butting, striking or any use of tobacco products. It is important for all to understand a flagrant misconduct violation is the most severe penalty, and involves a bit of extra work after the event. The procedure is almost universal across the nation, with individual states having their slight variation to the procedure.

In Ohio;

- Deduct three team points & in most tournaments forfeit all points earned to that time.
- The athlete or coach is removed from arena, note: if there is no assistant coach to stay with the flagrant wrestler, then he/she must remain on the team bench next to the coach and stay quiet. Any further problem from him/her the team forfeits the match and is disqualified.
- The official has 48 hours when school resumes calling the school to notify the administration of the flagrant occurrence & complete an ejection form. A copy gets mailed to the school in question and to the OHSAA office.
- The school then responds to the OHSAA office with their handling of the athlete or coach. The OHSAA office then sends a copy of the result to the official.
- The offender is not allowed to participate until an equivalent to the next two points on the school's schedule has been met.

SITUATION # 2: At the start of the second period in an overly aggressive match, **Wrestler B** stands and **Wrestler A** lifts and returns his opponent with excessive force. The official stops the match to award **Wrestler B** one point for the unnecessary roughness call. At the restart, **Wrestler A** hits a strong breakdown, then jams his forearm and elbow in the back of his opponent's neck. Again, the official stops the match to award **Wrestler B** one point for unsportsmanlike conduct, then

informs **Wrestler A** about his extreme roughness, and to stay with in the bounds of clean, legal wrestling. His coach stands up, turns to his fans, throws his arms in the air and shouts “this guy is terrible.” The official gets the wrestlers returned to the center, and then calls the coach to the table. The official now informs the coach of his unsportsmanlike conduct for inciting the fans, and also instructs the scorer to deduct one team point. While on their feet in the third period, **Wrestler A** swings a forearm and clubs **Wrestler B** in the head. He is hit so hard that he is knocked off his feet then grabs his neck. The official blows his whistle to end the match, places his hand on the top of his head then calls **Wrestler A** for flagrant misconduct. He instructs the scorer to deduct three team points, and reminds the coach his wrestler is to be removed from the gym.

Note: It is important to remember there are only three penalties that require a warning before any points are given up, two on the part of the wrestlers and one on the coach. The first is on either participant in any position. Starting violations require the offending wrestler given two warnings before giving up any penalty point/s. These warnings are referred to as cautions. The second is a warning for stalling on either participant, and again in any position. The third is a coaches’ warning for misconduct. This can only occur when the coach is coaching and goes to the table to question the official, and does so in an inappropriate manner.



COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouth guards and other articles containing body fluids.

Additional information is available from the OHSAA and the National Federation of High Schools

HEAD TRAUMA

Concussions / Unconsciousness

By

Eric Deleon, MD...Joe Hershey, Athletic Trainer...Jim Vreeland, OHSAA Official

Situation: Both **wrestler A** and **wrestler B** shoot simultaneously for a double leg takedown. In the process,, heads collide with a resounding thud heard by everyone involved in the match. While **wrestler B** rolls over, sits, and has no issues, **wrestler A** is still laying flat on his back and has not moved. The official stops the match, starts the injury clock, and calls for medical assistance at mat side. What is a concussion? Let us examine how a referee, an athletic trainer and/or a physician shall assess this situation to make the proper determination as to whether **wrestler A** should continue to compete in this match.

From a medical perspective, **what is a concussion?** A simplified definition for a concussion is a brain bruise. Concussions classifications based upon loss of consciousness, severity of symptoms, and the length of time of symptoms are in existence. We as officials, coaches, and parents should view any concussions with grave concern. A concussion, brain bruise, is so much more serious than a simple pulled muscle or bone bruise. A recurrent pulled leg muscle will heal with proper therapy and time. A brain cell seriously damaged may never heal and can result in serious and or permanent loss of brain function. After a concussion the athlete may appear totally normal in respect to their physical and cognitive function but may be harboring an area in the brain that is extremely sensitive to another concussive episode. A subsequent head trauma may be catastrophic. The most serious, a medical occurrence acknowledged by some medical associations is Second Impact Syndrome, SIS. SIS is a term utilized to categorize an episode of internal brain swelling, resulting from a second concussive episode occurring prior to the proper healing of a previous concussion. This swelling can result in permanent brain damage or death. Research on recurrent concussions have led the medical community to give warnings of patients developing lifelong symptoms of headaches, loss of memory abilities (immediate and long term), depression, and or loss of cognitive functions. At present the medical community is unsure of the exact treatment for concussions. It is recommended for athletes with even a tentative history of a concussion to be evaluated by a physician prior to being allowed to participate in any athletic event (practice or game). After proper medical evaluation, the current treatment is most often conservative; time and rest. Medical experts in the field are uncertain as to what is the proper amount of time and rest for concussions but recommendations are based upon severity and duration of symptoms.

The NFHS rules of wrestling are specific concerning loss of consciousness. Rule 8-2-4 states "...Any contestant who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health-care professional." If a physician is immediately available he/she has full authority in any matter of possible head trauma. If an athletic trainer (AT) makes an assessment that a concussion has occurred, the match will end in a medical default.

The **official** should maintain his/her position on the mat near **wrestler A**. Prior to the arrival of any medical personnel, the official should be present to watch and communicate with the wrestler. Without moving the wrestler, the official should be evaluating the wrestler for consciousness, disorientation, body movement and position. With the arrival of medical personnel, allow him/her the space and opportunity to assess the situation. As the official, you may need to recap the wrestling event so the physician/AT has an idea how and what occurred. Once in the hands of the physician/AT allow him/her to work uninterrupted, as is done at our Ohio State Championships. Pay attention and listen, they may need your help and ask you questions. When asked the official should, in a concise manner, communicate how the injury occurred; what part of the head was struck; was there any time of unresponsiveness; did the wrestler respond to appropriate questions of time, date, name, and was there any unusual body movements suggestive of a possible seizure.

Most Ohio wrestling tournaments provide medical care that is overseen by a licensed athletic trainer. Make sure the AT is aware of the injury time clock running, and the rules regarding injury and recovery time. The responsibility of the athletic trainer is first emergency management and the evaluation of the injury. Use of an onsite screening method like SCAT2 format, may help identify a

concussion, but obviously an obstacle will be how well the AT knows the athlete. The athlete's prior medical and psychological history will most likely be unknown to the AT. SCAT2, "Sport Concussion Assessment Tool", is a screening tool that has been validated and can help in the evaluation of a concussion. Initially the appropriate life saving measures must be taken including c-spine evaluation and immobilization. Once the evaluation of a concussion is completed, the attending AT must make the final assessment.

At the conclusion of the examination by the attending medical staff, physician or athletic trainer, it is important for the official to communicate the amount of injury time or recovery time remaining. The official will need to get an answer to a couple of questions; was the wrestler unconscious, and in the opinion of the onsite medical personnel is it safe for the injured wrestler to continue in the competition?

If in the opinion of the physician/AT a concussion did not occur, and injury or recovery time has not expired, wrestling may resume. Guidelines dictate that a concussed athlete should not return to competition that same day. The immediate care of the athlete is our foremost concern. A problem does exist. Athletes have returned to competition without proper medical clearance or documentation of that clearance. Most states do not have the capacity to follow an athlete's medical record within one season let alone his entire high school sports career. The time is near when physicians, trainers, coaches' and officials' associations all proactively cooperate in communication about the seriousness of this issue. Quite possibly the development of a medical form to track and give clearance to previously concussed athletes, similar to the medical form for contagious skin problems, will be sanctioned and created by the state or national governing associations.

The topic of any head trauma, especially repeated concussive episodes is a present day prominent and serious issue. Concussions in all sports and the long term effects on our young athletes are being studied, researched, and discussed by many different medical and non-medical associations.

Official's Summary: Safety is paramount. Start the appropriate clock, request medical assistance, and pay attention to the wrestler's responsiveness. Evaluate the wrestler's mental status; are they dizzy, ask their name, their birthday, the date, and the name of the competition site. Evaluate their physical ability; is their grip strength bilaterally equal, can they stand without assistance, and with their eyes closed can they stand with arm out stretched. The assessment decision first goes to the medical professional in charge, and not the coach, parent, or any number of other people at mat side. Remember, the physician /AT will want your help with the athlete's assessment. There is no event so important where the safety of the wrestler is in any way jeopardized in the event that the athlete is deemed to have a concussion. Lastly, without any medical assistance, the decision will rest with the official. If the wrestler fails any of your questions or physical ability assessments, the match should be stopped due to the athlete's likelihood of having sustained a concussion. **Safety is paramount.**

OFFICIATING ETHICS & CODE OF CONDUCT

(From www.ohsaa.org and the OHSAA Handbook for Officials)

Our member schools have entrusted officials to assist them in the education and development of their youth through athletics. This requires officials to be independent, impartial, and responsible to the people they serve. In recognition of these expectations there is an established Code of Ethics and Code of Conduct for all officials. The purpose of the code is to establish guidelines for ethical standards of conduct for all officials.

OFFICIATING CODE OF ETHICS

An Official must devote time, thought and study to the rules of the game and the mechanics necessary to carry out these rules so that one may render effective and credible service in a fair and unbiased manner

An Official must work with fellow officials and the state association in a spirit of harmony and cooperation in spite of differences of opinion that may arise during debate of points or rules at issue

An Official must resist every temptation and outside pressure to use one's position as an official to benefit oneself. Under all circumstances, officials must avoid promoting the special interest of any person or group of persons other than the athletes we serve

An Official must constantly uphold the honor and dignity of the avocation in all personal conduct and relations with the student-athletes, coaches, athletic directors, school administrators, colleagues, and the public, to be a worthy example to the athletes under one's jurisdiction

An Official will be prepared both physically and mentally, dress accordingly to expectations and maintain a proper appearance that is befitting the importance of the game

An Official shall avoid the use of tobacco and related products at the contest site

An Official must remember and recognize that it is important to honor contracts regardless of possible inconvenience or financial loss

Every member of the officiating profession carries a responsibility to act in a manner becoming a professional person. The conduct of any official influences the attitude of the public toward the profession in general as well as toward the official in particular.

Sports officials bear great responsibility for engendering public confidence in sports. They are critical to the health of athletic competitions. Officials ensure games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Officiating takes a great deal of preparation, continuing education and commitment of time.



TOURNAMENT REGULATIONS

Tournament Regulations are available at www.ohsaa.org (after approval at the October 21st Board meeting). On the website, under "Sports & Tournaments" select Wrestling. They are listed under Tournament Information on the left-side.

Have a great season!

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