



November 15, 2010

COACHES' & OFFICIALS' EARLY SEASON BULLETIN

Below are listed a number of updates, Q/A's and reminders for both coaches and officials.

- ❖ If the scale used during weigh-ins is labeled with a statement that states the “scale is accurate within one tenth of a pound”, can the weigh master accept a wrestler when the scale reads 119.1 for the 119 pound weight class? **NO**, the certified scale is accepted as accurate. **No exceptions**, and remember the wrestlers may not remove the undergarment to make the weight class.
- ❖ Is it still an illegal double knee kick back if the offensive wrestler is standing on the mat and buckles the defensive wrestler's knees with his knees? **YES**, any form of kicking out both knees is illegal.
- ❖ If a wrestler is sitting in the coaching chairs and is ejected from the event for his flagrant actions acting as a coach, does he/she still lose the team points earned? **YES**, and he/she also forfeits any placement points and awards.
- ❖ Can a wrestler weigh-in for the 119 weight class at 118, yet his/her alpha program states he/she can weigh 113? **YES**, as a matter of fact that also works the opposite as well. He/she can weigh-in at 113 and the alpha program allows his/her weight to be 118. Since the wrestler is within the weight class boundaries it is fine.
- ❖ If the defensive wrestler is taken down directly to his/her back and intentionally slides off the mat, does the offensive wrestler earn two for the takedown, two for the eminent near fall and one for fleeing the mat? **NO**, the offensive wrestler can earn either two or three for the near fall **or** one for the fleeing, but the offensive wrestler can't earn both. Remember, this is the only exception to the rule allowing a wrestler to earn both the points scored and the penalty. So, in this situation the wrestler would earn two for the takedown and one for the technical violation for fleeing.
- ❖ Can a wrestler weigh-in the second day of a two day dual meet tournament a weight class lower than the weigh-in from the first day? **YES**, although a unique coincidence, if the alpha management program allows the actual weight the second day to make the lower weight class it is acceptable. **Example:** a wrestler weighs-in first day at 119.1 then wrestles in the 125 & 130 classes, he/she can weigh-in Saturday morning at 118.9 if the 1.5% alpha weight monitoring program allows him/her to weigh that on the Saturday weigh-in. Remember, both the growth allowance and the one pound for the second day of the event are not considered in this weigh-in.
- ❖ There are **NO special exceptions** allowed for student-athletes taking the ACT/SAT college entrance exams. All athletes must be present at weigh-in when called to the scale room. The student-athletes should focus on performing at their best for the ACT/SAT.

- ❖ As with blood clean-up, the time is on the official, likewise with the new concussion rule, if the MD, DO or ATC states the wrestler is allowed to continue competition ... completion of a written clearance handed to the coach may extend beyond the injury or recovery time. As long as the time required does not extend to continued examination of the athlete. **ONLY TO COMPLETE THE WRITTEN NOTE.**
- ❖ What if the MD is on another mat attending to another athlete, and can't get to my wrestler? The one and a half minute injury time is strictly adhered to, and no extra time is allowed. The wrestler removed from the match due to showing signs, symptoms and behaviors consistent with a concussion may not return to competition without the written release from an approved health care professional. **No** extra time given for examination.
- ❖ If a health care professional does write a note to allow a wrestler to continue competition, the note is given to the coach and he is to keep it. It is recommended the coach have the note with him during future competitions.
- ❖ All wrestlers must wear an acceptable undergarment during the entire weigh-in procedure. Briefs, boxers and/or bras may not be taken off to make weight, or may not be taken off to change to a new undergarment. Also, remember same gender weigh-ins.
- ❖ Officials: please remember, if you are purchasing any new uniforms...all officials will be wearing the v-neck shirts with black and white stripes for the 2011-12 state event.
- ❖ Starting 2012-13 the OHSAA will host the new team tournament. Meetings are underway working out the details. As of now, the event will be hosted on three-four consecutive Wednesdays with the finals to be held on the weekend. Dual meets will become important once again. More on this topic will become available once the details are completely ironed out. The next meeting on this topic will be December 7th.
- ❖ Although the NFHS allows for the host school of a tournament to provide a shirt for the team of officials, Ohio requires the black and white stripe official's shirt for all to wear.
- ❖ Coaches and officials are reminded the NFHS is strong on enforcing two coaches in the corner during tournament competition. If there is a match scorer or stat he /she is to be behind the chairs. During dual meet competition all are restricted to the team bench.
- ❖ Weigh-ins may be conducted by either weight class or by teams.
- ❖ Officials are reminded conducting weigh-ins, the random draw and other pre-meet duties are all part of the over-all conduct of the match.
- ❖ The weigh-in period for all tournaments may start two hours prior to competition. Whereas last year the weigh-in period for a dual meet tournament was one-hour, the weigh-in rule is now consistent. Bracket, pool, or dual meet event, the weigh-in period may start two hours prior to wrestling, and conclude with the last heavyweight wrestler.
- ❖ Continuing the dual meet topic, remember a wrestler must have weighed in on Friday night to be eligible to compete on the Saturday rounds of competition. Even if the 119 wrestler is not to wrestle on the Friday night sessions, he/she must become an entrant in the event by making weight on Friday.
- ❖ Junior high wrestlers may wrestle over-time if the match ends in a draw. This may occur in either tournament or dual competition. Refer to new junior high regulation manual.
- ❖ Lastly; coaches and officials remember the mouth guard for athletes with braces. A guard needs to cover upper, lower or both if braces are on both upper and lower