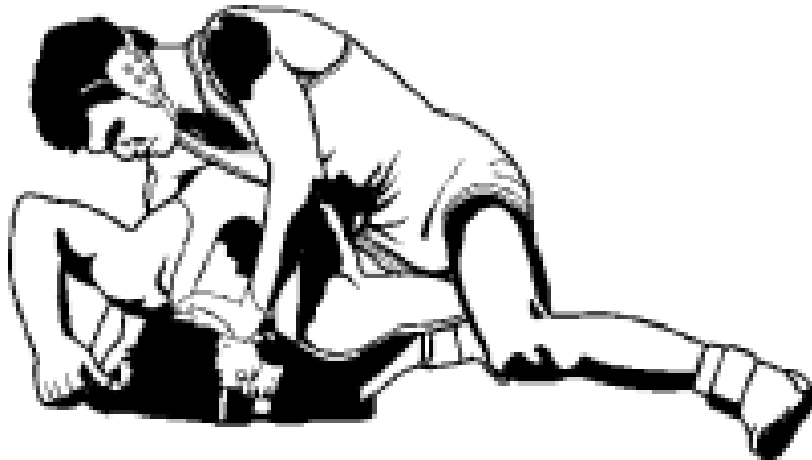




2011-12 WRESTLING Manual

For Junior High Coaches & Officials



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TO: 7-8TH Grade Wrestling Coaches and OHSAA Officials

FROM: Henry Zaborniak Jr., Assistant Commissioner

RE: 2011-12 Wrestling Season

Wrestling season will soon be here. Many of the young people that show up for practice will never have wrestled before. Whether or not these young people continue their participation in wrestling will be directly influenced by their coach. Will the coach take the time to teach fundamentals? Will the coach teach good nutrition habits? Will the new wrestlers have fun? Will each of them be made to feel needed and wanted? Will they wrestle for a coach who will do everything possible to increase participation? Or will they be part of a program that emphasizes winning over participation? Wrestling is a tough sport and demands a tremendous amount of personal discipline. Because it is so demanding, it is equally rewarding for all of those involved. Be a TEACHER and a COACH and a MENTOR.

Officials that choose to officiate 7-8th grade matches must also be in tune to the divergent abilities of these youthful participants. Officials must work with the coaches in order to provide the best competitive situations possible. Enforce the rules and explain the enforcements when necessary. Never compromise on wrestler safety. Officials and coaches should cooperatively work within the rules to make as many wrestling opportunities for kids as possible.

Many 7-8th grade athletes participate in the "Junior High District and State Tournaments" at the conclusion of their school season. Please remember that these tournaments are NOT interscholastic events. The junior high tournaments are NOT sanctioned nor supported by the OHSAA. School teams are not permitted to enter any post season tournaments. Coaches are not permitted to coach their own wrestlers. The penalties for violating the OHSAA sports regulations include athlete ineligibility for subsequent years, fines and possible loss of OHSAA membership for the school(s).

Coaches working with 7-8th graders are encouraged to attend either a face to face state rules meeting or an on-line version, both of which begin in October. Please familiarize yourself with the NFHS wrestling rules and the OHSAA wrestling regulations. Information can be accessed at www.ohsaa.org on the wrestling page which is located under the dropdown menu "Sports". You are also encouraged to participate in the Ohio High School Wrestling Coaches Association. For information please visit the OHSWCA website www.ohswca.com.

Have a great season, DARE to make a difference!

August, 2011

WRESTLING — BOYS 2011 Junior High Regulations

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

1) Interscholastic Participation

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

Points	Event	Wrestler's Matches
1 point	Dual match	1 match maximum
1 point	Tri-match	2 match maximum
2 points	Quad match	3 match maximum
2 points	One day tournament	5 match maximum
3 points	Two day tournament	10 match maximum (5 per day)

A junior high school team and/or wrestler may participate in a maximum number of contests worth 17 points. Any and all matches wrestled by an individual shall count toward the team's point limitation of 17 points. 7th & 8th grade wrestlers are permitted 17 points, with a limit of 5 matches per day. Any event in excess of two days will have two points added for each day beyond the second day if more than 10 matches will be wrestled by any one individual during the tournament.

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

A junior high school team may compete in a maximum of 17 points of competition. In order to compete in the maximum number of contests a team schedule must include at least four dual/trimatches and no more than 13 points from tournaments. Teams who are unable **or** unwilling to participate in dual or tri-match competition

1.12 jh) Individual Contest Requirements

An individual wrestler may participate in a maximum number of contests totaling 17 points. Any wrestler who exceeds the 17 point limitation is ineligible for further regular season competition.

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

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

1.2 jh) Practice — Practice is instruction given by a school coach to his/her team during the OHSAA defined wrestling season. Practice sessions which involve wrestlers from other schools are scrimmages.

1.3 jh) Scrimmage — Any practice or workout between two or more teams is a scrimmage. Multiple team scrimmages shall count as one scrimmage; however, the time limit is two hours. Facilities opened by school personnel during the season where teams/individuals meet to wrestle shall constitute a scrimmage.

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

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

1.4 jh) Previews — A preview may not exceed one half of the regular season contest for any one athlete (three one minute periods) or team and shall be wrestled according to National Federation Wrestling Rules. Earliest preview may be November 25. No preview may be conducted after December 2.

1.5 jh) Weight Loss — **The OHSAA does not permit of any practice that endangers the health and safety of the participants. Crash dieting, the use of diuretic and other drugs for weight reduction, the use of a sweat box, any type rubber, vinyl, or plastic sweatsuit or bag, hot showers, whirlpools or similar artificial heat devices for weight reduction is prohibited.** Violation shall automatically disqualify the contestant from further participation for the match or tournament. Such dangerous practices constitute a lack of institutional control.

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

Any **wrestler or coach** ejected or disqualified for unsporting conduct or flagrant misconduct shall be

ineligible for all wrestling contests for the **remainder of that day and event**. In addition, he/she shall be ineligible for all contests at all levels in wrestling until two regular season/tournament contests (equivalent of 2 points) are competed at the same level as the ejection or disqualification. Coaches ejected are also required to pay a \$100 fine and take the National Federation of State High School Teaching and Modeling Behavior online 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 Canadian provinces that are not contiguous to Ohio, provided there is no loss of school time.

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

- 2.1 jh) Out-of-State Opponents —The weight classes of the state in which competition is held shall be the weight classes wrestled.
- 2.2 jh) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;
- 2.3 jh) The school receives written permission from the Commissioner’s office at least one week in advance of the scheduled event.
- 2.4 jh) A wrestling team may not travel out of state to practice.

3 jh) Non-Interscholastic Participation

3.1 jh) Individual NonInterscholastic Competition Date:

A wrestling athlete who has not participated for the school in wrestling that season must cease non-interscholastic wrestling competition six weeks (42 days) prior to the Monday of the week of the state tournament in wrestling.

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

4 jh) Instructional Programs

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

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

5 jh) Penalties

5.1 jh) The maximum penalty for violation of Sports Regulation 4.4 (participation with a non-interscholastic wrestling squad while a member of the school’s interscholastic wrestling squad) or any OHSAA regulations for any member of the school squad is ineligibility for the remainder of the interscholastic wrestling season or the ensuing wrestling season.

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

6jh) GROWTH ALLOWANCE / EXTRA WEIGHT

- 6.1 jh) The OHSAA growth allowance is a two-pound allowance to be given on December 25.
- 6.2 jh) A one pound allowance will be given the second day of a two day event.
- 6.3 jh) With 48 hour notice, teams will be given one pound if a school had an event the day before.
- 6.4 jh) In the event of inclement weather and a school is unable to practice the day before a scheduled contest, each team is granted one additional pound at weigh-ins.
- 6.5 Jh) The growth allowance is intended to “grow” the weight classes to accommodate the natural growth of the 7th & 8th grade wrestler. It is not intended to assist a youngster to “starve” him / her into a lower class. A two pound growth allowance will be applied to all weight classes on December 25. All maximum weights in all weight classes go up two pounds, as will the minimum weight for HWT.

C. SPECIFIC REGULATIONS — 7th & 8th Grades

- 1 jh) **Weight Management:** Coaches should encourage participation and deemphasize weight loss. Coaches should educate wrestlers on good nutritional plans.
- 2 jh) **Weight Classes Junior High** (7th & 8th grade) weight classes include 16 classes: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 150, 160, 172, 205 and 245 (**245 having a minimum weight of 205**).
- 3 jh) **Weigh in Regulations:** On school days, 7th & 8th grade wrestlers may weigh in at their home schools prior to lunch for a dual, triangular or quadrangular meet. **The weigh -in must be witnessed by an administrator/designee, and a signed weigh in sheet must be presented at the meet prior to the competition. Weigh-ins for tournaments must be conducted as per existing NFHS rules.**
- 4 jh) **Participation Limitation**
Review item 1.1 regarding participation limitations. Junior High School (7th & 8th grade) wrestling programs should have a balanced schedule which would include tournaments as well as home and away dual/tri matches.

Teams and individual wrestlers are limited to a maximum of 17 points. **Note: The State Junior High Tournament is NOT an interscholastic event.** Coaches shall not coach their wrestlers, nor do schools enter wrestlers as school wrestlers, in this event. Wrestlers are permitted to participate in this non-interscholastic wrestling tournament after the school season ends.

1jh) No one below the 7th grade shall practice/participate with or against 7th & 8th grade wrestlers.

7th & 8th grade wrestlers shall not practice/participate with or against 9-12 grade wrestlers.

2 jh) Coaching and instruction may begin — November 11, 2011.

3 jh) First match — December 2, 2011.

4 jh) Season ends — February 20, 2012.

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

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

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

8 jh) Length of Matches

a. Each period is 1½ minutes.

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

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

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

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

SPECIAL NOTE: The OHSAA encourages all junior high coaches to attend a rules interpretation meeting



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OHSAA CONCUSSION REPORT

NFHS rules and OHSAA policy require a student who exhibits signs, symptoms or behaviors associated with concussion to be removed from a contest and not permitted to reenter competition without written medical authorization from a physician (M.D. or D.O.) or an Athletic Trainer. This form shall serve to document that a student has been removed from a contest in accordance with NFHS and OHSAA rules due to exhibiting signs, symptoms and/or behaviors consistent with a concussion. The contest official must complete this form and forward it to the OHSAA within 48 hours after the conclusion of the contest. It is recommended that the official keep a copy of this report. In addition, if required by NFHS rule, an appropriate entry shall be made in the scorebook or other document as prescribed.

Student's Name _____ Date _____

School Name _____

Sport _____

Level of Contest (Circle One) 7th 8th 9th JV Varsity

Official's Name _____ OHSAA Permit # _____

Comments:

Please forward to Brandy Young at the OHSAA within 48 hours.