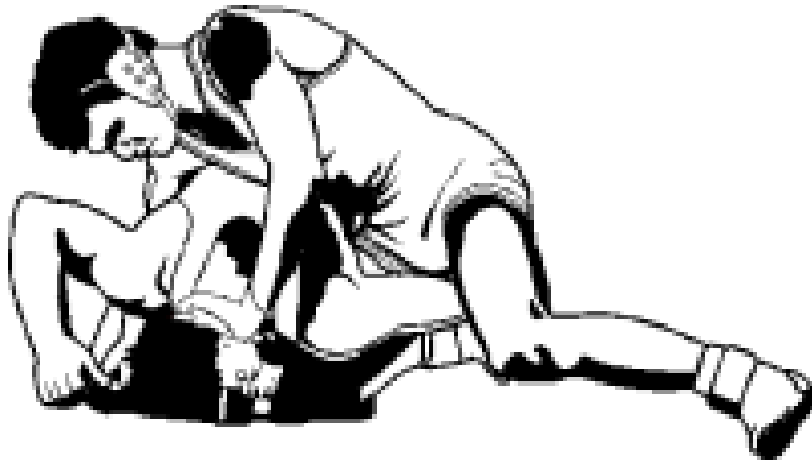




2009 WRESTLING Manual

For Coaches & Officials



Ohio High School Athletic Association
4080 Roselea Place
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Web Site: www.ohsaa.org

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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, 2009
RE: 2009-10 Rules Books and Related Materials



NOTE: ATTENDANCE CARD ENCLOSED IN THE WINDOW OF YOUR MAILING

Greetings! In an effort to make the pre-season materials more useful, a “Wrestling Manual” has been compiled for your reference throughout the year. It includes most of the materials you have received in the past as well as easier to read copies of our regulations. Both coaches and officials will be receiving the same manual.

As in the past, attendance at a state rules interpretation meeting is mandatory. In order to receive credit for attending a meeting, you must be present within 10 minutes of the start of the meeting and stay until the conclusion of the meeting. Officials, to be eligible for tournament assignments in wrestling, you **must attend four local meetings** and one state wrestling rules interpretation meeting. To assist in the documentation of attendance, please take the bar-coded card with you to the meeting.

Enclosed books for the: 2009-2010 Wrestling season are as follow:

Wrestling Rules Book 2009-2010 – Coaches and Officials

Wrestling Case Book 2009-2010 - Officials

Wrestling Guide 2009-2010 - Officials

The Ohio Wrestling Officials Association will conduct an officiating clinic in November. Please consult the OWOA web site (www.owoa.org) for information. The OWOA web site is the officials’ site for Ohio Interscholastic Wrestling Rules and Interpretations.

The Ohio High School Wrestling Coaches Association will conduct its annual clinic on October 15 & 16, 2009. Contact The Ohio State University wrestling staff or the OHSWCA for information. Senior high and 7-8th grade coaches are encouraged to become members of the OHSWC. For a registration form to the clinic, go to: <http://www.ohswca.com/>.

Keep your eyes fixed upon our goal. 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.

2009-2010 OHSAA Boys Wrestling Calendar

Nov. 13	First Day of Coaching
Nov. 27	First Day H.S. Preview Permitted
Dec. 4	Season Begins
Jan. 18	Non-Interscholastic Competition No Longer Permitted
Feb. 15 - Feb. 21	Sectional Tournament
Feb. 22 - Feb. 27	District Tournament
Mar. 4 - Mar. 6	State Tournament
Mar. 6	Season Ends

OHSAA CONTACT INFORMATION

NAME	TITLE	RESPONSIBILITIES	E-MAIL
Henry Zaborniak	Assistant Commissioner	Oversees officials programs & tournament assignments	hzaborniak@ohsaa.org
Kim Zaborniak	Administrative Assistant	Assists in the coordination of the sport & 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
OHSAA Wrestling Website			www.ohsaa.org/sports/wr/default.asp
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 – 2009-10

By OHSAA Board of Control regulation, any school sponsoring interscholastic contests in high school wrestling must be represented by the head varsity wrestling coach, assistant wrestling coach, or athletic administrator attend one of the meetings below.

Those coaches or officials who do not attend a regularly scheduled rules interpretation meeting or the scheduled make-up meeting may request a special make-up meeting from an interpreter listed below. The fee for a special make-up meeting is \$50.00.

Officials who fail to attend one of these meetings will be suspended the following year and will be ineligible for tournament assignments in the current year.

Individuals attending the 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.

INTERPRETERS	PHONE:	EMAIL
Ray Anthony	440-236-8224	Ctfirel210@aol.com
Richard Loewenstine	513-598-1292	rloewenstine@fuse.net
Lyle Smith	419-334-2856	ljsmith31@sbcglobal.net

Those coaches or officials who do not attend a regularly scheduled rules interpretation meeting or make-up meeting may request a special meeting from an interpreter listed above. The meeting must be held no later than November 25, 2009. **The fee for the special meeting is \$50.00.**

SITE #	DATE	CITY	LOCATION	TIME	COORDINATOR
#11	Sat., Oct. 3	Cambridge	Cambridge H.S., Cafeteria, 1401 Deer Path Dr.	10:00 A.M.	Tom Moore B: 740-435-1104
#12	Mon., Oct. 5	Huber Heights	Wayne H.S., Aud., 5400 Chambersburg Rd	7:15 P.M.	Gary Doll B: 937-237-6360
#13	Mon., Oct. 5	Columbus	St. Francis DeSales H.S., 4212 Karl Rd	7:15 P.M.	Rick Baker 614-846-5388
#14	Tues., Oct. 6	Uniontown	Green H. S., Aud., 1474 Boettler Rd	7:15 P.M.	Rich Carpenter B: 330-308-7238
#15	Wed., Oct. 7	Westlake	Westlake H. S, 27830 Hilliard Blvd, Lecture #109	7:15 P.M.	George Werling B: 440-258-5823
#16	Thurs., Oct. 8	New Philadelphia	New Philadelphia H.S., 343 Ray Ave, Lecture Hall	7:15 P.M.	Tom Farbizio B: 330-364-0662
#17	Thurs., Oct. 8	Youngstown	Liberty H.S., Community Room, 1 Leopard Way	7:15 P.M.	Gary Offerdahl B: 330-856-2404
#18	Tues., Oct. 13	Clyde	Clyde H.S., 1015 Race Street, Auditorium.	7:15 P.M.	Morgan Stanley B: 419-334-7188
#19	Tues., Oct. 13	Holland	Springfield H. S, Aud., 1470 S. McCord	7:15 P.M.	John Jaksetic B: 419-349-8981
#20	Wed., Oct. 14	Cincinnati	Oak Hills H.S., Aud., 3200 Ebenezer Rd	7:15 P.M.	R. Loewenstine P: 513-598-1292
#21	Wed., Oct. 14	Willoughby	South H.S., 5000 Shankland Rd.	7:15 P.M.	Scott Morgan B: 216-383-2200
#22	Thurs., Oct. 15	Lima	Bath H.S., 2850 Bible Rd.	7:15 P.M.	Paul Basinger B: 419-235-8500
#23	Mon., Oct. 19	Athens	Athens H.S. Aud, 1 High School Rd	7:15 P.M.	D. Godenschwager B: 740-681-3267
#24	Tues., Oct. 20	Mansfield	Malabar Middle School, 205 W. Cook Road, Aud.	7:15 P.M.	Tom Stortz 419-883-2481
#25	Thurs., Nov. 5	Columbus	Make-up Meeting, \$50.00 Fee, OHSAA Office, 4080 Roselea Place, Columbus, OH 43214	5:00 P.M.	614-267-2502

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 2009

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

1) Interscholastic Participation

1.1) Participation Limitation

9th-12th Grades — 20 points, 7th & 8th grades — 17 points

Points Event		Wrestler's Matches
1 point	Dual match	1 match maximum
1 point	Trimatch	2 match maximum
2 points	Quad match	3 match maximum
2 points	Oneday tournament	5 match maximum
3 points	Twoday 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. 7th & 8th grade wrestlers are permitted 17 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/trimatches and no more than 16 points from tournaments. Teams who are unable **or** unwilling to participate in dual or tricompetition may schedule a maximum of 16 points. Dual tournaments are not a substitute for a dual or trimatch. Note: No requirement for dual/trimatches exists for 7th & 8th grade.

1.12) Individual Contest Requirements

An individual wrestler may participate in a maximum number of contests totaling 20 points. Any wrestler who exceeds the 20 point limitation is ineligible for further regular season or any OHSAA tournament competition. Any victory which counts toward the season record is considered a match. Note: 7th & 8th graders — 17 points.

1.13) High School Varsity TieBreaker

A tiebreaker shall be used for all varsity dual meets. NFHS tiebreaker shall be used.

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

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

Example:

- a) Eighteen wrestlers are on the team. The schedule indicates eight duals and six oneday tournaments (20 points). The coach wants to send three wrestlers to a twoday 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. 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 26.

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) OutofState Opponents —The weight classes of the state in which competition is held shall be the weight classes wrestled.

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

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, 2010.

- #### 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 1July 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 outofseason 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 13, 2009. 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, 2010. 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 TESTINGS ITE

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, to 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

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.

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 25, 2010.
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.

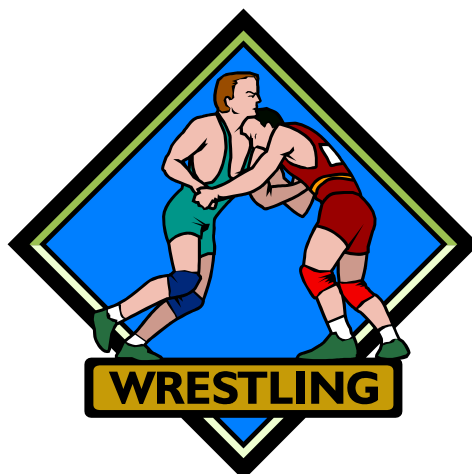
C. SPECIFIC REGULATIONS — 7th & 8th Grades

- 1) Weight Management Coaches should encourage participation and deemphasize weight loss. Coaches should educate wrestlers on good nutritional plans.
- 2) Weight Classes Junior High (7th & 8th grade) weight classes include 16 classes: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 150, 160, 172, 205 and 245.
- 3) Growth Allowance The growth allowance is intended to “grow” the weight classes to accommodate the natural growth of the 7th & 8th grade wrestler. It is not intended to assist a youngster to “starve” himself into a lower weight class. A twopound growth allowance will be applied to all weight classes on December 25. In effect, all maximum weights in all weight classes go up two pounds.
- 4) Weighin Regulations (7th & 8th Grade) On school days, 7th & 8th grade wrestlers may weigh in at their home schools prior to lunch before dual, triangular or quadrangular meets. The weighin must be witnessed by an administrator/designee, and a signed weighin sheet presented at the meet prior to the competition. Weighins for tournaments must be conducted as per existing NFHS rules.
- 5) Participation Limitation
Review item 1.1 regarding participation limitation. Junior High School (7th & 8th grade) wrestling programs should have a balanced schedule which would include tournaments as well as home and away dual/tri matches.
 1. Teams and individual wrestlers are limited to a maximum of 17 points. Note: The State Junior High Tournament is NOT an interscholastic event. Coaches shall not coach their wrestlers, nor schools enter wrestlers as school wrestlers, in this event. Wrestlers are permitted to participate in this noninterscholastic wrestling tournament after the school season ends.

2. 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.
- 6) Coaching and instruction may begin — November 13, 2009.
- 7) First match — December 4, 2009.
- 8) Season ends — February 22, 2010.
- 9) Scrimmages — Two permitted or one scrimmage and one preview.
- 10) 17 points including all tournaments.
- 11) Rules — National Federation Wrestling.
- 12) Length of Matches
 - a. Each period is 1 ½ minutes.
 - b. Consolation matches are comprised of three 1 minute periods.
 - c. Tournament overtime period is one oneminute period followed by a 30second period if necessary.
- 13) Officials — OHSAA Class 1, 2 or 3 required.

D. SPECIFIC REGULATIONS — Grades 9-12

- 1) Coaching and instruction may begin — November 13, 2009.
 - 2) First match — December 4, 2009.
 - 3) Deadline date for OHSAA Tournament — January 25, 2010.
 - 4) Tournament draw/seeding meeting — January 31, 2010.
- Note: Team seeding, not placement of individuals on the brackets.
- 5) Coaching and Season end — March 6, 2010.
 - 6) Scrimmages — Maximum of four permitted or three and one preview. In a preview, an individual is limited to three oneminute periods.
 - 7) Regular season contests — Maximum of 20 points for teams and individuals.
 - 8) Rules National Federation Wrestling.
 - 9) Length of Matches — Each period is 2 minutes; consolation match periods are 1-2-2 minutes.
 - 10) Officials:
 - 10.1) Varsity — Minimum of one OHSAA Class 1 official required.
 - 10.2) Reserve/Junior Varsity/Freshman — Minimum of one OHSAA Class 1 or 2 official required.



COMMON QUESTIONS from HIGH SCHOOL COACHES

- Q1. What is the first day that wrestlers can have a body fat assessment?
A. November 15, 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. A male wrestler shall wear gym shorts and a female wrestler shall wear gym shorts and a sports bra during assessments.
- 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 2009-10 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 no movement 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.

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 timeline. 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
OHSA State Wrestling Faculty

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

SPORTSMANSHIP

RespectSM THE GAME

The OHSAA challenges everyone to take positive steps toward positive sporting behavior. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true life lessons and participation in athletics provides another forum for learning.

Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. *Never underestimate the influence you have on your players!* You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great finisher, a great center back or a great goalkeeper. That is true. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but the official must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the referees' association to improve members' performances.

- Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a match. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sportsmanship by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
- Treat opponents as you would like to be treated.....with respect.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.

CONCLUSION

Good sportsmanship is everyone's responsibility. It is the essence of interscholastic athletics.

Remember...some may question an official's call or a coach's substitution, but no one can question the value of good sportsmanship.



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 8 Board meeting). On the website, under “Sports & Tournaments” select Wrestling. They are listed under Tournament Information on the left-side.

Have a great season!

NOTES