



OHIO ATHLETIC COMMITTEE

Junior High Wrestling District & State Tournament

Rules and Regulations

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1. Registering for an OAC Account

To register for an OAC tournament you must first have an OAC Account. If your wrestler already has an account, do **NOT** open a new one. This may cause the loss of the wrestler's history and seeding criteria for District and State. Each time a wrestler account is created the computer treats it as a new wrestler. If your wrestler does not have an account go to www.register.ohioathletics.com to open an account. The person opening the account is considered the Account User. If you are an Account User and cannot recall your password click the "Forgot Password" link on the registration page and a reset password link will be sent to your email address. If you do not receive the new password email, check your spam folder. If you still do not see the email, contact info@ohioathletics.com.

1.1 Registration Deadline

Each event has its own separate date and time for registration to close. Be sure to check the District Info page to see the deadline information. Each event also has a maximum number of entrants it can accept. If the maximum number of entrants is reached before the registration deadline date and time, the registration will close. No one will be accepted to an event once the registration has closed.

1.2 Refund Policy

All registrations and online sales are final. There are no refunds.

1.3 Eligibility

A wrestler must reside in Ohio and attend an Ohio school. Home school students that reside in Ohio are eligible. **No athlete is eligible if they turn 15 prior to Aug. 1.** A wrestler has Three (3) years of eligibility. They may compete once as a 6th grader, once as a 7th grader and once as an 8th grader. A wrestler is not permitted to compete more than one time per grade level. This does not apply for Grade School eligibility.

1.4 Proof of age

Wrestler must provide Birth Certificate at District check in. Also, birth certificate must be provided upon request by the Tournament Director.

2. Weight Classes & Districts

2.1 Junior High Weight Classes

74, 78, 84, 90, 96, 102, 108, 114, 120, 126, 132, 138, 146, 154, 164, 176, 209, 249

Weight classes listed above (scratch weights) are the maximum a wrestler can weigh to be in that particular weight class. They are not weight ranges. Example 120, 126 does not mean they can weigh between 120 and 126 to be in the 120lbs. weight class. The most a wrestler can weigh to be considered in the 120lbs. class is 120.0. If they weigh more than 120.0 and up to and including 126.0 lbs. they are considered in the 126 lbs. class. See section 6.2 for weigh in process changes for the 2017 season.

2.2 Districts

Districts are held on 2 separate dates. A wrestler who competes in a District on the first date and does not qualify for State, may register for another District on the second date. Wrestlers

that finish in 7th or 8th place (State Alternate) and wrestlers that competed but did not place at a District on the first date are eligible to register and compete at another District on the second date to attempt to earn a State Qualifying spot (top 6 finisher). Any wrestler that places in the top 6 at a District on the first district cannot register to compete for another District.

When registering make certain you have chosen a weight class your wrestler can actually make. If the wrestler weighs in and cannot make the registered weight, they do not move up or down a weight. They are disqualified from the tournament and will not be refunded.

3. Changing District & Weight Class

3.1 Changing District

All Account Users may register their wrestlers for an OAC Tournament. After registering them for a tournament the User may switch their District tournament at any time prior to the registration-closing deadline, if the tournament or weight class has not reached capacity. They can do this by logging onto their account and clicking the "Change Tournament Info" link however; once the registration has closed there are no changes to your District site.

3.2 Changing Weight Class

All Account Users may register their wrestlers for an OAC Tournament. After registering them for a weight class the User may switch their weight class at any time prior to the registration closing deadline, if the weight class has not reached capacity. They can do this by logging onto their account and clicking the "Edit Registration" link however; once the registration has closed there are no changes to your weight class.

When registering make certain you have chosen a weight class your wrestler can actually make. If they weigh-in and cannot make the registered weight, they do not move up or down a weight. They are disqualified from the tournament and there are no refunds.

4. How to Qualify for State

4.1 State Qualification

Wrestlers that finish 1st, 2nd, 3rd, 4th, 5th or 6th in their District weight class, qualify for the State Tournament. Wrestlers that finish 7th or 8th in their weight class are considered State Alternates and may compete in another District to attempt to gain a qualifying top 6 spot. A wrestler may compete in multiple District tournaments only if they have not already placed in the top 6 at a District. Once they place in the top 6, they can no longer compete in any other District for any reason. If they are unsuccessful in another attempt they do not lose their Alternate status.

State Alternates may fill weight classes where vacancies may occur.

4.2 State Alternate

A state Alternate is a wrestler that can be added to the State bracket to replace wrestlers that drop out of the tournament. This includes wrestlers that are injured, ill, family reasons, unable to make weight, etc. Alternates will be contacted via the user's email on their OAC account if a spot is available for them at State. All Alternates may weigh-in at the State Tournament and they are eligible to fill spots that are vacated after weigh-ins.

5. Pre-Tournament Check

All wrestlers must pass a skin, fingernail and hair inspection.

5.1 Skin

Must be free of any communicable disease. A wrestler that is undergoing treatment for a skin condition must present a physician completed [skin check form](#) at skin check. The form cannot be dated more than 10-days prior to the date of weigh-in. Form must state when the skin condition will be non-contagious. On site Doctor and Tournament Staff decisions are final.

5.2 Finger Nails

Must be neatly trimmed and no sharp edges.

5.3 Hair

During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well groomed. The hair shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied. The cover must be a part of the headgear. The cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must bring it to the weigh-in procedure and be checked for grooming.

6. Weigh-In

6.1 Making Weight

A wrestler must make the weight that is on his registration at the time the registration closes. If they are over their weight limit, they cannot move to another weight class. They also may not move down a weight class from their registered weight class. Wrestlers in these situations are removed from the tournament and there are no refunds. If they are under See **“Changing Weight Class” in section 3.2** above.

The OAC does not tolerate any action that puts an athlete's health and safety at risk. The use of drugs or dehydration (saunas, plastic sweat suits, etc.) for weight reduction is strictly prohibited. Coaches, participants and clubs in violation may be disqualified from event and banned from future OAC events.

6.2 Weigh-In Attempts (NEW for 2017)

6.2.1 During District and State weigh-ins, wrestlers must weigh in wearing a singlet. Those with braces MUST bring mouth piece; those with hair longer than allowed MUST show their hair cover. (Wrestlers get two tries on the first scale, then one try on each additional scale in their assigned area. At Districts the wrestler not making weight during the early weigh-in

may attempt to make weight during the day of weigh-in. For the State Tournament there will only be Friday night weigh ins. For districts that have multiple weigh-in periods on the same day, they cannot attempt at both weigh-in sessions.

6.2.2 No exercise, no dehydrating, no re-hydrating or leaving the scale room to come back for extra tries is permitted at District or State weigh-in.

6.2.3 All wrestlers must weigh-in wearing a singlet (with straps up or short sleeve compression shirt & competition performance shorts). They may not remove the singlet in an attempt to make their registered weight class. No weight allowance is given for the singlet.

New this Year National Federation Rules

Tights can be worn for competition ONLY if they have stirrups

6.3 Equipment/Hair/Skin Check

Wrestlers with braces MUST bring mouth piece to weigh-ins. If a wrestler has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied. The cover must be a part of the headgear. The cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must bring it to the weigh-in procedure and presented to the Inspection Official. Female wrestlers are required to wear a short sleeve tight fitting solid color T-shirt under their singlet.

6.4 Female Wrestlers

Female wrestlers are required to wear a short sleeve tight fitting solid color T-shirt under their singlet.

6.5 State Weigh-Outs (New for 2017)

There are weigh-outs at Junior High State on Sunday during a specified 1-hour period. There will not be weigh outs on Saturday. If wrestler does not make the weigh out during specified hour, the wrestler will forfeit their remaining matches.

6.6 Weight & Growth Allowance

Growth allowance is the amount of weight that is given to a weight class to account for the growth of a child.

Districts = Scratch Weight (weight stated on web site) Example; 120 lbs. weight class

State Weigh-In= Scratch +2lbs. Ex: 120 + 2lbs. = 122lbs. for State Weigh-In

State Weigh-Out= Scratch +3lbs. Ex: 120 + 3lbs. = 123lbs. for State Weigh-Out

7. Equipment

7.1 Freestyle Singlets

Freestyle Singlets (low cut under the arm, back or chest) are illegal. A wrestler that reports to the mat wearing this style penalized 1-point and the injury time clock is started. The wrestler must be changed into a legal singlet or an approved 2-piece uniform before the end of injury-time clock (1:30) or they must forfeit the match.

7.2 Two Piece Uniform (New for 2017)

A Head Official Approved 2-piece wrestling uniform. Compression short sleeve t-shirt and competition (MMA) shorts are legal.

7.3 Headgear

Headgear is mandatory. No match will take place without proper headgear for both wrestlers. A wrestler that reports to the mat without a headgear is penalized 1-point and the injury time clock is started. The wrestler must have a headgear before the end of injury time (1:30) or they must forfeit the match.

7.4 Mouth Piece

Mouth piece for braces is required. A wrestler that reports to the mat without a headgear is penalized 1-point and the injury time clock is started. The wrestler must have a headgear before the end of injury time (1:30) or they must forfeit the match.

7.5 Female Uniform

Female wrestlers are required to wear a short sleeve tight fitting solid color T-shirt under their singlet.

7.6 Shoe Strings

Shoes strings do not need to be secured by tape or Velcro

8. Match Rules

General NFHS regulations apply to all levels of interscholastic wrestling unless otherwise noted. District and State events are Double Elimination tournaments however; it is possible to lose 2 matches and still be alive in the placement rounds. Be certain to check with the head table before you leave to see if you have another match. Bout Sheet: The Coach of the winning wrestler must confirm the bout sheet at the table to make sure the correct wrestler is declared the winner. ***This MUST be done by the COACH not the wrestler.***

8.1 Period Length

Championship rounds: Three (3) periods of 1:30

Consolation rounds: Three (3) periods of 1:00

8.2 Overtime

When the match score is tie after regulation time, an over-time period is required. The period is 1:00 in length and begins with wrestlers in the neutral position (on their feet). When either wrestler scores a point or points, the match ends and the scoring wrestler is declared the winner. If neither wrestler scores in the 1:00 period a second over-time period is required. The match official will flip a 2-sided disc (Red on one side and Green on the other) with the winner of the flip (wrestler wearing the red or green anklet) choosing the top (offensive position) or the bottom (defensive position); neutral is not an option. The second over-time period is 30 seconds in length. If either wrestler scores a point or points, the match ends with the scoring wrestler declared the winner. If neither wrestler scores, the wrestler in the top position is awarded 1-point and declared the winner.

8.3 Technical-Fall

Technical-Fall is declared and the match ended when a wrestler gains a 15-point advantage.

9. Conduct

9.1 Coaching from Chair Only

Coaching from the side of the mat by anyone that is not seated in the coaching chairs is prohibited. It is a 1-point MATCH penalty. Continued offense is deemed Flagrant unsportsmanlike and will be penalized accordingly.

9.2 Unsportsmanlike Conduct

Unsportsmanlike Conduct of wrestler/coaches is any act which becomes abusive or interferes with the orderly progress of the match. This includes profanity, taunting, acts of disrespect or those actions that incite negative reaction by others. The offending coach may be disciplined by having his/her wrestler penalized ONE or MORE MATCH POINTS! Any Coach who is penalized for continued Unsportsmanlike Conduct (Flagrant Unsportsmanlike Conduct) may be ejected from the event/tournament and may not compete.

9.3 Flagrant Unsportsmanlike Conduct

Any wrestler/coach who is penalized for a flagrant unsportsmanlike conduct (ie: biting, fighting etc.) is ejected from the event/tournament and may not compete for the remainder of the event. If this occurs in the placement round of a tournament the wrestler does not receive an award. Placing wrestlers do not move up a position.

9.4 Reinstatement (*New for 2017*)

The offending wrestler is ineligible for all future Ohio Athletic Committee events until a letter requesting reinstatement is sent to the Ohio Athletic Committee along with payment of \$75 to the OAC College Scholarship Fund. The Ohio Athletic Committee Staff reviews the request and a written response to the letter will be sent to the offending wrestler's parent or guardian with the Ohio Athletic Committee Staff's decision.

Any Coach who is penalized for a Flagrant Unsportsmanlike conduct is ejected from the event/tournament and may not Coach or be on the arena floor for the remainder of the event. This may include removal from the premises if the action is deemed as necessary. The offending Coach is ineligible for all future Ohio Athletic Committee events until a letter requesting reinstatement is sent to the Ohio Athletic Committee along with payment of \$75 to the OAC College Scholarship Fund. The Ohio Athletic Committee Staff reviews the request and a written response to the letter will be sent to the offending coach with the Ohio Athletic Committee Staff's decision. For a first offense the period of ineligibility may be up to 1 full year. A second offense may result in a life-time ban from Ohio Athletic Committee events.

10. Media

10.1 Video Review

The Ohio Athletic Committee and its event officials will NOT review any video for any reason.

10.2 State Credentials

Media credential requests shall be submitted to the OAC via email info@ohioathletics.com. All requests should include the Subject "OAC State Media Request" and include the date(s) for credential requests.

The deadline for submitting requests is the Monday prior to the State event by 5pm. Walk up requests will not be accepted. Proper identification must be presented for entry to event.