



OHIO ATHLETIC COMMITTEE

Multi Division 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 Refund Policy

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

1.2 Jr. High 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.**

1.3 Grade School Eligibility

A wrestler must reside in Ohio and attend an Ohio school. Home school students that reside in Ohio are eligible. No wrestlers above grade 6 may compete in the Grade School District or State Tournaments regardless of their birth year.

Wrestlers that register for and compete in an OAC District tournament or the Ohio Grapplers Novice State will have priority entry to Divisional State. Wrestlers can register EARLY for the Multi Division State however; if they do not register for either an OAC District or Novice State Tournament they may not be accepted to the Divisional state. A full refund will be given to anyone registered but not accepted.

They then must actually compete in the OAC District or the Novice State or be assessed a penalty equal to another District late entry fee. All income from penalties will go into the OAC College Scholarship fund.

1.4 Proof of Grade

Wrestler must provide current school year grade card at weigh in

2. Weight Classes

2.1 Junior High Sub Division (SD) and Weight Classes

SDJH Weight Classes: Grades 7 and 8

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.

2.2 Grade School Sub Divisions and Weight Classes

SDIII weight classes: Grades 4 and lower

55, 60, 65, 68, 71, 75, 80, 85, 95, 110, 130, HWT (max 160)

SDIV weight classes: Grades 5 and 6 (no 7th graders)

65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 130, 140, HWT (max 180)

Weight classes listed above (scratch weights) a 2 lb. allowance is given to all weight classes. The maximum a wrestler can weigh to be in that particular weight class is the scratch weight plus 2lbs. They are not weight ranges. Example 55, 60, does not mean they can weigh between 55 and 60 to be in the 55lbs. weight class. The most a wrestler can weigh to be considered in the 55lbs. class is 57.0lbs. It is scratch weight of 55.0 plus 2lbs. allowance =

57.0lbs. If they weigh more than 57.0 and up to and including 62.0 lbs. they are considered in the 60 lbs. class.

3. Changing Weight Class

3.1 Changing Weight Class

All Account Users may register their wrestlers for an OAC Tournament. After registering 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.

4. 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](http://bit.ly/ohsaaskinform) (bit.ly/ohsaaskinform) 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.

New for 2018-19: The Ohio High School Athletic Association as recommended by its Joint Advisory Committee on Sports Medicine has adopted the policy to require that it be a physician, defined as a medical doctor (MD) or doctor of osteopathy (DO) who is authorized to clear a wrestler for continued participation in this sport. In addition, Certified Nurse Practitioners or Physician's Assistants (PA) who work in a dermatology practice as identified on the list found here www.ohsaa.org/Portals/0/Sports/Wrestling/ApprovedShortNoticeDermatologistPractices.pdf are eligible to sign this form a return the student to participation

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 up or down to another weight class.

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

6.2.1 Wrestlers must weigh in wearing a singlet.

6.2.2 No exercise, no dehydrating, no re-hydrating or leaving the scale room to come back for extra tries is permitted at all OAC events.

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.

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 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. The Multi Divisional State weight classes that are listed will receive a 2lb. allowance

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

120 + 2lbs. = 122lbs. for Multi Divisional State

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

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 12-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.

9.3 Flagrant Unsportsmanlike Conduct

Any wrestler 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

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.