



## **Grade School State Duals Rules and Regulations**

### **Points of Emphasis**

**Coaches & Parents must have completed the Ohio Department of Health Concussion Info <http://bit.ly/2M6IBG4> and Lindsay's Law <http://bit.ly/2gWrF7e> prior to coaching**

### **Teams & F.A.Q.**

The OAC's rule for Community vs All Star Team is as follows. Community Team = 75% or more of wrestlers are from the community (attend the Feeder Schools or live in that city). A maximum of 25% of the wrestlers may attend another feeder school or live outside of the community. All Star Team = More than 25% of the wrestlers attend different feeder schools or community Example: Team ABC has 50 wrestlers within their club. They have 10 wrestlers who do not attend their feeder school system. Since they only have 20% of their wrestlers outside of their community, they would be considered a Community Team, not an All-Star Team. Their H.S Wrestling program is Division 1, So they would be an OAC Division 1 (Class AAA) Community Team. There are 2 separate teams and scores kept. So, there will be a 10u/D3 Dual tournament and a 12u/D4 Dual tournament. Both tournaments will take place on the same day.

Teams may add a maximum of 3 wrestlers to their roster from outside of their regular team. These 3 wrestlers may score points. Teams can add more than 3 but only the original 3 can score. All additional wrestlers (beyond original 3) would be wrestled as exhibition and scored as a forfeit. Outside Wrestlers must be declared before start of the tournament and are the same 3 wrestlers for the whole tournament.

Example: Team ABC has 50 wrestlers within their club. They have 10 wrestlers who do not attend their feeder school system. Since they only have 20% of their wrestlers outside of their community, they would be considered a Community Team, not an All-Star Team. Their H.S Wrestling program is Division 1, So they would be an OAC Division 1 (Class AAA) Community Team.

Team Scores: There are 2 separate teams and scores kept. So, there will be a Division III Dual tournament and a Division IV Dual tournament. Both tournaments will take place on the same day.

The 3 wrestlers that are from outside their team that will be scoring, must be identified on the roster prior to the tournament. Each team is required to provide 2 table workers for their meets. The table workers receive free admission.

### **Grade School Weight Classes (Add 2lbs to each weight class)**

Division III Birth Year (2008 & 2009)  
55, 60, 65, 70, 75, 80, 85, 95, 110, 130, HWT (max 160)

Division IV Birth Year (August 1, 2005 through 2007)

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

## **Equipment**

### **Uniform**

A legal uniform consists of a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. The one-piece singlet may be worn with full-length tights, with stirrups or WITHOUT. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. NOTE: Female contestants wearing a one-piece singlet shall wear a tight-fitting, short –sleeved or sleeveless undershirt, or form fitted compression shirt.

### **Two Piece Uniform**

Compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. These shorts shall not have exposed drawstrings, belt loops, zippers, snaps, buttons or pockets. A suitable undergarment must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet.

Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. A form-fitted compression shirt shall not cover or extend below the elbow; NO long-sleeved undershirt or compression shirts are allowed! The form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. Freestyle singlets are illegal and will NOT be allowed.

### **Ear Guards**

Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide adequate ear protection with no injury hazard to the opponent. No match will take place without proper ear guards for both wrestlers. “Stickers” on ear guards are allowed provided they do not pose a safety concern by blocking vent holes.

A wrestler that reports to the mat without proper ear guard (OR uniform, OR hair cover, OR mouth piece) will be penalized 1-point and the “injury time clock” will be started. The wrestler MUST have the proper equipment in place before the end of injury time (1:30 min.), or they must FORFEIT the match!

### **Mouth Piece**

Each contestant who has braces (or has a special orthodontic device on their teeth) shall be required to wear a tooth and mouth protector; this mouth piece should cover the teeth and all areas of the braces, thus protecting the teeth and supporting structures. This would include upper AND lower teeth if devices are present on both.

### **Shoe Laces**

Shoes that have laces are NOT required to be secured by tape or Velcro strap; BUT it is highly recommended that laces be double-knotted, taped, or secured by Velcro straps so as to eliminate any safety concerns and allow for continuous action during the match. Laces that come undone during a match will not be penalized; the referee will resolve repeated lace issues as they occur.

## **Weigh-In**

All wrestlers must weigh in wearing a singlet. They may not remove the singlet in an attempt to make weight. No weight allowance is given for the singlet.

### **Weigh-In Attempts**

*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; two tries on each additional scale in their assigned area.*

*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.*

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 weight. No weight allowance is given for the singlet.

### **Pre-Tournament Check**

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

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](http://www.ohsaa.org/Portals/0/Sports/Wrestling/ApprovedShortNoticeDermatologistPractices.pdf) are eligible to sign this form a return the student to participation*

### **Finger Nails**

Must be neatly trimmed and no sharp edges.

### **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 shall be attached to the ear guards. 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.

### **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 legal hair cover shall be attached to the ear guards. 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.

### **Female Wrestlers**

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

### **Period Length**

Three (3) periods of 1:30

### **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.

### **Technical-Fall**

Technical-Fall is declared, and the match ended when a wrestler gains a 12-point advantage.

Dual Tie Breaker & Round Robin Tie Breaker decided by Trackwrestling Default

OAC Events follow the NFHS & OHSAA out of bound rules where space permits.

### **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.

### **Flagrant Unsportsmanlike Conduct**

Any wrestler/coach who is penalized for a flagrant unsportsmanlike conduct (i.e.: biting, fighting etc.) Is ejected from the event/tournament and may not compete for the remainder of the event

### **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.

### **Coach**

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 and the Ohio Athletic Committee Staff reviews. For a first offense the period of ineligibility may be up to 1 full year. A written response to the letter will be sent to the offending coach with the Ohio Athletic Committee Staff's decision. A second offense may result in a life-time ban from Ohio Athletic Committee events.

### **Video**

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

### **Refunds**

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