



OHIO ATHLETIC COMMITTEE

Freshman Wrestling State Tournament

Rules and Regulations

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Points of Emphasis

Coaches & Parents must have completed the Ohio Department of Health Concussion Info <https://oacstate.com/2siUFbQ> and Lindsay's Law <https://oacstate.com/2sifoMB> prior to event.

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

Ohio's return-to-play law (Concussion Protocol) went into effect on April 26th, 2013. Starting on that date, coaches' referees, or officials must remove an athlete exhibiting signs, symptoms, or behavior consistent with a concussion, from practice or a game/match. The athlete CANNOT return to play on the same day that he/she is removed. The athlete IS NOT PERMITTED to return to play until they have been assessed and receive written clearance by a physician (MD or DO). The Ohio Athletic Committee fully supports and follows Ohio's return-to-play law & Lindsay's Law.

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 event.

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 Freshman State Home page (<https://www.ohioathletics.com/freshmanstate/>) entry deadline information. This event 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. **Athletes must be enrolled as a 9th Grade Student.**

1.4 Proof of age

Birth certificate must be provided upon request by the Tournament Director.

2. Weight Classes

2.1 Freshman Weight Classes

98, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

There is a 2lb. allowance for all weight classes

When registering make certain you have chosen the correct weight class. 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 Weight Class

3.1 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, providing the weight class has not reached capacity. They can do this by logging onto their account and clicking the "Edit Registration". If registration closes early because capacity has been met, you must contact info@ohioathletics.com to request any weight change.

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. Pre-Tournament Check

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

4.1 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](https://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

4.2 Finger Nails

Must be neatly trimmed and no sharp edges.

4.3 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 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.

5. Weigh-In

5.1 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 3.1** 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.

5.2 Weigh-In Attempts

5.2.1 During State weigh-ins, wrestlers must weigh in wearing a singlet (proper uniform). 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.

5.2.2 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.

5.3 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 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.

5.4 Female Wrestlers

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

6. Equipment

6.1 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.

6.2 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.

6.3 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!

6.4 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.

6.5 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.

7. 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.***

7.1 Period Length

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

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

7.2 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.

7.3 Technical-Fall

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

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

8. Coaching

8.1 Coach Bands

Coaches must have coaching band to access floor and to sit in 1 of 2 coaching chairs.

8.2 Coaching from Chair Only

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

8.3 State Laws

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.

9. Conduct

9.1 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.

9.2 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.

9.3 Reinstatement

The offending wrestler/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 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.