



OHIO ATHLETIC COMMITTEE

GIRLS WRESTLING STATE CHAMPIONSHIPS

Rules and Regulations

Table of Contents

- 1) Account & Tournament Registration
- 2) Divisions and Weight Classes
- 3) How to Qualify for State & State Alternates
- 4) Pre-Tournament Check
- 5) Weigh-In
- 6) Equipment
- 7) Matches
- 8) Conduct
- 9) Media

High School Division is added

Points of Emphasis

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 coaching

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 tournament 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 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.** 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 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.

1.5 High 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 12 or below grade 9 may compete in the High School State Tournaments regardless of their birth year.

1.6 Proof of age

A birth certificate must be provided upon request by the Tournament Director.

2. Weight Classes

Weight classes listed below for all divisions are (scratch weights). There is a 2 lb. allowance for weigh in. Example; 75 lb. weight class, wrestler can weigh a maximum of $75 + 2 = 77.0$ lbs.

2.1 Junior High Weight Classes

75, 82, 90, 98, 106, 115, 123, 132, 145, 155, 175+Blocked

2.2 Grade School Weight Classes

Division I (Birth Year 2009 and later)

43, 50, 57, 65, 73, 85, 100, 120, 160

Division II (Birth Year 2006, 2007 & 2008)

58, 65, 73, 82, 91, 100, 110, 120, 135, 200

2.3 High School Weight Classes

94, 102, 110, 118, 124, 133, 142, 155, 165, 180, 249

3. 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](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

3.2 Finger Nails

Must be neatly trimmed and no sharp edges.

3.3 Hair

A hair covering must be worn if hair is longer than what is allowed by National Federation Rule. The official at Inspection Check has the call on this.

Hair cover must be a part of the headgear. The cover must be of a solid material and be nonabrasive. The wrestler is to bring hair covering to weigh in

4. Weigh-In

4.1 Making Weight

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.

4.2 Weigh-In Attempts

4.3 Wrestlers get 2 tries on the first scale, then 2 tries on each additional scale in their assigned area.

4.4 No exercise, no dehydrating, no re-hydrating or leaving the scale room to come back for extra tries are permitted.

4.5 Weigh-In Clothing

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

4.6 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. All wrestlers with hair longer than allowed **MUST** show their hair cover to inspection official. Female wrestlers are required to wear a T-Shirt under their singlet.

5. Equipment

5.1 Uniform

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. All female wrestlers must wear a tight-fitting, short-sleeved or sleeveless undershirt of a single, solid color may be worn under the one-piece singlet; either full-length tights, with or without stirrups, and close fitting outside short trunks or a properly cut one-piece uniform with a minimum 4-inch inseam and a maximum length of above the knee;

Full-length tights with or without stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be a tight-fitting, single solid color, unadorned and shall not extend below the knee.

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.

5.2 Two Piece Uniform

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

5.3 Female Uniform

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

5.4 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!

5.5 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.

5.6 Shoe Strings

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.

6. Match Rules

General NFHS regulations apply to all levels of interscholastic wrestling unless otherwise noted. The State event is 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.*

6.1 Period Length

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

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

6.2 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.

6.3 Technical-Fall

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

7.4 OAC Events follow the new NFHS & OHSAA out of bound near fall rule

where space permits. If the out of bounds wrestler is in near fall, wrestling will continue when either both knees are in bounds supporting his weight, or, if one knee is in bounds supporting his weight with the other knee off the mat. Wrestling shall be stopped, and the wrestlers deemed to be out of bounds when both knees are lifted off the mat, with the offensive wrestler on her toes. The weight is being carried by the offensive wrestler. The toes cannot be bearing the wrestler's weight.

7. 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.

7.3 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.

8. Conduct

8.1 Coaching from Chair Only

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

8.2 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.

8.3 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.

8.4 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.

9. Media

9.1 Video Review

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

9.2 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.