



# OHIO ATHLETIC COMMITTEE

## Junior High Wrestling District & State Tournament

### Rules and Regulations

#### 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/2sjfoMB> prior to coaching**

Any wrestler that does not show up for the district or state weigh in without notifying the OAC in advance that they will not be attending, will be charged a fee equal to a late District entry. You have until 30 minutes prior to the start of their day of tournament weigh in to notify [info@ohioathletics.com](mailto:info@ohioathletics.com) and the Tournament Directors email; see contacts below. The wrestlers account will be frozen until a \$40 donation is made to the OAC College Scholarship fund. The OAC is trying to reduce the number of wrestlers that do not show up and fail to notify the OAC. The District and State events meet their capacity and when someone just does not show, it takes away the ability for the OAC to offer the opportunity to another wrestler.

#### **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](http://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](mailto: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 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 August 1, 2019**

A wrestler has Three (3) years to compete in Jr. High Districts.

Wrestlers 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.

When there is an eligibility challenge, the challenging party must submit a challenge fee of \$100.00 to the Tournament Director before any challenge is heard. If the challenge stands, the fee is returned. If the challenge fails, the fee is deposited in the OAC College Scholarship fund.

### **1.4 Proof of age**

Birth Certificate must be provided upon challenge or request by tournament Director.

## **2. Weight Classes**

### **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 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.

### **2.2 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 website) 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

### **2.3 Jr. High 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 7<sup>th</sup> or 8<sup>th</sup> 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 may not 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 for a tournament the User may switch their District tournament at any time prior to the registration-closing deadline, providing 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 selection.

#### **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, providing the weight class has not reached capacity. They can do this by logging into their account and clicking the "Edit Registration".

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 Jr. High State Qualification**

Wrestlers that finish 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> or 6<sup>th</sup> in their District weight class, qualify for the State Tournament. Wrestlers that finish 7<sup>th</sup> or 8<sup>th</sup> 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.

#### **4.2 Jr. High 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. State Alternates that complete the State weigh in process receive a free State admission ticket

### **5. Pre-Tournament Check**

All wrestlers must pass a skin, fingernails and hair inspection at all weigh-in and weigh-out at all OAC events.

## **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 regardless of any doctor note stating otherwise.

*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](https://oacstate.com/2M3Z23u). <https://oacstate.com/2M3Z23u>*

## **5.2 Fingernails**

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 shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the earlobe level and hair trimmed and well groomed. The hair shall not extend below the top of an ordinary 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 solid material and be non abrasive. 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 the event and banned from future events.

### **6.2 Weigh-In Clothing**

All wrestlers must weigh-in wearing no more than a singlet (*with straps up or both a 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.

### **6.3 Female Wrestlers**

If a female wrestler is wearing a “boys’-cut” singlet she is required to wear a tight-

fitting, short-sleeved or sleeveless tee shirt under the singlet. If a female is wearing a “girls’-cut” singlet, no such tee shirt is required

#### **6.4 Weigh-In/Weigh Out Attempts**

During District and State weigh-ins, wrestlers must weigh in wearing a singlet (proper uniform). Those with braces MUST bring mouthpiece; 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. 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, wrestlers cannot attempt both weigh-in sessions.

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/out.

Weigh-outs at Junior High State take place on Sunday during a specified period. There will not be weigh outs on Saturday. If wrestler does not make the weigh out during specified time on Sunday, the wrestler will forfeit their remaining matches and not be awarded placement.

### **7. Equipment**

#### **7.1 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 beltline. The one-piece singlet may be worn with full-length tights, with or without stirrups. 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 boy’s singlet shall wear a tight-fitting, short –sleeved or sleeveless undershirt, or form fitted compression shirt.

#### **7.2 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.

#### **7.3 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 mouthpiece) 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!

#### **7.4 Mouthpiece**

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 mouthpiece 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.

#### **7.5 Shoelaces**

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.

#### **7.6 Knee Pads/Elbow Pads**

Knee pads and elbow pads will be considered legal equipment as long as there is padding manufactured into the product. No “sleeves”, consisting of just fabric with no padding, will be allowed; all parts of a pad must fit snug against the wrestler’s body. Loose pads are prohibited.

### **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 a tie after regulation time, an overtime 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.

### **8.4 Bracketing**

Weight classes with 5 or less wrestlers will be round robin. 6 or more wrestlers will be placed in a bracket. Please refer to event seed criteria ([LINK](#)). Byes will be randomly placed in bracket.

### **8.5 Near Fall Out of Bounds**

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 his toes. The weight is being carried by the offensive wrestler. The toes cannot be bearing the wrestler's weight.

### **8.6 Head and Neck Injuries**

In addition to the 1½ minutes of injury time allotted for each wrestler, an appropriate health-care professional will have a maximum of five minutes to evaluate injuries to the head and neck involving the cervical column and/or nervous systems. At that point, the wrestler would have to continue or default the match. A second injury to the head and neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match. If an appropriate health-care professional is not present, all injuries to the head and neck would be covered by the same timeframe as other injuries. In the case of a wrestler exhibiting signs of a concussion, the individual would be removed from the match and could not return to competition in the absence of an appropriate health-care professional.

## **9. Coaching**

### **9.1 Coach Bands**

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

#### **With a Coach Band you can...**

- Coach your wrestler with 1 other coach from designated coaching chairs
- Approach the table during a match for the following calls only
- Error in time
- Error of Score
- Error of Starting Position
- Enter the floor through bullpen with your wrestler as he is escorted to the mat

#### **With a Coach Band you CANNOT ...**

- Coach from the side of the mat if; not one of the 2 coaches in the corner.
- Stay on floor or designated coach area

- Approach the table during a match for the following
- To question a judgment call (ie: Takedown, Stall, Back points)
- Argue with an official after that match
- Enter the floor through the bullpen without your wrestler

## **9.2 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.

## **9.3 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.

## **10. Conduct**

### **10.1 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.

### **10.2 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.

### **10.3 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 lifetime ban from Ohio Athletic Committee events.

## **11. Awards and Presentation**



Wrestlers' that earn 1-8 State Placement must take part of the Podium Awards Presentation. Those that do not, will not receive their award nor will they be recognized as placing. They will also be ineligible to compete for 1 calendar year. Those that do not make State Weigh outs do not receive placement.

## **12. Media**

### **12.1 Video Review**

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

### **12.2 State Credentials**

Media credential requests shall be submitted to the OAC via email [info@ohioathletics.com](mailto: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.