



OHIO ATHLETIC COMMITTEE

Computer Point and Novice Tournament Rules and Regulations

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

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

No athlete is eligible if they turn 15 prior to Aug. 1, 2019

1.3 Grade School Eligibility

No wrestlers above grade 6 may compete in the **Grade School** Computer Point or Novice Tournaments regardless of their birth year. Wrestlers in 7th and 8th grade must compete in the Jr. High Tournament

1.4 Proof of Age

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

2. Weight Classes

Weight Classes are determined after weigh-in

2.1 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. They can

do this by logging into their account and clicking the "Edit Registration" link

3. Pre-Tournament Check

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

3.1 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 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 a 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> are eligible to sign this form return the student to participation.

3.2 Fingernails

Must be neatly trimmed and no sharp edges.

3.3 Equipment/Hair/Skin Check

Wrestlers with braces MUST bring mouthpiece 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. If an individual has hair longer than allowed by rule, it must be contained in a cover so that the hair rule is satisfied. If the hair is in a style other than its natural state (i.e. braids, rolls, bun, etc.), it must be contained in a cover so that the hair rule is satisfied. 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 nonabrasive. The wrestler opting to wear a legal hair cover must bring it to the weigh-in procedure and be checked for grooming.

4. 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

4.1 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.

5. 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 beltline. 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.

5.1 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.

5.2 Ear Guards

Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling. 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!

5.3 Mouthpiece

Mouthpiece 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

5.4 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.

5.5 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.

6. Match Rules

General NFHS regulations apply to all levels of interscholastic wrestling unless otherwise noted. Computer Point and Novice 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.***

6.1 Period Length

Championship and Consolation rounds:
Consist of three (3) periods of 1:00

6.2 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.

6.3 Technical-Fall

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

6.4 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.

6.5 Bracketing

Weight classes with 5 or less wrestlers will be round robin. 6 or more wrestlers will be placed in a bracket. Byes will be randomly placed in brackets.

7. Coaching

7.1 Coach

Coaches must sit in 1 of 2 coaching chairs.

A Coach 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

A Coach 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 (i.e. Takedown, Stall, Back points)
 - Argue with an official after that match

Coaches must...

- Stay seated in chairs provided
- Confirm the table has correct winner of match

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. The continued offense is deemed Flagrant unsportsmanlike and will be penalized accordingly.

8. Conduct

8.1 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 return.

8.2 Flagrant Unsportsmanlike Conduct

Any wrestler/coach who is penalized for flagrant unsportsmanlike conduct (i.e. fighting or biting) is ejected from the event/tournament and may not participate 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.

8.3 Reinstatement

The offending wrestler and or 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 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.

9. Video Review

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