

OAC Ohio Top Talent Rules and Regulations

State Law: 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. Parents & Coaches must have reviewed event COVID Protocols <https://oacstate.com/3pCn1df>

Divisions & Weight Classes

Division I weight classes: Birth Year's 2014 and later

40, 45, 50, 55, 60, HWT (max 75)

Division II weight classes: Birth Year 2012 & 2013

45, 50, 55, 58, 61, 65, 70, 75, 85, HWT (max 120)

Division III weight classes: Birth Year's 2010 & 2011

55, 60, 65, 68, 71, 75, 80, 85, 95, 110, 130, HWT (max 160)

Division IV weight classes: Birth Year Aug. 1st, 2007 through 2009

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

2. Pre-Tournament Check

All wrestlers must pass a temperature scan, health screening questions, skin, fingernails and hair inspection

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 (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.

Equipment/Hair/Skin Check

Wrestlers with braces MUST bring mouthpiece to weigh-ins. If a hair cover is used it must be a part of the headgear. The cover must be of a solid material and be non-abrasive. While the hair-length restriction has been removed, hair control devices/treatment items cannot be hard, abrasive or sharp.

3. Weigh-In

Making Weight

A wrestler must make the weight that is on their registration at the time the registration closes. If they are over their weight limit, they cannot move to another weight class.

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.

Weigh-In Attempts

Wrestlers have 2 tries on the first scale, then 2 tries on each additional scale in their assigned area. Wrestlers not making weight during the day before weigh-in may attempt to make weight during the day of the tournament weigh-ins. No exercise, no dehydrating, no rehydrating or leaving the scale room to come back for extra tries are permitted at the weigh-in. Those in violation of this rule will be disqualified from the tournament and potentially for future events and not refunded.

4. 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.

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 (uniform, 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!

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.

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 be assessed a technical violation and injury time will be started.

Match Rules

General NFHS regulations apply to all levels of interscholastic wrestling unless otherwise noted.

Period Length

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

Consolation: Three (3) periods of 1:00

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.

Technical-Fall

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

5. Coaching

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.
- 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

State Laws

State Law: 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

6. Conduct

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 (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.

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.

Video Review

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