



OHIO ATHLETIC COMMITTEE

Junior High Grade School Freshman & Girls

Wrestling State 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 state weigh in without notifying the OAC in advance that they will not be attending, will be charged a fee equal to a entry fee. You have until 1hour prior to the weigh in to notify info@ohioathletics.com. The wrestlers account will be frozen until a 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 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.

1.1 Registration Deadline

Each event has its own separate date and time for registration to close. Be sure to check the 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 Eligibility

A wrestler must reside in Ohio and attend an Ohio school. Home school students that reside in Ohio are eligible.

Junior High: A wrestler has Three (3) years to compete in Jr. High Districts (State in 2021). No athlete is eligible if they turn 15 prior to August 1, 2020. Wrestlers may compete one season as a 6th grader, one season as a 7th grader and one season as an 8th grader.

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

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

2. Weight Classes

Weight classes listed on event website 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.

2.1 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.

State Weigh-In= Scratch +2lbs. Ex: 120 + 2lbs. = 122lbs.

3. Pre-Tournament Check

All wrestlers must pass a skin, fingernails and hair inspection at all 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 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 Physicians Assistants (PA) who work in a dermatology practice as identified on the list found [HERE](https://oacstate.com/2M3Z23u). <https://oacstate.com/2M3Z23u>

3.2 Fingernails

Must be neatly trimmed and no sharp edges.

3.3 Hair

During competition, all wrestlers shall be clean shaven. The length requirement of the rule has been removed and hair covering is not mandatory. However, if a hair cover is used, it shall meet the expectations of the rule. The hair cover must be of a solid material, non-abrasive and shall be attached to the ear guards. Additionally, physical hair treatments/control items that present a risk to either wrestler due to the hardness, texture (sharpness) or abrasiveness and will not be allowed

4. Weigh-In

4.1 Making Weight

A wrestler must make their registered weight. 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.

A wrestler will get 2 tries on designated scale and 2 additional tries on designated final scale. No losing weight or leaving designated weigh in area. Wrestlers in these situations are removed from the tournament and there are no refunds.

The OAC does not tolerate any action that puts an athlete's health and safety at risk. The use of 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.

4.2 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.

5. Equipment

5.1 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.

5.2 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.

5.3 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!

5.4 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.

5.5 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.

5.6 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.

6. 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.***

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 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 ends when a wrestler gains a 12-point advantage.

6.4 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 bracket.

6.5 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.

6.6 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.

7. Coaching

7.1 Coach Bands

Coaches must have a coaching band to access the 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

7.2 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 the side may result in 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 and Lindsay's Law prior to coaching.

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 reactions 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.

8.2 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.

8.3 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.

9. Video Review

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