



## OAC Jr. High State Duals 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> prior to coaching

### Teams & F.A.Q.

Teams may add a maximum of 4 wrestlers to their roster from outside of their regular team. These 4 wrestlers may score points. Teams can add more than 4 but only the original 4 can score. All additional wrestlers (beyond original 4) would be wrestled as exhibition and scored as a forfeit. Outside Wrestlers must be declared before the start of the tournament and are the same 4 wrestlers for the whole tournament.

The 4 wrestlers that are from outside of their team that will be scoring, must be identified on the roster prior to the tournament. Each team to provide 1 table worker for their meets.

### **1. Eligibility**

**No athlete is eligible if they turn 15 prior to August 1, 2022 and be from Ohio**

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.

### **2. Jr. High State Duals Weight Classes (2lbs allowance to each weight class)**

74, 78, 84, 90, 96, 102, 108, 114, 120, 126, 132, 138, 146, 154, 164, 176, 209, 249

Example: The most a wrestler can weigh to be considered in the 120lbs. class is  $120.0 + 2\text{lbs} = 122.0$

### **3. Pre-Tournament Check**

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

### **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.

## **4. Weigh-In**

### **4.1 Making Weight**

If a wrestler fails to make the weight listed on the team roster, they may change weight classes

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 OAC 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.

#### **4.3 Female Wrestlers**

Female wrestlers are required to wear a sports bra, tight-fitting, short-sleeved or sleeveless tee shirt under the singlet.

#### **4.4 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 early 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. If they miss weight, they move up to the next Weight Class.

### **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 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.

#### **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 (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!

#### **5.4 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.

#### **5.5 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.

### **6. Match Rules**

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

#### **6.1 Period Length**

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

#### **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 Tie Breakers- Trackwrestling Default**

## **7. 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.

## **8. 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**

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.

## **9. Conduct**

### **9.1 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.

### **9.2 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.

### **9.3 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 \$100 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.

## **10. Media**

### **10.1 Video Review**

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

### **10.2 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.