

15. WRESTLING — BOYS

A. GENERAL REGULATIONS

1) Interscholastic Participation

1.1) Participation Limitation

9th-12th Grades — 20 points, 7th-8th grades — 14 points

A high school team and/or wrestler may participate in a maximum number of regular season contests worth 20 points. Any and all matches wrestled by an individual shall count toward the team's point limitation of 20 points. 7th-8th grade wrestlers are permitted 14 points. Points are calculated as follows:

Points Event	Wrestler's Matches
1 point - Dual match -	1 match maximum
1 point - Tri-match -	2 match maximum
2 points - Quad match -	3 match maximum
2 points - One-day tournament -	5 match maximum
3 points - Two-day tournament -	10 match maximum (5 per day)

Any event in excess of two days will have two points added for each day beyond the second day if more than 10 matches will be wrestled by any one individual during the tournament.

1.11) Team Regular Season Contest Limitation

A high school team may compete in a maximum of 20 points of competition. In order to compete in the maximum number of contests a team schedule must include at least four dual/tri-matches and no more than 16 points from tournaments. Teams who are unable or unwilling to participate in dual or tri-competition may schedule a maximum of 16 points. Dual tournaments are not a substitute for a dual or tri-match. Note: No requirement for dual/tri-matches exists for 7th-8th grade.

1.12) Individual Contest Requirements

An individual wrestler may participate in a maximum number of contests totaling 20 points. Any wrestler who exceeds the 20 point limitation is ineligible for further regular season or any OHSAA tournament competition. Any victory which counts toward the season record is considered a match. Note: 7th-8th graders — 14 points.

1.13) Tie-Breaker

A tie-breaker shall be used for all varsity dual meets. The first criterion is which team had any unsporting penalties. The remaining criteria are published on page 42 of the NFHS rulebook.

1.2) Multiple School-Sponsored Teams (See General Regulation 30)

A school may sponsor two varsity (same level) wrestling teams when more than 21 eligible participants are reported on the official eligibility form. When a school sponsors two wrestling teams a separate schedule for each team is required.

Example:

- a) Eighteen wrestlers are on the team. The schedule indicates eight duals and six one-day tournaments (20 points). The coach wants to send three wrestlers to a two-day tournament. He schedules the three wrestlers as his "B" team.

Ruling: **Violation.** Penalties may include, but not be limited to, a fine, loss of wrestlers' eligibility and/or denial of participation (team and individual) in OHSAA tournaments.

NOTE: It would not be a violation to have both a varsity and sub-varsity squad.

- b) Thirty-six wrestlers are on the eligibility form. The school sponsors a JV team and varsity teams. All teams have a 20 point schedule. Ruling: **Legal.**

- 1.3) Practice — Practice is instruction given by a school coach to his/her team during the OHSAA defined wrestling season. Practice sessions which involve wrestlers from other schools are scrimmages.

- 1.4) Scrimmage — 7th & 8th Grade – One scrimmage permitted. High schools (Varsity, JV, Freshman) — Four scrimmages permitted. Three hour time limit for all scrimmages.

Any practice or workout between two or more teams is a scrimmage. Multiple team scrimmages shall count as one scrimmage, however, the time limit is three hours. Facilities opened by school personnel during the season where teams/individuals meet to wrestle shall constitute a scrimmage.

Individual wrestlers that will enter the Sectional Tournament from a school that does not have enough wrestlers to schedule or participate in dual meets may practice or work out with other school teams or individuals during the regular season. **Such situations shall be reported in writing to the Commissioner.**

After the conclusion of the Sectional Wrestling tournament, wrestlers who qualify for further competition may "practice" with wrestlers from other schools who are similarly qualified.

Any team or individual that exceeds the maximum number of contests (games, matches, meets, **scrimmages**) may be denied the right to participate in the OHSAA Wrestling Tournament during the year the violation occurs.

- 1.5) Previews — A preview may not exceed one half of the regular season contest for any one athlete (three one-minute periods) or team and shall be wrestled according to National Federation Wrestling Rules. Earliest preview may be November 21.

- 1.6) Weight Loss — The OHSAA does not approve of any practice that endangers the health and safety of the participants. Crash dieting, the use of diuretic and other drugs for weight reduction, the use of a sweat box, any type rubber, vinyl, or plastic sweatshirt or bag, hot showers, whirlpools or similar artificial heat devices for weight reduction is prohibited. Violation shall automatically disqualify the contestant from further participation for the match or tournament. (National Federation Rule 4-4-4)

- 1.7) Weight Classes — Grades 9-12 — 14; Grades 7-8 — 15

The grades 9-12 wrestling weight classes shall be 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 275. The minimum weight for the 275 pound class shall be 210. (minimum weight of 210 lbs. is subject to growth allowance)

- 1.71) Growth Allowance — A two pound allowance will be given on January 9. An additional pound will be given on January 23 and another pound on February 6 (all weight classes). No wrestler may be granted growth allowance until after he/she wrestles at certified weight.

- 1.72) Out-of-State Opponents — The weight classes of the state in which competition is held shall be the weight classes wrestled.

- 1.73) 9th Grade — Competition between 9th grade teams shall be in the following weight classes: 98, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 235.

Growth Allowance — See Item 1.71.

- 1.74) 7th & 8th Grade — 15 weight classes: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 142, 150, 160, 172, 230.

Growth Allowance — There is a weight growth allowance on Monday, December 19 - 2 pounds; Friday, January 13 - 2 pounds. (Growth allowance for all weight classes).

7th & 8th GRADE WEIGH-IN REGULATIONS

7th & 8th grade wrestlers may weigh-in at their home schools prior to lunch before dual, triangular or quadrangular meets. The weigh-in must be witnessed by an administrator/designee, and a signed weigh-in sheet presented at the meet prior to the competition. Weigh-ins for tournaments must be conducted as per existing NFHS rules as modified by the OHSAA (item 1.86.1).

1.8) Weight Certification — Grades 9-12

- 1.81) All wrestlers must certify **their lowest actual weight no later** than January 7. After January 7 no additions may be made to the certified weight report except for an academically ineligible wrestler or injured wrestler. After January 7 a wrestler may not wrestle at a weight lower than the certified lowest weight. (See National Federation Rule 1-3-2-a.) Certified weight is the actual lowest weight of the wrestler.
- 1.82) In order to enter the sectional tournament in the weight class in which certified, a wrestler must have at **least one-half of his initial weigh-ins** during the regular season at the certified weight (includes growth allowances). In addition, a wrestler must wrestle at least once during the season at his lowest actual weight (certified weight).
- NOTE — Coaches shall have weigh-in sheets signed by the opposing coach as verification of a wrestler's weight.
- 1.83) The Certified Wrestling Weight Report white copy must be forwarded to the OHSAA office postmarked no later than January 7. The blue copy must accompany the entry form for the sectional or district tournament. The yellow copy must be presented at weigh-ins for any remaining regular season contests.
- 1.84) Prior to establishing certified weight, a wrestler may compete in any weight classification for which the wrestler makes weight or one weight class higher.
- 1.85) A wrestler who does not make weight is not permitted to wrestle that day. **No exhibition matches are permitted. An exhibition match is where either or both of the competitors are ineligible (academic, age, residence, weight) or the scoring is not counted.**
- 1.86) OHSAA weigh-in regulations may not be waived or revised by mutual agreement or league rule. National Federation Wrestling Rules as modified by the OHSAA must be followed.

1.86.1) Tournament Weigh-ins

Weigh-ins for a multi-day tournament will be conducted a maximum of two hours and a minimum of one-half hour prior to the first day competition in accordance with National Federation Rule 4-5-3. Weigh-ins for subsequent day(s) may be conducted in accordance with 4-5-3 or during the evening preceding the subsequent days' competition. The regular season tournament manager will establish the weigh-in procedure to be utilized. In all situations the NFHS weigh-in rules will be followed. OHSAA postseason sectional/district tournaments will utilize the weigh-in procedure adopted by each specific district athletic board. The OHSAA State Tournament will utilize the evening weigh-in.

Note: Beginning in 2006-2007, NFHS wrestling rules require body fat testing as the only acceptable weight certification program.

1.9) Ejection for Unsporting Conduct — Participants

Any wrestler ejected or disqualified for unsporting conduct or flagrant foul shall be ineligible for all wrestling contests for the **remainder of that day** and event. In addition, the wrestler shall be ineligible for all contests at all levels in wrestling until two regular season/tournament contests (equivalent of 2 points) are competed at the same level as the ejection or disqualification.

If the ejection or disqualification occurs in the last contest of the season, the student shall be ineligible for two regular season games in the next sport in which the student participates. A student under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any way traveling to, during or traveling after the contest(s).

A student who is ejected or disqualified a second time shall be suspended for the remainder of the wrestling season. A student who has been ejected or disqualified for unsporting conduct for the second time in the season during the last contest shall be ineligible for a period of time/number of contests subject to the discretion of the Commissioner. The period of ineligibility shall commence during the next sport in which the student participates.

It is the responsibility of the local school authorities to ensure this regulation is enforced. When an ineligible student is allowed to participate, forfeiture of the contest is mandatory. This regulation shall apply to all regular season and tournament contests and shall in no way limit the discretionary authority of the Commissioner as specified in the OHSAA Tournament Regulations. In accordance with Bylaw 8-3-1, the decisions of contest officials are final.

1.10) Ejection for Unsporting Conduct — Coaches

Any wrestling coach ejected or disqualified from an interscholastic contest for unsporting conduct shall be suspended from coaching in all wrestling contests for the **remainder of the event day**. In addition, the coach shall be suspended from coaching in all wrestling contests at all levels until two regular season/tournament (equivalent of 2 points) contests are wrestled at the same level as the ejection or disqualification.

If the ejection or disqualification occurs in the last contest of the season, the coach shall be ineligible for the same period of time as stated above in the next wrestling season.

A coach who has been suspended from coaching may attend the contest, but must be seated in the spectator area and may not give instructions to the players or to the individual who has been assigned to coach the team any time prior to or during the contest. A suspended coach shall not travel with the squad to an away contest.

A coach who has been ejected or disqualified for unsporting conduct for the second time shall be suspended indefinitely and required to attend a mandatory conference with the Commissioner at the OHSAA headquarters. The principal of the school shall be required to attend this conference as well. Any penalty shall be determined in accordance with Bylaw 12.

It is the responsibility of the local school authorities to ensure this regulation is enforced. When a suspended coach is allowed to participate, forfeiture of the contest is mandatory. This regulation shall apply to all regular season and tournament contests and shall in no way limit the discretionary authority of the Commissioner as specified in the OHSAA Tournament Regulations. In accordance with Bylaw 8-3-1, the decisions of contest officials are final.

2) Out of State Travel

A wrestling team may travel out of state to compete in contests (scrimmages, previews and games) in states or provinces in Canada that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province includes Ontario. Additionally, a wrestling team may travel out of state one time per sport per interscholastic season to compete in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time.

A wrestling team may not travel out of state to practice.

3) Non-Interscholastic Participation

3.1) A member of an interscholastic wrestling squad (any student who has wrestled in a scrimmage, preview or regular season/tournament contest) sponsored by the Board of Education **shall not participate in a non-interscholastic contest** as an individual or a member of a team in the sport of wrestling **during the school's season** (Bylaw 10-3-1).

3.2) Individual Non-Interscholastic Competition Date:

A wrestling athlete who has not participated for the school in wrestling that season must cease non-interscholastic wrestling competition four weeks (28 days) prior to the Monday of the week of the state tournament in wrestling in order to be eligible for OHSAA Tournament competition.

Date: January 23, 2006.

3.3) The school wrestling coach may coach wrestlers from his/her school team in non-interscholastic wrestling for a period not to exceed 10 days from June 1-July 31. Exception: Greco-Roman and freestyle wrestling are interpreted as different sports from interscholastic wrestling in accordance with National Federation Rules.

4) Instructional Programs

4.1) Individual skill instruction in interscholastic wrestling may be received by a wrestling squad member at any time in individual or group lessons. The wrestling coach may conduct individual or group lessons for a wrestling squad member only during the period of June 1–July 31, provided the ten-day limitation is not exceeded.

4.2) Any wrestling coach, paid or volunteer, (this includes but is not limited to: teaching professionals, coaches who work for national amateur governing bodies or other non-interscholastic organizations, club owners, YMCA directors, etc.) shall be approved by the Board of Education in the school year just completed and may have contact in an instructional program as director or employee with wrestling squad members from the school where employed for a period not to exceed 10 days from June 1–July 31.

Exception: Greco-Roman and freestyle wrestling are interpreted as different sports from interscholastic wrestling in accordance with National Federation Rules.

4.3) Wrestling squad members may be used for out-of-season demonstration purposes only if approved in advance by the Commissioner.

4.4) A coach, paid or unpaid, violates this provision when the coach suggests or in any way implies that a student's chance to be selected for an interscholastic wrestling squad is contingent upon participation in an instructional program.

5) Penalties

5.1) The maximum penalty for violation of Bylaw 10-3-1, participation with a non-interscholastic wrestling squad while a member of the school's interscholastic wrestling squad, is ineligibility for the remainder of the interscholastic wrestling season.

5.2) The maximum penalty for violation of any OHSAA regulations for any member of a school squad, except a senior, shall be ineligibility for wrestling the ensuing season. If a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

5.3) The penalty for a coach for violation of Bylaw 10 (non-interscholastic teams) may include suspension, probation, public censure, fine not to exceed \$1,000 per occurrence, or such penalty as the Commissioner may deem appropriate.

B. SPECIFIC REGULATIONS — Grades 9-12

1) Coaching and instruction may begin — November 11, 2005.

2) First match — December 2, 2005.

3) Deadline date for OHSAA Tournament — November 10, 2005.

4) Coaching and Season end — March 4, 2006.

5) Scrimmages — Maximum of four permitted or three and one preview. In a preview, an individual is limited to three one-minute periods.

6) Regular season contests — Maximum of 20 points for teams and individuals.

7) Rules — National Federation Wrestling.

8) Length of Matches — Each period is 2 minutes; consolation match periods are 1-2-2 minutes.

9) Officials:

9.1) Varsity — Minimum of one OHSAA Class 1 official required.

9.2) Reserve/Junior Varsity — Minimum of one OHSAA Class 1 or 2 official required.

9.3) Freshman — OHSAA Class 1, 2 or 3 official recommended.

C. SPECIFIC REGULATIONS — Grades 7-8

1) Coaching and instruction may begin — November 4, 2005.

2) First match — December 2, 2005.

3) Season ends — February 6, 2006.

4) Scrimmages — One permitted.

5) 14 dual matches or the equivalent as calculated in item 1.1 on previous page.

6) Rules — National Federation Wrestling.

7) Officials — OHSAA Class 1, 2 or 3 recommended.

8) Length of Matches

a. Each period is 1½ minutes.

b. Consolation matches are comprised of three 1 minute periods.

c. Tournament overtime period is one one-minute period followed by a 30-second period if necessary.

WRESTLING 2005-06

Wrestling	2005-2006	2006-2007	2007-2008	2008-2009	2009-2010	2010-2011
Coaching Begins	11/11	11/10	11/9	11/8	11/6	11/5
Earliest Preview Date	11/21	12/1	11/30	11/29	11/27	11/26
Season Begins	12/2	12/4	12/3	12/2	11/30	11/29
Non-Interscholastic Date	1/23	1/22	1/21	1/26	1/25	1/24
Sectional	2/13-2/18	2/12-2/17	2/11-2/16	2/9-2/14	2/8-2/13	2/7-2/12
District	2/20-2/25	2/19-2/24	2/18-2/23	2/16-2/21	2/15-2/20	2/14-2/19
State	3/2-3/4	3/1-3/3	2/28-3/1	2/26-2/28	2/25-2/27	2/24-2/26
Season Ends	3/4	3/3	3/1	2/28	2/27	2/26
Easter	4/16	4/8	3/23	4/12	4/4	4/24

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