

Officiating Ohio High School Wrestling

Contributions by :

Ohio High School Athletic Association

Ohio Wrestling Officials Association

National Association of Sports Officials

*National Federation of State
High School Associations*

Unit 3





Representation

How many wrestlers may compete for their school per weight class in dual meets?

Is substitution permitted?

Is there a limit on the number of matches a wrestler can wrestle each day?

What is the minimum amount of time between matches to wrestle?





Representation

How many weight classes can a wrestler be moved above what he weighed-in for?

What is a match?

What are the responsibilities of team captains?

What is Ohio's weight certification program?

Who may conduct weigh-ins?





Competition

What are the 14 weight classes?

What is the minimum weight to wrestle heavy weight?

What is a growth allowance?

How does growth allowance effect a wrestler's ability to wrestle up a weight?

What types of competition are there?

Are there limits to the number of matches a wrestler can wrestle during the season?





Equipment

What are the required mat markings?

What are the mat dimensions?

Where must the team benches be located?

Where must the scorer's table be located?

Who sits at the scorer's table?

What is a "Restricted Zone?"

How many coaches allowed in chairs during a tournament?





RULE 1-4

Representation



Two individuals of nearly equal weight

1 wrestler per each weight class

No substitution permitted

No more than 5 matches per day

45-minute rest between matches

Not accepting a forfeit at one weight & competing in another





Order of Matches



Conducted by random draw of weights at prior to the start weigh-in

Referee or authorized person supervises

- Referee required to have random draw kit available

Subsequent matches follow in traditional order, and the next dual meet begins with the following weight class





WEIGH-IN

Representation



A wrestler weighing in for one weight class may be shifted to a higher weight provided it is **not more than** one weight class above that for which his **actual weight** qualifies him/her.

The exact weight is recorded & submitted to official scorer.





Weigh-ins

All contestants shall weigh-in wearing a legal uniform with suitable undergarments that completely covers the groin and buttocks. Female contestants wearing a one-piece singlet and/or a form-fitted compression shirt shall wear a suitable undergarment that completely covers their breasts and minimizes the risk of exposure. Socks of any length may be worn but once on the scale cannot be removed or added to make weight.





Representation

Team Captain(s)

- Each team designates a captain or captains
- Reports to referee at center of mat for disc toss
- Referee discusses sportsmanship

Head Coach – Prior to the meet the head coach verifies all wrestlers are:

- Properly groomed
- In proper uniform
- Properly equipped





Weight Certification



Compete at certified weight

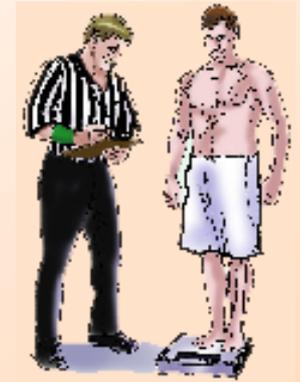
Each wrestler must compete once at his/her minimum weight. That may occur during the season, or the first day of sectional weigh-ins. If the wrestler makes his/her minimum weight during the season, he/she then may weigh-in one weight class above the certified weight (lowest alpha weight).

All questions directed to an official regarding weight management are to be referred to the OHSAA office.





Weight Certification



Minimum weight will be established through a process where each student will first take a hydration test, be weighed and have a certified assessor determine his/her percentage of body fat using skin fold calipers or other means.

Officials **are not** involved in this process.





Weight Certification



Only measurements taken by OHSAA certified assessors who have successfully completed the OHSAA Assessor Certification Course will be accepted.

No 9-12 high school wrestler may compete until the athlete has had a minimum weight determined and it appears on the school's Alpha Master Roster.

Measurements may not be taken after practice or a workout.





Weight Certification



Persons eligible to be trained as OHSAA approved assessors include licensed physicians, registered nurses, licensed practical nurses, licensed athletic trainers, licensed physical therapists, licensed physician assistants, registered nutritionists, and exercise physiologists.





Weight Certification



It is a conflict of interest for an active wrestling coach to serve as an OHSAA Certified Assessor.

Coaches are permitted to perform clerical and organizational duties during skin fold assessments.

A minimum of two schools/teams must be present for the assessment.





Weight Certification



Testing begins in mid-November.

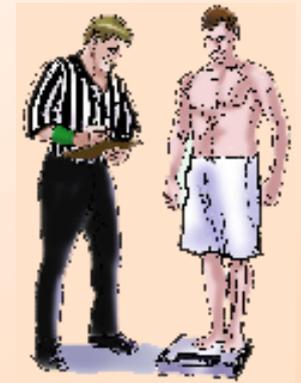
Wrestlers may be measured any time on or following the date to establish each wrestler's Lowest Minimum Weight (LMW).

The final testing deadline is in mid-January.





Weight Certification



All wrestlers, including those coming out late, must have their LMW established, and their name must appear on the school's Alpha Master Roster prior to competing.





Weight Certification



Any male wrestler whose body fat percentage is below 7% (12% for females) at the time of initial assessment may not wrestle below his/her Alpha weight.

A weight loss limit of 1.5% of the “Alpha” weight per week has been set.

The projected earliest date to wrestle at the (LMW) will be broken down into days. This date will be on the Alpha Master Roster printout.





OHSAA WEIGHT MANAGEMENT

Weight Certification



A wrestler will not be permitted, at any time, to wrestle in a weight class that would require him to lose more than 1.5%, per week, of his “Alpha” weight from the original date of assessment.

Coaches will exchange Alpha Master forms, to verify the weight class of the wrestlers for that competition.

The official on site will verify that each coach has a copy of the opponent’s Alpha Master Form in case a question arises that a wrestler may have violated the 1.5% per week weight loss limit.

Protests will be handled by the OHSAA.





Weight Certification



A wrestler who competes at a weight before the proper amount of time has passed to achieve that weight class will be considered an ineligible wrestler, thus requiring his/her team to forfeit the dual or his/her points in a tournament.



The OHSAA office will handle all matters pertaining to competition eligibility.



OHSAA WEIGHT MANAGEMENT

Weight Certification



The OHSAA Weight Monitoring Program includes growth allowance.

A **two-pound** growth allowance is given on **December 25**.

Growth allowance may not be utilized to achieve a lower minimum weight for a wrestler.

In order to utilize the growth allowance, a wrestler shall compete at his/her lowest allowable weight in the desired weight class at least once prior to using the two-pound growth allowance.





Weight Certification



****OHSAA regulation:**

Every certified wrestler is required to compete ONCE at his certified weight (alpha weight).

**** OHSAA regulation:**

A wrestler accepting a forfeit at their scratch weight satisfies the requirement of the above modification.



*The minimum weight for the 285 lbs. weight class is 215 lbs. which is subject to the 2 lbs. growth allowance on December 25.



POINTS OF INTEREST

Weight Certification



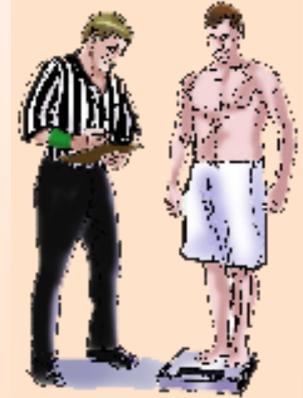
Certified Weight	Makes Weight At	May Bump To	Makes Weight At	May Bump to
106	106	113	113	120
113	113	120	120	126
120	120	126	126	132
126	126	132	132	138
132	132	138	138	144
138	138	144	144	150
144	144	150	150	157
150	150	157	157	165
157	157	165	165	175
165	165	175	175	190
175	175	190	190	215
190	190	215	215	285*
215	215	285*		
285*	285*			

*The minimum weight for the 285 lbs. weight class is 210 lbs. which is subject to the 2 lbs. growth allowance on December 25.





Growth Allowance



7th & 8th Grade

- Refer to OHSAA 2021-2022 Wrestling Regulations (page 147) for OHSAA rules pertaining to middle school wrestling.
- On school days (including tournaments beginning on Friday), 7th & 8th grade wrestlers may weigh-in prior to lunch before competition.
 - The weigh-in must be witnessed by a school administrator/designee
 - Weights must be recorded on an approved weigh-in form and signed by the administrator/designee
 - The signed weigh-in form shall be presented (to opposing coach/tournament manager) at the meet prior to competition
 - Weigh-ins for non-school day events shall be conducted per NFHS rules.
- 6th grade students may not compete in a junior high program.





Growth Allowance



On and after Dec. 25th a two-pound growth allowance becomes effective, for example:

106 becomes 108

113 becomes 115

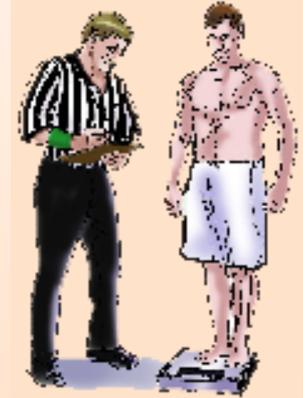
285 becomes 287

Minimum weight for 285 of 210 becomes 212





Not Making Weight

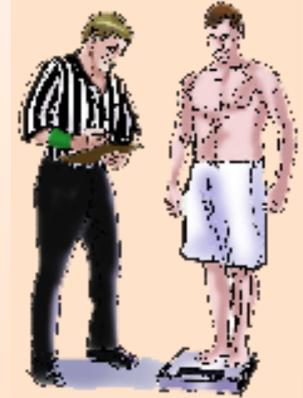


- Ineligible for that weight class
- May be bumped up to next eligible weight class
- No exhibition matches permitted where either or both competitors are ineligible (academic, age, residence, weight) or scoring is not counted.
- In bracket tournaments, the contestants shall be named by weight class prior to conclusion of weigh-in. **NO SUBSTITUTIONS** after weigh-in





Not Making Weight



Ineligible for that weight class

May be bumped up to next eligible weight class

No exhibition matches permitted where either or both competitors are ineligible (academic, age, residence, weight) or scoring is not counted.

In bracket tournaments the contestants shall be named by weight class prior to conclusion of weigh-in. **NO SUBSTITUTIONS** after weigh-in.





Competition



Dual

Competition between 2 teams

Triangular

Competition involving 3 teams

Quad

Competition involving 4 teams

Tournament

Competition between multiple teams

Conducted over 1 - 3 days





Competition



A team and/or wrestler may participate in a maximum number of regular season contests worth 20-points.

All matches wrestled by an individual shall count toward the team's point limitation of 20-points.





Competition



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.

Any wrestler exceeding the 20-point limitation is ineligible for further regular season or any OHSAA tournament competition.





20 Point Limitation

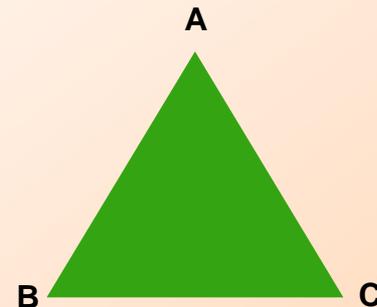
Point(s)	Event Type	Wrestler's Matches
1/2	Dual	1 match maximum
1	Tri	2 match maximum
1.5	Quad	3 match maximum
2	1-Day Tournament	5 match maximum
3	2-Day Tournament	10 match maximum (5 match maximum each day)





TRIANGULAR FORMAT

Competition



Suggested Configuration

Two-mats

Two-officials

Two full sets of table workers

Conclusion of weigh-in,

Each coach selects A, B, or C

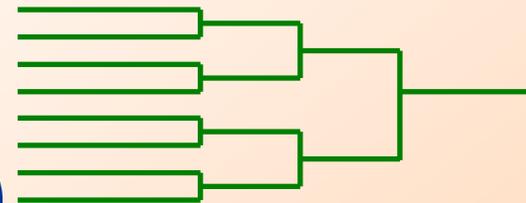
Conduct random draw

7 weight classes per round per mat





BRACKET TOURNAMENT



Byes

When competitors not a power of 2...

Byes in 1st round equal difference between # of competitors and next higher power of 2

No byes after 1st round in championship or consolation bracket

Placed by mutual consent or drawn

After seeded wrestlers placed & byes drawn, remaining wrestlers placed by draw

No quarter bracket shall have more than 1 bye in excess of its paired bracket





BRACKET TOURNAMENT



Consolation Rounds

Tournaments scoring 6 places

Consolation rounds start after quarterfinals

Tournaments scoring 4 places

Consolation rounds start after semifinals

Conducted as original first round pairings

Matched in order in which they were defeated

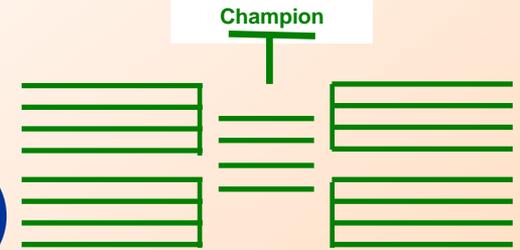
If previously met, treated as new match





ROUND ROBIN PAIRINGS

Pool Tournament



Wrestlers divided into “pools”

Each round...

Wrestler A wrestles B

Wrestler C wrestles D

Wrestler A wrestles C

Wrestler B wrestles D

and so on...

Process continues until only wrestlers with best records are left or the wrestlers progress into a bracket style format based on won/loss record.





DUAL MEET: DETERMINING

Choice of Position



Referee flips disc, visiting captain calls color

- Winning team selects odd or even matches (for choice of position)
- Referee advises head scorer of choice

Implications:

- Odd/even matches sent to scorer's table first
- Upon reporting cannot be withdrawn or replaced
- Choice is not altered for forfeit(s) or default(s)
- Choice of position is for the start of the second period





EQUIPMENT

Mat Size & Markings

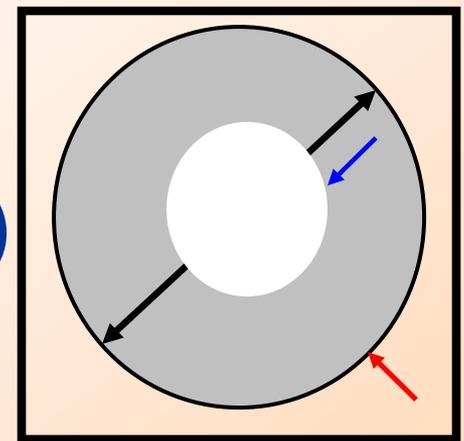
Minimum diameter 28 feet

2-inch wide boundary line

Note: the 2-inch wide boundary line is part of the inbounds wrestling area.

5 ft safety mat...surrounding & secured
10-foot circle at center of mat

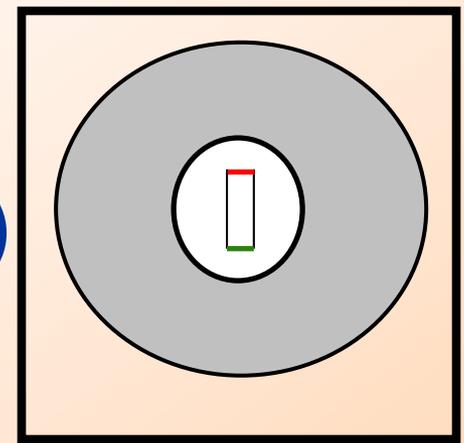
When area enclosed by 10-foot circle and inbounds area are of contrasting colors, the 2-inch line can be omitted.





EQUIPMENT

Mat Size & Markings



Starting Lines

1 inch wide

3 feet in length

12 inches apart from outside to outside

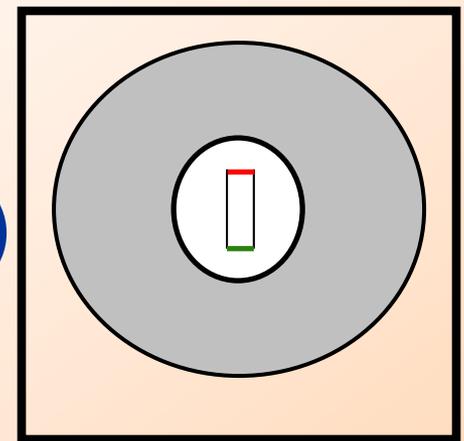
RED & **GREEN** lines, 1" wide, at opposite ends





EQUIPMENT

Logistics & Definitions



The mat area includes:

- Wrestling mat plus 5-feet of safety mat surrounding the wrestling mat
- Team benches
- Scorer's table

In dual meets the team benches and scorer's table should be situated at least 10-feet from the edge of the mat where facilities permit.

- Coaches shall be seated on the team bench

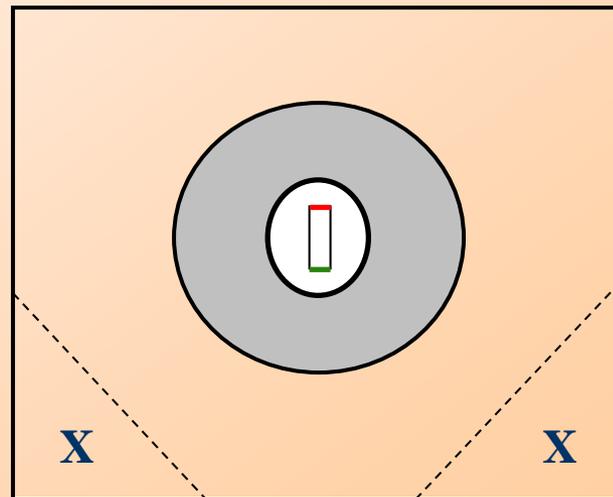




Logistics & Definitions

Tournaments Only

- Maximum of two team personnel may sit in a restricted zone at the edge of the mat
- The restricted zone (marked by contrasting color of tape) is situated no closer than 5-feet from the edge of the outer circle of the mat
- Coaches shall be situated at least 10-feet from the scorer's table where facilities permit.





ACCOMMODATES...

Scorer's Table

Official Timekeeper

Head Scorer (home team)

Assistant Scorer (visiting team)





Certified Scale(s)



Provided by home team

Only a certified scale can be used for weigh-ins.
Certified annually by the County Auditor's Office.
A scale is certified if it is within a quarter pound
above and below every 50-pound increment.

