



## OHSAA Regulations

### Wrestler's bracing

The rules and regulations with respect to all braces are the same, below is an itemized list of necessary restrictions. It is important to remember the regulations are as important for the wrestler wearing the brace as much as they are for the opponent. Safety is the primary concern. All braces fall under the special equipment rules **(4-3-1 thru 6)**. Often a neoprene sleeve is enough to help knee situations stay snug and keep the knees warm though competition. Please purchase a neoprene sleeve without a hole in the front (for safety with fingers sliding in).

For braces that have hinges, carbon fiber parts and metal rods along the sides.

1. The wrestler with the brace must have full and complete range of motion with the device.
2. The device must be covered and padded with a minimum of one half inch of fast reacting foam to return to protection thickness.
3. Velcro straps must be covered, so to comply with # 2 & # 3, a long, tight fitting neoprene sleeve which covers the complete length of the brace is the best and easiest piece of added protection for both. Any sleeve must be snug fitting on the body, and not be loose or rotate around the limb. The opponent's grasp must not slip or slide when holding the sleeve.
4. The device and added protection sleeve may not be so large and cumbersome to impede the opponent from competing fairly. He must not be at a disadvantage.
5. Knee devices may not restrict the wrestler from getting set in the bottom position. That is, his knees must be parallel to the rear starting line (again not too cumbersome?)
6. The match official at each event has the final say as to the legality of all special equipment, and should show the official at the weigh-in (proper procedure).

Leg sleeves are not permitted, although if it is a knee pad with a slightly longer top and bottom stretch elastic band it is permitted. The knee pad must be constructed in as part of the special equipment. This is explained in the 2018-19 NFHS Rules Presentation. The knee pad may not be a separate slide on over or under the sleeve.