



OHSAA WRESTLING BULLETIN

2020-2021 Bulletin No. 2

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I hope that all of you had a joyous Holiday Season and I wish you good health and prosperity as you begin the New Year.

Female Cut Singlets (This supersedes Q&A #3 posted on 11-30-2020)

NFHS Rule 4-1-1(a) sets forth the "cut" requirements for a wrestler's one-piece singlet. The rule also requires that a suitable undergarment, which completely covers the buttocks and the groin area be worn under the one-piece singlet. The Note under NFHS Rule 4-1-1(a) adds an additional requirement for female wrestlers as follows: "Female contestants wearing one-piece singlets shall wear a form-fitted compression suitable undergarment that completely covers their breasts" (see also the Note under NFHS Rule 4-1-1(c)). The form-fitted compression suitable undergarment is defined as a sports bra or a form-fitted compression suitable T-shirt.

There is no differentiation in the NFHS Rules Book regarding singlets designed for male and female wrestlers. A typical male cut singlet is pictured on the front cover of the 2020-2021 NFHS Wrestling Rules Book and a typical female cut singlet is pictured at the left side of the back cover of the 2020-2021 Rules Book. The photos below also exemplify the female cut singlet (photos courtesy of Barbarian Apparel). Female cut singlets are cut close to the underarms and front and back necklines.



As female athletes began to participate in the sport, the OHSAA introduced a rules modification requiring female wrestlers wearing one-piece singlets to wear a sports bra and a form-fitted T-shirt regardless of singlet cut. Out of an abundance of caution and deference to modesty concerns for female participants, their parents, coaches and officials, this modification has severed well as female cut singlets were not universally available.

Taking a step forward, female participation in the sport has increased at a phenomenal pace and it is increasingly evident that that female cut singlet is the norm rather than the exception. Accordingly, it is time to adjust the OHSAA modification to NFHS Rule 4-1-1(a) to take account of the times. The modification now only applies to female wrestlers who wear a traditionally cut "men's" singlet. Females wearing a traditionally cut "men's" singlet are still required to wear a sports bra and form-fitted T-shirt underneath the singlet when participating. Weigh-ins still may be conducted in a legal singlet with suitable undergarments, e.g., an undergarment covering the buttocks and groin area and sports bra. The T-shirt is not required for weigh-ins.

Female wrestlers who wear the female cut singlet are required to wear suitable undergarments pursuant to Rule 4-1-1(a) (an undergarment covering the buttocks and groin area and a sports bra). The previous OHSAA modification requiring the wearing of a form-fitted T-shirt does not apply in this situation.

More on Skin and Grooming Checks (Please review Bulletin No. 1)

There is confusion in the ranks pertaining to how skin checks should be conducted in view of the gender-neutral weigh-in procedure introduced this season (NFHS Rule 4-4-7). As outlined in Bulletin No. 1 (December 17, 2020) skin and grooming checks can be conducted in one of two ways:

- Skin and grooming checks may be conducted in a gender-neutral manner while wrestlers are wearing a legal uniform with suitable undergarment(s) (there is no requirement to perform the skin and grooming check while wrestlers are wearing only a suitable undergarment(s)). If a suspected skin condition requires additional scrutiny (e.g., a skin condition release form indicates that a potential skin condition is situated in an area covered by the uniform), the referee can initiate a more thorough examination while the wrestler is clad in a suitable undergarment(s). If a more thorough examination is required of a female wrestler, only an adult female can conduct the examination (e.g., female trainer, female administrator, team mom, etc.).
- While NFHS rules now permit gender-neutral skin and grooming checks in a legal uniform with suitable undergarment(s), the traditional skin check protocol in a suitable undergarment(s) **has not been rescinded**. Out of an abundance of caution for the health and well-being of our student-athletes it is recommended that skin and grooming checks be performed while the wrestlers are attired in a suitable undergarment(s). In this protocol, skin and grooming checks are gender specific meaning that skin and grooming checks for female wrestlers shall be performed by an adult female as discussed above.
- It is up to the assigned official to decide which of the two protocols to utilize. This is not a coaches' decision. Remember, it is incumbent upon the official to ensure that the spread of a potentially contagious skin condition is mitigated. We are the last line of defense.