

# OAC Junior High and Grade School Wrestling Rules

## **Singlets:**

Junior High: Freestyle type (low cut under the arm, back or chest) and T-shirt and shorts are illegal. No wrestler is permitted to compete while wearing either of these. A wrestler that reports to the mat wearing either of these is penalized 1-point and the injury time clock is started. The wrestler must be changed into a legal singlet or an approved 2-piece uniform before the end of injury-time clock (1:30) or he/she must forfeit the match.

Grade School: Freestyle type (low cut under the arm, back or chest) are illegal. No wrestler is permitted to compete while wearing this style. A wrestler that reports to the mat wearing either of these is penalized 1-point and the injury time clock is started. Tight fitting T-shirt and shorts are permitted. The wrestler must be changed into a legal singlet or an approved 2-piece uniform before the end of injury-time clock (1:30) or he/she must forfeit the match.

*Approved 2-piece wrestling uniform is legal for both Junior High and Grade School*

## **Equipment:**

Headgear is mandatory at both Jr. High and Grade School levels. No wrestler will be permitted to compete without a proper headgear. 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 he/she must forfeit the match.

Securing of shoe strings by means of anything other than tying laces or fastening Velcro is not required

Mouth piece for braces is not required

## **Coaching:**

Only Two (2) people are permitted in a wrestler's corner. This may be any combination of coach, videographer/photographer, statistician, parent or other but is limited to just Two (2) individuals. Both must have a floor pass (coaching band)

Coaching from the side of the mat is not permitted. Anyone who does this will be issued a warning for the first offense. Any other offense will result in a 1-point match penalty to the coaches' wrestler.

## **Eligibility**

A wrestler must either reside in Ohio or attend an Ohio school.

**No one above grade 6** is permitted to compete in a Grade School District regardless of their age. Some wrestlers may have a birth year that fits Division 4 but are in the 7<sup>th</sup> grade. Even though this may be the case with some, they are not permitted to compete in the grade school event.

For the Jr. High District a wrestler has Three (3) years of eligibility. They may compete once as a 6<sup>th</sup> grader, once as a 7<sup>th</sup> grader and once as an 8<sup>th</sup> grader. A wrestler is not permitted to compete more than time per grade level. This does not pertain to Grade School eligibility.

**Proof of age:** Wrestler must provide Birth Certificate at District check in. Also birth certificate must be shown upon request by the OAC.

## **Weigh-In**

All wrestlers must weigh in wearing a singlet or shorts and shirt. They may not remove the clothing in an attempt to make their registered weight class. No weight allowance is given for the singlet. If the wrestler weighs more than their registered weight class, they can step off and weigh in later as long as it is within the stated weigh-in times.

Districts = Scratch Weight (weight stated on entry form) Example; 80  
State = Scratch +2 lbs. Example; 82  
Jr. High State Weigh-Out = Scratch +3 lbs. Example; 83

Grade School State has weigh-in the night before the event only. There is no other weigh in or out

## **Growth Allowance**

- Growth allowance is the amount of weight that is given to a weight class to account for the growth of a child.

Ohio High School Athletic Association (OHSAA) begins the wrestling season the first week of December with the first Jr. High weight class as 80 lbs. After 3 weeks (December 25) the OHSAA adds 2 lbs. for a growth allowance making the 80 lb. class now 82 lbs. The Ohio Athletic Committee (OAC) 7 weeks later (District Tournament) adds 2 lbs. more for growth allowance making the 80 lb. weight class now 84 lbs. This 84 lbs. is considered the OAC scratch weight. An additional 2 lbs. is added to this scratch weight for the state tournament weigh-in to account for further growth and less practice time available for wrestlers after the regular season has ended.

## **Weight Class**

Weight classes listed are the maximum a wrestler can weigh to be in that particular weight class. They are not weight ranges. Example 45, 50 does not mean they can weigh between 45 and 50 to be in the 45 lb. weight class. These are Two (2) separate weights. The most a wrestler can weigh to be considered in the 45 lb. class is 45.0. If they weigh 45.1 to 50.0 lbs. they are considered in the 50 lb. class

## **Skin/Nail/Hair Check**

All wrestlers must pass a skin, finger nail and hair inspection

Finger Nails: Must be neatly trimmed and no sharp edges

Skin: Must be free of any communicable disease. A wrestler that is undergoing treatment for a skin condition must have with them at the time of weigh-in, a filled out skin check form completed and signed by a physician. The form cannot be dated more than 10-days prior to the date of weigh-in and must be presented to the tournament staff member conducting the checks at weigh in.

Hair: During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well groomed. The hair shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied. The cover shall either be a part of the headgear or worn under the headgear. The cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must bring it to the weigh-in procedure and be checked for grooming.

### **Matches**

A wrestler may be given up to 30 minutes rest between matches however; if both coaches agree enough time has elapsed, they may agree to starting sooner than 30 minutes

District and State are Double Elimination tournaments however; it is possible to lose 2 matches and still be alive in the placement rounds. Be certain to check with the head table before you leave to see if you have another match

### **Period Length**

Jr. High & Grade School:

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

Consolation rounds: Three (3) periods of 1:00

Overtime:

When the match score is tie after regulation time, an over-time 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.

Technical-Fall

Technical-Fall is declared and the match ended when a wrestler gains a 15-point advantage.

Bout Sheet: The Coach of the winning wrestler must initial the bout sheet at the table to make sure the correct wrestler is declared the winner. ***This MUST be done by the COACH not the wrestler.***

### Flagrant Unsportsmanlike conduct

**Wrestler:** Any wrestler who is penalized for a flagrant unsportsmanlike conduct 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. No placing wrestlers move up a position. There would be an open spot for that place position. The offending wrestler is deemed ineligible for all future Ohio Athletic Committee events until the parent or guardian of the offending wrestler sends a letter to the Ohio Athletic Committee requesting reinstatement for the wrestler. 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.

**Coach:** 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 such. The offending Coach is ineligible for all future Ohio Athletic Committee events until a letter requesting reinstatement is sent to the Ohio Athletic Committee and the Ohio Athletic Committee Staff reviews. For a first offense the period of ineligibility may be up to 1 full year. A written response to the letter will be sent to the offending coach with the Ohio Athletic Committee Staff's decision. A second offense may result in a life-time ban from Ohio Athletic Committee events.

### State Qualifiers

If you finish in the top 4 of your weight class (grade school) or top 6 of your weight class (Jr. High) make certain you receive a form with State Tournament Information when you receive your District award.

### State Alternates

If you finish 5<sup>th</sup> or 6<sup>th</sup> (Grade School) 7<sup>th</sup> or 8<sup>th</sup> (Jr. High) in your weight class, be certain to check with the head table before you leave to receive handout on how to compete at the state tournament as an alternate.

### Wrestling in more than 1 district (Grade School Only)

Any wrestler that does not finish in the top 4 at a Grade School District can register for another District. Once a wrestler has finished in the top 4 at a District, they shall not be permitted to register for another District.

### Challenges to Eligibility

When there is a challenge of someone's age, grade or residency eligibility, the challenging party must pay a challenge fee of \$35.00 to the tournament director before any challenge is heard. Once payment is made, the challenging party must fill out a challenge form and submit it to the tournament Director. If the challenge is ruled in favor of the challenging party, the fee is returned to the party that is challenging. If the challenge is ruled in favor of the challenged party, the fee is deposited to the OAC College Scholarship Fund