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Wrestling

Pages are numbered to correspond with the OSSAA Rules and Regulations Handbook.

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**NOTE: NEW RULES, REGULATIONS, AND POLICIES ARE UNDERLINED**

## I. DATES TO REMEMBER

- A. October 1, 2010 - Wrestling practice may begin
- B. October 23, 2010 - First day wrestlers can be tested for hydration and body fat
- C. November 18, 2010 - Wrestling Season Opens
- D. January 20, 2011 – Certified Minimum Weight List due
- E. January 27, 2011 – Distric Duals must be completed by this date
- F. January 28, 2010 – Preferential Officials List due
- G. February 2, 2011 – Dual State Seeding Information Form due in OSSAA office
- H. February 4, 2011 - Regional assignments released
- I. February 7, 2011 – Dual State brackets released
- J. February 11-12, 2011 - Dual State Championships
- K. February 14, 2011 - Academic Application must be postmarked or faxed no later than February 15 - **Form found on forms link at [www.ossaa.com](http://www.ossaa.com)**.
- L. February 18-19, 2011 - Regional Tournaments
- M. February 25-26, 2011 - State Tournament
- N. Rules Meetings: All meetings begin at 7:00 p.m. State Rules meetings are mandatory for head coaches. If you are unable to attend one of the meetings, the meeting is available online at [www.ossaa.com](http://www.ossaa.com), click on the Sports link, then Wrestling. Written verification of completion must be sent to the OSSAA for online meetings.
  1. October 13, 2010 - Perry High School
  2. October 20, 2010 - Midwest City High School
  3. October 27, 2010 - Tulsa Edison High School
  4. November 3, 2010 - Lawton High School
  5. November 10, 2010 - Weatherford High School

## II. WRESTLING REGULATIONS

### A. CLASSIFICATION

1. Classifications for the 2011 regional tournament competition will be based on the 2009-2010 A.D.M. sheet received from the State Department of Education. Schools participating in wrestling will be determined by those that indicate participation on their returned OSSAA Membership and Entry Fees Form. This form should be returned to the Activities Association by October 15, 2010. Classifications will not be made until November 1. Any schools dropping or adding wrestling after this date will not affect any classifications. Wrestling classifications will be reviewed once every four years by the OSSAA Board of Directors.
  - a) Class 6A will consist of the first 32 wrestling schools on the A.D.M. sheet.
  - b) Class 5A will consist of the next 32 wrestling schools on the A.D.M. sheet.
  - c) Class 4A will consist of the next 32 wrestling schools on the A.D.M. sheet.
  - d) Class 3A will consist of the remaining wrestling schools on the A.D.M. sheet.
2. Schools shall wrestle in the classification in which their A.D.M. places them.

### B. SEASON AND ALLOWED SCHEDULE

1. The collegiate style wrestling (this style is sanctioned and governed by the OSSAA) season shall open on the third full weekend in November. A weekend is Thursday, Friday, and Saturday. The opening date for the 2010-2011 season will be November 18, 2010.
2. The collegiate style wrestling season for member schools, school personnel, and wrestlers shall close with the state championship tournament. An individual who has represented his school in collegiate style wrestling during the current season shall not represent his school in that sport after the season closes. Students may participate unattached and school personnel may coach.
3. Member schools shall not hold organized collegiate style wrestling practice from the beginning of the school year until October 1. No organized collegiate style wrestling practice may take place after the OSSAA sponsored state collegiate style wrestling championship tournament. Collegiate style wrestling techniques and procedures may be taught in regularly scheduled physical education classes. When there are no organized physical education classes scheduled during the school day, a school may schedule an additional class period immediately after the close of the school day. This additional class period shall be for the purpose of conducting a physical education class and shall not exceed in length, the time of a regularly scheduled period which is defined as 60 minutes. A school that is bringing its freshmen and sophomore athletes from another site may schedule its practice period immediately upon the arrival of these athletes, not to exceed in length that of a regular class period for the purpose of conducting a physical education class. The practices will be conducted by the certified school coaching staff. Any individual is limited to the maximum time of a regular class period.
4. Coaches may coach their junior high and/or high school wrestling teams in a maximum of three open collegiate style wrestling tournaments in November with no loss of school time that are sanctioned or hosted by OSSAA member schools. Individuals are not eligible to compete in open tournaments in November that are sanctioned or hosted by an OSSAA member school unless they are accompanied by a school coach. A student must be eligible under all rules and regulations of the OSSAA Administrator's Handbook in order to participate in open collegiate style tournaments that are sanctioned or hosted by an OSSAA member school during the month of November. The OSSAA will not sanction any open collegiate style tournaments after the month of November. Any collegiate

style wrestling open tournament held after November 30 and until the completion of the state wrestling tournament in which a school coach is coaching either directly or indirectly a school team or members of a school team would count against the school's and/or individual's regular season schedule. Violation of this rule could cause a student to lose eligibility and a coach to be suspended.

5. In addition to the Activities Association sponsored championship tournament series, teams and/or individuals shall be limited to 26 points. The following point system will apply to determining the team's and/or individual's point total:
    - a) All two-day tournaments will count three points and all one-day tournaments will count two points. An individual and/or team is limited to a maximum of five tournaments.
    - b) Duals will count one point.
    - c) In any multi-team competition, points will be equal to the number of duals wrestled. Example: A triangular would be worth two points and a quadrangular/festival would be worth three points.
  6. The 26 point system applies to team schedules and to each individual that wrestles. For an individual, this would include a combination of wrestling on the junior varsity and varsity teams. Ninth grade students may wrestle under the 26 point system. A ninth grade student may reach the 26 allowable points by wrestling a combination of junior high and high school events or wrestling the entire season with the high school team.
  7. A ninth grade student participating on both the junior high and high school cannot participate in more than three junior high tournaments.
  8. If a ninth grade student wrestles with the junior high team for the entire season, he/she will be limited to 11 duals and 3 tournaments.
- C. NEW RULES FOR THE 2010-2011 SEASON
1. All first year coaches and all non-certified adjunct coaches are required to take the NFHS Fundamentals of Coaching course online at [www.nfhslearn.com](http://www.nfhslearn.com). Coaches must complete course before they can coach at a competition.
  2. Any coach ejected from a contest will have to complete the NFHS Teaching and Modeling Behaviors course at [www.nfhs.com](http://www.nfhs.com). Course must be completed before the next competition.
  3. Weigh-ins for Dual State will take place by weight classes and not by teams.
- D. WEIGHT MANAGEMENT PROGRAM AND CERTIFICATION
1. OSSAA High School Weight Management Program – In compliance with NFHS wrestling rule 1-3-1 & 2 which states: Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, physician and coach in establishing the minimum certified weight class. An ideal program would be one where a medical professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than seven percent for males or 12 percent for females. For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a physician's release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.
  2. The OSSAA does not advocate that a wrestler's established minimum weight at 7% for males and 12% for females is the best weight, but simply establishes the minimum weight at which the student athlete will be allowed to compete.
  3. All wrestlers in grades 10-12 and any 9<sup>th</sup> grader that wants to participate on a high school varsity or junior varsity team must comply with the OSSAA High School Weight Management Program. A 9<sup>th</sup> grader who does not test prior to his first junior high competition (including open tournaments) is not eligible to participate on the high school varsity or junior varsity at any time during the wrestling season.
  4. Teams can begin testing on Saturday, October 23, 2010 and the last testing date will be Friday, February 11, 2011. All wrestlers in grades 10-12 and any 9<sup>th</sup> grader that wants to participate on a high school varsity or junior varsity team must be tested. Wrestlers must be tested at least 48 hours prior to their first competition (including open tournaments). Assessors will be using the NWCA Optimal Performance Calculator program and each wrestler's name must be listed on their school's Alpha Master form.
  5. Coaches must exchange Alpha Master forms (downloaded from the NWCA website) prior to each dual meet and must also give a copy to the tournament director prior to the beginning of each tournament including open tournaments in November that are sanctioned or hosted by an OSSAA member school. The school's Alpha Master form will have each wrestler's date of assessment, alpha weight, percent of body fat, minimum wrestling weight, minimum wrestling class, and the first date in which you can certify your minimum weight.
  6. Testing must be done prior to a wrestler working out that day.
  7. Assessors must have a medical background and be a licensed medical professional (licensed nurse, nurse practitioner, certified athletic trainer, physician, physician's assistant, physical therapist, emergency medical technician, paramedic, certified dietician, certified personal trainer) and must have completed and passed the training assessor's program to be a certified assessor. A list will be mailed in the fall to schools listing all assessors

who have been trained. It is each school's responsibility to contact a certified assessor and set up a date and time to have their team tested.

8. Certified assessors will perform the following three tasks:
  - a) All wrestlers must first pass a hydration test. The test will be a urine analysis and a wrestler's specific gravity cannot exceed 1.025. The methods to determine a wrestler's specific gravity will be by reagents strip, OSSAA color chart, or a refractometer. A wrestler who fails the hydration test must wait twenty-four hours before he/she can be retested. A wrestler who fails the hydration test will not be allowed to be body fat tested.
  - b) Body fat testing will be performed by using the Lange Skin Calipers or the Tanita Bioelectrical Impedance 300WA machine. Assessors will be trained using both methods. Schools that have purchased the Tanita 300WA machine shall notify the assessor in advance that they have a Bioelectrical Impedance Machine and that they choose to use this method for body fat testing. Otherwise, the assessors will use skin calipers to determine body fat. (Note: Females will be tested using Skin Calipers since the Tanita Bio-Impedance machine has not been validated for females.)
  - c) The assessor will use the NWCA Optimal Performance Calculator Computer Program to determine a wrestler's 7% (males) or 12% (females) minimum weight and a descent plan to determine the first date at which a wrestler can certify at his/her minimum weight. The assessor shall input the data from the hydration test and body fat test within forty-eight hours of the initial assessment or the appeal assessment. Coaches will be able to access this information and download their school's Alpha Master form from the NWCA website using their assigned password.
9. A wrestler's parent or guardian must give permission and sign the "Student Data Sheet" giving a certified assessor permission to perform a hydration test and body fat analysis on the designated wrestler. Failure to submit this signature will result in the wrestler not being tested and ineligible to compete in high school wrestling.
10. Each school shall provide two school individuals (A.D., coach, teacher, administrator) to assist the assessor with the hydration and body fat testing.
11. Schools will be responsible for all fees incurred to administer the weight management program: Annual fee of \$30 for the use of the NWCA Optimal Calculator Program and the testing of wrestler's of up to \$8.00 each. If an assessor has to come to a school site with three or less wrestlers, the assessor can charge a flat fee of up to \$24.00.
12. NWCA Optimal Performance Calculator Performance program will determine a wrestler's minimum weight at 7% for males and 12% for females. The calculator program will subtract a 3% variance from the minimum weight for all males at or above 7% and all females at or above 12%. Any male below 7% or female below 12% must have a release (Physician's Clearance form) from a qualified physician to participate at sub-seven or sub-twelve. The release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A wrestler's body weight must be equal to or no greater than three pounds from his/her original assessment when obtaining a written clearance form from a qualified physician. If not, this form will not be valid. The physician's release must be sent to the assessor who did the initial assessment and the wrestler cannot participate until his/her name is posted on the school's Alpha Master form with the "Physician Approval" statement next to his/her name.
13. NWCA Optimal Performance Calculator Program will determine a descent plan to determine the earliest date a wrestler can certify his minimum weight. A wrestler cannot compete at his/her minimum weight before the date that is listed on their school's Alpha Master form. The descent plan is based on the wrestler's body weight at his/her initial testing and a reduction of 1.5% of his/her body weight per week until he/she reaches the minimum weight at 7% (males) or 12% (females).
14. All wrestlers will have one opportunity to appeal their body fat assessment and minimum weight and must do so within 14 days of the initial assessment. If a wrestler's body fat test results are being appealed, the wrestler may not wrestle in interscholastic competition until the appeal results are posted on the school's Alpha Master form. A wrestler will have two options. Option A: The appeal must be made with the assessor who did the initial assessment and the same assessment method shall be used. A wrestler's body weight cannot be greater or less than 3 pounds of his/her initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being retested. There will be a fee for retesting a wrestler. Option B: An appeal must be made through the original assessor and a wrestler can go to the certified testing center (Oklahoma University Health Science Center, Oklahoma City) and use the Bod Pod air displacement plethysmography method to determine body fat and minimum weight at 7% for males and 12% for females. A wrestler's body weight cannot be greater or less than 3 pounds of his initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being tested. Since researchers have determined this to be one of the gold standards in measuring body fat composition, there will not be a 3% variance subtracted from the minimum weight. Again, the cost for this testing will be incurred by the school or parent at a fee of \$25.00 per wrestler and payment shall be made at the testing site.

A wrestler whose body fat is measured at sub-seven percent (males) or sub-twelve percent (females) and wishes to appeal their body fat assessment must meet the following requirement: their body weight at the appeal can be no lower than their original weight at the initial assessment and no greater than three pounds of their original weight at the initial assessment. If so, the appeal will not be valid and the original assessment will be used.

If a wrestler elects to appeal their initial assessment under option A or B, whatever the appeal assessment determines, his/her body fat and minimum weight is final. You cannot appeal a third time nor can you go back and use the initial assessment data.

15. Although it is not mandatory, it is highly recommended that each school develop a nutrition education program for wrestlers and parents. The NWCA has a free nutrition video available on their website.
16. All wrestlers (including non-starters) in grades 7-12 shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 18, 2010) and January 14, 2011. This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public awareness that a match is taking place, and comply with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs-in with a weight allowance based on National Federation Rule 4-5-5 ("When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at flat weight.
17. If your last wrestling event prior to January 15 is cancelled by a school's administration due to inclement weather, a wrestler may certify his/her minimum weight at the next scheduled event.
18. A wrestler cannot certify his/her (7% male or 12% female) minimum weight until the allowable date on your school's Alpha Master form. Certification must be made at flat weight. Once you certify your minimum weight, you can only weigh-in one weight class above your minimum weight and still keep that minimum weight. A wrestler who weighs in at any time more than one weight class above his/her minimum weight, his/her minimum weight will move up accordingly.
19. A wrestler who is on a descent plan to certify his/her minimum weight and at any time weighs in two weight classes above a previous weigh-in, his/her descent plan would stop and his/her minimum weight would be established. (Example: Your descent plan allows you to go from your alpha weight of 140 to your minimum weight of 125. You weigh-in at 140 and then 135 and then 130 and before you get to your minimum weight of 125, you weigh-in at 140. At this time, your descent plan would stop and your minimum weight would be 135 pounds. You have weighed in two weight classes above your lowest weight during your descent plan.)
20. A wrestler who was not able to certify his/her minimum weight prior to January 15 may do so only after the school has received written approval from the OSSAA because of injury, illness, or some other unusual circumstance that prevented him from doing so. School administrators shall make their request in writing to the OSSAA and explain their circumstance.
21. Any wrestler who is tested prior to January 15 and whose calculator plan won't allow them to descend to their minimum weight until after January 15 would not have to apply for an exception. However, they must make flat weight at the first opportunity during the week the calculator plan allows them and after that they would receive the two pound growth allowance.
22. A wrestler, whose calculator plan will not allow them to descend to their minimum weight until after January 14 must make flat weight the first time they weigh-in for a new weight classification. (Cannot use the growth allowance when descending to his/her minimum weight the first time they weigh-in for a new weight classification.)

A wrestler whose calculator plan will not allow them to descend to their minimum weight until after January 14, then at some point chooses to discontinue his/her descent plan, their minimum weight would be the weight classification they certified at prior to January 15. (Exception: A wrestler would be able to certify his minimum weigh after January 14 based on his/her weekly descent plan and must make flat weight at the first opportunity during the week the calculator plan allows them.)

23. A wrestler who has tested and his/her calculator plan will not allow him/her to descend to their minimum weight until after the week of the regional tournament will determine his/her minimum weight by using the 1.5% weekly descent plan from the date of the initial assessment to the week of the regional tournament.
24. If a wrestler weighs-in at a dual meet or tournament one weight class above his certified minimum weight, it will not change his minimum weight. If a wrestler weighs-in one weight class above his minimum weight and then wrestles one weight class above that (National Federation Rule 4-4-2: "A contestant shall not wrestle more than one weight class above that class for which his actual weight, at the time of weigh-in, qualifies him.") he still has not changed his minimum weight certification. Any changes in weight certification shall be immediately reported to the OSSAA office.
25. A certification form (located in this manual) shall be mailed (**not faxed**) to the OSSAA office by January 20, 2011 listing all wrestlers (**including non-starters**) in high school and/or junior high in grades 7-12.
26. A two pound growth allowance will go into affect for all high school and junior high wrestlers on January 15, 2011 and will continue for the remainder of the wrestling season. When the two pound growth allowance is in effect, all weight classifications will change by two pounds and all weigh-in regulations will apply.
27. A weigh-in is defined as one in which a wrestler makes weight, is in uniform for a match, and is eligible to compete in all respects. A wrestler meeting the definition of a weigh-in would count this against his individual season limitation regardless of whether he participates or not.
28. The regional verification form shall be provided to the regional tournament manager verifying all regional participants minimum certified weight upon arriving at the regional site for the seeding meeting. Coaches who chose not to attend the regional seeding meeting shall mail or fax their regional verification form to the tournament manager prior to the seeding meeting. **Any school failing to provide the regional verification form shall not be allowed to participate in the regional tournament.** Also included on the form will be a place to list the date

and site of each participant's season weigh-ins and the weight classification in which he/she was eligible to wrestle. The form must be signed by the high school principal and wrestling coach. Inaccurate information could cause a student to be ineligible for the regional wrestling tournament.

29. Any ninth grade wrestler that is wrestling on both the junior high and high school wrestling team must adhere to the High School Weight Management Program (see number three from above). A ninth grader will have two minimum weights, one in junior high and one in high school. His/her junior high minimum weight will be the junior high weight class that is directly above the minimum wrestling weight on the high school's alpha master list. (Example: His minimum weight at 7% is 132 pounds. His minimum weight would be 134 on junior high and 135 on high school.) A wrestler shall not wrestle at their minimum weight in junior high until the first allowable date on the high school's Alpha Master form. Junior high weigh-ins will not affect his/her minimum weight in high school and vice versa. A ninth grader who tests prior to his/her first competition and does not wrestle or weigh-in at a high school match before January 15 must weigh-in at flat weight at a junior high match to certify his/her high school minimum weight. (Example: His/her minimum weight at 7% (males) or 12% (females) on the high school's Alpha Master form is 139 pounds. His/her minimum weight is 140 on high school and 142 on junior high. The wrestler must weigh-in at 140 at a junior high meet or tournament before January 15. This weigh-in must be documented and kept by the high school coach.)
30. All seventh, eighth, and ninth grade wrestlers (including non-starters) shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 18, 2010) and January 14, 2011. This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public awareness that a match is taking place, and comply with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs-in with a weight allowance based on National Federation Rule 4-5-5 ("When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at scratch weight. Once a wrestler certifies their minimum weight, they can only weigh-in one weight class above their minimum weight and still keep that minimum weight. Any time a wrestler weigh-ins two weight classes above a previous weigh-in, his minimum weight will move up accordingly and he/she cannot go back down.

#### E. REGIONAL AND STATE TOURNAMENTS

1. The following dates will apply to 2011 regional and state tournaments:
  - a) Regional tournaments will be held February 18-19, 2011. Any school interested in hosting a regional tournament for the current school year should send a letter to the OSSAA signed by the athletic director or principal by December 1. Schools hosting a regional tournament must comply with National Federation Rule 2-1-2 and use wrestling mats that have a circular wrestling area with a minimum of 28 feet in diameter.
  - b) The state tournament will be held February 25-26, 2011 at the State Fairgrounds Arena in Oklahoma City. All four classes will wrestle at the same time.
2. At the regionals and individual state tournament, wrestlers will not have the option of weighing-in the night before (see II-J-2).
3. Spirit signs and school banners are not allowed to be hung at the regional sites and at the State Fairgrounds Arena.
4. The OSSAA reimbursement claim form (sent out with the regional information packet) is to be filled out and sent to the Activities Association immediately following the state tournament. The amount of reimbursement will be determined at the June OSSAA Board of Directors meeting.
5. The Activities Association will attempt to balance regional tournament strengths when geographics allow.
6. Two regional tournaments will be held in each class, with the top four finishers in each weight classification qualifying for the state tournament.
  - a) In the regional tournament a consolation match for fifth and sixth place will be wrestled. There will be no medal given for the winner of fifth place. Fifth place winners will qualify for the state tournament if one of the top four (1-4) regional place-winners cannot participate because of an injury, illness, academic ineligibility, flagrant misconduct disqualification, etc. It is the coaches/schools responsibility to immediately notify the Activities Association if one of their wrestlers cannot compete in the state tournament due to injury, illness, academic ineligibility, flagrant misconduct disqualification, etc. The OSSAA will then notify the coach or school of the fifth place regional winner in that weight class and that wrestler will compete in the state tournament. Coaches who fail to notify the Activities Association immediately after learning one of their wrestlers cannot compete in the state tournament will be assessed a penalty by the OSSAA Board of Directors and possibly forfeit their right to coach in the state tournament. **Note:** A fifth or sixth place regional winner will not replace one of the top four (1-4) regional place-winners who fails to make weight at the first weigh-in of the state wrestling tournament.
  - b) On the state tournament bracket at a non-option weight, if one of the regional placers (1-4) cannot participate due to academic ineligibility, injury, illness, flagrant misconduct disqualification, etc., each contestant will move up one place (unless the coach chooses not to) from that regional and insert the fifth place qualifier in the fourth place or open slot.
  - c) On the state tournament bracket at an option weight, if one of the regional placers (1-4) cannot participate due to academic ineligibility, injury, illness, flagrant misconduct disqualification, etc., each contestant will move up one place (unless the coach chooses not to) from that regional and insert the fifth place qualifier in the third place or open slot. The fourth place option qualifier would stay on the bracket where he chose. If the fourth

- place option qualifier is the contestant that needs to be replaced, the wrestler who originally placed fourth from that regional would move back from the third place slot to the fourth place slot. Each contestant would then move up one place (unless the coach chooses not to) from that regional and insert the fifth place qualifier in the fourth place or open slot.
- d) A sixth place finisher from the regional tournament would qualify for the state wrestling tournament if there were two open slots from the regional tournament (one of the top four (1-4) regional place-winners cannot participate because of an injury, illness, academic ineligibility, flagrant misconduct disqualification, etc.) or the fifth place finisher cannot participate due to injury, illness, academic ineligibility or declines to participate.
  7. At the regional tournament, team points for 5th and 6th place will be given.
  8. Regional tournament brackets: When the number of competitors is not a power of 2, that is 4, 8, and 16, there shall be byes in the first round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of 2 (Exception: When the number of competitors is more than sixteen, a sixteen man bracket shall be used with pigtail bracketing). There shall be no byes after the first round of competition in the championship bracket or the second round of the consolation bracket, and no further drawing is necessary for championship or consolation rounds. When byes are required for the first round, they shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket. No quarter-bracket or half -bracket shall have more than one bye in excess of its paired bracket. After seeded wrestlers have been placed on the bracket and the byes drawn, remaining wrestlers shall be placed by draw. **NOTE:** In a sixteen man bracket where pigtail bracketing is required, wrestlers in all pigtail matches including consolation pigtail matches will not receive advancement points but will receive bonus points. When pigtail bracketing is required all wrestlers shall have an opportunity to be drawn for pigtail matches.
  9. At the regional tournament, the seeding meeting will begin at 7:00 p.m. on Thursday evening and coaches shall send a tentative regional line-up sheet to the regional manager by Wednesday of that week. The regional wrestling verification form must be completed and provided to the tournament manager upon arrival at the regional site for the seeding meeting. Coaches who chose not to attend the regional seeding meeting shall mail or fax their regional verification form to the tournament manager prior to the seeding meeting. Any school failing to provide the regional verification form shall not be allowed to participate in the regional tournament. The weigh-in on Friday will begin at 10:00 a.m. First session will begin at 12 noon.
  10. At the regional seeding meeting Thursday night, brackets are to be drawn and a copy given to each head coach.
  11. A minimum of 45 minutes of rest between matches must be granted wrestlers.
  12. The regional and state tournaments will have a consolation bracket to determine third and fourth places. It may be necessary for contestants to wrestle each other the second time for third place.
  13. There will be no challenges for second place at the regional and state tournaments.
  14. All first round consolation matches through the consolation quarter-final matches will consist of three periods. The first period will be one minute, the second and third period will be two minutes each.
  15. All semi-final and final consolation matches will consist of three periods. Each period will be two minutes.
  16. The number of officials for regional tournaments will be one greater than the number of mats being used. In the regional tournament finals, two officials per match may be used. In the state tournament, two officials shall be used in each match.
  17. In the state tournament, regional winners will be placed on the championship bracket in the following order: E1-W4; W2-E3; W1-E4; E2-W3. The third place regional winner shall have the option to switch positions with the fourth place regional finisher. The third place finishers must make their decision as soon as their **WEIGHT CLASSIFICATION IS FINISHED**. Unless the third place finisher goes to the scorer's table and signs the appropriate form to wrestle the number one finisher, they will be placed against the number two finisher. Their decision will be final at this point. The choice of the third place finisher will not affect third place points awarded in the regional tournaments.
  18. The following criteria will be used to seed individuals at the regional wrestling tournament:
    - a) Head to Head Competition. If two wrestlers have evenly split wins (one-one, two-two, etc.) during the season, the wrestler who won the last match will be given the seed.
    - b) Record against common opponents.
    - c) Returning state champion from the previous year.
    - d) Returning state placer from the previous year.
    - e) Returning regional champion or runner-up at the same weight from the previous year.
    - f) Returning top four regional placer at any weight from the previous year.
    - g) Coaches vote.
  19. During the regional tournament, the on-site tournament physician (if a site has contracted with one) will be responsible for examining contestants and will have the final authority in determining an individual's participation. Exception: A current (within seven days of the event) OSSAA skin disease form complying with National Federation Rule 4-2-3 will take precedent over the evaluation of an onsite physician.
  20. During the dual state and individual state tournament, the on-site tournament physician will be responsible for examining contestants and will have the final authority in determining an individual's participation. Including, National Federation Rule 4-2-4: If an on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition.
  21. A maximum of two sponsors and a maximum of twelve cheerleaders and mat maids combined will be admitted free to dual state, regionals, and the individual state tournament. No exceptions.

22. No bands of any size or nature, no noise makers, no confetti, no balloons, no lazer light pens, and no banners, emblems, or placards will be permitted during the dual state, regional, or individual state tournament. Any exception to the above regulations would be considered at the main site of the dual state tournament and the individual state tournament only and must have the approval of the OSSAA and principal of participating school.
  23. A student's current scholastic eligibility status would not change if an OSSAA play-off contest was delayed into the next week due to inclement weather or other extreme circumstance.
  24. Play-off assignments will be released to the OSSAA website by 4:00 p.m. of the releasement date. All information regarding play-off assignments will be posted to [www.ossaa.com](http://www.ossaa.com). There will be nothing sent to the school by regular mail.
- F. AWARDS AND AWARDS CEREMONIES AT THE REGIONAL AND STATE TOURNAMENT
1. Each regional championship team will receive a team plaque. Individual medals for the first four places in each weight class will be awarded.
  2. The runner-up and champion of each class of the state tournament will receive an appropriate trophy and a coach's achievement plaque to each head coach. Individual medals for the first four places in each weight class will be awarded plus a medal to the outstanding wrestler in each class.
  3. All contestants that are receiving awards at the state tournament should wear school issued warm-ups during the awards presentations and the taking of photographs. The wearing of hats or caps, sunglasses, cut-offs, altered clothing, and clothing displaying advertisements is not allowed during the awards presentations.
- G. GENERAL REGULATIONS
1. Oklahoma has adopted the National Federation High School weight classes.
  2. During the weigh-in period of any tournament, if the tournament director, weigh-in person, or an official detects a contestant cheating while trying to make weight or sees someone else assisting a contestant in cheating while trying to make weight, the contestant(s) are immediately disqualified and all points earned during the tournament will be erased.
  3. Coaches that do not return their preferential list of officials form for regionals and state will be placed on warning for one year and their names published in the OSSAA Newsletter (**form found in the OSSAA Wrestling Manual**).
  4. If a wrestling coach is placed on warning for two consecutive years for not turning in his wrestling officials preferential form, that coach must write a letter to the OSSAA Board of Directors and explain his actions. This letter must be signed by the coach and his high school principal.
  5. It is mandatory for all head high school wrestling coaches to attend an OSSAA state rules meeting for the current year, or provide written documentation of taking the online rules meeting at [www.ossaa.com](http://www.ossaa.com). Penalty for failure to attend will result in penalties against the team and/or coach.
  6. Flat or scratch weight will be used for all weigh-ins (prior to January 15 and afterwards a two pound growth allowance will be added to each weight classification for all wrestlers in grades 7-12) except for Rule 4-5-5 of the National Federation Wrestling Rule Book. It says, "When there are consecutive days of team competition, there shall be a one-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for your opponent(s)." This will apply to both high school and junior high competition. **COACHES WILL NOT BE ALLOWED TO GIVE WEIGHT ALLOWANCES BASED ON MUTUAL AGREEMENT.**
  7. It is recommended that wrestling scales be calibrated annually for their accuracy.
  8. A weigh-in sheet for all duals shall be used and that the actual stripped weight of each contestant be recorded. The weigh-in sheet shall be placed at the head table prior to the beginning of the match (**form located in the OSSAA Wrestling Manual**).
  9. Host high schools shall keep all official weigh-in sheets for dual meets and tournaments on file at their school until the conclusion of the state wrestling tournament. The only time these weigh-in sheets would be requested by the OSSAA is to verify a wrestler's actual weight.
  10. A coach shall use the documentation **provided in the OSSAA Wrestling Manual** (see OSSAA Skin Condition Form) if they have an athlete that is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable in order to meet Rule 4-2-3 of the National Federation Wrestling Rules Book.
  11. Representation.
    - a) A school may be represented by only one wrestler in each weight class during dual meet competition, and no substitution is permitted for any wrestler in dual meets or tournaments once the match has started.
    - b) No wrestler shall represent his school in more than one weight class in any meet or compete in more than 5 matches (championship or consolation) in any one day.
    - c) No contestant shall wrestle in two consecutive matches with less than a 45-minute rest between them. The conclusion time of each match shall be recorded.
    - d) A contestant shall not accept a forfeit in one weight class and compete in another class.
    - e) A wrestler who weighs 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 striped weight qualifies him. The exact weight of all contestants shall be recorded and submitted to the official scorer (**form located in the OSSAA Wrestling Manual**).
    - f) Each team shall designate a captain or captains. Prior to the beginning of the meet, they shall report to the referee for the coin toss to determine the choice of position at the start of the second period and to determine which individual is to appear on the mat first for each weight class.

12. When an official banishes a coach or sponsor from the vicinity of the contest and there is not other designated assistant or faculty member present to assume full responsibility of the team or organization, the game or contest must be forfeited. Any school in violation of this paragraph shall forfeit the game, meet, or contest to the offended school, and the school or team in violation shall be placed on warning.

Any coach who is ejected from an interscholastic game, meet, or contest shall be suspended from coaching the next regularly scheduled game, meet or contest (same team and level) in which the team participates. This includes all OSSAA sponsored and playoff activities. A coach who has been suspended from coaching may attend the contest, but he or she must be seated in the spectator area and may not give instructions to the players or the individual who has been assigned to coach the team anytime during the contest. The coach may not coach directly or indirectly in any capacity. The coach may not enter the dressing room at half time, nor will he or she be allowed to be on the court, field, etc., before or during the contest. Any coach who is ejected from a contest a second time during the same activity season shall be suspended from coaching until reinstated by the OSSAA Board of Directors.

13. When an athletic coach removes his/her team from the playing area, the game shall be forfeited and the school automatically placed on probation.
14. Any contestant who has been authorized to compete wearing an artificial limb, shall weigh-in with the artificial limb.
15. At anytime the use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic type suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.
16. It is mandatory that all contestants wear protective headgear.
17. The following safety and cleanliness policies for body fluid should be followed:
  - a) Referees are not obligated to wipe blood off of wrestlers or the mats.
  - b) The host school is responsible for cleaning up body fluids on the mats. It is suggested that a squirt or spray bottle containing fresh bleach solution or an EPA-approved disinfectant be available for use.
  - c) While wearing protective gloves, spray the contaminated area with the cleaning solution. Use disposable towels to clean the contaminated surface. Repeat until all visible blood and other body fluids have been removed. Properly discard all contaminated disposable materials. Wash hands immediately after exposure. When it is not feasible to wash your hands immediately after exposure, an antiseptic in conjunction with clean cloth/paper towels or antiseptic towelettes should be used. Hands should then be washed in soap and water as soon as feasible. **NOTE:** These safety and cleanliness policies should be followed during regular season duals and tournaments.
18. Please see the Athletic Director or Principal for precautionary recommendations regarding AIDS and Hepatitis B.
19. Summer Camp Fee Regulation: An individual camp fee (Oklahoma average or normal tuition) shall be paid by the student athlete or his parents without concession.
20. The tie-breaking criteria used for settling a tie in a dual meet is listed under section V-E-1.
21. All regular season intrastate wrestling tournaments and multi-duals (triangulars and festivals) where participants are in grades 7-12 that are scheduled during the weekday in which one or more schools are in session, shall not begin before 12 noon.

#### H. CONDUCT OF WRESTLER AND COACHES

1. All first year athletic coaches and any adjunct athletic personnel will be required to complete the NFHS Fundamentals of Coaching Course prior to their participation as a coach in an OSSAA regular season contest.
2. In addition, any coach who has been ejected from an OSSAA contest will be required to complete the NFHS Teaching and Modeling Behavior course. This course must be completed within seven (7) days after being ejected. The coach can be reinstated after verification of his/her completion of the course and any sit-out time that is required by OSSAA rules.
3. Unsportsmanlike conduct by a wrestler prior to or after the conclusion of wrestling, results in the deduction of 1-team point for the first offense. On the second offense the individual will be removed from the premises for the remainder of the event and an additional 2-team point deduction. These penalties carry over in a multiple day event.
4. Unsportsmanlike conduct of coaches and other team personnel that occurs before, during, or after a contest results in the deduction of 1-team point for the first offense. On the second offense the individual will be removed from the premises for the remainder of the event and an additional 2-team point deduction. These penalties carry over in a multiple day event.
5. Misconduct of a coach results in a warning for the first offense, the deduction of 1-team point for the second offense, and removal from the premises for the remainder of the day of the head coach and a 2-point team deduction for the third offense. The penalty sequence starts anew each day.
6. Flagrant misconduct before, during, or after a match by a wrestler results in disqualification of the individual, immediate removal from the premises and the deduction of three team points on the first offense. Any contestant so disqualified in tournament competition is not entitled to any points that he has earned previously in the tournament. All advancement points, fall points, placement points, etc. are negated. There shall be no shifting of positions to fill the vacated place. In dual meet competition, any team points earned shall be negated. Flagrant misconduct will disqualify any individual from the remainder of a multiple school event or a tournament. This includes the use of tobacco products.

7. Flagrant misconduct by a coach or any other team personnel that occurs before, during, or after a contest will result in removal from premises on the first offense and a deduction of three team points. Removal is for the dual meet, remainder of a multiple school event or tournament. This includes the use of tobacco products.
8. When a student is removed from the premises for unsportsmanlike conduct or flagrant misconduct, removal will only take place if there is an authorized school personnel available to supervise. If no supervision is available, they will be confined to the team bench.
9. A student who is disqualified during a game or contest because of a flagrant or unsportsmanlike conduct shall be ineligible until reinstated by the principal (after complying with National Federation wrestling rules). It is recommended that a disqualified student forfeit the right to participate in at least one contest before he/she is reinstated by the principal. A student whose flagrant or unsportsmanlike conduct consists of fighting, cursing or using foul language toward a game official will be automatically suspended from participating in a minimum of the next two regularly scheduled games or contests on the same level of competition that his/her team plays. Fighting is defined, but is not limited to, any player or non-player (bench personnel) striking an opponent with arm(s), leg(s), foot(feet), or other object(s); attempting to strike an opponent with arm(s), leg(s), foot(feet), or other object(s), regardless if there is contact with an opponent; biting an opponent or instigating a fight by committing an act(s) that causes an opponent to retaliate by fighting related to an OSSAA sponsored activity in which the players and non-players are participating. A player or non-player who retaliates by fighting is in violation of the fighting rule. The fighting rule will apply to pre-contest and post-contest sponsored activities. It is mandatory that all head coaches remind his/her team that fighting during the post game hand shaking ceremonies or conducting themselves in an unsportsmanlike manner after the game will be severely penalized. The head coach and team will be subject to additional suspension penalties beyond the normal penalties imposed on fighting and unsportsmanlike acts that occur during the contest. Injuries have occurred because of fans climbing over walls and fences, being trampled, or partaking in dog-pile celebrations, etc. at the conclusion of a contest. The celebration by fans, players, or coaches acting in an unsportsmanlike manner (example: pouring water on the coach) after a contest will result in possible penalties imposed against the school. School administrators should be aware that if their student body and fans come onto the playing area after a contest, penalties may be imposed.

Any substitute or team member who leaves the team bench (football player leaving the team box, baseball or softball player leaving the dugout, basketball player or wrestler leaving the team bench, etc.) and enters the playing area during a fight or any other serious unsportsmanlike act, shall be ejected. Those players or team members identified by game officials, school administrators, or video tape will be suspended a minimum of one game if they were not involved in the altercation and a minimum of two games (exception: soccer) if they were involved in the altercation. This rule applies to both regular season and play-off games. The suspension applies to individuals/team on the same level of competition; i.e., varsity to a varsity game, junior varsity to a junior varsity game, etc. Any additional penalties by the National Federation Wrestling Rule Book and the OSSAA Rules and Regulations Handbook would also apply. The rule would apply to all OSSAA sponsored activities. Any student involved directly or indirectly for fighting or any other serious unsportsmanlike act a second time during the season shall be suspended for the remainder of the season.

10. A student or coach who is disqualified or removed from the premises for flagrant misconduct in a multi-team event or a dual team tournament is disqualified or removed from the premises for the remainder of the event. The number of dual(s) his team participates in after his disqualification during this multi-team event or dual tournament may count towards his sit out time after he becomes eligible.
11. The minimum penalty for having an ineligible student during the regular season and in an OSSAA activity is as follows:
  - a) Individual Activities - cross country, golf, swimming, tennis, track and field, and wrestling. The school must:
    - (1) Forfeit all events in which student(s) were involved. In a dual match, the opposing team would receive six points for a forfeit.
    - (2) Reduce the team points (score) and adjust its place in conference standings and/or its place in tournament standings.
    - (3) Return awards of individual(s) and, if appropriate after adjusting standings, team awards.
  - b) Tournaments or Contests (including OSSAA tournaments):
    - (1) Team or student, most recently defeated upon discovery of violation, replaces offending team or student for remainder of tournament series.
    - (2) The above stated penalties may be modified by the Board of Directors and/or the Executive Secretary in their absence, dependent upon the circumstances involved.
    - (3) If a student, who has been declared ineligible, is permitted to participate in interscholastic competition because of a court order and/or injunction against the school or OSSAA and if such restraining order and/or injunction subsequently is voluntarily vacated, stayed, reversed, or finally determined by the courts not to justify injunctive relief, one or more of the penalties outlined in Section 9 above may be taken in the interest of restitution and fairness to other member schools.

#### I. SELECTION OF OFFICIALS FOR REGIONAL AND STATE TOURNAMENTS

1. OSSAA will select the officials for the regional and state tournament. Input from the following criteria will be considered:
  - a) Coaches' input from preferential officials' lists.
  - b) Observation by OSSAA staff or representative.

- c) If possible, geographics will be used in regional selection.
  - d) Conduct of officials during the season.
  - e) Appearance of officials.
- J. WEIGH-IN PROCEDURES FOR DUAL MEETS AND TOURNAMENTS
1. NF Rule 4-5-1: Contestants, of the same gender shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition in multiple dual meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet weigh-ins may, by mutual consent, precede the preliminary meet.
  2. NF Rule 4-5-2: Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder at the tournament site a maximum of 2 hours before the first session of each day.
  3. NF Rule 4-5-3: For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited.
  4. All contestants (male and female) shall weigh-in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Any contestant, who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb.
  5. The above weigh-in regulations apply to all junior high and high school duals, festivals, and sanctioned tournaments including open tournaments in November.
- K. APPROVAL OF TOURNAMENTS, MEETS, AND CONTESTS
1. No member school shall compete in athletics in any interstate tournament or meet in which three or more schools participate unless such event has been sanctioned by all interested state associations including the National Federation, if required.
  2. All athletic events where three or more schools participate in grades 7 through 12 related directly or indirectly to any activity in which the Activities Association sponsors a play-off series leading to a state championship should be sanctioned. The responsibility lies with the participating schools as well as the host member school, non-public school host, or any non-school individual host. When more than two schools or teams participate, the students may not be covered by catastrophic insurance unless the event is sanctioned.
  6. All entries for out-of-state tournaments and meets shall be forwarded to the Activities Association for endorsement and approval.
- L. VIDEO TAPING AND FILMING
- Will be restricted to the spectator area only.
- M. RECOMMENDATIONS TO ADMINISTRATORS OF ATHLETIC CONTESTS
1. It is recommended that an administrator of all athletic contests meet with the game officials prior to the contest advising them of the game time, dressing facilities, pre-game and half-time activities, etc. The game administrator should also record the officials' ID numbers. After the officials enter the field or court, the administrator in charge should advise the head official as to the location where the game manager will be during the contest(s) should a problem arise.
    - a) Someone should be designated to meet the officials to assure their safe return to the dressing room after the contest.
    - b) This applies to regular season as well as play-off contests.
- N. OFFICIALS AND PROTESTS
1. The regulations of the Oklahoma Secondary School Activities Association provides that all officials used in regular season basketball and football competition and Association sanctioned tournaments where participants are 7th-12th grades must be enrolled with the Association and have passed part I of the National Federation wrestling test.
    - a) The regulations also apply to regular season competition in baseball, soccer, softball, volleyball, and wrestling where participants are 9th-12th grades.
    - b) It is strongly recommended that certified officials be used in all competition where participants are 7th-12th grades.
  2. One of the calculated risks that coaches must accept is that he/she, his/her players, or the officials may make mistakes during the course of the game or contest. The Board of Directors has established a policy of not honoring a protest based upon a rule situation, nor a situation which involves judgment on the part of the game official.
- O. DEFINITIONS
1. Quadrangular/Festival
    - a) A quadrangular/festival is not a tournament. When using the 26 point system a quadrangular/festival is classified as a multi-team competition.
    - b) A quadrangular/festival shall be limited to one day or two successive nights.

- c) No more than four schools shall participate. (Exception: When five or more teams are assigned to a dual team district.)
- d) All duals must be scheduled before the first match starts.
- e) Will be counted as three points towards the 26 point system.

P. **ACADEMIC ACHIEVEMENT AWARDS**

1. Each class of wrestling may apply for the following OSSAA academic achievement awards. Grades are based on the first semester GPA. (Non-traditional semester: An approximate 18-week grading period used to divide the school year in half.)
  - a) A team must list all wrestlers who compete in the regional tournament. There must be a minimum of 11 wrestlers competing in regionals to qualify for an academic award.
2. Teams must meet all qualifications required of the respective activity in order to qualify.
3. Entries that are mailed must be postmarked by the entry deadline in order to be considered. Entries that are faxed must be received in the OSSAA office the day following the entry deadline in order to be considered. Incorrect information submitted on the entry form will void the entry. Please report any corrections or changes on your academic application to the OSSAA office. The OSSAA will confirm finalists for the state championship award.
4. The academic GPA will be based on a 4-point system and computed to the nearest thousandth percentile. If you have a weighted grading system, it must be converted to a 4-point system in computing the team GPA.
5. All classes that count toward graduation shall be used in determining each individual student's GPA.
6. Teams will be eligible to receive one award each year in each activity. The award will be for the highest level of achievement.
7. Each class may apply for the following OSSAA academic achievement awards.
  - a) Academic Achievement Certificates: Teams must have a minimum 3.25 GPA and rank in the upper 1/3 of their classification to qualify.
  - b) Distinguished Academic Plaque: Teams must have a minimum 3.50 GPA and rank in the upper 10% of their classification.
  - c) State Academic Champion: The team with the highest GPA will be declared the state academic champion for their respective class.
8. Awards presentations will be as follows:
  - a) Certificates and plaques will be mailed to the winning schools following the state championship tournament.
  - b) The state championship trophy for each class will be presented to the winning teams at the state wrestling tournament.
9. It is your responsibility to complete the academic achievement application and return it to the OSSAA postmarked no later than February 14, 2011 or faxed no later than February 15 (**form is found on the forms link on the OSSAA website at [www.ossaa.com](http://www.ossaa.com)**).

Q. **RECRUITING**

**See Rule 9 of the OSSAA Administrative Handbook**

III. **COACHES' ETHICS AND PROFESSIONAL STANDARDS**

- A. Exemplify the highest moral character, behavior and leadership.
- B. Respect the integrity and personality of the individual athlete.
- C. Abide by the rules of the game in letter and in spirit, regardless of the consequences.
- D. Respect the integrity and judgment of sports officials, never baiting or taunting officials in any way, or seeking out an official during halftime or at the conclusion of a contest.
- E. Demonstrate a mastery of an continuing interest in, coaching principles and techniques through professional improvement.
- F. Encourage and respect all athletes and their values.
- G. Display modesty in victory and graciousness in defeat.
- H. Promote ethical relations among coaches.
- I. Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- J. Encourage the highest standards of conduct and scholastic achievement among all athletes.
- K. Seek to inculcate good health habits, including the establishment of sound training rules.
- L. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.
- M. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.

IV. **WRESTLING REGULATIONS FOR JUNIOR HIGH SCHOOL STUDENTS**

A. **COMPOSITION OF JUNIOR HIGH SCHOOL TEAMS**

1. A junior high wrestling team shall be composed of seventh, eighth, and ninth grade students or any combination of them. If ninth grade students are included, the teams may not include students from grades below the seventh grade, otherwise, such students may be included provided they meet eligibility standards.
2. A ninth grade student may participate in either the high school or junior high school level, but may not compete on a junior high school team and a senior high school team during the same day nor may they weigh-in for both a junior high school team and a senior high school team on the same day.

## B. JUNIOR HIGH SCHEDULES

1. A junior high wrestling team and/or individuals shall be limited to 11 duals and 3 tournaments. Any combinations of a multi-team dual competition (triangular or quadrangular/festival) may be used to reach the maximum limit of 11 duals. A triangular is counted as 2 duals and a quadrangular/festival is counted as 3 duals.
2. Ninth grade students may wrestle under the high school 26 point rule. A ninth grade student can wrestle a combination of junior high and high school events or wrestle the entire season with the high school team. The following point system will apply in determining the individual's point total:
  - a) All two-day tournaments will count three points and all one-day tournaments will count two points. An individual and/or team are limited to a maximum of five tournaments.
  - b) Duals will count one point.
  - c) In any multi-team competition, points will be equal to the number of duals wrestled. Example: A triangular would be worth two points and a quadrangular/festival would be worth three points.
3. A ninth grade student participating on both the junior high and high school cannot participate in more than three junior high tournaments.
7. If a ninth grade student wrestles with the junior high team for the entire season, he/she will be limited to 11 duals and 3 tournaments.

## C. PRACTICE AND SEASON

1. The collegiate style wrestling (this style is sanctioned and governed by the OSSAA) season shall open on the third full weekend in November. A weekend is Thursday, Friday, and Saturday. The opening date for the 2010-2011 season will be November 18, 2010.
2. The collegiate style wrestling season for member schools, school personnel, and wrestlers shall close with the state championship tournament. An individual who has represented his school in collegiate style wrestling during the current season shall not represent his school in that sport after the season closes. Students may participate unattached and school personnel may coach.
3. Member schools shall not hold organized collegiate style wrestling practice from the beginning of the school year until October 1. No organized collegiate style wrestling practice may take place after the OSSAA sponsored state collegiate style wrestling championship tournament. Collegiate style wrestling techniques and procedures may be taught in regularly scheduled physical education classes. When there are no organized physical education classes scheduled during the school day, a school may schedule an additional class period immediately after the close of the school day. This additional class period shall be for the purpose of conducting a physical education class and shall not exceed, in length, the time of a regularly scheduled period which is defined as 60 minutes. A school that is bringing its freshmen and sophomore athletes from another site may schedule its practice period immediately upon the arrival of these athletes, not to exceed in length that of a regular class period for the purpose of conducting a physical education class. The practices will be conducted by the certified school coaching staff. Any individual is limited to the maximum time of a regular class period.
4. Coaches may coach their junior high and/or high school wrestling teams in a maximum of three open collegiate style wrestling tournaments in November with no loss of school time that are sanctioned or hosted by OSSAA member schools. Individuals are not eligible to compete in open tournaments in November that are sanctioned or hosted by an OSSAA member school unless they are accompanied by a school coach. A student must be eligible under all rules and regulations of the OSSAA Administrator's Handbook in order to participate in open collegiate style tournaments that are sanctioned or hosted by an OSSAA member school during the month of November. The OSSAA will not sanction any open collegiate style tournaments after the month of November. Any collegiate style wrestling open tournament held after November 30 and until the completion of the state wrestling tournament in which a school coach is coaching either directly or indirectly a school team or members of a school team would count against the school's and/or individual's regular season schedule. Violation of this rule could cause a student to lose eligibility and a coach to be suspended.

## D. WEIGHT CLASSIFICATIONS FOR JUNIOR HIGH WRESTLING

1. Junior high school weights will be the following: 78-86-94-102-110-118-126-134-142-152-165-185-285.
2. A wrestler participating in the 285 pound weight class may not weigh less than 170 pounds.

## E. TIME PERIODS FOR JUNIOR HIGH WRESTLING

Junior high time periods for a regulation match, championship side and consolation finals of a tournament will be 2 minutes – 1 1/2 minutes – 1 1/2 minutes. Time periods for the consolation side of a tournament will be 1 minute – 1 1/2 minutes – 1 1/2 minutes. Overtime time matches, in tournaments and dual meets will follow the NFHS wrestling rules book prescribed overtime regulations.

## F. FLAT WEIGHT OR SCRATCH WEIGHT

Flat or scratch weight will be used for all weigh-ins (prior to January 15 and afterwards a two pound growth allowance will be added to each weight classification for all wrestlers in grades 7-12) except for Rule 4-5-5 of the National Federation Wrestling Rule Book. It says, "When there are consecutive days of team competition, there shall be a one-pound additional allowance granted each day for all wrestlers. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for your opponent(s)." This will apply to both high school and junior high competition. **COACHES WILL NOT BE ALLOWED TO GIVE WEIGHT ALLOWANCES BASED ON MUTUAL AGREEMENT.**

## G. WEIGHT MANAGEMENT PROGRAM AND CERTIFICATION

1. All seventh, eighth, and ninth grade wrestlers (including non-starters) shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 18, 2010) and January 14, 2011. This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public

awareness that a match is taking place, and comply with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs-in with a weight allowance based on National Federation Rule 4-5-5 ("When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at scratch weight. Once a wrestler certifies their minimum weight, they can only weigh-in one weight class above their minimum weight and still keep that minimum weight. Any time a wrestler weigh-ins two weight classes above a previous weigh-in, his minimum weight will move up accordingly and he/she cannot go back down.

2. If your last wrestling event prior to January 15 is cancelled by a school's administration due to inclement weather, a wrestler may certify his/her minimum weight at the next scheduled event.
  3. All wrestlers in grades 10-12 and any 9<sup>th</sup> grader that wants to participate on a high school varsity or junior varsity team must comply with the OSSAA High School Weight Management Program. A 9<sup>th</sup> grader who does not test prior to his first junior high competition (including open tournaments) is not eligible to participate on the high school varsity or junior varsity at any time during the wrestling season. (For complete information on a 9<sup>th</sup> grader to be eligible to participate on a high school varsity or junior varsity team and meet the OSSAA Weight Management Program guidelines, refer to II-D of the OSSAA Wrestling Manual.)
  4. Any ninth grade wrestler that is wrestling on both the junior high and high school wrestling team must adhere to the High School Weight Management Program. A ninth grader will have two minimum weights, one in junior high and one in high school. His/her junior high minimum weight will be the junior high weight class that is directly above the minimum wrestling weight on the high school's alpha master list. (Example: His minimum weight at 7% is 132 pounds. His minimum weight would be 134 on junior high and 135 on high school.) A wrestler shall not wrestle at their minimum weight in junior high until the first allowable date on the high school's Alpha Master form. Junior high weigh-ins will not affect his/her minimum weight in high school and vice versa. A ninth grader who tests prior to his/her first competition and does not wrestle or weigh-in at a high school match before January 15 must weigh-in at flat weight at a junior high match to certify his/her high school minimum weight. (Example: His/her minimum weight at 7% (males) or 12% (females) on the high school's Alpha Master form is 139 pounds. His/her minimum weight is 140 on high school and 142 on junior high. The wrestler must weigh-in at 140 at a junior high meet or tournament before January 15. This weigh-in must be documented and kept by the high school coach.)
  5. A wrestler who was not able to certify his/her minimum weight prior to January 15 may do so only after the school has received written approval from the OSSAA because of injury, illness, or some other unusual circumstance that prevented him from doing so. School administrators shall make their request in writing to the OSSAA and explain their circumstance.
  6. If a wrestler weighs-in at a dual meet or tournament one weight class above his certified minimum weight, it will not change his minimum weight. If a wrestler weighs-in one weight class above his minimum weight and then wrestles one weight class above that (National Federation Rule 4-4-2: "A contestant shall not wrestle more than one weight class above that class for which his actual weight, at the time of weigh-in, qualifies him.") he still has not changed his minimum weight certification. Any changes in weight certification shall be immediately reported to the OSSAA office.
  7. A certification form (located in this manual) shall be mailed (**not faxed**) to the OSSAA office by January 20, 2010 listing all wrestlers (**including non-starters**) in high school and/or junior high in grades 7-12.
  8. A two pound growth allowance will go into affect for all high school and junior high wrestlers on January 15, 2010 and will continue for the remainder of the wrestling season. When the two pound growth allowance is in effect, all weight classifications will change by two pounds and all weigh-in regulations will apply.
  9. A weigh-in is defined as one in which a wrestler makes weight, is in uniform for a match, and is eligible to compete in all respects. A wrestler meeting the definition of a weigh-in would count this against his individual season limitation regardless of whether he participates or not.
- H. WEIGH-IN PROCEDURE FOR DUAL MEETS AND TOURNAMENTS
1. NF Rule 4-5-1: Contestants, of the same gender, shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition in multiple dual meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet weigh-ins may, by mutual consent, precede the preliminary meet.
  2. NF Rule 4-5-2: Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder at the tournament site a maximum of 2 hours before the first session of each day.
  3. NF Rule 4-5-3: For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited.

4. All contestants (male and female) shall weigh-in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Any contestant, who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb.
5. The above weigh-in regulations apply to all junior high and high school duals, festivals, and tournaments that are sanctioned or hosted by an OSSAA member school including open tournaments in November.

I. GENERAL INFORMATION

1. All regular season intrastate wrestling tournaments and multi-duals (triangulars and festivals) where participants are in grades 7-12 that are scheduled during the weekday in which one or more schools are in session, shall not begin before 12 noon.

V. OKLAHOMA DUAL TEAM CHAMPIONSHIP FORMAT

A. DIVISION OF SCHOOLS

1. There will be four classes of competition. Wrestling districts will be classified for a two year period using the most current A.D.M. available.

**NOTE:** Classifications for the 2009-2010 and 2010-2011 dual state districts were based on the 2007-2008 A.D.M. sheet.

2. Each class (6A, 5A, 4A, and 3A) will have eight districts.
3. In Class 3A, district duals will only count three points against the season schedule.
4. Each team in a district will be required to wrestle a dual against other district teams. This may be done through duals or other multi-team competition. All district duals shall be completed by January 27, 2011.
5. The first place team (best won-lost record) in each district will advance to the dual state championship tournament.  
**NOTE:** THE CHAMPION SHOULD NOTIFY THE ACTIVITIES ASSOCIATION AS SOON AS THE DISTRICT CHAMPION HAS BEEN DETERMINED.
6. Teams that have qualified for the Dual State Wrestling Championships should fax their seeding information form (mailed with dual state information in January) to the OSSAA by February 2, 2011.

B. 2011 DUAL STATE CHAMPIONSHIP FORMAT

1. The Dual Team State Wrestling Tournament will be held February 11-12, 2011.
2. The Dual Team State Wrestling Tournament will be a two day format hosted by High School for Classes 5A-6A and Cushing High School for Classes 3A-4A.
3. The quarterfinals will be wrestled at 6:00 p.m. and 8:00 p.m. on Friday. The semi-finals will be wrestled at noon and 2:00 p.m. The championship finals will be wrestled at 6:00 p.m. on Saturday night.
4. Only one official per mat will be used for the quarterfinal and either one or two officials will be used for the semifinal rounds. Two officials per mat will be used for the championship finals. Officials will be selected by the OSSAA.
5. The times on the first round will alternate each year between the top and bottom of each bracket.

C. WEIGH-IN

1. There will be two weigh-ins for the Dual State Championships. Weigh-in times on Friday will begin at 4:30 p.m. for the 6:00 p.m. duals and will begin at 6:30 p.m. for the 8:00 p.m. duals. Weigh-in times on Saturday will begin at 10:30 a.m. for the 12 noon duals and 12:30 p.m. for the 2:00 p.m. duals.
2. All participants must weigh-in at the designated time for their dual and at the designated site.
3. Weigh-ins for Dual State will take place by weight classes and not by team.
4. The mat officials assigned by the OSSAA may conduct the weigh-ins. If not, a neutral party should be present to conduct the weigh-ins. If it is not possible to have a neutral party available, a district administrator (principal or athletic director) should be present to conduct the weigh-ins.
5. There will not be a weight allowance for the Dual State Championships except for the two pound growth allowance. However, there will be a one pound allowance for the second weigh-in per National Federation Rule 4-5-5.
6. Dual State is a post-season state championship event and the weight certification rule will be in effect which states, "Once you certify your minimum weight, you can only weigh-in one weight class above your minimum weight and still keep that minimum weight. A wrestler who weighs in at any time more than one weight class above his/her minimum weight, his/her minimum weight will move up accordingly."
7. All wrestlers must weigh-in on Friday to weigh-in on Saturday.
8. Teams may alter their line-up from Friday to Saturday providing they are in compliance with the weigh-in certification regulations. (see II-D-17)
9. Random draw of weight classes to determine the beginning of a dual at Dual State will be drawn at the OSSAA office for each day of competition. Any subsequent dual meet shall begin one weight class beyond the starting class of the previous

D. SEEDING AND BRACKETING OF DUAL STATE CHAMPIONSHIPS

1. The seeding criteria for the Dual State Wrestling Championships will be as follows:
  - a. Head to Head Competition. (Teams that have tied during the regular season will use the tie breaker criteria. If two teams have evenly split wins (one-one, two-two, etc.) during the season, the last match wrestled will count towards a team's won-loss record.)
  - b. Record against common opponent.
  - c. Okrankings.
  - d. Tournament placings at the same tournament after January 1<sup>st</sup>.
  - e. Coaches/OSSAA committee.
2. A committee selected by the president of the Oklahoma Wrestling Coaches' Association will assist the OSSAA in seeding the Dual State Championships, if needed. Members of this committee will consist of two representatives

from each class. One representative will be from the west and the other from the east. A committee member's team may not be participating in the Dual State Championships.

3. The bracket for each class of the Dual State Championships will be bracketed as follows:
    - a. The winners of districts 1, 2, 3, and 4 will be seeded.
    - b. The winners of districts 5, 6, 7, and 8 will be seeded.
    - c. Seeds will be placed on the bracket as follows:
    - d. W1 - E4; E2 - W3 (top of bracket)
    - e. E1 - W4; W2 - E3 (bottom of bracket)
- E. CRITERIA FOR SETTLING TIES IN A DUAL MEET AND TIES IN THE DUAL STATE DISTRICT TEAM STANDINGS**
1. In dual meet competition, if teams have identical scores, the following team tie-breaking system shall be used to determine the winner.
    - a. The team whose opposing wrestlers or team has been penalized the greater number of team points for flagrant or unsportsmanlike conduct shall be declared the winner.
    - b. The team whose opposing wrestlers or team personnel has been penalized the greater number of team point deductions shall be declared the winner.
    - c. The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.
    - d. The team having won the greater number of matches (including forfeits) shall be declared the winner.
    - e. The team having won accumulated the greater total number of falls, defaults, forfeits and disqualifications shall be declared the winner.
    - f. The team having the greater number of technical falls shall be declared the winner.
    - g. The team having the greater number of major decisions shall be declared the winner.
    - h. The team having the greater number (total match points) of first-point(s) scored shall be declared the winner.
    - i. The team having the greater number of points for near-falls shall be declared the winner.
    - j. The team having the greater number of takedowns shall be declared the winner.
    - k. The team having the greater number of reversals shall be declared the winner.
    - l. The team having the greater number of escapes shall be declared the winner.
    - m. The team whose opponent has been penalized the greater number of points for stalling.
    - n. The team whose opponent has been warned more often for stalling.
    - o. The team whose opponent has the greater number of points for all other infractions (i.e. false starts).
    - p. If none of the above resolves the tie, a flip of a disk will determine the winner. Upon determining the winning team by use of the tiebreaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the score followed by the letter of the criterion that broke the tie (e.g. Team A-16; Team B-17, criterion e).

Upon determining the winning team by use of the tiebreaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the score followed by the letter of the criterion that broke the tie (e.g. Team A-16; Team B-17, criterion e).
  2. If two teams are tied in the dual state district team standing, the team that won over the other team shall be the district champion.
  3. If three or more teams are tied in the dual state district team standing, the following criteria will be used:
    - a. Begin with the tiebreaking criteria listed in V-E-1, use only the matches wrestled among the tied teams.
    - b. Begin with the first criteria among the tied teams, if you do not have a winner, only the teams tied with this criteria will advance on to the next criteria. (Example: Team A – penalized zero team points for flagrant or unsportsmanlike conduct; Team B – penalized zero team points for flagrant or unsportsmanlike conduct; Team C – penalized zero team points for flagrant or unsportsmanlike conduct; Team D – penalized one team point for unsportsmanlike conduct. Teams A, B, and C are all tied on criteria a. and will advance to criteria b. Team D drops out of the tiebreaking process.)
    - c. Anytime the tiebreaking criteria reduces the number of teams tied to two, the team that won over the other team shall be the district champion.
- F. FORFEIT POLICY**
1. If the first place finisher from a dual state district decides not to participate in the dual state tournament, they will not be allowed to enter regional tournament competition.
  2. If the first place finisher from a dual state district intentionally violates the spirit of the sport of wrestling by sending a junior varsity team or a junior varsity/varsity team to the dual state tournament, the team or individual(s) will not be allowed to enter regional tournament competition.
  3. Teams forfeiting a district dual will count a loss on their team record and a point against their team schedule. They will also forfeit the right to compete for the district championship. A team receiving a forfeit will count a win on their team record and a point against their team schedule.
- G. AWARDS**
1. Each dual district champion will receive a championship plaque.
  2. The runner-up and championship teams of the Dual State Tournament will receive an appropriate trophy. The championship and runner-up coaches will receive a coach's achievement plaque.
- H. FINANCIAL ARRANGEMENTS**
- The Activities Association will send all needed information to each dual state site. This information will include admission prices (\$5.00 for adults and students), tickets, and complimentary pass regulations.

VI. DUAL STATE CHAMPIONS

	<b>Class 3A</b>	<b>Class 4A</b>	<b>Class 5A</b>	<b>Class 6A</b>
2010	Perry	Tuttle	Claremore	Muskogee
2009	Perry	Cushing	Claremore	Ponca City
	<b>Class 2A</b>	<b>Class 3A</b>	<b>Class 4A</b>	<b>Class 5A</b>
2008	Marlow	Cushing	Catoosa	Broken Arrow
2007	Perry	Cushing	El Reno	Union
2006	Perry	Marlow	Catoosa	Midwest City
2005	Perry	Cushing	El Reno	Ponca City
2004	Perry	Cushing	El Reno	Ponca City
2003	Perry	Cushing	El Reno	Ponca City
2002	Tuttle	Bristow	El Reno	Broken Arrow
2001	Perry	Bristow	El Reno	Midwest City
2000	Perry	Bristow	El Reno	Broken Arrow
1999	Perry	Bristow	El Reno	Broken Arrow
1998	Tuttle	Bristow	El Reno	Broken Arrow
1997	Tuttle	Sallisaw	El Reno	Choctaw
1996	Chandler	Locust Grove	El Reno	Choctaw
1995	Berryhill	Bristow	Altus	Midwest City
1994	Hinton	Marlow	Tulsa Webster	Choctaw
1993	Comanche	Anadarko	Tulsa Webster	Lawton
1992	Sperry	Tuttle	Carl Albert	Del City
1991	Perry	Blackwell	Carl Albert	Midwest City
1990	Pawhuska	Tuttle	Lawton MacArthur	Midwest City
1989	Sperry	Tuttle	Shawnee	Del City

## VII. TEAM CHAMPIONS

**ONE CLASS**

1922	Tie, Stillwater & Altus
1923	Stillwater
1924	Stillwater
1925	Cushing
1926	Cushing
1927	Cushing
1928	Tulsa Central
1929	Tulsa Central
1930	Tulsa Central
1931	Stillwater
1932	Tie, Cushing & T. Central
1933	Cushing
1934	Tulsa Central
1935	Tulsa Central
1936	Tulsa Central
1937	Tulsa Central
1938	Tulsa Central
1939	Tulsa Central
1940	Ponca City
1941	Blackwell
1942	Tulsa Webster
1943	Blackwell
1944	Tulsa Central
1945	Tulsa Central
1946	Blackwell
1947	Tulsa Central
1948	Tulsa Webster
1949	Tulsa Central
1950	Tulsa Webster
1951	Tulsa Webster
1952	Perry
1953	Ponca City
1954	Stillwater
1955	Perry
1956	Blackwell
1957	Blackwell
1958	Tulsa Rogers
1959	Ponca City
1960	Ponca City

**TWO CLASSES**

1961	Edmond, Perry
1962	Edmond, Perry
1963	John Marshall, Perry
1964	John Marshall, Perry
1965	Tulsa Edison, Perry
1966,	US Grant, Perry
1967	US Grant, Hobart
1968	John Marshall, Perry
1969	John Marshall, Stillwater

**THREE CLASSES**

1970	John Marshall, Stillwater, Hobart
1971	Midwest City, Sand Springs, Perry
1972	Midwest City, Southeast, Perry
1973	Putnam City, Blackwell, Perry
1974	Midwest City, Tulsa Kelley, Perry
1975	Putnam City, Tulsa Kelley, Perry
1976	Midwest City, Tulsa Washington, Perry
1977	East Central, Tulsa Washington, Perry

**FOUR CLASSES**

1978	Putnam City, T. Washington, Owasso, Perry
1979	Midwest City T. Washington, Perry, Geary
1980	Midwest City, Duncan, Perry, Sperry
1981	Midwest City, Guthrie, Perry, Hobart
1982	Union, Catoosa, Vinita, Hinton
1983	Midwest City, Mustang, Vinita, Sperry
1984	Midwest City, T. Kelley, Perry, Sperry
1985	Tulsa Hale, T. Kelley, Coweta, Sperry
1986	Midwest City, Shawnee, Perry, Sperry
1987	Midwest City, Bixby, Skiatook, Sperry
1988	Edmond Memorial, Shawnee, Marlow, Comanche
1989	Lawton, Shawnee, Perry, Sperry
1990	Midwest City, Lawton MacArthur, Tuttle, Pawhuska
1991	Midwest City, Carl Albert, Marlow, Perry
1992	Lawton, Carl Albert, Marlow, Madill
1993	Lawton, Tulsa Webster, Coweta, Madill
1994	Choctaw, T. Wester, Bristow, Perry

1995	Midwest City, Altus, Marlow, Perry
1996	Choctaw, El Reno, Bristow, Tuttle
1997	Choctaw, El Reno, Bristow, Tuttle
1998	Broken Arrow, El Reno, Marlow, Perry
1999	(Tie) Broken Arrow & Choctaw, El Reno, Blackwell, Perry
2000	Broken Arrow, El Reno, Bristow, Perry
2001	Broken Arrow, El Reno, Bristow, Perry
2002	Broken Arrow, El Reno, Cushing, Tuttle
2003	Ponca City, El Reno, Glenpool, Tuttle
2004	Ponca City, El Reno, Cushing, Perry
2005	Ponca City, El Reno, Cushing, Perry
2006	Ponca City, El Reno, Marlow, Perry
2007	Midwest City, Catoosa, Locust Grove, Perry
2008	Midwest City, Catoosa, Grove, Perry
2009	Union, Claremore, Tuttle, Perry
2010	Broken Arrow, Claremore, Tuttle, Perry

## VIII. DUAL TEAM WRESTLING DISTRICTS

2009-2010 and 2010-2011

All district dual competition shall be completed by January 27, 2011

<b>Class 6A</b>			
<u>District One</u> Edmond North Mustang Putnam City U.S. Grant	<u>District Two</u> Norman North Lawton Moore Edmond Memorial	<u>District Three</u> Del City Westmoore Putnam City North Eisenhower	<u>District Four</u> Yukon Choctaw Putnam City West Edmond Santa Fe
<u>District Five</u> Ponca City Enid Sand Springs Southmoore	<u>District Six</u> Union Sapulpa Bartlesville East Central	<u>District Seven</u> Muskogee Jenks Memorial/Will Rogers Owasso	<u>District Eight</u> Broken Arrow Stillwater Midwest City Norman
<b>Class 5A</b>			
<u>District One</u> Altus Chickasha Western Heights Southeast	<u>District Two</u> Duncan MacArthur Ardmore Durant	<u>District Three</u> Deer Creek Guthrie El Reno NW Classen	<u>District Four</u> Harrah Carl Albert Bis. McGuinness Capitol Hill
<u>District Five</u> Shawnee Noble Ada McAlester	<u>District Six</u> Claremore Skiatook Thomas Edison Bishop Kelley	<u>District Seven</u> Grove Collinsville Pryor Nathan Hale	<u>District Eight</u> Bixby Coweta Tahlequah Stilwell
<b>Class 4A</b>			
<u>District One</u> Clinton Weatherford Elk City Woodward	<u>District Two</u> Tuttle Anadarko Elgin Madill	<u>District Three</u> Blackwell Piedmont Star Spencer Douglass	<u>District Four</u> Cushing McLoud Tecumseh Okmulgee
<u>District Five</u> Bristow Ft. Gibson Mannford Cleveland	<u>District Six</u> Sallisaw Wagoner Poteau Locust Grove	<u>District Seven</u> Catoosa Oologah McLain Daniel Webster	<u>District Eight</u> Vinita Glenpool Jay Miami
<b>Class 3A</b>			
<u>District One</u> Kingfisher Watonga OCS Heritage Hall OK Centennial John Marshall Hinton	<u>District Two</u> Geary Burns Flat Cordell Hobart Mangum Snyder	<u>District Three</u> Blanchard Newcastle Little Axe Lexington Pauls Valley Bethel	<u>District Four</u> Comanche Marlow Empire Sulphur Davis Plainview
<u>District Five</u> Newkirk Tonkawa Woodland Barnsdall Pawnee	<u>District Six</u> Perry Perkins-Tryon Chandler Liberty Kellyville	<u>District Seven</u> Pawhuska Sperry Inola Salina	<u>District Eight</u> Cascia Hall Berryhill Sequoyah-Tahlequah Hulbert Vian



### HIGH SCHOOL DUAL MEET WEIGH-IN SHEET

This document shall be completed at the weigh-ins and located at the head table prior to the beginning of the match.

HOST SCHOOL \_\_\_\_\_ VISITING SCHOOL \_\_\_\_\_

LEVEL OF COMPETITION \_\_\_\_\_ DATE \_\_\_\_\_

HOST SCHOOL	ACTUAL WEIGHT	WEIGHT CLASS	VISITING SCHOOL	ACTUAL WEIGHT
		103		
		112		
		119		
		125		
		130		
		135		
		140		
		145		
		152		
		160		
		171		
		189		
		215		
		285		

HOST SCHOOL COACH'S SIGNATURE: \_\_\_\_\_

VISITING SCHOOL COACH'S SIGNATURE: \_\_\_\_\_

SIGNATURE OF PERSON CONDUCTING WEIGH-IN: \_\_\_\_\_

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**JUNIOR HIGH DUAL MEET WEIGH-IN SHEET**

(Please copy and give to your junior high wrestling coach)

This document shall be completed at the weigh-ins and located at the head table prior to the beginning of the match.

HOST SCHOOL \_\_\_\_\_ VISITING SCHOOL \_\_\_\_\_

LEVEL OF COMPETITION \_\_\_\_\_ DATE \_\_\_\_\_

HOST SCHOOL	ACTUAL WEIGHT	WEIGHT CLASS	VISITING SCHOOL	ACTUAL WEIGHT
		78		
		86		
		94		
		102		
		110		
		118		
		126		
		134		
		142		
		152		
		165		
		185		
		285		

HOST SCHOOL COACH'S SIGNATURE: \_\_\_\_\_

VISITING SCHOOL COACH'S SIGNATURE: \_\_\_\_\_

SIGNATURE OF PERSON CONDUCTING WEIGH-IN: \_\_\_\_\_

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PREFERENTIAL LIST OF WRESTLING OFFICIALS

TO: Wrestling Coaches

SUBJECT: Preferential List of Wrestling Officials

Please return this form by January 28, 2011. This is the only way we can know your feelings about officials.

In the spaces below indicate your preference of officials to be used in the regional and championship tournaments. The regional officials should be based on realistic geographics. The state tournament officials may be listed from any location.

Coaches that do not return this form by January 28 will be placed on warning for one year and their names published in the OSSAA Newsletter. If a wrestling coach is placed on warning for two consecutive years for not turning in his wrestling officials preferential form, that coach must write a letter to the OSSAA Board of Directors and explain his actions. This letter must be signed by the coach and his high school principal.

Mail to: OSSAA
P. O. Box 14590
Oklahoma City, OK 73113-0590

Regional Tournament Officials

State Championship Officials

- 1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

- 1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

School: \_\_\_\_\_
Coach: \_\_\_\_\_
Principal: \_\_\_\_\_

Class: \_\_\_\_\_

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**OSSAA SKIN CONDITION FORM  
THIS FORM SHALL BE COMPLETED IN ITS ENTIRETY**

**PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Name: \_\_\_\_\_

Date of Exam: \_\_\_ / \_\_\_ / \_\_\_  
Mark Location AND Number of Lesion(s)

Diagnosis \_\_\_\_\_

Location AND Number of Lesion(s) \_\_\_\_\_

Medication(s) used to treat lesion(s): \_\_\_\_\_

Date Treatment Started: \_\_\_ / \_\_\_ / \_\_\_

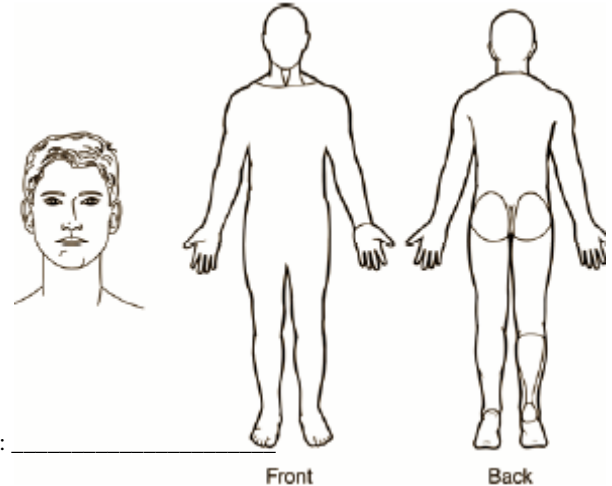
Form Expiration Date: \_\_\_ / \_\_\_ / \_\_\_

Earliest Date may return to participation: \_\_\_ / \_\_\_ / \_\_\_

Physician Signature \_\_\_\_\_ Office Phone #: \_\_\_\_\_

Physician Name (Printed or Typed) \_\_\_\_\_

Office Address \_\_\_\_\_



**Note to Physicians:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and 4-2-5 which states:

*“ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet physician is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”*

*“ART. 4 . . . If a designated on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician’s release form for a wrestler to participate or not participate with a particular skin condition.” Exception: At the regional tournament, a current (within seven days of the event) OSSAA Skin Condition Form complying with National Federation Rule 4-2-3 will take precedent over the evaluation of an on-site physician.)*

*“ART. 5 . . . A contestant may have documentation from a physician only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.”*

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

**Bacterial Diseases (impetigo, boils):** To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum):** To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or five full days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm scalp, skin):** Oral or topical treatment for 72 hours on skin and 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis (Pink Eye):** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** 24 hours after curettage.

**Revised/Approved April 2009**

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2010-2011  
OSSAA WRESTLING WEIGHT MANAGEMENT PROGRAM  
STUDENT DATA INFORMATION AND TESTING FORM

To be completed by the coach and parent prior to the wrestler being tested:

Please print

1. Name of student \_\_\_\_\_

2. Name of school \_\_\_\_\_

3. Grade in school \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

4. Parental or Guardian consent: I hereby give my permission for the above named wrestler to be tested by a certified assessor for hydration and body fat analysis. The hydration testing will be a urine analysis which will only test for hydration. The body fat testing will be done by skin fold calipers or a bioelectrical impedance machine. Failure to sign this consent will result in a wrestler not being tested and ineligible to compete in high school wrestling.

Parent or Guardian Signature \_\_\_\_\_

To be completed by the assessor:

5. Date of Assessment \_\_\_\_\_

6. Hydration Test: Pass \_\_\_\_\_ Fail \_\_\_\_\_

7. Body Weight (Measured to a tenth of a pound, no rounding) \_\_\_\_\_

Complete either #8 or #9

8. Skin Fold Measurements:	Test 1	Test 2	Test 3
a. Triceps	_____	_____	_____
b. Subscapular	_____	_____	_____
c. Abdominal (Male only)	_____	_____	_____

9. Bio-Impedance Assessment

a. Student's Height \_\_\_\_\_

b. Percentage of Body Fat \_\_\_\_\_

c. Attach printer tape from the Tanita Bioelectrical Impedance 300WA machine (athletic male mode) to this form

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**2010-2011**  
**OSSAA WRESTLING WEIGHT MANAGEMENT PROGRAM**  
**PHYSICIAN'S CLEARANCE FORM FOR WRESTLER**  
**THAT IS BELOW THE BODY FAT ALLOWANCE**

Any male wrestler whose body fat percentage at the time of initial assessment is below 7% must obtain in writing from a qualified physician, a clearance form stating that the athlete is naturally at this sub-7% body fat level. In the case of a female wrestler, a written clearance form from a qualified physician must be obtained for athletes who are sub-12% body fat. A wrestler's body weight must be equal to or no greater than three pounds from his/her original assessment when obtaining a written clearance form from a qualified physician. If not, this form will not be valid. A physician's clearance form is only good for the current wrestling season.

Note: The sub-7% male or sub-12% female who receives clearance may not wrestle below his/her initial assessment minimum wrestling class.

**To be completed by the coach:**

Wrestler's name \_\_\_\_\_ Grade in school \_\_\_\_\_

School \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Data Review: Date of initial assessment \_\_\_\_\_ Body Fat % \_\_\_\_\_

Initial assessment weight \_\_\_\_\_ lbs. Minimum wrestling class \_\_\_\_\_ lbs.

Name of original assessor \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Fax number \_\_\_\_\_ Email \_\_\_\_\_

**To be completed by examining physician.** Enter below the date and weight of the athlete at his/her evaluation.

Date \_\_\_\_\_ Weight \_\_\_\_\_ lbs.

Check "A" or "B" (Body weight must be equal to or no greater than three pounds from his/her original assessment.)

\_\_\_\_\_ A. The wrestler named has received clearance as provided by the OSSAA Weight Management Program to participate at the minimum weight class which at the time of the initial assessment is below 7% (male) or 12% (female) minimum body fat allowance.

\_\_\_\_\_ B. The wrestler named is advised to wrestle at a weight class which exceeds the minimum wrestling class at the time of initial assessment. The wrestler named has been given permission to participate at a weight not lower than the circled weight classification below.

103-112-119-125-130-135-140-152-160-171-189-215-285

Physician's signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Note: This form is the only document that will be accepted as a "Physician's Approval". The physician shall return this form to the wrestler after the completion of his/her examination. This form shall be mailed or faxed by the coach to the assessor who performed the original assessment and a wrestler is not able to participate until the assessor has entered the information on the school's alpha master list.

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**2010-2011  
OSSAA WRESTLING WEIGHT MANAGEMENT PROGRAM  
BODY FAT ANALYSIS APPEAL FORM**

**To be completed by the coach and parent prior to the wrestler being retested  
Please print**

Name of student \_\_\_\_\_ Date \_\_\_\_\_

Name of school \_\_\_\_\_ Grade \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Date of original assessment \_\_\_\_\_

Parent or Guardian consent: I hereby give my permission for the above named wrestler to be retested for hydration and body fat analysis. The retest will be done by either the original assessor using the same assessment method or by using the air displacement plethysmography method at one of the three approved designated Bod Pod Testing Centers. Failure to sign this consent form will result in a wrestler not being retested.

Parent or Guardian signature \_\_\_\_\_

Name of Original Assessor \_\_\_\_\_

Assessor's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Email address \_\_\_\_\_

Assessor's Phone number \_\_\_\_\_ Fax number \_\_\_\_\_

Body weight at original assessment (measured to a tenth of a pound) \_\_\_\_\_ pounds

Method used for the original assessment: Skin calipers \_\_\_\_\_ Bio-Impedance \_\_\_\_\_

All wrestlers will have one opportunity to appeal their body fat assessment and minimum weight and must do so within 14 days of the initial assessment. If a wrestler's body fat test results are being appealed, the wrestler may not wrestle in interscholastic competition until the appeal results are posted on the school's alpha master form. A wrestler will have two options. Option A: The appeal must be made with the assessor who did the initial assessment and the same assessment method shall be used. A wrestler's body weight cannot be greater or less than 3 pounds of his initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being retested. There will be a fee for retesting a wrestler. Option B: An appeal must be made through the original assessor and a wrestler can go to the certified testing center (Oklahoma University Health Science Center, Oklahoma City) and use the Bod Pod air displacement plethysmography method to determine body fat. A wrestler's body weight cannot be greater or less than 3 pounds of his initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being tested.

A wrestler whose body fat is measured at sub-seven percent (males) or sub-twelve percent (females) and wishes to appeal their body fat assessment must meet the following requirement: their body weight at the appeal can be no lower than their original weight at the initial assessment and no greater than three pounds of their original weight at the initial assessment. If so, the appeal will not be valid and the original assessment will be used.

**To be completed by the Assessor – Appeal assessment**

Hydration test: Pass \_\_\_\_\_ Fail \_\_\_\_\_

Body weight (measured to a tenth of a pound) \_\_\_\_\_ pounds

**Complete sections a or b**

a. Skin Fold Measurement

	Test 1	Test 2	Test 3
Triceps	_____	_____	_____
Subscapular	_____	_____	_____
Abdominal (Male Only)	_____	_____	_____

**OR**

Bio-Impedance Assessment

Student's Height \_\_\_\_\_

Percentage of Body Fat \_\_\_\_\_

Attach printer tape from the Tanita Bioelectrical Impedance 300WA machine (athletic male mode) to this form.

b. Bod Pod Air Displacement Plethysmography

Student's Height \_\_\_\_\_

Body Fat Percentage \_\_\_\_\_

Attach Bod Pod Body Composition Test results to this form.

Students electing to use the Bod Pod for their appeal method must pay the site a fee of \$25.00 at the time of their assessment.

Name of technician who administered the Bod Pod Air Displacement assessment:

\_\_\_\_\_ Email address \_\_\_\_\_

If this appeal was performed at the Bod Pod Testing Center, this form along with the Body Composition Test results must be immediately faxed or mailed to the original assessor. Also, a copy of the Body Composition Test results will be given to the athlete.

## WRESTLING SEASON CALENDAR

## OCTOBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 WR. PRACTICE MAY BEGIN	2
3	4	5	6	7	8	9
10	11	12	13 RULES MTG.: PERRY	14	15	16
17	18	19	20 RULES MTG.: MIDWEST CITY	21	22	23 FIRST DAY OF HYDRATION AND BODY FAT TESTING
24/31	25	26	27 RULES MTG.: TULSA EDISON	28	29	30

## NOVEMBER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 RULES MTG.: LAWTON HS	4	5	6
7	8	9	10 RULES MTG.: WEATHERFORD	11	12	13
14	15	16	17	18 WR SEASON OPENS	19	20
21/28	22/29	23/30	24	25	26	27

## JANUARY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20 CERTIFIED MINIMUM WEIGHT LIST DUE	21	22
23/30	24/31	25	26	27 DISTRICT DUALS MUST BE COMPLETED	28 PREFERENTIAL OFFICIALS LIST DUE	29

## FEBRUARY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 DUAL STATE SEEDING INFORMATION FORM DUE	3	4 REGIONAL ASSIGNMENTS RELEASED	5
6	7 DUAL STATE BRACKETS RELEASED	8	9	10	11 DUAL	12 STATE
13	14 ACADEMIC ACHIEVEMENT APPLICATION DUE	15	16	17	18 REGIONAL	19 TOURNAMENTS
20/27	21/28	22	23	24	25 STATE	26 TOURNAMENT