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December 3, 2019

To: Wrestling Officials and Head Wrestling Coaches
From: Dan Anson, OSAA Wrestling SRI
Subject: Various Reminders

Please review the following information with your Wrestling coaching staff prior to your first event.

1. New variation of the Kolat Maneuver: (See attached for visual representation)

It has been brought to our attention about a reconstituted wrestling move titled: "The Assassin". It is a variation of the Kolat maneuver that has gained recent notoriety and has several elements that ranges between unnecessary roughness, potentially dangerous to illegal hold/maneuver. Please advise your wrestling coaches and officials about this new initiative.

2. New Hair Rule (See attached for visual representation)

Wrestlers should report to weigh-ins with legal hair (or a hair cover if they intend to wear it during competition). We are going to require that the wrestler report to the scale with hair above his/her collar, above the ear lobe and not hang below the eyebrow and if that requires them to utilize the new rule that allows for a legal hair control device such as a rubber band to make their hair legal, they do that at weigh-ins as well.

Wrestlers should report to the mat ready to wrestle and that includes the hair so the coaches need to make sure that they "make it legal before they step on the mat."

If during the match, the headgear is dislodged, or the wrestler's hair works its way out of the headgear... allow them to redo it and make it legal since it was legal to start the match. However, if it a persistent problem in a match, it could be a delay of match penalty called (stalling).

3. Head/Neck/Cervical column injury (HNC) Scenarios:

As stated in the new HNC injury time, this can only be used if an appropriate health-care professional (**AHCP**) is present. The 5:00 minute HNC injury time should not be started until the AHCP is on the mat and starts the evaluation of the injured wrestler.

The question was asked as to how to determine if the AHCP qualifies to perform the evaluation. For the HNC injury time to be used in a match the AHCP must be one of the following:

1. A physician/medical provider or athletic trainer that is designated by the host school.
2. An athletic trainer that is actively covering a participating school at that competition.

Situation 1 – Wrestler A is injured and the AHCP asks for an HNC evaluation immediately. Ruling: The official signals for the HNC and the 5:00 clock begins. If, at the end of the evaluation, the AHCP rules that Wrestler A can continue, that would mean Wrestler A has used his first injury time out as well as his only HNC time out.

Situation 2 – Wrestler A has used his one and only HNC evaluation (first injury time) during the first period and the AHCP deemed him/her able to continue and gives clearance. In the second period Wrestler A injures his ankle and requests an injury timeout. Ruling: The referee grants the second injury timeout and signals for injury time to begin. If 90 or fewer seconds elapse and the wrestler and/or coach informs the official that Wrestler A is ready to go, the official will stop the injury time. This now counts as Wrestler A's second (and final) injury timeout and Wrestler B gets choice of position. No more injury timeouts would be granted for Wrestler A.

Situation 3 – Wrestler A injures his ankle and requests injury time in the first period. The official signals for injury time to start and after receiving assistance from the coach and/or HCP, the wrestler is able to continue after 60 seconds of elapsed injury time. In the second period, Wrestler A is injured and the HCP requests extended time for an HNC evaluation. Ruling: The referee gives the signal for the HNC timeout and 5:00 is allowed. If, at the end of the evaluation the HCP deems that Wrestler A can continue, Wrestler B would get his/her choice of position since this would be the second injury timeout. No more injury timeouts would be granted for Wrestler A.

Situation 4 – Wrestler A injures his/her ankle and requests injury time in the first period. The official signals for injury time to start and after receiving assistance from the coach and/or HCP, the wrestler is able to continue after 60 seconds of elapsed injury time. In the second period, Wrestler A is injured again and requests injury time (let's say for an injury to his wrist). The official signals for injury time to start again and by the time the 90-second allotment of total injury time is expired, Wrestler A is ready to continue. Wrestler B gets his choice of position due to this being the second injury time. Later in the match Wrestler A injures his head, neck, or cervical column. Ruling: Since this would be his third injury timeout, which is not allowed, Wrestler A would injury default the match. The AHCP could still examine Wrestler A (and should), but the match could not continue.

4. Concussion Management (OSAA Executive Board Policy):

1) Suspected or Diagnosed Concussion. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice on that same day. In schools which have the services of an athletic trainer registered by the Oregon Board of Athletic Trainers, that athletic trainer may determine that an athlete has not exhibited signs, symptoms or behaviors consistent with a concussion, and has not suffered a concussion, and return the athlete to play. Athletic trainers may also work in consultation with an appropriate Health Care Professional (see below) in determining when an athlete is able to return to play following a concussion.

2) Return to Participation. Until an athlete who has suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the athlete shall not be permitted to return to athletic activity.

3) Private Schools Only.

On an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign the Concussion – Private School Informed Consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.

A. Official's Responsibilities.

An official shall remove a player from a contest when that player exhibits signs, symptoms or behaviors consistent with a concussion due to an observed or suspected blow to the head or body. The official shall document and notify the head coach or his/her designee making sure that the head coach or designee understands that the player is being removed for exhibiting signs, symptoms or behaviors consistent with a concussion as opposed to behavior, a non-concussive injury or other reasons. The official is not responsible for evaluation or management of the player after he/she is removed from play. The official does not need written permission for a player to return nor does the official need to verify the credentials of the appropriate health care professional who has cleared the player to return. The responsibility of further evaluating and managing the symptomatic player falls upon the school and appropriate health care professionals.

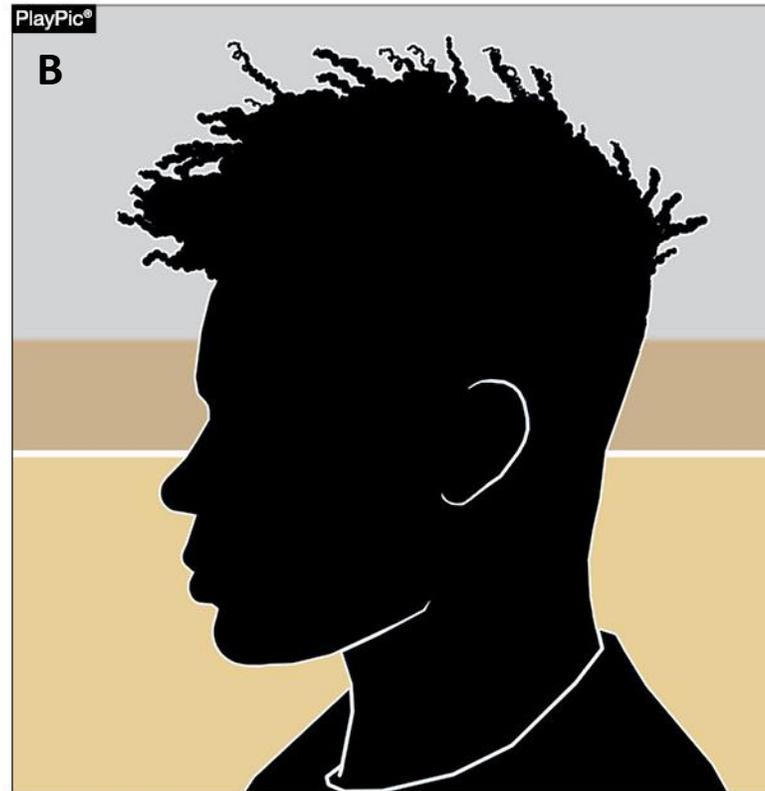
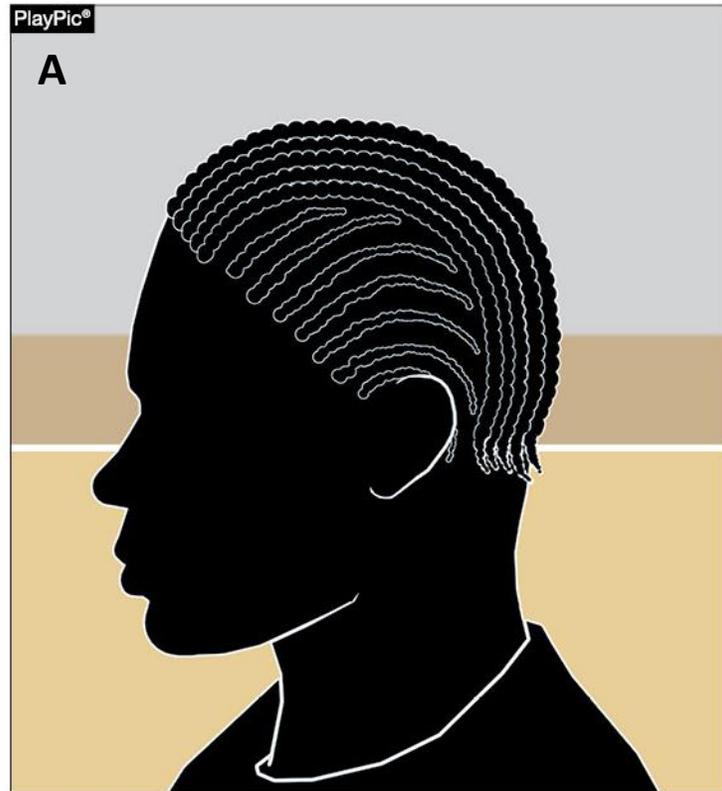
5. Illegal Equipment – NFHS Wrestling Rule 8-1-1:

Q: What is the procedure if Wrestler A's shoe (that remains tied) comes off during the match?

A: This situation would be treated just like head gear coming off during the match. Wrestler A will be required to put the shoe back on. If the situation repeats then Wrestler A would be charged with a technical violation and Wrestler B would be awarded one match point.



HAIR RULE 4-2-1



The hair in
PlayPics A and B
is legal.



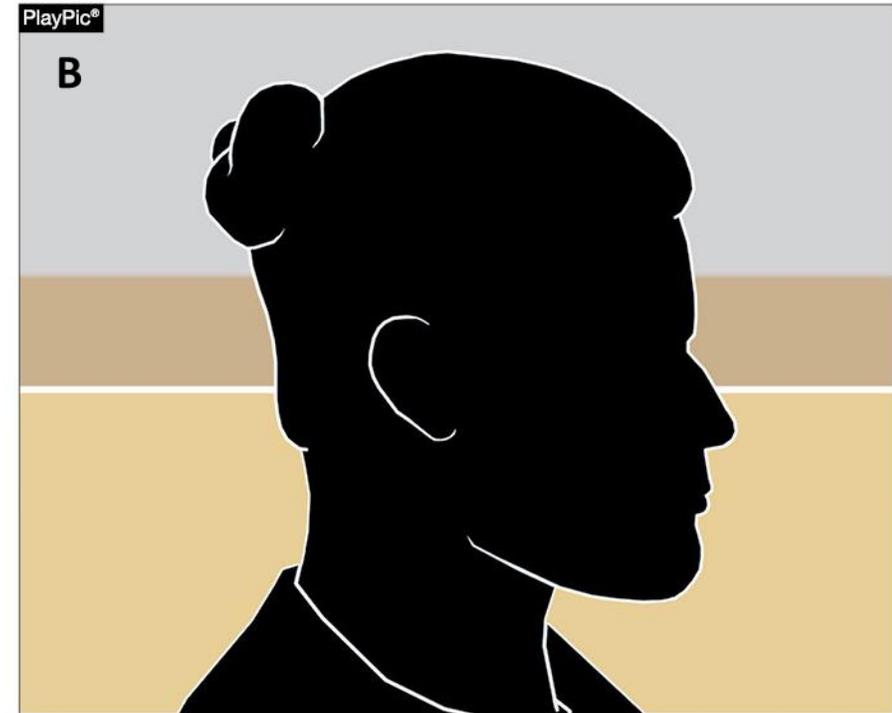
HAIR RULE 4-2-1



If hair is longer than allowed (PlayPic A), a legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic B).



HAIR RULE 4-2-1



The hair in PlayPic A is legal. A legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic B).





HAIR RULE 4-2-1



If hair is longer than allowed, a legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic A). The hair in PlayPic B is legal.



RULE 4-2-1

- **Change:**
- **ART. 1 . . .** During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level. Hair, ~~trimmed and well groomed~~ ~~The hair in its natural state~~, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. (Photos 2-3) A neatly trimmed mustache that does not extend



 **RULE 4-2-1**

below the line of the lower lip shall be permissible. If an individual has hair longer than allowed by rule, ~~it may be braided, or rolled if it is~~ it shall be contained in a cover so that the hair rule is satisfied. (Photo 4) Physical hair treatment items that are hard and /or abrasive such as (beads, bobby pins, barrettes, pins, hair clips, etc. or any other hair control device) shall not be permitted. A legal hair- controlled device such as rubber band(s) shall be secured so as not to come out readily during wrestling.

RULE 4-2-1

The legal cover shall be attached to the ear guards...at the site. If an individual has facial hair, it ~~must~~ shall be covered with a face mask. All legal hair covers and face masks will be considered as special equipment. If an individual's hair is as abrasive as an unshaved face, the individual shall be required to shave the head as smooth as a face is required, or wear a legal hair cover.

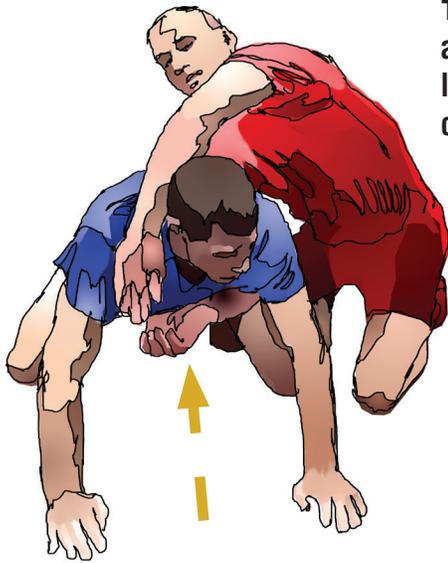
RULE 4-2-1

Rationale:

The term "well groomed" is extremely subjective and there is no standard to meet such an arbitrary expectation. Hair that is manipulated poses no threat to either wrestler. It is neither abrasive nor cumbersome. However, physical hair treatments do present a risk to either wrestler due to the hardness, texture (sharpness) or abrasiveness and should not be allowed.

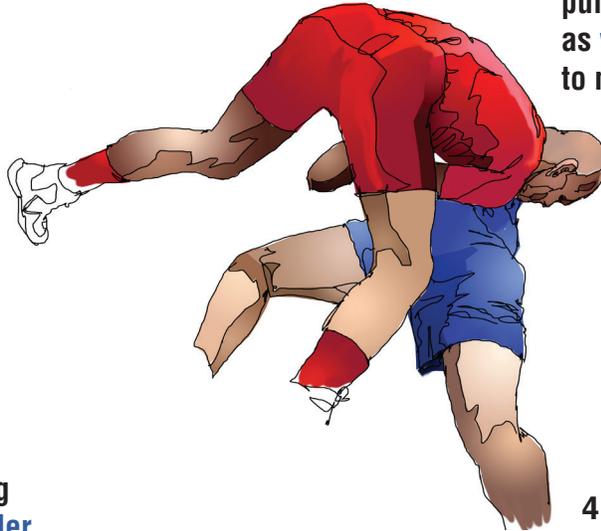


The Assassin (A Kolat Variation) Potentially Dangerous Which May Become Illegal



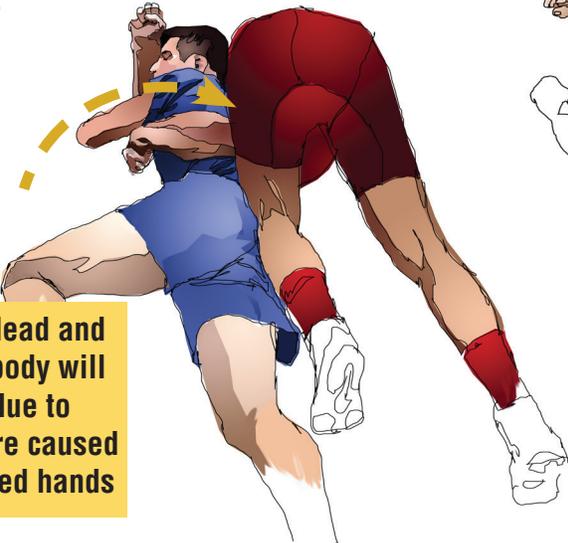
1. Set-up- **Wrestler A** reaches over head and under shoulder w/ far side arm to lock & vice hands in side of **wrestler B's** neck .

2. **Wrestler A** crunches & pulls **wrestler B** into his knee as **wrestler B** breaks down to mat.



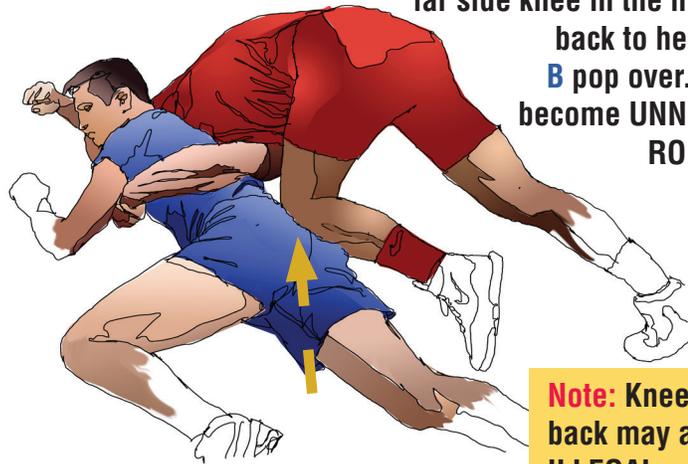
Note: THE OFFICIAL'S POSITION IS CRITICAL TO SEE DANGEROUS POINTS.

3. **Wrestler A** steps across w/ far leg (a sit out step) pulling across **wrestler B's** head, neck and throat to his back. This may become **ILLEGAL** if across the throat.



Note: Head and upper body will rotate due to pressure caused by locked hands

4. **Wrestler A** may plant his far side knee in the hip or lower back to help **wrestler B** pop over. This may become **UNNECESSARY ROUGHNESS**.



Note: Knee in lower back may also be **ILLEGAL**

5. As **wrestler A** turns **wrestler B**, he will keep his hips parallel to mat and tight against **wrestler B's** hip.



Note: Pressure across the throat

6. As **wrestler A** finishes the move, notice **wrestler B's** head propped up by **wrestler A's** arm pit and upper arm forcing the chin to be pinched against the arm across the throat. This has definitely become a choke hold ... **ILLEGAL**.

