



# 2009-10 OSAA Wrestling Plan



## GENERAL WRESTLING INFORMATION

### 1. SEASON DATES:

November 9 .....Practice Starts  
 November 30 ..... First Contest Date  
 February 20 ..... Cutoff Date  
 February 25-27 .....6A, 5A, 4A, 3A, 2A/1A State Championships

### 2. STATE CHAMPIONSHIPS INFORMATION:

- a. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the 2010 Wrestling State Championships will be posted on the OSAA website ([www.osaa.org/wrestling](http://www.osaa.org/wrestling)) on Wednesday, February 3. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, coaches meetings, souvenir merchandise, etc.
- b. **District Meet Directors:** Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website ([www.osaa.org/wrestling](http://www.osaa.org/wrestling)) on Wednesday, February 3. Each District Meet Director must submit all state championship entries electronically.

### 3. STATE CHAMPIONSHIPS LOCATION:

**6A, 5A, 4A, 3A, 2A/1A:** Portland Memorial Coliseum, 1401 N. Wheeler, Portland, OR 97227

### 4. QUALIFICATION FOR STATE CHAMPIONSHIPS:

- a. **6A** – Three wrestlers from each district in each weight class
- b. **5A** – Three wrestlers from each district in each weight class
- c. **4A** – Three wrestlers from each district in each weight class
- d. **3A** – Three wrestlers from each special district in each weight class
- e. **2A/1A** – Two wrestlers from each special district in each weight class

### 5. AWARDS:

- a. **Trophies:** 6A, 5A, 4A, 3A, 2A/1A trophies will be presented to the champion through fourth place teams in each classification.
- b. **Medals:**
  - 6A, 5A, 4A** -- Medals will be presented to the champion through eighth place finisher in each weight class.
  - 3A** -- Medals will be presented to the champion through sixth place finisher in each weight class.
  - 2A/1A** -- Medals will be presented to the champion through fourth place finisher in each weight class.

# **NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS**

## **2009-10 WRESTLING RULES**

Order a 2009-10 NFHS Wrestling Rules Book at [www.osaa.org/forms/09-10rulesbookorderform.xls](http://www.osaa.org/forms/09-10rulesbookorderform.xls) or contact the OSAA (503.682.6722) for more information.

For more information about NFHS wrestling rules visit [www.nfhs.org/rules-wrestling.htm](http://www.nfhs.org/rules-wrestling.htm)

### **1. 2009-10 NFHS RULES REVISIONS:**

- 1-2-1 In individually bracketed tournaments, the contestant representing a school shall be named by weight class prior to the conclusion of the weigh-in and no substitution is allowed after the conclusion of the weigh-in.
- 4-2-3 If a designated, on-site meet physician is present, the physician may examine a wrestler for a communicable skin disease or any other condition, either immediately prior to or immediately after the weigh-in.
- 4-5-3 Meet administrators now have the option to weigh-in contestants by weight class or team(s) in tournaments.
- 5-20-5 NOTE In the offensive starting position, the offensive wrestler's head must be on or above the mid-line of the opponent's back and both wrestlers must become stationary.
- 9-2-2b,c NEW Two new steps have been added to the dual-meet team tie-breaking system.

**Editorial and Other Changes:** 3-1-4a; 3-1-7; 3-2-2a; 4-2-4; 4-5-2; 4-5-8; 5-1-3; 5-14-1, 2; 5-31-1; 6-6-5b1; 8-2-1 EXCEPTION g; 8-2-7; PHOTOS 10, 32-33, 59, 77 (NEW), 78, 85-86, 88; REFEREES' SIGNALS 4-7.

### **2. POINTS OF EMPHASIS:**

- Communicable Disease – Coaches and Referees Responsibilities
- Legalities of the Scissors, Draping Scissors and Figure 4
- Excessive Celebrations
- Awarding Near-fall Points

## **OSAA WRESTLING POLICIES**

**1. OSAA ADOPTED RULES AND INTERPRETATIONS:** The NFHS 2009-2010 Wrestling Rules Book will be used.

**2. PARTICIPATION LIMITATIONS:** (OSAA Handbook, Participation Limitations)

- a. Team: A school team shall not compete on more than 14 events at each level of competition, exclusive of the varsity district tournament and state championships. Each dual match or tournament shall count as one event. Any time a student participates representing his/her school, it shall count toward the school's team limitation.
- b. Individual: A student shall not participate in more than 14 events, nor shall a student appear in more than 40 mat appearances, exclusive of the varsity district tournament and state championships. Each victory (including forfeits accepted) or defeat is counted as a mat appearance.

If a wrestler does not wrestle during a dual match because no opponent is available at that weight class, either a forfeit can be accepted, counting the match as one of the wrestler's 40 allowable mat appearances, or else a forfeit is not accepted by not appearing on the mat, thus not counting the match as one of the 40 allowable mat appearances.

- c. Exhibition Matches: Exhibition matches are allowed but will count toward the 40 mat appearance limit. Wrestlers involved in exhibition matches must meet the requirements outlined in the Oregon Wrestling Weight Monitoring Program regulations.

**3. INTERRUPTED CONTESTS:** (OSAA Handbook, Executive Board Policies) Contest shall be continued from point of interruption unless teams mutually agree otherwise or there are athletic district rules that apply.

**4. CONTESTS – SPORTSMANSHIP – CROWD CONTROL:** (OSAA Handbook, Rules)

- a. **Sportsmanship Responsibility:** The high school principal, coach and other responsible officials of each member school shall take all reasonable measures to insure that the school's students and supporters maintain a sportsmanlike attitude toward all events so that events may be conducted without unreasonable danger or disorder. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Derogatory and/or unsportsmanlike language is not allowed. No player may be singled out by number, name or position with negative comments of any kind.

When a petition is filed alleging violation of this Rule 3-2, the Executive Director may, at his/her discretion and with concurrence of any two Executive Board members, postpone any pending event which the Executive Director has reason to believe cannot be conducted without an unreasonable danger of disorder. All such protests shall be referred to the Executive Board, which shall proceed as provided in Rule 4. In addition to any other action the Executive Board may take regarding a protest alleging a violation of this Rule 3-2, the Executive Board shall have the power to cancel or re-schedule the event involved, or to impose conditions on conducting it.

- b. **Sportsmanship Violations / Penalties:** When the students, staff or supporters of any member school engage in unsportsmanlike conduct, disorder or infliction of damage to persons or property in connection with any festival, meet, contest or tournament sponsored by this Association, the Executive Board may treat such acts as a violation by the school of the Rules of the Association. Any school whose students, supporters, rooters or partisans take part in riots, fights, pilfering, painting or any other unsportsmanlike conduct shall be subject to penalty.

c. **Sportsmanship – Criticism of School Representatives or Officials**

- 1) It shall be considered an act of unsportsmanlike conduct if school representatives (coaches, administrators, player or other school personnel) make comments to the media that criticize or disparage the officiating of any contest. Whether or not a violation occurred and the appropriate penalty shall be determined by the school which employs the school representative.
- 2) It shall be considered an act of unsportsmanlike conduct if officials or commissioners make comments to the media that criticize or disparage school representatives. Whether or not a violation occurred and the appropriate penalty shall be determined by the Local Association to which the official or commissioner belongs. (Fall 2007)

**5. SPECTATOR CONDUCT AT OSAA EVENTS:** (OSAA Handbook, Rules)

In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events..." the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided:(Revised Fall 2008)

- a. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. Spectators are required to wear shirts.
- b. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- c. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action.(Revised Fall 2008)

- d. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor. (Revised Fall 2008)
- e. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest. (Revised Fall 2008)

**6. UNIFORMS:** All uniforms shall meet the specifications in Rule 4 of the "National Federation 2006-07 Wrestling Rule Book". School uniforms only are to be worn by contestants.

**7. WEIGH-IN:**

- a. A Contestant shall weigh in for each match according to Rule 4, Section 5 of the "National Federation 2008-09 Wrestling Rule Book". There are no exceptions.
- b. Weigh-in and designation of contestant shall be in accordance with the policy and regulation contained within the Oregon Wrestling Weight Monitoring Program.
- c. A wrestler may not weigh in at another school unless his school is included in the meet.
- d. If a school is traveling, the school may not conduct the official weigh-in at home. All weigh-ins must be conducted shoulder to shoulder at the site of the meet.
- e. Only those wrestlers who are eligible to wrestle in a match may weigh in. Each school's Alpha Master Report indicates eligible wrestlers for each event. League/Conference/District rules may require that at the time of weigh-in the coach provide the school's Alpha Master to the opposing coach or tournament director to verify that the wrestler's assessment data has been entered in the NWCA Optimal Performance Calculator and that a minimum wrestling weight has been assigned. A wrestler whose name does not appear on the Alpha Master is an ineligible participant.
- f. League/Conference/District rules may require that wrestlers whose body fat is assessed below 7% for males and 12% for females must have a copy of the Physicians Clearance Form at the time of weigh-in. This form will indicate the minimum wrestling weight class that he/she can participate in.

**8. OREGON WRESTLING WEIGHT MONITORING PROGRAM:**

- a. League/Conference/District Committees do not have the authority to waive the requirements set forth in the Oregon Wrestling Weight Monitoring Program.
- b. All wrestlers participating at OSAA member schools will be required to conform to the policy and regulation outlined in the Oregon Wrestling Weight Monitoring Program. The Oregon Wrestling Weight Monitoring Program webpage containing all program information is located on the OSAA website at <http://www.osaa.org/wrestling/owwmp/0910owwmp.asp>.
- c. The school shall have on file for each wrestler a copy of the wrestlers initial assessment data, the wrestlers individual season long weight loss plan and if needed a copy of the physicians release form for any wrestler assessed with a body fat below 7% for males and 12% for females. The OSAA may request any of these forms on an as needed basis.
- d. A wrestler may appeal the results of the initial body fat assessment by following the guidelines outlined in Section VII of the Oregon Wrestling Weight Monitoring Program.

**9. INDIVIDUAL SEASON LONG WEIGHT LOSS PLAN:**

Each wrestler entered in a district tournament must present, prior to the drawing of any tournament bracket, a copy of each wrestler's season long weight loss plan to determine weight class(es) of eligibility. This season long weight loss plan must have a complete accurate record of all weigh-ins and weight classes of participation for each event that the wrestler participated in. Failure to do so may result in disqualification from the tournament.

Tournament Directors in each league/conference/district qualifying tournament have the responsibility to determine the eligibility of all wrestlers entered into the event.

- a. SIGNATURES – Each wrestler's season long weight loss plan shall contain the signatures of the wrestler, coach, and the athletic director.
- b. MINIMUM WRESTLING WEIGHT – The NWCA Optimal Performance Calculator will be used to calculate a wrestler's minimum wrestling weight.
- c. WEIGHT CLASSES OF PARTICIPATION – The season long weight loss plan will determine which weight classes a wrestler may participate at each week.

For each contest or event during the season:

- 1) If a wrestler's weigh-in qualifies the wrestler for either of the two eligible weight classes listed on his/her season long weight loss plan for that given week, the wrestler may participate at the weight class for which they qualify or one weight class higher.
  - 2) If a wrestler's weigh-in does not qualify the wrestler for the lowest eligible weight class listed on his/her season long weight loss plan for that given week, and he/she participates, the wrestler will be considered an ineligible participant and the represented school is subject to penalties outlined in Rule 5 of the OSAA Handbook.
  - 3) If a wrestler's weigh-in does not qualify the wrestler for the highest eligible weight class listed on his/her season long weight loss plan for that given week, and he/she participates, the wrestler's lowest eligible weight class for the season shall be immediately re-certified up one weight class. The wrestler shall be considered ineligible until such time that the school submits to the OSAA a Petition to Raise Minimum Weight Class and prints a revised season long weight loss plan for the wrestler.
- d. Any wrestler whose body fat was assessed below 7% males and 12% females at the time of initial assessment shall not use the growth allowance granted in Part V of the policy to achieve a lower minimum wrestling weight.
  - e. APPEAL - A wrestler's season long weight loss plan can only be recalculated by following the appeal procedures listed in Section VII of the Oregon Wrestling Weight Monitoring Program.

## **10. WEIGHT DIVISIONS:**

The following 14 weight divisions will be in effect throughout the 2009-10 wrestling season:

103	135	171
112	140	189
119	145	215
125	152	285
130	160	

NOTE: A 2-lb growth allowance will be added to each weight class on the second Sunday in January.