



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 <http://www.osaa.org>



November 10, 2023

To: Athletic Directors and Head Wrestling Coaches
From: Kris Welch, Assistant Executive Director
Subject: Wrestling Reminders for the 2023-24 Season

Season Dates:

First Practice Date.....	November 13
Mass export of female assessment data from Boys accounts to Girls accounts	November 27
First Contest Date.....	November 29
6A/5A Girls and 4A,3A, 2A/1A Boys State Qualifying Tournaments.....	February 9 & 10
4A/3A/2A/1A Girls and 6A, 5A Boys State Qualifying Tournaments.....	February 16 & 17
4A, 3A, 2A/1A Boys and 4A/3A/2A/1A Girls State Championships.....	February 22 & 23
6A, 5A Boys and 6A/5A Girls State Championships.....	February 23 & 24

GENERAL INFO

OSAA Wrestling Plan Book

<https://www.osaa.org/docs/planbooks/wreplan.pdf>

Our plan books include information necessary for schools. The plan contains the season dates, NFHS rule changes, state championship information and qualifications, plus OSAA General policies.

Skin Lesion Protocols

Make sure if there is any question of lesions on a wrestler, the completed form [LINK](#) is in the hand of the wrestler and ready to present at the weigh-ins. This will ensure a quick process as opposed to having to go find the coach with the form and delay the entire process.

NFHS Points of Emphasis for 2023-24

UNIFORM APPEARANCE

The proper use of a uniform is paramount in high school wrestling. Cleanliness, color selection, fit and style all go into what constitutes the proper decorum of use by the wrestler. A dirty, poorly sized, unbecoming colored uniform is an impediment that interferes with wrestling. We cannot afford for the wrestler's attention to be distracted from the business at hand...to wrestle! Keeping the uniform washed and clean reduces risks of transmitting skin disease which protects the opponent, referee and provides comfort for the wearer. When looking to purchase new or replacement uniforms, consider your color selection and placement. Today's youth do not want to be placed in a situation where a white or light uniform (top or bottom) when wet reveals more of their body than they are comfortable in having exposed.

They can become easily embarrassed and self-conscious. With cellphones ever present and everything and/or everybody possibly being the next social media post that goes viral, we want to do our best in avoiding any unfortunate situations. Similarly, it is imperative that a uniform (singlet or two-piece) should be issued to a student that best fits their size, weight and gender. It is disconcerting to have a wrestler wearing a stretched out uniform while wrestling and the back of their uniform is touching the mat during competition. The referee has no other option but to award a fall to their opponent. Whereas, a properly fitted uniform would not have placed the wrestler in jeopardy.

With an increase of over 30,000 girls entering our sport this last school year and more are expected to join our ranks this year, girls being issued a boy's uniform is no longer practical or reasonable. Obviously, boys and girls have different anatomies and require different types of uniforms. It is highly recommended that girls are issued girls' cut singlets/two-piece uniforms. The design of the girls' cut style uniforms reduces the risk of exposure during wrestling competition.

We cannot expect a girl to perform her best if she has to be concerned whether her uniform will support her while she is competing. A sports bra and suitable undergarment that completely covers the groin and buttocks are not just items of modern-day convenience. They are significant in high school wrestling because they are part of the uniform. Proper fit and sizing (to minimize the risk of exposure) should be considered when the female wrestler is on her feet or in various positions during competition. Coaches and parents/guardians have a collaborative role in helping the wrestler to maintain their modesty with proper fitting undergarments and allow them to compete at their optimum best! While we are not

suggesting a wholesale overhaul of your uniform stock. We are asking you to inspect what you have and if it is financially (or when your school's uniform rotation occurs) feasible replace your inventory with newer and properly fitting uniforms designed for all the wrestlers on your team. It will encourage the morale and confidence of your wrestlers.

EXCESSIVE CELEBRATIONS

Wrestling consists of two similar sized athletes using their skill, technique, strength and catalogue of moves to control and dominate their opponent. One wrestler always has to win and the other unfortunately will be the loser during that match. We are observing that some of the celebrations have become excessive and over the top. We appreciate the exuberance of a young person winning and their success is a sense of accomplishment and pride, but not at the expense of their opponent. Embarrassing the opponent does not add to their win. It tarnishes the sport that they have dedicated themselves to and have found success in. High school sports and other activities exist to lift students up, not demean or tear them down. The goal is to treat everyone fairly and treat each other with respect. Any actions, taunts, speech or harassment that is insulting, demeaning or hurtful will and should not be tolerated. Good sports win with humility, lose with grace and do both with dignity. It takes the efforts of everyone every day to ensure that sportsmanship remains one of the top priorities in education-based activity programs.

DEFAULT vs. FORFEIT

In the purest and simplest form, a default is awarded when a wrestler is unable to continue wrestling for any reason. The match has started and they cannot continue to wrestle anywhere during the match. The opponent wins and the defaulting wrestler receives the loss. A forfeit is when an opponent fails to appear for a match for any reason. With the new rule change, a medical forfeit is now an option. The caveat is that the forfeiting wrestler cannot wrestle due to an injury or illness that occurred during the tournament. The wrestler remains in the tournament if possible (moving down to the consolation bracket) and does not take a loss on their record. This entire transaction is determined by the tournament director after consultation with the on-site appropriate health-care professional and the coach of the injured or ill contestant. Both actions cease wrestling for different reasons and have unique consequences. With our new facial hair rule allowing beards of varying thicknesses and lengths, paying particular attention to more visible skin issues is as important as ever. Covering a communicable skin disease with either make-up or other methods is in direct conflict with our rules of fairness and risk minimization. Concealing or hiding a communicable skin disease is unsporting behavior and in violation of the NFHS Communicable Disease Procedures and makes the wrestler ineligible to participate per rule.

Oregon Wrestling Weight Monitoring Program

<https://www.osaa.org/activities/wre/information/owwmp>

Lots of great information on the OSAA website. ALL wrestlers when getting assessed MUST wear a legal competitive uniform and must be assessed prior to participating in OSAA competitions.

Below are reminders related to your TrackWrestling responsibilities prior to the first contest date on November 30. Please review these and take any necessary actions to ensure that your school is in compliance. If you have any questions, please feel free to contact me at krisw@osaa.org or 503-682-6722 ext. 230.

Most questions related to TrackWrestling can be answered by visiting the link below –

There is a PowerPoint presentation in the OWWMP information [2023-24 Kicking Your Season Off](#)

This should help with most of the TrackWrestling instructions.

Varsity Season Schedule

Your home varsity season schedule is required to be entered into your TrackWrestling account by Wednesday, November 28. This includes all dual meets and tournaments that you will host. Once you post your event and invite participating schools your event will be populated on their schedule page automatically. Events you are attending will be populated on your schedule page automatically if the host has invited you. If you do not see an event that you believe you are invited to then contact the host school for verification.

If the event ends up being duplicated on your page because you have entered it and the host has entered it, then DELETE the one you created to avoid results issues after the fact.

Special District Tournaments and the OSAA State Championships events at all classification levels will be added to your schedule by mid-December. Please DELETE these events if you have added them to your schedule to avoid duplication.

Tournaments and Stat Program

Starting this year all OSAA member schools have unlimited use of TrackWrestling to conduct tournaments at all levels and access to the Stat program at no cost. These features combined with the Weight Management tools available to all schools now create a comprehensive package hosted on a single platform using one username and password.

OSAA policy requires that all Varsity results be entered into TrackWrestling during the season. All Varsity tournaments that you are hosting are required to be ordered on TrackWrestling prior to the event. Host sites choosing to not use the free access to TrackWrestling to conduct their tournament are encouraged to order the tournament now so that results may be entered after the event concludes by hand.

If you are hosting a tournament click this icon once you have added it to your schedule to order the event – complete this before your event begins – you will receive an invoice but will not be charged for the event.



Host schools failing to enter all Varsity results for participating schools are subject to penalties outlined in Rule 5 of the OSAA Handbook.

Required Weigh-in Reports

Prior to any weigh-in during the regular season each school **is required** to provide a roster containing a listing of their potential wrestlers and the two eligible weight classes for each wrestler on that competition date. Each wrestler's actual weight and weight class of participation that day will be recorded on the school's roster and submitted to the represented school's Athletic Director directly after the conclusion of the event.

The school's Athletic Director is responsible to verify that the season long weight loss plan for any wrestler who has failed to qualify at one of their eligible weight classes for an event has been modified prior to any future competition

Printing Weigh-in Reports Video Help:

How to print the required weigh-in report: <https://www.youtube.com/watch?v=C9JfMuDBqJA>

Updating your Roster – Linking to a TW Profile

Select "Roster" in the menu bar and then click the wrestler's name. By adding the birth date and email address you will be able to create and link to a TrackWrestling profile for that wrestler. This will allow the public access to the cumulative match history of the wrestler when viewing tournaments online. Below is an example of a wrestler who has been linked to their TrackWrestling profile.

<input type="checkbox"/> Name	Eligible	TW Profile
<input type="checkbox"/> Tanner Sauer  		Tanner Sauer 

Corrections to names on your Team Roster

If you have a wrestler listed on your roster whose name is not spelled correctly or should be modified in anyway please let me know. Corrections made at events during the year are temporary and do not fix the actual issue in the master database. Just email me the correction and I will address it so the change is permanent.

Petition to Raise Minimum Weight Class Process

Part VI (A) (3c) – Oregon Wrestling Weight Monitoring Program Regulation requires that 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. In these cases, prior to any future competition each member school is responsible to manually raise the wrestler's lowest eligible weight class within the schools TrackWrestling OPC account.

In some situations, a wrestler may want to raise their lowest eligible weight class because they know they will never participate within the weight class listed on their weight loss plan. Since eligible weight classes listed for each week are directly tied to the lowest eligible weight class for the season – changing this weight class allows the wrestler more flexibility during the following weeks to compete at higher weight classes.

How to Raise a minimum weight Video Help: <https://www.youtube.com/watch?v=K8xb2Qz4Mhw>

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NWCA Nutrition Program

The NWCA sport nutrition component has been provided by MySportsDietitian.Com (MSD). Please know that some of the best wrestling knowledgeable sports nutritionists around the nation stand behind this MSD system. This component allows wrestlers to design a customized diet that honors their weight loss/gain/maintenance plan (as established by the OPC).

The system is very easy to use and it will help all wrestlers maximize their performance through proper nutrition/hydration.

The common goal of this effort is to distance amateur wrestling from the unhealthy weight loss stigma that many parents and coaches of other sports still have about our sport. We want to take the focus off of unhealthy weight loss and instead, place it on healthy nutrition/hydration. [Link to resources](#)