



# Oregon School Activities Association

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November 11, 2022

To: Athletic Directors and Head Wrestling Coaches  
From: Kris Welch, Assistant Executive Director  
Subject: Wrestling Reminders for the 2022-23 Season

### **Season Dates:**

|  |                  |
|--|------------------|
| First Practice Date.....   | November 14      |
| Mass export of female assessment data from Boys accounts to Girls accounts ..... | November 28      |
| First Contest Date.....  | November 30      |
| 6A/5A and 4A/3A/2A/1A Girls State Qualifying Tournaments.....                    | February 3 & 4   |
| 6A,3A, 2A/1A State Qualifying Tournaments.....                                   | February 10 & 11 |
| 5A, 4A State Qualifying Tournaments.....   | February 17 & 18 |
| 4A, 3A, 2A/1A Boys and 4A/3A/2A/1A Girls State Championships.....                | February 23 & 24 |
| 6A, 5A Boys and 6A/5A Girls State Championships.....                             | February 24 & 25 |

### **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.

### **NFHS Points of Emphasis for 2022-23**

#### **SPORTSMANSHIP:**

Good sporting behavior is one of the fundamental ingredients to the continued success and enjoyment of education-based high school sports and activities. In fact, in the 103-year history of organized high school sports in the United States, good sportsmanship has been one of the most important outcomes of high school activity programs. NFHS playing rules are written to encourage sportsmanship. Participation in these programs should promote respect, integrity and sportsmanship. However, for these ideals to occur, everyone involved in these programs must be doing their part. The NFHS is concerned that unsporting behavior in education-based athletics has increased across all sports. As a result, the NFHS has made sportsmanship the No. 1 Point of Emphasis for the 2022-23 school year. Sportsmanship, or good sporting behavior, is about treating one another with respect and exhibiting appropriate behavior. It is about being fair, honest and caring. When these types of appropriate behavior occur, competitive play is more enjoyable for everyone. Coaches set the tone at athletic contests with their display of sportsmanship. If these individuals act in a sportsmanlike manner, their behavior sets the tone for players, spectators and others. If coaches, however, are complaining constantly about the decision of contest officials, spectators are more likely to do the same. There must be a collaborative, working relationship between contest officials and game administration to promote good sportsmanship and safely conduct the contest. Everyone has their roles to play in creating a positive, sportsmanlike atmosphere at contests.

Officials should focus on the actions of players, coaches and other bench/sideline personnel. A positive, open line of communication between officials and coaches ultimately results in a better contest for everyone involved. Contest officials, however, should never engage with spectators who are exhibiting unsporting behavior. Once the contest begins, school administration is responsible for dealing with unruly spectators. A proactive approach by school administration includes monitoring the behavior of spectators and intervening as needed. If spectators are using demeaning or profane language at officials – or at others in the stands – those individuals should be removed from the contest by school administration.

In recent years, a heightened level of unsportsmanlike behavior has been occurring by spectators at high school sporting events, and it must be stopped. The use of demeaning language, or hate speech, by students, parents and other fans must cease. High school sports and other activities exist to lift people up, not demean or tear people down. The goal is to treat everyone fairly and treat each other with respect. Any speech or harassment that is insulting, demeaning or hurtful will not be tolerated. High schools must establish a culture that values the worth of every single person – both players on the school’s team and players on the opposing team. There must be a no-tolerance policy regarding behavior that shows disrespect for another individual.

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.

### **ILLEGAL, HARMFUL HOLDS and MANEUVERS**

In the purest form of wrestling, two similar sized athletes use their strength, guile, ability and repertoire of moves to control and dominate their opponent. We have always made moves and maneuvers that intentionally injure or punish a wrestler illegal and work on removing them from our sport. We are noticing that some moves, maneuvers and holds are starting to filter down to our level from other influences that are not education-based athletics. We abhor any move, maneuver or hold that intentionally injures limbs and joints or penetrates any body cavities. Allowing those techniques to infiltrate into our sport is irresponsible, dangerous and in certain jurisdictions illegal. No one wants to drive any students out of the sport. If parents are not confident that their children are in a well-managed risk environment, then they will not let them participate. That would be devastating to a sport that we have already seen a trend of declining participation numbers.

We need to do everything possible in our schools to attract more students and retain them in our programs. Eliminating questionable moves, maneuvers and holds is the first place to start. Regardless of your role as either coach or referee, you must work together to keep certain techniques out of our sport. Wrestling is one of the oldest sports in the world. The benefits of participating are phenomenal in developing high school students to better understand their bodies, appreciate discipline, be self-reliant and develop toughness that will be a life skill that they will use their entire lives.

### **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](mailto:krisw@osaa.org) or 503-682-6722 ext. 230.

Most questions related to TrackWrestling can be answered by visiting one of the links below –

TrackWrestling Season Overview - <https://www.youtube.com/watch?v=pBLD7sUcHOE>

TrackWrestling FAQ's - <http://s200.trackwrestling.com/tw/FAQDisplay.jsp?staticCats=137036009>

TrackWrestling Video Topics - <http://www.osaa.org/activities/wre/information/owwmp>

### **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.**

Entering Schedules Video Help:

Entering Varsity Schedules Overview: <https://www.youtube.com/watch?v=2WdKAGZxMil>

How do I add a dual meet: <https://www.youtube.com/watch?v=UuAXyPOlyhk>

How do I add an individual tournament: [https://www.youtube.com/watch?v=BAh2XTi2a\\_I](https://www.youtube.com/watch?v=BAh2XTi2a_I)

How do I add a dual/multi dual meet tournament: [https://www.youtube.com/watch?v=IBzRKF\\_dpYQ](https://www.youtube.com/watch?v=IBzRKF_dpYQ)

### **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.

Stat Program Video Help: <https://www.youtube.com/watch?v=c4XNCHG28bU&t=31s>

**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.

| Name         | Eligible | TW Profile                   |
|--------------|----------|------------------------------|
| Tanner Sauer | ✓        | <a href="#">Tanner Sauer</a> |

**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>

**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.

Visit the following link to set-up your team account today - <https://mysportsd.com/apply-form-direct-nwca.php>.