



October 15, 2015

Correction: The OHSAA sports regulation has inadvertently omitted the Junior high school heavyweight minimum weight. This is correctly printed in the JHS regulation manual. The heavyweight has a minimum weight is 205 pounds and a maximum of 245 pounds.

And a quick reminder: the junior high school overtime procedure is that a tie match is followed with a one-minute overtime period starting from the neutral position, and if a tie still remains there is a 30 second ultimate tie breaker period. Follow the same procedure as with this ultimate tie breaker in the high school regulations.

Correction: An error in the green book is on page 24, the 3rd major bullet point under the topic of coach's misconduct. The last line reads "coach removed from the event for the remainder of the tournament." That is true for a one day tournament. It should read "coach is removed from the event for the remainder of the day."

Correction: The NFHS Wrestling Guide page 2 play pic B is showing a warning for coach's misconduct w/ the closed fist. Although the print above states it is unsportsmanlike conduct.

The head gear and hair cap must be a one piece unit with the cap permanently attached to the head gear.

Every new wrestling season we discuss the many ramifications of the proper wrestler reporting to the table, then going directly to the center of the competition circle. Let's put all this together; first the part about reporting to the table in proper order refers to the proper procedure for a dual meet. Second; going directly to the center of the circle is expected for dual meets and tournaments for both wrestlers immediately after they report in at the table.

After reporting to the scorer's table only several things may then occur, these are spelled out in the case manual 7-3-5 A & 7-3-5 B;

- The wrestler goes directly to the center of the circle and is ready to wrestle. The match gets started properly without interruption.
- The wrestler is not properly equipped and ready to wrestle, in which case the injury clock is started and one match point for the technical violation is assessed.
- The wrestler gets called back by the coach to change the participant, in which case the wrestler is then disqualified and no other substitute may take his/her place. The opponent is given the forfeit.
- The wrestler goes back to his coach at the corner of the mat. This is a delay of match penalty and then a warning for stalling must be given the wrestler.
- The wrestler goes to the center, but then turns and goes back to his coach at the team bench (off the competition mat). This now becomes a technical violation due to the fact the wrestler has left the mat without the official's permission. The opponent is awarded one match point.