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Wrestling

Pages are numbered to correspond with the OSSAA Rules and Regulations Handbook.

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**NOTE: NEW RULES, REGULATIONS, AND POLICIES ARE UNDERLINED**

## I. DATES TO REMEMBER

- A. October 1, 2024 - Wrestling practice may begin
- B. October 12, 2024 - First day wrestlers can be tested for hydration and body fat
- C. November 21, 2024- Wrestling Season Opens (Official Competition)
- D. January 1, 2025 – District Duals may begin
- E. January 28, 2025 – Girls Regional assignments released
- F. January 29, 2025 – Certified Minimum Weight List due
- G. January 30, 2025 – District Duals must be completed by this date
- H. January 31, 2025 – Preferential Officials List due
- I. February 5, 2025 – Dual State Seeding Information Form due in OSSAA office
- J. February 7, 2025 – Boys Regional assignments released
- K. February 7, 2025 – Dual State brackets released
- L. February 15, 2025- Dual State Championships All Classes
- M. **February 18, 2025**– Academic Achievement Application due in the OSSAA office. **The link can be found on the Wrestling page at [www.ossaa.com](http://www.ossaa.com).**
- N. February 17-18, 2025- Girls Regional Tournaments
- O. February 21-22, 2025 - Boys Regional Tournaments
- P. February 27,28 and March 1, 2025 - State Tournament
- Q. Rules Meetings: **The Rules Meeting will be conducted in person on Oct. 23 at Del City High School at 7:00 p.m. OR Oct. 30, at Tulsa Union High School at 7:00 p.m. If you are unable to attend the in-person meeting you may view the meeting on the Wrestling page of OSSAA.com on or after November 1, 2024.** Each head coach of all varsity teams shall attend an OSSAA state rules meeting for that sport for the current school year. If the head coach does not attend a meeting, an online rules meeting is available at [www.ossaa.com](http://www.ossaa.com). Written verification of the online rules meeting must be submitted to the OSSAA. All head coaches of winter activities must complete their state rules meeting by December 1<sup>st</sup>. The penalty for failure to attend state rules meeting or to complete an online rules meeting and proper documentation submitted to the OSSAA office by the prescribed deadlines will result in the school suspending the head coach for all interscholastic competition until the coach is in compliance and proper documentation has been submitted and verified by the OSSAA.

## II. WRESTLING REGULATIONS

### A. CLASSIFICATION

1. Classifications for the 2025 regional tournament competition will be based on the end of the year 2023-2024 Annual Statistical Report from the State Department of Education and the agency-certified ADM numbers from non-public schools. Schools participating in wrestling will be determined by those that indicate participation on their returned OSSAA Participation Invoice. **This form should be completed online by October 1, 2024. Classifications will not be complete until November 1.** Any schools dropping or adding wrestling after this date will not affect any classifications. Wrestling classifications will be reviewed once every four years by the OSSAA Board of Directors.
  - i. **\*\*\*IF A SCHOOL MISSED THE ENTRY FORM DEADLINE, THE COACHE WILL BE SUSPENDED ONE CONTEST.**

**Boys**

  - a) Class 6A will consist of the first 32 wrestling schools on the A.D.M. sheet.
  - b) Class 5A will consist of the next 38 wrestling schools on the A.D.M. sheet.
  - c) Class 4A will consist of the next 38 wrestling schools on the A.D.M. sheet.
  - d) Class 3A will consist of the remaining wrestling schools on the A.D.M. sheet.

**Girls**

  - a) Class 6A will consist of the first 70 wrestling schools on the A.D.M. sheet.
  - b) Class 5A will consist of the remaining wrestling schools on the A.D.M. sheet.
2. Schools shall wrestle in the classification in which their A.D.M. places them.

### B. SEASON AND ALLOWED SCHEDULE

1. The collegiate style wrestling (this style is sanctioned and governed by the OSSAA) season shall open on the third full weekend in November. A weekend is Thursday, Friday, and Saturday. The opening date for the 2024-2025 season will be November 21, 2024.
2. The collegiate-style wrestling season for member schools, school personnel, and wrestlers shall close with the state championship tournament. An individual who has represented his school in collegiate-style wrestling during the current season shall not represent his/her school in that sport after the season closes. Students may participate unattached and school personnel may coach.
3. Member school personnel and anticipated personnel shall not hold organized collegiate-style wrestling practice from the beginning of the school year until October 1. No organized collegiate-style wrestling practice may take place after the OSSAA-sponsored state collegiate-style wrestling championship tournament. Collegiate-style wrestling techniques and procedures may be taught in regularly scheduled physical education classes. When there are no organized physical education classes scheduled during the school day, a school may schedule an additional class period immediately after the close of the school day. This additional class period shall be for the purpose of conducting a physical education class and shall not exceed

in length, the time of a regularly scheduled period which is defined as 60 minutes. A school that is bringing its freshmen and sophomore athletes from another site may schedule its practice period immediately upon the arrival of these athletes, not to exceed in length that of a regular class period for the purpose of conducting a physical education class. The practices will be conducted by the certified school coaching staff. Any individual is limited to the maximum time of a regular class period.

4. Coaches may coach their junior high and/or high school wrestling teams in a maximum of three open collegiate-style wrestling tournaments in November with no loss of school time that are sanctioned or hosted by OSSAA member schools. **Individuals are not eligible to compete in open tournaments in November that are sanctioned or hosted by an OSSAA member school unless they are accompanied by a school coach.** A student must be eligible under all rules and regulations of the OSSAA Administrator's Handbook in order to participate in open collegiate-style tournaments that are sanctioned or hosted by an OSSAA member school during the month of November. The OSSAA will not sanction any open collegiate-style tournaments after the month of November. **Any collegiate-style wrestling open tournament held after November 30 and until the completion of the state wrestling tournament in which a school coach is coaching either directly or indirectly, a school team or members of a school team would count against the school's and/or individual's regular season schedule.** Violation of this rule could cause a student to lose eligibility and a coach to be suspended.
5. In addition to the Activities Association-sponsored championship tournament series, high school teams and/or individuals shall be limited to 26 points.  
The following point system will apply in determining the team's and/or individuals' point total:
  - a) All two-day tournaments will count as three points and all one-day tournaments will count as two points. An individual and/or team will be limited to five two-day tournaments. All other tournaments must be one-day and must only be on a Saturday.
  - b) Duals will count as one point.
  - c) In any multi-team competition, points will be equal to the number of duals wrestled. Example: A triangular would be worth two points and a quadrangular/festival would be worth three points.
6. The 26-point system applies to team schedules and to each individual that wrestles. For an individual, this would include a combination of wrestling on the junior varsity and varsity teams. Ninth-grade students may wrestle under the 26-point system. A ninth-grade student may reach the 26 allowable points by wrestling a combination of junior high and high school events or wrestling the entire season with the high school team.
7. Junior High teams are limited to a 20-point system, with a maximum of 3 two-day tournaments. All other tournaments must be one-day and must be on a Saturday.
8. If a ninth-grade student wrestles with the junior high team for the entire season, he/she will be limited to a 20-point system, with a maximum of 3 two-day tournaments. All other tournaments must be one-day and must be on a Saturday.
9. Generally, if the contest, meet, or tournament limits for a particular activity have been exceeded by either a school team or by individual participants from a school, the following sanctions will be applied:
  - a) The head coach in that activity shall be suspended from coaching in any regular season contests, at the same level, in the same activity, for the remainder of the current regular season, and any championship play-off events for that school year.
  - b) The head coach in that activity may also be suspended from coaching any regular season contests, at the same level, in the same activity, in the subsequent season for that activity.
  - c) The school will not be allowed to host any play-off contests in that activity during the school year in which the violation occurred.
  - d) The program will be placed on warning for a period of one year.

#### C. WEIGHT MANAGEMENT PROGRAM AND CERTIFICATION

1. OSSAA High School Weight Management Program – In compliance with NFHS wrestling rule 1-3-1 & 2 which states: Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, physician, and coach in establishing the minimum certified weight class. An ideal program would be one where a medical professional would assist in establishing a minimum weight class through hydration testing, body fat assessments, and a monitored descent plan. Minimum body fat should not be lower than seven percent for males or 12 percent for females. For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a physician's release to participate. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.
2. The OSSAA does not advocate that a wrestler's established minimum weight of 7% for males and 12% for females is the best weight, but simply establishes the minimum weight at which the student-athlete will be allowed to compete.
3. All wrestlers in grades 10-12 and any 9<sup>th</sup> grader that wish to participate on a high school varsity or junior varsity team must comply with the OSSAA High School Weight Management Program. A 9<sup>th</sup> grader who does not test prior to his first junior high competition (including open tournaments) is not eligible to participate on the high school varsity or junior varsity at any time during the wrestling season.
4. Teams can begin testing on Saturday, October 12, 2024, and the last testing date will be Wednesday, February 12, for girls and Wednesday, February 19 for boys. **All wrestlers in grades 10-12 and any 9<sup>th</sup> grader that wants to participate on a high**

**school varsity or junior varsity team must be tested. Wrestlers must be tested at least 48 hours prior to their first competition (including open tournaments).** Assessors will be using the NWCA Optimal Performance Calculator program and each wrestler's name must be listed on their school's Alpha Master form.

5. Coaches must exchange Alpha Master forms (downloaded from the NWCA website) prior to each dual meet and must also give a copy to the tournament director prior to the beginning of each tournament including open tournaments in November that are sanctioned or hosted by an OSSAA member school. The school's Alpha Master form will have each wrestler's date of assessment, alpha weight, percent of body fat, minimum wrestling weight, minimum wrestling class, and the first date on which you can certify your minimum weight.
6. Testing must be done prior to a wrestler working out that day.
7. Assessors must have a medical background and be a licensed medical professional (licensed nurse, nurse practitioner, certified athletic trainer, physician, physician's assistant, physical therapist, emergency medical technician, paramedic, certified dietician, certified personal trainer) and must have completed and passed the training assessor's program to be a certified assessor. A list will be mailed in the fall to schools listing all assessors who have been trained. It is each school's responsibility to contact a certified assessor and set up a date and time to have their team tested.
8. Certified assessors will perform the following three tasks:
  - a) All wrestlers must first pass a hydration test. The test will be a urine analysis and a wrestler's specific gravity cannot exceed 1.025. The methods to determine a wrestler's specific gravity will be by reagents strip, OSSAA color chart, or a refractometer. A wrestler who fails the hydration test must wait twenty-four hours before he/she can be retested. A wrestler who fails the hydration test will not be allowed to be body fat tested.
  - b) Body fat testing will be performed by using the Lange Skin Calipers or the Tanita Bioelectrical Impedance 300WA machine. Assessors will be trained using both methods. Schools that have purchased the Tanita 300WA machine shall notify the assessor in advance that they have a Bioelectrical Impedance Machine and that they choose to use this method for body fat testing. Otherwise, the assessors will use skin calipers to determine body fat. (Note: Females will be tested using Skin Calipers since the Tanita Bio-Impedance machine has not been validated for females.)
  - c) The assessor will use the NWCA Optimal Performance Calculator Computer Program to determine a wrestler's 7% (males) or 12% (females) minimum weight and a descent plan to determine the first date at which a wrestler can certify at his/her minimum weight. The assessor shall input the data from the hydration test and body fat test within forty-eight hours of the initial assessment or the appeal assessment. Coaches will be able to access this information and download their school's Alpha Master form from the NWCA website using their assigned password.
9. A wrestler's parent or guardian must give permission and sign the "Student Data Sheet" giving a certified assessor permission to perform a hydration test and body fat analysis on the designated wrestler. Failure to submit this signature will result in the wrestler not being tested and ineligible to compete in high school wrestling.
10. Each school shall provide two school individuals (A.D., coach, teacher, administrator) to assist the assessor with the hydration and body fat testing.
11. Schools will be responsible for all fees incurred to administer the weight management program: An annual fee of \$30 for the use of the NWCA Optimal Calculator Program and the testing wrestlers of up to \$8.00 each. If an assessor has to come to a school site with three or fewer wrestlers, the assessor can charge a flat fee of up to \$24.00.
12. NWCA Optimal Performance Calculator Performance program will determine a wrestler's minimum weight at 7% for males and 12% for females. The calculator program will subtract a 3% variance from the minimum weight for all males at or above 7% and all females at or above 12%. Any male below 7% or a female below 12% must have a release (Physician's Clearance form) from a qualified physician to participate at sub-seven or sub-twelve. The release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A Wrestler's body weight must be equal to or no greater than three pounds from his/her original assessment when obtaining a written clearance form from a qualified physician. If not, this form will not be valid. The physician's release must be sent to the assessor who did the initial assessment and the wrestler cannot participate until his/her name is posted on the school's Alpha Master form with the "Physician Approval" statement next to his/her name.
13. NWCA Optimal Performance Calculator Program will determine a descent plan to determine the earliest date a wrestler can certify his minimum weight. A wrestler cannot compete at his/her minimum weight before the date that is listed on their school's Alpha Master form. The descent plan is based on the wrestler's body weight at his/her initial testing and a reduction of 1.5% of his/her body weight per week until he/she reaches the minimum weight at 7% (males) or 12% (females).
14. **All wrestlers will have one opportunity to appeal their body fat assessment and minimum weight and must do so within 14 days of the initial assessment.** If a wrestler's body fat test results are being appealed, the wrestler may not wrestle in interscholastic competition until the appeal results are posted on the school's Alpha Master form. A wrestler will have two options. Option A: The appeal must be made with the assessor who did the initial assessment and the same assessment method shall be used. A wrestler's body weight cannot be greater or less than 3 pounds of his/her initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being retested. There will be a fee for retesting a wrestler. Option B: An appeal must be made through the original assessor and a wrestler can go to the certified testing center (Oklahoma University Health Science Center, Oklahoma City) and use the Bod Pod air displacement plethysmography method to determine body fat and minimum weight at 7% for males and 12% for females. A wrestler's body weight cannot be greater or less than 3 pounds of his initial assessment and if so, the appeal will not be valid and the original assessment will be used. A wrestler must also pass a hydration test before being tested. Since researchers have determined this to be one of the gold standards in measuring body fat composition, there will not be a 3% variance subtracted from the minimum weight. Again, the cost for this testing will be incurred by the school or parent at a fee of \$25.00 per wrestler and payment shall be made at the testing site.

A wrestler whose body fat is measured at sub-seven percent (males) or sub-twelve percent (females) and wishes to appeal their body fat assessment must meet the following requirement: their body weight at the appeal can be no lower than their original weight at the initial assessment and no greater than three pounds of their original weight at the initial assessment. If so, the appeal will not be valid and the original assessment will be used.

If a wrestler elects to appeal their initial assessment under option A or B, whatever the appeal assessment determines, his/her body fat and minimum weight is final. You cannot appeal a third time nor can you go back and use the initial assessment data.

15. Although it is not mandatory, it is highly recommended that each school develop a nutrition education program for wrestlers and parents. The NWCA has a free nutrition video available on their website.
16. All wrestlers (including non-starters) in grades 7-12 shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 21, 2024 and January 25, 2025). This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public awareness that a match is taking place, and comply with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs-in with a weight allowance based on National Federation Rule 4-5-5 ("When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at flat weight. **At no point shall a wrestler weigh-in for a weight class that he/she will be unable to participate in during the post season. (Example: A wrestler whose lowest actual allowable weight is 121 per their decent plan, and lowest eligible weight class is 126 cannot certify at the 120 lb. weight class. Therefore he/she shall not be allowed to wrestle at any time in the 120 lb. weight class during the season even with the two pound allowance.)**
17. If your last wrestling event prior to January 25 is cancelled by a school's administration due to inclement weather, a wrestler may certify his/her minimum weight at the next scheduled event.
18. A wrestler cannot certify his/her (7% male or 12% female) minimum weight until the allowable date on your school's Alpha Master form. Certification must be made at flat weight. Once you certify your minimum weight, you can only weigh-in one weight class above your minimum weight and still keep that minimum weight. A wrestler who weighs in at any time more than one weight class above his/her minimum weight, his/her minimum weight will move up accordingly.
19. A wrestler who is on a descent plan to certify his/her minimum weight and at any time weighs in two weight classes above a previous weigh-in, his/her descent plan would stop and his/her minimum weight would be established. (Example: Your descent plan allows you to go from your alpha weight of 145 to your minimum weight of 126. You weigh-in at 145 and then 138 and then 132 and before you get to your minimum weight of 126, you weigh-in at 145. At this time, your descent plan would stop and your minimum weight would be 138 pounds. You have weighed in two weight classes above your lowest weight during your descent plan.)
20. **A wrestler who was not able to certify his/her minimum weight by January 25 may do so only after the school has received written approval from the OSSAA because of injury, illness, or some other unusual circumstance that prevented him from doing so. School administrators shall make their request in writing to the OSSAA and explain their circumstance This must be received by January 25, 2025.**
21. Any wrestler who is tested prior to January 25 and whose calculator plan won't allow them to descend to their minimum weight until after January 25 would not have to apply for an exception. However, they must make flat weight at the first opportunity during the week the calculator plan allows them and after that they would receive the two-pound growth allowance.
22. A wrestler, whose calculator plan will not allow them to descend to their minimum weight until after January 25 must make flat weight the first time they weigh in for a new weight classification. (Cannot use the growth allowance when descending to his/her minimum weight the first time they weigh in for a new weight classification.)  
A wrestler whose calculator plan will not allow them to descend to their minimum weight until after January 25, then at some point chooses to discontinue his/her descent plan, their minimum weight would be the weight classification they certified by January 25. (Exception: A wrestler would be able to certify his minimum weight after January 25 based on his/her weekly descent plan and must make flat weight at the first opportunity during the week the calculator plan allows them.)
23. A wrestler who has tested and his/her calculator plan will not allow him/her to descend to their minimum weight until after the week of the regional tournament will determine his/her minimum weight by using the 1.5% weekly descent plan from the date of the initial assessment to the week of the regional tournament.
24. If a wrestler weighs in at a dual meet or tournament one weight class above his certified minimum weight, it will not change his minimum weight. If a wrestler weighs in one weight class above his minimum weight and then wrestles one weight class above that (National Federation Rule 4-4-2: "A contestant shall not wrestle more than one weight class above that class for which his actual weight, at the time of weigh-in, qualifies him.") he still has not changed his minimum weight certification. Any changes in weight certification shall be immediately reported to the OSSAA office.
25. A certification form may be mailed, emailed or faxed to the OSSAA office and must be received by January 29, 2025 listing all wrestlers (**including non-starters**) in high school and/or junior high in grades 7-12.
26. A two-pound growth allowance will go into effect for all high school and junior high wrestlers on January 1 and will continue for the remainder of the wrestling season. When the two-pound growth allowance is in effect, all weight classifications will change by two pounds and all weigh-in regulations will apply.
27. A weigh-in is defined as one in which a wrestler makes weight, is in uniform for a match, and is eligible to compete in all respects. A wrestler meeting the definition of a weigh-in would count this against his individual season limitation regardless of whether he participates or not.
28. The regional verification form shall be provided to the regional tournament manager verifying all regional participants' minimum certified weight upon arriving at the regional site for the seeding meeting. Coaches who chose not to attend the regional seeding meeting shall mail or fax their regional verification form to the tournament manager prior to the seeding

meeting. **Any school failing to provide the regional verification form shall not be allowed to participate in the regional tournament.** Also included on the form will be a place to list the date and site of each participant's season weigh-ins and the weight classification in which he/she was eligible to wrestle. The form must be signed by the high school principal and wrestling coach. Inaccurate information could cause a student to be ineligible for the regional wrestling tournament.

29. Any ninth-grade wrestler that is wrestling on both the junior high and high school wrestling team must adhere to the High School Weight Management Program (see number three from above). A ninth grader will have two minimum weights, one in junior high and one in high school. His/her junior high minimum weight will be the junior high weight class that is directly above the minimum wrestling weight on the high school's alpha master list. (Example: His minimum weight at 7% is 131 pounds. His minimum weight would be 134 on junior high and 132 on high school.) A wrestler shall not wrestle at their minimum weight in junior high until the first allowable date on the high school's Alpha Master form. Junior high weigh-ins will not affect his/her minimum weight in high school and vice versa. A ninth grader who tests prior to his/her first competition and does not wrestle or weigh-in at a high school match by January 25 must weigh-in at flat weight at a junior high match to certify his/her high school minimum weight. (Example: His/her minimum weight at 7% (males) or 12% (females) on the high school's Alpha Master form is 139 pounds. His/her minimum weight is 145 on high school and 142 on junior high. The wrestler must weigh-in at 145 at a junior high meet or tournament by January 25. This weigh-in must be documented and kept by the high school coach.)
30. All seventh, eighth, and ninth grade wrestlers (including non-starters) shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 21, 2024 and January 25, 2025). This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public awareness that a match is taking place, and comply with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs-in with a weight allowance based on National Federation Rule 4-5-5 ("When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at scratch weight. Once a wrestler certifies their minimum weight, they can only weigh-in one weight class above their minimum weight and still keep that minimum weight. Any time a wrestler weigh-ins two weight classes above a previous weigh-in, his minimum weight will move up accordingly and he/she cannot go back down.

#### D. REGIONAL AND STATE TOURNAMENTS

1. The following dates will apply to 2025 regional and state tournaments:
  - a) Girls Regional tournaments (two qualifiers per class) will be held on February 17-18, 2025.
  - b) Boys Regional tournaments will be held February 21-22, 2025. **Any school interested in hosting a regional tournament for the current school year should send a letter to the OSSAA signed by the athletic director or principal by December 1.** Schools hosting a regional tournament must comply with National Federation Rule 2-1-2 and use wrestling mats that have a circular wrestling area with a minimum of 28 feet in diameter.
  - c) Admission prices have been set by the Board of Directors: Regionals - \$7.00 per online ticket plus a processing fee of \$1.35 (\$8.35) or a \$10 cash option (adults and students).
  - d) The state tournament will be held February 27-28 and March 1, 2025 at the State Fairgrounds Arena in Oklahoma City. All classes and genders will be wrestled together with wrestle-in matches on Thursday only.
  - e) Admission prices have been set by the Board of Directors: State Tournament - \$10.00 per ticket plus a processing fee of \$1.50 (\$11.50) or a \$13 cash option (adults and students).
2. At the regional and individual state tournaments, wrestlers will not have the option of weighing in the night before (see II-J-2).
3. Spirit signs and school banners are not allowed to be hung at the regional sites and at the State Fairgrounds Arena.
4. The OSSAA reimbursement claim form (sent out with the regional information packet) is to be filled out and sent to the Activities Association immediately following the state tournament. The amount of reimbursement will be determined at the June OSSAA Board of Directors meeting.
5. The Activities Association will attempt to balance regional tournament strengths when geographics allow.
6. Two regional tournaments will be held in each class, with the top **five** finishers in each weight classification qualifying for the state tournament. **The fifth-place regional finisher from each regional will wrestle the fourth-place regional finisher from the opposite regional in a wrestle-in match at the state tournament. No team points will be awarded for the winner of this match and the loser will be eliminated from further competition at the state tournament.**
  - a) In the regional tournament a consolation match for fifth and sixth place will be wrestled. **Fifth-place winners will qualify for the wrestle-in match at the state tournament.** Sixth-place winners will qualify for the state tournament if one of the top five (1-5) regional place-winners cannot participate because of an injury, illness, academic ineligibility, flagrant misconduct disqualification, etc. It is the coaches/schools responsibility to immediately notify the Activities Association if one of their wrestlers cannot compete in the state tournament due to injury, illness, academic ineligibility, flagrant misconduct disqualification, etc. The OSSAA will then notify the coach or school of the sixth-place regional winner in that weight class and that wrestler will compete in the state tournament. Coaches who fail to notify the Activities Association immediately after learning one of their wrestlers cannot compete in the state tournament will be assessed a penalty by the OSSAA Board of Directors and possibly forfeit their right to coach in the state tournament. **Note: A sixth-place regional winner will not replace one of the top five (1-5) regional place-winners who fails to make weight at the first weigh-in of the state wrestling tournament.**
  - b) On the state tournament bracket at a non-option weight, if one of the regional placers (1-5) cannot participate due to academic ineligibility, injury, illness, flagrant misconduct disqualification, etc., each contestant will move up one place (unless the coach chooses not to) from that regional and insert the sixth-place qualifier in the fifth place or open slot.
  - c) On the state tournament bracket at an option weight, if one of the regional placers (1-5) cannot participate due to academic ineligibility, injury, illness, flagrant misconduct disqualification, etc., each contestant will move up one place

- (unless the coach chooses not to) from that regional and insert the sixth-place qualifier in the third place or open slot. The fourth-place option qualifier would stay on the bracket where he chose. If the fourth-place option qualifier is the contestant that needs to be replaced, the wrestler who originally placed fourth from that regional would move back from the third-place slot to the fourth-place slot. Each contestant would then move up one place (unless the coach chooses not to) from that regional and insert the sixth-place qualifier in the fifth place or open slot.
- d) A sixth-place finisher from the regional tournament would qualify for the state wrestling tournament if there was an open slot from the regional tournament (one of the top five (1-5) regional place-winners cannot participate because of an injury, illness, academic ineligibility, flagrant misconduct disqualification, etc.) or the fifth place finisher cannot participate due to injury, illness, academic ineligibility or declines to participate.
  - e) **No additions to a State Tournament bracket will be made after 4:00 pm on the Wednesday preceding Thursday evening weigh-in of the State Tournament.**
7. At the regional tournament, team points for 5th and 6th place will be given.
  8. Regional tournament brackets: When the number of competitors is not a power of 2, that is 4, 8, and 16, there shall be byes in the first round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of 2 (Exception: When the number of competitors is more than sixteen, a sixteen-man bracket shall be used with pigtail bracketing). There shall be no byes after the first round of competition in the championship bracket or the second round of the consolation bracket, and no further drawing is necessary for championship or consolation rounds. When byes are required for the first round, they shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket. No quarter-bracket or half-bracket shall have more than one bye in excess of its paired bracket. After seeded wrestlers have been placed on the bracket and the byes are drawn, the remaining wrestlers shall be placed by draw. **NOTE:** In a sixteen-man bracket where pigtail bracketing is required, wrestlers in all pigtail matches including consolation pigtail matches will not receive advancement points but will receive bonus points. When pigtail bracketing is required all wrestlers shall have an opportunity to be drawn for pigtail matches.
  9. **At the girl's regional tournament, the seeding meeting will begin at 1:00 p.m. on Monday afternoon and coaches shall send a tentative regional line-up sheet to the regional manager by Wednesday of the preceding week. Coaches shall submit all individual results (duals and tournaments) to Trackwrestling. Results shall be entered by the Monday of the week prior to the Regional Tournament. The weigh-in on Monday will begin at 3:00 p.m. and on Tuesday will begin at 9:00 a.m. The first session will begin at 5:00 p.m. on Monday.**
  10. At the boy's regional tournament, the seeding meeting will begin at 6:30 p.m. on Thursday evening and coaches shall send a tentative regional line-up sheet to the regional manager by Wednesday of that week. **Coaches shall submit all individual results (duals and tournaments) to Trackwrestling. Results shall be entered by the Monday of the Regional Tournament.** The regional wrestling verification form must be completed and provided to the tournament manager upon arrival at the regional site for the seeding meeting. Coaches who chose not to attend the regional seeding meeting shall mail or fax their regional verification form to the tournament manager prior to the seeding meeting. Any school failing to provide the regional verification form shall not be allowed to participate in the regional tournament. **Weigh-in on Friday will begin at 9:00 a.m. First Session will begin at 11:00 am for classes 6A, 5A, 4A. Weigh-in for Class 3A will begin at 8:00 a.m. on Friday. First session for 3A will begin at 10:00 a.m.**
  11. At the regional seeding meeting, brackets are to be drawn and a copy given to each head coach.
  12. A minimum of 30 minutes of rest between matches must be granted to wrestlers.
  13. The regional and state tournaments will have a consolation bracket to determine third and fourth places. It may be necessary for contestants to wrestle each other the second time for third place.
  14. There will be no challenges for second place at the regional and state tournaments.
  15. All matches at the Regional Tournament will consist of three periods. Each period will be two minutes.
  16. All matches at the State Tournament will consist of three periods. Each period will be two minutes.
  17. The number of officials for regional tournaments will be one greater than the number of mats being used. In the regional tournament finals, two officials per match may be used. In the state tournament, two officials shall be used in each match.
  18. In the state tournament, regional winners will be placed on the championship bracket in the following order: E1-W4(**E5**); W2-E3; W1-E4(**W5**); E2-W3. The third-place regional winner shall have the option to switch positions with the fourth-place regional finisher. The third-place finishers must make their decision as soon as their WEIGHT CLASSIFICATION IS FINISHED. Unless the third-place finisher goes to the scorer's table and signs the appropriate form to wrestle the number one finisher, they will be placed against the number two finisher. Their decision will be final at this point. The choice of the third-place finisher will not affect third-place points awarded in the regional tournaments.
  19. The following criteria will be used to seed individuals at the regional wrestling tournament:
    - a) Head-to-Head Competition. If two wrestlers have evenly split wins (one-one, two-two, etc.) during the season, the wrestler who won the last match will be given the seed.
    - b) Record against common opponents.
    - c) Returning state champion from the previous year.
    - d) Returning state placer from the previous year.
    - e) Returning regional champion at the same weight from the previous year.
    - f) Returning regional runner-up at the same weight from the previous year.
    - g) Returning top **five** regional placer at any weight from the previous year.
    - h) Coaches vote.
  20. During the regional tournament, the on-site tournament physician (if a site has contracted with one) will be responsible for examining contestants and will have the final authority in determining an individual's participation. Exception: A current (within seven days of the event) OSSAA skin disease form complying with National Federation Rule 4-2-3 will take precedence over the evaluation of an onsite physician.

21. During the dual state and individual state tournaments, the on-site tournament physician will be responsible for examining contestants and will have the final authority in determining an individual's participation. Including, National Federation Rule 4-2-4: If an on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition.
22. A maximum of two sponsors and a maximum of twelve cheerleaders and mat maids combined will be admitted free to dual state, regionals, and the individual state tournament. **No exceptions.**
23. A student's current scholastic eligibility status would not change if an OSSAA playoff contest was delayed into the next week due to inclement weather or other extreme circumstances.
24. Playoff assignments will be released to the OSSAA website by 4:00 p.m. of the release date. All information regarding play-off assignments will be posted to [www.ossaa.com](http://www.ossaa.com). There will be nothing sent to the school by regular mail.

E. AWARDS AND AWARDS CEREMONIES AT THE REGIONAL AND STATE TOURNAMENT

1. Each regional championship team will receive a team plaque. Individual medals for the first five places in each weight class will be awarded.
2. The Champion and Runner-up of each class of the state tournament will receive an appropriate trophy and a coach's achievement plaque for each head coach. Individual medals for the first four places in each weight class will be awarded plus a medal to the outstanding wrestler in each class.
3. **All contestants that are receiving awards at the state tournament should wear school-issued warm-ups during the awards presentations and the taking of photographs. The wearing of hats or caps, sunglasses, cut-offs, altered clothing, and clothing displaying advertisements is not allowed during the awards presentations.**

F. GENERAL REGULATIONS

1. Oklahoma has adopted the National Federation High School boys' weight classes. 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285.
2. Girls' Weights will be as follows 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235.
3. During the weigh-in period of any tournament, if the tournament director, weigh-in person, or an official detects a contestant cheating while trying to make weight or sees someone else assisting a contestant in cheating while trying to make weight, the contestant(s) are immediately disqualified and all points earned during the tournament will be erased.
4. If a wrestling coach is placed on warning for two consecutive years for not turning in his wrestling officials preferential form, that coach must write a letter to the OSSAA Board of Directors and explain his actions. This letter must be signed by the coach and his high school principal.
5. Each head coach of all varsity teams shall attend an OSSAA state rule meeting for that sport for the current school year. If the head coach does not attend a meeting, an online rules meeting is available at [www.ossaa.com](http://www.ossaa.com). Written verification of the online rules meeting must be submitted to the OSSAA. All head coaches of winter activities must complete their state rules meeting by December 1<sup>st</sup>. The penalty for failure to attend a state rules meeting or to complete an online rules meeting and proper documentation submitted to the OSSAA office by the prescribed deadlines will result in the school suspending the head coach for all interscholastic competition until the coach is in compliance and proper documentation has been submitted and verified by the OSSAA.
6. Flat or scratch weight will be used for all weigh-ins (prior to January 1 and afterward a two pound growth allowance will be added to each weight classification for all wrestlers in grades 7-12) except for Rule 4-5-5 of the National Federation Wrestling Rule Book. It says, "When there are consecutive days of team competition, there shall be a one-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for your opponent(s)." This will apply to both high school and junior high competition. **COACHES WILL NOT BE ALLOWED TO GIVE WEIGHT ALLOWANCES BASED ON MUTUAL AGREEMENT.**
7. It is recommended that wrestling scales be calibrated annually for their accuracy.
8. A weigh-in sheet for all duals shall be used and the actual weight of each contestant be recorded. The weigh-in sheet shall be placed at the head table prior to the beginning of the match (**form located on the Wrestling link at [www.ossaa.com](http://www.ossaa.com)**).
9. Host high schools shall keep all official weigh-in sheets for dual meets and tournaments on file at their school until the conclusion of the state wrestling tournament. The only time these weigh-in sheets would be requested by the OSSAA is to verify a wrestler's actual weight.
10. A coach shall use the documentation **located on the Wrestling link at [www.ossaa.com](http://www.ossaa.com)** (see OSSAA Skin Condition Form) if they have an athlete that is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable in order to meet Rule 4-2-3 of the National Federation Wrestling Rules Book.
11. Representation.
  - a) A school may be represented by only one wrestler in each weight class during dual meet competition, and no substitution is permitted for any wrestler in dual meets or tournaments once the match has started.
  - b) No wrestler shall represent his school in more than one weight class in any meet or compete in more than 6 matches (championship or consolation) in any one day. Forfeits will not count toward the 6 match total.
  - c) No contestant shall wrestle in two consecutive matches with less than a 30-minute rest between them. The conclusion time of each match shall be recorded.
  - d) A contestant shall not accept a forfeit in one weight class and compete in another class.
  - e) A wrestler who weighs in for one weight class may be shifted to a higher weight, provided it is not more than one weight class above that for which their actual weight qualifies them. The exact weight of all contestants shall be recorded and submitted to the official scorer (**form located on the Wrestling link at [www.ossaa.com](http://www.ossaa.com)**).



- f) In Dual competition, each team shall designate a captain or captains. Prior to the beginning of the meet, they shall report to the referee for the coin toss to determine the choice of position at the start of the second period and to determine which individual is to appear on the mat first for each weight class.
12. When an official banishes a coach or sponsor from the vicinity of the contest and there is no other designated assistant or faculty member present to assume full responsibility of the team or organization, the game or contest must be forfeited. Any school in violation of this paragraph shall forfeit the game, meet, or contest to the offended school, and the school or team in violation shall be placed on warning.  
Any coach who is ejected from an interscholastic game, meet, or contest shall be suspended from coaching the next regularly scheduled game, meet or contest (same team and level) in which the team participates. This includes all OSSAA-sponsored and playoff activities. A coach who has been suspended from coaching may attend the contest, but he or she must be seated in the spectator area and may not give instructions to the players or the individual who has been assigned to coach the team anytime during the contest. The coach may not coach directly or indirectly in any capacity. The coach may not enter the dressing room at half-time, nor will he or she be allowed to be on the court, field, etc., before or during the contest. Any coach who is ejected from a contest a second time during the same activity season shall be suspended from coaching until reinstated by the OSSAA Board of Directors.
  13. When an athletic coach removes his/her team from the playing area, the game shall be forfeited and the school automatically placed on probation.
  14. Any contestant who has been authorized to compete wearing an artificial limb, shall weigh in with the artificial limb. Once a wrestler has weighed in with the artificial limb, it cannot be removed during competition.
  15. At any time the use of sweat boxes; hot showers; whirlpools; rubber, vinyl, and plastic-type suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.
  16. It is mandatory that all contestants wear protective headgear.
  17. The following safety and cleanliness policies for body fluid should be followed:
    - a) Referees are not obligated to wipe the blood off of wrestlers or the mats.
    - b) The host school is responsible for cleaning up body fluids on the mats. It is suggested that a squirt or spray bottle containing fresh bleach solution or an EPA-approved disinfectant be available for use.
    - c) While wearing protective gloves, spray the contaminated area with the cleaning solution. Use disposable towels to clean the contaminated surface. Repeat until all visible blood and other body fluids have been removed. Properly discard all contaminated disposable materials. Wash hands immediately after exposure. When it is not feasible to wash your hands immediately after exposure, an antiseptic in conjunction with clean cloth/paper towels or antiseptic towelettes should be used. Hands should then be washed in soap and water as soon as feasible. **NOTE:** These safety and cleanliness policies should be followed during regular season duals and tournaments.
  18. Please see the Athletic Director or Principal for precautionary recommendations regarding AIDS and Hepatitis B.
  19. Summer Camp Fee Regulation: An individual camp fee (Oklahoma average or normal tuition) shall be paid by the student-athlete or his parents without concession.
  20. The tie-breaking criteria used for settling a tie in a dual meet is listed under section V-E-1.
  21. All regular season intrastate wrestling multi-duals (triangular and festivals) where participants are in grades 7-12 that are scheduled during the weekday in which one or more schools are in session, shall not begin before 10:00 a.m.
  22. All regular season intrastate wrestling tournaments where participants are in grades 7-12 that are scheduled during the weekday in which one or more schools are in session, shall not begin before 10:00 am.
  23. **One of the calculated risks that coaches must accept is that he/she, his/her players, or the officials may make mistakes during the course of the game or contest. The Board of Directors has established a policy of not honoring a protest based upon a rule situation, nor a situation that involves judgment on the part of the game official.**
- G. CONDUCT OF WRESTLERS AND COACHES
1. All first-year athletic coaches and any adjunct athletic personnel will be required to complete the NFHS Fundamentals of Coaching Course prior to their participation as a coach in an OSSAA regular season contest.
  2. All coaches in grades 7-12 are required to complete the online Concussion Management video and the Heat Illness video at [www.nfhslearn.com](http://www.nfhslearn.com). Schools are responsible for implementing a system to make sure their coaches are in compliance with the regulation.
  3. In addition, any coach who has been ejected from an OSSAA contest will be required to complete the NFHS Teaching and Modeling Behavior course. This course must be completed within seven (7) days after being ejected. The coach can be reinstated after verification of his/her completion of the course and any sit-out time that is required by OSSAA rules.
  4. Unsportsmanlike conduct by a wrestler prior to or after the conclusion of wrestling, results in the deduction of 1-team point for the first offense. On the second offense the individual will be removed from the premises for the remainder of the event and an additional 2-team point deduction. These penalties carry over in a multiple day event.
  5. Unsportsmanlike conduct of coaches and other team personnel that occurs before, during, or after a contest results in the deduction of 1-team point for the first offense. On the second offense the individual will be removed from the premises for the remainder of the event and an additional 2-team point deduction. These penalties carry over in a multiple day event.
  6. Misconduct of a coach results in a warning for the first offense, the deduction of 1-team point for the second offense, and removal from the premises for the remainder of the day of the head coach and a 2-point team deduction for the third offense. The penalty sequence starts anew each day.
  7. Flagrant misconduct before, during, or after a match by a wrestler results in disqualification of the individual, immediate removal from the premises and the deduction of three team points on the first offense. Any contestant so disqualified in tournament competition is not entitled to any points that he has earned previously in the tournament. All advancement points, fall points, placement points, etc. are negated. There shall be no shifting of positions to fill the vacated place. In dual meet

competition, any team points earned shall be negated. Flagrant misconduct will disqualify any individual from the remainder of a multiple school event or a tournament. This includes the use of tobacco products.

8. Flagrant misconduct by a coach or any other team personnel that occurs before, during, or after a contest will result in removal from premises on the first offense and a deduction of three team points. Removal is for the dual meet, remainder of a multiple school event or tournament. This includes the use of tobacco products.
9. When a student is removed from the premises for unsportsmanlike conduct or flagrant misconduct, removal will only take place if there is an authorized school personnel available to supervise. If no supervision is available, they will be confined to the team bench.
10. A student who is disqualified during a game or contest because of a flagrant or unsportsmanlike conduct shall be ineligible until reinstated by the principal (after complying with National Federation wrestling rules). A disqualified student shall forfeit the right to participate in at least one contest before he/she is reinstated by the principal. A student whose flagrant or unsportsmanlike conduct consists of fighting, cursing or using foul language toward a game official will be automatically suspended from participating in a minimum of the next two regularly scheduled games or contests on the same level of competition that his/her team plays. Fighting is defined, but is not limited to, any player or non-player (bench personnel) striking an opponent with arm(s), leg(s), foot(feet), or other object(s); attempting to strike an opponent with arm(s), leg(s), foot(feet), or other object(s), regardless if there is contact with an opponent; biting an opponent or instigating a fight by committing an act(s) that causes an opponent to retaliate by fighting related to an OSSAA sponsored activity in which the players and non-players are participating. A player or non-player who retaliates by fighting is in violation of the fighting rule. The fighting rule will apply to pre-contest and post-contest sponsored activities. It is mandatory that all head coaches remind his/her team that fighting during the post-game hand shaking ceremonies or conducting themselves in an unsportsmanlike manner after the game will be severely penalized. The head coach and team will be subject to additional suspension penalties beyond the normal penalties imposed on fighting and unsportsmanlike acts that occur during the contest. Injuries have occurred because of fans climbing over walls and fences, being trampled, or partaking in dog-pile celebrations, etc. at the conclusion of a contest. The celebration by fans, players, or coaches acting in an unsportsmanlike manner (for example: pouring water on the coach) after a contest will result in possible penalties imposed against the school. School administrators should be aware that if their student body and fans come onto the playing area after a contest, penalties may be imposed. Any substitute or team member who leaves the team bench (football player leaving the team box, baseball or softball player leaving the dugout, basketball player or wrestler leaving the team bench, etc.) and enters the playing area during a fight or any other serious unsportsmanlike act, shall be ejected. Those players or team members identified by game officials, school administrators, or videotape will be suspended a minimum of one game if they were not involved in the altercation and a minimum of two games (exception: soccer) if they were involved in the altercation. This rule applies to both regular season and playoff games. The suspension applies to individuals/team on the same level of competition; i.e., varsity to a varsity game, junior varsity to a junior varsity game, etc. Any additional penalties by the National Federation Wrestling Rule Book and the OSSAA Rules and Regulations Handbook would also apply. The rule would apply to all OSSAA-sponsored activities. Any student involved directly or indirectly for fighting or any other serious unsportsmanlike act a second time during the season shall be suspended for the remainder of the season.
11. A student or coach who is disqualified or removed from the premises for flagrant misconduct in a multi-team event or a dual-team tournament is disqualified or removed from the premises for the remainder of the event. The number of dual(s) his team participates in after his disqualification during this multi-team event or dual tournament may count towards his sit-out time after he becomes eligible.
12. The minimum penalty for having an ineligible student during the regular season and in an OSSAA activity is as follows:
  - a) Individual Activities - cross country, golf, swimming, tennis, track and field, and wrestling. The school must:
    - (1) Forfeit all events in which student(s) were involved. In a dual match, the opposing team would receive six points for a forfeit.
    - (2) Reduce the team points (score) and adjust its place in conference standings and/or its place in tournament standings.
    - (3) Return awards of individual(s) and, if appropriate after adjusting standings, team awards.
  - b) Tournaments or Contests (including OSSAA tournaments):
    - (1) Team or student, most recently defeated upon discovery of violation, replaces offending team or student for remainder of tournament series.
    - (2) The above stated penalties may be modified by the Board of Directors and/or the Executive Secretary in their absence, dependent upon the circumstances involved.
    - (3) If a student, who has been declared ineligible, is permitted to participate in the interscholastic competition because of a court order and/or injunction against the school or OSSAA and if such restraining order and/or injunction subsequently is voluntarily vacated, stayed, reversed, or finally determined by the courts not to justify injunctive relief, one or more of the penalties outlined in Section 9 above may be taken in the interest of restitution and fairness to other member schools.

#### H. SELECTION OF OFFICIALS FOR REGIONAL AND STATE TOURNAMENTS

1. OSSAA will select the officials for the regional and state tournament. Input from the following criteria will be considered:
  - a) Coaches' input from preferential officials' lists.
  - b) Observation by OSSAA staff or representative.
  - c) Attend a state rules meeting one of every three years in person.
  - d) Attend at least two association meetings prior to the selection of post-season officials.
  - e) Member in good standing of an association.
  - f) Geography will be used in regional selection.
  - g) Conduct of officials during the season.
  - h) Appearance of officials.

I. WEIGH-IN PROCEDURES FOR DUAL MEETS AND TOURNAMENTS

1. NF Rule 4-5-1: Contestants, of the same gender, shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual mee, or a team's first competition in multiple dual meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet weigh-ins may, by mutual consent, precede the preliminary meet.
2. NF Rule 4-5-2: Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder at the tournament site a maximum of 2 hours before the first session of each day.
3. NF Rule 4-5-3: For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight, continue through the weight classes, wrap around 106 class and end immediately upon the completion of the highest weight class in consecutive order. When all wrestlers for a weight class have had an opportunity to weigh-in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. If an athlete misses weight on their first attempt on the scale, they shall not be allowed to do anything (activities which promote dehydration, remove/adjust/modify clothing, cut hair, etc.) which might result in weight loss before they step back on the scale(s). The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. He/she shall not be allowed to drink fluids before getting back on the scale. All contestants (male and female) shall weigh in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Any contestant, who has been authorized to wear an artificial limb, shall weigh in with the artificial limb.
4. The above weigh-in regulations apply to all junior high and high school duals, festivals, and sanctioned tournaments including open tournaments in November.

J. APPROVAL OF TOURNAMENTS, MEETS, AND CONTESTS

1. No member school shall compete in athletics in any interstate tournament or meet in which three or more schools participate unless such event has been sanctioned by all interested state associations including the National Federation, if required.
2. All athletic events where three or more schools participate in grades 7 through 12 related directly or indirectly to any activity in which the Activities Association sponsors a play-off series leading to a state championship should be sanctioned. The responsibility lies with the participating schools as well as the host member school, non-public school host, or any non-school individual host. When more than two schools or teams participate, the students may not be covered by catastrophic insurance unless the event is sanctioned.
3. All entries for out-of-state tournaments and meets shall be forwarded to the Activities Association for endorsement and approval.

K. VIDEOTAPING AND FILMING

Will be restricted to the specified area only.

L. RECOMMENDATIONS TO ADMINISTRATORS OF ATHLETIC CONTESTS

1. It is recommended that an administrator of all athletic contests meet with the game officials prior to the contest advising them of the game time, dressing facilities, pre-game and half-time activities, etc. The game administrator should also record the officials' ID numbers. After the officials enter the field or court, the administrator in charge should advise the head official as to the location where the game manager will be during the contest(s) should a problem arise.
  - a) Someone should be designated to meet the officials to assure their safe return to the dressing room after the contest.
  - b) This applies to the regular season as well as playoff contests.

M. OFFICIALS AND PROTESTS

1. The regulations of the Oklahoma Secondary School Activities Association provides that all officials used in regular season basketball and football competition and Association-sanctioned tournaments where participants are in 7th-12th grades must be enrolled with the Association and have passed part I of the National Federation wrestling test.
  - a) The regulations also apply to regular season competition in baseball, soccer, softball, volleyball, and wrestling where participants are 9th-12th grades.
  - b) It is strongly recommended that certified officials be used in all competition where participants are 7th-12th grades.
2. NOT HONORING A PROTEST  
 OSSAA will not consider requests to overturn the determinations of game/contest officials in interpreting or enforcing rules at games or contests. In agreeing to participate in a game or contest, a member school, and the individual participants, and the coaches or sponsors representing that member school, accept the risk that game/contest officials may make errors in interpreting or enforcing rules at games of contests. Any errors by game/contest officials should be raised with those officials, in a respectful manner, and in accordance with the rules established for that particular activity. The decisions of the game/contest officials are accepted as final.  
 An exception to this Policy may be granted if in the case of an ejection of a participant from a contest, the game/contest official misidentifies the individual who should have been ejected. The request to review the misidentified player must be submitted to the OSSAA in writing.
3. Any school representative who publicly criticizes a contest official and any contest official who publicly criticizes a school representative in connection with a contest, meet, or tournament is subject to sanctions. The member school represented by an individual who publicly criticizes a contest official may also be subject to sanctions if the school fails to take appropriate

action in response to the school representative's public criticism of the contest official. The sanctions could include a warning or suspension.

Public criticism includes, but is not limited to, comments made to the media or during a broadcasted event, and comments made in a public forum.

#### N. DEFINITIONS

##### 1. Quadrangular/Festival

- a) A quadrangular/festival is not a tournament. When using the 26-point system a quadrangular/festival is classified as a multi-team competition.
- b) A quadrangular/festival shall be limited to one day or two successive nights.
- c) No more than four schools shall participate. (Exception: When five or more teams are assigned to a dual team district.)
- d) All duals must be scheduled before the first match starts.
- e) Will be counted as three points towards the 26-point system.

#### O. ACADEMIC ACHIEVEMENT AWARDS

1. Each class of wrestling may apply for the following OSSAA academic achievement awards. Grades are based on the first semester GPA. (Non-traditional semester: An approximate 18-week grading period used to divide the school year in half.)
  - a) A team must list all wrestlers who compete in the regional tournament. For Boys, there must be a minimum of 11 wrestlers competing in regionals to qualify for an academic award. For Girls, there must be a minimum of 7 wrestlers competing in regionals to qualify for an academic award.
2. Teams must meet all qualifications required for the respective activity in order to qualify.
3. Entries that are mailed must be postmarked by the entry deadline in order to be considered. Entries that are faxed must be received in the OSSAA office the day following the entry deadline in order to be considered. Incorrect information submitted on the entry form will void the entry. Please report any corrections or changes to your academic application to the OSSAA office. The OSSAA will confirm finalists for the state championship award.
4. The academic GPA will be based on a 4-point system and computed to the nearest thousandth percentile. If you have a weighted grading system, it must be converted to a 4-point system in computing the team GPA.
5. All classes that count toward graduation shall be used in determining each individual student's GPA.
6. Teams will be eligible to receive one award each year in each activity. The award will be for the highest level of achievement.
7. Each class may apply for the following OSSAA academic achievement awards.
  - a) Academic Achievement Certificates: Teams must have a minimum 3.25 GPA and rank in the upper 1/3 of their classification to qualify.
  - b) Distinguished Academic Plaque: Teams must have a minimum 3.50 GPA and rank in the upper 10% of their classification.
  - c) State Academic Champion: The team with the highest GPA will be declared the state academic champion for their respective class.
8. Awards presentations will be as follows:
  - a) Certificates and plaques will be mailed to the winning schools following the state championship tournament.
  - b) The state championship trophy for each class will be presented to the winning teams at the state wrestling tournament.
9. It is your responsibility to complete the academic achievement application. It must be submitted via the google form no later than February 18, 2025 (**the form is found on the forms link on the OSSAA website at [www.ossaa.com](http://www.ossaa.com)**).

### III. NOISEMAKERS

For indoor activities: Any type of device that plays music, sounds, or voices, and noise makers of any kind such as air horns, cow bells, etc. will not be allowed to function/operate. This will also apply to pre-game/contest and post-game contest activities. This rule applies to both regular and post-season games/contests.

For outdoor activities: Noisemakers are allowed at outdoor activities less they interrupt the normal game/contest procedure of announcers, bands, cheer squads, drill teams or any other game/contest-related activities. The game officials have the authority to stop the use of any noisemakers or disruptions that interrupt the normal game/contest procedures. This rule applies to both regular and post-season games or contests.

### IV. COACHES' ETHICS AND PROFESSIONAL STANDARDS

- A. Exemplify the highest moral character, behavior and leadership.
- B. Respect the integrity and personality of the individual athlete.
- C. Abide by the rules of the game in letter and in spirit, regardless of the consequences.
- D. Respect the integrity and judgment of sports officials, never baiting or taunting officials in any way, or seeking out an official during halftime or at the conclusion of a contest.
- E. Demonstrate mastery of and continuing interest in, coaching principles and techniques through professional improvement.
- F. Encourage and respect all athletes and their values.
- G. Display modesty in victory and graciousness in defeat.
- H. Promote ethical relations among coaches.
- I. Fulfill responsibilities to provide emergency health procedures and ensure an environment free of obvious safety hazards.
- J. Encourage the highest standards of conduct and scholastic achievement among all athletes.
- K. Seek to inculcate good health habits, including the establishment of sound training rules.
- L. Strive to develop in each athlete the qualities of leadership, initiative and good judgment.

- M. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- N. Any school representative who publicly criticizes a contest official and any contest official who publicly criticizes a school representative in connection with a contest, meet, or tournament is subject to sanctions. The member school represented by an individual who publicly criticizes a contest official may also be subject to sanctions if the school fails to take appropriate action in response to the school representative's public criticism of the contest official. The sanctions could include warning or suspension. Public criticism includes, but is not limited to, comments made to the media or during a broadcasted event, and comments made in a public forum.
- O. Any time a coach who does not hold a valid Oklahoma teaching certificate (lay or volunteer coach) is ejected from a contest for unsportsmanlike conduct, including but not limited to arguing a call, language or gestures directed toward a game official, he or she will be required to complete the NFHS Teaching and Modeling Behavior course within seven (7) days of the ejection, the course can be found at [NFHSLearn.com](http://NFHSLearn.com). Additionally, personnel not holding a valid Oklahoma teaching certificate must meet with a representative of the OSSAA prior to being reinstated to coach the school team. A school administrator will also be required to attend the meeting.

## V. WRESTLING REGULATIONS FOR JUNIOR HIGH SCHOOL STUDENTS

### A. COMPOSITION OF JUNIOR HIGH SCHOOL TEAMS

1. A junior high wrestling team shall be composed of seventh, eighth, and ninth-grade students or any combination of them. If ninth-grade students are included, the teams may not include students from grades below the seventh grade, otherwise, such students may be included provided they meet eligibility standards.
2. A ninth-grade student may participate in either the high school or junior high school level, but may not compete on a junior high school team and a senior high school team during the same day nor may they weigh in for both a junior high school team and a senior high school team on the same day.

### B. JUNIOR HIGH SCHEDULES

1. Junior High teams are limited to a 20-point system, with a maximum of 3 two-day tournaments. All other tournaments must be one-day and must be on a Saturday.
2. Ninth-grade students may wrestle under the high school 26-point rule. A ninth-grade student can wrestle a combination of junior high and high school events or wrestle the entire season with the high school team. If a ninth-grade student wrestles with the junior high team for the entire season, he/she will be limited to a 20-point system. The following point system will apply in determining the individual's point total:
  - a) All two-day tournaments will count as three points and all one-day Saturday tournaments will count two points.
  - b) Duals will count as one point.
  - c) In any multi-team competition, points will be equal to the number of duals wrestled. Example: A triangular would be worth two points and a quadrangular/festival would be worth three points.
3. A ninth-grade student participating on both the junior high and high school teams cannot participate in more than three junior high tournaments.

### C. PRACTICE AND SEASON

1. The collegiate style wrestling (this style is sanctioned and governed by the OSSAA) season shall open on the third full weekend in November. A weekend is Thursday, Friday, and Saturday. The opening date for the 2024-2025 season will be November 21, 2024.
2. The collegiate-style wrestling season for member schools, school personnel, and wrestlers shall close with the state championship tournament. An individual who has represented his school in collegiate-style wrestling during the current season shall not represent his school in that sport after the season closes. Students may participate unattached and school personnel may coach.
3. Member school personnel and anticipated personnel shall not hold organized collegiate-style wrestling practice from the beginning of the school year until October 1. No organized collegiate-style wrestling practice may take place after the OSSAA-sponsored state collegiate-style wrestling championship tournament. Collegiate-style wrestling techniques and procedures may be taught in regularly scheduled physical education classes. When there are no organized physical education classes scheduled during the school day, a school may schedule an additional class period immediately after the close of the school day. This additional class period shall be for the purpose of conducting a physical education class and shall not exceed, in length, the time of a regularly scheduled period which is defined as 60 minutes. A school that is bringing its freshmen and sophomore athletes from another site may schedule its practice period immediately upon the arrival of these athletes, not to exceed in length that of a regular class period for the purpose of conducting a physical education class. The practices will be conducted by the certified school coaching staff. Any individual is limited to the maximum time of a regular class period.
4. Coaches may coach their junior high and/or high school wrestling teams in a maximum of three open collegiate-style wrestling tournaments in November with no loss of school time that are sanctioned or hosted by OSSAA member schools. Individuals are not eligible to compete in open tournaments in November that are sanctioned or hosted by an OSSAA member school unless they are accompanied by a school coach. A student must be eligible under all rules and regulations of the OSSAA Administrator's Handbook in order to participate in open collegiate-style tournaments that are sanctioned or hosted by an OSSAA member school during the month of November. The OSSAA will not sanction any open collegiate-style tournaments after the month of November. Any collegiate style wrestling open tournament held after November 30 and until the completion of the state wrestling tournament in which a school coach is coaching either directly or indirectly, a school team or members of a school team would count against the school's and/or individual's regular season schedule. Violation of this rule could cause a student to lose eligibility and a coach to be suspended.

### D. WEIGHT CLASSIFICATIONS FOR JUNIOR HIGH WRESTLING

1. Junior high school boys weights will be the following: 80, 86, 92, 98, 106, 112, 119, 126, 132, 140, 155, 170, 195, 285.
2. Junior high school girls weights will be the following: 73, 82, 89, 96, 102, 110, 117, 126, 138, 145, 155, 165, 180, 200.
3. A wrestler participating in the boys 285 pound weight class may not weigh 170 pounds or less. A wrestler participating in the girls 200 pound weight class may not weigh 165 pounds or less.

E. TIME PERIODS FOR JUNIOR HIGH WRESTLING

Junior high time periods for a regulation match, championship side, and consolation finals of a tournament will be 2 minutes – 1 1/2 minutes – 1 1/2 minutes. Time periods for the consolation side of a tournament will be 1 minute – 1 1/2 minutes – 1 1/2 minutes. Overtime time matches, in tournaments and dual meets will follow the NFHS wrestling rules book prescribed overtime regulations.

F. FLAT WEIGHT OR SCRATCH WEIGHT

Flat or scratch weight will be used for all weigh-ins (prior to January 1 and afterwards a two-pound growth allowance will be added to each weight classification for all wrestlers in grades 7-12) except for Rule 4-5-5 of the National Federation Wrestling Rule Book. It says, "When there are consecutive days of team competition, there shall be a one-pound additional allowance granted each day for all wrestlers. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for your opponent(s)." This will apply to both high school and junior high competitions. **COACHES WILL NOT BE ALLOWED TO GIVE WEIGHT ALLOWANCES BASED ON MUTUAL AGREEMENT.**

G. WEIGHT MANAGEMENT PROGRAM AND CERTIFICATION

1. All seventh, eighth, and ninth-grade wrestlers (including non-starters) shall certify their minimum weight (weigh in at flat weight) between the opening of wrestling season (November 21, 2024) and January 25, 2025. This can be done at any regular season dual (approval by both school's administration, OSSAA certified official, public awareness that a match is taking place, and compliant with all OSSAA and National Federation wrestling regulations), multi-dual, or tournament that is OSSAA sanctioned. Open tournaments in November will not count. A wrestler who weighs in with a weight allowance based on National Federation Rule 4-5-5 ("When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.") is eligible to compete in that weight classification but has not certified his/her minimum weight at that classification unless he/she has weighed-in at scratch weight. Once a wrestler certifies their minimum weight, they can only weigh-in one weight class above their minimum weight and still keep that minimum weight. Any time a wrestler weigh-ins two weight classes above a previous weigh-in, his minimum weight will move up accordingly and he/she cannot go back down.
2. If your last wrestling event prior to January 25 is canceled by a school's administration due to inclement weather, a wrestler may certify his/her minimum weight at the next scheduled event.
3. All wrestlers in grades 10-12 and any 9<sup>th</sup> grader that wants to participate on a high school varsity or junior varsity team must comply with the OSSAA High School Weight Management Program. A 9<sup>th</sup> grader who does not test prior to his first junior high competition (including open tournaments) is not eligible to participate on the high school varsity or junior varsity at any time during the wrestling season. (For complete information on a 9<sup>th</sup> grader to be eligible to participate on a high school varsity or junior varsity team and meet the OSSAA Weight Management Program guidelines, refer to II-D of the OSSAA Wrestling Manual.)
4. Any ninth-grade wrestler that is wrestling on both the junior high and high school wrestling team must adhere to the High School Weight Management Program. A ninth grader will have two minimum weights, one in junior high and one in high school. His/her junior high minimum weight will be the junior high weight class that is directly above the minimum wrestling weight on the high school's alpha master list. (Example: His minimum weight at 7% is 151 pounds. His minimum weight would be 155 on junior high and 152 on high school.) A wrestler shall not wrestle at their minimum weight in junior high until the first allowable date on the high school's Alpha Master form. Junior high weigh-ins will not affect his/her minimum weight in high school and vice versa. A ninth grader who tests prior to his/her first competition and does not wrestle or weigh in at a high school match by January 20 must weigh in at flat weight at a junior high match to certify his/her high school minimum weight. (Example: His/her minimum weight at 7% (males) or 12% (females) on the high school's Alpha Master form is 139 pounds. His/her minimum weight is 145 in high school and 142 in junior high. The wrestler must weigh in at 145 at a junior high meet or tournament by January 25. This weigh-in must be documented and kept by the high school coach.)
5. A wrestler who was not able to certify his/her minimum weight by January 25 may do so only after the school has received written approval from the OSSAA because of injury, illness, or some other unusual circumstance that prevented him from doing so. School administrators shall make their request in writing to the OSSAA and explain their circumstances.
6. If a wrestler weighs in at a dual meet or tournament one weight class above his certified minimum weight, it will not change his minimum weight. If a wrestler weighs in one weight class above his minimum weight and then wrestles one weight class above that (National Federation Rule 4-4-2: "A contestant shall not wrestle more than one weight class above that class for which his actual weight, at the time of weigh-in, qualifies him.") he still has not changed his minimum weight certification. Any changes in weight certification shall be immediately reported to the OSSAA office.
7. A certification form (located in this manual) shall be received by the OSSAA office by January 29, 2025 listing all wrestlers (**including non-starters**) in high school and/or junior high in grades 7-12.
8. A two-pound growth allowance will go into effect for all high school and junior high wrestlers on January 1, 2025 and will continue for the remainder of the wrestling season. When the two-pound growth allowance is in effect, all weight classifications will change by two pounds and all weigh-in regulations will apply.
9. A weigh-in is defined as one in which a wrestler makes weight, is in uniform for a match, and is eligible to compete in all respects. A wrestler meeting the definition of a weigh-in would count this against his individual season limitation regardless of whether he participates or not.

H. WEIGH-IN PROCEDURE FOR DUAL MEETS AND TOURNAMENTS

1. NF Rule 4-5-1: Contestants, of the same gender, shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet or a team's first competition in multiple dual meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet weigh-ins may, by mutual consent, precede the preliminary meet.
2. NF Rule 4-5-2: Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder at the tournament site a maximum of 2 hours before the first session of each day.
3. NF Rule 4-5-3: For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. The dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight, continue through the weight classes, wrap around 80 weight class and end immediately upon the completion of the highest weight class in consecutive order. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. If an athlete misses weight on their first attempt on the scale, they shall not be allowed to do anything (activities which promote dehydration, remove/adjust/modify clothing, cut hair, etc.) which might result in weight loss before they step back on the scale(s). The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. He/she shall not be allowed to drink fluids before getting back on the scale. All contestants (male and female) shall weigh in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Any contestant, who has been authorized to wear an artificial limb, shall weigh in with the artificial limb.
4. The above weigh-in regulations apply to all junior high and high school duals, festivals, and tournaments that are sanctioned or hosted by an OSSAA member school including open tournaments in November.

#### I. GENERAL INFORMATION

1. All regular season intrastate wrestling multi-duals (triangular and festivals) where participants are in grades 7-12 that are scheduled during the weekday in which one or more schools are in session, shall not begin before 10:00 a.m.
2. All regular season intrastate wrestling tournaments where participants are in grades 7-12 that are scheduled during the weekday in which one or more schools are in session, shall not begin before 10:00 a.m.

## VI. OKLAHOMA DUAL TEAM CHAMPIONSHIP FORMAT

### A. DIVISION OF SCHOOLS

1. There will be four Boys' classes of competition. Wrestling districts will be classified for a two-year period using the most current A.D.M. available.  
**NOTE:** Classifications for the 2023-2024 and 2024-2025 dual state districts were based on the 2022-2023 A.D.M. sheet.
2. Each class (6A, 5A, 4A, and 3A) will have eight districts.
3. In all classes, district duals will only count three points against the season schedule.
4. Each team in a district will be required to wrestle a dual against other district teams. All district duals shall be wrestled in one day. District Duals may begin January 1, 2025 and shall be completed by January 30, 2025.
5. The first-place team (best won-lost record) in each district will advance to the dual state championship tournament.
6. The OSSAA has an online ranking program for use by school administrators, coaches, and the general public. The program is accessible at the OSSAA website ([www.ossaa.com](http://www.ossaa.com)).

For the sports of Football, Fall Baseball, Spring Baseball, Basketball, Fast-Pitch Softball, Slow-Pitch Softball, Volleyball, Soccer, Wrestling (all match scores and team results of invitational tournaments), and Golf (team score), it is mandatory that results from each regular season contest be entered into the ranking program within 24 hours of the conclusion of the contest throughout the season. Once any athletic activity, with the exception of Cross Country, Swimming, Track and Field, and Tennis, enters the play-off series for that activity, those results must also be entered within 24 hours of the conclusion of the play-off contest.

Any coach failing to report the score and results within 24 hours of the conclusion of a contest will initially be notified in writing of his or her failure to comply by OSSAA Staff. A copy of that correspondence will be sent to the coach's school administrator as well. A second incident of failure to report will result in the coach being placed on warning for a period of one year. A third, and each subsequent failure to report will result in the suspension of the coach for the next contest.

7. Teams that have qualified for the Dual State Wrestling Championships should email their seeding information form to the OSSAA by February 5, 2025.

### B. 2025 DUAL STATE CHAMPIONSHIP FORMAT

1. The Dual Team State Wrestling Tournament will be held February 15, 2025.
2. The Dual Team State Wrestling Tournament will be a one-day format for all classes.
3. Admission prices have been set by the Board of Directors: Dual State Tournament - \$10.00 per ticket plus a processing fee of \$1.50 (\$11.50) or a \$13 cash option (adults and students).
4. All classes will be wrestled on Saturday, February 15, 2025.  
5A/6A Quarter Finals – 10:00 a.m.  
3A/4A Quarterfinals at 12:00 p.m.  
All Classes Semi Finals at 2:00 p.m.

All Classes Finals at 6:30 p.m.

5. Only one official per mat will be used for the quarterfinal and either one or two officials will be used for the semifinal rounds. Two officials per mat will be used for the championship finals. Officials will be selected by the OSSAA.
  6. The times on the first round will alternate each year between classes. The days of competition for the sets of classes will alternate each year.
- C. WEIGH-IN
1. There will be one weigh-in for the Dual State Championships  
Weigh-in times for Saturday, February 15, 2025:  
10:00 a.m. duals weigh-in at 8:30 a.m.  
12:00 p.m. duals weigh-in at 10:30 a.m.
  2. All participants must weigh in at the designated time for their dual and at the designated site.
  3. Weigh-ins for Dual State will take place by weight classes and not by team.
  4. Dual meet weigh-in shall proceed through the weight classes beginning with the chosen starting weight class for the dual championship and end immediately upon the completion of the final weight.
  5. The mat officials assigned by the OSSAA may conduct the weigh-ins. If not, a neutral party should be present to conduct the weigh-ins. If it is not possible to have a neutral party available, a district administrator (principal or athletic director) should be present to conduct the weigh-ins.
  6. There will not be a weight allowance for the Dual State Championships except for the two-pound growth allowance.
  7. Dual State is a post-season state championship event and the weight certification rule will be in effect which states, "Once you certify your minimum weight, you can only weigh in one weight class above your minimum weight and still keep that minimum weight. A wrestler who weighs in at any time more than one weight class above his/her minimum weight, his/her minimum weight will move up accordingly."
  8. Random draw of weight classes to determine the beginning of a dual at Dual State will be drawn at the OSSAA office for each day of competition. Any subsequent dual meet shall begin one weight class beyond the starting class of the previous.
  9. Teams may weigh in a maximum of 25 wrestlers for the Dual State Championship.
- D. SEEDING AND BRACKETING OF DUAL STATE CHAMPIONSHIPS
1. The seeding criteria for the Dual State Wrestling Championships will be as follows:
    - a. Head-to-Head Competition. (Teams that have tied during the regular season will use the tie-breaker criteria. If two teams have evenly split wins (one-one, two-two, etc.) during the season, the last match wrestled will count towards a team's won-loss record.)
    - b. Record against common opponent.
    - c. OSSAA Rankings. (Final 3 weeks + final ranking with only 8 qualifying teams).
    - d. Tournament placings at the same tournament after January 1<sup>st</sup>.
    - e. Coaches Vote
  2. Dual state seeding will use the above listed criteria and conduct a zoom seeding meeting for each class. The meeting will be conducted by OSSAA asst. Director in charge of Wrestling. The head coach (or one coach as representative) of each qualifying team shall be present. These meetings shall take place on Thursday, February 6<sup>th</sup>. Times TBD.
  3. The bracket for each class of the Dual State Championships will be bracketed as follows:
    - a. The winners of districts 1, 2, 3, 4, 5, 6, 7, and 8 will be seeded.
    - b. Seeds will be placed on the bracket as follows:
    - c. #1 - #8; #5 - #4 (top of bracket)
    - d. #3 - #6; #7 - #2 (bottom of bracket)
- E. CRITERIA FOR SETTLING TIES IN A DUAL MEET AND TIES IN THE DUAL STATE DISTRICT TEAM STANDINGS
1. In dual meet competition, if teams have identical scores, the following team tie-breaking system shall be used to determine the winner.
    - a. The team whose opposing wrestlers or team personnel have been penalized the greater number of team points for flagrant misconduct or unsportsmanlike conduct shall be declared the winner.
    - b. The team whose opposing head coach has been penalized the greater number of team points for coach misconduct shall be declared the winner.
    - c. The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.
    - d. The team having won the greater number of matches (including forfeits) shall be declared the winner.
    - e. The team having accumulated the greater total number of falls, defaults, forfeits and disqualifications shall be declared the winner.
    - f. The team giving up the least number of forfeits.
    - g. The team having the greater number of technical falls shall be declared the winner.
    - h. The team having the greater number of major decisions shall be declared the winner.
    - i. The team having the greater number (total match points) of first-point(s) scored shall be declared the winner.
    - j. The team having the greater number of points for near-falls shall be declared the winner.
    - k. The team having the greater number of takedowns shall be declared the winner.
    - l. The team having the greater number of reversals shall be declared the winner.
    - m. The team having the greater number of escapes shall be declared the winner.
    - n. The team whose opponent has been penalized the greater number of points for stalling shall be declared the winner.
    - o. The team whose opponent has been warned more often for stalling shall be declared the winner.
    - p. The team whose opponent has the greater number of penalties for all other infractions (i.e. false starts) shall be declared the winner.



- q. If none of the above resolves the tie, a flip of a disk will determine the winner. Upon determining the winning team by use of the tiebreaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the score followed by the letter of the criterion that broke the tie (e.g. Team A-16; Team B-17, criterion e).
2. If two teams are tied in the dual state district team standing, the team that won over the other team shall be the district champion.
  3. If three or more teams are tied in the dual state district team standing, the following criteria will be used:
    - a. Begin with the tiebreaking criteria listed in VI-E-1, use only the matches wrestled among the tied teams.
    - b. Begin with the first criteria among the tied teams, if you do not have a winner, only the teams tied with this criteria will advance on to the next criteria. (Example: Team A – penalized zero team points for flagrant or unsportsmanlike conduct; Team B – penalized zero team points for flagrant or unsportsmanlike conduct; Team C – penalized zero team points for flagrant or unsportsmanlike conduct; Team D – penalized one team point for unsportsmanlike conduct. Teams A, B, and C are all tied on criteria a. and will advance to criteria b. Team D drops out of the tiebreaking process.)
    - c. Anytime the tiebreaking criteria reduces the number of teams tied to two, the team that won over the other team shall be the district champion.
  4. In the dual state championships, the OSSAA will only reimburse the traveling teams at a rate set by the OSSAA Board of Directors at their annual June meeting.

#### F. FORFEIT POLICY

1. If the first-place finisher from a dual-state district decides not to participate in the dual-state tournament, they will not be allowed to enter a regional tournament competition.
2. If the first-place finisher from a dual state district intentionally violates the spirit of the sport of wrestling by sending a junior varsity team or a junior varsity/varsity team to the dual state tournament, the team or individual(s) will not be allowed to enter regional tournament competition.
3. Teams forfeiting a district dual will count a loss on their team record and a point against their team schedule. They will also forfeit the right to compete for the district championship. A team receiving a forfeit will count a win on their team record and a point against their team schedule.

#### G. AWARDS

1. Each dual district champion will receive a championship plaque.
2. The runner-up and championship teams of the Dual State Tournament will receive an appropriate trophy. The championship and runner-up coaches will receive a coach's achievement plaque. Individual medals will be given to 25 team members of the state champions and runners-up. All athletes will be introduced in weight order, using the weigh-in sheet for the championship.

#### H. FINANCIAL ARRANGEMENTS

The Activities Association will send all needed information to each dual-state site. This information will include admission prices (\$10.00 for adults and students), tickets, and complimentary pass regulations.

### VII. VIOLATIONS OF CONSTITUTION, RULES, REGULATIONS OR OSSAA POLICIES

When a violation of OSSAA's Constitution, Rules, Regulations, or Policies has been determined to have occurred, the Executive Director is authorized to impose sanctions or remedies, which may include suspending a coach or other school personnel from coaching and/or activity program management responsibilities or imposing limits or conditions on those coaching and/or activity management responsibilities.

### VIII. EMERGENCY ACTION PLAN

Any time a member school is hosting a planned activity at a school facility there must be an Emergency Action Plan in place. The plan must be shared with any visiting school. An Emergency Action Plan, or EAP, is a formal written plan, developed by the host site, that identifies potential emergency conditions at the event site and prescribes the procedures to be followed to minimize or prevent loss of life and property.

### IX. HAZING

Hazing incidents have no place in the activity programs of our member schools. The OSSAA encourages each member school to develop procedures to inform their students that this type of behavior is not acceptable and should not be tolerated.

### X. TAUNTING

Any form of taunting which is intended or designed to anger, bait, embarrass, ridicule, or demean others is subject to penalty.

### XI. EDUCATION-BASED ACTIVITY PROGRAMS

The National Federation of State High School Associations and the Oklahoma Secondary School Activities Association recognize the numerous potential benefits of participation by students in education-based activities. While education-based activities may differ between the stakeholder groups, all should be centered on optimizing the student's scholastic activity experience. Students will change, develop and expand abilities over time; coaches, administrators and parents should not only be cognizant of the fluid process but also foster a safe, positive environment in which development can occur. Education-based activities must always be viewed as an evolving and unpredictable path.

The NFHS and the OSSAA recognize the influential role played by coaches and directors in all activities, and therefore emphasis should be placed on those individuals to instill and reinforce fundamentals and best practices, not only to minimize risk but also to promote an

environment in which a student has the opportunity to reach his or her full potential. The common goal for all the stakeholders involved with education-based activities should be to make the experience enjoyable and rewarding for all.

While our position is not intended to squelch dreams of achieving a college scholarship or professional or Olympic glory, we do place emphasis on the student's entire scholastic activity experience with the goals of enhancing participation, reducing injury risk, and optimizing performance and success (however defined) during the student's high school career. The ultimate goal; Producing an individual who is competent, confident, connected to his or her peer group and community, and of high character. This essential principle is at the core of the scholastic activity experience and is fundamental to the mission of the OSSAA and NFHS.

## XII. DIVERSITY, EQUITY, AND INCLUSION (DEI)

Promoting education and the understanding of groups that have social and cultural differences is an integral part of education-based activities. Every student participating in activities at an OSSAA member school is entitled to participate in a safe school environment that is free from bias. Any form of bias (including demeaning comments, racial, ethnic, or homophobic slurs) based on social or cultural differences will not be tolerated in education-based activities.

## XIII. OFF SEASON TRY-OUTS

During the school year, only students attending school in the district for which the try-out is held may be permitted participate in a try-out. Try-outs should only be conducted for the purpose of the selection of a school team and may not be used for practice time. Each day of the try-out may be up to 2 hours in length. No off-season try-out will be allowed for more than three days, and all sessions of the try-out must conclude by 9 p.m. A record of all try-outs should be kept on file at the member school detailing the dates, times and grade level of all participants in the tryout. The OSSAA reserves the right to request these records from a member school.

Exception: During the school year, Spirit may conduct a clinic of no more than 4 days, each day of the try-out clinic may be up to two hours in length. All students participating in the tryout must be attending school in the district for which the try-out is being held. After the school year concludes, Fast-Pitch Softball, Volleyball, Cross Country and Fall Baseball may conduct a tryout on or after July 15; all other activities may not conduct a tryout outside the school year.

## XIV. SUMMER TIME DEAD PERIOD

The dead period will occur during the week in July which includes the 4th of July each year. The dead period will be nine (9) days in length and begin the weekend preceding the 4th of July and the weekend following the 4th of July.

Secondary-level students enrolled or pre-enrolled at a member school may not use any member school's athletic facilities during the dead period in connection with any athletic activity governed by the OSSAA. Member school coaches, assistant coaches and sponsors may not have any contact with secondary-level enrolled or pre-enrolled students in that member school in any athletic activity governed by the OSSAA for the purpose of coaching, training, or instructing.

Summertime policies, including beginning and end of season restrictions, can be found in OSSAA Board Policy XII in the Administrator's Handbook.

Violations of the summertime dead period policy will result in the coach or sponsor being suspended from the first half of the regular season in that athletic activity. School personnel not designated as a coach or sponsor in violation of the summertime dead period policy will result in the head coach being suspended from the first half of the regular season in that activity.

## SUMMERTIME DEAD PERIOD QUESTIONS AND ANSWERS

- How do I know when the dead period begins and ends each year?  
*Answer:* The dead period will be nine (9) days in length and begin the weekend preceding or including the 4th of July and the weekend following the 4th of July.
- Does the Summertime Dead Period Policy cover non-athletic activities?  
*Answer:* No, the Summertime Dead Period Policy only applies to athletic activities that are governed by the OSSAA.
- Can a coach and a player have any contact during the Summertime Dead Period?  
*Answer:* No, contact between coaches, assistant coaches and sponsors with enrolled or pre-enrolled students for the purpose of coaching, teaching, training, or instructing is prohibited.
- Can a student participate without the member school coach at member school facilities in an athletic activity during the Summertime Dead Period ?  
*Answer:* No, school athletic facilities may not be used by enrolled or pre-enrolled students during the dead period in connection with any athletic activity governed by the OSSAA.
- Can a member school coach use member school facilities to train, coach or instruct secondary-level students

during the Dead Period?

*Answer* :No, the policy prohibits the use of member school facilities during the Dead Period for the purpose of coaching, teaching, training, or instructing. Field maintenance is not prohibited by the policy.

6. Does the Summertime Dead Period Policy prohibit participation in a National level tournament during the dead period?

*Answer:* No, the coach and any enrolled or pre-enrolled students who have qualified earlier in the summer for a national level tournament may participate in that tournament.

**XV. Dual State Champions**

	<b>Class 2A</b>	<b>Class 3A</b>	<b>Class 4A</b>	<b>Class 5A</b>
1989	Sperry	Tuttle	Shawnee	Del City
1990	Pawhuska	Tuttle	Lawton MacArthur	Midwest City
1991	Perry	Blackwell	Carl Albert	Midwest City
1992	Sperry	Tuttle	Carl Albert	Del City
1993	Comanche	Anadarko	Tulsa Webster	Lawton
1994	Hinton	Marlow	Tulsa Webster	Choctaw
1995	Berryhill	Bristow	Altus	Midwest City
1996	Chandler	Locust Grove	El Reno	Choctaw
1997	Tuttle	Sallisaw	El Reno	Choctaw
1998	Tuttle	Bristow	El Reno	Broken Arrow
1999	Perry	Bristow	El Reno	Broken Arrow
2000	Perry	Bristow	El Reno	Broken Arrow
2001	Perry	Bristow	El Reno	Midwest City
2002	Tuttle	Bristow	El Reno	Broken Arrow
2003	Perry	Cushing	El Reno	Ponca City
2004	Perry	Cushing	El Reno	Ponca City
2005	Perry	Cushing	El Reno	Ponca City
2006	Perry	Marlow	Catoosa	Midwest City
2007	Perry	Cushing	El Reno	Union
2008	Marlow	Cushing	Catoosa	Broken Arrow

	<b>Class 3A</b>	<b>Class 4A</b>	<b>Class 5A</b>	<b>Class 6A</b>
2009	Perry	Cushing	Claremore	Ponca City
2010	Perry	Tuttle	Claremore	Muskogee
2011	Perry	Tuttle	Collinsville	Broken Arrow
2012	Perry	Tuttle	Collinsville	Union
2013	Perry	Tuttle	Collinsville	Edmond North
2014	Perry	Tuttle	Collinsville	Broken Arrow
2015	Perry	Tuttle	Collinsville	Stillwater
2016	Perry	Tuttle	Coweta	Choctaw
2017	Perry	Tuttle	Lawton MacArthur	Sand Springs
2018	Perry	Tuttle	Lawton MacArthur	Choctaw
2019	Perry	Tuttle	Skiatook	Broken Arrow
2020	Comanche	Tuttle	Skiatook	Broken Arrow
2021	Marlow	Tuttle	Skiatook	Mustang
2022	Marlow	Tuttle	Collinsville	Stillwater
2023	Blackwell	Tuttle	Elgin	Stillwater
2024	Marlow	Tuttle	Elgin	Edmond North

**XVI. TEAM CHAMPIONS  
ONE CLASS**

		<b>CLASSES 2A-A</b>		<b>CLASSES 6A-3A</b>		<b>CLASSES 6A-3A continued</b>	
1922	Tie, Stillwater & Altus	1961	2A Edmond	1978	6A Putnam City	1991	6A Midwest City
1923	Stillwater		A Perry		5A T. Washington		5A Carl Albert
1924	Stillwater	1962	2A Edmond		4A Owasso		4A Marlow
1925	Cushing		A Perry		3A Perry		3A Perry
1926	Cushing	1963	2A John Marshall	1979	6A Midwest City	1992	6A Lawton
1927	Cushing		A Perry		5A T. Washington		5A Carl Albert
1928	Tulsa Central	1964	2A John Marshall		4A Perry		4A Marlow
1929	Tulsa Central		A Perry		3A Geary		3A Madill
1930	Tulsa Central	1965	2A Tulsa Edison	1980	6A Midwest City	1993	6A Lawton
1931	Stillwater		A Perry		5A Duncan		5A Tulsa Webster
1932	Tie, Cushing & Tulsa Central	1966	2A U.S. Grant		4A Perry		4A Coweta
1933	Cushing		A Perry		3A Sperry		3A Madill
1934	Tulsa Central	1967	2A U.S. Grant	1981	6A Midwest City	1994	6A Choctaw
1935	Tulsa Central		A Hobart		5A Guthrie		5A Tulsa Webster
1936	Tulsa Central	1968	2A John Marshall		4A Perry		4A Bristow
1937	Tulsa Central		A Perry		3A Hobart		3A Perry
1938	Tulsa Central	1969	2A John Marshall	1982	6A Union	1995	6A Midwest City
1939	Tulsa Central		A Stillwater		5A Catoosa		5A Altus
1940	Ponca City				4A Vinita		4A Marlow
1941	Blackwell		<b>CLASSES 3A-A</b>		3A Hinton		3A Perry
1942	Tulsa Webster	1970	3A John Marshall	1983	6A Midwest City	1996	6A Choctaw
1943	Blackwell		2A Stillwater		5A Mustang		5A El Reno
1944	Tulsa Central		A Hobart		4A Vinita		4A Bristow
1945	Tulsa Central	1971	3A Midwest City		3A Sperry		3A Tuttle
1946	Blackwell		2A Sand Springs	1984	6A Midwest City	1997	6A Choctaw
1947	Tulsa Central		A Perry		5A Tulsa Kelley		5A El Reno
1948	Tulsa Webster	1972	3A Midwest City		4A Perry		4A Bristow
1949	Tulsa Central		2A Southeast		3A Sperry		3A Tuttle
1950	Tulsa Webster		A Perry	1985	6A Tulsa Hale	1998	6A Broken Arrow
1951	Tulsa Webster	1973	3A Putnam City		5A Tulsa Kelley		5A El Reno
1952	Perry		2A Blackwell		4A Coweta		4A Marlow
1953	Ponca City		A Perry		3A Sperry		3A Perry
1954	Stillwater	1974	3A Midwest City	1986	6A Midwest City	1999	6A Tie, Broken Arrow & Choctaw
1955	Perry		2A Tulsa Kelley		5A Shawnee		5A El Reno
1956	Blackwell		A Perry		4A Perry		4A Blackwell
1957	Blackwell	1975	3A Putnam City		3A Sperry		3A Perry
1958	Tulsa Rogers		2A Tulsa Kelley	1987	6A Midwest City	2000	6A Broken Arrow
1959	Ponca City		A Perry		5A Bixby		5A El Reno
1960	Ponca City	1976	3A Midwest City		4A Skiatook		4A Bristow
			2A T. Washington		3A Sperry		3A Perry
			A Perry	1988	6A Edmond Memorial	2001	6A Broken Arrow
		1977	3A Tulsa Central		5A Shawnee		5A El Reno
			2A T. Washington		4A Marlow		4A Bristow
			A Perry		3A Comanche		3A Perry
				1989	6A Lawton	2002	6A Broken Arrow
					5A Shawnee		5A El Reno
					4A Perry		4A Cushing
					3A Sperry		3A Tuttle
				1990	6A Midwest City	2003	6A Ponca City
					5A Lawton MacArthur		5A El Reno
					4A Tuttle		4A Glenpool
					3A Pawhuska		3A Tuttle
						2004	6A Ponca City
							5A El Reno
							4A Cushing
							3A Perry

**Wrestling****2024-2025****TEAM CHAMPIONS CONTINUED**

2005	6A	Ponca City	2020	6A	Broken Arrow
	5A	El Reno		5A	Collinsville
	4A	Cushing		4A	Tuttle
	3A	Perry		3A	Comanche
2006	6A	Ponca City		Girls	Broken Arrow
	5A	El Reno	2021	6A	Stillwater
	4A	Marlow		5A	Collinsville
	3A	Perry		4A	Tuttle
2007	6A	Midwest City		3A	Marlow
	5A	Catoosa		Girls	Broken Arrow
	4A	Locust Grove	2022	6A	Stillwater
	3A	Perry		5A	Collinsville
2008	6A	Midwest City		4A	Tuttle
	5A	Catoosa		3A	Marlow
	4A	Grove		Girls	Union
	3A	Perry	2023	6A	Stillwater
2009	6A	Union		5A	Carl Albert
	5A	Claremore		4A	Tuttle
	4A	Tuttle		3A	Blackwell
	3A	Perry		Girls	Union
2010	6A	Broken Arrow	2024	6A	Edmond North
	5A	Claremore		5A	Elgin
	4A	Tuttle		4A	Tuttle
	3A	Perry		3A	Marlow
2011	6A	Broken Arrow		6A Girls	Bixby
	5A	Collinsville		5A Girls	Little Axe
	4A	Tuttle			
	3A	Perry			
2012	6A	Broken Arrow			
	5A	Collinsville			
	4A	Tuttle			
	3A	Blackwell			
2013	6A	Edmond North			
	5A	Collinsville			
	4A	Tuttle			
	3A	Perry			
2014	6A	Stillwater			
	5A	Collinsville			
	4A	Tuttle			
	3A	Perry			
2015	6A	Broken Arrow			
	5A	Collinsville			
	4A	Tuttle			
	3A	Plainsville			
2016	6A	Choctaw			
	5A	Collinsville			
	4A	Tuttle			
	3A	Plainview			
2017	6A	Sand Springs			
	5A	MacArthur			
	4A	Tuttle			
	3A	Perry			
2018	6A	Choctaw			
	5A	Collinsville			
	4A	Tuttle			
	3A	Perry			
2019	6A	Broken Arrow			
	5A	Collinsville & Skiatook			
	4A	Tuttle			
	3A	Perry			

XVII.

OSSAA Wrestling Districts 2023-24 and 2024-2025

Class 6A

District 1

Edmond North  
Norman  
Putnam City North  
Capitol Hill

District 2

Yukon  
Norman North  
Mustang  
Putnam City

District 3

Westmoore  
Deer Creek  
Putnam City West  
Lawton

District 4

Choctaw  
Edmond Memorial  
Moore  
Piedmont

District 5

Stillwater  
Southmoore  
Northwest Classen  
U.S. Grant

District 6

Bixby  
Bartlesville  
Ponca City  
Edmond Santa Fe

District 7

Broken Arrow  
Midwest City  
Jenks  
Muskogee

District 8

Sand Springs  
Owasso  
Union  
Enid

Class 5A

District 1

MacArthur  
Duncan  
Ardmore  
Altus  
Western Heights

District 2

Elgin  
Southeast  
Eisenhower  
Newcastle

District 3

El Reno  
Woodward  
Carl Albert  
Bishop McGuinness  
John Marshall

District 4

Chickasha  
Blanchard  
Noble  
Purcell/Lexington  
Santa Fe South

District 5

Pryor  
Edison Prep  
Bishop Kelley  
Sapulpa  
Guthrie

District 6

Claremore  
Collinsville  
East Central  
Will Rogers  
Del City

District 7

Coweta  
Tahlequah  
Glenpool  
Tulsa Hale

District 8

Grove  
McAlester  
Durant  
Shawnee  
Ada

Class 4A

District 1

Tuttle  
Bridge Creek  
Douglass  
Pauls Valley

District 2

Cushing  
Perkins-Tryon  
Kingfisher  
Harrah  
Tecumseh

District 3

Weatherford  
Elk City  
Clinton  
Cache  
Anadarko

District 4

Sulphur  
Bristow  
Plainview  
Madill  
McLoud

District 5

Catoosa  
McLain  
Cleveland  
Mannford

District 6

Vinita  
Jay  
Oolagah-Talala  
Miami  
Skiatook

District 7

Ft. Gibson  
Poteau  
Stiwell  
Broken Bow  
Locust Grove

District 8

Wagoner  
Sallisaw  
Hilldale  
Inola  
Checotah

Class 3A

District 1

Marlow  
Cordell  
Lawton AAS  
Empire  
Davis  
Hobart  
Mangum  
Lone Grove

District 2

Hinton  
Heritage Hall  
Comanche  
Geary  
Watonga  
Wilson (Henryetta)  
Hennessey  
Casady

District 3

Perry  
Cashion  
Chandler  
Little Axe  
Crossings Christian  
Community Christian  
Bethel

District 4

Blackwell  
Newkirk  
Pathways  
Billings  
Dewar  
Daniel Webster  
Barnsdall  
Christian Heritage

District 5

Berryhill  
Salina  
Wilburton  
Okmulgee  
Kiefer  
Morrison  
Holland Hall  
OK School of Blind

District 6

Cascia Hall  
Vian  
Warner  
Oklahoma Christian School  
Heavener  
Arkoma  
Wyandotte

District 7

Sperry  
Pawhuska  
Prague  
Sequoyah-Tahlequah  
Victory Christian  
Hulbert  
Gore

District 8

Pawnee  
Tonkawa  
Metro Christian  
Olive  
Henryetta  
Lincoln Christian  
Morris