



# OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

DAVID JACKSON, EXECUTIVE DIRECTOR

TRINITY JOHNSON, ASSOCIATE DIRECTOR

Assistants : Grant Gower - Mike Clark - Alex Claussen - Brian Lester - Wes Ruth - Lenny Hatchett



**TO:** Wrestling Coaches  
**FROM:** Wes Ruth, Assistant  
**DATE:** September  
**SUBJECT:** 2025-2026 Wrestling Packet, 2025 Wrestling Rules Meetings, Assessors Information and Application

This packet contains the following items:

1. Enrollment Application and information for Wrestling Assessor
2. Extreme Heat Information
3. Emergency Action Plan
4. Visitors Information Sheet
5. Sportsmanship

**NOTE:** Wrestling Manual is online at [www.ossaa.com](http://www.ossaa.com). The rule book and case book will be mailed to the head coach of each school.

Coaches, please remind your junior high coaches that the weight management program applies to all 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade wrestlers. Copy pages WR14-WR15 of your 2025-2026 wrestling manual and give to your junior high wrestling coach. **This is important information, and you will be their only source in regard to the weight control program and junior high regulations.**

If you plan to host an invitational tournament this season, be sure and have the tournament sanctioned by the OSSAA. The sanction form is found at [www.ossaa.com](http://www.ossaa.com) on the Miscellaneous forms link. If you are wrestling in a tournament out of state, it is your responsibility to make sure that tournament is sanctioned through that state association and the OSSAA.

**If your school is interested in hosting a regional tournament, we need a letter signed by your athletic director or principal with an estimated budget included.**

Play-off 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.

**Please thoroughly review the OSSAA Wrestling Manual. It contains all the wrestling dates and other important information you will need. It is your responsibility to be familiar with this material.**

There are several new rules changes from the National Federation for the 2025-2026 season. These new rules will be explained at the State Rules Meeting that are listed below. We encourage you to bring your junior high coaches with you as these new rule changes also apply to junior high.

The rules meeting will be conducted in-person @ Del City High School on October 22, 2025, and in-person @ Tulsa Union High School on October 29, 2025. Both meetings will take place at 7:00 p.m. If you are unable to attend either, you may view the meeting on the wrestling page of [ossaa.com](http://ossaa.com) on or after November 1, 2025.

If you have any questions, please call Wes Ruth at 405-840-1116. Good luck and best wishes on the upcoming season.

## ENROLLMENT APPLICATION FOR WRESTLING ASSESSOR

This enrollment is good for the 2025-2026 school year

Name \_\_\_\_\_ Date \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Email address \_\_\_\_\_ DOB \_\_\_\_\_

Fax number \_\_\_\_\_ Occupation \_\_\_\_\_

Beginning with the 2009-10 wrestling season, all assessors who were certified last year will NOT have to attend a training workshop for this year. Complete the enrollment application, pay your fee to be certified, and enroll prior to January 9, 2026. As long as you remain certified each year, you will not have to attend an assessor training workshop. If at any time you do not participate for a year(s) and then decide you want to become an assessor again, you will have to attend a training workshop.

Information for first year assessors is below.

Persons eligible to be trained as an OSSAA approved assessor 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).

I am a licensed or certified \_\_\_\_\_.

The wrestling assessor training workshop will consist of a three part "hands on" training session. These consist of assessing body fat composition from high school wrestlers, performing hydration testing, and data input into the online NWCA Optimal Performance Calculator program.

All applicants must bring with them to the training workshop a Lange Skinfold Caliper. You may purchase the Lange Skinfold Caliper from any medical supplier.

All assessors must purchase Hydra Trend test strips to perform hydration testing. A sample test strip will be issued to each applicant at the workshop. The test strips need to be purchased prior to an assessor going to a school site to assess a wrestling team. Joe Waldron is selling a box of 50 Hydra Trend test strips at a discounted price of \$22.00. His address is 6432 Winchester Dr., OKC, OK 73162 and the phone number is 405-317-1655. He will also be selling the Hydra Trend test strips at each training workshop.

Check if applicable:

\_\_\_\_\_ I will be purchasing a box of 50 Hydra Trend test strips at the training workshop.

The assessors training workshop will be set up through Joe Waldron. Please contact him at [joewaldron@hotmail.com](mailto:joewaldron@hotmail.com) or at (405) 317-1655. Please contact him by September 15, 2024 so he can set a date in late September that will work for new assessors.

Check the following for assessors wishing to re-enroll:

- \_\_\_\_\_ I am a certified assessor from last year and wish to re-enroll.
- \_\_\_\_\_ Send enrollment form to Joe Waldron (address listed below) and must be received by January 11, 2025.
- \_\_\_\_\_ I will need a receipt returned to me.
- \_\_\_\_\_ I wish to purchase a box of 50 Hydra Trend test strips and have included the cost (\$22.00) with my enrollment fee.

Assessors re-enrolling will receive a packet of information after their enrollment form has been processed by Joe Waldron. Your Assessor ID and Password will be the same as last year.

Cost is \$10.00 for re-certification and \$20.00 for the new assessor workshop. Make checks payable to **Joe Waldron**. **Purchase orders will not be accepted.** The application fee must accompany the application form. Each workshop will be closed after the enrollment of the first thirty applicants. All applications for the workshop must be received by Joe Waldron at least one week prior to the workshop. His address and phone number are 6432 Winchester Dr., OKC, OK 73162, 405-317-1655.

**Are you registered with the Oklahoma Sex Offenders Registration Act?**

Yes \_\_\_\_\_ No \_\_\_\_\_

Applicant's Signature \_\_\_\_\_

**2025-2026**  
**OSSAA WRESTLING WEIGHT MANAGEMENT PROGRAM**  
**BIA or Skin Caliper Reconciliation Form**  
**for Payment to Assessor from Member School**

**To be completed by the assessor:**

Name of Assessor \_\_\_\_\_

Address payment will be sent to:

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

I verify that all assessments were completed using the standard protocol outlined in the OSSAA Weight Management Program guidelines and results of these assessments for each wrestler were entered into the NWCA Optimal Performance Calculator within the 48 hours of the original assessment.

Assessor Signature \_\_\_\_\_ Date \_\_\_\_\_

**Reconciliation Instructions:**

1. Enter school name.
2. Enter number of initial assessments performed.
3. Enter number of failed hydration assessments.
4. Assessment cost will be no more than \$8.00 per wrestler or no more than \$24.00 if a school has three or less wrestlers.
5. Total charge will be computed by multiplying the number of initial assessments by the assessment cost.
6. Attach a separate sheet to this form with the name of all student(s) who were tested.

School Name	Number of Initial Assessments	Failed Hydration	Assessment cost	Total charge

Assessors should complete this form after all information has been entered into the NWCA Optimal Performance Calculator Program and submit this form with the list of student's tested to the school in which the assessment has been performed for payment to the assessor. Schools should provide payment to the assessors within a reasonable time period.

**Effective July 1, 2013, there is a new policy with regard to Extreme Heat. Information will be sent to Coaches of Fall Activities as well as local School Administrators.**

#### **XLVIII. EXTREME HEAT**

The OSSAA recognizes that heat related illness is the leading cause of preventable death in high school students participating in activities. The Board adopted the following policies:

**Acclimatization Period:** Whenever students are participating in an environment in which the temperature cannot be controlled there should be acclimatization period. The acclimatization period is defined as the first 14 days of participation beginning with the first date of practice in that sport or activity, or the first date a participant begins practice, whichever is later. Any speed, strength, or conditioning programs shall not be considered a part of the acclimatization period. All students participating in athletics or activities, including those who arrive to preseason practice after the first day of practice, are required to follow the guidelines of the first days of the acclimatization period.

All athletic coaches and marching band directors are required to view *A Guide to Heat Acclimatization and Heat Illness Prevention* at [www.nfhslearn.com](http://www.nfhslearn.com), annually. A certificate of completion shall be kept on file for each coach or marching band director at the member school.

#### **FOOTBALL (Mandates)**

- a. Preseason practice shall be limited to 2 ½ hours per session with a minimum of one hour between practice sessions. No more than 5 hours of practice per 24-hour period will be allowed. There will be no physical activity during the one-hour rest period. Any time a coach is present during football practice, the time will count toward the maximum 5 hours, with the exception of strength training.
- b. If a practice session is interrupted by inclement weather or heat restrictions, and it is required the session be divided for the good of the student-athlete's welfare as long as the total practice time does not exceed 2 ½ hours.
- c. When multiple practices are conducted in the same day, it is required that either practice not exceed 2½ hours in length and students not participate in more than five total hours of practice activities, including walk-through sessions. Warm-up, stretching, cool down and conditioning activities are included as part of the practice time. Practices should be separated by at least one hour, where there is no physical activity between the end of the first practice and the beginning of the second practice.
- d. Immediately prior to any practice, coaches are required to use a smart-phone APP, or other mechanism or program to get heat index, such as CoachSmart or the OSHA APP. There are also programs available on the Internet, such as AccuWeather, or Weather.com. These programs are free and can be used on any smart-phone, tablet, or computer. A chart outlining recommendations for making concessions for extreme heat is available on the OSSAA website, Schools must develop their own form to record the heat index each practice session.
- e. All practices must be held under the supervision of a coach employed by the school.
- f. Practices must always be conducted with an open water policy.
- g. Cooling stations shall be made available for the athletes (buckets of cool water, wet towels, sponges, etc.)
- h. Each program shall have a heat related emergency plan on hand at all times.

#### **Guidelines for outdoor activities:**

- a. Athletic Coaches or marching band directors should use a smart-phone APP, or other mechanism or program to get heat index, such as CoachSmart or the OSHA APP. There are also programs available on the Internet, such as AccuWeather, or Weather.com. These programs are free and can be used on any smart-phone, tablet, or computer. A chart outlining recommendations for making concessions for extreme heat is available on the OSSAA website. Schools must develop their own form to record the heat index each practice session.
- b. All practices should be held under the supervision of a coach, director, or sponsor employed by the school.
- c. Practices should always be conducted with an open water policy.
- d. Each program should have a heat related emergency plan on hand at all times.
- e. Preseason practice should be avoided if possible between the hours of 12 p.m. and 6 p.m.
- f. Parents and students should be educated on the importance of hydration during extreme heat conditions.
- g. Cooling stations should be made available when possible (buckets of cool water, wet towels, sponges, etc.)
- h. Equipment should be removed for conditioning.

# HEAT RELATED EMERGENCY PLAN

SPORT \_\_\_\_\_ DATE: \_\_\_\_\_

1. First responder should begin first aid.
2. Send additional responders, i.e. manager, uninjured student, or coach to notify Athletic Trainer, or call 911 if no Athletic Trainer is available.
3. If Athletic Trainer is unavailable, head coach will become leader, if head coach is unavailable another person shall be designated as leader.

- Leader shall instruct all others responding to situation.
- Leader's assistant shall assist in the evaluation of the student in distress.
- Designate someone to call 911 and activate EMS if situation necessitates.
- Gather information:
  - Name of student and gender, approximate age
  - Nature of distress
  - Location of athlete and directions to the site
  - Call back number for EMS to contact caller if needed
  - Designate a person to meet EMS
  - Designate person to ride with student if it is necessary to be transported
  - Contact parent or guardian of student

It is the Certified Athletic Trainer, or person designated as the Leader to report the incident to a school administrator.

It is the Certified Athletic Trainer, or person designated as the Leader to report the incident to the parent or guardian.

It is the Certified Athletic Trainer, or person designated as the Leader to document the circumstances surrounding the activity and all actions taken.

## DOCUMENTATION OF EVENT:

Leader's Name \_\_\_\_\_ Asst. Leader's Name \_\_\_\_\_

Person to meet EMS \_\_\_\_\_

Person accompanying student with EMS \_\_\_\_\_

Contact information:

Athletic Trainer: Name and Phone

School Administrator: Name and Phone

Fire/Ambulance/EMS: 911

DESCRIBE CIRCUMSTANCES:

## HEAT RELATED ILLNESS CHART

Under 95 degrees Heat Index	<p>All activities</p> <ul style="list-style-type: none"> <li>➤ Provide ample amounts of water. This means that water should always be available and students should be able to take in as much water as they desire.</li> <li>➤ Optional water breaks every 30 minutes for 10 minutes in duration</li> <li>➤ Ice-down towels for cooling</li> <li>➤ Watch/monitor students carefully for necessary action.</li> </ul>
95 degrees to 99 degrees Heat Index	<p>All activities</p> <ul style="list-style-type: none"> <li>➤ Provide ample amounts of water. This means that water should always be available and students should be able to take in as much water as they desire.</li> <li>➤ Mandatory water breaks every 30 minutes for 10 minutes in duration</li> <li>➤ Ice-down towels for cooling</li> <li>➤ Watch/monitor students carefully for necessary action.</li> <li>➤ Helmets and other possible equipment removed while not involved in contact.</li> <li>➤ Reduce time of outside activity. Consider postponing practice to later in the day.</li> <li>➤ Re-check temperature and humidity every 30 minutes to monitor for increased Heat</li> </ul>
100+ degrees	<p>All activities</p> <ul style="list-style-type: none"> <li>➤ Provide ample amounts of water. This means that water should always be available and students should be able to take in as much water as they desire.</li> <li>➤ Mandatory water breaks every 30 minutes for 10 minutes in duration</li> <li>➤ Ice-down towels for cooling</li> <li>➤ Watch/monitor students carefully for necessary action.</li> <li>➤ Alter uniform by removing items if possible</li> <li>➤ Allow for changes to dry t-shirts and shorts.</li> <li>➤ Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.</li> <li>➤ Helmets and other possible equipment removed if not involved in contact or necessary for safety. If necessary for safety, suspend activity.</li> <li>➤ Re-check temperature and humidity every 30 minutes to monitor for increased Heat</li> </ul>



## TYPES OF HEAT ILLNESS:

### Heat Cramps:

- Some students may experience heat cramps. This type of cramp is the tightening and spasms experienced in muscle. It is often preceded by heavy sweating and large electrolyte losses, this may look like white residue on clothing or equipment.
- If an student is experiencing heat cramps, he or she should stop the activity, find a cool spot to gently stretch and massage the muscle, and drink appropriate fluids like sports drinks (or salty foods and other fluids) that contain significant levels of sodium.

### Heat Exhaustion:

- Another type of heat illness is heat exhaustion. Conditions and signs of this problem can include profuse sweating, dehydration, fatigue, lightheadedness, rapid pulse, and low blood pressure. Body temperature may be slightly elevated. If heat exhaustion is suspected, the student should lie in a cool place with legs elevated, have cool, wet towels applied to the body, drink cool fluids, and have someone monitor their vital signs. With heat exhaustion, often the ill student feels better when he or she rests in a cool place and replenishes fluids by drinking cool liquids. Continue to monitor the student. If signs are present that the illness is severe or progressing, activate the emergency action plan. Check the student for warning signs. Call 911 or the local emergency number immediately. Have someone administer your emergency care plan.

### Heat Stroke:

- This is the most serious heat-related illness. With heat stroke, an student will have a high body temperature – 104° F or higher - and could have red, hot, dry or moist skin, vomit, be incoherent or lose consciousness, have shallow breathing and/or a weak pulse. He or she might experience mild shock, convulsions, or a coma, and can die from heat stroke.
- If he or she goes into respiratory or cardiac arrest, begin rescue breathing or CPR, as appropriate. Cool by any means possible, as quickly as possible. If necessary, medical or coaching personnel should place the player in an ice bath or “cool pool” and call for emergency medical services (EMS). Continue to cool and monitor the student while awaiting EMS.

HEAT INDEX	HEAT-RELATED EFFECTS
80-89	Fatigue
90-104	Heat cramps, and heat exhaustion
105-129	Heat cramps or heat exhaustion likely
130+	Heat Stroke Highly likely

# EMERGENCY ACTION PLAN

SPORT: \_\_\_\_\_

YEAR: \_\_\_\_\_

1. FIRST TO ARRIVE ON THE SCENE PROVIDES FIRST AID.
2. SEND A COACH, MANAGER, OR UNINJURED ATHLETE TO NOTIFY THE ATHLETIC TRAINER (ATC) AND GET THE AED (IF NOT ON-SITE).
3. IF THE ATC CAN NOT BE LOCATED, THE HEAD COACH WILL BECOME THE LEADER.

LEADER: \_\_\_\_\_

- Will be in charge of the emergency situation and will instruct all others on the emergency team

LEADER'S ASSISTANT: \_\_\_\_\_

- Will assist the leader in the evaluation of the injured athlete

PHONE CALLER: \_\_\_\_\_

- Will go to the nearest phone and activate the EMS
- Will inform the dispatcher of:
  - The nature of the injury and age of the athlete
  - The location of the athlete and directions to the site
  - Will not hang up until the dispatcher advises him/her to do so

NEAREST PHONE: \_\_\_\_\_

AMBULANCE ENTRANCE: \_\_\_\_\_

PERSON TO MEET THE EMS: \_\_\_\_\_

- Will contact any necessary staff to assure access for the ambulance
- Will meet the ambulance at the designated entrance and lead them to the injured athlete

PERSON TO ACCOMPANY ATHLETE TO HOSPITAL: \_\_\_\_\_

- Will ride with the athlete in the ambulance in the event the parents cannot be located
- Will take the athlete's emergency info to the hospital

- \* It is the certified athletic trainer or coach's responsibility to inform the administrator of the incident
- \* It is the certified athletic trainer or coach's responsibility to inform the athlete's parents of the injury immediately.
- \* It is the certified athletic trainer's responsibility to document the circumstances surrounding the activity and all actions taken.
- \* Emergency medical info for each athlete is to accompany the team at all times.

**EMS (Fire, Police, Ambulance): 911**  
**Athletic Department:**

**Any High School:**  
**Athletic Training Room:**

**ATC:**

**Site contact:**

**Nearest Hospital:**

# SPORTSMANSHIP

The OSSAA's vision for sportsmanship is built on expectations. Expectations that the school community—administrators, teachers, coaches, students, and patrons strive for displaying only positive behavior and good sportsmanship in everything they do at all interscholastic contests.

As educators we have the unique opportunity to teach the value of discipline, dignity, integrity, fairness and respect to young people each day.

We encourage all school personnel to take advantage of the opportunity and make a lasting difference.



## VISITOR INFORMATION SHEET

SCHOOL NAME\_\_\_\_\_

Physical Address\_\_\_\_\_

### Contact Information:

Primary contact:\_\_\_\_\_Cell number:\_\_\_\_\_

Superintendent:\_\_\_\_\_Cell number:\_\_\_\_\_

Principal:\_\_\_\_\_Cell number:\_\_\_\_\_

Athletic Director:\_\_\_\_\_Cell number:\_\_\_\_\_

Athletic Trainer:\_\_\_\_\_Cell number:\_\_\_\_\_

Security present at event: Yes\_\_\_\_\_No\_\_\_\_\_

Closest Hospital:\_\_\_\_\_Address\_\_\_\_\_

Closest Urgent Care:\_\_\_\_\_Address\_\_\_\_\_

Local restaurants:\_\_\_\_\_

.....  
Visitors seating location:

Visitors dressing room location:

Bus Parking:

.....  
Additional Information:

# OSSAA URINE COLOR CHART

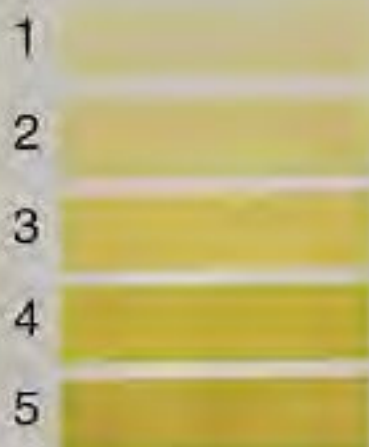
The urine color chart shown here will help assess athletes' hydration status. To use this chart, match the color of your urine to a color on the chart. The greater the level of dehydration the greater the negative effect on performance & health. If the color of your urine matches #1, #2, or #3 on the chart, you are WELL hydrated; if your urine color matches #4 or #5 you are close to being dehydrated; and if your urine color matches #6, #7 or #8 you are DEHYDRATED and need to consume a lot more fluids. ALL LEVELS OF DEHYDRATION HAVE SOME NEGATIVE EFFECT ON ATHLETIC PERFORMANCE & HEALTH.

## 1, 2, 3 = WELL HYDRATED

Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

4, 5 = HYDRATED, but not well hydrated. Drink additional fluids on a regular basis so the color of your urine is equivalent to numbers 1, 2 or 3.

**H  
Y  
D  
R  
A  
T  
E  
D**



## 6, 7, 8 = DEHYDRATED

You are dehydrated! Drink a lot more fluids to become hydrated. Being hydrated will enhance your performance and help you avoid getting muscle cramps, or heat illness. It may also improve your health.

**D  
E  
H  
Y  
D  
R  
A  
T  
E  
D**



The use of this color chart is validated in: "Urine Indices of Hydration Status," International Journal of Sport Nutrition, 4:255-270, 1994; "Urine Indices of Dehydration, Exertion and Recovery," International Journal of Sport Nutrition, 4:345-355, 1994; "Drinking Behavior and Perception of Thirst in Untrained Women During Heat Acclimation and Outdoor Training," International Journal of Sport Nutrition & Exercise Metabolism, 13:15-23, 2003. Copyright Lawrence Armstrong, 2000 Human Kinetics.

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