



Oregon School Activities Association
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January 12, 2010

To: Athletic Directors and Head Wrestling Coaches
From: Brad Garrett, Assistant Executive Director
Subject: Various Wrestling related items

The following are selected clarifications and informational items. Please take the time to review this with your staff as we approach the end of the season.

Clarifications:

Approved Skin Lesion Form: - NFHS Wrestling Rule 4-2-2 requires that if a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation indicating that the condition is not communicable. The only approved form for this purpose is the OSAA Physicians Release for Wrestler to Participate with Skin Lesion. Officials have been instructed to not accept any form of release that is not on this approved form. You can find the form on the OSAA website at <http://osaa.org/wrestling/0408skinlesionform.pdf>.

Home Site Weigh-ins: NFHS Wrestling Rule 4-5 requires that shoulder to shoulder weigh-ins for all participants be completed prior to all dual meets and tournaments. Home site weigh-in is prohibited regardless of the rationale for conducting it. Any team failing to comply with this rule is subject to sanctions as outlined in Rule 5 of the OSAA Handbook.

OWWMP Season Long Weight Loss Plans: Coaches are reminded that they will be required to submit an accurate record of participation for each wrestler they enter into the League/District qualifying tournament at the end of the season. The OSAA requires that this record be completed on each wrestler's individual season weight loss plan. Coaches should circle the weight class(es) of participation and record each weigh-in weight for all events in which the wrestler participated during each week of the season.

Projected Weights on Weight Loss Plans: The purpose of the projected weights listed on season long weight loss plans is to determine the wrestler's eligible weight classes for any given week. When allowances are granted to weight classes during the season they are applied to the eligible weight classes only – never to the projected weights listed.

Example: A wrestler's season long weight loss plan lists a projected weight in Week 5 of 120.9 lbs. The eligible weight classes listed for that Week are 125 and 130. The wrestler's school is scheduled to compete in a tournament at the end of the week at which a two pound consecutive day allowance is being granted.

Q: Since the wrestler's projected weight is 120.2 can he participate at the 119 lb weight class since a two pound consecutive day allowance is being granted and the 119 lb weight class is now 121 lbs?

A: No – allowances are granted to the eligible weight classes only – never to the projected weights listed for a given week.

Informational:

The Oregon Chapter of the National Wrestling Hall of Fame will be conducting their annual banquet on May 1, 2010 at the Wilsonville Holiday Inn, Wilsonville, OR. 2010 Inductees are: Kurt Davis, Chuck Holliday, Jim Phillips, Greg Strobel, and Dennis Warren. Please contact Len Kauffman at lakauf@comcast.net for ticket information or other questions.