



Oregon School Activities Association

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To: Athletic Directors and Head Wrestling Coaches
From: Kelly Foster, Assistant Executive Director
Subject: Wrestling Reminders for the 2024-25 Season

Season Dates:

First Practice Date	November 18
First Contest Date	December 4
4A/3A/2A/1A Girls and 6A, 5A Boys State Qualifying Tournaments	February 14 - 15
6A/5A Girls and 4A, 3A, 2A/1A Boys State Qualifying Tournaments	February 21 - 22
4A, 3A, 2A/1A Boys and 4A/3A/2A/1A Girls State Championships	February 27 - 28
6A, 5A Boys and 6A/5A Girls State Championships	February 28 - March 1

GENERAL INFO

OSAA Wrestling Plan Book

<https://www.osaa.org/docs/planbooks/wreplan.pdf>

Our plan books include information necessary for schools. The plan contains the season dates, NFHS rule changes, state championship information and qualifications, plus OSAA General policies.

Skin Lesion Protocols

Make sure that if there are any questions of lesions on a wrestler, the [required form](#) is in the hand of the wrestler and ready to present at weigh-ins. This will ensure a timely review process and help mitigate delays at weigh-ins.

NFHS Points of Emphasis for 2024-25

Stalling and Stalemate

The act of stalling is an intentional act(s) of avoiding aggressive wrestling. The emphasis of stalling is reinforced by the numerous rules and assignment of its own penalty chart to penalize inactive behavior by a wrestler. The referee warns the offending wrestler(s) and if continued, subsequent penalties are invoked. However, a stalemate is considerably different. Both wrestlers are aggressively wrestling and are interlocked in a position other than a pinning scenario, in which neither can improve their respective position(s). The referee stops the match and wrestling shall resume from the center of the mat.

Dangerous Maneuvers and Holds

In the purest form of wrestling, two similar-sized athletes use their strength, guile, ability and repertoire of moves to control and dominate their opponent. NFHS rules have always made moves and maneuvers that intentionally injure or punish a wrestler illegal, and work on removing them from our sport. Some moves, maneuvers and holds are starting to filter down to our level from other influences that are not education-based athletics. The NFHS disapproves of any move, maneuver or hold that intentionally injures limbs, joints, penetrates any body cavities or renders a wrestler unconscious. Allowing those techniques to infiltrate into our sport is irresponsible, dangerous and in certain jurisdictions illegal.

No one wants to drive any students out of the sport. If parents are not confident that their children are in a well-managed risk environment, then they will not let them participate. That would be devastating to a sport that we have already seen a trend of declining participation numbers. We need to do everything possible in our schools to attract more students and retain them in our programs. Eliminating questionable moves, maneuvers and holds is the first place to start. Regardless of your role as either coach or referee, you must work together to keep certain techniques out of our sport.

Wrestling is one of the oldest sports in the world. The benefits of participating are phenomenal in developing high school students to better understand their bodies, appreciate discipline, be self-reliant and develop toughness that will be a life skill that they will use their entire lives. Let us direct our attention to preserving our sport for many more generations to come.

Proper Terms: Default, Forfeit, Medical Forfeit

In the purest and simplest form, a default is awarded when a wrestler is unable to continue wrestling for any reason. The match has started and they cannot continue to wrestle anywhere during the match. The opponent wins and the defaulting wrestler receives the loss. A forfeit is when an opponent fails to appear for a match for any reason. Their opponent shall be present in a

legal uniform on the mat, ready to wrestle. The forfeiting wrestler takes a loss on their record and is out of competition. With the introduction of the new category of Medical Forfeit, if the forfeiting wrestler cannot wrestle due to an injury or illness that occurred during the tournament. The wrestler remains in the tournament if possible (moving down to the consolation bracket) and does not take a loss on their record. This entire designation is determined by the tournament director after consultation with the on-site appropriate health-care professional and the coach of the injured or ill contestant. All three actions cease wrestling for different reasons and have unique consequences.

Referee's Duties

The role of the referee is an integral part of the sport of wrestling. The essence of the sport is based upon the interpretation, judgment and execution of the rules. The referee has the authority to make rulings based upon their high school experience and mastery of the NFHS Wrestling Rules. Besides rule expertise, the referee has other important duties to ensure that all participants have a fair opportunity to compete in a space that limits their physical risks. In addition to skin checks and grooming, reviews with scorers and timekeepers, checking the legality of special equipment, uniforms, pads and taping, the referee is responsible for making sure the mat, mat areas and their markings are compliant with the rules. The referee conducts an inspection by walking around the area and visually making sure that the facility is in a reasonably safe condition. The referee is the protector of the competitors from rule compliant uniforms, equipment to appropriate mats. The role of the referee is unique and extremely valuable for all the participants, coaches and supporters.

Imminent Scoring

Imminent scoring is typically referred to a situation where one wrestler is on the verge of scoring point(s). This is because either one of the wrestlers is in a position to score a takedown, reversal, escape or near-fall, all available methods to scoring points in a wrestling match. The term "imminent" implies that the scoring opportunity is immediate or very close to happening. The term is often used by coaches and participants to describe a crucial moment in a match where a wrestler has a clear opportunity to score points and take control of a match.

Oregon Wrestling Weight Monitoring Program

<https://www.osaa.org/activities/wre/information/owwmp>

Lots of great information on the OSAA website. ALL wrestlers when getting assessed MUST wear a legal competitive uniform and must be assessed prior to participating in OSAA competitions.

Below are reminders related to your TrackWrestling responsibilities prior to the first contest date. Please review these and take any necessary actions to ensure that your school is in compliance. If you have any questions, please feel free to contact me at kellyf@osaa.org or 503-682-6722 ext. 233.

Most questions related to TrackWrestling can be answered by visiting the link below –

There is a PowerPoint presentation in the OWWMP information [2024-25 Kicking Your Season Off](#). This should help with most of the TrackWrestling instructions.

Varsity Season Schedule

Your home varsity season schedule is required to be entered into your TrackWrestling account prior to the first contest date (December 4, 2024). This includes all dual meets and tournaments that you will host. Once you post your event and invite participating schools your event will be populated on their schedule page automatically. Events you are attending will be populated on your schedule page automatically if the host has invited you. If you do not see an event that you believe you are invited to then contact the host school for verification.

If the event ends up being duplicated on your page because you have entered it and the host has entered it, then DELETE the one you created to avoid results issues after the fact.

Special District Tournaments and the OSAA State Championships events at all classification levels will be added to your schedule by mid-December. Please DELETE these events if you have added them to your schedule to avoid duplication.

Tournaments and Stat Program

Starting this year all OSAA member schools have unlimited use of TrackWrestling to conduct tournaments at all levels and access to the Stat program at no cost. These features combined with the Weight Management tools available to all schools now create a comprehensive package hosted on a single platform using one username and password.

OSAA policy requires that all Varsity results be entered into TrackWrestling during the season. All Varsity tournaments that you are hosting are required to be ordered on TrackWrestling prior to the event. Host sites choosing to not use the free access to TrackWrestling to conduct their tournament are encouraged to order the tournament now so that results may be entered after the event concludes by hand.



If you are hosting a tournament click this icon once you have added it to your schedule to order the event – complete this before your event begins – you will receive an invoice but will not be charged for the event.

Host schools failing to enter all Varsity results for participating schools are subject to penalties outlined in Rule 5 of the OSAA Handbook.

Required Weigh-in Reports

Prior to any weigh-in during the regular season each school **is required** to provide a roster containing a listing of their potential wrestlers and the two eligible weight classes for each wrestler on that competition date. Each wrestler’s actual weight and weight class of participation that day will be recorded on the school’s roster and submitted to the represented school’s Athletic Director directly after the conclusion of the event.

The school’s Athletic Director is responsible to verify that the season long weight loss plan for any wrestler who has failed to qualify at one of their eligible weight classes for an event has been modified prior to any future competition

Printing Weigh-in Reports Video Help:

How to print the required weigh-in report: <https://www.youtube.com/watch?v=C9JfMuDBqJA>

Updating your Roster – Linking to a TW Profile

Select “Roster” in the menu bar and then click the wrestler’s name. By adding the birth date and email address you will be able to create and link to a TrackWrestling profile for that wrestler. This will allow the public access to the cumulative match history of the wrestler when viewing tournaments online. Below is an example of a wrestler who has been linked to their TrackWrestling profile.

Name	Eligible	TW Profile
Tanner Sauer	✓	Tanner Sauer

Corrections to names on your Team Roster

If you have a wrestler listed on your roster whose name is not spelled correctly or should be modified in anyway please let me know. Corrections made at events during the year are temporary and do not fix the actual issue in the master database. Just email me the correction and I will address it so the change is permanent.

Petition to Raise Minimum Weight Class Process

Part VI (A) (3c) – Oregon Wrestling Weight Monitoring Program Regulation requires that if a wrestler’s weigh-in does not qualify the wrestler for the highest eligible weight class listed on his/her season long weight loss plan for that given week, and he/she participates, the wrestler’s lowest eligible weight class for the season shall be immediately re-certified up one weight class. In these cases, prior to any future competition each member school is responsible to manually raise the wrestler’s lowest eligible weight class within the schools TrackWrestling OPC account.

In some situations, a wrestler may want to raise their lowest eligible weight class because they know they will never participate within the weight class listed on their weight loss plan. Since eligible weight classes listed for each week are directly tied to the lowest eligible weight class for the season – changing this weight class allows the wrestler more flexibility during the following weeks to compete at higher weight classes.

How to Raise a minimum weight Video Help: <https://www.youtube.com/watch?v=K8xb2Qz4Mhw>

NWCA Nutrition Program

The NWCA sport nutrition component has been provided by MySportsDietitian.Com (MSD). Please know that some of the best wrestling knowledgeable sports nutritionists around the nation stand behind this MSD system. This component allows wrestlers to design a customized diet that honors their weight loss/gain/maintenance plan (as established by the OPC).

The system is very easy to use and it will help all wrestlers maximize their performance through proper nutrition/hydration.

The common goal of this effort is to distance amateur wrestling from the unhealthy weight loss stigma that many parents and coaches of other sports still have about our sport. We want to take the focus off of unhealthy weight loss and instead, place it on healthy nutrition/hydration. [Link to resources](#)