

SRI Bulletin December 2016

All,

I have received a few questions about rules and protocols. If you have any questions, please email me at [sahall1884@gmail.com](mailto:sahall1884@gmail.com) Exhausting all other resources, call or text me at 541-914-2986.

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The defensive arm trapped situation is still a hot topic. I have gone to two tournaments and had conversations with many coaches about this. It seems that we have a couple of areas that are still unclear on how this is to be called. Again, the case book scenario 7.2.3 on page 46 is WRONG. This is the ruling from the NFHS;

“Case book situation 7-2-3 is incorrect, in that rulings a, b & c should all be the same. Strike ruling (a). Then the ruling should read, “In (a), (b) and (c) ...

There is no requirement that the referee stop the match when the defensive wrestler is lifted from the mat. All of the scenarios in case book situation 7-2-3 are potentially dangerous and are handled the same way. I made these statements in the webinar:

- 1) Rule 7.2.2 directs referees to verbally caution wrestlers regarding potentially dangerous holds and maneuvers without stopping the action, unless it is necessary to stop the action to prevent injury. So in this situation (when the defensive wrestler is standing with one or both arms trapped) the referee should caution the offensive wrestler with a comment such as, “Bring him down easy or safely”.
- 2) While this situation is potentially dangerous, the rules committee realizes that a number of safe scoring opportunities exist when one or both arms of the defensive wrestler are trapped against the body in the standing position. Therefore, trapping an arm or arms is not illegal by application. However, coaches, wrestlers and referees must be aware of the potential for injury when the defensive wrestler is standing with one or both arms trapped with no way to break their fall.”

Please realize that we are to **recognize** that this a potentially dangerous situation. We are concerned with ensuring that the defensive wrestler is returned to mat safely. In all situations, returning a wrestler to the mat in a controlled fashion should be one of our highest priorities. It might be better to say that our scrutiny should be “what is the effect when the defensive wrestler is returned to the mat?” Make it an emphasis to toughen up your criteria of a slam or unnecessary roughness.

Incorporate this discussion at coaches meetings before tournaments and pre-meet duties before duals. I have asked Brad Garrett to send the NFHS ruling out to all the AD’s and coaches so that they are also aware of how this interpreted.



If wrestlers choose to wrestle with a man bun, top knot or hipster hairdo, they must have it contained under a hair cover that is to be worn as the manufacturer intended. The hair cover is **not** intended to be attached to the ear guards by velcro or tape. Rule 4.2.1 states:

**ART. 1 . . .** During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well groomed. The hair, in its natural state, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. (Photos 2 and 3) A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible. **If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied.** (Photo 4) The legal hair cover shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.

In the casebook, on pages 12 and 13, situations 4.2.1 A, B, D and E give some examples of hair scenarios.

Remember, wrestlers should weigh in with their hair in its natural state. If they have braids, dreads, pony tails, man buns, cornrows, or an abrasive shaved head, they need to have a head cover that complies with Rule 4.2.1.

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With the increase of female wrestlers, it is imperative they are weighed in separate from the male wrestlers. Talking with Brad Garrett, it is permissible for opposite gender officials to do skin checks on wrestlers, as long as the wrestler is properly attired in the **legal wrestling singlet**. If possible, please educate the same gender weigh-in supervisor and have them perform skin checks while the athlete is dressed in the appropriate undergarment.

**Rule: 4-5-1**

**ART. 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 each day in a 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.

**Rule: 4-5-2**

**ART. 2 . . .** Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day.

**Rule: 4-5-4**

**ART. 4 . . .** The referee, or other authorized person of the same gender, shall supervise the weigh-ins.

If you have female wrestlers participating, please educate your same gender weigh-in supervisor of the weigh in protocol and procedure. Page 18 Rule 4.5.3 shall be discussed with the supervisor. They also need to record the actual weight of all female wrestlers on an official weigh-in sheet. This person can also be instructed to look for any skin conditions that may be communicable. It is always helpful if traveling schools give the host school notice that they have a female wrestler.

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There was a good question about the back bow, is it legal or illegal?

**Rule: 7-1-5**

**ART. 5 . . .** Other illegal holds/maneuvers include, but are not limited to: (Photos 38 through 90)  
q. back bow;



96. (7-1-5q) The back bow is illegal by application, whether the defensive wrestler is on his/her stomach or hip.

In this situation, the offensive wrestler may reach back and grab the foot. Once he takes the pressure forward, look for the defensive wrestlers thigh to come off the mat, it becomes illegal. Pressure on the lower back/spinal column is what makes this move illegal by application.

Remember that there is a difference between a back bow (illegal), where the foot or leg is held by the offensive wrestlers hand and a leg turk (legal), where the offensive wrestler turns the defensive wrestler using his leg(s),

Also, once the defensive wrestler is turned in a legal pinning combination and near fall criteria is met, it is legal for the offensive wrestler to use a pinning hold that pulls the defensive wrestlers foot to the defensive wrestlers head. The offensive wrestler must be verbally cautioned to “keep

this legal/don't punish" with this hold. This pinning hold is legal because the pressure applied is to the thigh and hip of the defensive wrestler.

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Brad Garrett has approved the use of a chin cup for religious purposes. Certain religions prevent their members from shaving. Schools that have wrestlers that meet this criteria must have approval from Brad Garrett. The wrestler will present, at skin check, OSAA documentation that says they have been approved to compete with a chin cup. As of now, wrestlers that meet this criteria are from the Silverton and Woodburn high schools.



In the example above, the individual's religion, Russian Orthodox, prevents him from shaving. As long as his facial hair is contained and does not overflow from the chin cup, he is approved to wrestle. Remember, we want to include as many participants in our sport as we can. Please educate your fellow officials, schools and athletes. If they know of an athlete that meets this criteria, please have them call Brad Garrett at OSAA to get the proper documentation. Also, in this picture, is a good example of something else to talk about during pre-meet duties.

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Just a reminder about mouthguards.



**Legal**



**Legal**



**Illegal**

**ART. 6 . . . Each contestant who has braces or has a special orthodontic device on their teeth, shall be required to wear a tooth and mouth protector. A tooth and mouth protector (intraoral) shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and cover the teeth and all areas of the braces or special orthodontic device with adequate thickness. This would include upper and lower teeth if devices are present on both. It is recommended the protector be properly fitted and:**

- a. Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.**
- b. Constructed and fitted to the individual by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.**

In the pictures above, the blue examples are legal because they meet the criteria in 4.2.6 b. Think football mouthpiece. In the third picture, the protector only covers the metal braces themselves. To be legal, this would also have to cover the teeth, which it does not.

If braces are present on only the top or bottom teeth, then the tooth and mouth protector would only need to cover the set on which the braces are on. If they are on both, then the tooth and mouth protector would have to cover both.

Again, a good thing to discuss during skin checks, weigh-ins and pre-meet duties.

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I have sent out examples of legal and illegal headgear to all the commissioners. As the sport continues to evolve in regards to head protection, we will start to see more types of headgear.



**LEGAL** ear guards (LDR)

<http://www.leaderheadgear.com>



**Illegal** ear guards (Mercado)

<http://batstoi.com>

Remember, both types of these headgear would be allowed at events where NFHS and OSAA have no jurisdiction. Kids events, middle school, Roller Production events, RMN events, etc.

The LDR model on the left **IS** OSAA and NFHS approved, while the Mercado model on the right **IS NOT**. If anyone sees either one of these being used at OSAA events, please educate the coaches and athletes and contact me.

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Shoelaces must be taped to the shoe or secured by a locking device.

#### 4.1.3

**ART. 3 . . .** Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. **If the shoes have laces, the laces shall either be taped to the shoe or secured by a locking device on the wrestling shoe in an acceptable fashion.**

Earlier before the season, I had stated that it was ok to just tape the laces. Upon further clarification from the National Federation, they want the laces to be taped to the shoe or secured under a locking device. Sorry if this has caused any confusion in presenting this rule during your pre-meet duties. Any questions or complaints can be emailed to me.

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Last weekend at the Coast, we had a higher than usual number of participants that were not allowed to compete because of skin issues. There were a pretty good representation of teams from across the state and this was not from one school or area. Most of the athletes did not have an approved OSAA Skin Lesion Form. <http://www.osaa.org/docs/wre/skinlesionform.pdf>

Please continue to educate fellow officials, coaches, athletes and everyone involved in our sport, about the seriousness of this subject. It is better to be proactive now, early in the season, instead of reactive later, regionals or state and an athlete can not compete.

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As many of you have heard me say before, “you can always learn something new in the rulebook.” My failure to read the entire paragraph of a rule, resulted in Brad Garrett calling me out. Rule 4.5.5 on page 19 is a good example of taking the time to read the whole ruling.

With what seems like a fairly wet, snowy, cold winter this year, I have a feeling we will be using this rule more than we have in the past. Please read this, talk it over in your association, and understand how it may affect your weigh-ins.

**ART. 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. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s). The acceptable person(s) to receive that notice shall be the head coach, principal or athletic director. **Competitions that are postponed for one calendar day or more, for reasons beyond the control of the participating school(s), or practices that cannot be held in these situations due to school policy shall be treated the same as competitions when there are consecutive days of competition in terms of the 1-pound allowance, with the exception of the required 48-hour notice.**

Additionally the casebook ruling says:

4.5.5 SITUATION F:

Teams A and B are scheduled to compete in a dual meet on Tuesday. How would the weather-related scale allowance be administered in the following situations: (a) One or both of the teams are let out of school early on Tuesday due to inclement weather and the dual is postponed until Wednesday; or (b) one or both of the teams are let out of school early on Tuesday due to inclement weather, and they do not have school on Wednesday due to inclement weather again and the dual is now set for Thursday.

RULING: These situations would be treated the same as when there are consecutive days of competition. A 1-pound weight allowance would be granted for each team, for each day the team(s) could not practice due to school policy. In (a), each team would be granted a 1-pound weight allowance for the dual meet on Wednesday. In (b), each team would be granted a 2-pound weight allowance for the dual meet on Thursday.

COMMENT: In the event of the school(s) closing due to inclement weather, where wrestling practice(s) cannot take place due to school policies, the 48-hour advance notice does not apply.

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Last year we used evaluators, four wrestling commissioners, at the state tournament. They evaluated all the officials and ranked them. These rankings were then used to reward the top officials with out-of-state assignments. Four officials worked the Freak Show tournament in Las Vegas. Eight officials will be working the Reno TOC, Reno Sierra Nevada Classic, Rollie Lane in Idaho and the PAC Coast Championships in Washington. Thank you for your hard work and continual effort to become better.

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We will again use the Tournament Eligible Bio Form. Please do not submit any bio's at this time. Any submissions at this time will be deleted. This is to be filled out by all regional officials that want to work the state tournament. The commissioners committee used the information on the bio's last year to make selections from the number two and three list. Three people on the list were not considered for the state tournament last year because they did not take the time to fill out the bio.

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Again, if anybody has any questions please email me at [sahall1884@gmail.com](mailto:sahall1884@gmail.com) If you have exhausted all your resources, rulebook, veteran officials, casebook, and need an immediate answer call or text me at 541-914-2986. Remember, I am usually on the mat on most weekends. If it is imperative that you get ahold of me, keep calling or texting. Eventually I will get back to you.

Have a Merry Christmas and Safe New Year!!!!!!!!!!!!!!

Scott Hall

OSAA Wrestling SRI