



April 17, 2019

Memorandum

To: OSSAA Wrestling Schools
From: Todd Goolsby, Assistant Director
RE: Girls Wrestling

During the 2019-20 and 2020-21 seasons, girls wrestling in Oklahoma is being piloted as we take the steps necessary for it to become a sanctioned sport.

Girls competing in wrestling must represent their school as an individual or they may be on a school team that includes boys or a separate team that includes only girls. Girls practices may be held separately from boys, or a combined team practice that includes both boys and girls. How a team organizes their practices will be controlled locally. Girls may choose to be a member of the boys' team during the regular and post-season or they may choose to be a member of the girls' team which is recognized but not sanctioned and does not have an official postseason. Girls have until January 11, 2020 to declare which team and subsequently, which postseason in which they wish to participate or compete.

The OSSAA will allow schools to have tournaments that are girls-only, these are not considered varsity events, due to the weight class exceptions. Girls-only events will not count towards the individual's record, will not be considered for seeding at the regional tournament, but will count towards the individual's 26-point season limitations. Check with tournament hosts to verify the point value of their tournaments. All two-day tournaments equal 3 points, all one-day tournaments equal two. When a school host both a boys' division and a separate girls' division, girls must choose one or the other. They may not compete in both.

Girls must follow all NFHS and OSSAA wrestling rules and policies to be eligible to compete with the exception, of weight classes.

Tentative Weight Classes:

(10) 100, 105, 111, 118, 127, 136, 147, 161, 185, 215

(12) 97, 103, 112, 119, 125, 132, 140, 150, 160, 170, 190, 215

(14) 97, 102, 107, 112, 117, 122, 127, 132, 138, 145, 155, 168, 184, 215

For girls-only tournaments and/or girls' divisions the above weight classes should be used.

All female wrestlers must be certified prior to first competition via OPC in Trackwrestling.com. Weight descent plans must be followed! If your athlete will compete against boys the following week, make sure that your descent plan will keep you on track for the NFHS standard weight class.

The OSSAA will host a Girls' Exhibition Division during the State Tournament. Additional information will be disseminated later in the season.

Thank You,

Sincerely,



Todd Goolsby
Assistant Director