



December 6, 2022

Memorandum

To: OSSAA Wrestling Schools
From: Wes Ruth, Assistant Director
Re: Girls Wrestling

Implementation of Girls Wrestling: The OSSAA will continue to implement a transition period that will allow girls the option of participating on either the boy's team or the girl's team during the regular season. They may not represent both teams in any given competition. From the start of implementation, the girls MUST participate in girls' postseason events. Girls competing in wrestling must represent their school as an individual or they may be on a school team. Girls' practices may be held separately from boys, or a combined team practice that includes both boys and girls may be chosen. How a school organizes practices will be controlled locally.

Contest Limits: The OSSAA will allow schools to have tournaments or dual meets that are boys-only girls-only, or both. If a school hosts a tournament or dual meet consisting of a boys' division and a girls' division, girls must choose one or the other. They may not compete in both. Girls-only regular season events will be considered for seeding purposes at the regional tournament and will count towards the individual's 26-point season limitations. All two-day tournaments equal 3 points, all one-day tournaments equal 2 points, and all dual meet competitions equal 1 point per dual.

Girls must follow all NFHS and OSSAA wrestling rules and policies to be eligible to compete except for weight classes. For girls' tournaments or dual meets, the following weight classes must be used.

Weight Classes:

100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235.

All female wrestlers must be certified prior to first competition (including opens) via OPC in Trackwrestling.com. Weight descent plans must be followed!

The OSSAA will host two Girls' Regional Qualifiers. These qualifiers will take place on Monday, February 13 and Tuesday, February 14. One qualifier will be held on the east side of the state and one qualifier will be held on the west side of the state. The top five qualifiers at each weight class will advance to the State Tournament. The State Tournament will be held at the State Fairgrounds in Oklahoma City on Friday, February 25 and Saturday, February 26. Additional information will be disseminated as necessary throughout the season.

Thank You,



Wes Ruth

Assistant Director

OSSAA | Volleyball, Wrestling, Soccer

Foreign Exchange: Schools M - Z

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