



# OKLAHOMA SECONDARY SCHOOL ACTIVITIES ASSOCIATION

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**TO:** Junior High Wrestling Coaches  
**FROM:** Wes Ruth, Assistant  
**DATE:** September 20, 2022  
**SUBJECT:** Junior High Wrestling Information

Please find in the coach's manual on our website ([www.ossaa.com](http://www.ossaa.com)) on the Wrestling page the junior high wrestling regulations (pages WR13-WR15) and the weight management program and certification regulations (pages WR3-WR6). The following are found on the Wrestling page of the website: certified minimum weight list, junior high dual meet weigh-in sheet, skin condition form, weight management program and certification regulations, National Federation wrestling rules changes, and tie breaking criteria for dual meet competition.

The OSSAA has adopted a weight control program for all wrestlers in grades 7-12. Wrestlers in grades 7-9 must certify their minimum weight by the third Saturday of January. This information shall be recorded on the 2022-2023 OSSAA certified minimum weight list and **mailed to the OSSAA office by January 25, 2023**. Please read this information carefully and if you have any questions, contact Wes Ruth at [wruth@ossaa.com](mailto:wruth@ossaa.com).

**Note: All wrestlers in grades 10-12 and any 9<sup>th</sup> grader that wants to participate on a high school varsity or junior varsity team must comply with the OSSAA High School Weight Management Program. A 9<sup>th</sup> grader who does not test prior to his first junior high competition (including open tournaments) is not eligible to participate on the high school varsity or junior varsity at any time during the wrestling season.**

The skin condition form shall be used to comply with National Federation Rule 4-2-3 which states: "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, his coach shall provide current written documentation as defined by the NFHS or state associations stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

If you have any questions regarding the enclosed information, please contact the OSSAA office. Thank you for your cooperation.