

## Wrestling Clarifications:

### **Situation: Pinning combination and stopping a match**

Wrestler A put wrestler B on his back in a near-fall situation with a cradle while the official counts to 5 for the near fall. Eventually wrestler B bellies up and goes to his stomach while wrestler A still maintains a locked cradle on wrestler B. Wrestler B indicates that he is hurt and the official stops the match. What are the correct points earned by wrestler A?

### **Ruling:**

Since Wrestler A still has a locked cradle and the near fall points have not been awarded by the official, Wrestler A would receive a four point near fall. (Three for the near-fall and one additional point for having to stop the match). The rationale for this is that even though wrestler B has belled up and is on his stomach, he is still technically in a pinning combination and near-fall situation, because the official has not yet awarded the near fall points. In this situation, the injury to wrestler B forces wrestler A to release the pinning combination and end the pinning situation.

Keep in mind, the 90 degree rule has no bearing in this situation. It only applies to a situation where no near-fall points have been earned and indicates a near-fall was imminent when the official had to stop the match for an injury, technical violation or illegal hold for wrestler B.

### **Situation: Weigh-ins and Growth Allowance**

A wrestler is moving down to the 112 pound weight class on Dec. 26th for a tournament. The wrestler weighs in at 113 pounds....can he/she take advantage of the two pound allowance that was given on Dec. 25th if this is the first time he is wrestling at this weigh class.

### **Ruling:**

No.. The OHSAA Weight Monitoring Program includes a growth allowance. A two pound growth allowance will be given on December 25. A Growth allowance may not be utilized to achieve a lower minimum weight for a wrestler.

In order to utilize the growth allowance, a wrestler shall compete at "scratch" weight in the desired weight class at least once prior to using the two pound growth allowance or any other addition pounds for continuous days of competition.

### **Situation: Weigh-ins and weight classes**

A wrestler has worked his way down and made scratch weight at the 112 weight class. On a particular day, he weighs in at 115 pounds and wants to wrestle at the 125 pound weigh class for a given match or tournament. If the wrestler competes in the 125 pound weight class, does he/she forfeit the ability to wrestle at the 112 pound weight?

### **Ruling:**

No, the wrestler will still be allowed to compete at the 112 pound weight class. Only if a wrestler's scratch weight is two weight classes above his weight class will he eliminate himself from the lower weight class, which in this example is the 112 pound class. In this case, the wrestler is only weighing in one weigh class above his weigh class even though he is going to wrestle at 125 pounds.

Point of emphasis.....one of the reasons for the weigh management program is to eliminate and discourage rapid weight loss in wrestlers from week to week...hence the 1 1/2% per week limitation. Coaches should discourage wrestlers from dramatic weight change. Case in point, a wrestler should not make scratch weight at 112 pounds one week, then move up his actual scratch weight to 119 pounds the next week and then back down to an actual weight of 112 pounds the next, etc. This defeats the purpose of controlled weight loss and is not healthy for the wrestler...in addition, it doesn't comply with the limitation of losing more than 1 1/2% weight loss per week.

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