



OKLAHOMA KIDS WRESTLING ASSOCIATION

OKLAHOMA KIDS WRESTLING ASSOCIATION, INC WRESTLING RULES AND REGULATIONS

TABLE OF CONTENTS

ARTICLE 1 - WRESTLING PARTICIPANTS	3
SECTION 1.1 WRESTLING PARTICIPANT TYPES	3
SECTION 1.2 CLUB	3
SECTION 1.3 COACH	4
SECTION 1.4 WRESTLER (ATHLETE)	4
SECTION 1.5 PARENT	4
SECTION 1.6 OFFICIAL	4
SECTION 1.7 PENALTY FOR BAD DEBTS	4
ARTICLE 2 - REGIONAL OPERATIONS OF OKWA WRESTLING	4
SECTION 2.1 REGIONAL DIVISIONS	4
SECTION 2.2 BALANCE OF WRESTLERS BY REGION	5
SECTION 2.3 REGIONAL TOURNAMENT DIRECTORS	5
SECTION 2.4 REGIONAL MEETINGS AND BUSINESS	5
SECTION 2.5 ANNUAL REGIONAL AWARDS AND TOURNAMENT SITE	5
ARTICLE 3 - WRESTLING DIVISIONS	6
SECTION 3.1 WRESTLING DIVISION NAMES	6
SECTION 3.2 DIVISION RULES AND FEES	6
ARTICLE 4 - OKWA SANCTIONED TOURNAMENTS	6

SECTION 4.1 ALL OKWA SANCTIONED TOURNAMENTS	6
SECTION 4.2 TOURNAMENT BRACKETS AND RESULTS.....	7
SECTION 4.3 WRESTLER CLASSIFICATIONS	7
SECTION 4.4 FRAUDULENT PARTICIPATION	7
SECTION 4.5 CHALLENGES AND PROTESTS.....	8
SECTION 4.6 WEIGHT PULLING AND SWEAT SUITS.....	8
SECTION 4.7 CHILD ABUSE.....	8
SECTION 4.8 EXECUTIVE BOARD PASS	8
SECTION 4.9 COACH’S PASS.....	8
SECTION 4.10 OKWA WEIGHTS AND DIVISIONS.....	8
ARTICLE 5 - OKWA REGIONAL AND STATE TOURNAMENT OPERATIONS.....	9
SECTION 5.1 GENERAL RULES	9
SECTION 5.2 OKWA REGIONAL WRESTLING TOURNAMENT RULES AND REGULATIONS.....	10
SECTION 5.3 OKWA NOVICE CHAMPIONSHIPS WRESTLING TOURNAMENT RULES AND REGULATIONS.....	11
SECTION 5.4 OKWA OPEN AND GIRLS STATE WRESTLING TOURNAMENT RULES AND REGULATIONS.....	12
ARTICLE 6 - CHALLENGE AND PROTEST POLICY	14
SECTION 6.1 DEFINITIONS.....	14
SECTION 6.2 OKWA CHALLENGE AND PROTEST COMMITTEE(S).....	14
SECTION 6.3 CHALLENGE AND PROTEST PROCEDURES.....	14
SECTION 6.4 APPEAL PROCEDURES	15
SECTION 6.5 PROTEST AGAINST A REGIONAL REPRESENTATIVE	15
SECTION 6.6 OTHER ITEMS.....	15
ARTICLE 7 - AMENDMENTS TO WRESTLING RULES AND REGULATIONS	16
SECTION 7.1 AMENDS AND ADDITIONS TO WRESTLING RULES AND REGULATIONS	16

ATTACHMENTS

- Attachment 1 – OKWA Youth Protection Policy**
- Attachment 2 – OKWA Participant Code of Conduct**
- Attachment 3 – OKWA Liability Waiver/Minor Release Form**
- Attachment 4 – OKWA Covid-19 Assumption of Risk and Waiver of Liability**
- Attachment 5 - OKWA Regional Divisions**

OKLAHOMA KIDS WRESTLING ASSOCIATION, INC WRESTLING RULES AND REGULATIONS

Article 1 - Wrestling Participants

Section 1.1 WRESTLING PARTICIPANT TYPES

- 1.1.1 Wrestling participant types include Club, Coach, Wrestler, Parent and Official.
- o All adult participants should review, and be familiar with, the OKWA Youth Protection Policy (Attachment 1), the OKWA Participant Code of Conduct (Attachment 2), and the OKWA COVID-19 Policy (available on OKWA website in resources).
 - All adult participants are also encouraged to review the NWCA Skin Prevention webinar (link available on OKWA website in resources).

Section 1.2 CLUB

- 1.2.1 Participation will be open to any club with an active wrestling program which agrees to abide by the provisions of the OKWA Bylaws and such other provisions as may be prescribed by the OKWA through the Executive Board.

- o Each in-State (Oklahoma) club will be assigned to one of four (4) regions by the Executive Board.

1.2.2 CLUB FORM REQUIREMENTS

- o Rosters are to be submitted on-line at okwa.us with the prescribed information.
- o All wrestlers must be on a roster prior to entering any OKWA sanctioned tournament.
- o Club transfer of a wrestler affecting an in-state (Oklahoma) club after January 1st must be approved by the Executive Board.

1.2.3 CLUB FEES

- o Each in-state (Oklahoma) participant club shall pay to the OKWA an annual fee equal to \$15.00 per wrestler entered in their roster.
- o Each out-of-state club shall pay to the OKWA an annual fee equal to \$5.00 per wrestler entered in their roster.
 - Club fee increases by the amount above and the increase becomes immediately due each time a wrestler is entered into a club roster.
 - Club fee increases incurred for all wrestlers entered by a club must be paid prior to that club being allowed to enter any OKWA sanctioned tournament.
 - Clubs may require of their individual wrestlers; reimbursement of the fee increase incurred by the club when the individual is added in the club roster.
- o Of the monies collected from club fees, each Officer and Regional Representative will be paid annual expense reimbursements of \$25.00 for each of the 8 (eight) required quarterly board meetings, the regional sanctioning and seeding meetings and for the Novice Championships and Open State tournaments, totaling 12 (twelve) required attendances and equaling \$300.00.
 - In the case where an Officer or Regional Representative has appointed a replacement for any of those meetings or events, it shall be responsibility of that individual to forward the appropriate portion of his fees to their replacement.
 - The remainder of all club fees collected is deposited into the OKWA general operation account.

1.2.4 CLUB RECORDS

- Clubs are responsible for having on file, at all times, the birth certificate, OKWA Liability Waiver/Minor Release form (Attachment 3), and OKWA COVID-19 Assumption of Risk and Waiver of Liability form (Attachment 4) for all participating athletes entered into their club roster.

Section 1.3 COACH

1.3.1 Clubs have the right to register coaches online once they meet specific criteria.

- Coaches must complete each step (in order) of the current OKWA Coach Registration Process (available on the OKWA website in resources).
- Coaches who have completed the registration process and have registered will be covered by the OKWA Registered Adult Liability Insurance policy.
 - OKWA does not take any responsibility for injury of any nature.

Section 1.4 WRESTLER (ATHLETE)

1.4.1 Any wrestler is eligible to be a participant wrestler in OKWA when he or she has not reached their 16th birthday by September 1 (August 31 at midnight is the deadline) of the year beginning the wrestling season.

- The wrestler's name must appear on a proper club roster, and the wrestler must be of good health.
- The appearance of the wrestler's name in a club roster shall be construed as parental/guardian consent.

1.4.2 Any wrestler listed in a club roster will be covered by the OKWA Athlete Insurance policy.

- OKWA does not take any responsibility for injury of any nature.

Section 1.5 PARENT

1.5.1 Any parent with a child registered in the roster of a registered OKWA Club is considered an honorary "Wrestling Participant".

- It is recommended that all parents review the information referenced in section 1.1.1 of these Rules and Regulations and be familiar with all requirements.

Section 1.6 OFFICIAL

1.6.1 Any individual who has met the OKWA requirements and has registered with the Officials Director in the roster under the "Officials" club file is an eligible Official for OKWA events.

- Officials must follow (step by step) the Officials Registration Requirements (found on the OKWA Website in resources).
- Officials who have completed the OKWA registration process and have registered with the Head Officials will be covered by the OKWA Registered Adult Liability Insurance policy.
 - OKWA does not take any responsibility for injury of any nature.
- The OKWA executive board will select an East and a West Head Official to assist in registering officials for the OKWA league.
 - Head officials will help train and coordinate officials for all OKWA events.

Section 1.7 PENALTY FOR BAD DEBTS

1.7.1 Any debts owed to the OKWA or OKWA Clubs must be paid in full including any penalties or fees incurred before they will be allowed to participate in any OKWA event.

Article 2 - Regional Operations of OKWA Wrestling

Section 2.1 REGIONAL DIVISIONS

2.1.1 The State shall be divided into 4 (four) regions, balanced numerically and geographically.

- The current Regions are:
 - Northwest

- Northeast
- Southwest
- Southeast

2.1.2 Each region shall qualify six (6) wrestlers per weight for the State Tournament.

2.1.3 Each region is not an entity unto itself, rather a geographical and numerical division in an effort to have 4 moderately equal tournaments to qualify wrestlers for the State tournament.

- o No solicitation of contributions to the OKWA or any of its Regional Divisions shall be conducted without the knowledge and approval of the Executive Board.

Section 2.2 BALANCE OF WRESTLERS BY REGION

2.2.1 The Executive Board shall review, every year, the Regional Tournaments' entries and shall adjust the Regions as necessary, so that a balance of wrestlers shall be maintained in each region.

2.2.2 The description of the 4 (four) regions will be contained in Attachment 5 of these Rules and Regulations.

Section 2.3 REGIONAL TOURNAMENT DIRECTORS

2.3.1 Each Region will have a Regional Tournament Director to run the Regional Tournament.

- o The Regional Tournament Director shall be appointed by the club who will host the Regional Tournament in the coming year with the approval of the Regions' Regional Representatives.

2.3.2 DUTIES OF REGIONAL TOURNAMENT DIRECTOR

- o Have general operating control of the Regional Tournament within their region as prescribed by the Wrestling Rules and Regulations of OKWA.

Section 2.4 REGIONAL MEETINGS AND BUSINESS

2.4.1 Any official meeting or business of a region, to include tournament sanctioning meetings, election meetings, etc. may only be scheduled and operated by the Regional Representative(s) for that region, unless otherwise designated by the Regional Representative(s) of that region.

- o The seeding portions (only) of regional seeding meetings are the responsibility of the Regional Tournament Director and the host club.

Section 2.5 ANNUAL REGIONAL AWARDS AND TOURNAMENT SITE

2.5.1 COACH AND OFFICIAL OF THE YEAR AWARDS

- o The Regional Representative(s) will provide each vote-eligible club with a ballot to Vote for a Coach of the Year and Official of the Year for the region. The club will turn the ballot in by the end of their Regional Tournament.
- o The winning Coach and Official names will be turned into the State Tournament Director along with the OKWA Open State tournament entries based on regional placement results.

2.5.2 REGIONAL TOURNAMENT SITE SELECTION

- o Qualification for Regional Tournament site:
 - The host club must submit to the Regional Representative(s) prior to the completion of the seeding meeting, an authorization letter of facility reservation by a person of facility authority for the date of the regional tournament
 - The host club has held a regular season tournament for two consecutive years or is exempt by a majority vote of the vote-eligible clubs of the region.
- o A club holding a Regional Tournament may not hold a regular season tournament during the same season if there is another club within 60 (sixty) miles (driving distance venue to venue) wishing to host a tournament on their regularly scheduled incumbent weekend.
 - Clubs who forfeit their regular tournament date due to hosting Regionals will retain their incumbent rights to their date once they are no longer hosting Regionals.

- The primary and back-up regional tournament sites for the coming year will be decided by a majority vote of the region's clubs who are eligible to vote (one vote per club) at the Regional Tournament election.
 - The site receiving the most votes will be the primary, and the site receiving the second most votes will be the secondary back-up. ○ If at any time the primary regional tournament site should become unavailable, the secondary back-up site will become the regional tournament site.
- If a club hosting the Regional Tournament violates the prescribed guidelines in the OKWA Regional Wrestling Rules and Regulations, they will not be allowed to host Regionals again for four (4) years.

Article 3 - Wrestling Divisions

Section 3.1 WRESTLING DIVISION NAMES

- 3.1.1 The current Wrestling Divisions of OKWA are Novice Division, Girls Division and Open Division as defined in Section 4.3 of these Rules and Regulations
- For Novice Division, there will NOT be a Regional Tournament in each of the four (4) regions where wrestlers must qualify to proceed to and seed for the Novice Championships.
 - For Girls Division, each Regional Tournament will also include the Girls brackets for the purpose of seeding for Girls State and providing a girls' tournament the weekend before Girls State.
 - Girls Regionals may include combined brackets once individual Girls State weight seedings are determined for the purpose of more mat time.
 - For Open Division, there will be a Regional Tournament in each of the (4) four regions where wrestlers must qualify to proceed to and seed for Open State.
 - For Novice Division there will be an annual Novice Championships Tournament and for Girls Division and Open Division there will be an annual State Tournament.
- 3.1.2 Such other divisions may be created by the Executive Board as it may deem necessary.

Section 3.2 DIVISION RULES AND FEES

- The Executive Board develops rules for the Wrestling Divisions through solicitation for input from the member clubs.
- The Executive Board may develop fees for the Wrestling Divisions.

Article 4 - OKWA SANCTIONED TOURNAMENTS

Section 4.1 ALL OKWA SANCTIONED TOURNAMENTS

- 4.1.1 All OKWA sanctioned tournaments are required to (use):
- Weights and ages as prescribed by the OKWA Wrestling Rules and Regulations.
 - Registered OSSAA officials when available.
 - Follow the same guidelines as Regional and State Tournaments regarding ringworm and the covering of any skin lesions, contagious and infectious diseases.
- 4.1.2 Any OKWA club hosting an OKWA sanctioned tournament must abide by the OKWA Wrestling Rules and Regulations.
- All clubs hosting an OKWA sanctioned event must record the weigh-ins of every competing wrestler on the tournament management system for individual and dual tournaments.
 - Failure to record all weights will result in a 1 year suspension in hosting their tournament.
- 4.1.3 Entry Deadline can be set no later than Wednesday by 11:59 p.m. preceding the tournament.

- 4.1.4 Entry fees for no-shows and those not making weight must be paid to host clubs of OKWA sanctioned tournaments, unless:
- The host club opts to not charge for them; to include inclement weather which causes a club or some of its members to not attend or any unpredictable unexpected situations.
- 4.1.5 OKWA sanctioned tournaments of the same wrestling division MUST have a distance of no less than 60 miles between the venues (driving distance venue to venue).
- 4.1.6 The order of authority at any OKWA Sanctioned tournament will be Executive Board Member, Tournament Director, Head Official, then Official.
- While acting as a coach during a match, An Executive Board member or Tournament Director shall hold no authority over an official
 - Any Executive Board member or Tournament Director ejected by an official from a match or from the venue due to misconduct will remain ejected.
 - At no time may an Executive Board member, or Tournament Director, or host club retaliate in any way against an official for any such circumstances.
- 4.1.7 OKWA Girls Sanctioned Tournaments will be allowed one per region per weekend.

Section 4.2 TOURNAMENT BRACKETS AND RESULTS

- 4.2.1 Brackets may be combined to provide more competition.
- Efforts should be made to determine the placement in an individual's entered weight bracket using results from the combined brackets and placement awards for entry weights should be presented to contestants as well as combined brackets.

Section 4.3 WRESTLER CLASSIFICATIONS

- 4.3.1 Wrestler Classification is designed to regulate competition among wrestlers with similar abilities.
- 4.3.2 Novice class is temporary and only recognized as starting point.
- Any wrestler who has not yet achieved open status.
 - All 1st year wrestlers are eligible to participate in the Novice Championships.
 - A first-year wrestler is one who has not competed in any wrestling tournament any previous wrestling season.
- 4.3.3 Open class is the goal for wrestlers to progress to.
- 4.3.4 Open class is when a wrestler has achieved one of the following criteria:
- A wrestler who has wrestled more than 2 (two) seasons, partial seasons included.
 - exceptions may be allowed with Board approval.
 - A wrestler who places 1st or 2nd in any OKWA State tournament, OKWA Girls State tournament, OKWA Novice Championship, or any other state tournament or multi-state national tournament.
- 4.3.5 Girls Classification is designed to regulate girls exclusive competition.
- A Girl Wrestler is a person who was naturally physically born a girl and remains as such; and who has not done any type of treatment, prescriptions, or surgical operations to become more masculine/male/boy.

Section 4.4 FRAUDULENT PARTICIPATION

- 4.4.1 Wrestlers participating fraudulently in a novice or girls tournament divisions or in an inappropriate age group, club, region, and/or state tournament may be penalized up to suspension from the OKWA for one calendar year from the date of discovery, at the discretion of the Executive Board.
- 4.4.2 In addition, the wrestler's coach(es), club administrator(s) and/or parent(s) may be subject to discipline by the Executive Board.

Section 4.5 CHALLENGES AND PROTESTS

- 4.5.1 Only a club may file a challenge or protest in accordance with Article 6 of these Wrestling Rules and Regulations regarding participation of a wrestler in an incorrect classification division, age group division, club, region, and/or state tournament.

Section 4.6 WEIGHT PULLING AND SWEAT SUITS

- 4.6.1 Weight pulling is absolutely discouraged at all levels of wrestling.
- 4.6.2 OKWA shall not allow the use of any type of plastic sweat suits, sweat belts, raincoats, garbage bags or any type of garment(s) that restricts the flow of sweat from escaping from the body to the natural air for the purpose of losing weight.
- The above-mentioned items shall not be used at any OKWA sanctioned practice or tournament.
 - Clubs are encouraged to follow this procedure and add this restriction to their wrestling tournament flyers.
 - The penalty for noncompliance will be that which is prescribed in the National Federation Rule Book.

Section 4.7 CHILD ABUSE

- 4.7.1 Child abuse will not be tolerated at any OKWA sanctioned practice or tournament. If necessary, corrective action shall be taken by notifying the local civil authorities. Child abuse includes, but is not limited to, the illegal forms of “weight pulling and Sweat Suits” as stated above, and all items defined as abuse in the OKWA Youth Protection Policy (Attachment 1) of these Rules and Regulations.
- 4.7.2 Any and all types of child abuse must be reported within 24 hours of the occurrence at <https://uscenterforsafesport.org/report-a-concern/> and to the OKDHS Abuse and Neglect Hotline at 1-800522-3511.
- 4.7.3 In cases of emergency (risk of bodily harm or life-threatening), call 9-1-1 immediately.

Section 4.8 EXECUTIVE BOARD PASS

- 4.8.1 All Executive Board members who have completed their requirements will be issued an OKWA tournament pass.
- All OKWA clubs hosting a tournament are required to honor this pass.
 - This tournament pass will provide access to all areas of the tournament.
- 4.8.2 The Executive Board may grant an OKWA Executive Board Pass to anyone necessary, with a simple majority vote.

Section 4.9 COACH’S PASS

- 4.9.1 All registered coaches will be issued an OKWA Coach’s pass after they have completed the OKWA coach registration requirements outlined in Section 1.3 of these Rules and Regulations.
- All OKWA clubs hosting a tournament are required to honor this pass for entrance to the tournament and mat access.
- 4.9.2 No individual may coach (in the corner) at an OKWA tournament without a current OKWA Coach’s Pass presented.

Section 4.10 OKWA WEIGHTS AND DIVISIONS

- 4.10.1 Age Division dates/times are September 1, 12:00am through August 31, 11:59pm of the year beginning the wrestling season.
- 4.10.2 OKWA Standardize Novice and Open Weights
- 6U - 37, 40, 43, 46, 49, 52, 55, 60, 66, HWT
 - 8U - 43, 46, 49, 52, 55, 58, 61, 64, 67, 70, 75, 83, 90, 105, HWT

- 10U - 52, 55, 58, 61, 64, 67, 70, 73, 76, 80, 85, 90, 100, 110, 120, 131, HWT
 - 12U - 64, 67, 70, 73, 76, 80, 84, 88, 92, 96, 100, 105, 110, 120, 130, 140, 160, HWT
 - 15U - 80, 86, 92, 98, 106, 112, 119, 126, 132, 140, 155, 170, 195, HWT
 - HWT is limited to a maximum of 285 lbs.
 - A 2 lb. growth allowance for 15U will be in effect beginning January 1.
- 4.10.3 OKWA Standardized Girls' Weights
- 6U – 37, 40, 43, 46, 49, 52, 55, 60, 66, 100
 - 8U – 43, 47, 51, 54, 58, 62, 67, 75, 83, 130
 - 10U – 52, 57, 62, 67, 70, 74, 78, 82, 88, 95, 105, 115, 170
 - 12U – 64, 70, 75, 80, 85, 91, 98, 105, 115, 125, 135, 150, 200
 - 15U – 73, 82, 89, 97, 102, 110, 117, 126, 138, 145, 155, 165, 180, 285
 - 15U will receive a 2 lb. growth allowance beginning January 1.

Article 5 - OKWA Regional and State Tournament Operations

Section 5.1 GENERAL RULES

- 5.1.1 The Regional Wrestling Tournaments, Novice Championships, Girls and Open State Wrestling Tournaments are the property of OKWA and subject to the Wrestling Rules and Regulations of OKWA.
- Any changes in these rules and regulations cannot supersede any bylaws of OKWA.
- 5.1.2 Entry fees for no-shows and wrestlers not making weight are required to be paid and will not be refunded.
- 5.1.3 CHALLENGES AND PROTESTS
- Only a club may file a challenge or protest in accordance with Article 6 of these Wrestling Rules and Regulations in regard to participation of a wrestler in an incorrect classification Division, age group division, club, region, and/ or state tournament.
- 5.1.4 CLUB PARTICIPATION CHALLENGES
- A challenge may be made by any club at any time up to and including the seeding meeting for the Regional Tournament as to a club's correct/incorrect participation in a particular Regional Tournament.
- 5.1.5 TEAM POINTS ELIGIBILITY
- For an individual's points to count toward their club's team points at an OKWA Regional or State Tournament, that individual's name and all required information must be on the proper Club Forms contained in Section 1.2.2 of these Rules and Regulations.
 - Any wrestler qualifying in the wrong Regional shall not be allowed to participate in the State Tournament.
- 5.1.6 Wrestlers must attend school in the state of Oklahoma to be eligible to compete in an OKWA Regional or State tournament.
- Entrants in an OKWA Regional or State tournament must be an OKWA member participant according to Sections 1.1, 1.2 and 1.4 of these Rules and Regulations
- 5.1.7 WEIGH-IN
- The Weights for each age group division will be the official OKWA weights as prescribed in these rules and regulations.

- There will be a minimum of 1 1/2 hours for weigh-in for all age divisions.
- A licensed official will conduct the weigh-in at each scale.
- Wrestlers must weigh-in wearing an accepted uniform as currently prescribed in the NFHS rules.
- Only OKWA approved Digital Scales will be used that are certified within a month prior to the event.
- There will be no weight allowances except those listed in Section 4.10 of these Rules and Regulations.
- Once a wrestler has passed the skin/fingernail check, a stamp or mark will be made on the right hand.
- Once a wrestler makes weight, the actual weight will be recorded and the Division and Weight will be marked on the right shoulder.

5.1.8 National Federation of State High School Association rules will apply with the following exceptions:

- Hair net and headgear are optional, however, if hair net is worn, headgear must also be worn (does not have to be attached).
- Rest period between matches not in effect.
- OKWA will adopt the current NFHS rules addressing Ringworm with modifications as follows:
 - A physician's clearance on OKWA Physician Release form (Attachment 6) of these Rules and Regulations is preferred.
 - Skin forms must be dated within 7 (seven) days of the competition, documenting that the skin condition is not contagious. Onsite appointed Health Care Professional may overrule.
 - The wrestler may be weighed in prior to obtaining the letter.
 - The letter may be accepted up to the beginning of the wrestlers first match.
 - In addition, the skin conditions must be covered and secured to the acceptance of the official.
- No minimum number of weigh-in attempts.
- No requirement to weigh-in in order of weight.
- Gaining or dropping weight policy during weigh-in not in effect.
- Other exceptions may exist and be stated at the official's meeting at the state tournament.
- Minimum wrestling area: 20 feet x 20 feet square or a 23-foot diameter circle.
- No shows at any time during competition will be recorded as a forfeit loss.

Section 5.2 OKWA OPEN/GIRLS REGIONAL WRESTLING TOURNAMENT RULES AND REGULATIONS

5.2.1 SEEDING MEETING

- There will be a seeding meeting set by the Regional Tournament Director on the Wednesday evening preceding the Regional Tournament.

5.2.2 GENERAL RULES

- Regional tournaments will be pre-entry and pre-paid on Flo (by the start of the seeding meeting).
 - Entrants must be OKWA member participants according to Sections 1.1, 1.2 and 1.4 of these Rules and Regulations.
 - Girls are allowed to enter either Open or Girls' Regional Tournaments but not both.
 - Exceptions will be made at regional seeding meeting if no other wrestler exists in the state.
 - After the completion of Regional Girls brackets are completed for state seeding, combined weight brackets maybe wrestled for more competitive match experience.
 - Single entry wrestlers are not required to show up to the Regional Tournament but must still make their weight at the State Tournament.
- Entry deadline is the Tuesday by 11:59 p.m. preceding the Regional Tournament.
- Any outstanding club dues, debt to other OKWA clubs and Regional entry fees are required to be paid in full prior to the start of the seeding meeting.
- Any changes for Regional Entries must be approved in whole by a vote of the region clubs at the beginning of the seeding meeting before any seeding begins.

- Team points will be awarded based on 16 points for 1st place, 12 points for 2nd place, 9 points for 3rd place, 7 points for 4th place, 5 points for fifth place, and 3 points for sixth place.
- Individual awards will be given to the 1st through 6th placers in each weight.
- Team Awards will be awarded to 1st, 2nd, 3rd place in each age division.
- Regional fees will not exceed \$40.00 per entrant, paid directly on Flo during registration.
 - \$20 per entry, less the cost of Flo charges, will be paid to OKWA for Open and Girls' State.
 - OKWA will provide Regional Host Clubs with a check at the State Tournament in the amount of \$20 per Regional entrant less the award cost for used medals at Regionals.
 - Clubs are required to notify the Regional Tournament Director of any of their club's qualifiers who will not be attending the OKWA Open State.
- Minimum wrestling area will be 20 feet x 20 feet square, or a 23-foot diameter circle for all age divisions.
- The Regional Tournament Director will be required to forward, to the State Tournament Director, all qualifiers (1st through 6th placers) by the deadline prescribed under the State Tournament General Rules.

5.2.3 MATCH TIME/FORMAT

- Open and Girls 6u: 1 - 1 - 1 minute - All matches
- Open and Girls 8u-15u: 1 1/2 – 1 1/2 – 1 1/2 minutes – Championship and Consolation Finals through 7th & 8th place.
- Open and Girls 8u-15u: 1 - 1 - 1 minute – All Regular Consolations
- Overtime: Follow National Federation Rules

5.2.4 Bracket Format

- 1 (one) entry bracket, entrant is champion.
- 2 (two) entry bracket, entrants will wrestle best two of three matches.
- 3 (three), 4 (four), and 5 (five) entry brackets will be Round Robin format.
 - OKWA will use NFHS tie breaker criteria.
- In brackets of 6 or more, Double Elimination cross bracketing format will be used.
- There will be automatic True 2nd Challenge Matches.

Section 5.3 OKWA NOVICE CHAMPIONSHIPS WRESTLING TOURNAMENT RULES AND REGULATIONS

5.3.1 GENERAL RULES

- Novice Championships will preferably be a one-day tournament rotating between Oklahoma City and Tulsa, or any other site approved by the Executive Board.
- The Executive Board will base their decision on criteria of availability of accommodations and ability of the facility to accommodate the tournament.
- There are no qualifying Novice Regional Tournaments.
- Novice eligibility is required as defined in Section 4.3 of these Rules and Regulations.
 - Entrants must be OKWA member participants according to Sections 1.1, 1.2 and 1.4 of these Rules and Regulations.

5.3.2 The host Region rotation order is Northeast, Southwest, Southeast, Northwest.

- If a region declines to host OKWA Novice Championships Tournament, they must notify the OKWA Vice Chair (Novice Championships Tournament Director), and it will then go to the other region for that year's location.
 - 2023-2024 – SOUTHEAST – TULSA
 - 2024-2025 – NORTHWEST – OKLAHOMA CITY
 - 2025-2026 – NORTHEAST - TULSA
 - 2026-2027 – SOUTHWEST – OKLAHOMA CITY

- Alternate Location of Novice Championships
 - The host Regional Representatives must approve the site.
 - If the host Regional Representatives are unable to make the approval, it will be forwarded to the Executive Board for approval.

5.3.3 Awards

- The awards will be standardized OKWA medals given to 1st-4th placers.
 - There are No Team placement Awards for the Novice Championships.

5.3.4 Novice Championship Fees shall not exceed \$20.00 per entrant

5.3.5 Match Times

- All match times: 1-1-1 for all age divisions of Novice
- Overtime: Follow National Federation Rules.

5.3.6 Brackets

- 1 (one)-entry bracket, entrant is champion.
- 2 (two)-entry bracket, entrants will wrestle best two of three matches.
- 3, 4, and 5 entry bracket will be Round Robin format.
 - OKWA will use NFHS tie breaker criteria.
- Challenge Matches
 - There will be automatic challenge matches for true second place if 2nd and 3rd placers have not wrestled each other during the tournament.
- There are no Novice Championships Girls exclusive divisions and weight brackets.

5.3.7 COMPLIMENTARY ROOMS

- Complimentary rooms at the Novice Championship Tournament will be provided for Executive Board members, officials, and other dignitaries).

Section 5.4 OKWA OPEN AND GIRLS STATE WRESTLING TOURNAMENT RULES AND REGULATIONS

5.4.1 GENERAL RULES

- The Open and Girls State Tournament will be held at available state facilities in the Tulsa and Oklahoma City areas on an alternating basis.
- If a region declines to host the OKWA State Tournaments, they must notify the OKWA Chair (State Tournament Director), and it will then go to the other region for that years' location.
 - 2023-2024 – NORTHWEST - OKLAHOMA CITY
 - 2024-2025 – NORTHEAST - TULSA
 - 2025-2026 – SOUTHWEST - OKLAHOMA CITY
 - 2026-2027 – SOUTHEAST - TULSA
- Open and Girls State tournament will be pre-entry and prepaid.
 - Entry is automatic from the regional tournaments' results.
 - Entrants must be OKWA member participants according to Sections 1.1, 1.2 and 1.4 of these Rules and Regulations.
 - Single entry wrestlers will have the option to move up a weight class or down a weight class if they are the only wrestler in their bracket.
 - If a wrestler chooses not to move up or down, they will accept their medal for their original weight.
- Additional Girls State tournament entries process will be designated on the Girls State Tournament flyer.

- Team points will be awarded based on 16 points for 1st place, 12 points for 2nd place, 9 points for 3rd place, 7 points for 4th place, 5 points for fifth place, 3 points for sixth place, 2 points for 7th, and 1 point for 8th.
- Individual standardized medals will be given to the 1st through 8th placers in each bracket.
- Team placements will be awarded to 1st, 2nd, and 3rd place in each age division.
- An Outstanding Wrestler Award will be given for each age Division, based on a champion with most falls in the least amount of time.
- State Tournament fees are waived for all qualifiers.

5.4.2 OFFICIALS.

- Each Region's Representatives will submit the names and phone numbers of six (6) officials and two (2) alternates to the OKWA Chair (State Tournament Director) or his/her designee(s) for approval by January 15.
- The officials are to be paid out of funds generated at the State Tournament.
- Only OSSAA certified/OKWA registered officials will be used.
- State Officials will be paid a determined fair market rate determined by the two OKWA Head Officials and be provided with food and beverage throughout the tournament.

5.4.3 COMPLIMENTARY ROOMS

- Complimentary rooms at the State Tournament will be provided for Executive Board members, state officials, and other dignitaries as needed.

5.4.4 MATCH TIME/FORMAT

- Same as Regional tournament.
- Mandatory true second place challenge match times will be the same as the appropriate age division final.
- There will be an allowed reasonable rest period between finals matches and true 2nd challenge matches.
 - The rest period will be a minimum of 15 minutes unless declined by both of the affected wrestlers and their coaches.

5.4.5 BRACKETS

- 1 (one)-entry bracket, entrant is champion.
- 2 (two)-entry bracket, entrants will wrestle best two of three matches.
- 3, 4, and 5 entry bracket will be Round Robin format.
 - OKWA will use NFHS tie breaker criteria.

5.4.6 BRACKET REGION DESIGNATIONS

- Region A
- Region B
- Region C
- Region D

5.4.7 TOURNAMENT BRACKET SEEDING FORMAT

- Top of the Top Side (1A – Bye, 5B vs 4D, 3B vs 6D, 2C – Bye)
- Bottom of the Top Side (1B – Bye, 5A vs 4C, 3A vs 6C, 2D – Bye)
- Top of the Bottom Side (1C – Bye, 5D vs 4B, 3D vs 6B, 2A – Bye)
- Bottom of the Bottom Side (1D – Bye, 5C vs 4A, 3C vs 6A, 2B – Bye)

Article 6 - Challenge and Protest Policy

Section 6.1 DEFINITIONS

- 6.1.1 Challenges and Protests may be filed by any club, against any participating individual or club, to include tournament workers and spectators, concerning any violation of the Wrestling Rules and Regulations of OKWA.
- A Challenge is filed prior to an individual competing fraudulently/incorrectly in classification division, age group division, club, regional tournament, and/or any state tournament must be made between the posting of entries and the beginning of wrestling of any OKWA sanctioned tournament.
 - A Protest may be filed, after wrestling begins, against an individual who is actively (currently) competing fraudulently/incorrectly in a classification division, age group division, club, regional tournament, and/or any state tournament; after any tournaments against an individual who has already competed fraudulently/incorrectly; and/or against any individual who has violated any item within the scope of the Wrestling Rules and Regulations of OKWA.

Section 6.2 OKWA CHALLENGE AND PROTEST COMMITTEE(S)

- 6.2.1 Members of the Committee(s)
- Prior to weigh-in for OKWA sanctioned tournament, to include any OKWA regional or state tournament:
 - The Executive Board of OKWA will be the committee members concerning any challenge or protest filed.
 - A committee member will not be involved in any case involving their club affiliation.
 - Any challenge or protest filed at/during any regular season tournament:
 - Regional Representatives (if present), Tournament Directors and head Official will be the committee members concerning any challenge or protest filed at any regular season tournament.
 - A committee member will not be involved in any case involving their club affiliation.
 - At any OKWA Regional Seeding meeting and tournament:
 - The 2 Regional Representatives, the Regional Tournament Director, the Head Official, and 2 individuals elected by the club representatives present.
 - A committee member will be replaced by an elected alternate in any case involving their club affiliation.
 - During any OKWA State Tournament:
 - A committee of the OKWA Regional Representatives and head official(s), will decide over any protest or misconduct that occurs at an OKWA State Tournament.

Section 6.3 CHALLENGE AND PROTEST PROCEDURES

- 6.3.1 Challenges and protests prior to any OKWA sanctioned tournament weigh-in:
- Must be made, in writing (to include email), to a Regional Representative by an active OKWA club, and be accompanied by all evidence of the infraction.
 - Protest (only) must be accompanied by \$100 club check.
 - Challenge and Protest Committee(s) will **NOT** do the research, evidence must be provided.
 - The Regional Representative will distribute the filing to the remainder of the Executive Board and immediately contact the administrator of the charged individual's club demanding proof that the claim is false.
 - The Executive Board will review evidence provided by both sides and render a decision immediately, and all parties will be notified immediately.
 - If the filing is verified true, the individual will be removed from participation, possible discipline determined, and the \$100 is returned to the filing club. If determined invalid, the wrestler remains in their current status and the fee will be deposited into the OKWA general fund.

6.3.2 Protests during a regular season tournament or Regional Tournament:

- Must be made to a Regional Representative who is present or to the Tournament Director by an OKWA club and be accompanied by a \$100 club check and all evidence of the infraction.
 - Challenge and Protest Committee(s) will **NOT** do the research, evidence must be provided.
 - The Regional Representative or Tournament Director will convene the proper committee, and immediately contact the administrator of the charged individual's club demanding proof that the claim is false.
 - The committee will review evidence provided by both sides and render a decision immediately, and all parties will be notified immediately.
 - If the filing is verified true, the \$100 is returned to the filing club. If determined invalid, the fee will be forwarded to the Executive Board and deposited into the OKWA general fund.
 - Detailed findings of the filing will be forwarded to the Executive Board for determination of possible discipline.
- Any individual determined to be in violation or any individual who's filing was determined invalid will have the right to appeal the committees' decision.

Section 6.4 APPEAL PROCEDURES

6.4.1 Any appeal must be submitted to the Grievance and Discipline Committee, in writing (to include email).

- Appeals must be accompanied with \$100 club check and evidence for rebuttal of the decision.
- Upon receipt, the Grievance and Discipline Committee will review the evidence and render a determination immediately.
 - The Grievance and Discipline Committee will **NOT** do the research, evidence must be provided.
 - If the individual is exonerated, the \$100 fee is returned. If the individual is not exonerated, the fee will be deposited into the OKWA general fund.

Section 6.5 PROTEST AGAINST A REGIONAL REPRESENTATIVE

6.5.1 Any club may request the removal of their Regional Representative(s).

6.5.2 The request must be made in writing (to include email) to the other Regional Representative of their region, or if against both, to the Secretary of OKWA.

- The request must be accompanied by a detailed specific reason, any applicable written documentation or evidence, and \$100 club check.
- The Regional Representative who receives the request (or secretary when applicable) must immediately send an election runner (or similar online voting process) to the eligible voting clubs of the region involved, with all evidence and the request for vote.
- Upon completion of the vote, the Regional Representative (or Secretary) will immediately notify all clubs of the region involved of the vote result.
- A simple majority vote will be the decision rendered.

Section 6.6 OTHER ITEMS

6.6.1 Offenses committed by any party may result in consequences imposed on any and all parties involved.

6.6.2 Filing frivolous and repetitive false claims is punishable by the Executive Board.

Article 7 - Amendments to Wrestling Rules and Regulations

Section 7.1 AMENDS AND ADDITIONS TO WRESTLING RULES AND REGULATIONS

- 7.1.1 All amendments of the OKWA Wrestling Rules and Regulations shall be determined by simple majority vote of the Regional Representatives present.
- The Executive Board may, in lieu of action at a meeting, take action by written or telecommunication means:
 - This vote may not take place until notice has been given to all members of the Executive Board with response from every Regional Representative.
 - Any decisions made by electronic means must be recorded and included in the minutes of the next official meeting.
 - All clubs must be immediately notified of amendments made to these Rules and Regulations, and an amended version of the document must be publicly posted as soon as possible.
- 7.1.2 Should any amendment to any item in these rules and regulations be required during the competition season, no such amendment may take effect less than fourteen (14) days after notice of amendment made has been sent to all OKWA member clubs.
- 7.1.3 The Executive Board members should consider the need to solicit input from the member clubs of their region of representation concerning high priority or high impact items being considered for amendments to these Rules and Regulations.

Attachment 1 – OKWA Youth Protection Policy

INTRODUCTION

OKWA is committed to improving the development, safety and welfare of athletes and participants involved in the sport of wrestling. There are a lot of reasons to participate in wrestling – at any level. A life-long activity, people often wrestle to have fun and spend time with friends. Wrestling also encourages a healthy lifestyle, builds self-confidence; athletes also do better off the mat. They learn goal setting, teamwork and time management skills. Athletes are less likely to use cigarettes, drugs and alcohol; they have higher graduation rates and are more likely to attend college. Here, we identify six types of misconduct: emotional, physical, sexual, bullying, harassment and hazing. All forms of misconduct are intolerable and in direct conflict with the OKWA Youth Protection Policy. OKWA publishes this policy as a resource to guide the development, implementation and internal review of effective athlete welfare and misconduct prevention strategies for OKWA leadership and its participants.

Screening Registered Adults

ADMINISTRATOR AND COACH SCREENING

OKWA Board, governance and committee members; and club administrators and coaches must consent to, and pass, a formal background screening process before becoming a registered adult in OKWA.

AFFIRMATIVE DUTY TO DISCLOSE

If, during the course of participation in OKWA, a registered adult is accused, arrested, indicted or convicted of a criminal offense against a child, it is the duty and responsibility of the participant to notify the OKWA Executive Board.

Athlete Protection Guidelines

OVERVIEW

In the event that any OKWA participant observes inappropriate behaviors, suspected physical or sexual abuse, or sexual misconduct, it is the personal responsibility of each person to immediately report (same day) his or her observations to local law enforcement, and the OKWA Executive Board.

OKWA is committed to creating a safe and positive environment for athletes' physical, emotional and social development and to ensuring that it promotes an environment free of misconduct.

OKWA participants should not attempt to evaluate the credibility or validity of child physical or sexual abuse allegations as a condition for reporting to appropriate law enforcement authorities. Instead, it is the responsibility of each person to immediately report suspicions or allegations of child physical or sexual abuse to the local law enforcement authorities and the OKWA Executive Board.

OKWA recognizes that the process for training and motivating athletes will vary with each coach and athlete, but it is nevertheless important for everyone involved in sport to support the use of motivational and training methods that avoid misconduct.

APPLICATION

These Guidelines apply to:

- OKWA governance (Executive Board, Grievance and Discipline, Staff and Committee members)
- OKWA participants and affiliates (Clubs, Officials, Coaches, Officials, Wrestlers, Parents, tournament personnel)

PROHIBITED CONDUCT

Coaches, event organizers, volunteers, governance members, athletes and participants shall refrain from child physical or sexual abuse; bullying, harassment and hazing; and emotional, physical and sexual misconduct.

SEXUAL ABUSE

Child sexual abuse includes sexual contact with a child that is accomplished by deception, manipulation, force or threat of force, regardless of the age of the participants, and all sexual interactions between an adult and a child, regardless of whether there is deception, or the child understands the sexual nature of the activity. Child sexual abuse involves any sexual activity with a child where consent is not or cannot be given.

Sexually abusive acts may include non-contact sexual acts such as verbal acts, sexually suggestive electronic or written communications, exposure or voyeurism.

PEER-TO-PEER CHILD SEXUAL ABUSE

Sexual contact between minors also can be abusive. Approximately 1/3 of all child sexual abuse occurs at the hands of other children and the obligation to report extends to peer-to-peer child sexual abuse. Whether or not a sexual interaction between children constitutes child sexual abuse turns on the existence of an aggressor, the age difference between the children, and/or whether there is an imbalance of power and/or intellectual capabilities.

MISCONDUCT

Misconduct refers to conduct and behaviors that are considered harmful to the psychological and physical health of athletes and other participants, regardless of age. The six individual forms of misconduct described below – emotional misconduct, physical misconduct, sexual misconduct, bullying, harassment and hazing – are considered misconduct regardless of intent.

EMOTIONAL MISCONDUCT

(1) A pattern of deliberate, non-contact behavior that has the potential to cause emotional or psychological harm to an athlete. Non-contact behaviors include:

- a) verbal acts
- b) physical intimidation

c) acts that deny attention or support

(2) Any act or conduct described as emotional abuse or misconduct under federal or state law (e.g., child abuse, child neglect).

Exception

Emotional misconduct does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, discipline or improving athletic performance.

Examples of emotional misconduct prohibited by this Guideline include, without limitation:

(1) **Verbal Acts.** A pattern of verbal behaviors that:

(a) attack an athlete personally (e.g., calling them worthless, fat or disgusting) or

(b) repeatedly and excessively yelling at a particular participant or participants in a manner that serves no productive training or motivational purpose.

(2) **Physical Intimidation.** A pattern of physically aggressive behaviors, such as (a) throwing sport equipment, water bottles or chairs at, or in the presence of, participants; or (b) punching walls, windows or other objects.

(3) **Acts that Deny Attention and Support.** A pattern of (a) ignoring an athlete for extended periods of time or (b) routinely or arbitrarily excluding participants from practice.

PHYSICAL MISCONDUCT

(1) Contact or non-contact behaviors that result in, have the potential to, or threaten to cause physical harm to an athlete or other sport participants; or

(2) Any act or conduct described as physical abuse or misconduct under federal or state law (e.g., child abuse, child neglect, assault).

Examples of physical misconduct prohibited by this Guideline include, without limitation:

(1) **Contact offenses.** Behaviors that include: (a) punching, beating, biting, striking, choking or slapping an athlete; (b) intentionally hitting an athlete with objects or sporting equipment; (c) providing alcohol to an athlete under the legal drinking age (under U.S. law); (d) providing illegal drugs or non-prescribed medications to any athlete; (e) encouraging or permitting an athlete to return to play pre-maturely following a serious injury, such as a concussion, and without the clearance of a medical professional; (f) prescribed dieting or other weight-control methods (e.g., weigh-ins, caliper tests) without regard for the nutritional well-being and health of athlete.

(2) **Non-contact offenses.** Behaviors that include: (a) isolating an athlete in a confined space (e.g., locking an athlete in a small space); (b) forcing an athlete to assume a painful stance or position for no athletic purpose (e.g. requiring an athlete to kneel on a harmful surface); (c) withholding, recommending against or denying adequate hydration, nutrition, medical attention or sleep.

Exception

Physical misconduct does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline or improving athlete performance. For example, hitting, punching, and kicking are well-regulated forms of contact in combat sports, but have no place in swimming.

Sexual Misconduct

- (1) Any touching or non-touching sexual interaction that is (a) nonconsensual or forced, (b) coerced or manipulated, or (c) perpetrated in an aggressive, harassing, exploitative or threatening manner
- (2) Any sexual interaction between an athlete and an individual with evaluative, direct or indirect authority. Such relationships involve an imbalance of power and are likely to impair judgment or be exploitative
- (3) Any act or conduct described as sexual abuse or misconduct under federal or state law (e.g., sexual abuse, sexual exploitation, rape)

Note: An imbalance of power is always assumed between a coach and an athlete.

Sexual misconduct includes sexual assault, sexual harassment, sexual abuse and any other sexual intimacies that exploit an athlete. **Minors cannot consent to sexual activity with an adult**, and all sexual interaction between an adult and a minor is strictly prohibited.

Examples

Examples of sexual misconduct prohibited under this Guideline include, without limitation:

(1) Touching offenses. Behaviors that include:

- (a) fondling an athlete's breasts or buttocks
- (b) exchange of reward in sport (e.g., team placement, scores, feedback) for sexual favors
- (c) genital contact
- (d) sexual relations or intimacies between participants in a position of trust, authority and/or evaluative and supervisory control over athletes or other sport participants

i. Authority and Trust. Once the unique coach-athlete relationship is established, the authority and trust on the part of the coach over the athlete shall be assumed, regardless of age. Accordingly, sexual interaction or intimacies between a coach and an athlete or other participant are prohibited, regardless of age, both during coaching and during that period following coaching when the imbalance in power could jeopardize effective decision-making.

ii. Imbalance of Power. Factors relevant to determining whether there is an imbalance of power include, but are not limited to:

- the nature and extent of the coach's supervisory, evaluative or other authority over the athlete being coached.
- the actual relationship between the parties.
- the parties' respective roles.
- the nature and duration of the sexual relations or intimacies.
- the age of the coach.
- the age of the athlete or participant.
- and whether the coach has engaged in a pattern of sexual interaction with other athletes or participants.

- (e) sexually oriented comments, jokes, or sexual innuendos made to or about an athlete, or other sexually harassing behaviors
- (f) a coach discussing his or her sex life with an athlete
- (g) a coach asking an athlete about his or her sex life
- (h) coach requesting or sending a nude or partial-dress photo to athlete
- (i) exposing athletes to pornographic material
- (j) sending athletes sexually explicit or suggestive electronic or written messages or photos (e.g., “sexting”)
- (k) deliberately exposing an athlete to sexual acts
- (l) deliberately exposing an athlete to nudity (except in situations where locker rooms and changing areas are shared)
- (m) sexual harassment: specifically, the sexual solicitation, physical advances, or verbal or nonverbal conduct that is sexual in nature, and
 - i* is unwelcome, offensive or creates a hostile environment, and the offending individual knows or is told this
 - ii* is sufficiently severe or intense to be harassing to a reasonable person in the context

BULLYING

- (1) An intentional, persistent and repeated pattern of committing or willfully tolerating physical and non-physical behaviors that are intended, or have the reasonable potential, to cause fear, humiliation or physical harm in an attempt to socially exclude, diminish or isolate the targeted athlete(s), as a condition of membership.
- (2) Any act or conduct described as bullying under federal or state law

Exceptions

Bullying does not include group or team behaviors that

- (a) are meant to establish normal team behaviors, or
- (b) promote a team environment. Bullying also does not include verbal admonitions to encourage team members to train harder and to push through a difficult training regimen.

Examples

Examples of bullying prohibited by this Guideline include, without limitation:

- (1) **Physical behaviors.** Behaviors that include (a) hitting, pushing, punching, beating, biting, striking, kicking, choking, or slapping an athlete; (b) throwing at, or hitting an athlete with, objects such as sporting equipment.
- (2) **Non-Physical behaviors.** Behaviors that include (a) teasing, ridiculing, intimidating; (b) spreading rumors or making false statements; or (c) using electronic communications, social media, or other technology to harass, frighten, intimidate or humiliate (“cyber bullying”).

Harassment

- (1) A repeated pattern of physical and/or non-physical behaviors that
 - (a) are intended to cause fear, humiliation or annoyance,
 - (b) offend or degrade,
 - (c) create a hostile environment or

- (d) reflect discriminatory bias in an attempt to establish dominance, superiority or power over an individual athlete or group based on gender, race, ethnicity, culture, religion, sexual orientation, gender expression or mental or physical disability

(2) Any act or conduct described as harassment under federal or state law

Examples

Examples of harassment prohibited by this Guideline include, without limitation:

- (1) **Physical offenses.** Behaviors that include (a) hitting, pushing, punching, beating, biting, striking, kicking, choking or slapping an athlete or participant; (b) throwing at or hitting an athlete with objects including sporting equipment
- (2) **Non-physical offenses.** Behaviors that include:
 - (a) making negative or disparaging comments about an athlete's sexual orientation, gender expression, disability, religion, skin color, or ethnic traits;
 - (b) displaying offensive materials, gestures, or symbols;
 - (c) withholding or reducing playing time to an athlete based on his or her sexual orientation.

HAZING

- (1) Coercing, requiring, forcing or willfully tolerating any humiliating, unwelcome or dangerous activity that serves as a condition for (a) joining a group or (b) being socially accepted by a group's members
- (2) Any act or conduct described as hazing under federal or state law

Exception

Hazing does not include group or team activities that (a) are meant to establish normative team behaviors or (b) promote team cohesion. Examples include, without limitation:

- (1) allowing junior athletes to carry senior athletes' equipment into the locker room after practice
- (2) encouraging junior athletes to arrive early and set up training equipment
- (3) giving senior athletes first preference in team assignments, responsibilities, accommodations, facilities or equipment

Examples

Examples of hazing prohibited by this Guideline include, without limitation:

- (1) requiring, forcing or otherwise requiring the consumption of alcohol or illegal drugs
- (2) tying, taping or otherwise physically restraining an athlete
- (3) sexual simulations or sexual acts of any nature
- (4) sleep deprivation, otherwise unnecessary schedule disruption or the withholding of water and/or food
- (5) social actions (e.g. grossly inappropriate or provocative clothing) or public displays (e.g. public nudity) that are illegal or meant to draw ridicule

(6) beating, paddling or other forms of physical assault

(7) excessive training requirements focused on individuals on a team

WILLFULLY TOLERATING MISCONDUCT

Failure to report forms of misconduct may result in a violation of State law.

REPORTING

Although these guidelines are designed to reduce child sexual abuse and other misconduct, it can still occur. OKWA governance, members and participants shall follow the reporting procedures set forth in this policy and in the OKWA Wrestling Rules and Regulations. **OKWA does not investigate suspicions or allegations of child physical or sexual abuse, or attempt to evaluate the credibility or validity of such allegations, as a condition of reporting suspicions or allegations to the appropriate law enforcement authorities, Child Protective Services and US Center for Safe Sport.**

Managing Training and Competition

REGISTERED ADULT TRAINING

All OKWA registered adults (members of the Executive Board and its staff and committees, Grievance and Discipline Committee members, Club Administrators and Coaches) are required to complete a board-approved CDC Heads Up Concussion course and an approved Safe Sport course to become a registered adult.

All clubs in OKWA are required to encourage any and all participants to review this document and the CDC Heads Up information relative to each individual's level of participation.

SUPERVISION OF ATHLETES

During training and competition, OKWA strives to create two-deep leadership and minimize one-to-one interactions to create a safe training environment and to protect athletes and participants.

Appropriate one-on-one interactions with athletes

Individual Meetings

An individual meeting may be necessary to address an athlete's concerns, training program, or competition schedule. Under these circumstances, coaches, event organizers, volunteers, and other individuals are to observe the following guidelines:

- Any individual meeting should occur when others are present and where interactions can be easily observed
- Where possible, an individual meeting should take place in a publicly visible and open area, such as the corner of a gym or pool deck
- If an individual meeting is to take place in an office, the door should remain unlocked and open

- If a closed-door meeting is necessary, the coach, participant and/or volunteer must have another person in attendance and ensure the door remains unlocked

Individual Training Sessions

An individual training session(s) with an athlete or participant may also be desired or necessary. Under these circumstances, written permission of a minor athlete's parents or guardians is recommended in advance of the individual training session(s), and OKWA encourages parents and guardians to attend the training session.

Prohibited one-to-one interactions with athletes

Except as set forth above, minor athletes and participants should not be left unattended or unsupervised during OKWA related activities. Adults are prohibited from being alone with an individual athlete or participant in any room or building. Social activities and fundraising events shall not be conducted on a one-on-one basis. These activities should include the entire team.

PHYSICAL CONTACT WITH ATHLETES

Appropriate physical contact between athletes and coaches, event organizers, volunteers, or other individuals is a productive and inevitable part of sport. Athletes are more likely to acquire advanced physical skills and enjoy their sport participation through appropriate physical contact. However, guidelines for physical contact must be set to reduce the potential for misconduct in sport.

OKWA adheres to the following common criteria guidelines in regards to physical contact with our athletes:

Physical contact with athletes – for safety, consolation and celebration – has multiple criteria in common which make them both safe and appropriate. These include:

- the physical contact must take place in public
- there is no potential for physical or sexual intimacies during the physical contact
- the physical contact is for the benefit of the athlete, not to meet an emotional or other need of an adult

Safety

The safety of our athletes is paramount, and in many instances, we make the athletic space safer through appropriate physical contact. Examples include:

- spotting an athlete so that they will not be injured by a fall or piece of equipment
- positioning an athlete's body so that they more quickly acquire an athletic skill, get a better sense of where their body is in space, or improve their balance and coordination
- making athletes aware that they might be in harm's way because of other athletes practicing around them or because of equipment in use

Celebration

Sports are physical by definition and we recognize participants often express their joy of participation, competition, achievement and victory through physical acts. We encourage these public expressions of celebration, which include:

- greeting gestures such as high-fives, fist bumps, and brief hugs

- congratulatory gestures such as celebratory hugs, “jump arounds” and pats on the back for any form of athletic or personal accomplishment

Consolation

It may be appropriate to console an emotionally distressed athlete (e.g., an athlete who has been injured or has just lost a competition). Appropriate consolation includes:

- publicly embracing a crying athlete
- putting an arm around an athlete while verbally engaging them in an effort to calm them down (“side hugs”)
- lifting a fallen athlete off the playing surface to encourage them to continue competition

Prohibited forms of physical contact include:

- asking or having an athlete sit in the lap of a coach, administrator, volunteer, or other individual
- lingering or repeated embraces of athletes that go beyond the criteria set forth for physical contact
- slapping, hitting, punching, kicking or any other physical contact meant to discipline, punish or achieve compliance from an athlete
- “cuddling” or maintaining prolonged physical contact during any aspect of training, travel or overnight stay
- playful, yet inappropriate contact that is not a part of regular training, (e.g., tickling or “horseplay” wrestling)
- continued physical contact that makes an athlete obviously uncomfortable, whether expressed or not
- any contact that is contrary to a previously expressed personal desire for decreased or no physical contact, where such decreased contact is feasible in a competitive training environment.

Electronic Communications and Social Media Guidelines

As part of OKWA’s emphasis on athlete safety, all electronic communications between a coach and athlete must be professional in nature and for the purpose of communicating information about team activities.

As with any communication, the content of any electronic communication should be readily available to share with the athlete’s family. If the athlete is under the age of 18, any email, electronic text, social media or similar communication must copy or include the athlete’s parents or guardians.

FACEBOOK, MYSPACE, BLOGS AND SIMILAR SITES

Coaches may not have athletes join a personal social media page. Athletes and parents can friend the official club/team page and coaches can communicate to athletes through the site. All posts, messages, text, or media of any kind between coach and athlete must be professional in nature and for the purpose of communicating information about team activities or for team-oriented motivational purposes.

TWITTER, INSTANT MESSAGING AND SIMILAR MEDIA

Coaches and athletes may “follow” each other. Coaches cannot “re-tweet” athlete message posts. All posts between coach and athlete must be for the purpose of communicating information about team activities.

EMAIL AND SIMILAR ELECTRONIC COMMUNICATIONS

Athletes and coaches may use email to communicate. All email content between coach and athlete must be professional in nature and for the purpose of communicating information about team activities. Email from a coach to any athlete should come from the club website email center (the coach's return email address will contain "@CLUB.com").

TEXTING AND SIMILAR ELECTRONIC COMMUNICATIONS

Texting is allowed between coaches and athletes. All texts between coach and athlete must be professional and for the purpose of communicating information about team activities.

ELECTRONIC IMAGERY

From time to time, digital photos, videos of practice or competition, and other publicly obtainable images of the athlete – individually or in groups – may be taken. These photos and/or videos may be submitted to local, state or national publications, used in club videos, posted on club or club associated websites, or offered to the club families seasonally on disc or other electronic form. It is the default guideline of OKWA to allow such practices as long as the athlete or athletes are in public view and such imagery is both appropriate and in the best interest of the athlete and the club.

REQUEST TO DISCONTINUE ALL ELECTRONIC COMMUNICATIONS OR IMAGERY

The parents or guardians of an athlete may request in writing that their child not be contacted by any form of electronic communication by coaches (photography or videography).

MISCONDUCT

Social media and electronic communications can also be used to commit misconduct (e.g., emotional, sexual, bullying, harassment, and hazing). Such communications by coaches, volunteers, administrators, officials, governance, parents or athletes are not acceptable and are considered violations of this Youth Protection Policy.

LOCKER ROOMS AND WEIGH-IN AND CHANGING AREAS

OKWA is concerned with locker room activities between minors, minors and adults, adults being alone with individual minors in locker rooms and changing areas, with non-official or non-related adults having unsupervised access to minor participants, and with inappropriate behavior among adults in locker rooms.

As part of OKWA's commitment to safety, OKWA recommends its clubs to publish practices for locker rooms and changing areas. Clubs should include the following information in their Locker Rooms and Changing Areas Guidelines:

- Supervision. CLUB must have and describe its practices for supervising and monitoring locker rooms and changing areas
- Prohibited Conduct. CLUB's guidelines must prohibit hazing, bullying, harassment and other forms of misconduct, as set forth in the OKWA's Youth Protection Policy
- User of Recording Devices. CLUB's guidelines must prohibit the use of a device's recording capabilities, including voice recording, still cameras and video cameras
- Meetings. For individual meetings with a minor participant and a coach in a locker room, OKWA recommends that at least one additional responsible adult be with the coach.

TRAVEL

As part of OKWA's commitment to athlete safety, OKWA recommends its clubs to have published practices for team travel. Team Travel is defined as overnight travel to a team activity that is planned and supervised by the CLUB. CLUB travel policies should be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club.

Clubs should include the following in their Travel Guidelines:

- Club travel policies must be signed and agreed to by all athletes, parents, coaches and other adults traveling with the club.
- Regardless of gender, a coach shall not share a hotel room or other sleeping arrangement with an athlete(s) (unless the coach is the parent, guardian, sibling or spouse of that particular athlete).
- When only one athlete and one coach travel to a competition, the athlete must have his or her parents' (or legal guardian's) written permission in advance to travel alone with the coach.

Responding to Abuse, Misconduct and Guideline Violations

REPORTING GUIDELINES

Any report of misconduct or suspicions of child physical or sexual abuse will be taken seriously and handled appropriately. Every OKWA participant, from wrestler up to Executive Board member, must report suspicions or allegations of child physical or sexual abuse to both (a) **the appropriate law enforcement authorities** and to (b) the OKWA Executive Board. **OKWA does not investigate suspicions or allegations of child physical or sexual abuse or attempt to evaluate the credibility or validity of such allegations as a condition for reporting to the appropriate law enforcement authorities.**

REPORTING PROCEDURE

To Whom to Report

Reports must be made to local law enforcement and the OKWA Executive Board.

Reports may also be made to:

- <https://uscenterforsafesport.org/report-a-concern/> and
- OKDHS Abuse and Neglect Hotline at 1-800-522-3511

How to Report

OKWA will take a report in a verbal or written form. Regardless of how you choose to report, it is helpful to OKWA for individuals to provide, at a minimum:

- (1) the name and contact information of the person making the report;
- (2) the type of misconduct alleged and the name(s) of the individual(s) alleged to have committed the misconduct; (3) date of the incident;
- (4) name of the alleged victim; whether or not the complainant has reported the incident to the US Center for Safe Sport and/or OKDHS.

CONFIDENTIALITY

To the extent permitted by law, and as appropriate, OKWA will keep confidential the complainant's name on request, not make public the names of potential victims, the accused perpetrator or the people who made a report of child physical and sexual abuse to the authorities.

HOW REPORTS ARE HANDLED

Suspensions or Allegations of Child Physical or Sexual Abuse

Reporting to Law Enforcement and/or Child Protective Services

An independent investigation can harm youth and/or interfere with the legal investigative process. OKWA, its staff and/or volunteers **do not attempt to evaluate the credibility or validity of child physical or sexual abuse as a condition for reporting to appropriate law enforcement authorities**. As necessary, however, OKWA may ask a few clarifying questions of the minor or person making the report to adequately report the suspicion or allegation to law enforcement authorities, OKDHS, and the US Center for Safe Sport.

Immediate Notification

When an allegation of child physical or sexual abuse is made against a governance member, youth and/or volunteer, OKWA may immediately notify the individual that he or she is ineligible to participate in any OKWA activities. As necessary, OKWA may suspend or change the assignment of a governance member, participant and/or volunteer.

All OKWA governance member, members and participants are mandatory reporters. Failure to report to local law enforcement and the OKWA Executive Board will subject the individual(s) to disciplinary procedures.

VIOLATIONS

Upon receiving notification of a violation of the misconduct provisions of the OKWA Youth Protection Policy, the Executive Board will report the matter to all necessary agencies, and may refer the matter to the attention of the Grievance and Discipline Committee. The Executive Board and/or Grievance and Discipline Committee may, when there is uncontroverted evidence of a violation, or pending charges, void or block the offender's participation and/or membership.

Definitions

Child, children, minor and youth

Anyone under the age of 18. Here, "child," "children," "minor" and "youth" are used interchangeably.

Child physical abuse

- Non-accidental trauma or physical injury caused by contact behaviors, such as punching, beating, kicking, biting, burning or otherwise harming a child. Child physical abuse may also include non-contact physical misconduct as described in the Youth Protection Manual.
- Legal definitions vary by state. To find guidelines concerning your state, visit the Child Welfare Information Gateway (www.childwelfare.gov).

Child sexual abuse

- Child sexual abuse involves any sexual activity with a child where consent is not or cannot be given. This includes sexual contact with a minor that is accomplished by deception, manipulation, force or threat of force regardless of whether there is deception or the child understands the sexual nature of the activity. Sexual contact between

minors can also be abusive if there is a significant imbalance of power or disparity in age, development or size, such that one child is the aggressor. The sexually abusive acts may include sexual penetration, sexual touching or non-contact sexual acts such as verbal acts, sexually suggestive written or electronic communications, exposure or voyeurism.

- Legal definitions vary by state. To find guidelines concerning your state, visit the Child Welfare Information Gateway (www.childwelfare.gov).

Misconduct

Conduct which results in harm, the potential for harm or the imminent threat of harm. Age is irrelevant to misconduct. There are six primary types of misconduct in sport: emotional, physical and sexual misconduct, bullying, harassment and hazing.

Participants

Participants are those who participate in a sport activity through a particular club or organization. Participants may include athletes, coaches, officials or parents. Participants include (or may be) minors.

Attachment 2 - OKWA Participant Code of Conduct

Explanation

This policy is designed to assist all participants in OKWA activities identify standards of conduct which are and are not acceptable as participants of OKWA activities, both at OKWA functions and in relation to OKWA in the public.

Scope

- A registered club of OKWA includes any club registered with OKWA; and any administrators, coaches, parents, wrestlers or any other types of participants are primarily the responsibility of the club.
- While attending any OKWA function, clubs are responsible for the control of these participants and for their actions.
- While clubs are primarily responsible for discipline of participants who act in an unacceptable manner, OKWA maintains the authority, through processes in accordance with the Bylaws and/or Rules and Regulations of the organization, to affect discipline of said participants and/or the club(s).

Communication Conduct Standards

Definitions

- Verbal Communications – Any communication made by speaking and/or writing, to include “telecast” and other forms of audio or video means.
- Electronic Communications – Any communication made by email, picture, text, chat, instant message, blog, social media platform, or other electronically written means.

- c. Communication Misconduct – Any form of communication utilized to inflict degradation or harm, to include, but not limited to; harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermine dignity and respect.

Expectations

- a. Club leaders should reinforce a climate where current and future participants of OKWA understand that online misconduct is inconsistent with OKWA values.
- b. When engaging in electronic communication, participants should consider the “Think, Type, Post” philosophy.
 - “Think” who may view it. Is it possible that a youth athlete may see it? Does it further the athletes, my club, OKWA or the sport, or does it degrade them?
 - “Type” a statement that furthers the values of the athletes, clubs, OKWA and the sport of wrestling.
 - “Post” (or send) only those messages that demonstrate dignity and respect for self and others.
- c. Participants of OKWA should refrain from the use of name-calling, profanity applied in a derogatory manner, degradation/humiliation of the representatives of OKWA and degradation/humiliation of clubs or individuals who are involved with OKWA activities.
 - Discussion of evidenced infractions of individuals is not considered derogatory when used to promulgate said infractions in effort to affect possible disciplinary action.
- d. Participants should refrain from engaging in arguments/debates concerning OKWA on social media platforms except to provide feedback in a positive manner.
- e. Participants of OKWA should limit social media posts about representatives and/or other participants of OKWA to supportive and positive, to include both OKWA and personal accounts.
 - Although negative information by any means is discouraged, an individual maintains the basic constitutional right to privately discuss these matters with other individuals by non-social media means such as verbally and via private email or other private and personal means.
- f. Participants of OKWA should limit speaking publicly and on social media on OKWA matters to desired/needed changes of issues/items in a positive manner.
- g. Participants of OKWA should keep disagreements and differences, whether personal or professional, private until such time as they have been resolved.
- h. Participants at all times should make effort to speak positively on matters concerning OKWA, in a manner which contributes to the improvement of OKWA, improvement of others’ view of OKWA, and/or helps to promote the mission of OKWA.

1.4 Actions

- a. Any communication misconduct should immediately be reported to club leaders and addressed at the club level.
- b. The OKWA should be notified of any communication misconduct addressed at the club level. OKWA may or may not opt to affect discipline at the organizational level.
- c. Any communication misconduct of an Executive Board or Grievance and Discipline Committee member should be reported to the Grievance and Discipline Committee, who may take action as needed, and as is allowed within the scope of the OKWA Bylaws.

- d. Any communication misconduct within official meetings of OKWA or one of its regional divisions will not be tolerated.
- The Executive Board or Regional Director(s), whichever is applicable, may remove the individual from the meeting.

Sanctioned Tournament Conduct Standards

In order to create a more orderly and efficient tournament environment, rules and protocols must be strictly enforced.

1. The following are considered, in accordance with the NFHS Rule Book, technical violations, and award the opponent 1 (one) point:
 - Wrestlers may not leave the mat during a match unless first approved by the official.
2. The following are violations which, in accordance with the NFHS Rule Book, may result in warnings, deduction of up to 3 team points, removal from the facility, and/or arrest by law enforcement:
 - All spectators must remain in the stands or other acceptable location away from close proximity of mats.
 - Any/All use of tobacco products is prohibited.
 - Any/All use or influence of alcohol and/or illegal substances is prohibited.
 - Any form of verbal or physical abuse toward any person is prohibited.
 - Only coaches, with proper credentials, may be at mat-side/in corners or may address officials.
 - There is a maximum of 2 coaches per corner – seated if the venue provides seats, otherwise kneeling.
 - Only coaches from the same team may be in a corner – no coach may stand in front of, behind or near opposing team coaches.
 - Coaches may not approach an official or wrestlers without the approval of the official.
 - Coaches may address the official during a match only by calling time-out with the time/score keeper(s) at the table, then being recognized by the official.
 - Conferences with officials during a match may only be for a mis-application of rules, scoring errors, timing errors, or safety issues.
3. Multiple violations of conduct may result in removal from the event, from future OKWA participation, or from the OKWA in its entirety.
4. Officials will be the primary persons responsible for enforcement of match, coach and spectator conduct, and enforcement of all Rules and Regulations.
5. The host club tournament director, personnel, coaches and security are primary persons responsible for event operations and supporting officials with any floor ban or removal violations.

KNOW YOUR ROLE AND RESPECT OTHERS

The social atmospheric environment, health, safety, well-being and conduct of our OKWA events is the responsibility of everyone in attendance, so **KNOW YOUR ROLE!!!**

FANS.....Cheer! (from the stands)

TABLE WORKERS...Work!

KIDS.....Wrestle!

OFFICIALS.....Officiate!

COACHES.....Coach!

PARENTS.....Love and support your children! (from the stands)

Attachment 3 - OKWA Liability Waiver / Minor Release

Assumption of Risk-I am participating in the sport of Wrestling at my own free will. I understand that my decision to participate in the sport of wrestling is entirely voluntary. I understand that the sport has inherent risks including, but not limited to the following: risk of property damage, bodily injury, including, but not limited to permanent disability, paralysis, and possibly death. These risks may result from a variety of circumstances including, but not limited to, the use or misuse of the equipment or facilities, from the activity itself, from the acts of the coaches, participants, or others, or from the unavailability of emergency medical care. I understand and accept full responsibility for identifying concussion or potential concussion, and will educate myself on concussion awareness. I am aware of the Center for Disease Control's website <http://www.cdc.gov/concussion/> as well as the www.headsupparents.org website where I can educate myself on concussion awareness. **Release, Indemnify, and Defend.** I hereby release, waive, discharge, and hold harmless the Oklahoma Kids Wrestling Association (hereinafter referred to as OKWA), and all of their affiliates, predecessors, successors, trustees, officers, directors, faculty, employees, agents, representatives, host school or district, referees, members, participants, past or present (hereinafter jointly referred to as "the Released Parties"), from any and all claims, suits, liabilities, judgments, costs and expenses ("Claims") for any property damage, property loss or theft, personal injury or illness, death or other loss arising from or relating to my participation in the sport of **wrestling including, without limitation, ANY CLAIM FOR NEGLIGENCE, WHETHER BY OMISSION OR COMMISSION, AGAINST ANY EMPLOYEE, AGENT OR VOLUNTEER OF OKWA, WHICH ARE HEREBY EXPRESSLY RELEASED.** I also agree to defend, indemnify and hold harmless the "Released Parties" from and against any Claims arising from or related to my own acts or omissions in connection with my participation in the sport of Wrestling. I further assume full responsibility for any and all damages, injuries (including death) or losses that my child may sustain or incur, if any, while attending, practicing, participating or witnessing, in any club exercise program, sport, or physical activity occurring in or about the club premises or at any offsite location. I hereby assume full risk, waive all claims and release and hold OKWA, my club, associate or member clubs, any instructors, partners, of any program or event, individually or otherwise, harmless for any and all claims for injuries or damages. In consideration of my child's participation in and the use of the Club's facilities, I hereby release and covenant not to sue or bring legal action against the "Released Parties" from any and all claims resulting from any physical injury that may occur to my child while participating in any program or event sponsored or not by the OKWA or my local club or any member clubs. I agree to pay for any and all damages to any property or "Released Party" caused by me negligently, willfully or otherwise. **Prerequisite Skills.** I acknowledge that I have the requisite skills, qualifications, physical ability and training necessary to properly and safely participate in the sport of Wrestling. I agree that if I have any questions as to what skills, qualifications, or training is necessary to properly participate in the Club Sports Program, then I shall direct such questions to the appropriate individuals. **Representatives.** I enter into this agreement for myself, as well as for my heirs, assigns and legal representatives. **Consent for Emergency Treatment**-I consent to medical treatment for emergencies that occur during or are related to my participation in the sport of Wrestling where I am unable to consent to such treatment. I understand the provisions of this Assumption of Risk, Waiver, and Release from Liability apply to any treatment that might be provided to me. **Insurance**-I understand that I am solely responsible for any medical, health or personal injury costs relating to my participation in the Sport of Wrestling. I understand that I am strongly encouraged to have a medical physical examination and purchase health insurance prior to any and all participation in the Club Sports Program. I acknowledge that the OKWA and any "Released Parties" shall not be responsible for any of the aforementioned. **Severability.** If any term or provision of this Assumption of Risk, Waiver, and Release from Liability is held to be illegal, invalid or unenforceable, or the application thereof to any person or circumstance shall to any extent be illegal, invalid or unenforceable under present or future laws effective during the term hereof or of any provisions hereof which survive termination, then and in any such event, it is the express intention of the parties that the remainder of this Assumption of Risk, Waiver, and Release from Liability, or the application of such term, clause or provision other than to those as to which it is held illegal, invalid or unenforceable, shall not be affected thereby, and each term, clause or provision of this Assumption of Risk, Waiver, and Release from Liability and the application thereof shall be legal, valid and enforceable to the fullest extent permitted by law.

Consent and Release:

I have read and fully understand this Assumption of Risk, Waiver, and Release from Liability and understand that it relates to surrendering and releasing valuable legal rights. I do so freely and voluntarily. I am the parent or legal guardian of the below named minor. I have read and understand this Assumption of Risk, Waiver, and Release from Liability in its entirety and understand that it relates to surrendering valuable legal rights of the minor and myself. I agree to be bound by all the terms of this waiver and release agreement. I also give my consent to the participation in the activity of the minor. I further agree to indemnify and hold harmless OKWA, their members, staff, adult volunteers and adult participants participating in OKWA programs and activities, any liability for their negligence which may be a proximate cause of any injuries to my child/ward, to the extent that any liability would exceed any available insurance.

PARENT NAME: _____ SIGNATURE: _____ Date: _____

Contact Phones: _____ ; _____ ; _____

Mailing Address: _____

CHILDREN NAME: (1) _____ (2) _____ (3) _____

DATES OF BIRTH: (1) _____ (2) _____ (3) _____

CHILDREN NAME: (4) _____ (5) _____ (6) _____ DATES

OF BIRTH: (4) _____ (5) _____ (6) _____

Attachment 4 - OKWA COVID-19 Assumption of Risk and Waiver of Liability

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and the use of masks, and have, in many locations, prohibited the congregation of groups of people. **Oklahoma Kids Wrestling Association (OKWA)** has put in place preventative measures to reduce the spread of COVID-19; however, OKWA **cannot guarantee** that you or your child(ren) will not become infected with COVID-19. Further, **attending OKWA sanctioned practices and events could increase** your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending OKWA sanctioned practices and events and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at OKWA practices and events may result from the actions, omissions, or negligence of myself and others, including, but not limited to, OKWA employees, volunteers, members and participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at OKWA practices and events or participation in OKWA programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless OKWA, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of OKWA, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation at any OKWA practice or event.

PARENT NAME: _____ SIGNATURE: _____ Date: _____

Contact Phones: _____ ; _____ ; _____

Mailing Address: _____

CHILDREN NAME: (1) _____ (2) _____ (3) _____

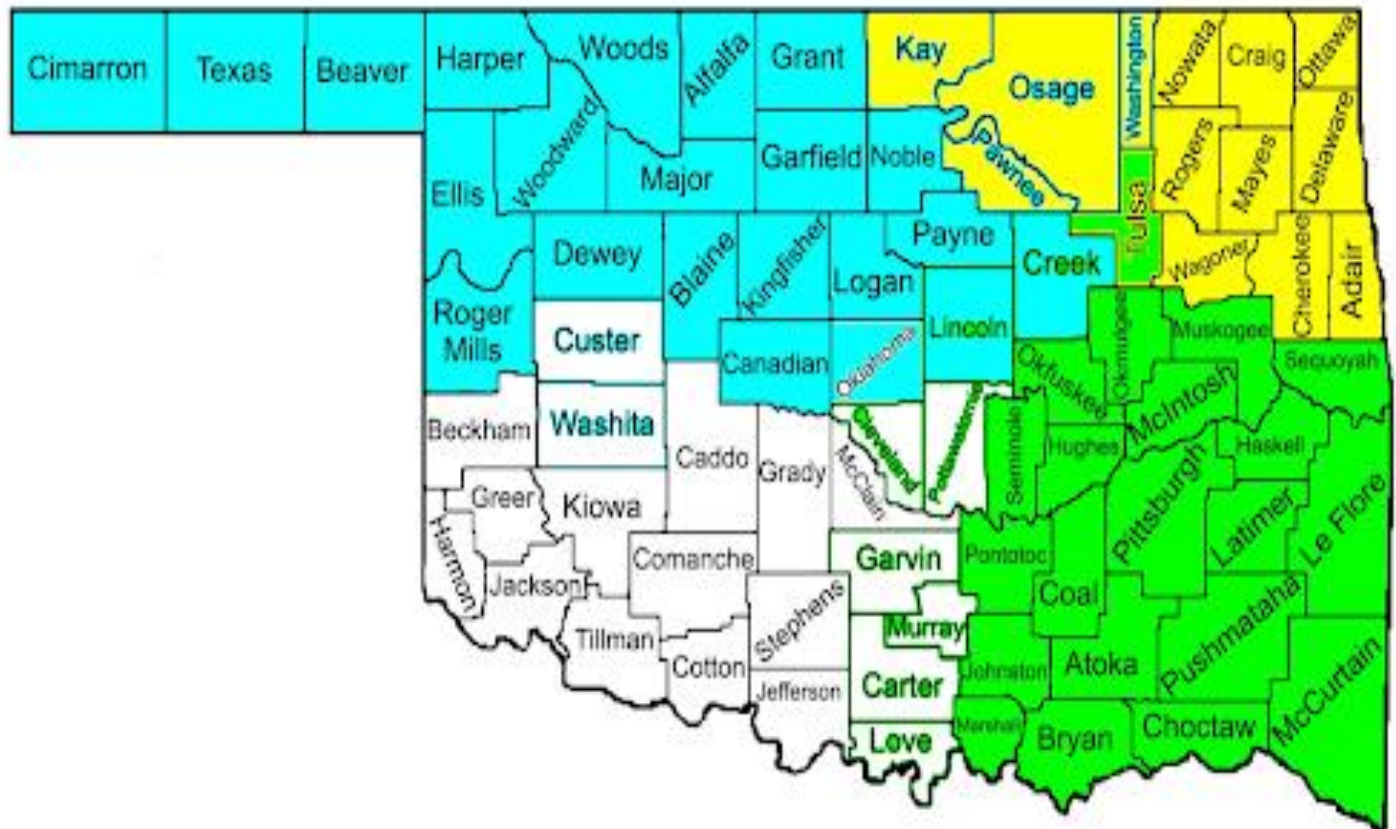
DATES OF BIRTH: (1) _____ (2) _____ (3) _____

CHILDREN NAME: (1) _____ (2) _____ (3) _____

DATES OF BIRTH: (1) _____ (2) _____ (3) _____

Attachment 5 – OKWA Regional Divisions

Blue Counties: Northwest
Yellow Counties: Northeast
White Counties: Southwest
Green Counties: Southeast



Attachment 6 – OKWA Physician Release Form

PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION
THIS FORM HAS TO BE DATED WITHIN 7 DAYS OF EVENT (2 pages)
(BODY FORM on page 2 must be filled out and must accompany page 1)



Wrestler's Name: _____ Date of Exam: _____

Diagnosis _____
Medication(s) used to treat lesion(s): _____
Date Treatment Started: _____
Earliest Date may participate: _____

Physician Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____

Office Address _____

Note to Physicians: Non-contagious lesions do not require treatment prior to return to participation.

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, the coach shall provide current written documentation as defined by a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in. The only exception would be if a designated, on-site meet physician is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in.

Covering a communicable condition shall not be considered acceptable.

If a designated on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate or not participate with a particular skin condition."

A contestant may have documentation from a physician only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours,

CA-MRSA(Methicillin Resistant Staph) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or five full days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

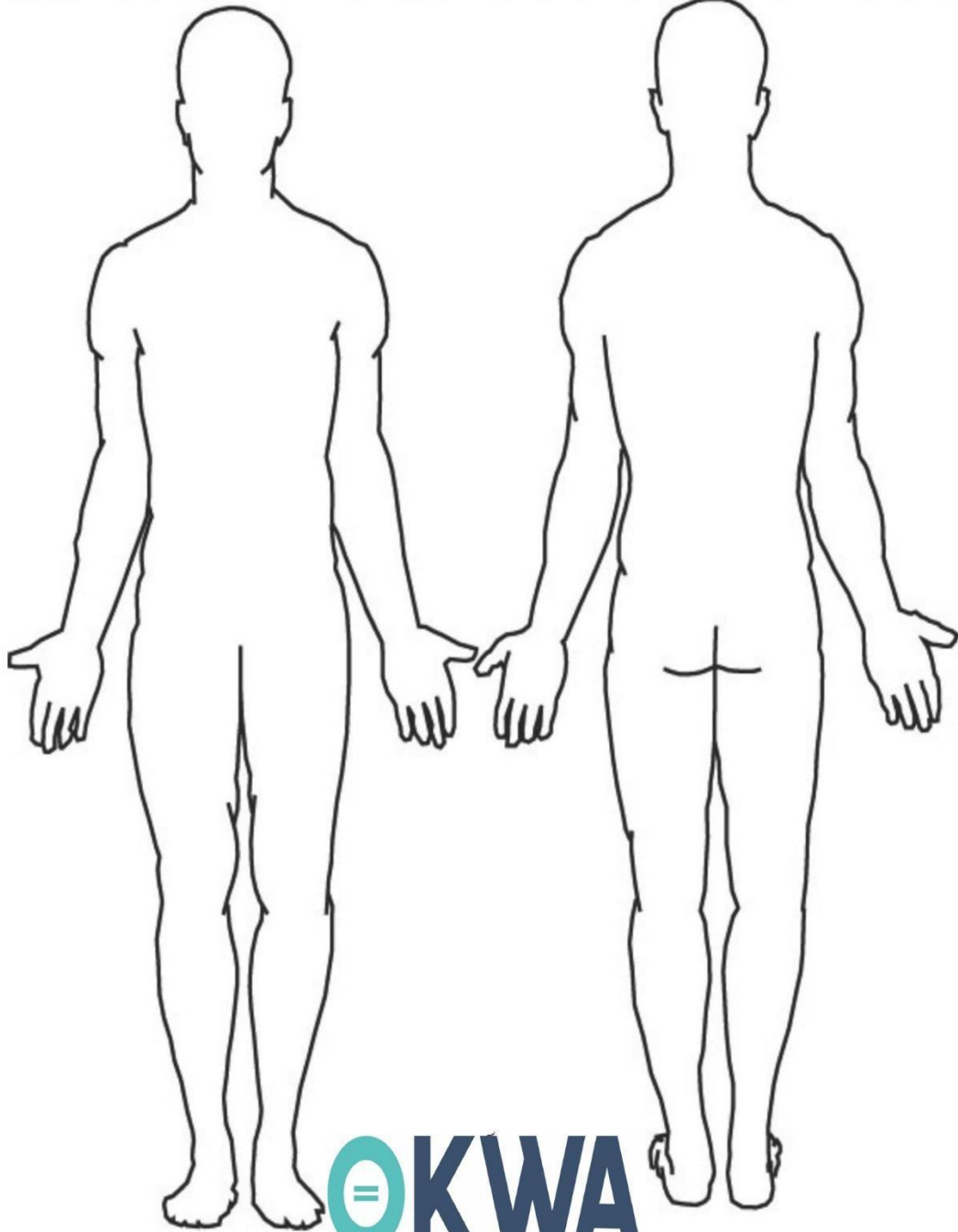
Molluscum Contagiosum: 24 hours after curettage.

Wrestler's Name: _____

Date of Exam: _____

ALL LOCATIONS MUST BE MARKED FRONT AND BACK

OKWA OKWA OKWA



OKLAHOMA KIDS
WRESTLING ASSOCIATION