



2020-21 NFHS WRESTLING POWERPOINT

National Federation of State
High School Associations



B. Elliot Hopkins, MLD, CAA
Director of Sports, Sanctioning and Student Services

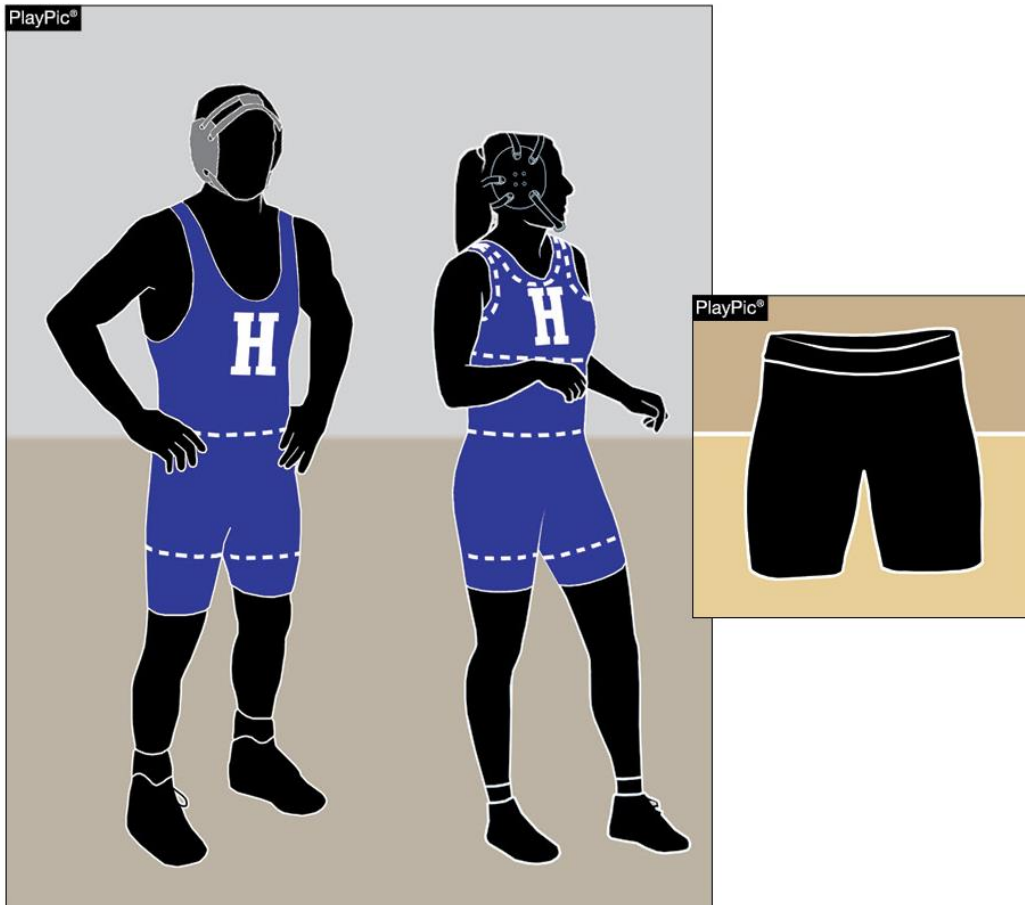


2020 NFHS WRESTLING RULES CHANGES



UNDERGARMENTS

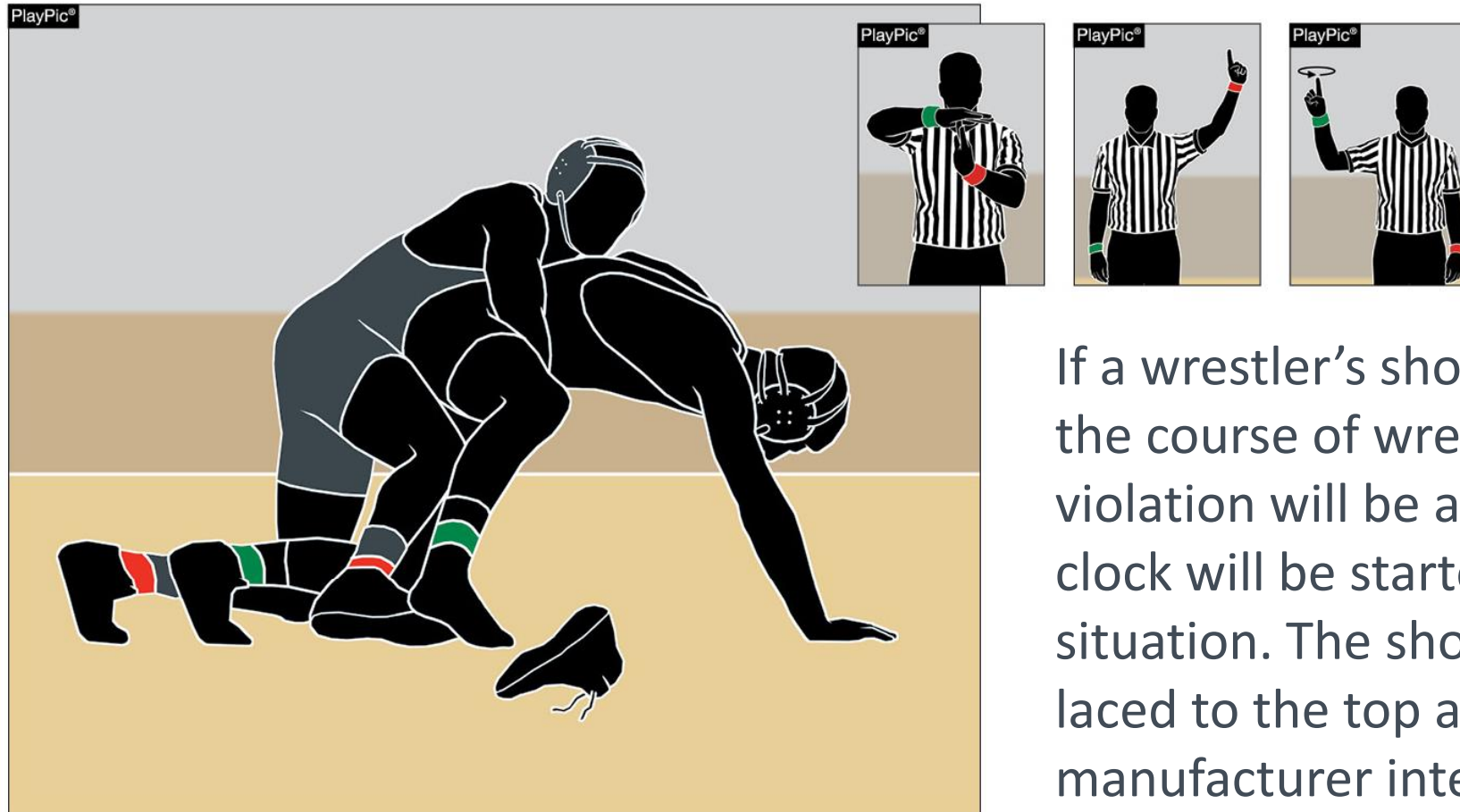
RULE 4-1-1c NOTE



Female contestants wearing a one-piece singlet and/or a form-fitted compression shirt shall wear a suitable undergarment that completely covers their breasts and minimizes the risk of exposure. All contestants wearing a one-piece singlet shall wear a suitable undergarment which completely covers the buttocks and groin area.

TECHNICAL VIOLATION

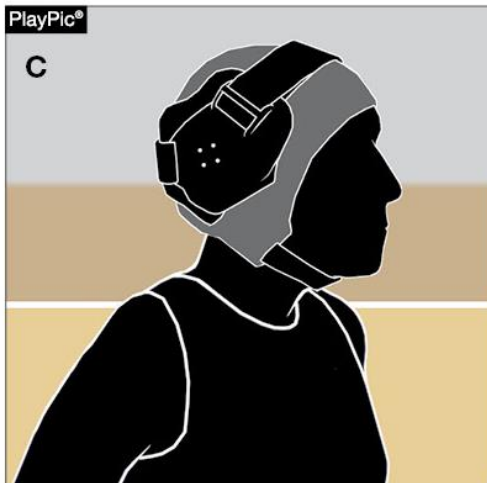
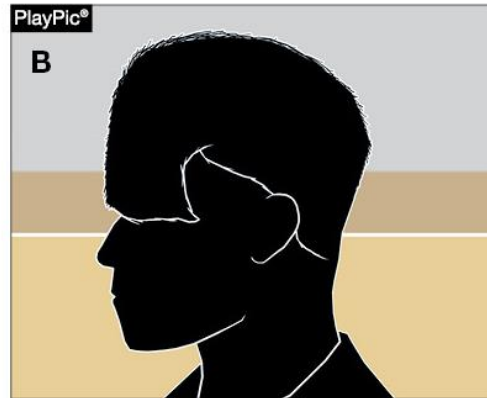
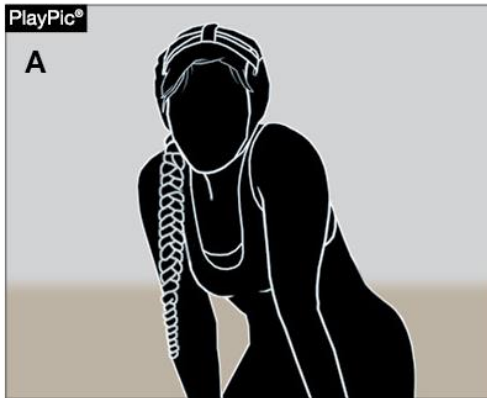
RULE 4-1-3



If a wrestler's shoe comes off during the course of wrestling, a technical violation will be assessed. The injury clock will be started to correct the situation. The shoe must be tightly laced to the top and worn as the manufacturer intended.

HAIR RULE MODIFICATION

RULE 4-2-1



The hair length rule has been eliminated. (PlayPics A and B.) If wrestlers choose to contain their hair (PlayPic C), then it must be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A legal hair-controlled device such as a rubber band (PlayPic D) shall be secured so as not to come out readily during wrestling.

HAIR RULE MODIFICATION

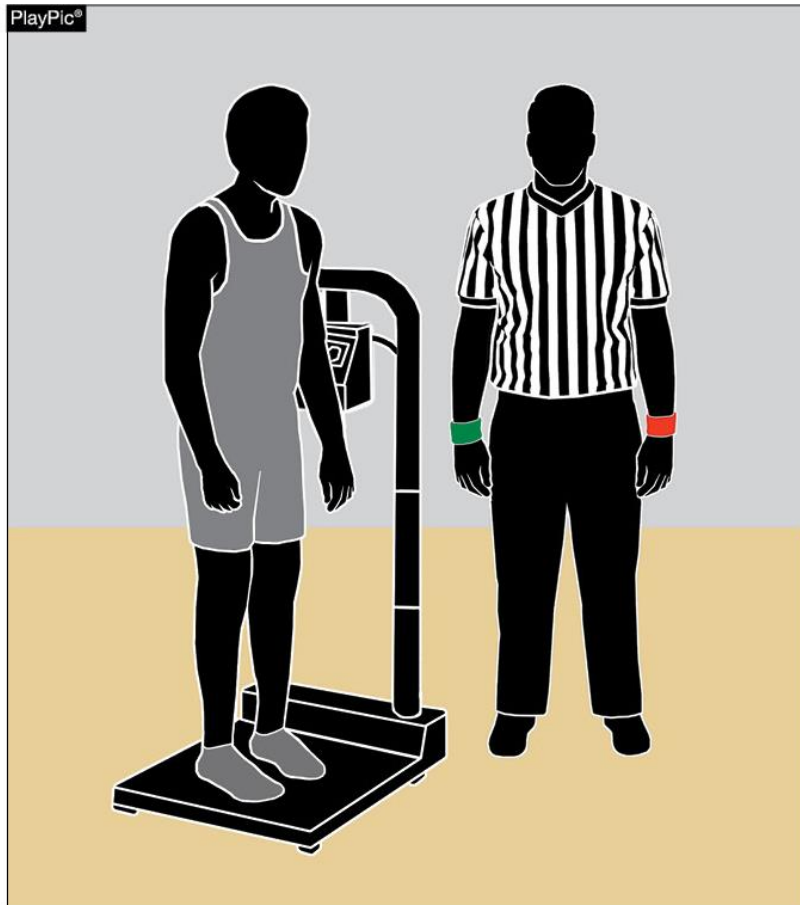
RULE 4-2-1



Because physical hair treatments and control items present a risk to wrestlers due to hardness, texture (sharpness) or abrasiveness, they are not allowed.

WEIGH-INS

RULE 4-5-7 NOTE



Wrestlers shall weigh-in wearing legal uniform with suitable undergarments. Socks (low-cut) may be worn but may not be worn or taken off as a means of making weight.

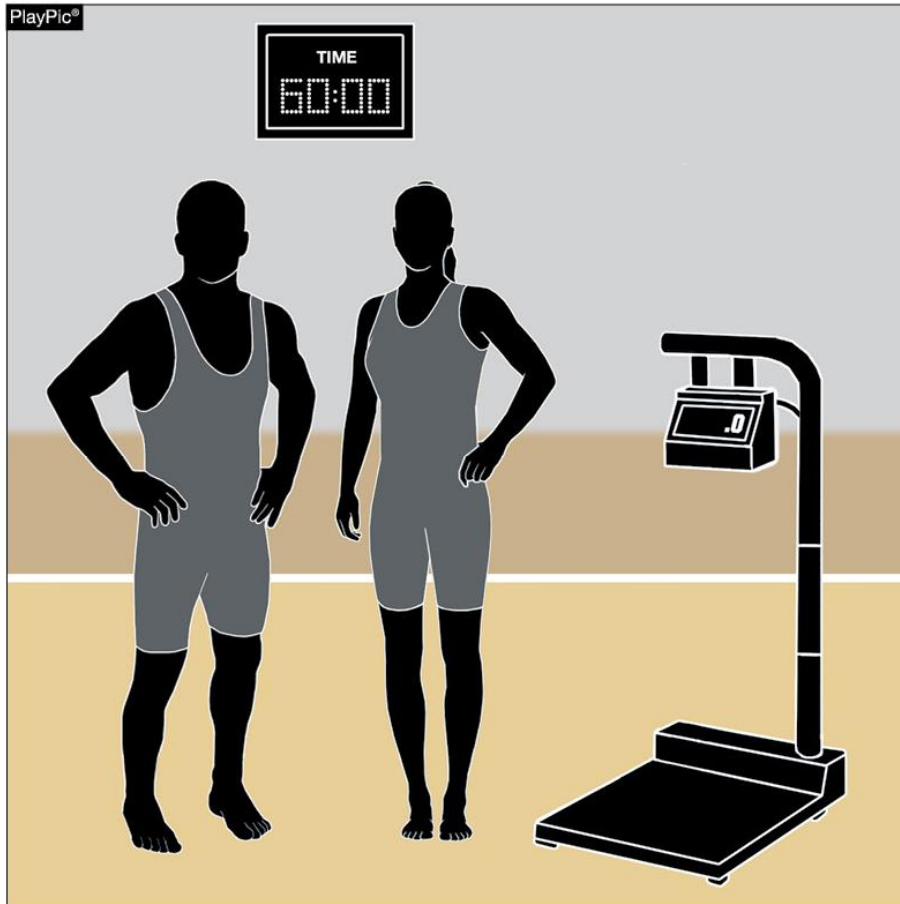
WEIGH-INS

RULE 4-5-7 NOTE



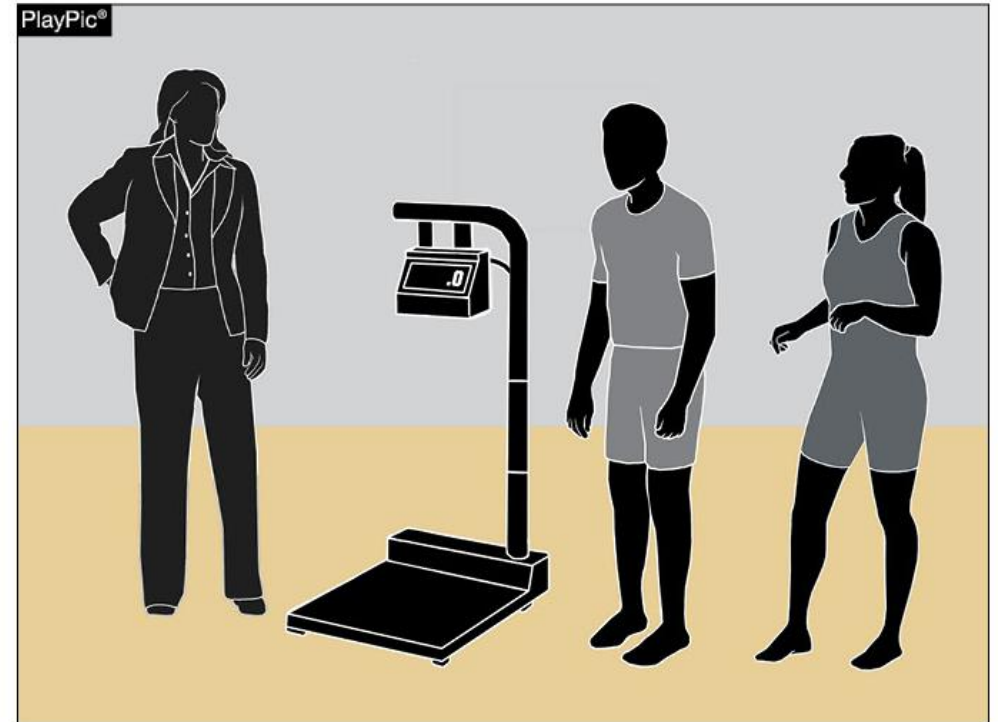
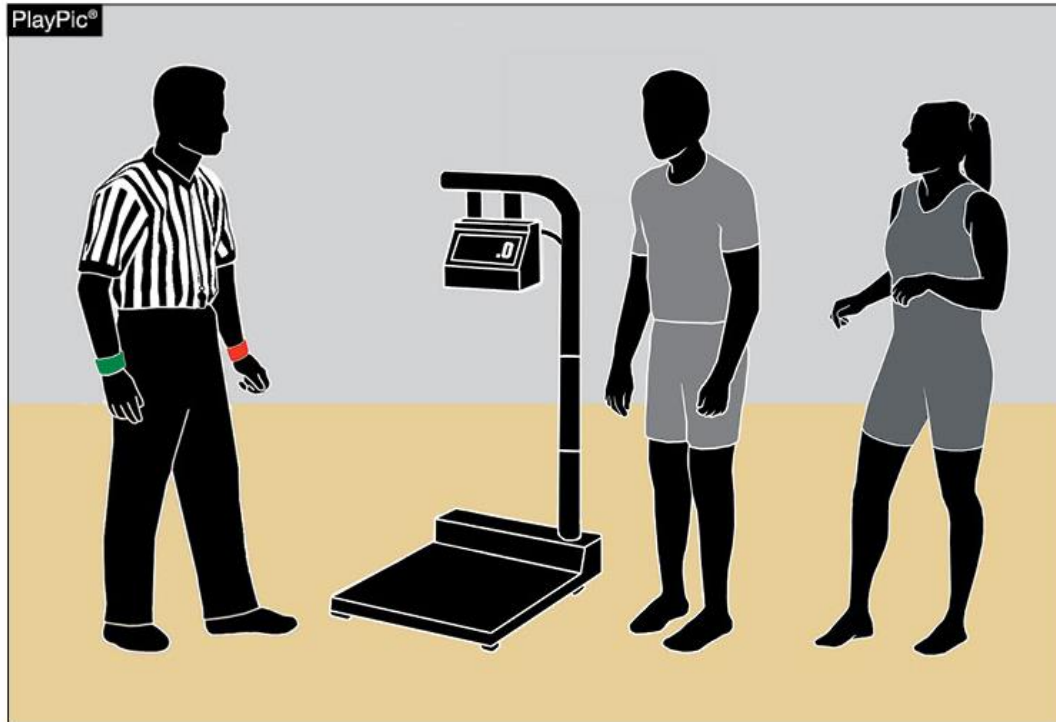
Contestants shall not weigh-in wearing shoes or ear guards. No additional weight allowance shall be granted for weighing-in wearing a legal uniform.

WEIGH-INS RULES 4-5-1, 4-5-2



Contestants shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the start of a dual meet or a team's first competition each day in a multiple dual-meet event is scheduled to begin.

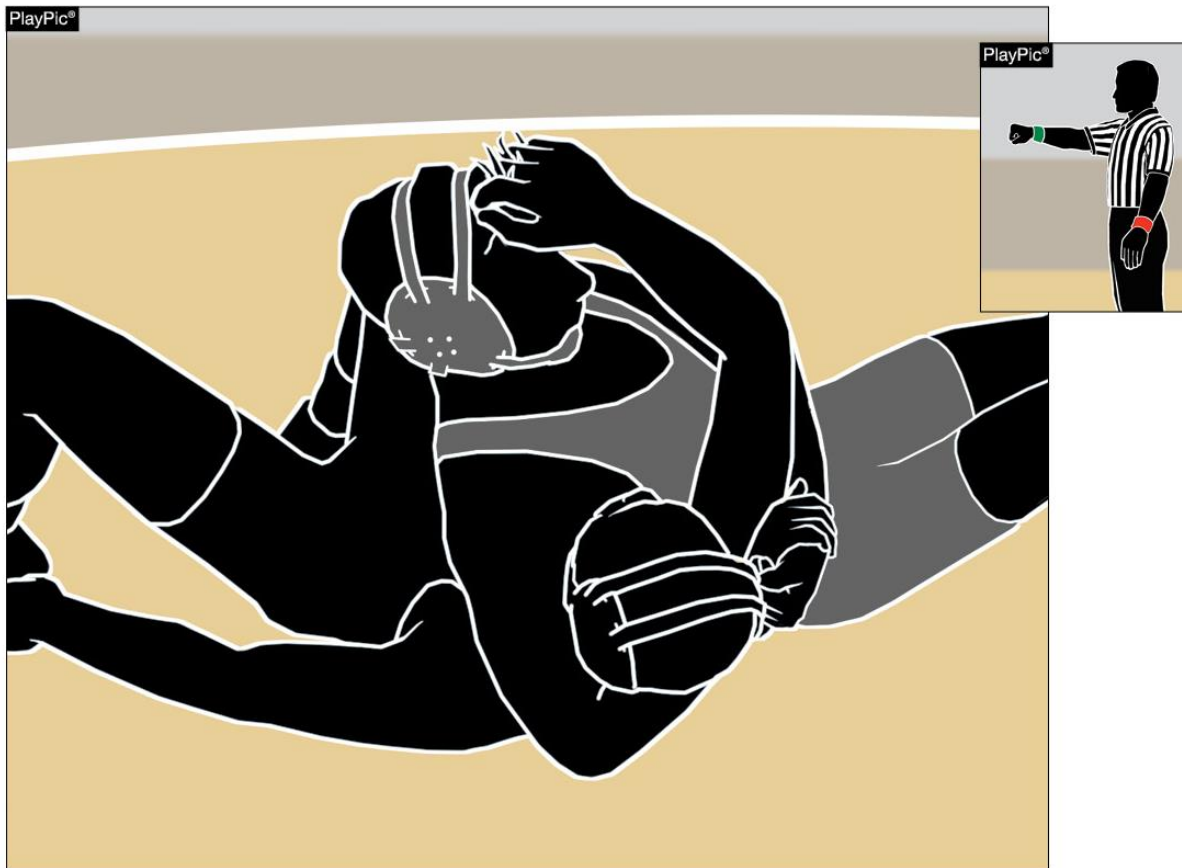
WEIGH-INS RULE 4-5-4



The referee or other authorized person shall supervise the weigh-ins.

UNNECESSARY ROUGHNESS

RULE 5-29-1



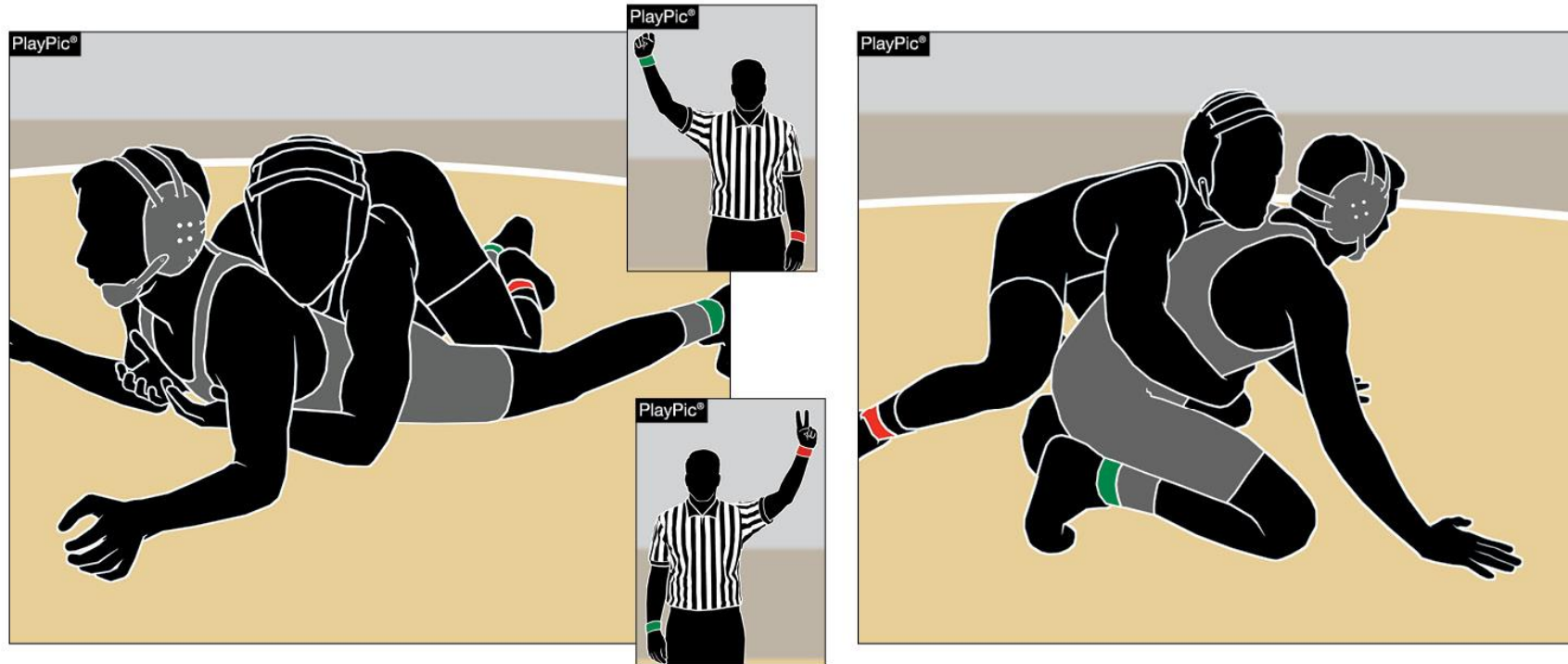
Pulling an opponent's hair results in a penalty for unnecessary roughness. This does not include hair that is caught in a legal maneuver including but not limited to a headlock, cradle, half-nelson etc.

FLEEING THE MAT RULE 7-3-1



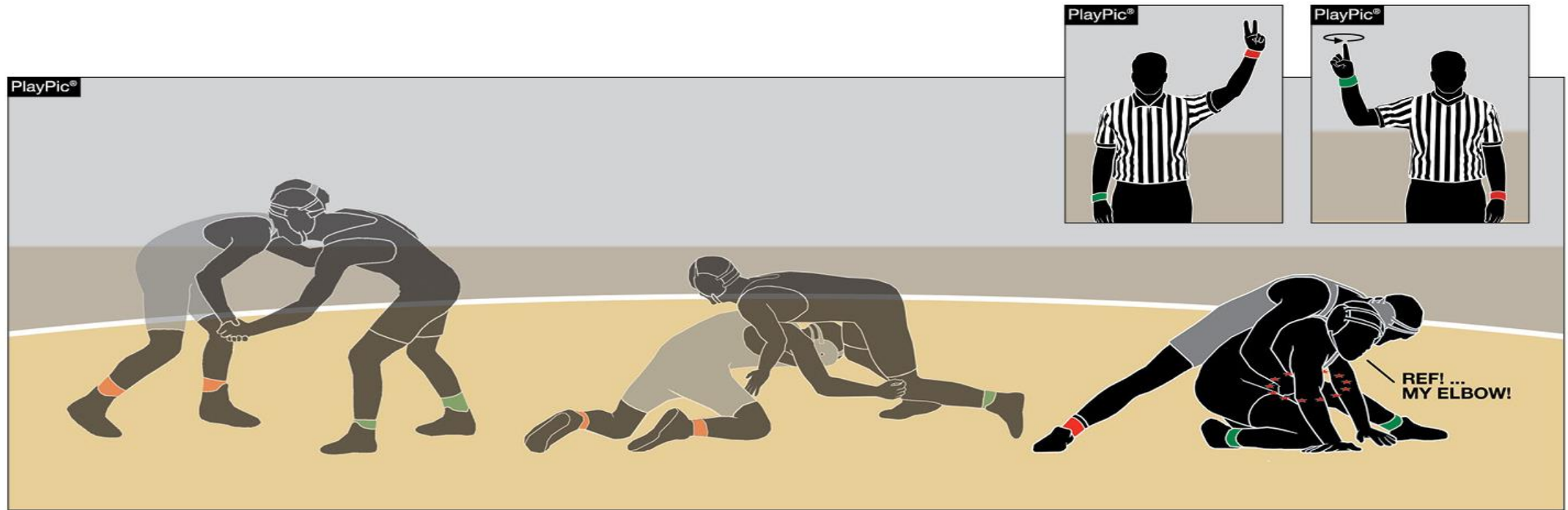
If the offensive wrestler has scored a takedown or near-fall, there can be no technical violation for fleeing the mat.

STALLING RULE 8-1-4



On the fourth offense for stalling, the match shall be stopped. The opponent shall be awarded two points and given choice of position.

IMMINENT SCORING RULE 8-2-9



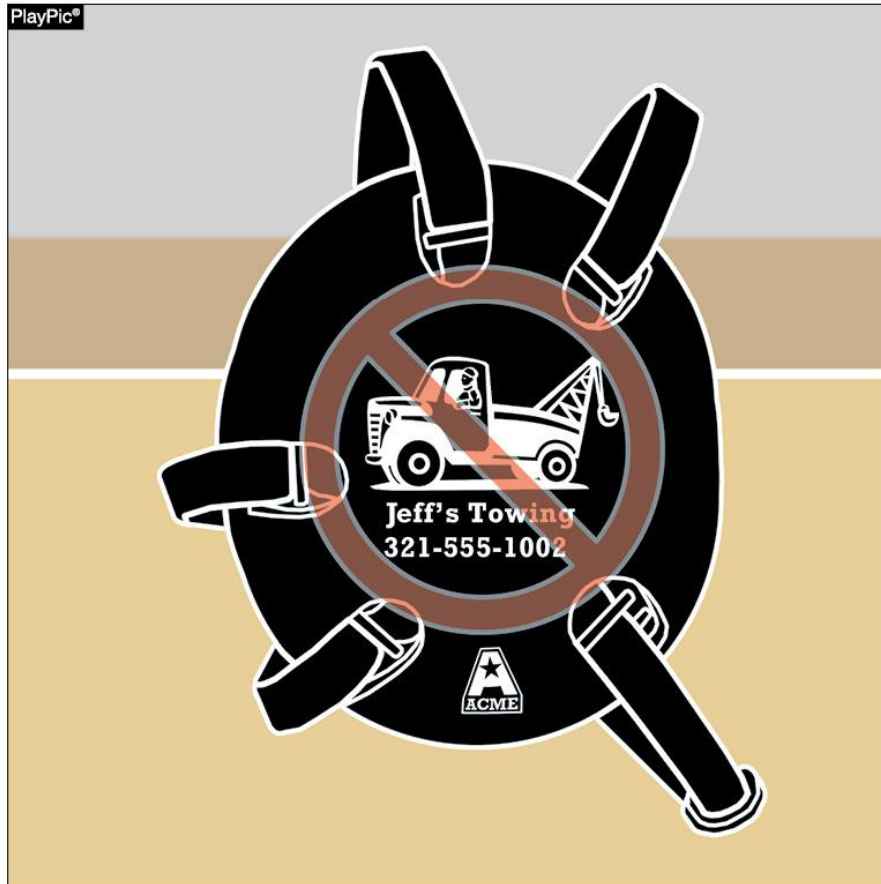
ART. 9 . . . When a match is stopped for an injury during an imminent scoring situation and the referee determines that scoring (takedown, reversal, escape) would have been successful if the wrestling had continued, the referee shall charge an injury time-out to the injured contestant and award applicable points to the non-injured wrestler.



NFHS WRESTLING EDITORIAL CHANGES



EAR GUARDS



Effective July 1, 2022, any manufacturer's logo/ trademark/reference that appears on the wrestling ear guards, including legal hair covering, can be no more than 2-1/4 square inches with no dimension more than 2-1/4 inches and may appear no more than once on ear guards. No additional manufacturer's logo/ trademark/reference, promotional or advocacy references shall be allowed on the wrestling ear guards.



RULE 5-28-6

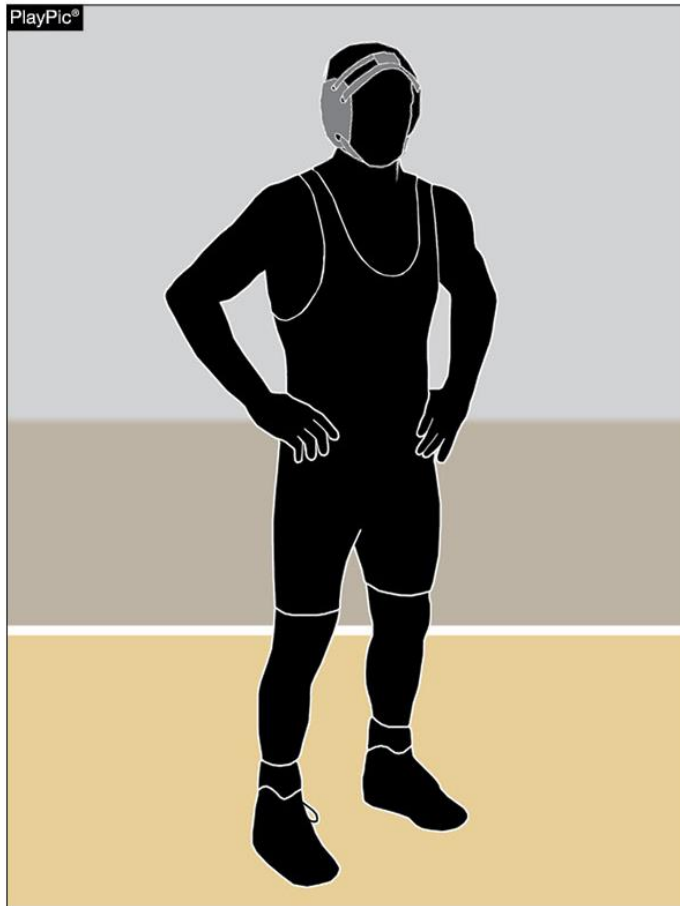
- **ART. 6 . . . Head/Neck/Cervical Column.** If a contestant is injured and the onsite appropriate health-care professional (AHCP) determines that additional time is needed to evaluate the wrestler's head, neck and involving the cervical column and/or central nervous system, the wrestler is entitled to five (5) minutes, minus the elapsed injury time. A second occurrence of injury to the head and neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match.



NFHS WRESTLING POINTS OF EMPHASIS



WRESTLER'S EQUIPMENT



The head coach has the obligation to ensure that each wrestler is properly equipped and in proper uniform.



WRESTLER'S EQUIPMENT

- The head coach has the obligation to ensure that each wrestler is properly equipped and in proper uniform.
- Furthermore, he or she is the adult who is responsible that each wrestler's skin and nails are suitable and compliant for competition.
- Regarding the uniform and wrestler's appearance, we are experiencing modesty challenges which reflect negatively on the sport.
- Both genders shall wear suitable undergarments that completely covers their buttocks and groin area.



WRESTLER'S EQUIPMENT

- Especially, when the school-issued uniform is light-colored or white; once wet from perspiration, the uniform can become transparent and without the proper undergarment, it makes the wrestler feel self-conscious and anyone around the area feeling uncomfortable.
- We are encouraged that wrestling is inviting to so many girls, however, we have to ensure that their breasts are completely covered and supported for the vigorous rigors of interscholastic wrestling.



THANK YOU AND HAVE A GREAT SEASON!

National Federation of State High School Associations

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

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