



# 2016-2017 NFHS WRESTLING RULES POWERPOINT

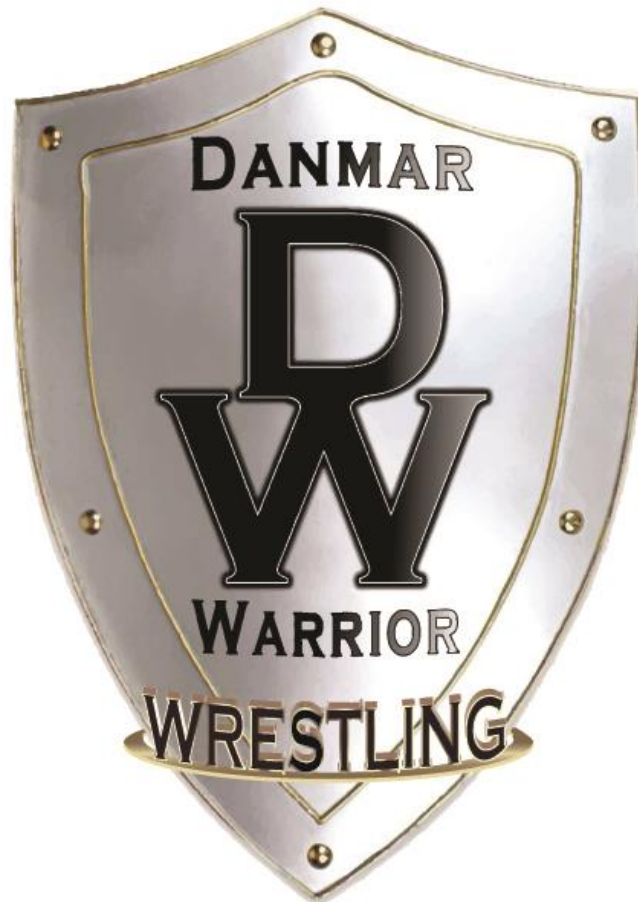
National Federation of State  
High School Associations



Take Part. Get Set For Life.™

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

# NFHS CORPORATE PARTNER



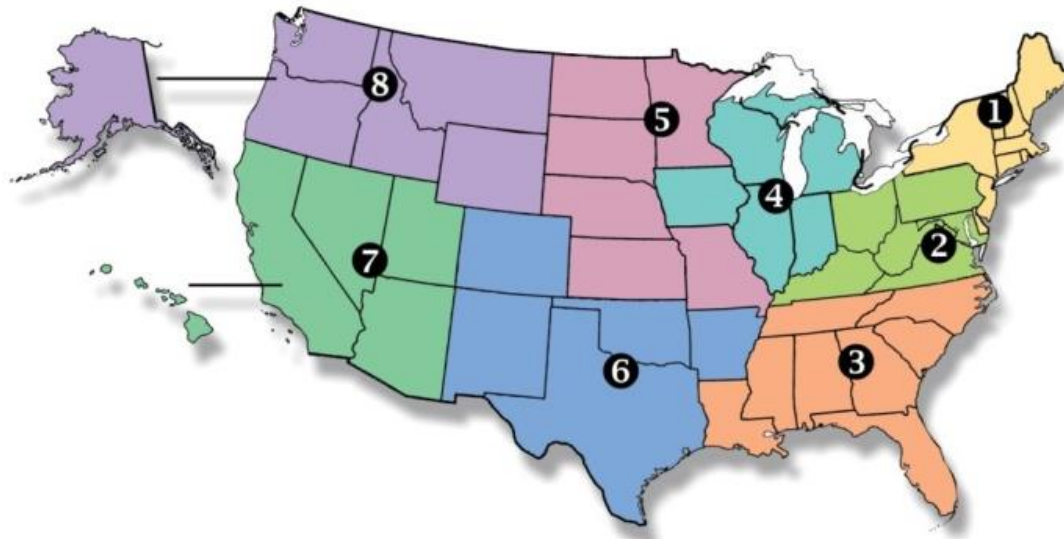
# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
  - National leadership organization for high school sports and fine arts activities;
  - National authority on interscholastic activity programs.
  - Conducts national meetings;
  - Sanctions interstate events;
  - Produces national publication for high school administrators;
  - National source for interscholastic coach training and national information center.



# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



# NFHS RULES REVIEW COMMITTEE

The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield  
Chief Operating  
Officer



Bob Colgate  
Football and Sports  
Medicine



Elliot Hopkins  
Baseball and  
Wrestling



Mark Koski  
Field Hockey



Becky Oakes  
Cross Country,  
Gymnastics,  
Volleyball and  
Track & Field



Dan Schuster  
Ice Hockey



Sandy Searcy  
Softball and  
Swimming & Diving



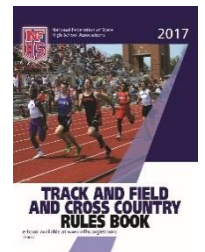
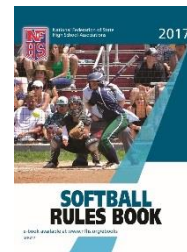
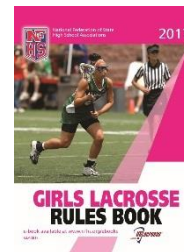
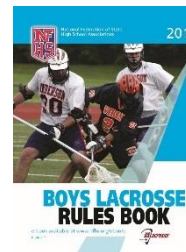
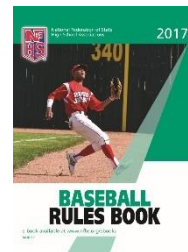
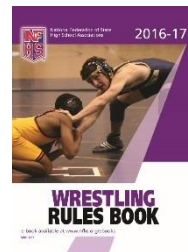
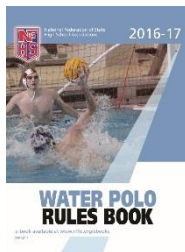
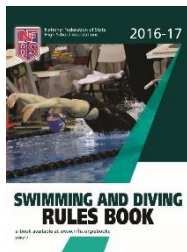
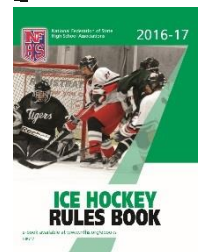
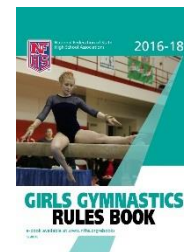
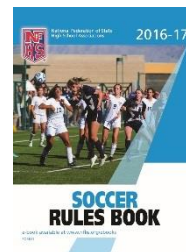
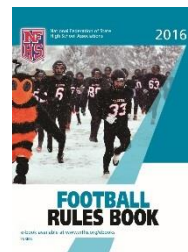
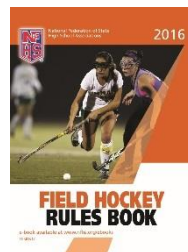
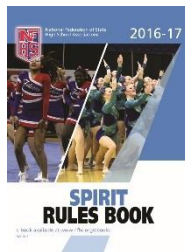
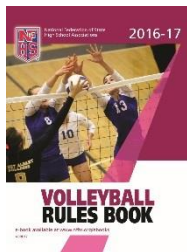
Theresia Wynns  
Basketball and  
Soccer






# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
  - Publishes 4 million pieces of materials annually.



# NFHS RULES BOOK AS E-BOOKS

National Federation of State  
High School Associations




## GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find  
an obscure rule quickly, make a note or highlight a rule?

**E-books Features:**

- Searchable
- Highlight Areas of Interest
- Make Notes
- Desktop/Laptop Availability
- Easy Navigation
- Adjustable Viewing Size
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[www.nfhs.org/ebooks](http://www.nfhs.org/ebooks)

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**NFHS Rules and Case e-books for \$5.99 each**

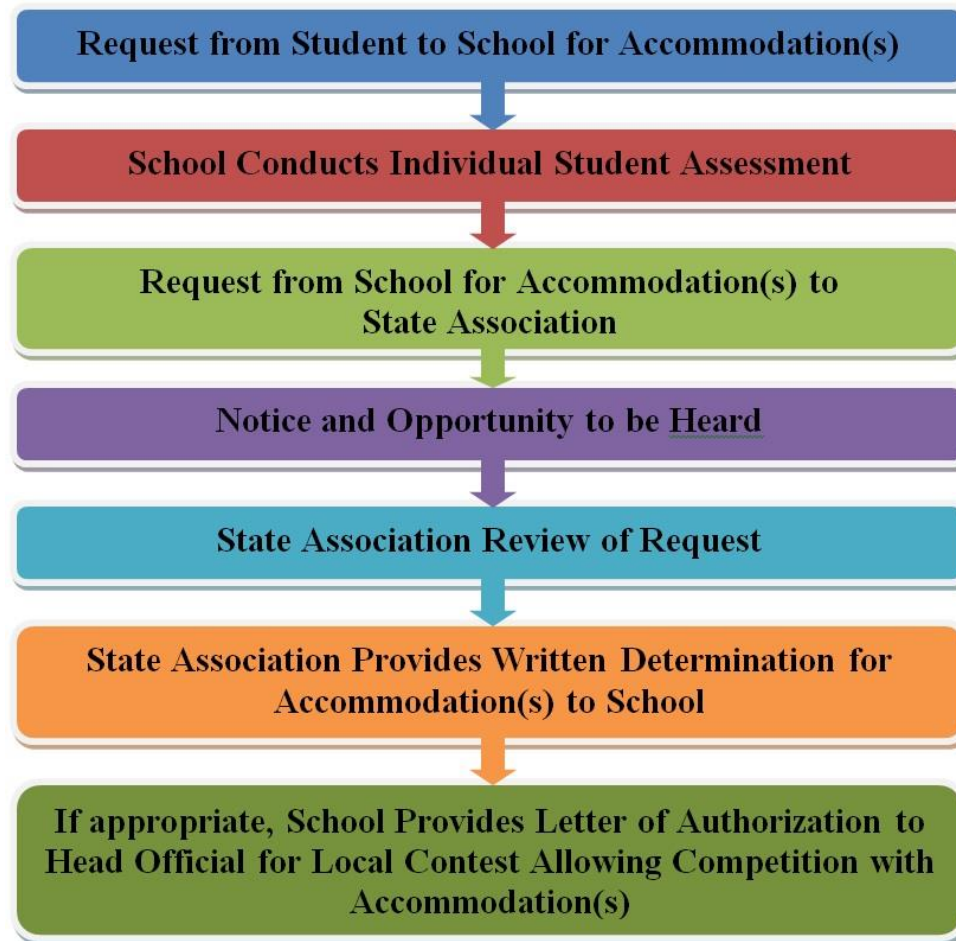
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Download from iTunes or Amazon

- E-books features:
  - Searchable
  - Highlight areas of interest
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  - Adjustable viewing size
  - Immediate availability



# GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



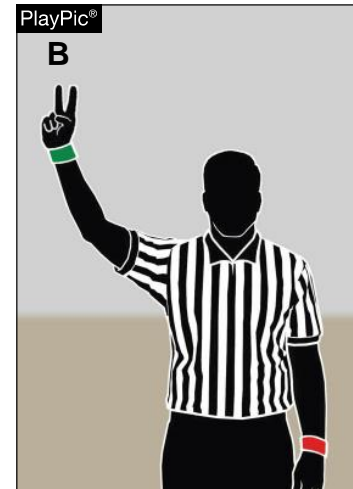




# NFHS WRESTLING RULES CHANGES



# NEAR-FALL RULE 5-11-2i



- When a defensive wrestler commits a technical violation, applies an illegal hold/maneuver, commits unnecessary roughness or unsportsmanlike act during an imminent or near fall situation (PlayPic A), the offensive wrestler shall be awarded a penalty point(s) (PlayPic B) in addition to the near fall points (PlayPic C).

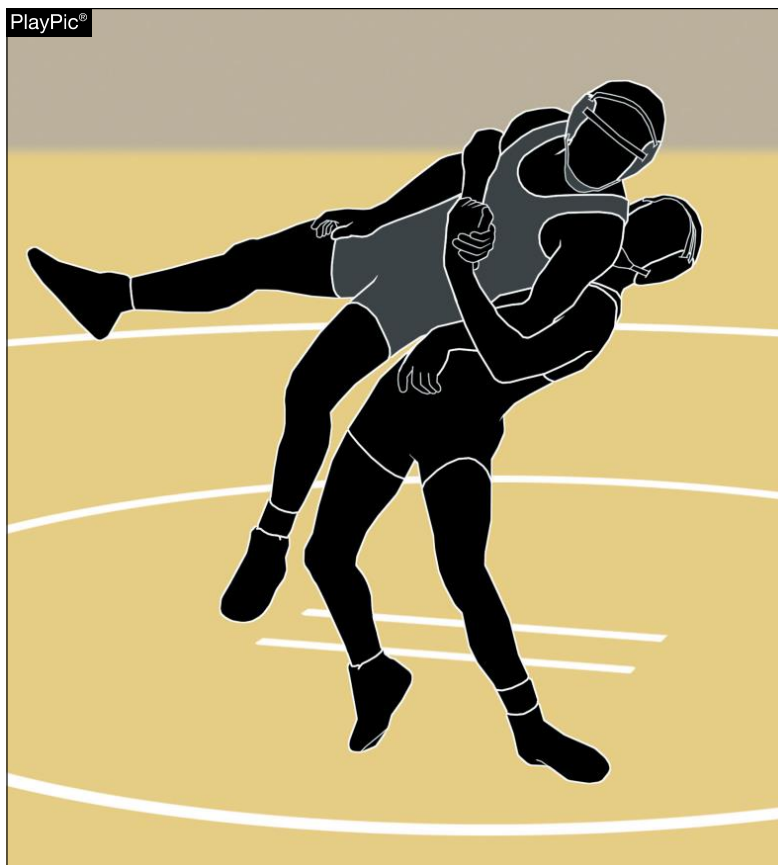


## RULE 5-11-2i

- **ART. 2 . . .** A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer (Photos 5-8)
- a. – h. Remain the same.
- i. in f-h, when a defensive wrestler commits a technical violation, applies an illegal hold/maneuver, commits unnecessary roughness or unsportsmanlike act during an imminent or near fall situation, the offensive wrestler shall be awarded a penalty point(s) in addition to the near fall point in accordance with f-h at the next stoppage.



# POTENTIALLY DANGEROUS RULE 7-2-2g



- A potentially dangerous hold occurs when a wrestler, from a standing position, is placed in a body lock with one or both arms trapped and then is lifted and is unable to use his arm(s) to break the fall.

## RULE 7-2-2g,h

- **ART. 2 . . .** Potentially dangerous holds/maneuvers include:
  - a. – f. Remain the same.
  - g. When a wrestler stands, with one or both arms trapped; and
  - h. other holds/maneuvers which may cause injury when used legally.





# NFHS WRESTLING EDITORIAL CHANGES





## RULE 2-1-5 MAT AREA

- ART. 5 . . . The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat, where facilities permit, as well as the team benches and scorer's table. The team bench...a suggested configuration.
- **Rationale:** Clarity.

## RULE 4-1-3 WRESTLERS' UNIFORM

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- ART. 3 . . . Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If the shoes have laces, the laces shall either be taped to the shoe or secured by a locking device on the wrestling shoe in an acceptable fashion.
- **Rationale:** Clarity.

## RULE 4-1-4 WRESTLERS' UNIFORM

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- ART. 4 . . . Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:...
- **Rationale:** Clarity.



## RULE 5-16 MAT

- Section 16. . . The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat, where facilities permit, as well as the team benches and scorer's table.
- **Rationale:** Clarity.

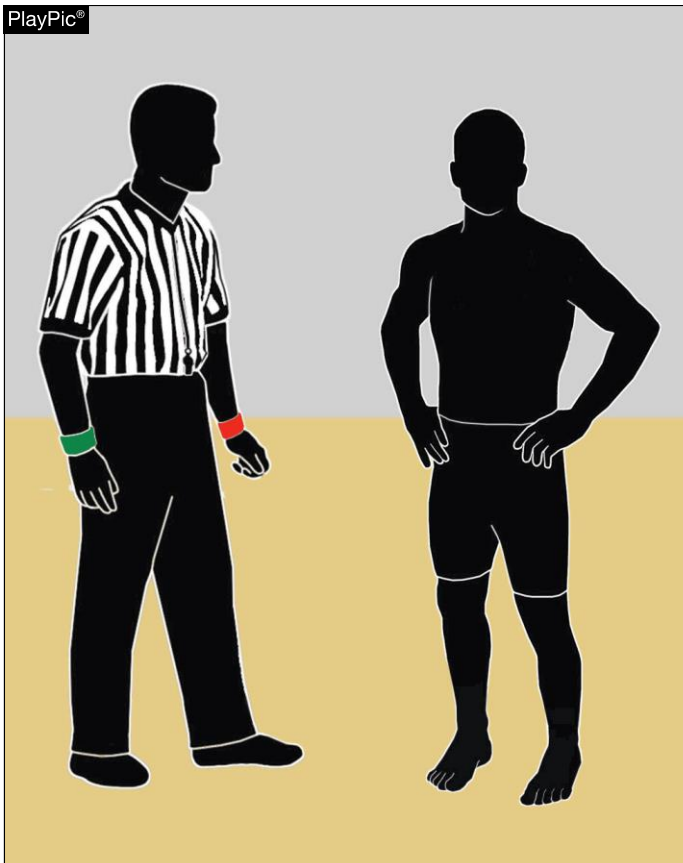




# NFHS WRESTLING POINTS OF EMPHASIS

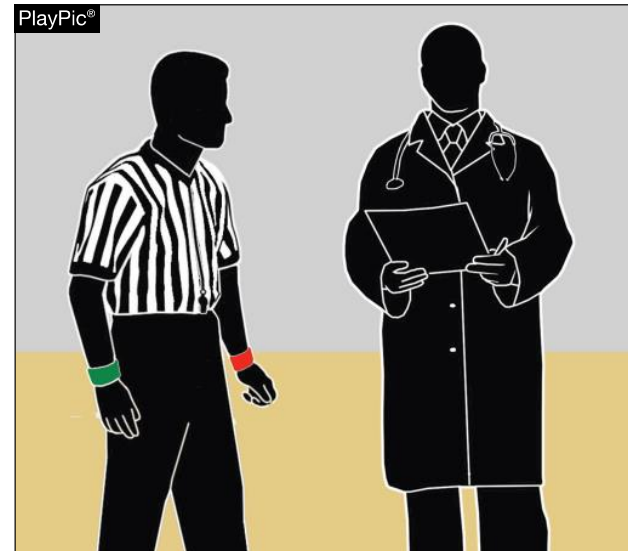


# COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



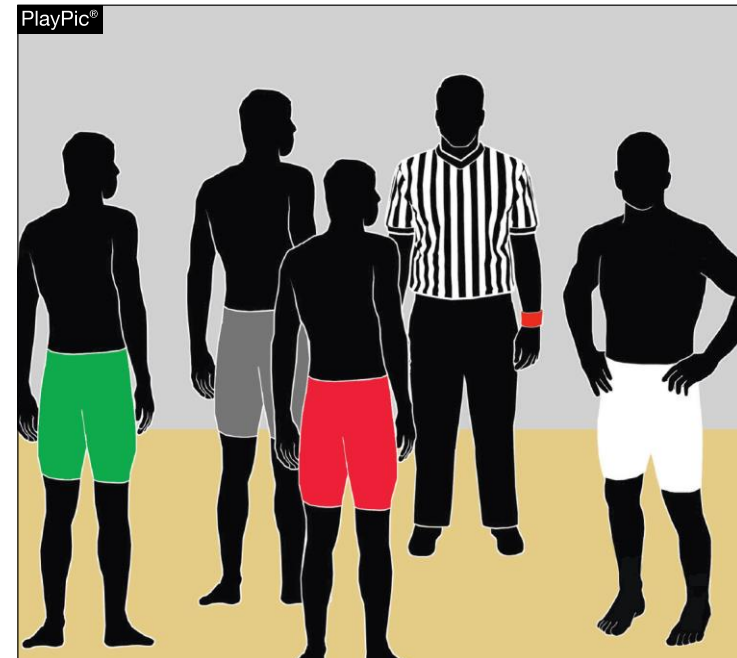
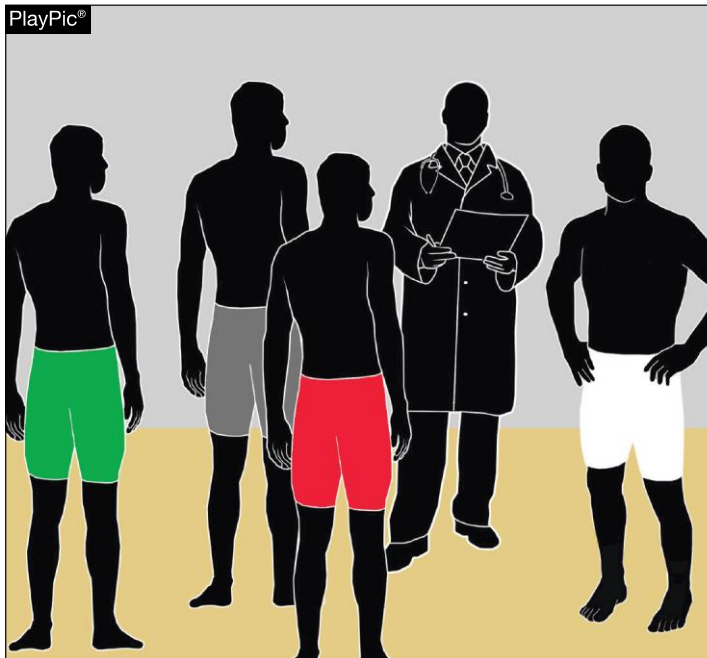
- Before the dual meet begins, the referee shall perform skin checks or verify skin checks have been performed by a designated, on-site meet, appropriate health-care professional.

# COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



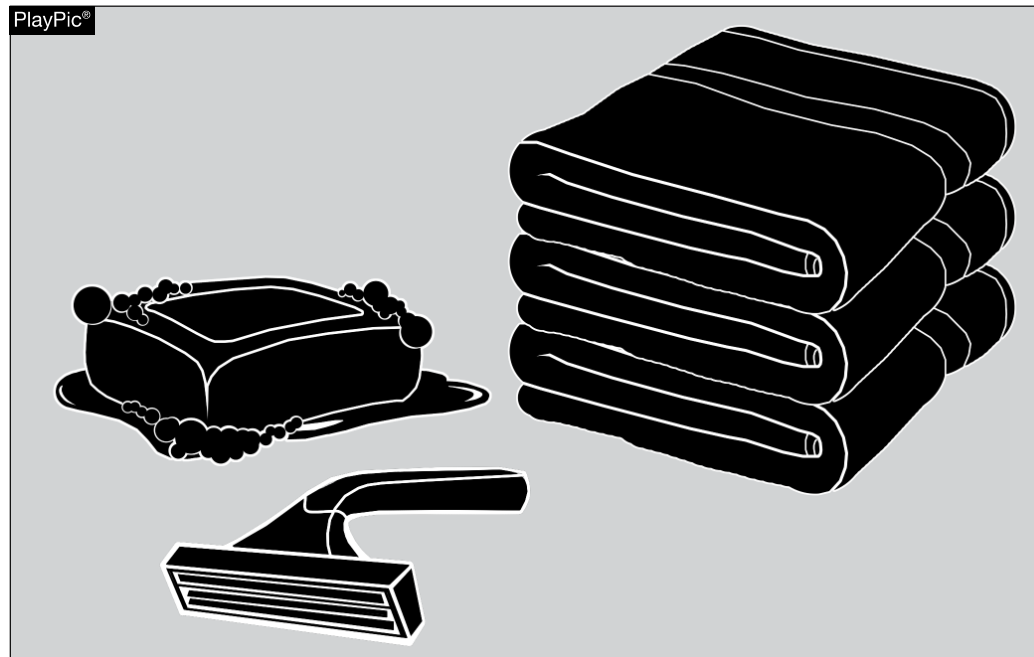
- Before a dual meet begins, a designated, on-site meet, appropriate health-care professional may perform the skin checks (PlayPic A). If so, the referee shall verify that the skin checks were performed by a designated, on-site meet, appropriate health-care professional before a dual meet begins (PlayPic B).

# COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- Before a tournament begins each day, skin checks shall be performed by a designated, on-site meet, appropriate health-care professional (PlayPic A) or the referee (PlayPic B).

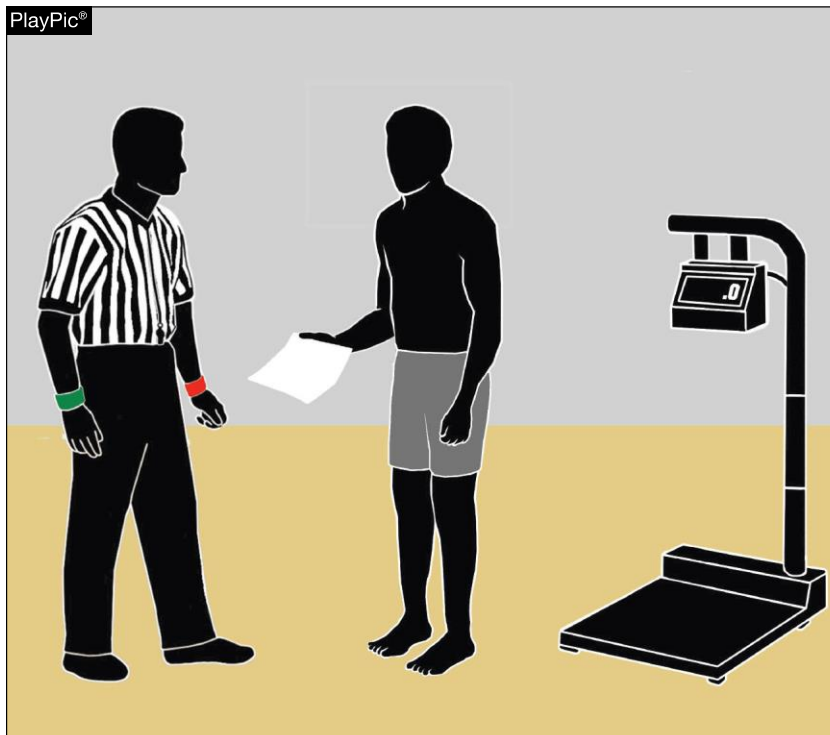
# COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- One of the keys to preventing the spread of communicable skin conditions is to have wrestlers refrain from sharing soap, razors or towels.



# COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- It is imperative that ALL referees perform skin checks — or verify that skin checks have been done by a designated, on-site meet, appropriate health-care professional — as part of their pre-meet duties prior to EVERY dual meet and tournament. If there is a suspicious condition, the wrestler or coach **MUST** present the proper clearance form at the weigh-in for any dual meet or tournament in order for the wrestler to be allowed to compete.

# COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- One of the keys to preventing the spread of communicable skin conditions is to clean wrestling mats daily with a solution of 1:100 bleach and water or an appropriate commercial cleaner.

# CONTROL

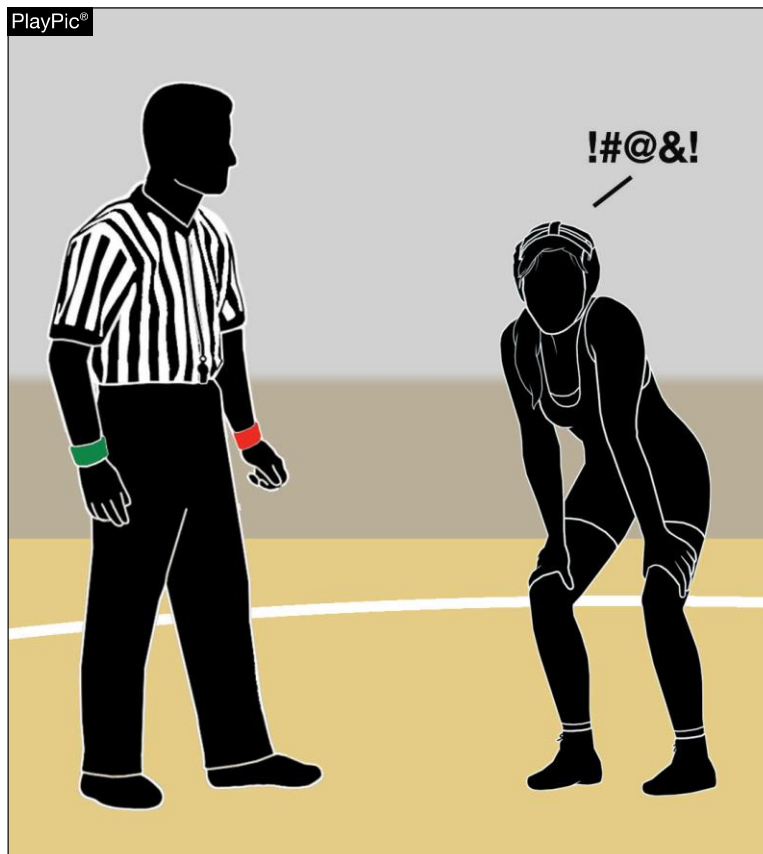
- Is the very essence of wrestling.
- It occurs when an individual wrestler gains control of his/her opponent in such a way that he or she has restraining power over them.
- There are three phases of control.
  - Gaining
  - Losing
  - Changing
- It is important that the official is able to recognize when each phase transitions to another phase.



## ARM TRAP

- In a rear-standing position with the defensive wrestler's arm(s) trapped while he/she is lifted off his feet, it should be considered potentially dangerous.
- There is a risk that when the wrestler is returned to the mat and has no use of their arm(s) to break the fall, a serious injury could occur.
- Returning the wrestler to the mat in a controlled fashion is one of the highest priorities for the controlling wrestler and the observing official.

# WRESTLER CONDUCT



- Coaches and referees must be at the forefront in promoting good sportsmanship, which includes eliminating profanity, among the athletes.





# SPORTSMANSHIP/GOOD SPORTING BEHAVIOR

- Coaches and officials need to work together.
- Each match is an opportunity to teach life lessons in conjunction with wrestling.
- Coaches who model good and appropriate behavior will send a positive message to the student wrestlers and the spectators.
- The positive values learned will serve the students long after their interscholastic wrestling careers have concluded.





# THE STATE OF HIGH SCHOOL WRESTLING

- The NFHS Wrestling Rules Committee is very concerned about the participation decline in high school wrestling.
- There may be a number of contributing factors: concussions, traditional uniform preferences, skin conditions, reduced or lack of home matches, overuse, and possibly the current conditions with young people having so many other options to occupy their time and energy.



# THE STATE OF HIGH SCHOOL WRESTLING (CONTINUED)

- The committee will continue to investigate other factors that are creating barriers for young people to enjoy this wonderful sport and will work from a rules - writing perspective to make helpful changes.
- The committee encourages the local coaches to work with their school administration to address these issues as best they can at all levels of wrestling in their community. Together, we can turn this decline into an increase and welcome more young people into the sport of wrestling.





# NFHS OFFICIALS ASSOCIATION CENTRAL HUB



# NFHS OFFICIALS ASSOCIATION CENTRAL HUB

[HTTPS://NFHS-WRESTLING.ARBITERSPORTS.COM/FRONT/105418/SITE](https://nfhs-wrestling.arbitersports.com/front/105418/site)

- Contains:
  - Sport information
  - Rules information
  - Rules library
  - Searchable rules book
  - Video content on officiating sport, competition situations and interpretations

The screenshot shows the 'ON THE MAT' section of the NFHS Officials Association website. The header includes the NFHS logo, 'OFFICIALS ASSOCIATION', and 'POWERED BY Arbitersports'. A navigation bar contains links for NFHS HOME, WRESTLING, VIDEO, PUBLICATIONS, GROUP INFO, FORUM, and CONTACT. Below the header is a large banner with the text 'NFHS WRESTLING OFFICIATING | ON THE MAT'. A search bar is located below the banner. The main content area is divided into three columns. The left column, titled 'Wrestling Rules Information', lists links for '2016 Wrestling Rules Press Release', '2015-16 WRESTLING POINTS OF EMPHASIS', 'Pre-Match Requirements for Referees Clarified in High School Wrestling', and '2015-16 Wrestling Rules Changes'. The middle column, titled 'Welcome', features a photo of B. Elliot Hopkins, NFHS Director of Sports, and a welcome message. The right column, titled 'Sport Specific Information', lists various sports with links: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, and Water Polo.



# NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials







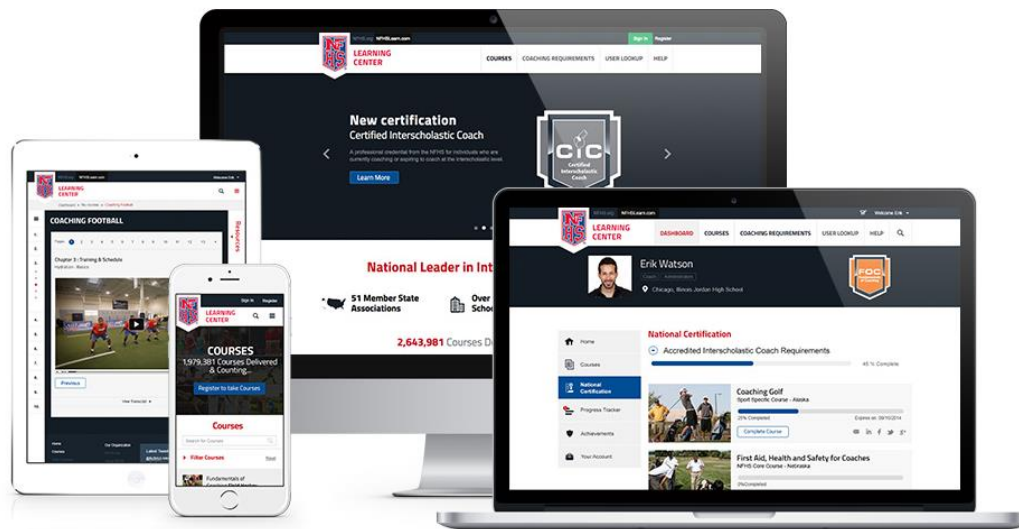
# NFHS LEARNING CENTER





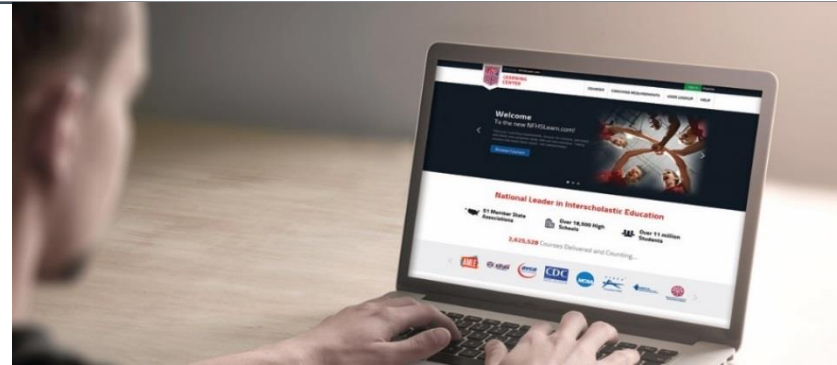
# THE NFHS LEARNING CENTER

- **Mission:** Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.




# WWW.NFHSLEARN.COM

- Register on NFHSLearn.com and receive the following great benefits:
  - Immediate access to all 18 NFHS free courses
  - Opportunity to receive email updates on your sport, upcoming courses and much more
  - Access coursework 24/7/365
  - Access completion certificates 24/7/365





# COACHING WRESTLING

 Sport Specific Course

Coach

Please Select Your State



\$

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## Course Details



## Related Courses



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Teaching and  
Modeling Behavior

# NFHS FREE COURSES

- Concussion in Sports
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively with Parents
- Sudden Cardiac Arrest
- Captains Course
- Interscholastic Officiating



**National Coach Certification Program**





**NFHS NETWORK**





# NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



# 27 DIFFERENT SPORTS AND ACTIVITIES

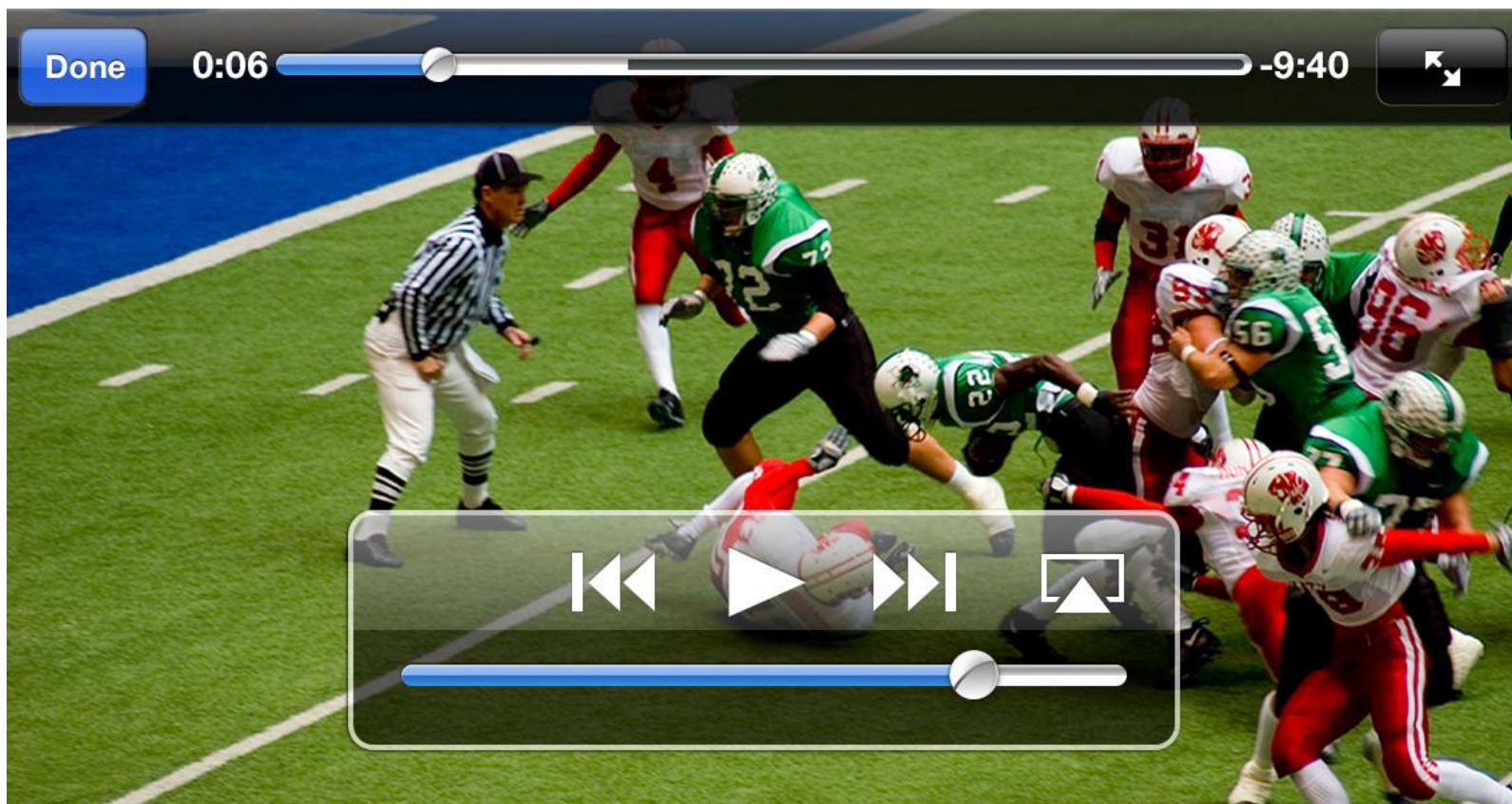


# 3 MILLION UNIQUE VIEWERS



# NFHS NETWORK

- View from mobile...





**THANK YOU AND HAVE A  
GREAT SEASON!**

[www.nfhs.org](http://www.nfhs.org)

