

WRESTLING RULES UNIT I



Scott Owen, Assistant Director
(505) 923-3273, s.owen@nmact.org

Welcome to the 2024-2025 New Mexico Activities Association high school wrestling season. Please note the following important points of emphasis for the 2024-25 season:

- NFHS Wrestling Rule Changes
- Mat Set-Ups and Out-of-Bounds Safety Area
- Post-Season Eligibility Rules
- Forfeits and Filling Line-Ups
- TW/OPC Weigh-In Sheets
- Honoring Contract Agreements
- Sportsmanship and Officials Recruitment

The points of emphasis for 2024-25 represent current issues that challenge participation in the sport of wrestling and the effectiveness of an education-based athletic experience. Please focus your efforts in these areas and help us collectively make the sport of high school wrestling in New Mexico something we can all be proud of. Though we are competitors, the nature of the sport demands that each of us maintain certain standards to ensure the health of ALL the participants, the integrity of ALL competitions, and the quality of the learning experience for ALL.

Sincerely,

A handwritten signature in black ink, appearing to read "Scott Owen", is positioned below the word "Sincerely,".

Scott Owen
Director of Wrestling
NMAA