



# 2019-20 NFHS WRESTLING RULES POWERPOINT

National Federation of State  
High School Associations



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Rules Changes  
Points of Emphasis  
Official's Signal





# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS (NFHS)





# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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- VISION

- The National Federation of State High School Associations (NFHS) is the national leader for education-based high school athletics and activities, which prepare tomorrow's leaders for the next level of life through innovative programs, healthy participation, achievement, and development of positive relationships.





# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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- MISSION

- The National Federation of State High School Associations (NFHS) serves its members by providing leadership for the administration of education-based high school athletics and activities through the writing of playing rules that emphasize health and safety, educational programs that develop leaders, and administrative support to increase participation opportunities and promote sportsmanship.





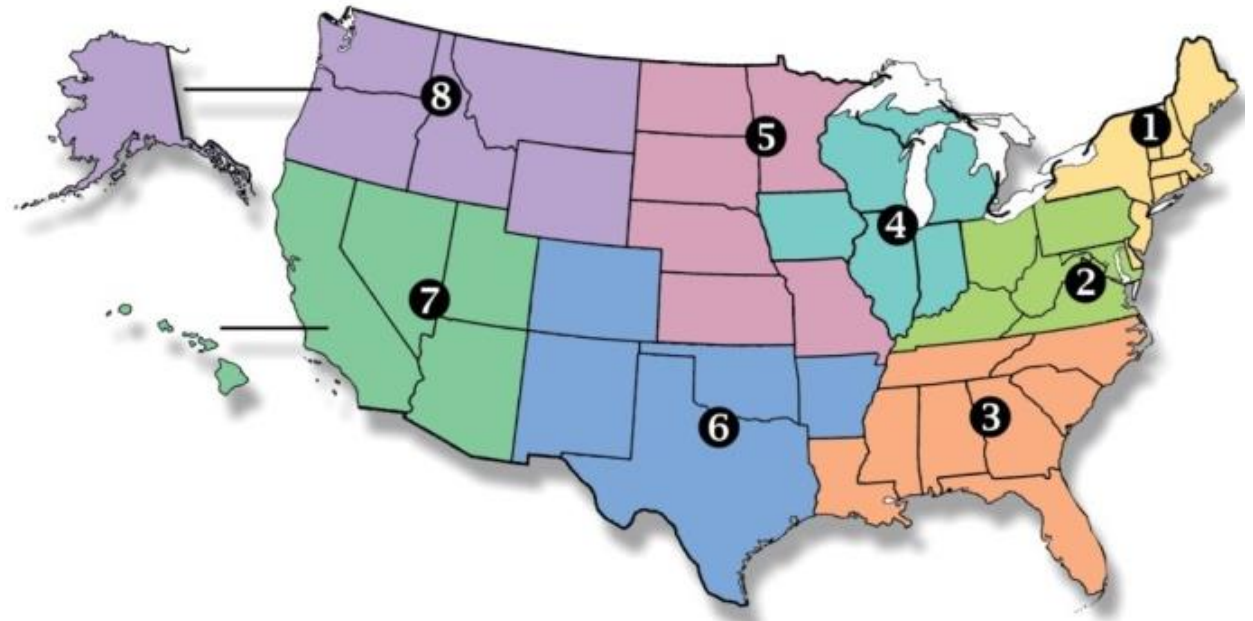
# NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- 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.



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Chief Operating  
Officer



**Lindsey Atkinson**  
Girls Lacrosse and  
Volleyball



**Bob Colgate**  
Football and Sports  
Medicine



**Sandy Searcy**  
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**James Weaver**  
Boys and Spirit



**Theresia Wynns**  
Basketball and  
Soccer



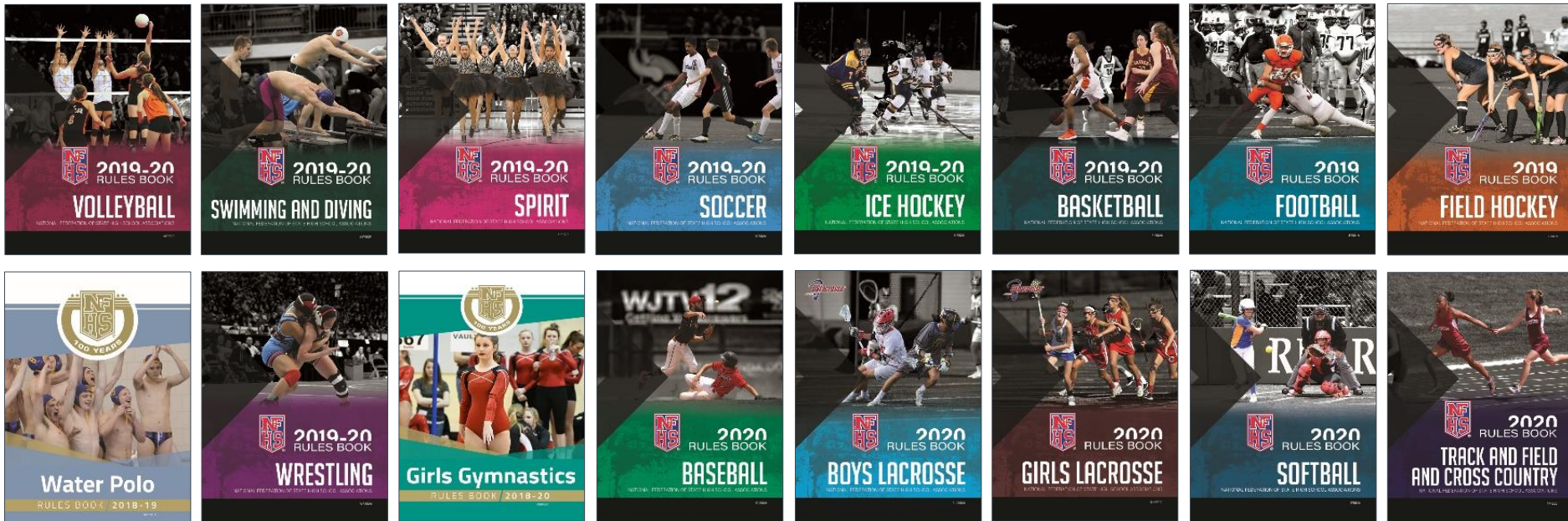
**Dan Schuster**  
Ice Hockey





# 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



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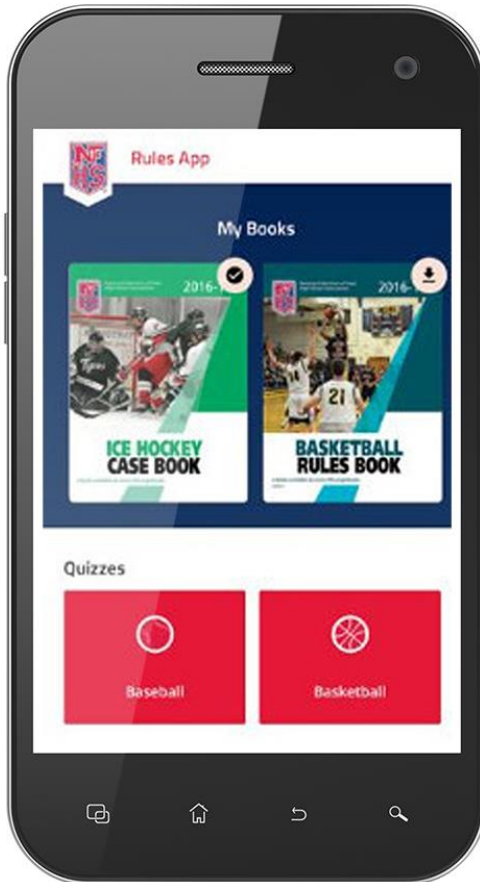
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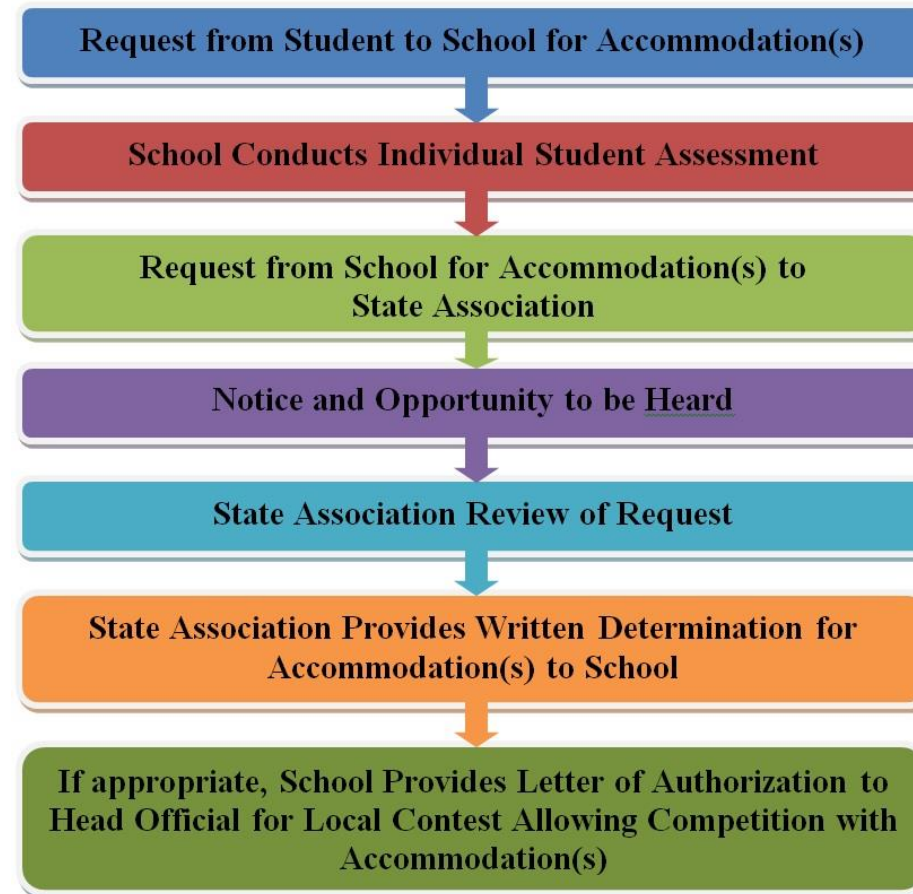


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# GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS





# 2019-20 NFHS WRESTLING RULE CHANGES





# UNIFORM RULE 4-1-1a



Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.



## RULE 4-1-1a

- **Change:**
- **ART. 1 . . .** A legal uniform consists of:
- a. a one-piece singlet cut...between the armpit and belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.



 **RULE 4-1-1a**

- The one-piece singlet may be worn with full-length tights with stirrups. ~~Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.~~ The one-piece singlet shall be school-issued.
- NOTE: Female contestants wearing a one-piece singlet shall wear a form-fitted compression suitable undergarment that completely covers their breasts.





## RULE 4-1-1a

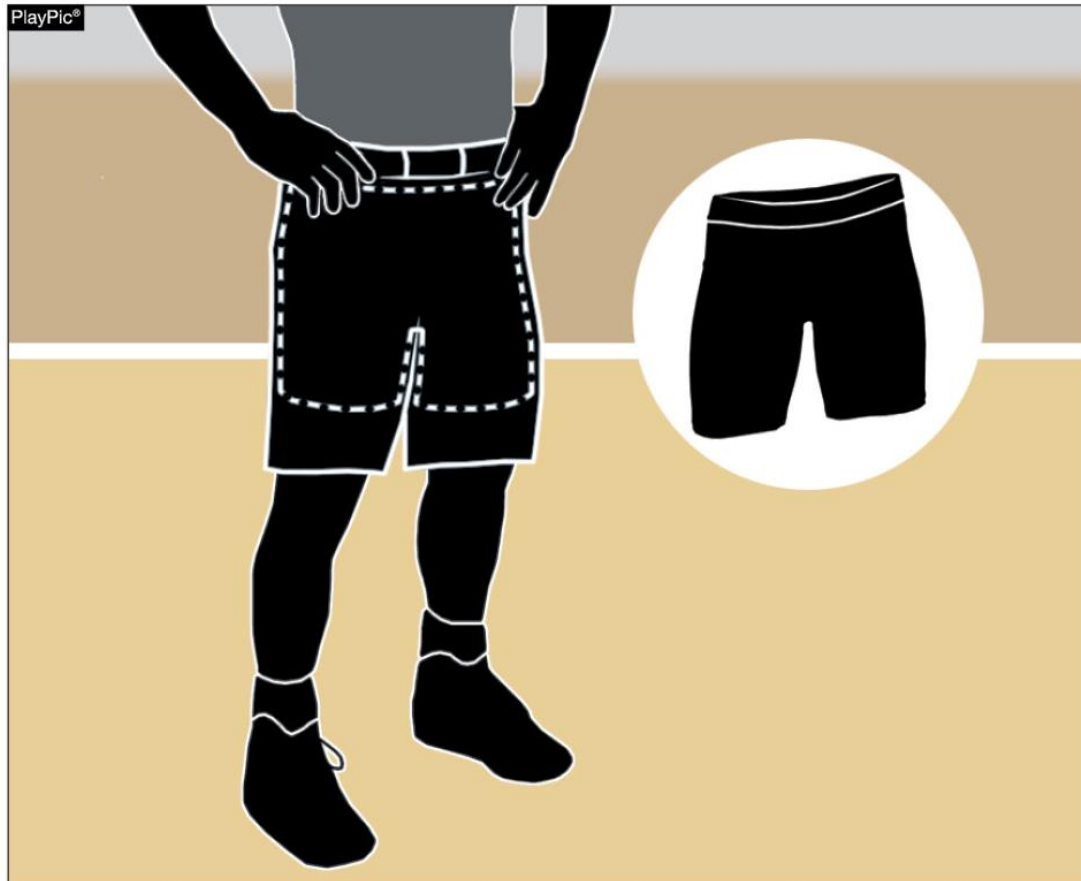
### Rationale:

This rule proposal reinforces the importance of how wrestlers should be required to be properly attired on the mat during competition, regardless of gender. Currently, there was no specific requirement for what a wrestler wears under a singlet. Light colored or white singlets become transparent if an undergarment is not worn underneath. This creates a modesty concern that athletes are revealing more than is appropriate.





# UNIFORM RULE 4-1-1b



A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under shorts designed for wrestling and compression shorts.

 **RULE 4-1-1b**

- **Change:**
- **ART. 1 . . .** A legal uniform consists of:
  - b. Compression shorts or shorts designed for wrestling shall...snaps, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area ~~must~~ shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet.





## RULE 4-1-1b

- Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.

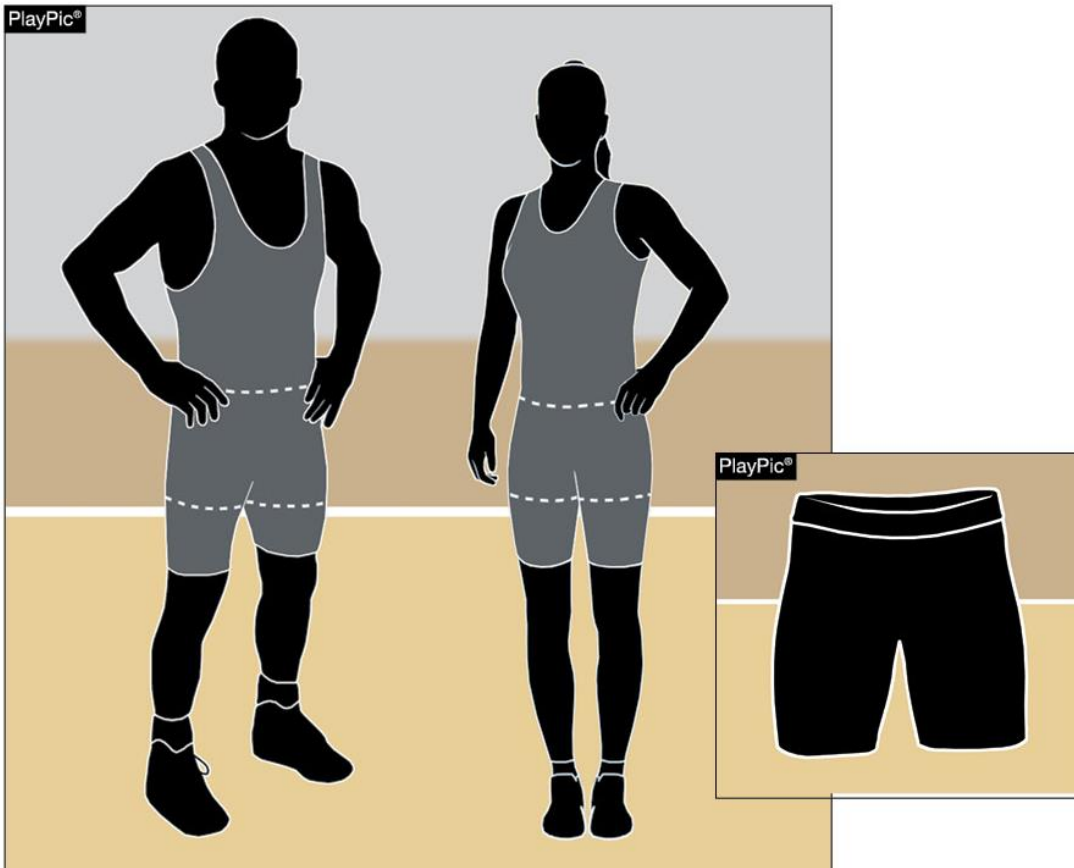
### **Rationale:**

This rule now requires a suitable undergarment to be worn under compression shorts. Light colored or white compression shorts become transparent if an undergarment is not worn underneath.





# UNIFORM RULE 4-1-1a, 4-1-1c NOTE



A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.

## RULE 4-1-1c NOTE

- **Change:**

NOTE: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that 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.





## RULE 4-1-1c NOTE

### Rationale:

Female wrestlers are required to wear an undergarment that covers the breasts. By adding additional language to minimize the risk of exposure, it will raise the expectation that the suitable undergarment should provide coverage and support during competition.

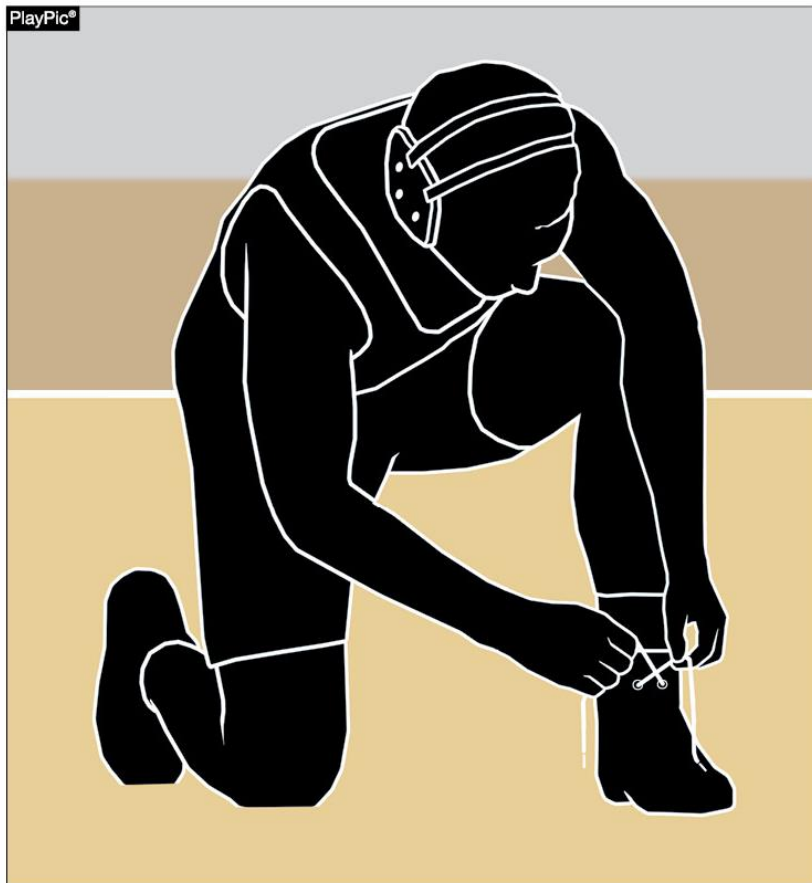
This rule now requires the contestants to wear a suitable undergarment to cover the buttocks and groin under a singlet. Some light-colored or white singlets become almost transparent and create modesty concerns.







# SHOELACES RULES 4-1-3, 7-6-6d



If shoelaces are visible, they shall be secured in an acceptable fashion. Double knotting of the laces is acceptable. If the shoelaces come undone, the penalty would be an automatic stalling call.



## RULES 4-1-3, 7-6-6d

### Change:

**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. If laces are visible, they shall be secured in an acceptable fashion. If the shoe laces come undone the penalty would be an automatic stalling call.

(NOTE: acceptable secure fashion could be double knotting of the laces)



## RULES 4-1-3, 7-6-6D

### Rationale:

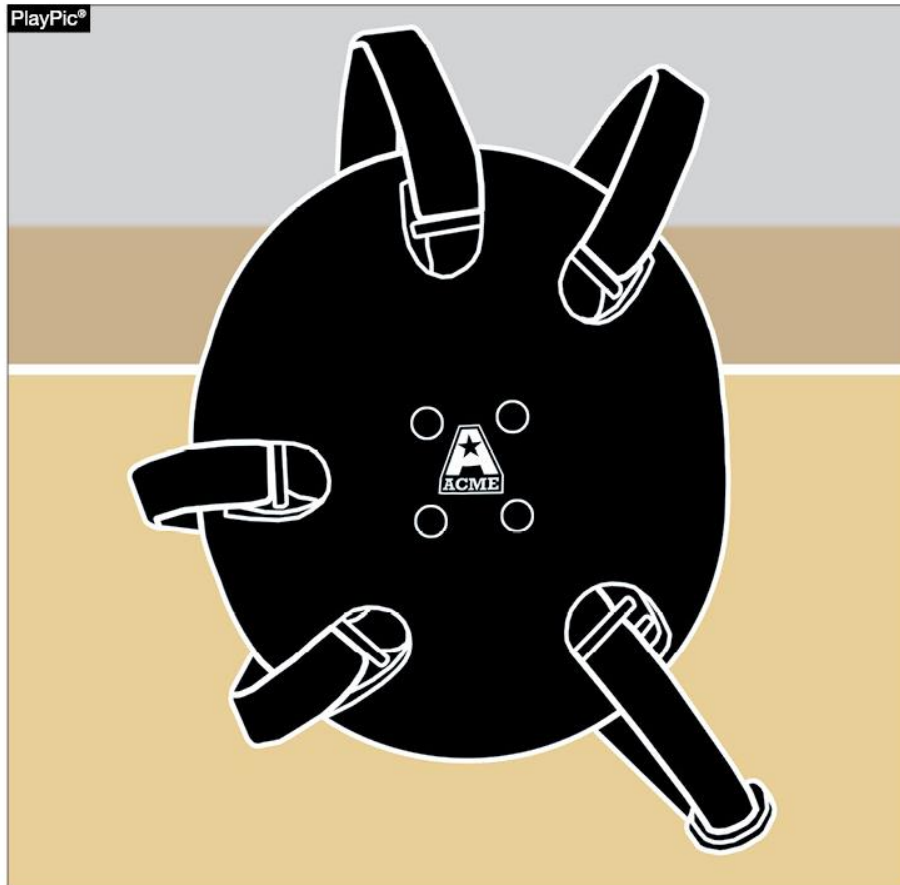
This rule holds the coach and wrestler accountable to verification that they have come to the mat properly equipped. This also allows the usage of double knotting of the laces as another way to secure the shoes.





# LOGOS ON EAR GUARDS

## RULE 4-1-4



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 or promotional reference shall be allowed on the wrestling ear guard.

## **RULE 4-1-4**

- **Change:**
- **ART. 4 . . .** Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:
  - a. adequate ear protection;
  - b. no injury hazard to the opponent; and,
  - c. an adjustable locking device to prevent it from coming off or turning on the wrestler's head.



## **RULE 4-1-4**

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 or promotional reference shall be allowed on the wrestling ear guard.





## RULE 4-1-4

### **Rationale:**

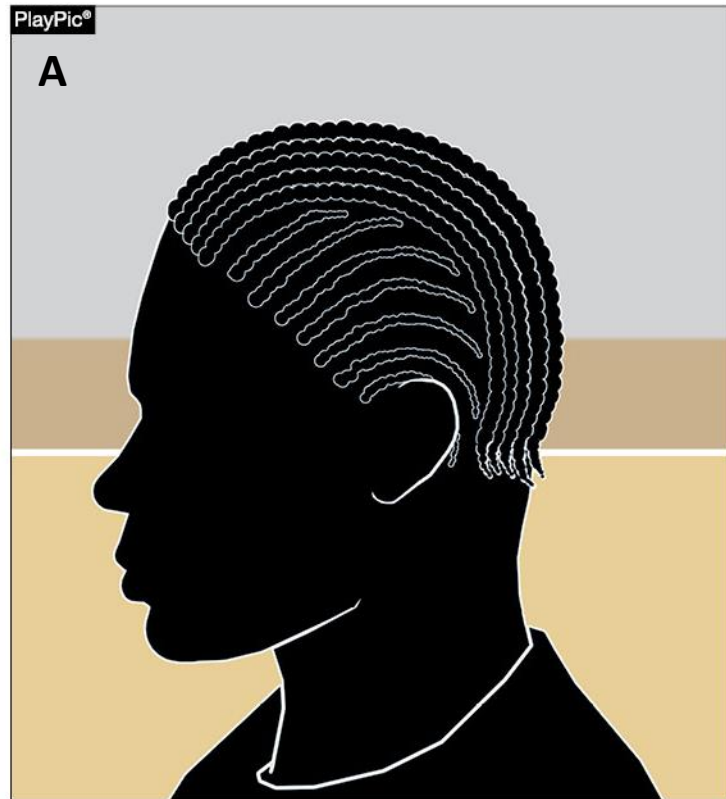
The available space on ear guards has become a blank canvas for non-school issued or non-approved promotional logos or references. The intent of NFHS Rule 4 is to maintain the sanctity of the wrestler's uniform and ear guards by not allowing impractical images that detracts from school-issued equipment and uniforms.







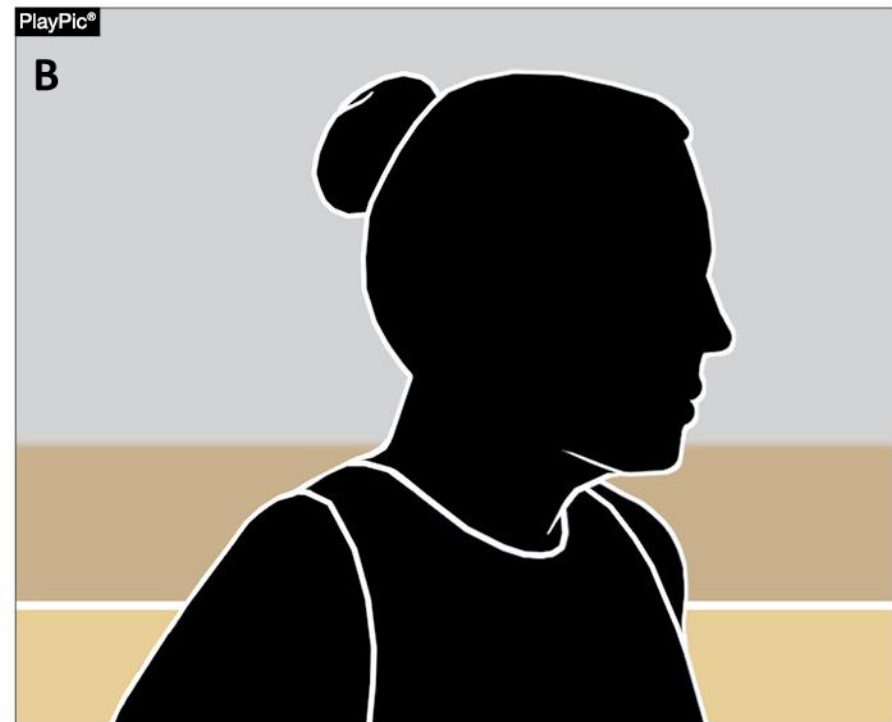
# HAIR RULE 4-2-1



The hair in  
PlayPics A and B  
is legal.



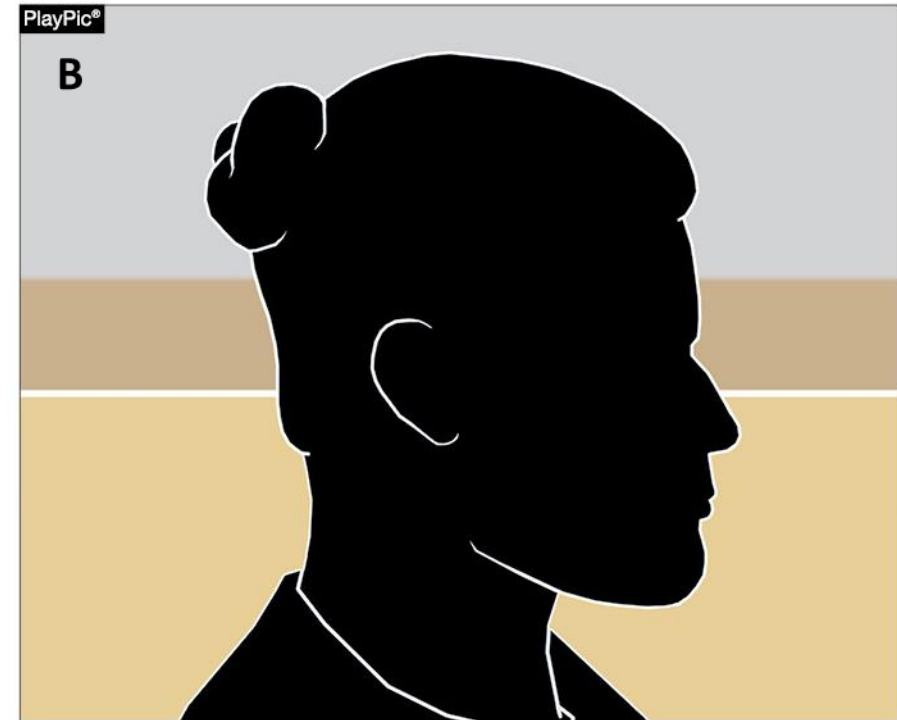
# HAIR RULE 4-2-1



If hair is longer than allowed (PlayPic A), a legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic B).



# HAIR RULE 4-2-1



The hair in PlayPic A is legal. A legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic B).





# HAIR RULE 4-2-1



If hair is longer than allowed, a legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic A). The hair in PlayPic B is legal.



## RULE 4-2-1

- **Change:**
- **ART. 1 . . .** During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level. Hair, ~~trimmed and well groomed~~ ~~The hair in its natural state~~, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. (Photos 2-3) A neatly trimmed mustache that does not extend





 **RULE 4-2-1**

below the line of the lower lip shall be permissible. If an individual has hair longer than allowed by rule, ~~it may be braided, or rolled if it is~~ it shall be contained in a cover so that the hair rule is satisfied. (Photo 4) Physical hair treatment items that are hard and /or abrasive such as (beads, bobby pins, barrettes, pins, hair clips, etc. or any other hair control device) shall not be permitted. A legal hair- controlled device such as rubber band(s) shall be secured so as not to come out readily during wrestling.



## RULE 4-2-1

The legal cover shall be attached to the ear guards...at the site. If an individual has facial hair, it ~~must~~ shall be covered with a face mask. All legal hair covers and face masks will be considered as special equipment. If an individual's hair is as abrasive as an unshaved face, the individual shall be required to shave the head as smooth as a face is required, or wear a legal hair cover.





## RULE 4-2-1

### Rationale:

The term "well groomed" is extremely subjective and there is no standard to meet such an arbitrary expectation. Hair that is manipulated poses no threat to either wrestler. It is neither abrasive nor cumbersome. However, physical hair treatments do present a risk to either wrestler due to the hardness, texture (sharpness) or abrasiveness and should not be allowed.



# SPECIAL EQUIPMENT RULE 4-3-5



During a match, wrestlers shall not wear arm sleeves (PlayPic A) or leg sleeves (PlayPic B) that do not contain a pad.

## RULE 4-3-5

- **Change:**
- **ART. 5 . . .** Wrestlers ~~may~~ shall not wear wristbands, sweatbands, bicep bands or leg or arm sleeves that do not contain a pad during a match.

### Rationale:

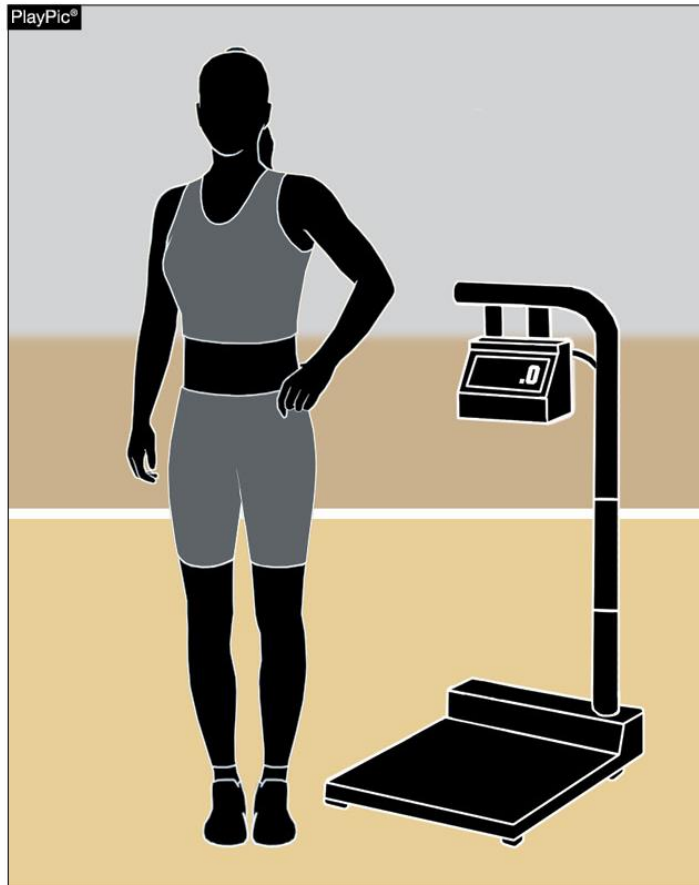
There is no purpose or function for use of a leg or arm sleeve that does not contain a pad for protection. There is no peer review data or research to support their existence. They are intrusive and do not properly fit all wrestlers.







# WEIGH IN RULE 4-5-7



At weigh in, female contestants shall wear a suitable form fitted compression undergarment that completely covers their breasts.

 **RULE 4-5-7**

- **Change:**
- **ART. 7 . . .** All contestants shall weigh-in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants ~~must~~ shall also wear a suitable form fitted compression ~~suitable~~ undergarment that completely covers their breasts. Contestants may wear low cut socks that cannot be removed or added if the wrestlers do not make weight.





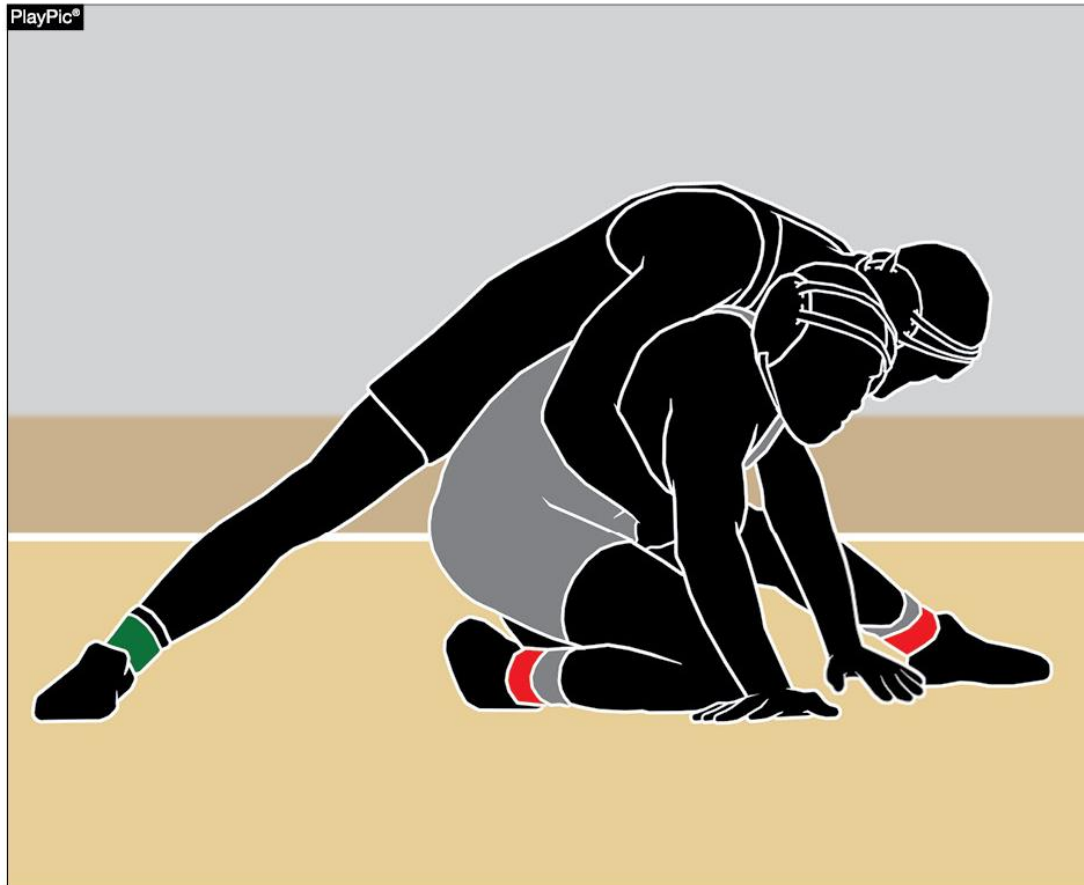
## RULE 4-5-7

### Rationale:

This language requires the use of a foundation garment for female wrestlers. Female wrestlers should wear undergarments that provides appropriate coverage and support.



# TAKEDOWN RULE 5-25-2



A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler's legs or torso are controlled and the wrestler's hand(s) touch the mat beyond reaction time.



## RULE 5-25-2

- **Change:**
- **ART. 2 . . .** A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler's legs or torso are controlled and the ~~majority of the wrestler's weight is supported by his hands.~~ wrestler's hand(s) touch the mat beyond reaction time.  
(photo 31)







## RULE 5-25-2

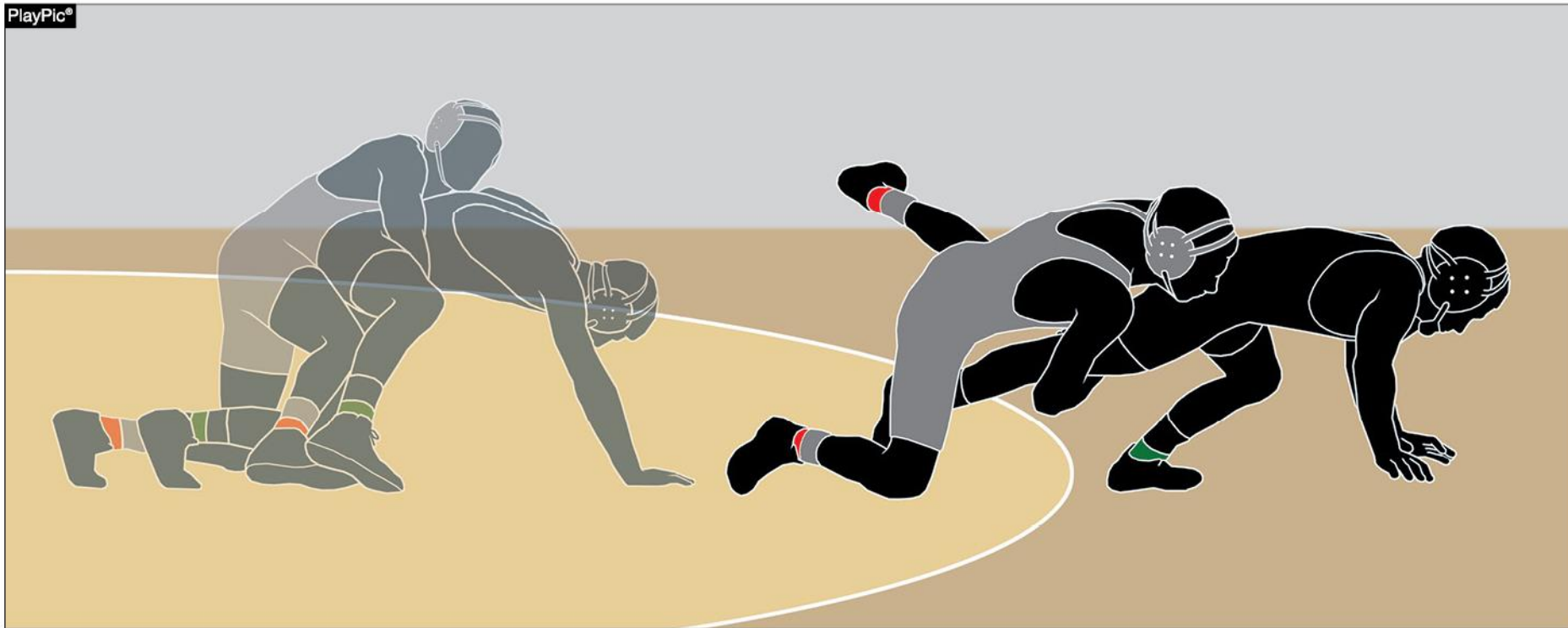
### Rationale:

This rule change eliminates a double standard that was created when the definition of a takedown was revised last year. So now we have a double standard in the rulebook. To be consistent we need to say that whenever the hand(s) touch the mat they are considered supporting point(s). By removal of the "majority of the wrestler's weight" criteria, we will eliminate the need for the official to make a judgmental call on weight bearing extremities. In addition, the application of our new rule on "supporting points" becomes consistent throughout the rulebook, not just on or around the 28-foot circle.





# TECHNICAL VIOLATION RULE 5-27-1a



If the defensive wrestler intentionally goes out of the wrestling area to avoid an imminent scoring situation, it is a technical violation.

## **RULE 5-27-1a**

- **Change:**
- **ART. 1 . . .** There are five types of technical violations. Each is penalized without warning as outlined in Rule 7-3.
  - a. Intentionally going out of the wrestling area or forcing an opponent out of the wrestling area to avoid an imminent scoring situation.





## RULE 5-27-1a

### Rationale:

Now that we have emphasized that pushing or pulling your opponent out of bounds in the neutral position is stalling from last year's rule changes; we need to clarify fleeing and forcing your opponent out of the wrestling area. By adding this language, it will clarify that intentionally going off the mat or forcing your opponent off the mat to avoid wrestling would be stalling. If it occurred to avoid being scored upon, it would be considered a technical violation. This technical violation has been underutilized for years, and hopefully this will give officials the tools and the confidence to distinguish between it and stalling.





# TECHNICAL VIOLATION

## RULE 7-3-1

- **Change:**
- **ART. 1 . . .** Going out of the wrestling area or forcing an opponent out of the wrestling area, by either wrestler at any time as a means of avoiding ~~wrestling~~ an imminent scoring situation, is a technical violation fleeing the mat. Both wrestlers should make every effort to remain inbounds. When the referee feels that either wrestler has failed to make every effort to stay inbounds during an imminent scoring situation, the offending wrestler shall be penalized for fleeing the mat. There can be no technical violation of fleeing the mat if near-fall points have been earned.





# TECHNICAL VIOLATION RULE 7-3-1

## Rationale:

The current rule for stalling presents a situational conflict for the official to make one of two calls, fleeing versus stalling for the similar type of action. Fleeing is an automatic point where stalling may be a warning on the first violation and a point on the second violation. This change would allow the referee to only apply the technical violation call of fleeing when the action is related specifically to a scoring situation. All other types of leaving the wrestling area as a means of avoiding wrestling would fall under the rule of stalling.







# STALLING RULE 7-6-6d

- **Change:**
- **ART. 6 . . .** It is stalling when either wrestler:  
Sub-articles a-c remain the same.  
d. Shoelaces become undone.

## Rationale:

This rule holds the coach and wrestler accountable to verification that they have come to the mat properly equipped. If shoe laces become undone this impedes the flow of the match and the intent of continual action. This also alleviates the burden on the official to determine if it was intentional and or unintentional.





# PENALTIES AND WARNINGS

## RULE 8-1-3

- **Change:**
- **ART. 3 . . .** Penalties and Warnings are cumulative throughout the match. Each infraction has its specific penalty. The penalty for an illegal hold/maneuver, technical violation (except false start or incorrect starting position), unnecessary roughness and wrestler's unsportsmanlike conduct in the match is awarding the opponent of the offender one match point on the first and second offenses and two match points on the third offense.





## PENALTIES AND WARNINGS RULE 8-1-3

A fourth offense shall result in disqualification. ~~The first call for stalling will receive a warning prior to the opponent of the offender being awarded a match point.~~ The first two calls for a false start or incorrect starting position will be receive cautions. Following the two cautions, one match point will be awarded to the opponent of the offender for each subsequent violation. (See Penalty Chart)





## **PENALTIES AND WARNINGS**

### **RULE 8-1-3**

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#### **Rationale:**

Officials need to call stalling more consistently in order to increase the level of aggressive, offensive wrestling. By removing stalling from the progressive penalty sequence, officials will be able to penalize wrestlers more freely without complicating the matter when it is combined with other penalties (locked hands, fleeing, grasping clothing, etc.) Removing the stalling call from the penalty progression will allow officials more freedom to call stalling earlier, more consistently and without hesitation when they feel it is warranted.





# WARNING AND PENALTIES FOR STALLING

## RULE 8-1-4

**Change:** New Penalty Chart and new Stalling Penalty Chart

- **ART. 4 . . .** Warnings and Penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart. On the first offense the wrestler will receive a warning. The opponent of the offender will be awarded one match point on the second and third offense, two match points and choice of position on the next restart for the fourth offense. A fifth offense shall result in disqualification. (See Penalty Chart)





# WARNING AND PENALTIES FOR STALLING

## RULE 8-1-4

**PENALTY CHART** (Available in PDF format on [www.NFHS.org](http://www.NFHS.org))

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Illegal Holds/Maneuvers	7-1	No	1 Pt.	1 Pt.	2 Pts.	Disqualify
Technical Violations	7-3	No				
Unnecessary Roughness	7-4-1	No				
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No				
Not Reporting to Scorer's Table Properly Equipped	8-1-1	No				
False Start or Incorrect Starting Position	8-1-3		Following two cautions there is a 1-point penalty for each subsequent infraction			
Coach Misconduct (during the match)	5-5, 6-6-6, 7-5-4, 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct – Contestants (not during the match), Coaches and Other Team Personnel	7-4-2, 7-5-3, 8-1-4	No	Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		
Flagrant Misconduct – Contestants	7-4-3, 8-1-6	No	Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.			
Flagrant Misconduct – Coaches and Other Team Personnel	7-5-5, 8-1-3, 8-1-6	No	Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.			
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces, Illegal Equipment or Uniform	7-3-5, 8-1-1	No	Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time. If corrected within the 1½-minute injury time, a technical violation shall be assessed against the offending wrestler.			
<b>Summary of Technical Violations</b> Going out of Wrestling Area (Fleeing) (7-3-1) Grasping Clothing, Etc. (7-3-2) Interlocking Hands (7-3-3) Leaving Wrestling Area Without Permission (7-3-4) Reporting to the Scorer's Table Not Properly Equipped or Not Ready to Wrestle (7-3-5)			<b>NOTE 1:</b> Disqualification due to technical violation, illegal hold/maneuver, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event. <b>NOTE 2:</b> Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned. <b>NOTE 3:</b> Disqualification due to stalling does not eliminate a contestant from further competition in tournaments.			

**STALLING PENALTY CHART**

Stalling	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
* (Plus opponent will have choice of position on next restart)	7-6, 8-1-4	Yes	1 Pt.	1 Pt.	2 Pts.	Disqualify





# WARNING AND PENALTIES FOR STALLING

## RULE 8-1-4

### Rationale:

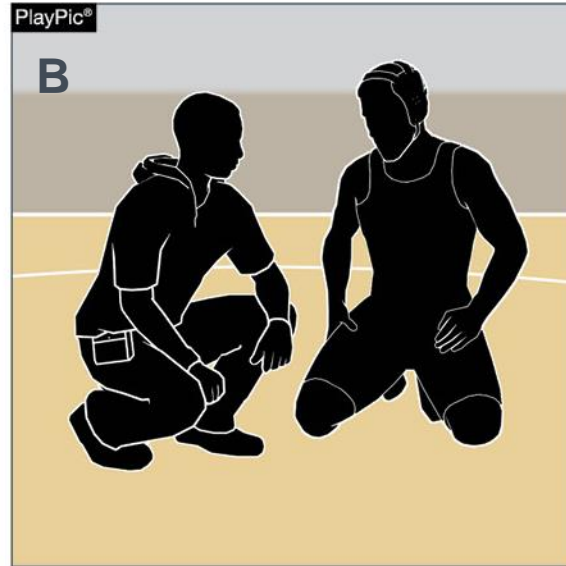
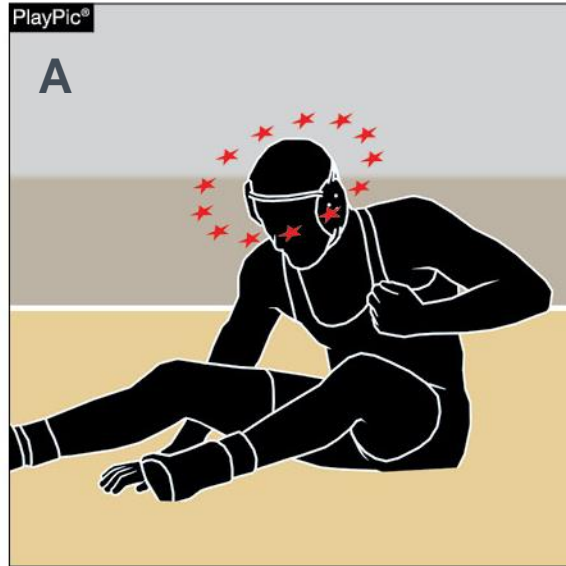
Officials need to call stalling more consistently in order to increase the level of aggressive, offensive wrestling. By removing stalling from the progressive penalty sequence, officials will be able to penalize wrestlers more freely without complicating the matter when it is combined with other penalties (locked hands, fleeing, grasping clothing, etc.) Removing the stalling call from the penalty progression will allow officials more freedom to call stalling earlier, more consistently and without hesitation when they feel it is warranted.







# INJURY TIME RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3



When an athlete suffers a suspected injury involving the head neck, cervical column and/or nervous system only (PlayPic A) and an appropriate health-care professional is present (PlayPic B), the referee should give the signal to the timer to indicate evaluation time may be extended to a maximum of 5 minutes.





## INJURY TIME

### RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

**Change:**

**ART. 4 . . .**

a.Any contestant who exhibit signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health-care professional. (See NFHS Suggested Guidelines for Management of Concussion in Sports, in Appendix B.)





# INJURY TIME

## RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

- b. The following modifications to injury time-outs will be used in all competition regarding injuries to the head and neck involving cervical column and/or nervous system:
- (1) In the absence of appropriate health-care professional, (physician and/or certified athletic trainer) all injuries to the head and neck involving the cervical column and/or nervous system will be covered by the same time frame as other injuries. (See 5-28-6, 8-2-1)





# INJURY TIME

## RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

(2) When appropriate health-care professional(s) are present, they have jurisdiction to extend the allowed time limit to a maximum of five (5) minutes for evaluation of the injuries to the head and neck involving cervical column and/or nervous systems only, at which time the athlete would be required to prepare without delay for continuation or default the match.

(3) 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.





# INJURY TIME RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

- NOTE: When this provision is used, the time consumed for the injury will in no way affect time used, or available, for other types of injuries.





# INJURY TIME RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

## Rationale:

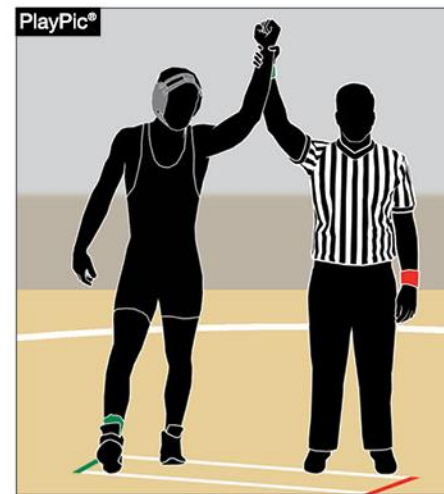
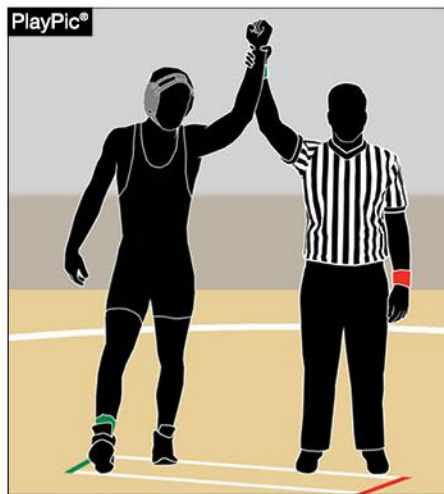
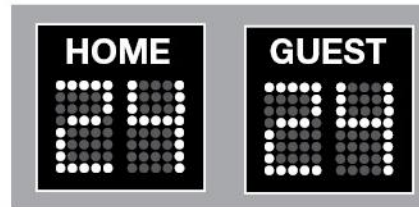
This rule change allows additional time to evaluate concussions when an appropriate health-care provider is present. If one is not present, the regular injury time is used. It can only be used once to avoid fake injuries. Recovery and blood time are not extended under this new rule.

It cannot be used for any other types of injuries. An extension of time to five minutes is reasonable and has been proven to be successful for the last 27 years in a Midwestern state.





# TEAM SCORING RULE 9-2-2f



Guest Forfeits

Home Forfeits

The dual meet ends with a tied team score. The tiebreaker went to the fifth criteria, forfeits. Since the home team forfeited more bouts than the guest, the guest wins the dual.







# TEAM SCORING RULE 9-2-2f

- **Change:**
- **ART. 2 . . .** In dual-meet competition, if teams have identical scores, the following team tie-breaking system shall be used to determine the winner.
- Criteria a-e remain the same.
- f. The team giving up the least number of forfeits.
- Criteria shall be re-labeled through q.





# TEAM SCORING RULE 9-2-2f

## Rationale:

This rule change maintains that forfeits should not be encouraged by rules that give the forfeiting team an advantage. Teams should be encouraged to put a wrestler on the mat for every weight class - not penalized by the likelihood of giving up scoring events counting against them (criteria H and beyond).





# NFHS WRESTLING EDITORIAL CHANGES





# HEAD/NECK/CERVICAL COLUMN RULE 5-28-6

- **Change:**
- **ART. 6 . . .**Head/Neck/Cervical Column. If a contestant is injured and the onsite appropriate health-care professional 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, which is not deducted from the injured wrestler's previous injury time allowance.





# HEAD/NECK/CERVICAL COLUMN RULE 5-28-6

- 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.

**Rationale:**  
Editorial.







# 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. Furthermore, he or she is the adult who is responsible that each wrestler's skin, nails and hair 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 it becomes 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.





# STALLING



Forcing an opponent off the mat (PlayPic A) or fleeing the mat to avoid wrestling (PlayPic B) are considered stalling and must be penalized.



## STALLING

Wrestling is an aggressive endeavor and should be coached and executed in that manner. It is expected that wrestlers stay inbounds and compete. There is no passive wrestling. There are no provisions in the rules to allow a wrestler to rest.





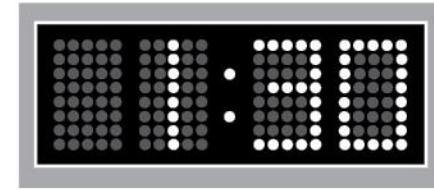
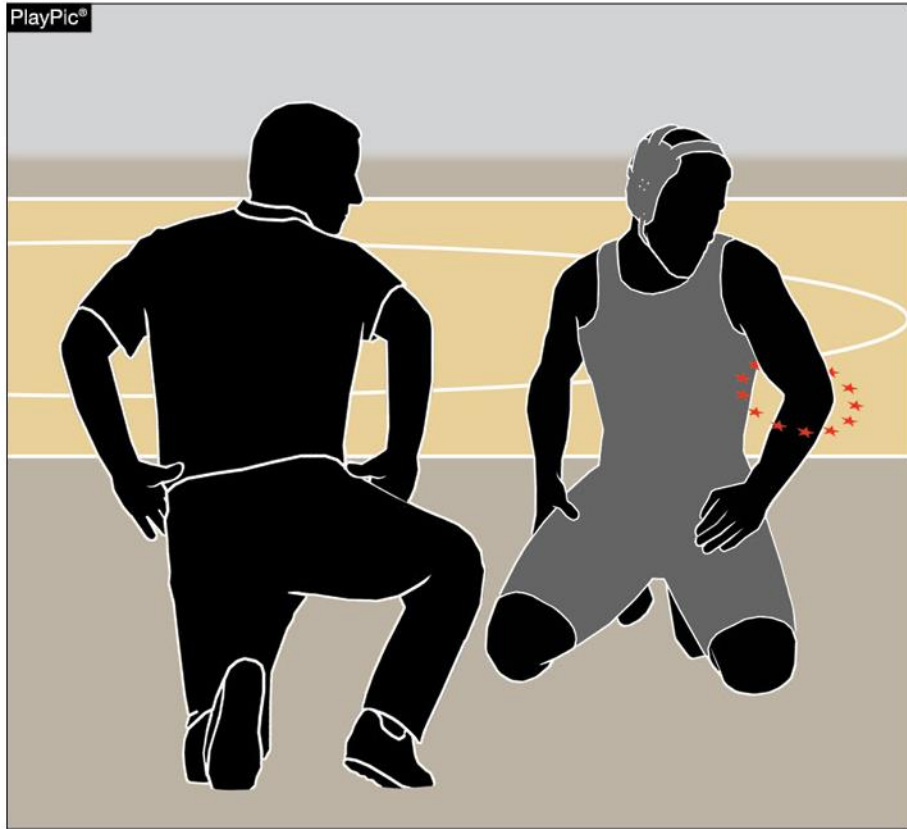
## STALLING

Backing off the mat out bounds, pushing or pulling the opponent out of bounds, hands locked around leg of an opponent without the intent of taking him or her down or preventing the opponent from scoring is considered stalling. The referee should be firm and consistent in enforcing the letter and spirit of the rule.





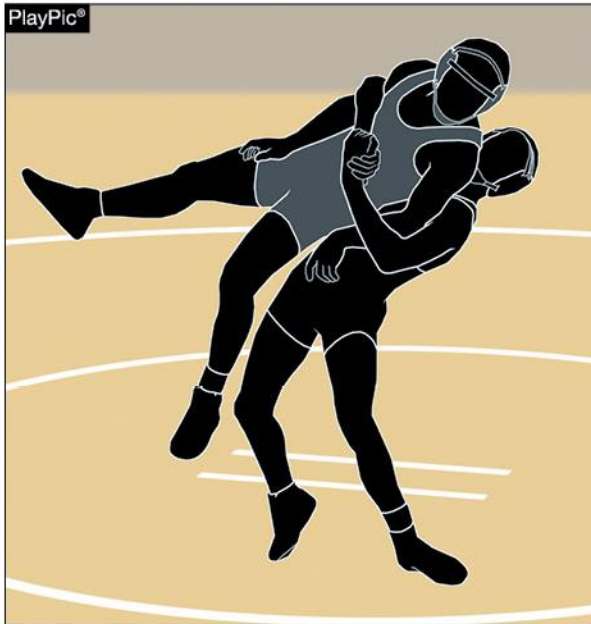
# INJURY TIME RULE 8-2-1



Two injury time-outs that do not exceed one minute, 30 seconds are allowed per match.



# INJURY TIME RULE 8-2-2



If a contestant is injured as a result of an illegal hold/maneuver such as a slam, recovery time is not deducted from the injured contestant's injury-time allowance.

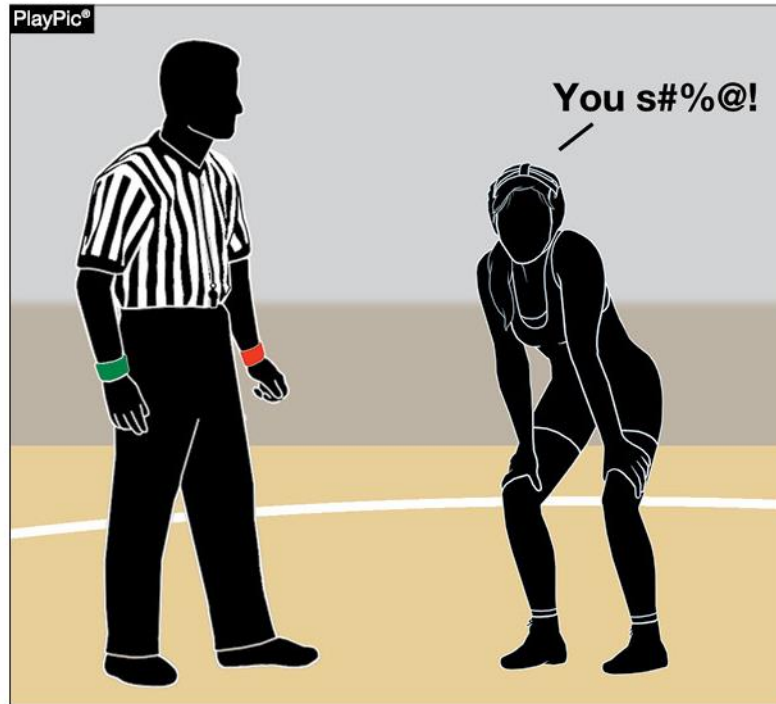
# INJURY TIME RULE 8-2-2

- **Concussion Evaluation Time Extension**
- We have modified the injury time-out to incorporate more time to evaluate any head, neck, cervical column and/or nervous system. When an appropriate health-care professional is present, they have the authorization to extend the time to evaluate the wrestler's condition to a maximum time limit of five (5) minutes. If a subsequent similar injury occurs during the same match, then the injured wrestler shall default the match. When this provision is use, the time consumed for evaluation of the injury shall not affect time used or available for other types of injuries. Recovery and blood time are not extended under this new rule.





# SPORTING BEHAVIOR



Contestants are expected to exhibit proper sporting behavior before, during and after matches, whether engaging with referees or opponents. Referees must penalize improper behavior.





## SPORTING BEHAVIOR

- **Sportsmanship Enforcement**
- Education-based athletics plays a tremendous role in the development of our young people. Each person associated with high school wrestling is responsible to teach, model, support and administer good sportsmanship. Without good sportsmanship, we lose everything we are trying to accomplish, and the young person is failed and let down by the very same adults that he/she trusts. Coaches should promote good sportsmanship in their coaching method and being an appropriate role model. The referee shall enforce our sportsmanship rules, from opening handshakes to make stalling or fleeing the mat calls.



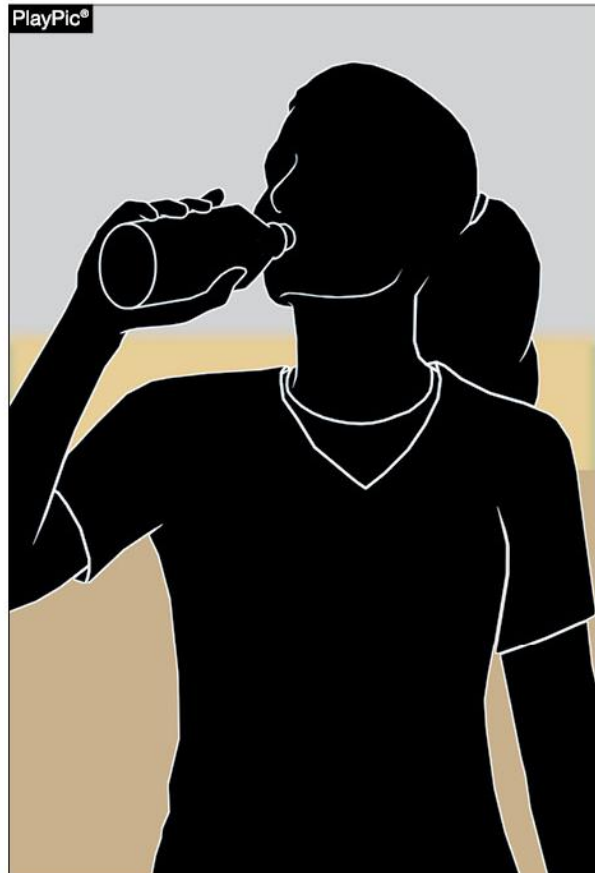
## SPORTING BEHAVIOR

The lessons learned on the competition mat are the supports and underpinnings of developing a young person into a conscientious and responsible adult. Finally, the wrestler is ultimately responsible for his or her behavior and decorum. To gain a victory by using poor sportsmanlike moves or techniques only masks the temporary exhilaration of the win. The success becomes hollow and you will eventually lose the joy of competing; which is not the purpose of high school athletics. Working collectively by promoting good sportsmanship, we can increase the number of opportunities for more people to participate in the sport at various levels of engagement.





# HYDRATION



Proper hydration prevents a wrestler from being weighed in at a “lower than normal” weight and will thus certified to wrestle at a potentially unsafe weight.



# HYDRATION

- **Importance of Hydration with body fat assessment**
- Assessing hydration status prior to body composition testing is the cornerstone of establishing body fat percentage, fat free mass, and a healthy minimum wrestling weight. Studies show that dehydration may significantly overestimate the percentage of body fat when assessing with skin calipers, bioelectrical impedance, and the BodPod.





# HYDRATION

- There is also no evidence regarding the accuracy of ultrasound testing when determining body composition in dehydrated individuals. In addition to concerns regarding reliability of body fat percentage measurements, it is essential to weigh the wrestler in a well-hydrated state to ensure that you are beginning your minimum weight calculation from a safe and healthy weight.
- If the wrestler is dehydrated when weighed, then that wrestler is starting from a “lower than normal” weight and will thus be certified to wrestle at a potentially unsafe weight. While it is recognized that there may be some difficulties in obtaining a urine sample, hydration testing prior to weight certification is vital to the health and safety of the wrestler.







# NFHS WRESTLING OFFICIAL'S SIGNAL

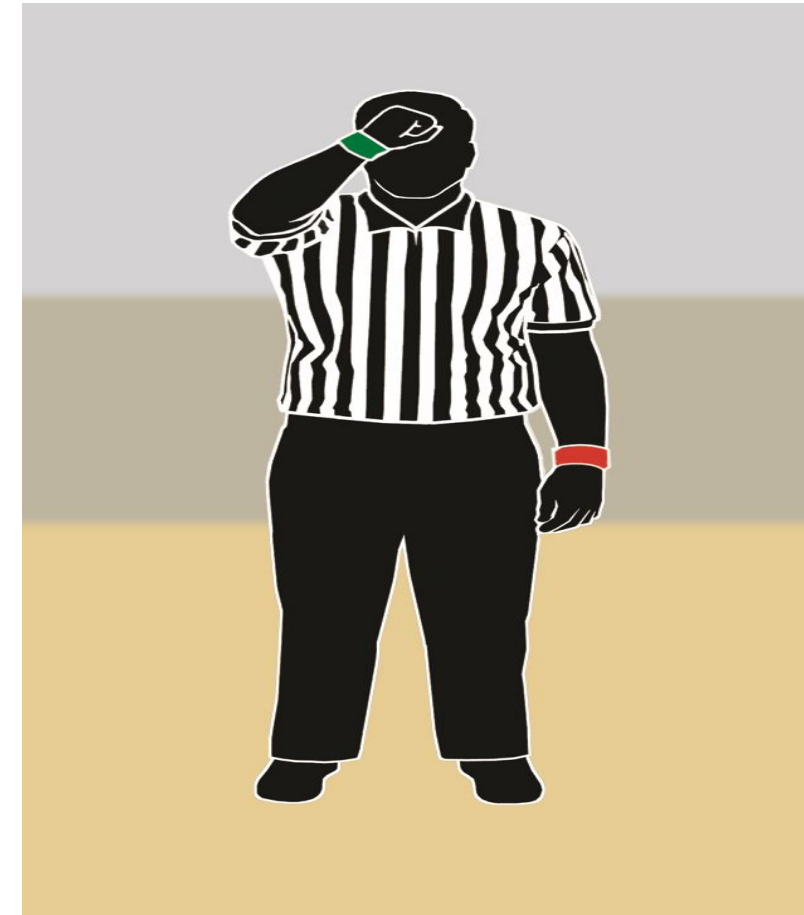


## OFFICIAL SIGNAL #28

- Tapping the front of the head with a balled-up fist of either hand to indicate that the five (5) minute Head/Neck/Cervical Column Evaluation time is to begin.

### **Rationale:**

To support the new rule change to indicate that Head/Neck/Cervical Column evaluation time has begun. Recovery and blood time are not extended under this new rule.







# NFHS OFFICIALS EDUCATION



# SPORTS-SPECIFIC OFFICIATING COURSES

## WWW.NFHSLEARN.COM

The screenshot shows the NFHS Learn for Officials website. At the top, there is a navigation bar with the NFHS Learning Center logo and links for Dashboard, Courses, NFHS Learn for You, User Lookup, and Help. Below the navigation bar is a dark header with the text "NFHS Learn for Officials". The main content area is divided into two sections: "Resources" and "Recommended Courses".

**Resources**

- Video Library (with a "New" badge)
- High School Today
- Articles
- NFHS Rules Books

**Recommended Courses**

- Interscholastic Officiating**: 3,008 Completions | \$20
- Heat Illness Prevention**: 3,008 Completions | Free
- Concussion In Sports**: 3,008 Completions | Free
- Sportmanship**: 3,008 Completions | Free
- Sports Nutrition**: 3,008 Completions | Free
- Sudden Cardiac Arrest**: 3,008 Completions | Free

At the bottom of the page, there is a footer with navigation links for Home, Courses, Resources, and Our Organization. The footer also includes social media icons for Facebook, Twitter, and YouTube, and a copyright notice: "Copyright © 2013 NFHS. All rights reserved."

- Introduction to mechanics and techniques used in each sport
- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics vary based on the needs of the officials in the sport
- NFHS Officials Association members cost is \$10
- Non-members - course is \$20
- API available to state associations to collect results





# NFHS OFFICIALS EDUCATION SPORT-SPECIFIC COURSES

## ▪ Courses Available

- Officiating Football
- Soccer – Fouls and Misconduct
- Swimming and Diving
- Officiating Wrestling
- Officiating Basketball
- Umpiring Softball
- Officiating Volleyball – Ball Handling

## ▪ Future Courses

- Officiating Baseball
- Basketball – Three-Person Mechanics
- Field Hockey
- Track and Field
- Volleyball – Overlapping
- Softball – Mechanics
- Communication Among Officials and Coaches
- Soccer - Offside





# INTERSCHOLASTIC OFFICIATING

## WWW.NFHSLEARN.COM

Introduction

Unit 1: Basics

**Unit 2: Science**

Objectives

Rules Knowledge

**Mechanics**

Fitness and Conditioning

Key Points

Checkpoint

Unit 3: Art

Unit 4: Balance

Course Close

1 2 3 4 5 6 7 8 9 10

PREVIOUS NEXT PAUSE

### Mechanics: Nuances

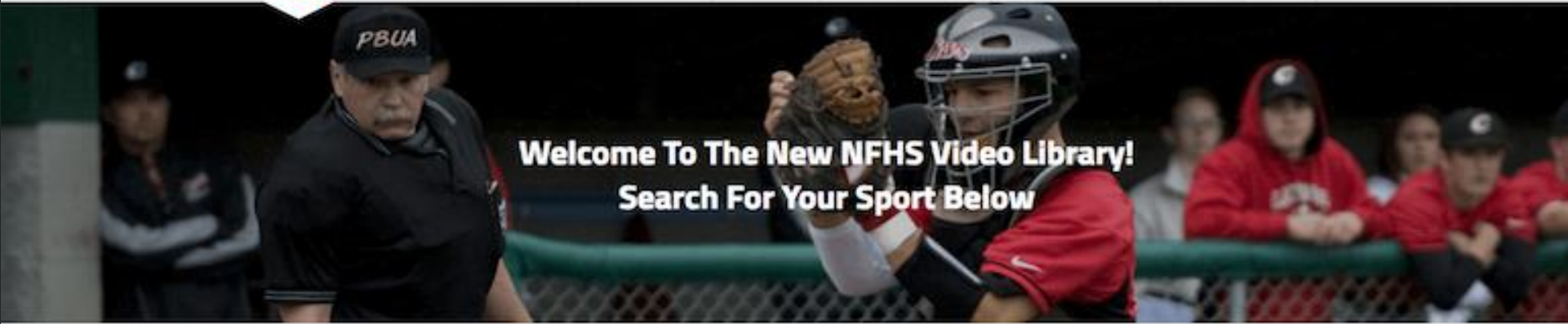
Every sport offers specific nuances to the game and every game has a flow. As you gain experience, hopefully you will tune into this and help the game unfold naturally.

Continue >

TRANSCRIPT RESOURCES

- Introduction to skills and concepts used as an official
- 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, how to combine these skills for successful officiating
- Course is **FREE** to any **NFHS Officials Association member**
- Non-members course is \$20
- API available to state associations to collect results





# Welcome To The New NFHS Video Library! Search For Your Sport Below

### Video Filters

Sort By ▼    Select Categories ▼    Select Sports ▼    Search our videos... 🔍

Total videos: 373



3-Man Mechanics - Runners At ... Baseball



UIL Court Coverage - Trail Of... Basketball



Final Run Out Before Start Cross Country



Football Mechanics: Coin Toss... Football



Ice Hockey Rules Concepts - B... Ice Hockey



NFHS Soccer Rules: Referee Me... Soccer

# NFHS OFFICIALS ASSOCIATION CENTRAL HUB

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

The screenshot displays the NFHS Officials Association website. At the top, there is a navigation menu with links for 'NFHS HOME', 'WRESTLING', 'VIDEO', 'PUBLICATIONS', 'GROUP INFO', 'FORUM', and 'CONTACT'. Below the navigation 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: 'Wrestling Rules Information' with links to '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'; a 'Welcome' section featuring a photo of B. Elliot Hopkins, NFHS Director of Sports, and text about the website's purpose; and 'Sport Specific Information' with a vertical list of sports: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, and Water Polo.







# NFHS LEARNING CENTER





# NFHS LEARNING CENTER WWW.NFHSLEARN.COM

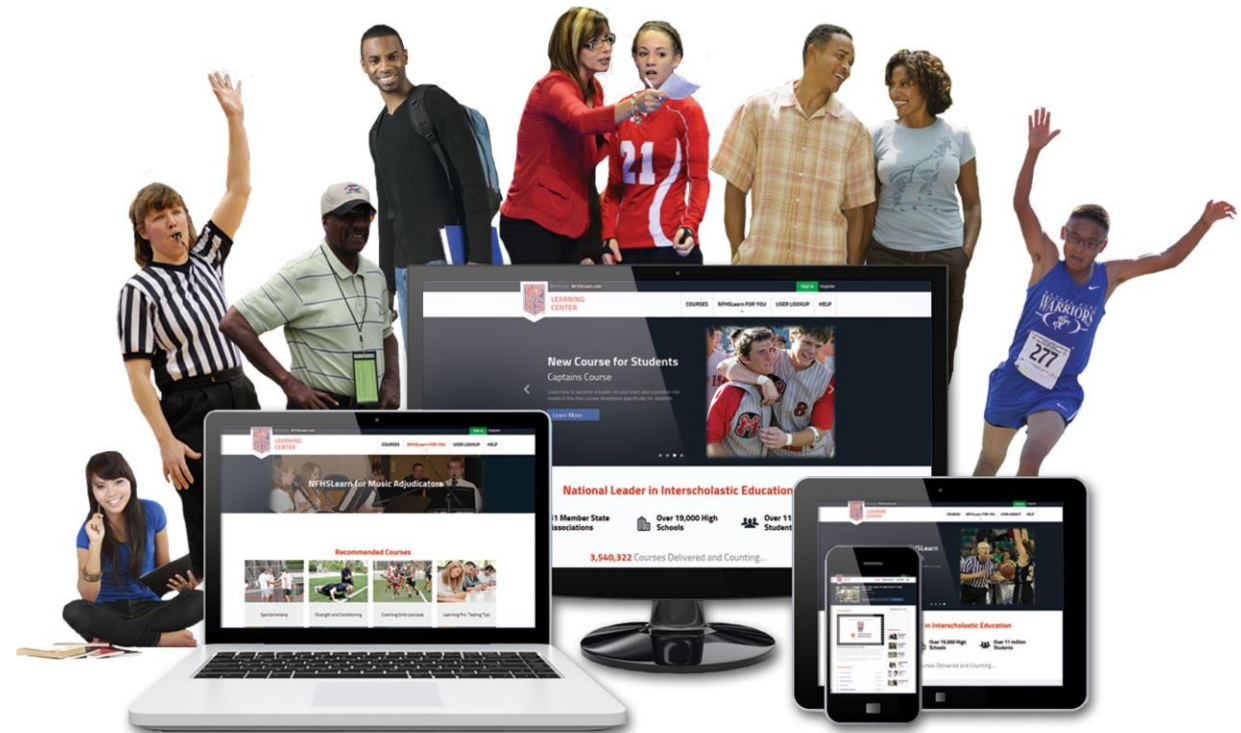
- Professional Development For ALL
  - Coaches
  - Officials
  - Administrators
  - Parents
  - Students
  - Performing Arts



# NFHS LEARNING CENTER

## WWW.NFHSLEARN.COM

- Over 1.6 Million courses delivered in 2018
- Over 8.2 Million courses since 2007 launch
- Over 70 courses available
- Over 35 at No Cost!



# WWW.NFHSLEARN.COM

- FREE courses include:
  - Bullying, Hazing and Inappropriate Behaviors
  - Student Mental Health and Suicide Prevention
  - Understanding Copyright and Compliance
  - Protecting Students from Abuse
  - Hazing Prevention for Students
  - Coaching Unified Sports
  - ACL Injury Prevention
  - Sportsmanship
  - And many more





# COACHING WRESTLING

Sport Specific Course

Coach

Please Select Your State

\$

Order Course



## Course Details



## Related Courses



Social Media

[View Course](#)





# 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.

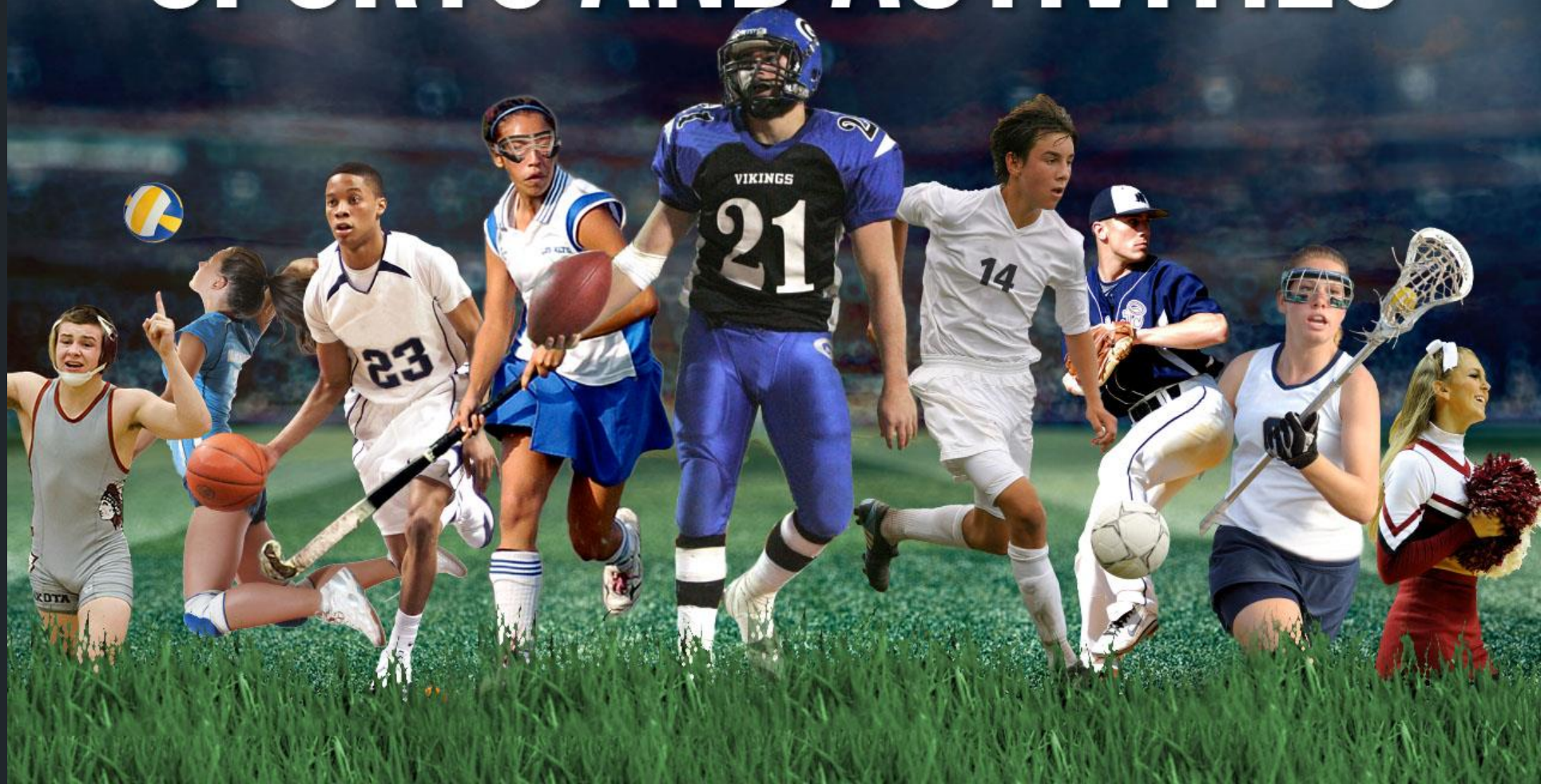


[www.NFHSnetwork.com](http://www.NFHSnetwork.com)





# 27 DIFFERENT SPORTS AND ACTIVITIES







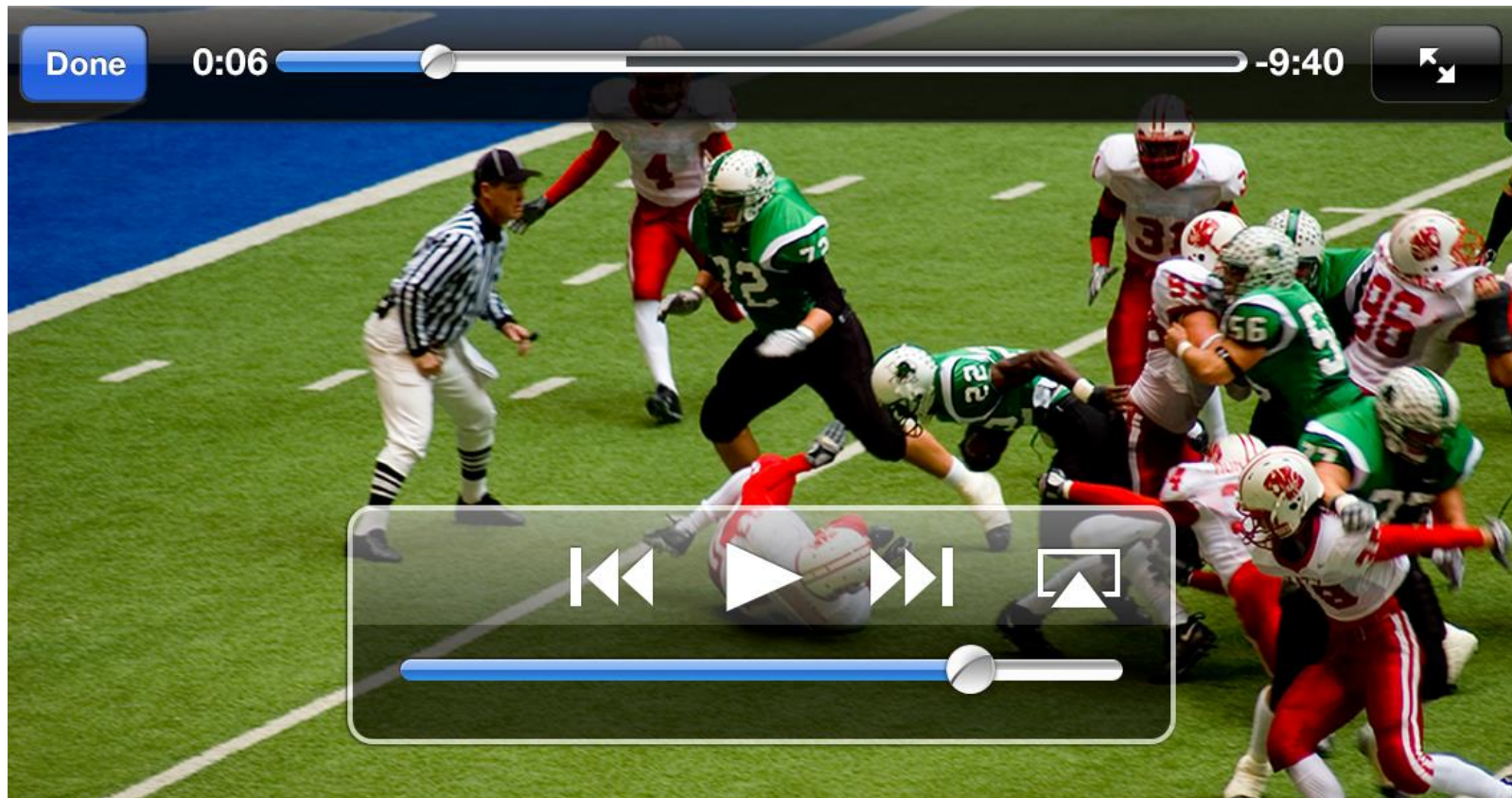






# NFHS NETWORK

- View from mobile...





**National Federation of State High School Associations**

PO Box 690 | Indianapolis, IN 46206

Phone: 317-972-6900 | Fax: 317.822.5700

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

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

