



2017-2018 NFHS WRESTLING RULES POWERPOINT

National Federation of State
High School Associations



Take Part. Get Set For Life.™

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Director of Sports, Sanctioning and Student Services



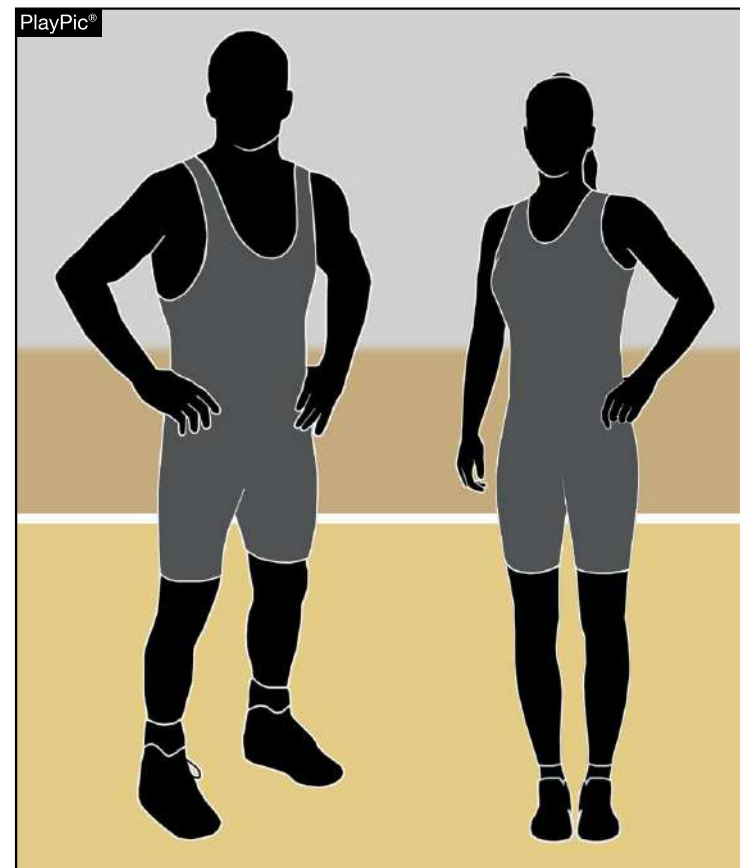
NFHS WRESTLING RULES CHANGES



UNIFORMS

RULE 4-1-1a-c

The traditional one-piece singlet is still legal. The uniform for females will have an appropriate undergarment that covers the breasts.

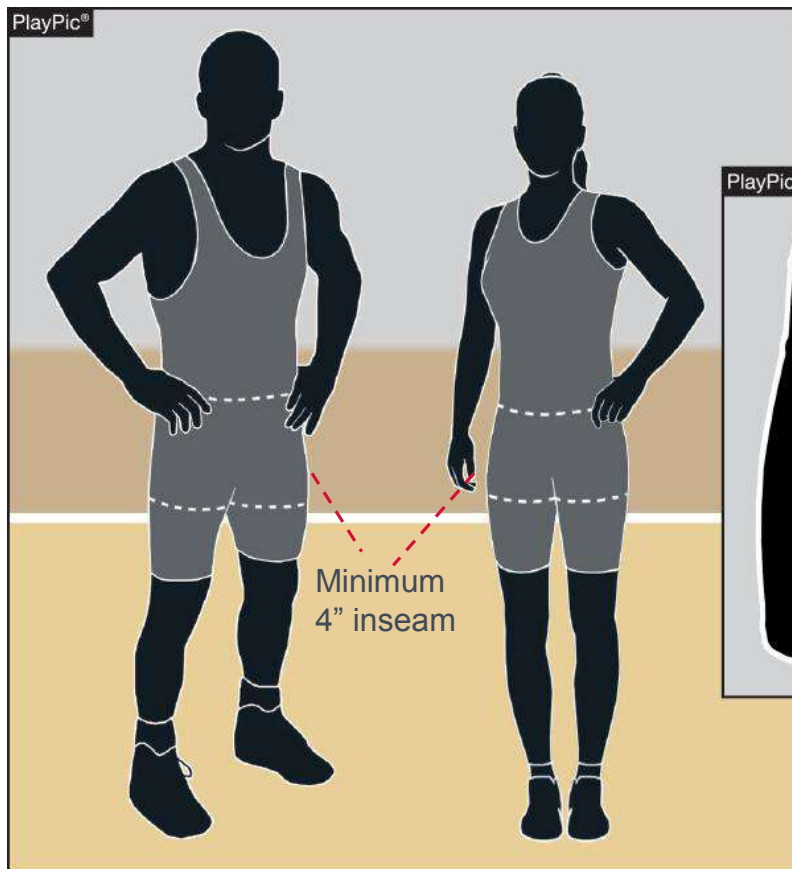


UNIFORMS

RULE 4-1-1a-c

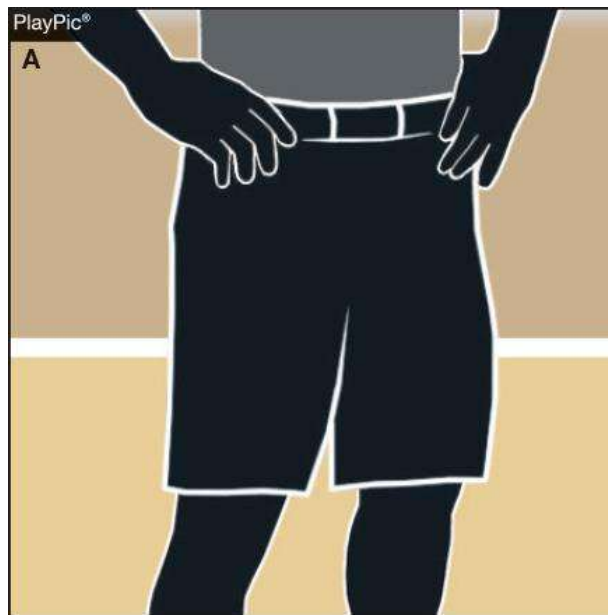
Compression shorts or shorts designed for wrestling:

- Minimum 4-inch inseam that shall not extend below the knee.
- Shall have an elastic waistband.
- Shall not have exposed belt loops, drawstrings, zippers, snaps, buttons, or pockets.
- Must be school-issued.

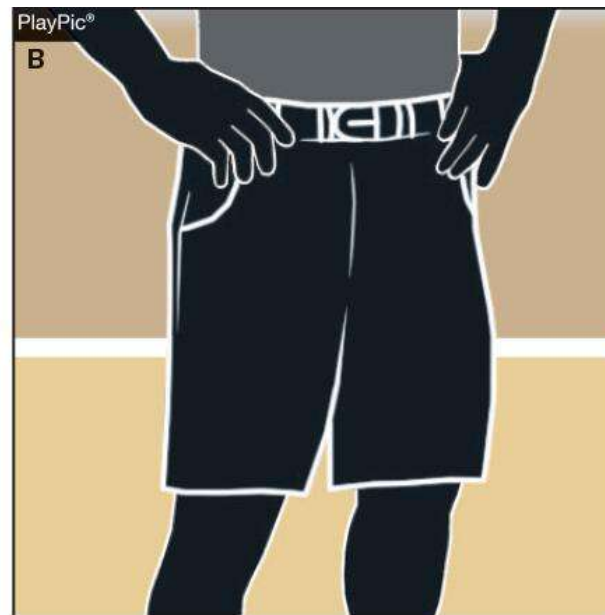


UNIFORMS

RULE 4-1-1a-c



Legal



Illegal

Board shorts (PlayPic A) are legal. Shorts with items such as belt loops, pockets and zippers (PlayPic B) are illegal.

UNIFORMS

RULE 4-1-1a-c

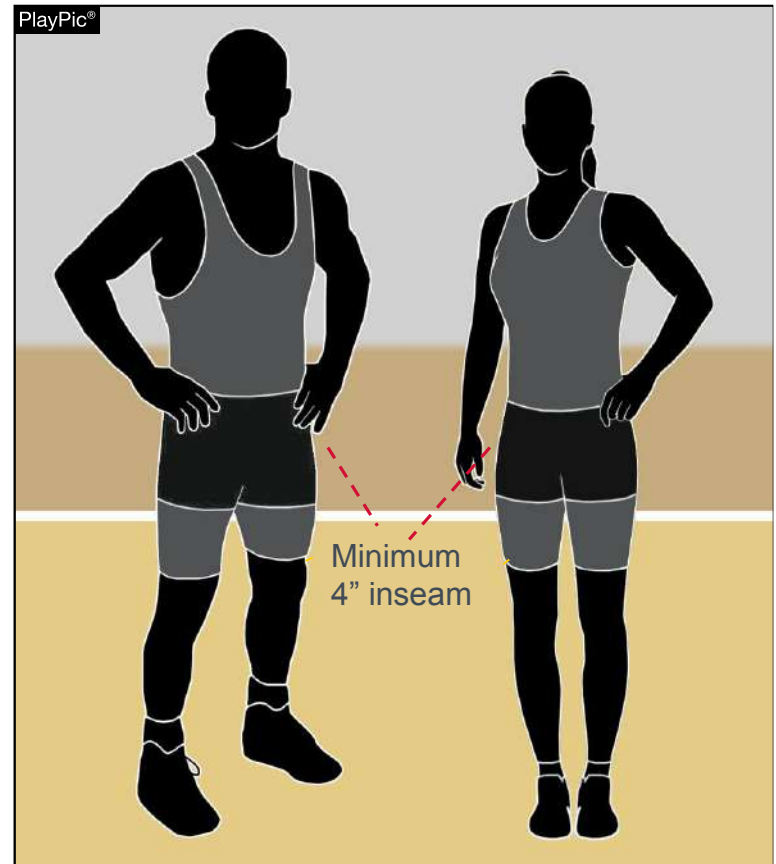


Manufacturer's logos may not be larger than 2¹/₄" square.

UNIFORMS

RULE 4-1-1a-c

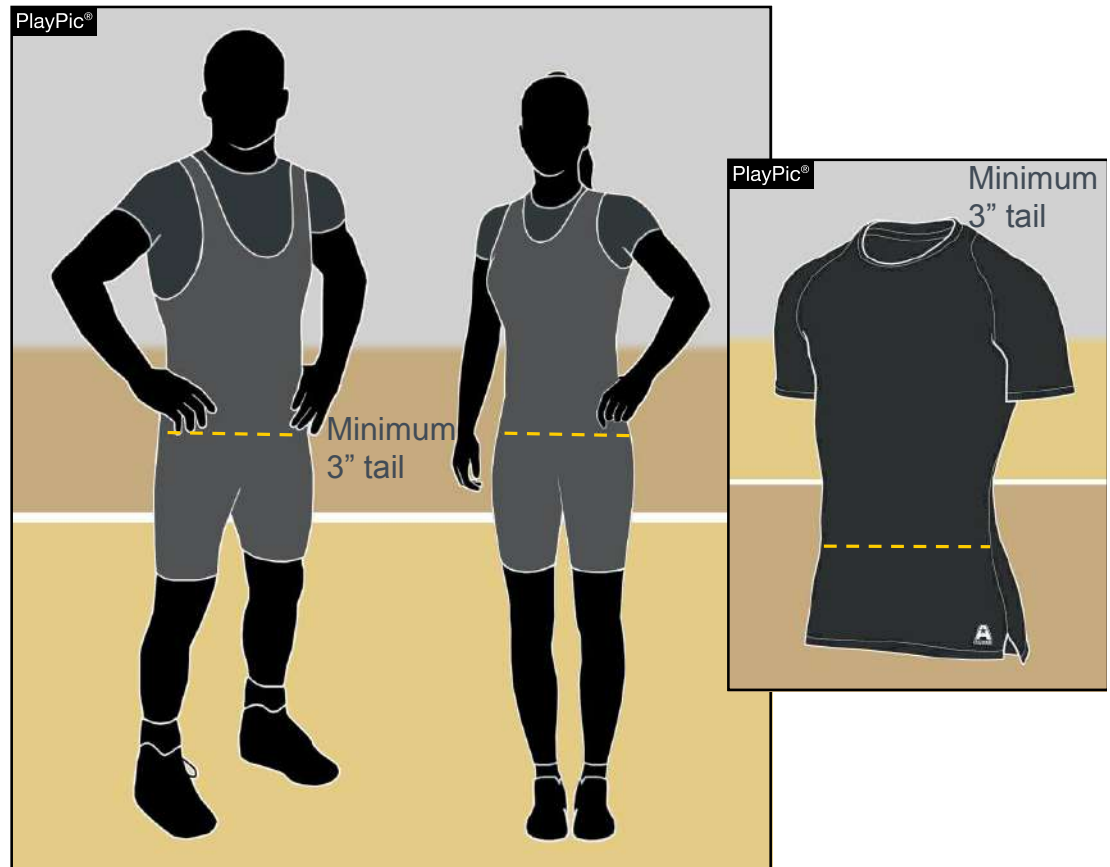
Shorts designed for wrestling may be worn over the singlet but must be school-issued. The inseam must be at least 4" in length.



UNIFORMS

RULE 4-1-1a-c

A form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail. The form-fitted compression shirt may be worn under a singlet or with compression short or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued.





UNIFORMS

RULE 4-1-1a-c

- **ART. 1. . .** ~~Wrestlers shall wear:~~ A legal uniform consists of:
- a. a one-piece singlet shall be cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. ~~If sufficient reason is determined by the referee, a tight-fitting, short-sleeved or sleeveless undershirt of a single, solid color unadorned with no more than one manufacturer's logo/trademark/reference may be worn under the one-piece singlet;~~





UNIFORMS

RULE 4-1-1a-c

- 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 a tight-fitting, a single solid color, unadorned 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 suitable under garment that covers their breasts.





UNIFORMS

RULE 4-1-1a-c

- ~~b. either full length tights with stirrups, and close fitting outside short trunks or a properly cut one piece uniform with a minimum 4-inch inseam and a maximum length of above the knee;~~ compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; Shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons, or pockets.





UNIFORMS

RULE 4-1-1a-c

- A suitable under garment which completely covers the buttocks and groin area must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. 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.





UNIFORMS

RULE 4-1-1a-c

- ~~c. a singlet with the top cut as outlined in (a) with full-length tights and stirrups.~~ a form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail; The form-fitted, compression shirt may be worn under a singlet or with compression short or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued.
- NOTE: Female contestants wearing a form-fitted compression shirt shall wear a suitable under garment that covers their breasts.





UNIFORMS

RULE 4-1-1a-c

- **Rationale:**

The alternate 2-piece uniform has been added to increase participation for boys and girls. The uniform modification received favorable support on the NFHS 2016 wrestling questionnaire. However, the NFHS Rules Review Committee had initial concerns that there was not enough product to meet the need of the schools that wanted to use the 2-piece uniform and asked that the NFHS Wrestling Rules Committee seek opinion from uniform manufacturers.



UNIFORMS

RULE 4-1-1a-c

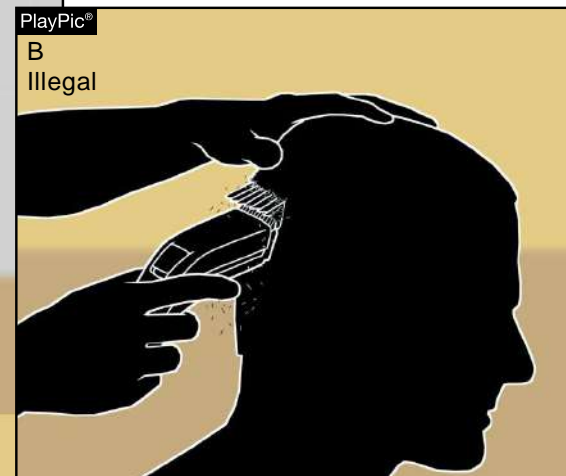
- **Rationale:** (Continued)

After meeting with every major wrestling uniform manufacturer during the 2017 NFHS Wrestling Rules Committee meeting, the committee was assured that there would be enough product available to meet our criteria. In addition, a member state association (KY) experimented with a 2-piece uniform this past 2016-17 wrestling season and received favorable results and comments from their member schools, wrestlers, coaches and referees.



RULE 4-5-3 WEIGHT MANAGEMENT

During time off the scale(s) activities that promote dehydration or weight loss are prohibited.



RULE 4-5-3 WEIGHT MANAGEMENT

During time off the scale(s), activities that promote weight gain are prohibited.



RULE 4-5-3 WEIGHT MANAGEMENT

- **ART. 3 . . .** For any event...to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited.

RULE 4-5-3 WEIGHT MANAGEMENT

- **Rationale:**

If an athlete misses weight on their first attempt on the scale, they should not be allowed to do anything (activities which promote dehydration, remove/adjust/modify clothing, cut hair, etc.) which might result in weight loss before they step back on the scale(s). The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. He/she should not be allowed to drink fluids before getting back on the scale.

RULES 5-11-1, 5-11-5 FALL

A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds. The shoulders or scapula must be held in continuous contact with the mat.





RULE 5-11-1 FALL

- **ART. 1 . . .** A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds. The two seconds (one-thousand-one, one-thousand-two) shall be a silent count and shall start only after the referee is in position to observe if a fall is imminent. A fall is imminent when any part of both shoulders or both scapula of either wrestler are in contact with the mat. The shoulders or scapula must be held ~~in-bounds~~ in continuous contact with the mat. A fall terminates wrestling. (Photos 5-6)





RULE 5-11-1 NEAR FALL, FALL

- **Rationale:**

This rule change would allow for fewer match interruptions. Provided the clock is running, a fall or near-fall should be able to be earned. Referees should establish a protocol to permit wrestling to continue as long as the offensive wrestler's supporting parts remain inbounds, as long as no body part of the defensive wrestler goes off the mat.



RULE 5-11-5 NEAR FALL, FALL

- ART. 5 . . . A fall or near fall shall not be awarded:
- ~~a. unless any part of both shoulders or both scapulae of the defensive wrestler is inbounds;~~
- ~~b. if the wrestler being pinned is handicapped by having any portion of the wrestler's body out of bounds.~~ ***CORRECTION*** It should read "if the wrestler being pinned is handicapped by having any portion of the wrestler's body off the mat."



RULE 5-11-5 NEAR FALL, FALL

- **Rationale:**

Offensive wrestling should be rewarded. If wrestling is continuing during a match, then near-fall and falls should be awarded/earned with no deference to the out of bounds line. Wrestling is continuing, as allowed by current rule, and points for escapes, reversals, etc. continues, so should the ability to earn a fall or near fall.

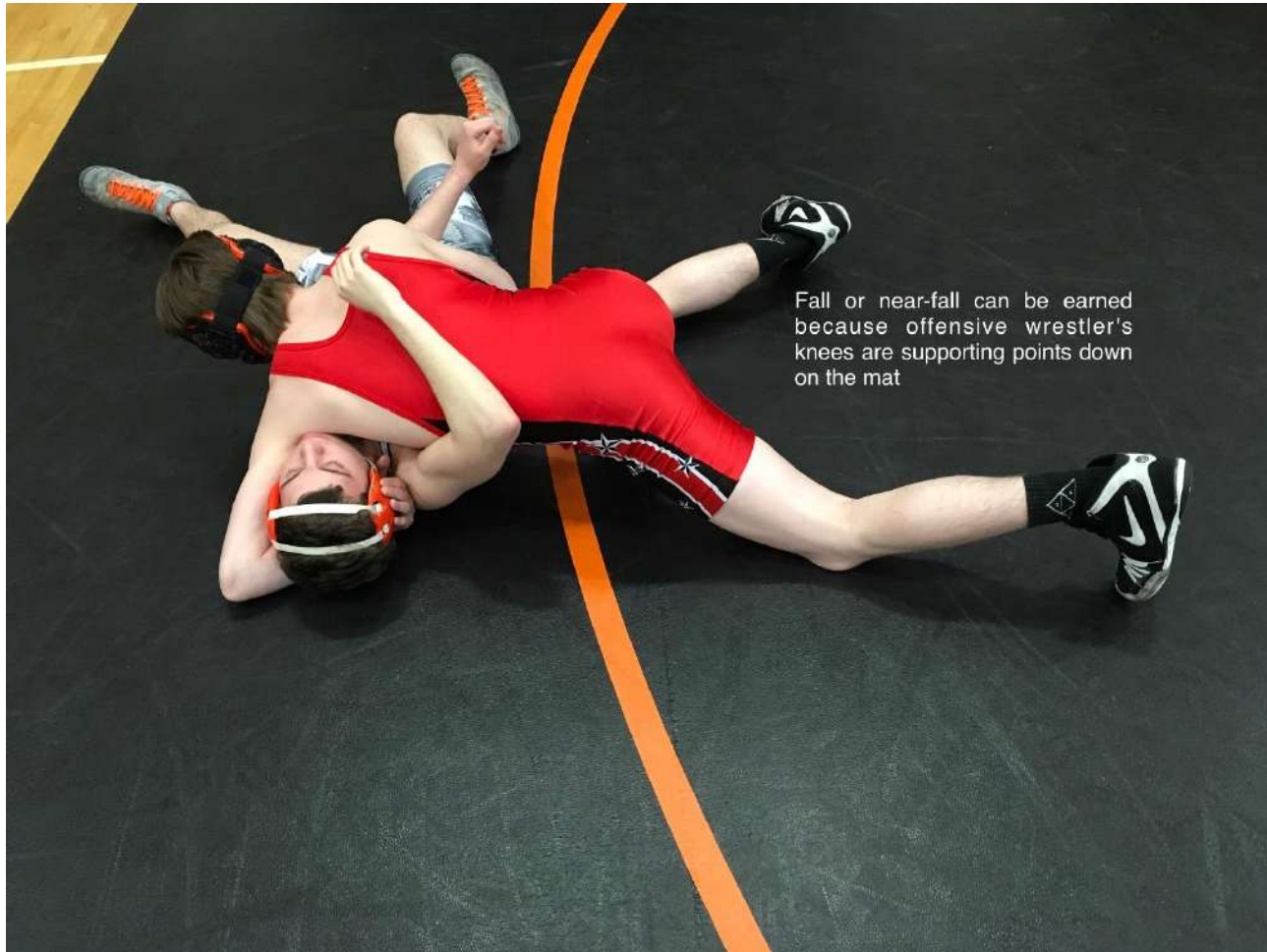


RULE 5-15-2b, c NEAR FALL, FALL

Near-fall points or a fall shall be earned while the supporting points of either wrestler are inbounds.



RULE 5-15-2b, c NEAR FALL, FALL



Fall or near-fall can be earned because offensive wrestler's knees are supporting points down on the mat



RULE 5-15-2a-c NEAR FALL, FALL

- **ART. 2 . . .** Supporting points are part of the body...holding the opponent.
- a. When down on the mat, the usual points of support are:
 - 1. the knees;
 - 2. the side of the thigh;
 - 3. the buttocks;
 - 4. the hand(s);
 - 5. the head.



RULE 5-15-2a-c NEAR FALL, FALL

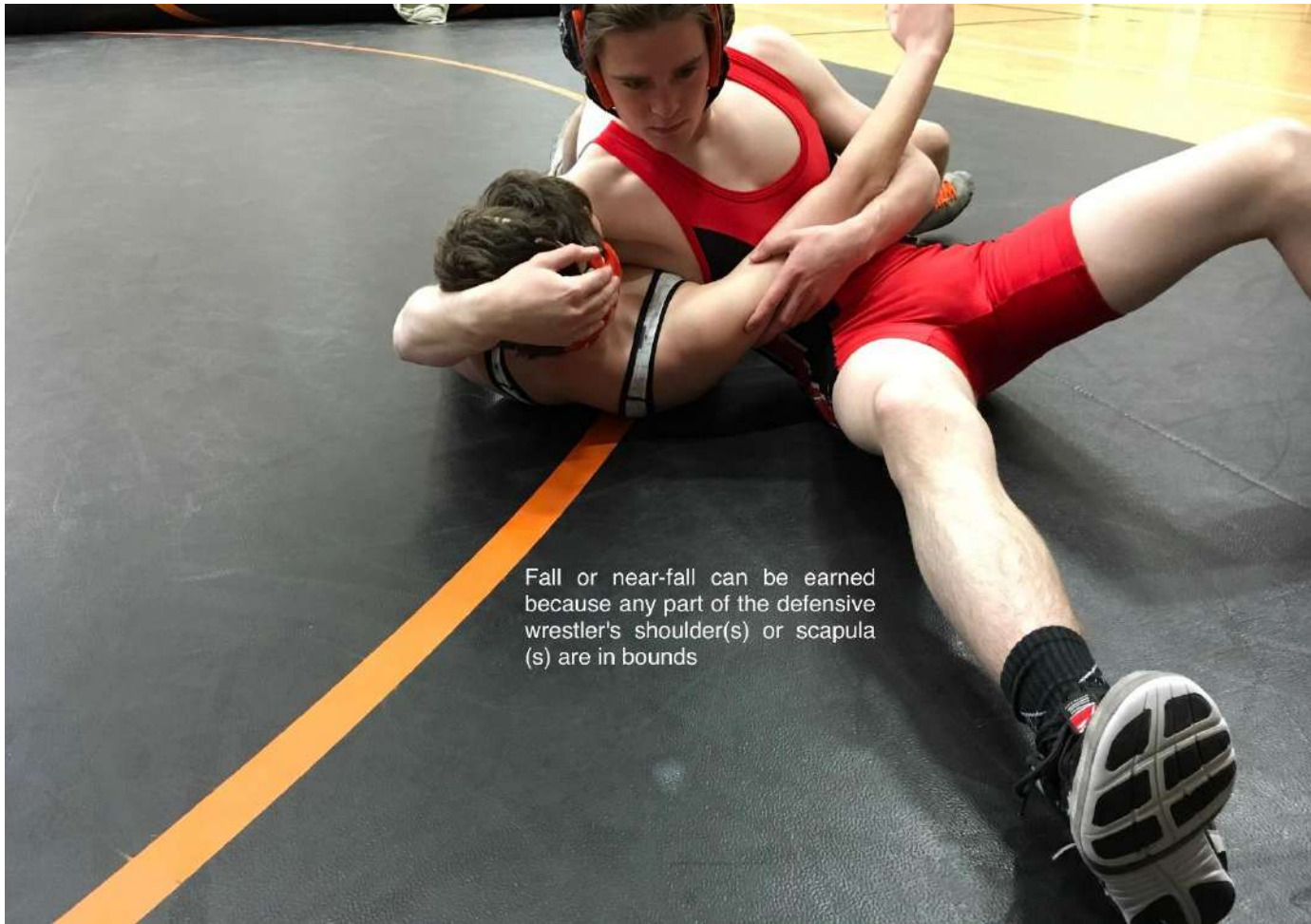
- b. When the defensive wrestler is on his/her back while the supporting points of either wrestler are inbounds, wrestling shall continue, ~~as long as, there is a possibility of the offensive wrestler bringing the opponent back into the inbounds area.~~ In this situation, any part of the defensive wrestler's shoulder or scapula is considered to be all the supporting points.



RULE 5-15-2c NEAR FALL, FALL

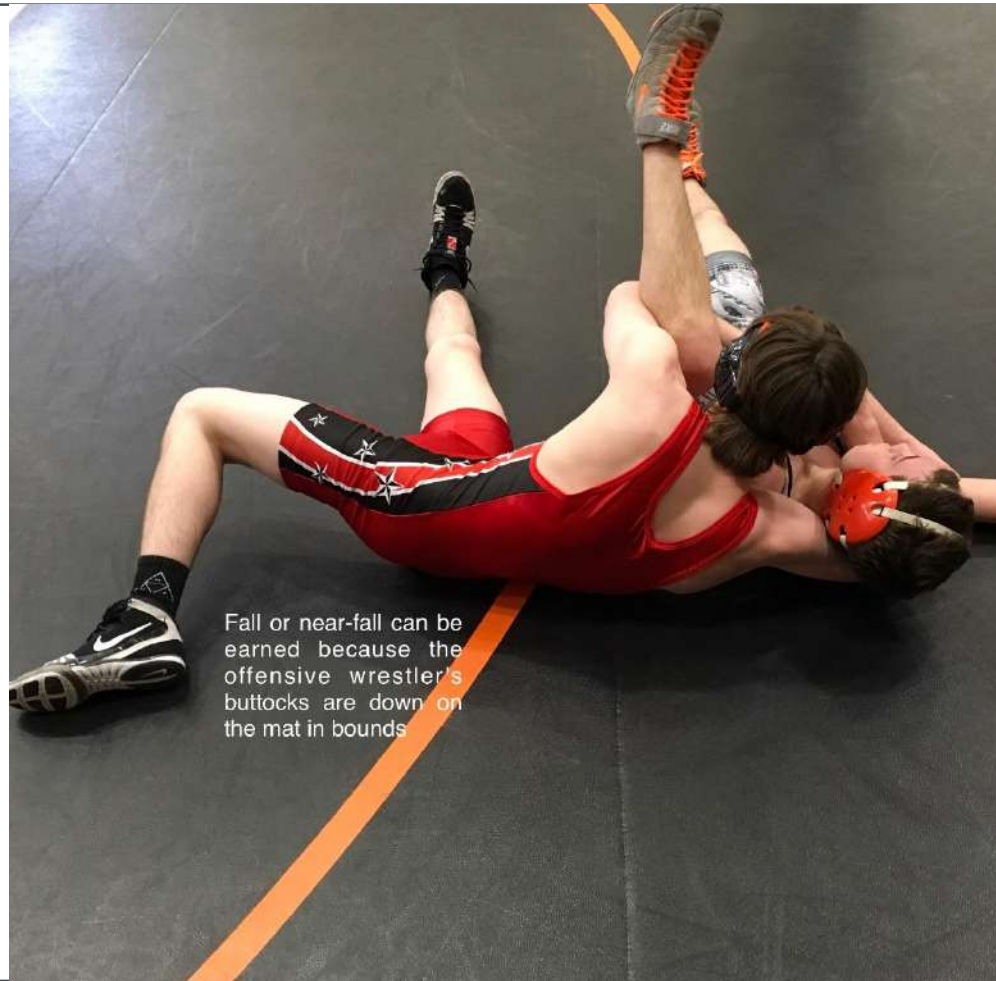
- ~~c. Near-Fall points or a fall shall be earned only while any part of both defensive wrestler's shoulders or scapulae are inbounds.~~
- c. Near-Fall points or a fall shall be earned while the supporting points of either wrestler are inbounds.

RULE 5-15-2b, c NEAR FALL, FALL



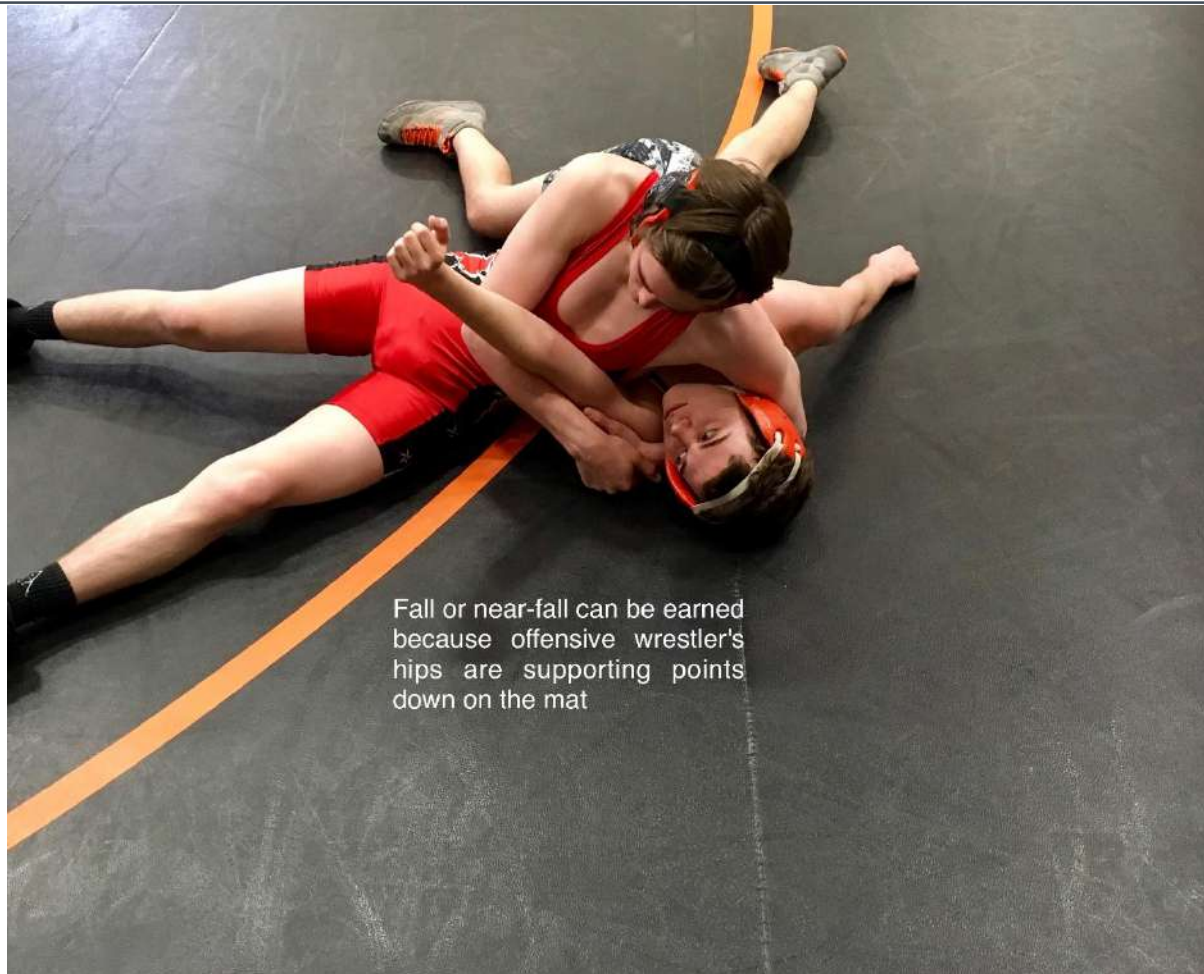
Fall or near-fall can be earned because any part of the defensive wrestler's shoulder(s) or scapula(s) are in bounds

RULE 5-15-2b, c NEAR FALL, FALL



Fall or near-fall can be earned because the offensive wrestler's buttocks are down on the mat in bounds

RULE 5-15-2b, c NEAR FALL, FALL



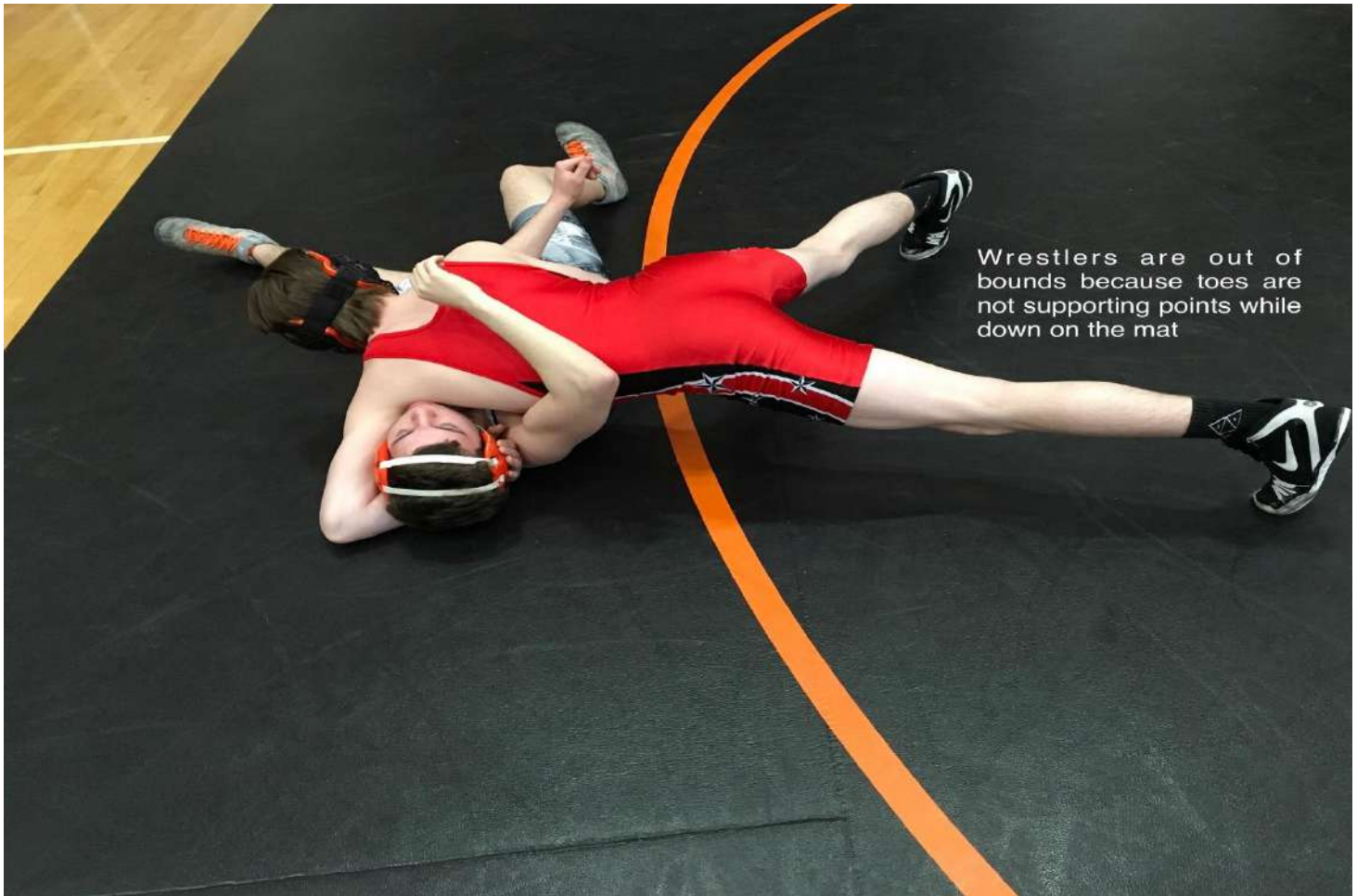
Fall or near-fall can be earned because offensive wrestler's hips are supporting points down on the mat

RULE 5-15-2b, c NEAR FALL, FALL



Wrestlers are out of bounds because toes are not supporting points down on the mat

RULE 5-15-2b, c NEAR FALL, FALL



Wrestlers are out of bounds because toes are not supporting points while down on the mat



RULE 5-15-2b, c NEAR FALL, FALL

- **Rationale:**

NFHS Wrestling rules previously allowed the scoring of escapes and reversals but not near-fall or falls, even though wrestling is continuing by our rules. Offensive wrestling should be rewarded. If wrestling is continuing during a match, then near-fall and falls should be awarded/earned with no deference to the out of bounds line as long as one of the wrestlers are in bounds.

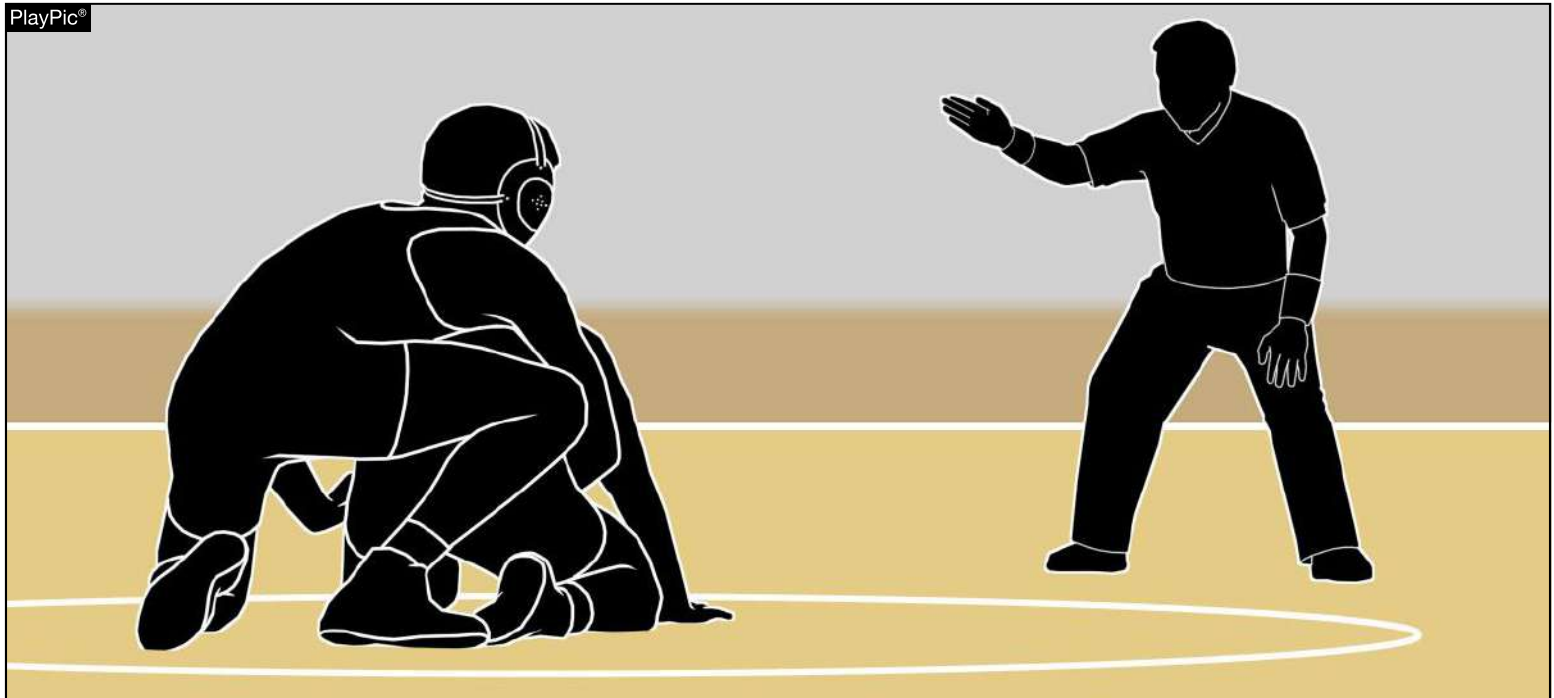


RULE 5-15-2b, c NEAR FALL, FALL

- **Rationale:** (Continued)

If in a match, wrestling is continuing, as allowed by the modification of this rule, points for escapes, reversals etc... continues, so should the ability to earn a fall or near-fall.

RULE 5-19-10 REFEREE'S POSITIONING



When starting the contestants from the down position, the referee shall be in front of, stationary, and at an angle to the contestants. The referee should establish eye contact with the scorer's table.

RULE 5-19-10 REFEREE'S POSITIONING

- **ART. 10 . . .** When starting the contestants from the down position, the referee ~~may~~ shall be in front of, ~~or behind,~~ stationary, and at an angle to the contestants. The referee should establish eye contact with the scorer's table.

RULE 5-19-10 REFEREE'S POSITIONING

- **Rationale:**

The current rule was a contradiction, and the same contradiction exists in the case manual. The referee cannot be behind the wrestlers and have a view of the scorer's table. When the referee starts to move to go behind the wrestlers, there is a strong tendency for one or both wrestlers to false start.

RULE 5-19-10 REFEREE'S POSITIONING

- **Rationale:** (Continued)

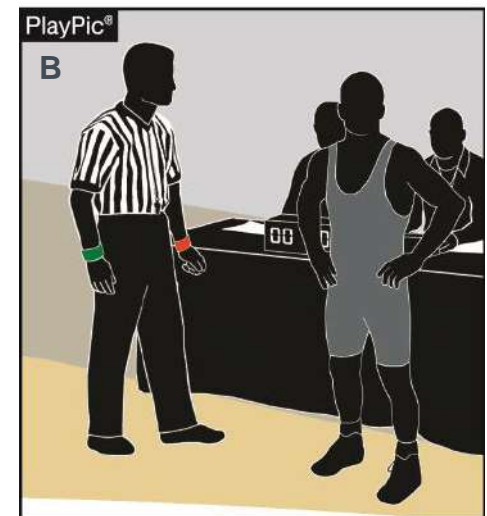
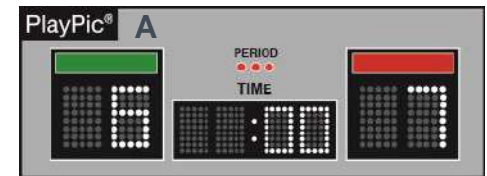
The referee should be in front so both wrestlers have a view of visual hand signals and the sound of the whistle. This is accomplished by the referee taking two or three steps to the open side as the top wrestler is starting to mount the defensive wrestler.

RULE 6-6-4a1

DUAL-MEET SCORING ERRORS

The score of the previous match is erroneous (PlayPic A). If the offended contestant has not left the mat area and the next match on that mat has not started (PlayPic B), the error can be corrected.

INCORRECT SCORE



RULE 6-6-4a1 **DUAL-MEET SCORING ERRORS**

- **ART. 4 . . .** Dual meet scoring errors by the referee or official scorer:
 - a. Match Score
 - 1. Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary.



RULE 6-6-4a1

DUAL-MEET SCORING ERRORS

- If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.
- **Rationale:**
The interpretation in the NFHS Casebook was somewhat ambiguous. This clears up any misinterpretation.

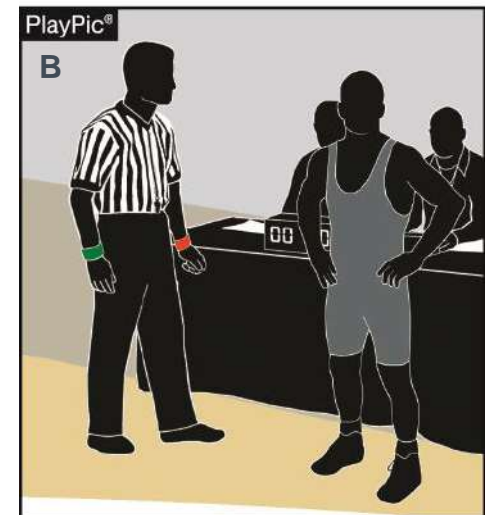
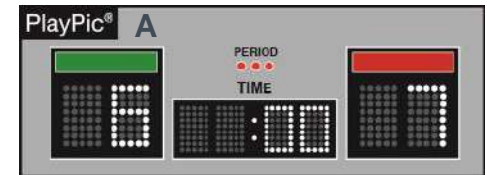


RULE 6-6-5a1

TOURNAMENT SCORING ERRORS

The score of the previous match is erroneous (PlayPic A). If the offended contestant has not left the mat area and the next match on that mat has not started (PlayPic B), the error can be corrected.

INCORRECT SCORE





RULE 6-6-5a-1

TOURNAMENT SCORING ERRORS

- **ART. 5 . . .** Tournament scoring errors by the referee or official scorer:
 - a. Match Score
 - 1. Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary.



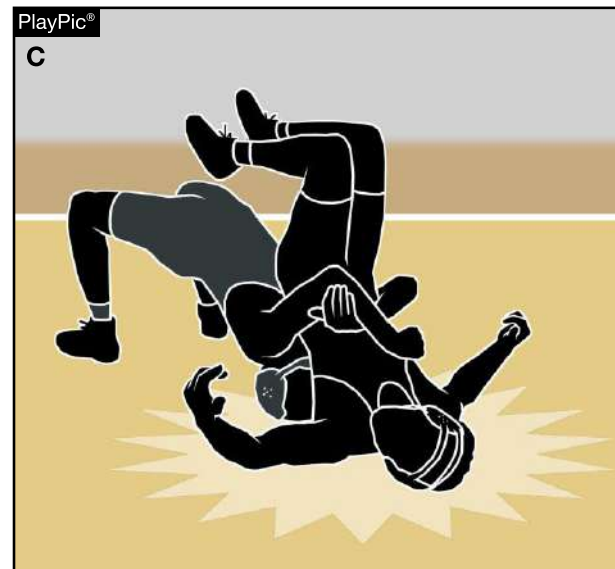
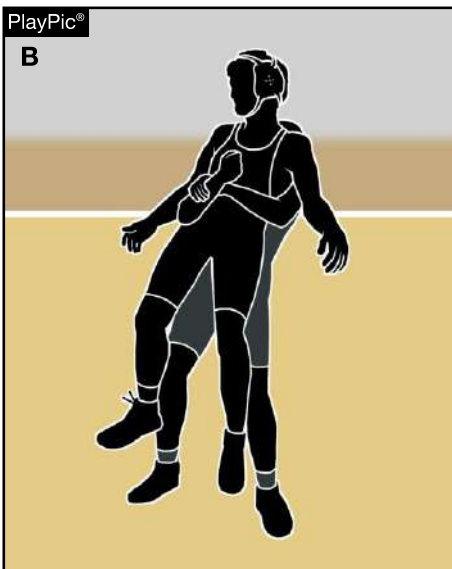
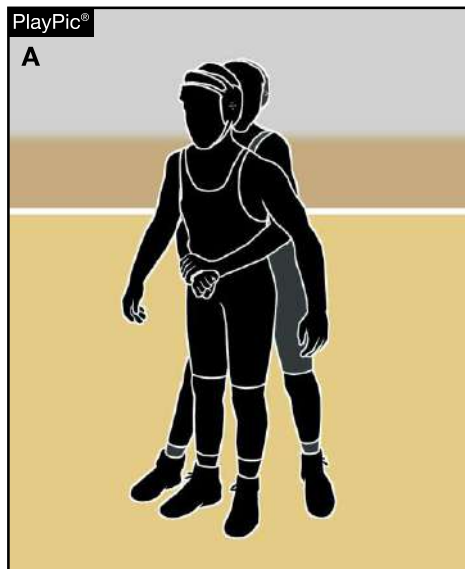
RULE 6-6-5a1

TOURNAMENT SCORING ERRORS

- If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.
- **Rationale:**
The interpretation in the NFHS Casebook was somewhat ambiguous. This clears up any misinterpretation.

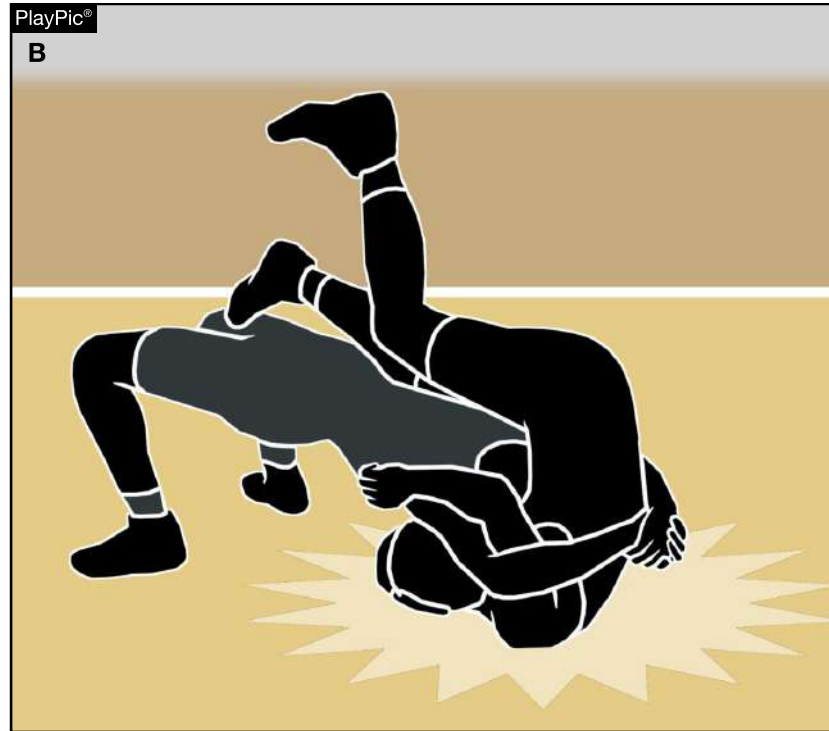


RULE 7-1-2 ILLEGAL MANEUVERS



A full, straight-back suplay is illegal.

RULE 7-1-2 ILLEGAL MANEUVERS



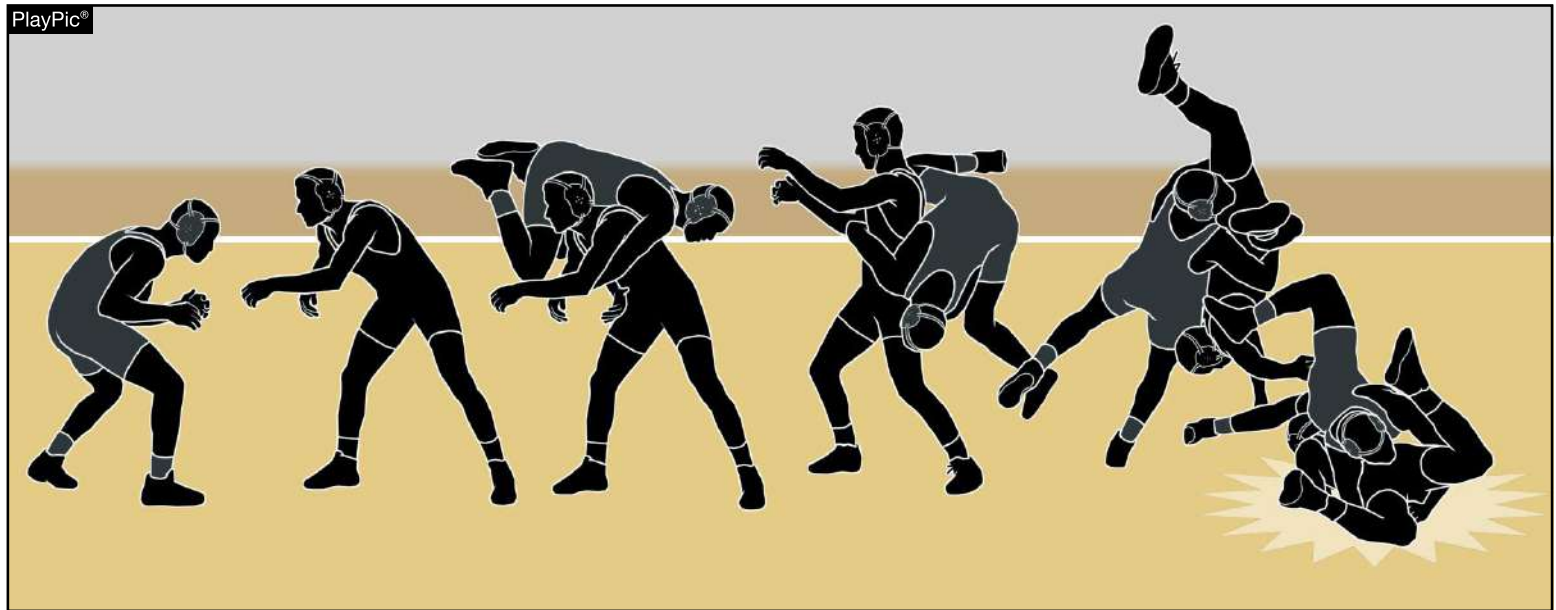
The straight-back salto is illegal.



RULE 7-1-2 ILLEGAL MANEUVERS

- ART. 2. . . A full, straight-back suplay and the straight-back salto ~~to the head~~ are illegal.
- **Rationale:** The straight-back salto in the rear standing position that brings the defensive wrestler straight back with feet in the air is intended to have the defensive wrestler's head, neck, or shoulder(s) hit the mat first and should be illegal. This is a dangerous move, regardless of which body part (head, neck, or shoulder(s)) hits the mat first.

RULE 7-1-5w ILLEGAL MANEUVERS



A front flip and/or front hurdle over an opponent in the standing position is illegal.



RULE 7-1-5w ILLEGAL MANEUVERS

- **ART. 5 . . .** Other illegal holds/maneuvers include, but are not limited to:
 - (Photos 28-90)
 - a.-v. Same text, no changes.
 - w. a back flip from the standing position; ~~and~~ or a front flip and/or front hurdle over an opponent in the standing position; and



RULE 7-1-5w

ILLEGAL MANEUVERS

- **Rationale:**

The attempt of a wrestler to front flip or hurdle his opponent from the neutral position is becoming more apparent. Generally, this maneuver is attempted when there is short time left in a match and a wrestler needs to secure a takedown of his opponent, who has a strong defensive neutral position, in order to either tie or take a lead in a match.



RULE 7-1-5w **ILLEGAL MANEUVERS**

- **Rationale:** (Continued)

This maneuver is a last ditch effort attempt to score; however, the attempt to flip or hurdle your opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as they are not only left to counter the scoring attempt but they are also placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver.



RULE 7-6-4d STALLING

Staying behind your opponent while on your feet, making no attempt to bring the opponent to the mat, is stalling.





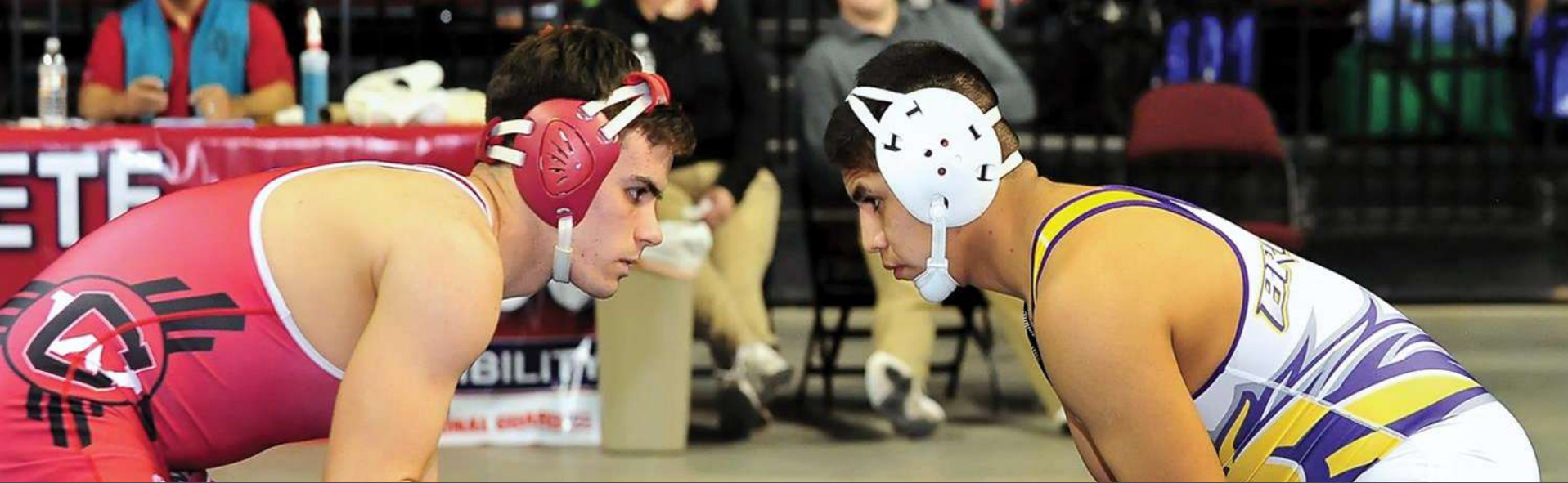
RULE 7-6-4d STALLING

- ART. 4 . . . It is stalling when the contestant in the advantage position:
- a.-c. Same text, no changes.
- d. Staying behind your opponent while on your feet, making no attempt to bring the opponent to the mat.

- **Rationale:**

Adding this language will enforce the rule that referees are calling based on the interpretation in the case manual.





NFHS WRESTLING EDITORIAL CHANGES



RULE 2-1-5

- **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 ~~where facilities permit~~. The team bench...a suggested configuration.
- **Rationale:**
Editorial.



RULE 5-11-5 MAT

- **ART. 5 . . .** A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestler's body ~~out of bounds.~~ off the mat.
- **Rationale:**
New rule change. Correction to wording.



RULE 5-16 MAT

- **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. ~~where facilities permit~~
- **Rationale:**
Editorial.

ILLUSTRATIONS #6

- **6. (5-11-2) #6** was updated to coincide with the new rules on where near-fall/fall may be secured based on the supporting points of the offensive wrestler.
- **Rationale:**
Clarification.



ILLUSTRATIONS #25

- **25.** (5-25-1) This crotch lift does not stop the takedown by the wrestler in the ~~striped~~ light uniform.
- **Rationale:**
Clarification.

ILLUSTRATIONS #26

- **26.** (5-25-1) This double under hook does not stop the takedown by the wrestler in the ~~striped~~light uniform. (If the wrestler locks their hands in the double under hook, it is an illegal hold/maneuver.) (7-1-5k)
- **Rationale:**
Clarification.



NFHS WRESTLING POINTS OF EMPHASIS



OFF THE SCALE ACTIVITIES

- Any activity that is conducted to either lose weight or gain weight is prohibited.
 - Modifying clothing
 - Modifying hair
 - Regurgitation
 - Drinking fluids
 - Gorging on food
- It is an unhealthy practice and is poor sportsmanship.



PREVENTION OF COMMUNICABLE SKIN CONDITIONS



- One of the keys to preventing the spread of communicable skin conditions is to clean wrestling mats daily with a solution of 1:10 bleach and water or an appropriate commercial cleaner.

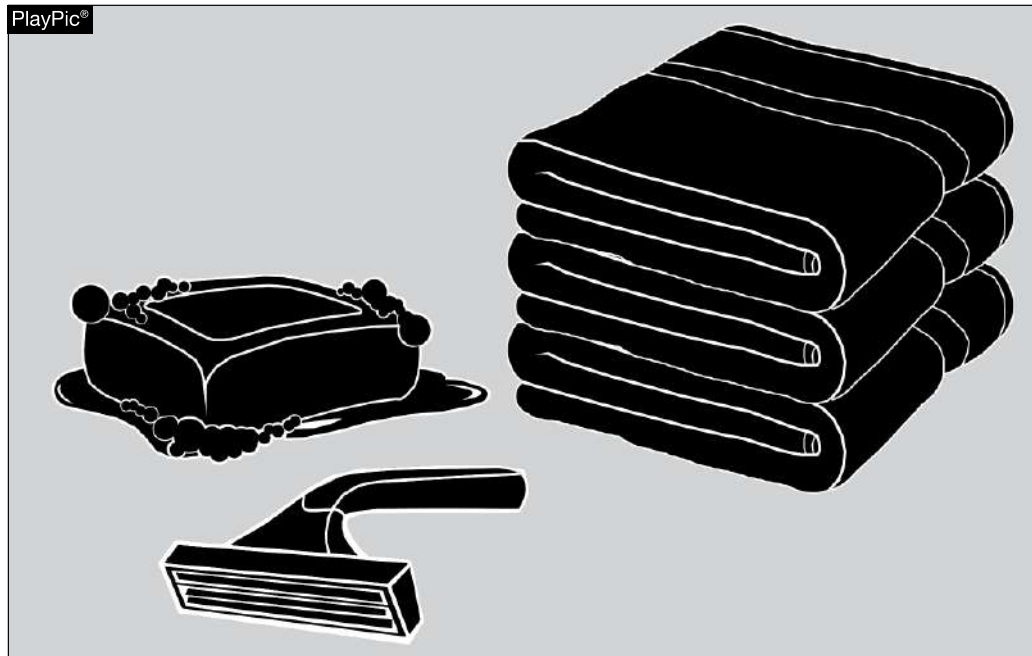


CLEANLINESS OF UNIFORMS AND PADS

- Communicable diseases are a major concern in wrestling.
- Preventing the spread of communicable diseases is to properly clean all the mats, uniforms and pads
 - A 10% household bleach mixed in to 9 parts of water is an effective disinfectant.
 - Commercial disinfectants are also available.
 - Be sure that they are effective against viruses, fungi and bacteria.



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.



CLEANLINESS OF UNIFORMS AND PADS

- It is imperative to clean all wrestling equipment and clothing daily.
- Items such as:
 - Towels
 - Uniforms
 - Any clothing
 - Headgear
 - Shoes
 - Knee pads
 - Any bags that transport the equipment





CLEANLINESS OF UNIFORMS AND PADS

- Emphasize the importance of showering with soap and water. If shower facilities are not available then use “baby wipes” to clean any exposed skin after practice and competition.
- Coaches or trainers should perform daily skin checks.



CLEANLINESS OF UNIFORMS AND PADS

- Wrestlers should not share practice/competition gear, towels, or any personal hygiene products.
- Wrestlers should refrain from cosmetic shaving parts of their body other than their face.
- Wrestlers should clean hands with alcohol-base gel prior to every wrestling match to avoid bacterial loading.



BRACES THAT ARE PROPERLY PADDED AND COVERED

- Equipment that does not permit normal movement of joints and prevents the wrestler's opponent from applying normal holds/maneuvers shall not be allowed.
- Not limited to: hair coverings, ear guards, face masks, braces, casts, supports, eye protection, prosthetics and socks shall fit snug against the wrestler's body
- If equipment is hard and/or abrasive, it must be covered and properly padded with a closed-cell, slow recovery foam padding no less than 1/2 inch thick.



STALEMATE/FLEEING THE MAT

- Occasionally wrestling contestants are interlocked in a position other than a pinning situation and neither can improve the respective positions or gain an advantage.
- When identified by the referee, he/she shall stop the match and wrestling shall continue.
- Wrestling is an aggressive endeavor and should be coached that way.
- The new rule changes are indicative that you can score or achieve a fall anywhere on the mat.



STALEMATE/FLEEING THE MAT

- Fleeing the mat to avoid wrestling is not permitted.
- If a wrestler flees the mat anytime during a match, he/she will be penalized. It is a technical violation.
- Leaving the mat without the permission from the referee or intentionally forcing an opponent out of bounds is a technical violation.
- Wrestlers shall make every attempt to stay inbounds and compete.





ILLEGALITY OF STRAIGHT BACK SALTO AND SUPLAY

- Minimizing risk is the NFHS prime purpose for writing playing rules.
- New and innovative holds/maneuvers are influencing our sport from other levels of combat sport, grappling and various martial arts. We have to remain vigilant for any holds/maneuvers that endangers the lives and limbs of our students.
- Any act that exceeds typical aggressive wrestling becomes unnecessary roughness.
- The full straight back salto and suplay (regardless of which body part hits the mat) are now illegal holds.





CONSISTENCY OF THE START OF EACH MATCH

- Consistency is important for the wrestlers, coaches, table workers and spectators.
- Uniformity is imperative.
- Knowing what to expect each and every time as a wrestler prior to the start of a match speaks to the professionalism and consistency of the referee.
- There are a tremendous number of moving parts that occurs during a match. It is the job of the referee that he/she manages everything while keeping their attention on the two wrestlers.





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

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