

National Federation of State
High School Associations



2008-2009 NFHS – OHSAA Wrestling Rules Changes



Take Part. Get Set For Life.™



Wrestling Interpretations



The rule changes and interpretations to be discussed today are not subject to change or modification. Any statement or question indicating displeasure with a rule or its interpretation or any attempt to promote a change in the rule or interpretation is not in order at this time. Your primary responsibility is playing by the rules set forth.



WWW.OWOA.ORG



OHSAA's official site for
posting Wrestling
interpretations,
clarifications throughout
the season.

OWOA
WRESTLING RULES
CLINIC

Sat. Nov. 15th 2008
8:00 Registration



State Rules Interpreters



Lyle Smith

Home 419-334-2856 Cell 419-559-6344

Email: ljsmith31@sbcglobal.net

Ray Anthony

440-236-8224

Email: CTFire210@aol.com

Dick Loewenstine

Cell 859-512-6930

Home 513-598-1292

Email: Rloewenstine@fuse.net



2008-09 OHSAA Boys Wrestling Calendar



Nov. 14, 2008

Coaching & Instruction begins

Nov. 15, 2008

First Alpha weigh-in date

Nov. 26, 2008

**Earliest Preview - Three hour limit
(4 scrimmages or 3 and 1 preview)**

Dec. 5, 2008

First Match

Dec. 25, 2008

9-12 growth allowance

Jan. 26, 2009

Final Alpha Master Submission

Feb.16 – 21, 2009

Sectional Tournament

Feb.23 – 28, 2009

District Tournament

Mar. 5 – 7, 2009

State Tournament

Mar. 7, 2009

Season Ends

National Federation of State
High School Associations



2008-09 NFHS Wrestling Rules Changes



Take Part. Get Set For Life.™



NFHS Wrestling Rules

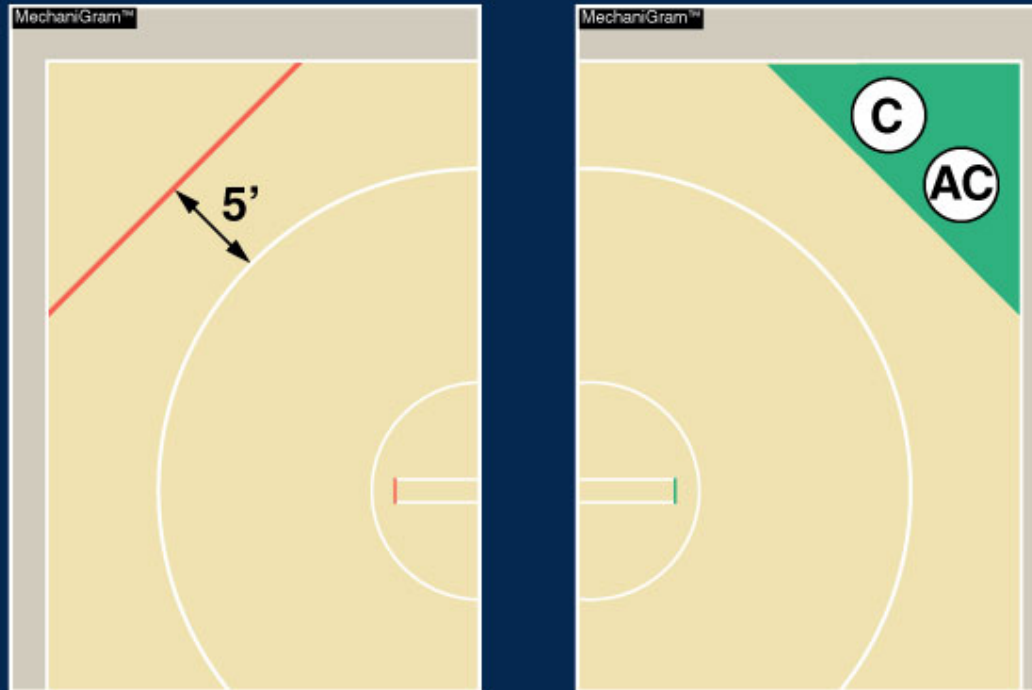
Each state high school association adopting these NFHS wrestling rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS wrestling rules should contact the wrestling rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS wrestling rules. State rules interpreters may contact the NFHS for model wrestling rules interpretations. No other model wrestling rules interpretations should be considered.





Coaches Restricted Zone Rule 2-2-2



At tournaments where coaches are permitted on the corner of the mat, the restricted zone shall be defined by either a contrasting line marked on the mat with paint or tape, or a contrasting colored surface under the chairs. The restricted zone shall be no closer than five feet to the edge of the circle.



Wrestlers' Uniform Rule 4-1-5 (NEW)



SINGLET WORN BACKWARD

The uniform shall be worn as intended/designed by the manufacturer.



Hair Trimmed and Groomed Rule 4-2-1



A



HAIR TO EYEBROWS IN FRONT

B



HAIR EXTENDS BELOW EYEBROWS

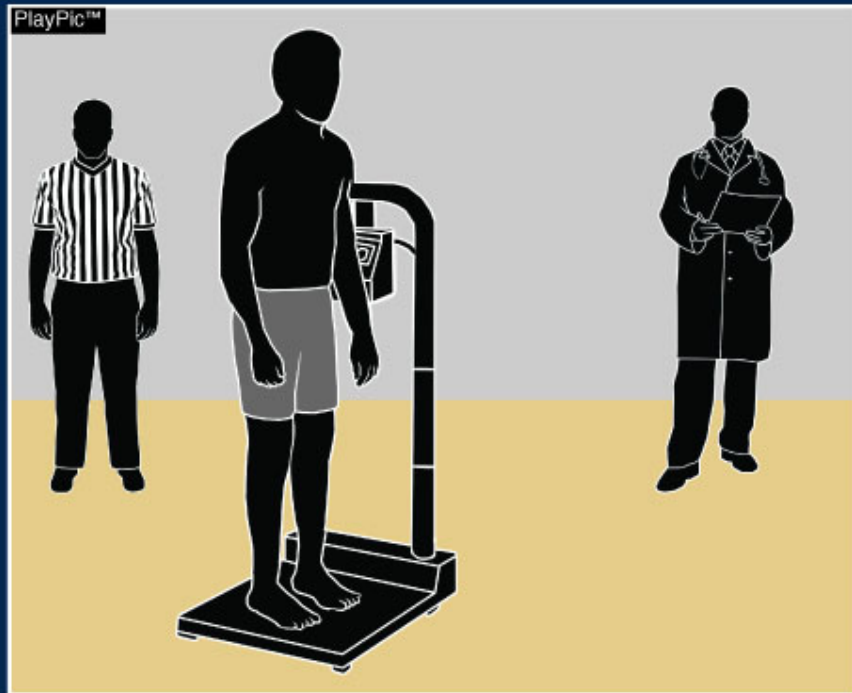
The hair, in its natural state, shall not extend below the eyebrows in the front.



Wrestler's Appearance and Health Rule 4-2-3

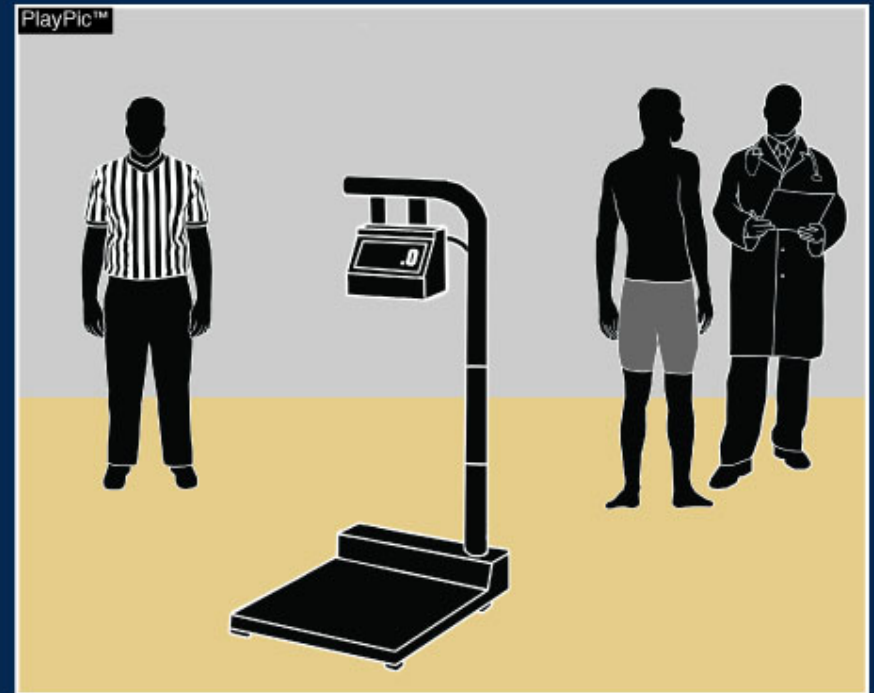


A



WRESTLER WEIGHING IN

B



WRESTLER BEING EXAMINED

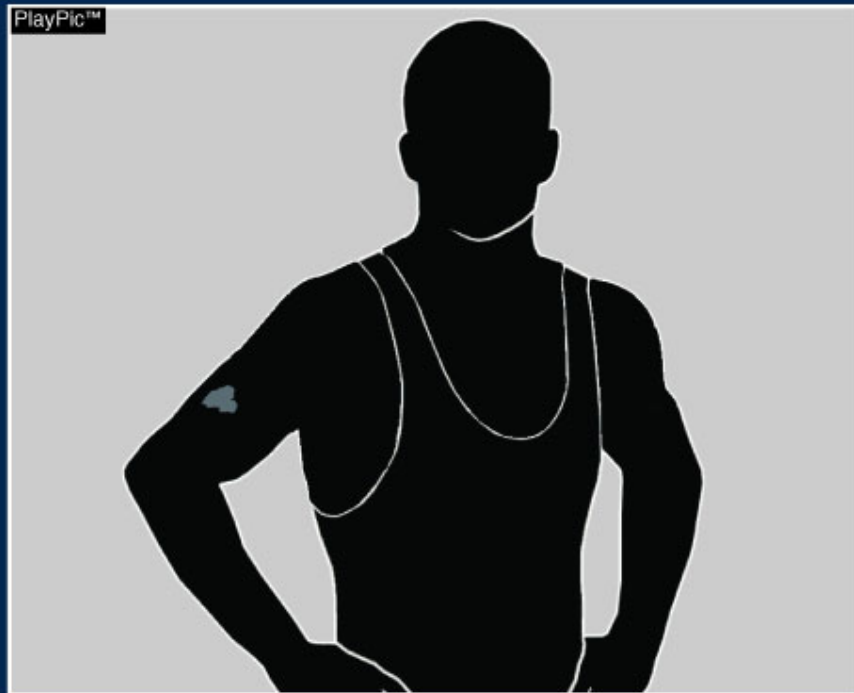
The written documentation of communicable skin condition shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated on-site meet physician is present and is able to examine the wrestler immediately after the weigh-in.



Wrestlers' Appearance and Health Rule 4-2-5 (NEW)



A



WRESTLER WITH BIRTHMARK

B

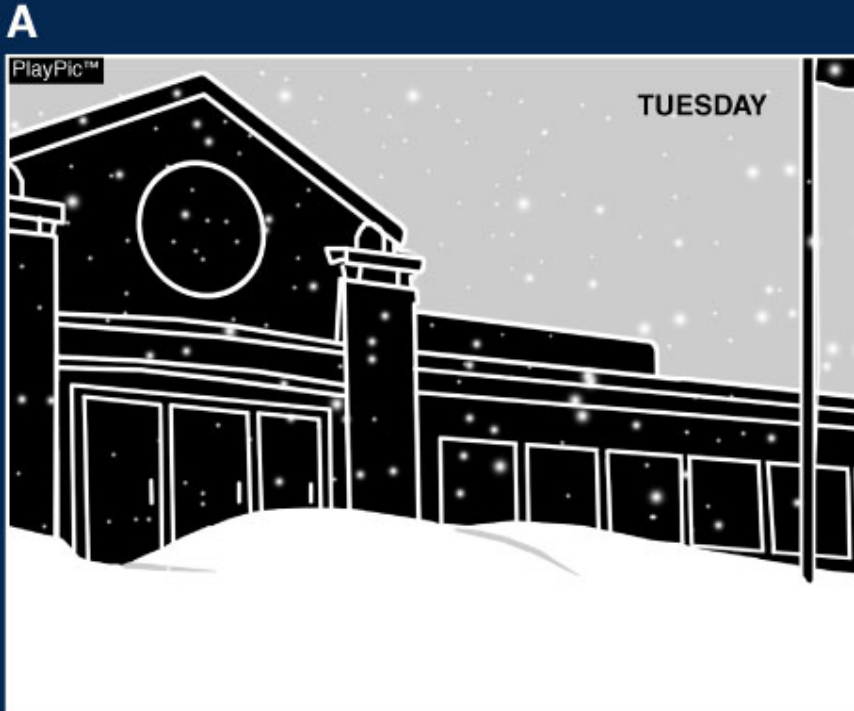


DURATION OF SEASON

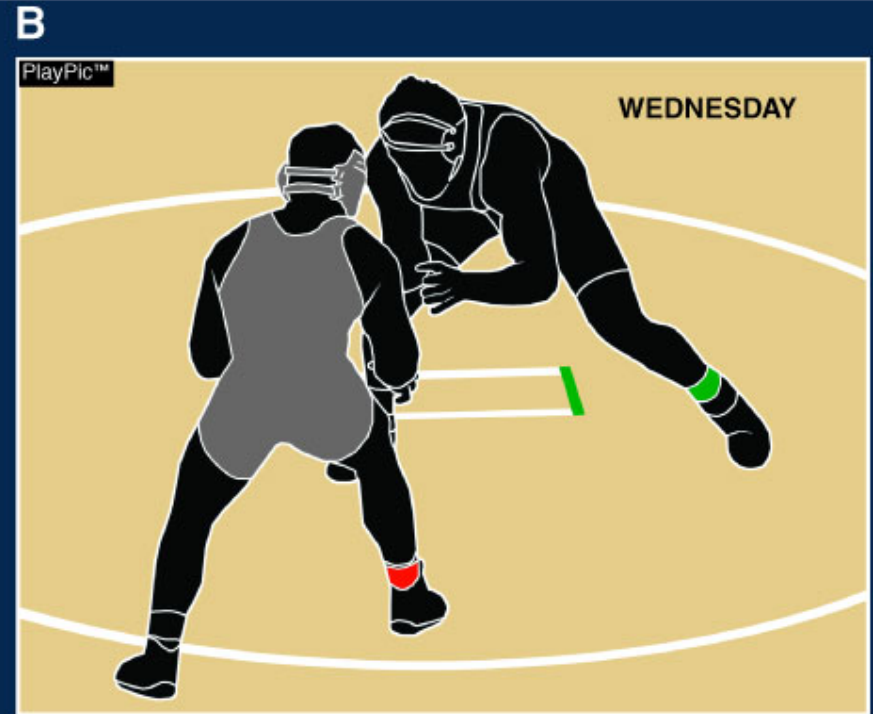
A contestant may have documentation from a physician only indicating a specific condition (such as a birthmark) or other skin condition (such as psoriasis) is not communicable. That documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.



1-Pound Additional Allowance Rule 4-5-5



SNOW CANCELS SCHOOL



COMPETITION DELAYED ONE DAY

Competitions that are postponed for one calendar day or more, for reasons beyond the control of the participating school(s), or practices that cannot be held in these situations due to school policy shall be treated the same as competitions when there are consecutive days of competition in terms of the 1-pound allowance, with the exception of the required 48-hour notice.



1-Pound Additional Allowance Rule 4-5-5



A

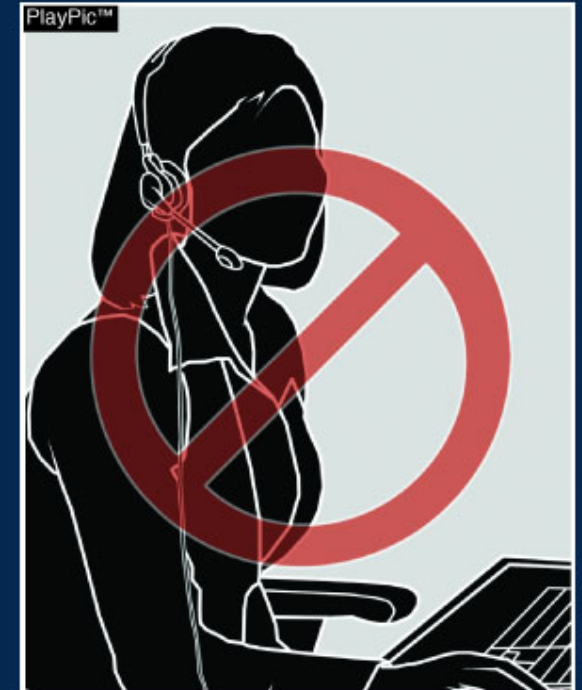


HOST COACH

VISITING ATHLETIC DIRECTOR

HOST SCHOOL PHONES ATHLETIC DIRECTOR

B



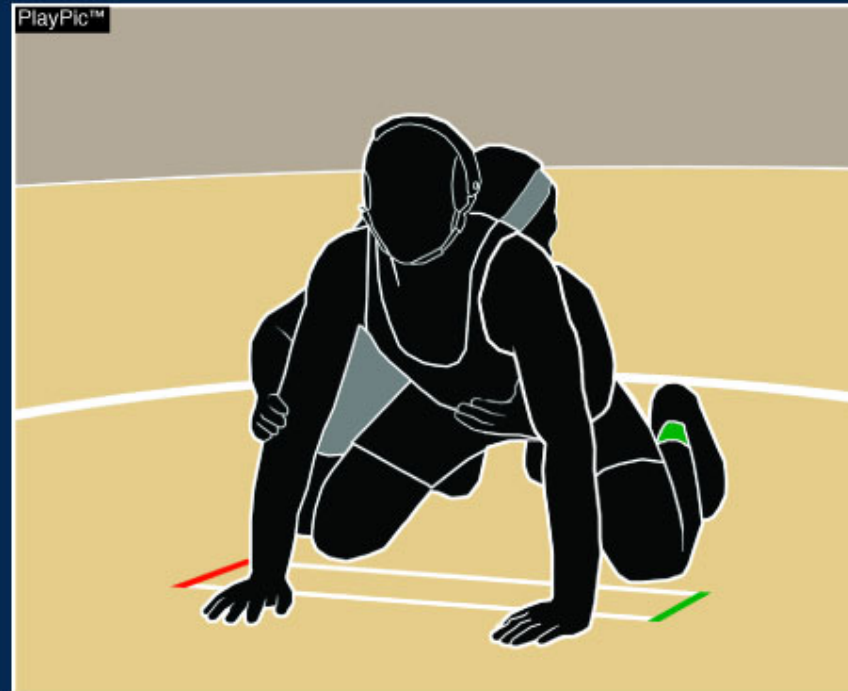
SCHOOL SECRETARY

In order to grant the 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s). The acceptable person(s) to receive that notice shall be the head coach, principal or athletic director.



Correction of Errors

Rules 5-1-4, 6-6-1



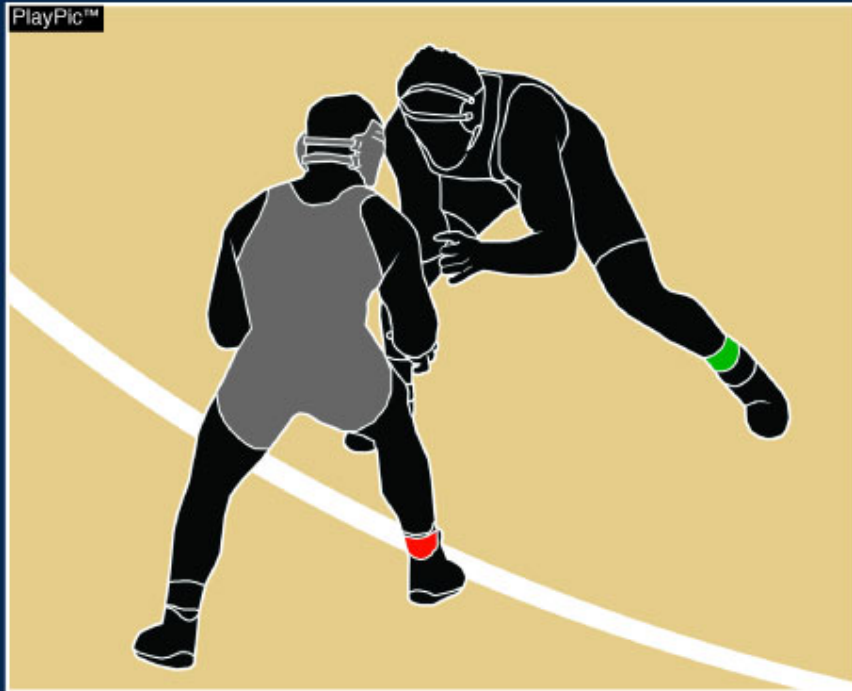
If the wrong wrestler is given the choice of position at the start of the second period or at the start of the first 30-second tiebreaker in overtime, no rewrestling is necessary. The opponent may be given the choice at the start of the third period or at the start of the second 30-second tiebreaker in overtime.



Inbounds Rule 5-15-3

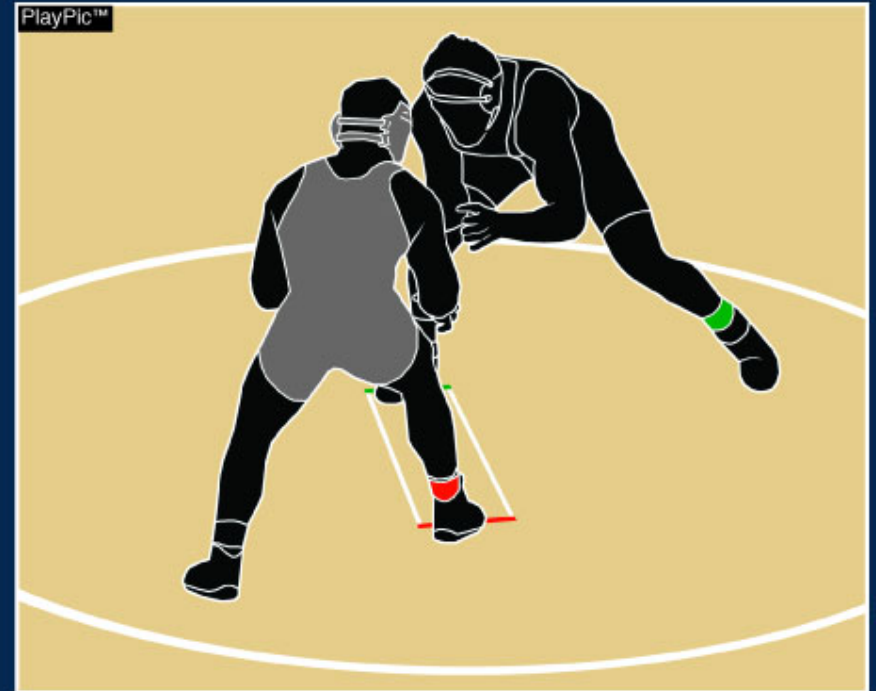


A



REFEREE STOPS MATCH

B



RESTART

If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match.



Offensive Starting Position Sequence

Rule 5-20-5 NOTE (NEW)



New time sequence for offensive starting position is:

1. Set the knee(s) and feet.
2. Place the palm of one hand on the navel.
3. Place the palm of the other hand on or over the near elbow.
4. The referee shall pause momentarily before starting wrestling.

Offensive Starting Position Sequence

Rule 5-20-5 NOTE (NEW)





Offensive Starting Position Sequence Rule 5-20-5 NOTE (NEW)



Offensive Starting Position Sequence

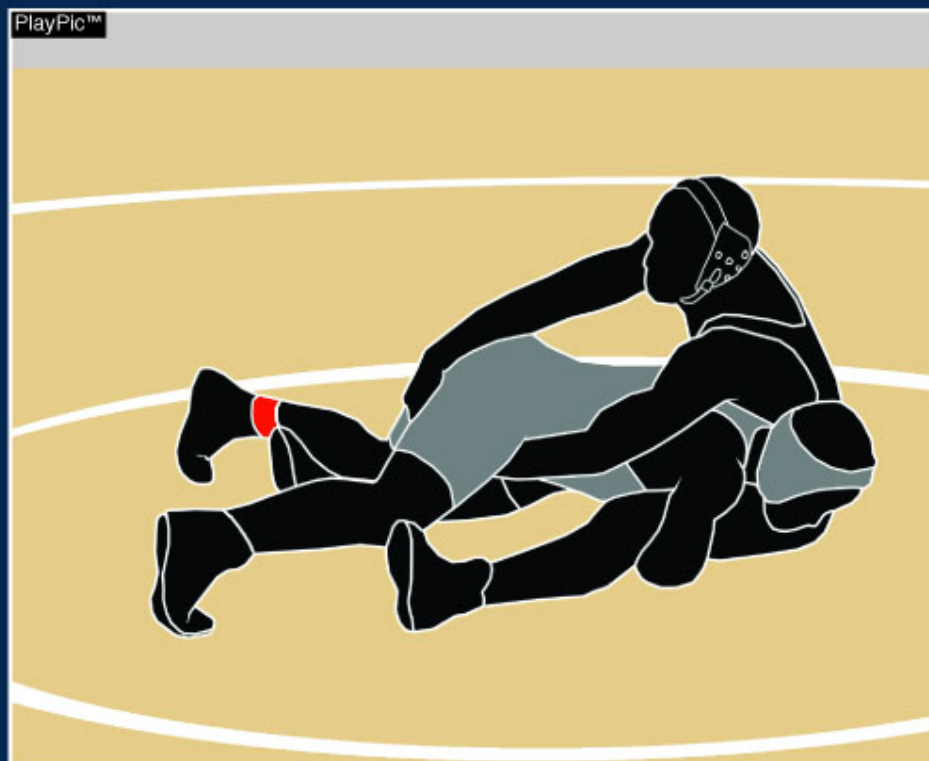
Rule 5-20-5 NOTE (NEW)





Stalling

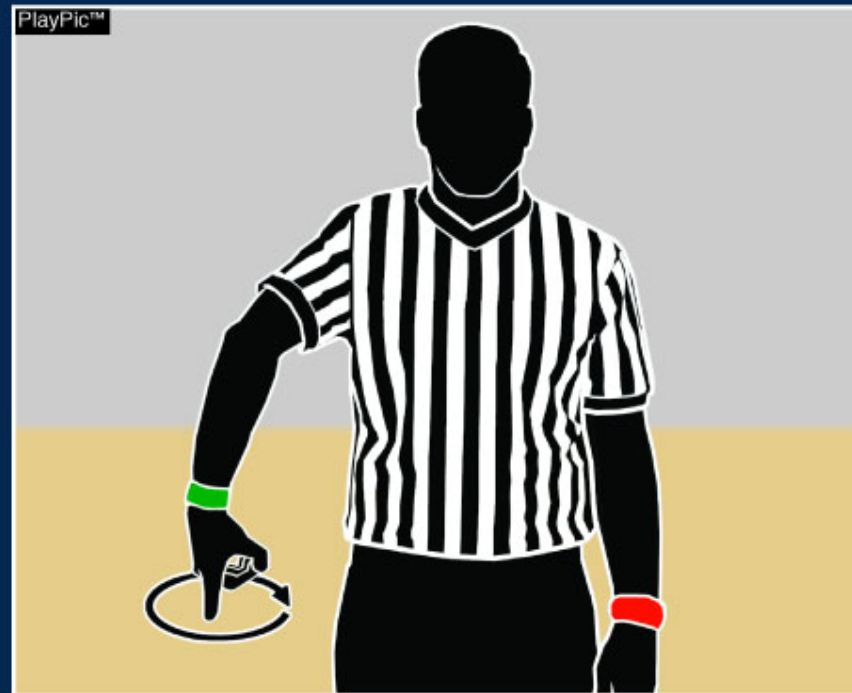
Rule 5-25-6c; 7-6-6c NEW



It is stalling when either wrestler repeatedly creates a stalemate situation to prevent an opponent from scoring.



New Recovery Time Signal for Referees Rule 5-29-3



RECOVERY TIME

Creation of a new signal for recovery time.



Unsportsmanlike Conduct Rule 5-31-1

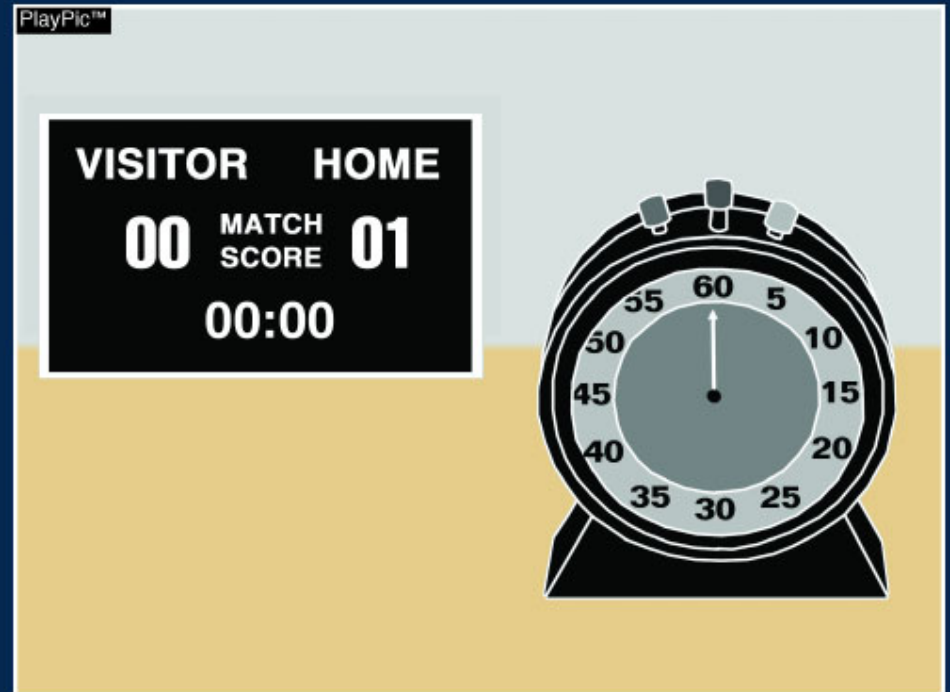


A



WRESTLER REPORTS WITHOUT HEADGEAR

B



1 MATCH POINT, START INJURY CLOCK

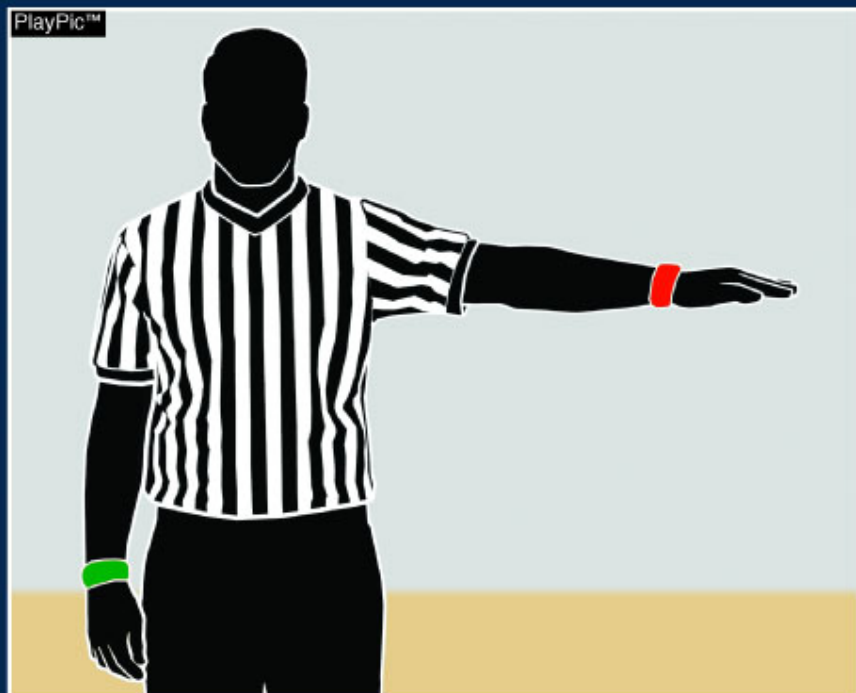
Removed the provision that the head coach will be penalized for unsportsmanlike conduct when a wrestler reports to the scorer's table not in the proper uniform, not properly groomed, not properly equipped or not ready to wrestle.



Overtime Rule 6-7-1c (6)

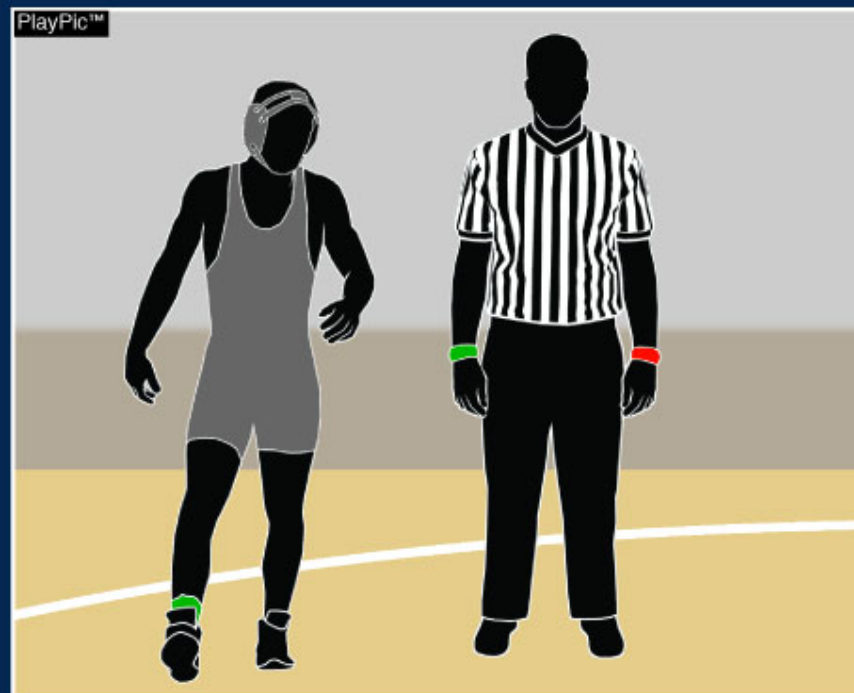


A



IN 1ST PERIOD, WRESTLER A IS PENALIZED FOR UNSPORTSMANLIKE CONDUCT

B



WRESTLER B GETS CHOICE IN ULTIMATE TIEBREAKER

If a wrestler receives an unsportsmanlike conduct penalty at any time during the match, the opponent will have the choice of starting position during the ultimate tiebreaker. The unsportsmanlike conduct penalty is to supersede the first points scored in the regulation match.



Illegal Maneuver Rule 7-1-5w (NEW)



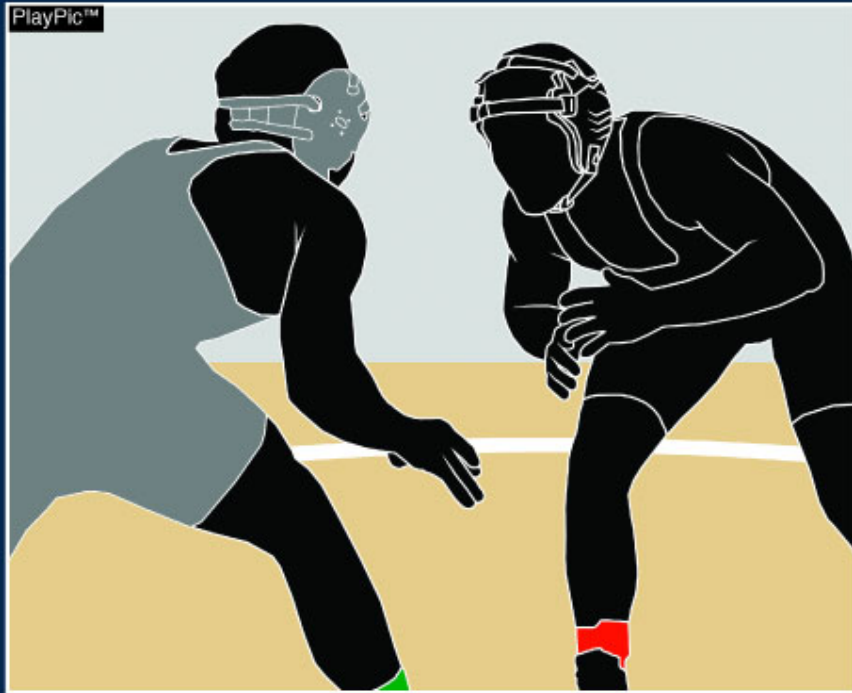
A back flip from the standing position is illegal.



Unnecessary Roughness Rule 7-4-1



A



B



FORCEFUL SLAP TO THE HEAD

Unnecessary roughness involves a forceful slap to the head or face and/or gouging or poking the eyes.



National Federation of State
High School Associations



2008-09 Wrestling Editorial Changes

Take Part. Get Set For Life.™

2008-09 NFHS Wrestling Editorial Changes

➤ 3-3-2	Clarified that the assistant scorers are also responsible for circling first point(s) scored in the regulation match.
➤ 4-2-4	Added the word “designated” to the description of the on-site meet physician.
➤ 5-15-2b	Added the words “is considered to be” for further clarification of the defensive wrestler’s shoulder or scapula as supporting points.
➤ 5-16-3	Added an “(s)” to supporting point(s) for clarity.
➤ 5-22-1	Further defined “Random Draw” based on the 2007-08 rules change.



2008-09 NFHS Wrestling Editorial Changes

➤ 5-28-1	Deleted “Except for the false start or incorrect starting position” from description of Technical Violations.
➤ 6-2-2	Clarified the proper reporting sequence as determined by the pre-meet disk toss in a dual meet.
➤ 6-6-6	The words “will be made” were added for clarity in describing how the referee will communicate to the opposing coach on a rules explanation.
➤ 7-4-3	Deleted the words “It would include, but” from the description of flagrant misconduct.
➤ 8-1-6	Added the words “an individual” before tournament to further clarify that any contestant disqualified because of flagrant misconduct in an individual tournament is not entitled to any points earned in that tournament.



2008-09 NFHS Wrestling Editorial Changes

➤ 8-2-1	Clarified that time required to treat a pre-existing medical condition or illness is also counted as injury time.
➤ 8-2-8	Revised current rules language on bleeding and blood on uniforms.
➤ Photo #2	Added more detail to the description of the photo on what is a legal hair style by rule.
➤ Photo #3 (New)	Added a new photo of a legal hair style.
➤ Photos #31-33 (New)	Added three new photos to show the new time/position sequence for the offensive starting position.



2008-09 NFHS Wrestling Editorial Changes

➤ Photo #57 (New)	Added a new photo to illustrate an illegal front headlock without an arm encircled.
➤ Photo #84	Added more detail to the description of an illegal back bow by application.
➤ Photo #89	Clarified the rules reference as 7-2-2.



National Federation of State
High School Associations



2008-09 Wrestling Points of Emphasis

Take Part. Get Set For Life.™



Grooming and Medical Checks

Rule 4-2



A



WRESTLER WITH NEATLY TRIMMED SIDEBURNS

B



FINGERNAILS TOO LONG



Going Out of the Wrestling Area Rule 7-3-1



There are too many situations in which wrestlers use the edge of the mat in order to get out of a situation, when, in fact, they should be penalized for going out of the wrestling area.



Reporting to the Scorer's Table Ready to Wrestle

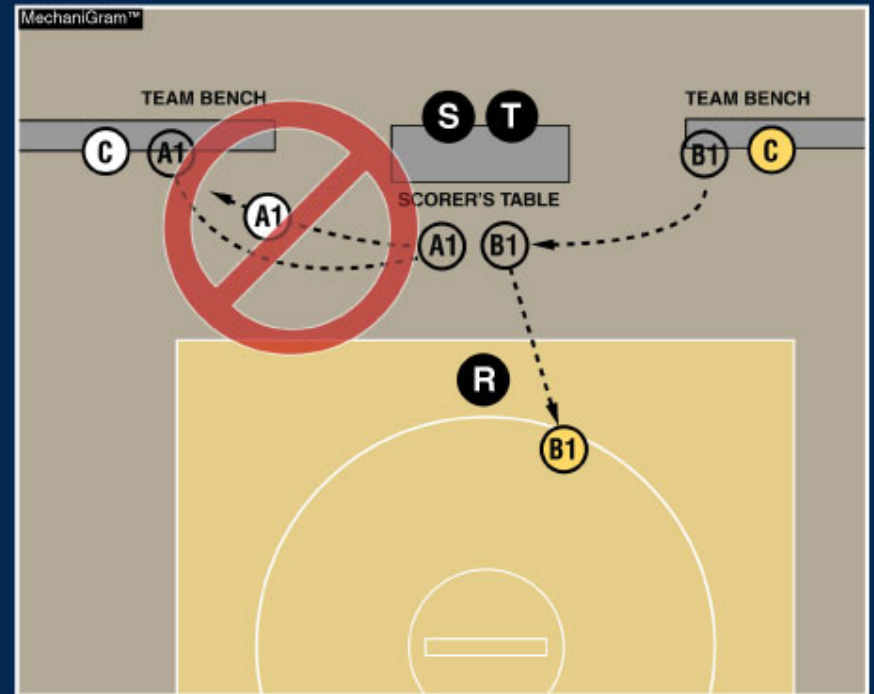


A



NOT PROPERLY EQUIPPED

B

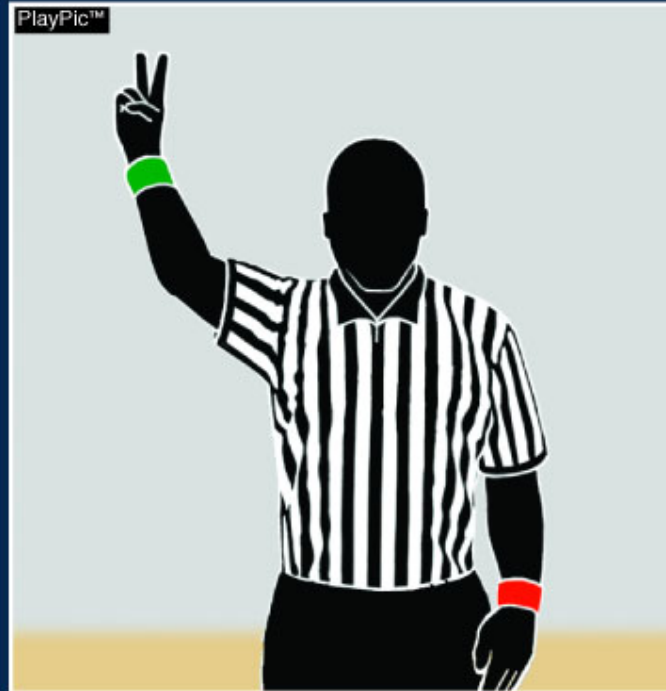


DELAYING THE MATCH

WRESTLER A1 MUST GO DIRECTLY TO THE MAT
AFTER REPORTING TO THE SCORER'S TABLE



Referees' Signals and Mechanics



Signals work best when they follow a certain order. Giving signals in the proper sequence is an important aspect of being a good referee.

National Federation of State
High School Associations



2008-09 Wrestling Rules Reminders

Take Part. Get Set For Life.™

Competition

Rule 1

- **Rule 1-2-2:**

No wrestler shall represent the school in more than one weight class in any meet or compete in more than five matches (championship or consolation), including forfeits in any one day.

- **Rule 1-2-3:**

No contestant shall wrestle in two consecutive matches with less than a 45-minute rest between them. The conclusion time of each match shall be recorded.

- **Rule 1-2-4:**

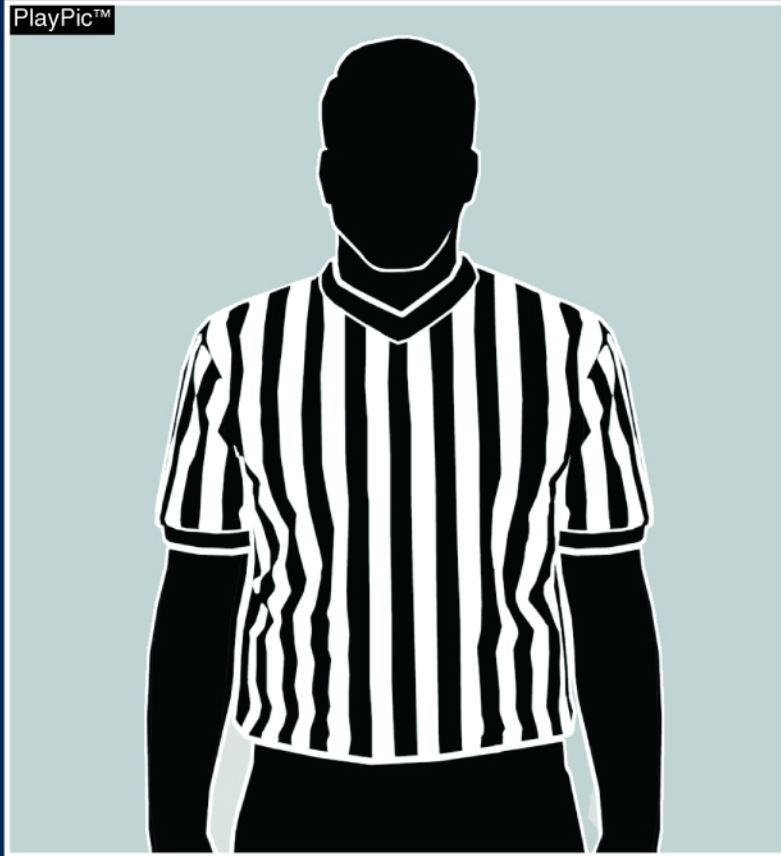
A contestant shall not accept a forfeit in one weight class and compete in another class.



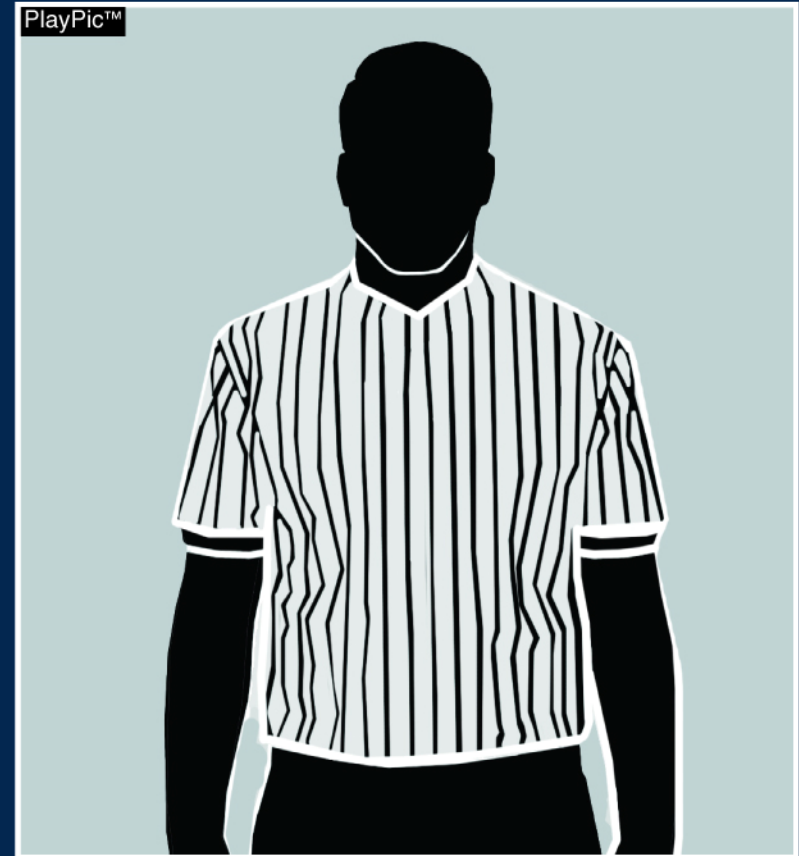


Referee's Uniform

Rule 3-1-1



Black-and-White Stripes



Gray With Black Pinstripes



Rule 3-1-1

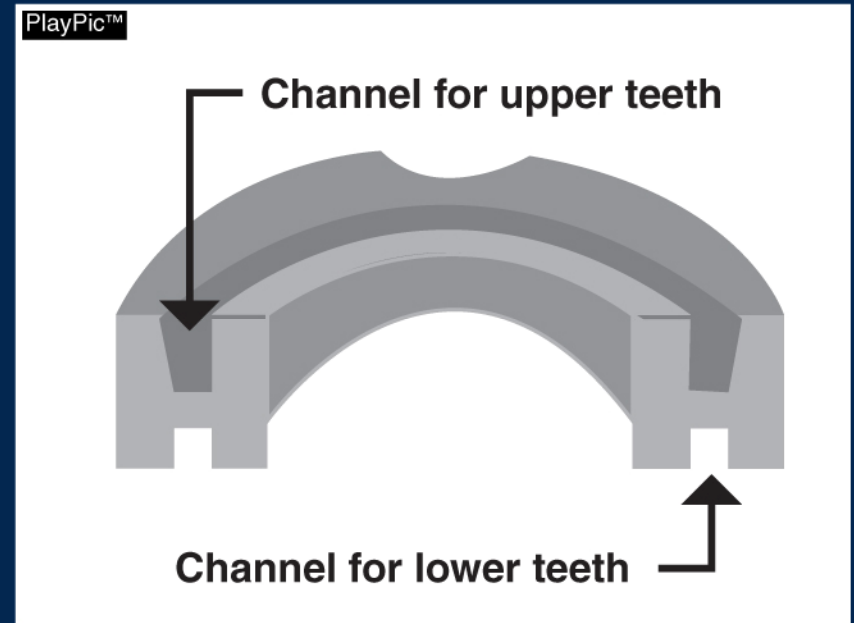
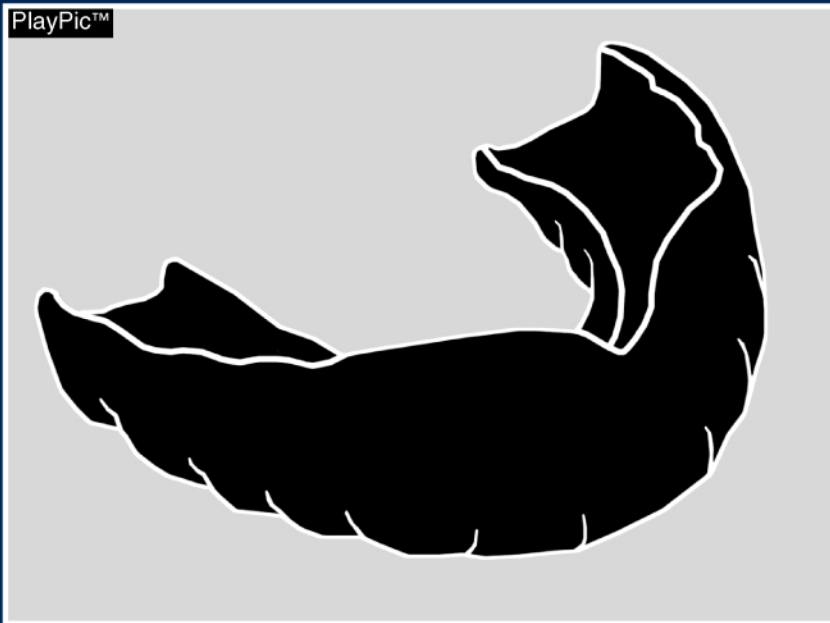


(OHIO Modification)

The referee's uniform consists of a short sleeve knit shirt, with alternating black and white 1-inch stripes.



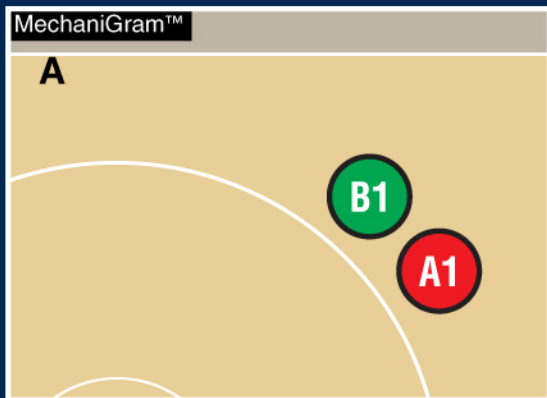
Tooth and Mouth Protector Rule 4-2-6



Contestants who have braces or have a special orthodontic device on their teeth shall be required to wear a tooth and mouth protector.

Positions

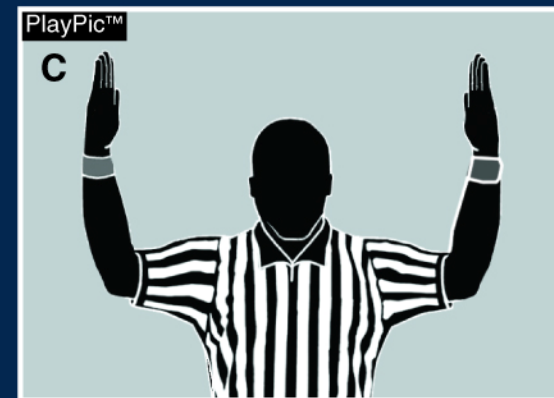
Rule 5-20-6



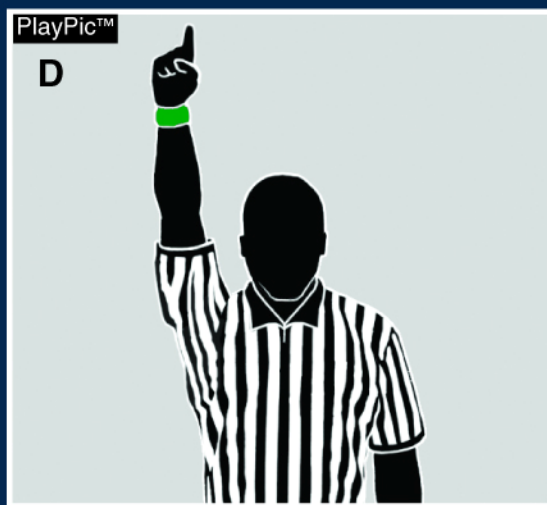
Both wrestlers out of bounds



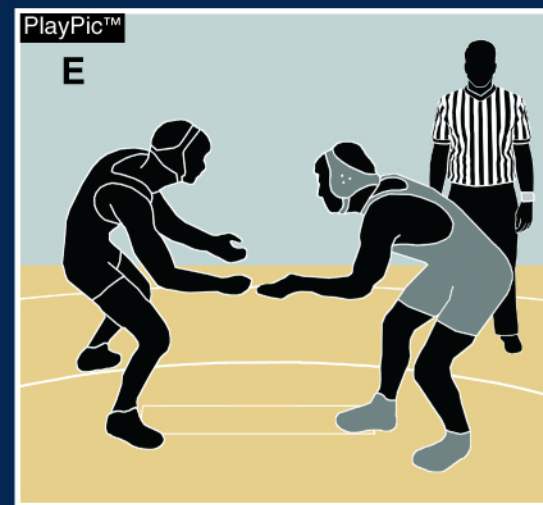
Wrestler A1 signals neutral position



Neutral position



One-point escape for wrestler B1



Restart match in neutral position



Physician Release for Wrestler to Participate With Skin Lesion Form Rule 4-2-3



**Sports Medicine Advisory Committee
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS
PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Name: _____ Date of Exam: ___/___/___

Diagnosis _____ Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s) _____

Date Treatment Started: ___/___/___

Form Expiration Date: ___/___/___

Earliest Date may return to participation: ___/___/___

Provider Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____ (MD or DO)

Office Address _____

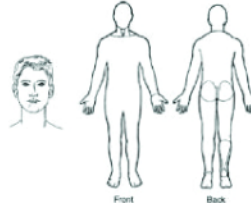
Note to Providers: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3 and 4-2-4 which states:

"ART. 3 - If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."


"ART. 4 - If an on-site meet physician is present, he/she may override the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition."

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:



PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)



Name _____ Date of Exam ___/___/___

Mark Location of Lesion(s) _____

Diagnosis _____

Communicable _____ Non-Contagious _____

Location of Lesion(s) _____

Date Treatment Started ___/___/___

Medication(s) used to treat lesion(s) _____

Earliest Date Student May Return to Participation ___/___/___

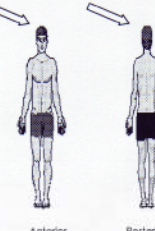
Physician's Name (Printed or Typed) _____

Provider Signature _____ Office Phone Number _____

Office Address _____

NOTE TO PROVIDERS: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rule 4-2-3 and 4-2-4 which states:

ART. 3 - If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, his coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. Covering a communicable condition shall not be considered acceptable and



Physician written documentation on NFHS form

Standardized state association form

Current written documentation (communicable skin disease or other condition) from a physician needs to be on an approved form from either the NFHS or a state association.

2008/2009 NFHS Wrestling Skin Lesion Form

NFHS PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine Advisory Committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

GOALS FOR ESTABLISHING A WIDELY USED FORM:

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians who are signing "return to competition forms". Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or can not participate.
4. Provide a basis to support physician decisions on when a wrestler can or can not participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. **This can involve any student athlete who never wins a match or the next state champion with a scholarship pending.**

IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
3. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician visit.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in anyway for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.

Revised/Approved April 2008



National Federation of State High School Associations Sports Medicine Advisory Committee

PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name: _____ Date of Exam: ____/____/____

Diagnosis _____

Location AND Number of Lesion(s) _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____/____/____

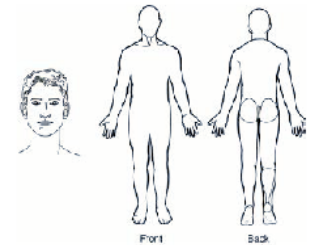
Form Expiration Date: ____/____/____

Earliest Date may return to participation: ____/____/____

Provider Signature _____ Office Phone #: _____

Physician Name (Printed or Typed) _____
(M.D. or D.O.)

Office Address _____



Note to Providers: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3, 4-2-4 and **4-2-5** which states:

"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated on-site meet physician is present and is able to examine the wrestler immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition."

"ART. 5 . . . A consent may have documentation from a physician only endorsing a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours. CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occur last.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiolatum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiolatum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or full five days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm scalp, skin): Oral or topical treatment for 72 hours on skin and 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: 24 hours after curettage.

Revised/Approved April 2008

Team Benches

***NFHS Rule 2-2-1:** For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area which is at least **10 feet** from the edge of the mat and the scorer's table, where facilities permit.

***NFHS Rule 2-2-2:** During tournament competition, a maximum of **two** team personnel (coaches and/or non-participating contestants) will be permitted on chairs at the edge of the mat. It is permissible to allow coaches on the corner of the mat in a restricted zone. In tournaments where coaches are permitted on the corner of the mat, the restricted zone shall be defined by either a contrasting line marked on the mat with paint or tape or a contrasting colored surface under the chairs. The restricted zone shall be no closer than 5 feet to the edge of the circle. Coaches shall be seated at least **10 feet** from the scorer's table, where facilities permit.



Conduct of Coaches, Team Personnel and Others

***NFHS Rule 7-5-2:** Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out of bounds and resumption of wrestling. The coach may move towards the mat only during a charged time-out or at the end of the match. **(See Rule 2-2)**

***NFHS Rule 7-5-3:** Unsportsmanlike conduct – is called on coaches or other team personnel who violate the bench decorum rule (7-5-2).



2009 NFHS Wrestling Rule Change Proposal Form

Due:

March 1, 2009

Must be submitted to your state association office for approval.



**National Federation of State High School Associations
Wrestling Rule Change Proposal Form**

Deadline for Proposal: March 1, 2009

E-mail: bcogate@nfhs.org
kadams@nfhs.org

Proposal submitted by _____

Executive Director's Signature Is Required _____

Daytime Phone _____ Evening Phone _____

Address _____ City _____ State _____ Zip _____

Directions:

1. Only one proposal per page. If additional sheets are needed, please copy.
2. All proposals must be stated clearly and concisely.
3. Word the proposal exactly as you want it to appear in the rules book.
4. Write a short rationale stating the problem, why the rule should be changed/added, etc.

Page _____ Rule _____ Section _____ Article _____

Suggested Change: TYPE or PRINT exactly as you wish the rule to read
(Underlining shows addition; ~~deletion~~ shows deletion)

Rationale (Be very clear in your explanation):

Other Rules Affected

Page	Rule	Section	Article
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



Additional NFHS Information

- **NFHS Wrestling Rule Change Proposal Form Due**
 - March 1, 2009
- **2009 NFHS Wrestling Rules Committee Meeting**
 - April 6-8, 2009
 - Indianapolis, IN
- **2009 NFHS Wrestling Rules Interpreters Meeting**
 - September 23, 2009
 - Indianapolis, IN
- **E-mail addresses:**
 - Bob Colgate - bcolgate@nfhs.org
 - Kim Adams - kadams@nfhs.org



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National Federation of State
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Thank You!

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