

2012-13 Wrestling Rules Changes

Take Part. Get Set For Life.™

2012-2013 BY-LAW CHANGES



EMERGENCY ACTION PLAN

- Mandated for athletic practices and games
- Include responses to:
 - weather-related emergencies
 - serious illness/injury situations
 - violence/terroristic incidents
- Solicit assistance from
 - local law enforcement agencies
 - first responder/rescue agencies
 - medical personnel



E.A.P. PROCESS

- Formulate the plan carefully
- Practice the plan regularly
- Implement the plan precisely



INSTITUTIONAL HEAT POLICY

- Applies to practices and voluntary workouts in all sports
 - ratio of work to rest and hydration
 - length of workout session
 - cancellation of outdoor workouts
- Policy must be signed by coach & distributed to parents each season.
- All heat/humidity readings must be taken with a Wet Bulb Globe Temperature instrument.
- NOTE: WBGT “degrees” not same as thermometer



BY-LAW 2.67

WBGT	GUIDELINES
Under 82	Normal activities – 3 rest/hydration breaks per hour in a “cool zone” (minimum: 3 minutes each)
82.0 – 86.9	Watch at-risk players – 3 rest breaks per hour in a “cool zone” (minimum: 4 minutes each)
87.0 – 89.9	Maximum practice time: 2 hours Football: helmets, shoulder pads, shorts only for practice; no protective equipment during conditioning drills All Sports: At least 4 rest breaks per hour in a “cool zone”(minimum: 4 minutes each)
90.0 – 92.0	Maximum practice time: 1 hour Football: No protective equipment; No conditioning drills All Sports: 20 minutes of breaks in a “cool zone” distributed throughout the hour
Above 92.1	No outdoor workouts



COACHING ISSUES

- Community Coach may not coach same sport at two schools – even in same system
- Retired coaches (49%) do not have to do more than just coach to be head coach
- GHSA official and/or officiating assignor may not coach at GHSA school in same sport



MISCELLANEOUS

- No student may practice during the school day.
 - School sets beginning/ending time
 - Early release students may not practice during this time in the GHSA season for that sport
- Undue influence rule applies to student transferring to school whose coach coached player in an all-star game.




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.

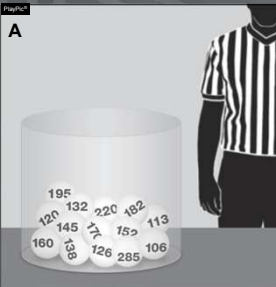
The NFHS is the sole and exclusive source of model interpretations of NFHS wrestling rules. State rules interpreters may contact the NFHS for model wrestling rules interpretations. No other model wrestling rules interpretations should be considered.



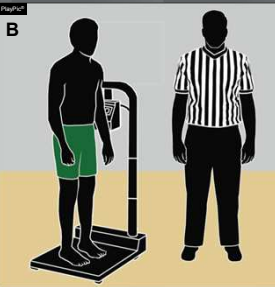


Random Draw

Rules 1-2-2a, 1-3-4a, 4-5-3, 5-21-1




A



B

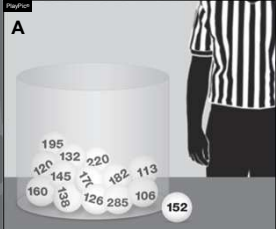
The random draw shall take place immediately preceding the weigh-ins.

RULE CHANGE
REFEREE
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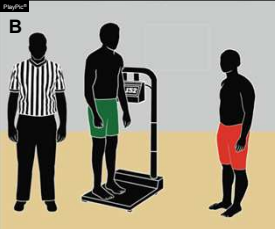


Random Draw

Rule 4-5-3




A



B


Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around the 106-pound weight class and end immediately upon the completion of the highest weight class in consecutive order.

RULE CHANGE
REFEREE
© REFEREE ENTERPRISES INC. 2012




Uniform

Rule 4-1-1a



A



B

Wrestlers must wear a one-piece singlet 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 (PlayPic A). 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 (PlayPic B).

RULE CHANGE
REFEREE
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NFHS

Special Equipment Rule 4-3-5 (NEW)

RULE CHANGE

Sweatbands and headbands (PlayPic A) and bicep bands (PlayPic B) are illegal.

REFEREE

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NFHS

Near-Fall Rule 5-11-2i

RULE CHANGE

When an imminent or near-fall situation is stopped due to a defensive wrestler committing a technical violation, applying an illegal hold/maneuver, committing unnecessary roughness or unsportsmanlike act which cannot be corrected and requires the referee to stop the match (PlayPic A), the match is stopped. The referee then awards the near-fall points (PlayPic B) and the penalty points (PlayPic C).

REFEREE

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NFHS

Stalling Rule 8-2, Penalty Chart

RULE CHANGE

In the situation above, the defensive wrestler is penalized a third time for stalling (PlayPic A) and the opponent is awarded two points (PlayPic B). The offensive wrestler gets the choice at the next restart (PlayPic C).

REFEREE

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NFHS

Second Injury Time-Out Rule 8-2-1h EXCEPTIONS (NEW)

RULE CHANGE


If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period and the opponent already has the choice at the beginning of the second 30-second tiebreaker period, the opponent would then have the added choice at the first restart after the beginning of the second 30-second tiebreaker period.

REFEREE

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**Tournament Advancement
Rule 10-2-9 (NEW)**

RULE CHANGE



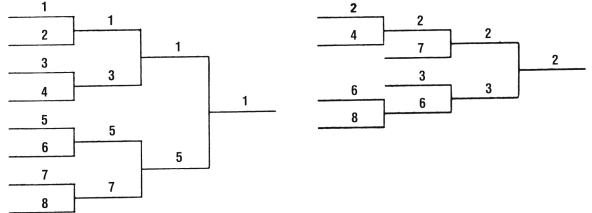
If two wrestlers, in the championship bracket simultaneously cannot continue the match due to both being disqualified for stalling or having their injury or blood time elapse, the wrestler who is leading on points at the time the match is terminated will continue in the consolation bracket. If the match is tied at the time of termination, neither wrestler will continue.

REFEREE

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**Tournament Bracket Format
Rules 10-3-6 and 10-3-7**

8-COMPETITOR CHAMPIONSHIP BRACKET **CONSOLATION WITH CROSS-BRACKETING**




The committee revised the tournament bracket format. This rule change allows the tournament director more flexibility in conducting a smooth running competition that fits the unique needs of a particular tournament.

REFEREE

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National Federation of State
High School Associations




**2012-13
Wrestling
Editorial Changes**

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**Escape
Rule 5-10**

EDITORIAL CHANGE



An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while all the supporting points of either wrestler are inbounds.

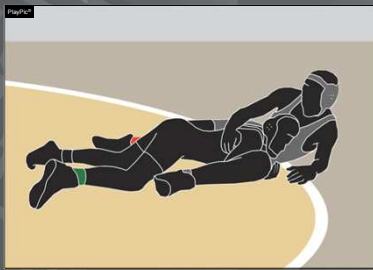
REFEREE

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Inbounds Rule 5-15-1

EDITORIAL CHANGE



Contestants are considered to be inbounds if all the supporting points of either wrestler are inside or on the boundary lines.

REFEREE

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Inbounds Rule 5-15-1

EDITORIAL CHANGE



Contestants are considered to be inbounds if all the supporting points of either wrestler are inside or on the boundary lines.

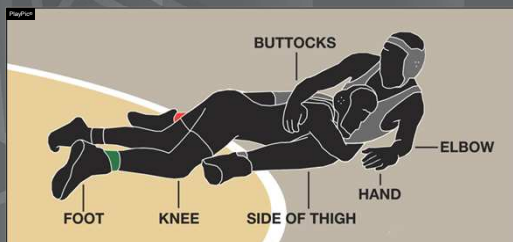
REFEREE

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Supporting Points Rule 5-15-2

EDITORIAL CHANGE



Supporting points are the parts of the body touching the wrestling area which bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.

REFEREE

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Inbounds Rule 5-15-3

EDITORIAL CHANGE

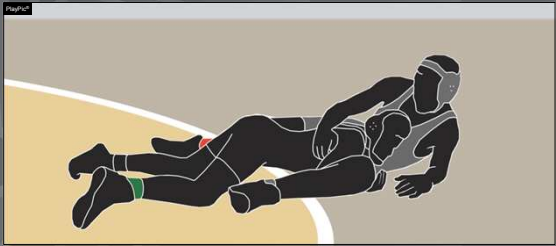


Wrestling shall continue as long as all the supporting points of either wrestler remain inbounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match.

REFEREE

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Reversal
Rules 5-22-1, 5-22-2



In awarding a reversal at the edge of the mat, control must be established while all the supporting points of either wrestler are inbounds or while the feet of the scoring contestant finish down on the mat inbounds .

EDITORIAL CHANGE

REFeree

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Takedown
Rules 5-25-1, 5-25-3



It is a takedown when, from a neutral position, a wrestler gains control over the opponent down on the mat and all the supporting points of either wrestler are inbounds. When a majority of the defensive wrestler's weight is borne on a hand(s), it is considered a supporting point(s).

EDITORIAL CHANGE

REFeree

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2012-13 NFHS Wrestling Editorial Changes

➤ 1-1-2	Added additional rules references.
➤ 1-2-2	Changed the words "dual-meet or team-formatted tournaments" to "team advancement tournaments."
➤ 1-2-3	Moved Article over from Representation.
➤ 1-2-4	Moved Article over from Representation.
➤ 1-3-2	Changed the words "dual-meet or team-formatted tournaments" to "team advancement tournaments."
➤ 1-3-4	Changed the words "dual-meet or team-formatted tournaments" to "team advancement tournaments."

REFeree

2012-13 NFHS Wrestling Editorial Changes

➤ 1-3-5	Moved Article over from Representation.
➤ 3-1-3	Added a clarification to the jurisdiction time of the referee from the NFHS Board of Directors.
➤ 5-21-1	Clarified in the random draw that the weight class drawn first will be the odd match.
➤ 5-24-2	Added to the rule that stalling shall be penalized in accordance with the Penalty Chart.
➤ 7-6-2	Added to the rule that stalling shall be penalized in accordance with the Penalty Chart.
➤ 8-2-7	Changed the word "controlled" to "stopped" to further clarify blood time.
➤ 9-1-5	Added the words "two seconds" to further clarify the near-fall criteria in the rule.

REFeree

2012-13 NFHS Wrestling Editorial Changes

➤ Rule 10 Heading	Changed to "Individually Bracketed Tournaments."
➤ Rule 11 Heading	Changed to "Team Advancement Tournaments."
➤ 11-1-5	Added "Failure to appear" to better clarify the intent of the rule.
➤ Photo 11	Revised the text under the photo.



National Federation of State
High School Associations



2012-13 Wrestling Points of Emphasis

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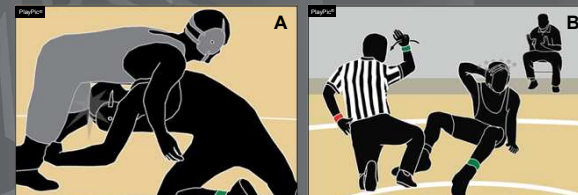
2012-13 NFHS Wrestling Points of Emphasis

1. Concussion Recognition and Management-
2. Slams-
3. Wrestler Conduct-
4. Weigh-In Procedures-



Concussion Recognition and Management

POINT OF EMPHASIS



Referees must use their best judgment when observing the signs, symptoms and behaviors of a possible concussion, but are not being asked to render what could be perceived to be a medical opinion. Referees, coaches and administrators must make all efforts to ensure that athletes with a suspected concussion do not continue to participate.

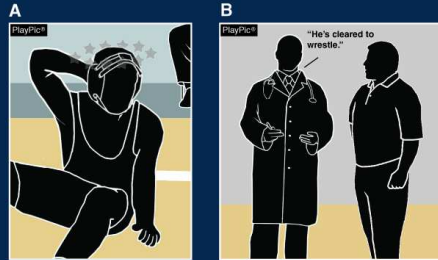
REFEREE

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POINT OF EMPHASIS

Concussion Rule 8-2-4



Any contestant who exhibits signs, symptoms or behaviors consistent with a concussion (PlayPic A) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health-care professional (PlayPic B). Each state association is to determine who qualifies as an appropriate health-care professional.

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Frame 7

POINT OF EMPHASIS

Concussion Recognition and Management

- A concussion is a brain injury that results in a temporary disruption of normal brain function-
- A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body-
- Neither referees, nor coaches, are expected to “diagnose” a concussion, as that is the job of an appropriate health-care professional-
- Referees, coaches and administrators are being asked to make all efforts to ensure that concussed athletes do not continue to participate-



POINT OF EMPHASIS

Concussion Recognition and Management

- The referee is not responsible for the evaluation or management of the athlete after he/she is removed from competition-
- If an appropriate health-care professional on the mat determines that the athlete HAS NOT suffered a concussion, the athlete may return to competition-
- If there is no appropriate health-care professional available to evaluate the athlete, the athlete SHOULD NOT be allowed by the coach to return to competition-
- Athletes with continued concussion symptoms are at significant risk for recurrent, cumulative and even catastrophic consequences of a second concussive injury-



POINT OF EMPHASIS



National Federation of State High School Associations

Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

<p>Common Signs and Symptoms of Concussion Include:</p> <ul style="list-style-type: none"> • headache • foggiess • difficulty concentrating • easily confused • slowed thought processes • difficulty with memory • nausea • lack of energy, tiredness • dizziness, poor balance • blurred vision 	<ul style="list-style-type: none"> • sensitive to light and sounds • mood changes – irritable, anxious or tearful • appears dazed or stunned • confused about assignment • forgets plays • unsure of game, score or opponent • moves clumsily • answers questions slowly • loses consciousness • shows behavior or personality changes
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Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org.


January 2011

**See Appendix B
on page 84
of the 2012-13
NFHS Wrestling
Rules Book**

NFHS

POINT OF EMPHASIS

Slams



Wrestlers must return opponents to the mat safely after a lift and must realize a slam may be called on wrestlers in the neutral, top or bottom position.

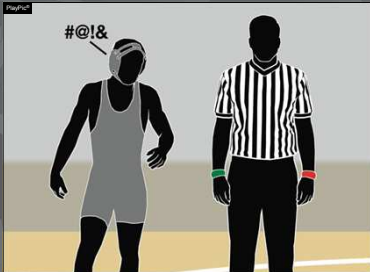
REFEREE

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NFHS

POINT OF EMPHASIS

Wrestler Conduct



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

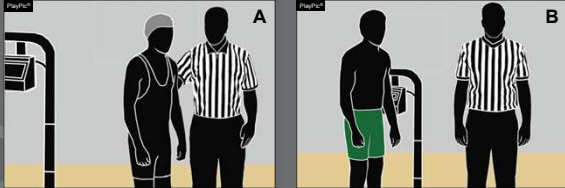
REFEREE

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NFHS

POINT OF EMPHASIS

Weigh-In Procedures



All wrestlers weighing in must meet the grooming standard, which requires the hair to meet certain length and abrasive standards. All competitors must meet this standard or wear an appropriate cover. This cover must be worn to the weigh-in for the referee's approval and then removed prior to stepping on the scale.


REFEREE

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POINT OF EMPHASIS

Weigh-In Procedures

- A competitor has a minimum and maximum weight that must be adhered to in order to compete at a particular weight class.
- All competitors must be in the designated weigh-in area that is established by the meet administration at the prescribed time and shall not leave the weigh-in area unless granted permission by a meet administrator.
- The wrestlers must weigh in when their weight class is called.



NFHS

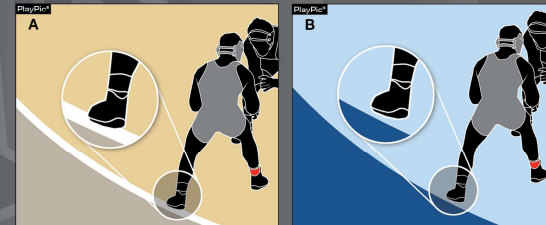


2012-13 Wrestling Rules Reminders

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Boundary Line Now Inbounds Rule 2-1-3



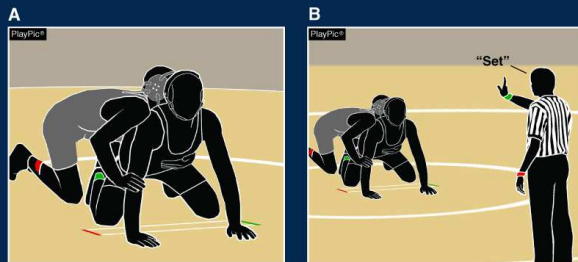
The wrestling area shall be marked on the mat by painted lines, 2 inches wide, which are inbounds (PlayPic A). At the center of the mat there shall be a 10-foot circle, indicated by a 2-inch line. When the area enclosed by the 10-foot circle and the inbounds area of the mat are of contrasting colors, the 2-inch line may be omitted (PlayPic B).



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Re-Starting the Match Rule 5-19-9



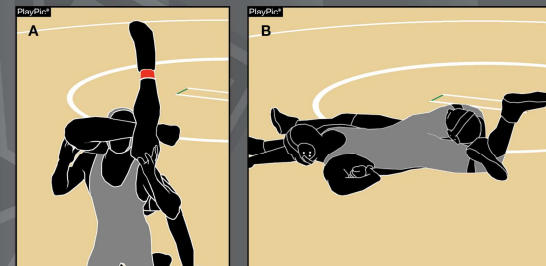
The referee shall direct the offensive wrestler to assume a legal starting position once the defensive wrestler is stationary in a legal starting position. Once the offensive wrestler has assumed a legal starting position and is stationary (PlayPic A), the referee shall verbally say 'Set' and then pause momentarily (PlayPic B), before starting wrestling.

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Frame 2




Figure 4 Around the Head is Now an Illegal Hold/Maneuver Rule 7-1-5r



The Figure 4 around the head, as seen in the PlayPics, is now an illegal hold/maneuver. The Figure 4 around the body, the head or both legs is an illegal hold/maneuver.




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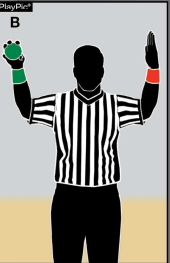


Second Injury Time-out Clarified

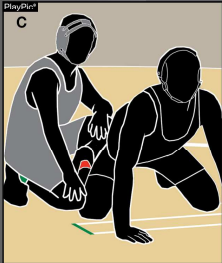
Rule 8-2-1c (NEW)



PlayPic A




PlayPic B



PlayPic C


If the second injury time-out is taken at the conclusion of the second period (PlayPic A), and the opponent already has the choice at the beginning of the third period (PlayPic B), the opponent would then have the added choice at the first restart after the beginning of the third period (PlayPic C).



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Representation Rule 1-4


- **Rule 1-4-2:**
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 1-4-3:**
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 1-4-4:**
A contestant shall not accept a forfeit in one weight class and compete in another class.



Team Benches Rule 2-2

***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.


***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

***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)**

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





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 - **Fundamentals of Coaching Golf**
 - Content from PGA of America and hosted by 2010 PGA Professional of the Year, Todd Anderson
 - **Strength and Conditioning**
 - Content from NSCA, designed to educate coaches to how to properly train students
- **First Aid, Health and Safety for Coaches**
 - Revised and expanded First Aid Course



Reminders/Contact Info

- **NFHS Wrestling Rule Change Proposal Form Due**
 - March 1, 2013
- **2013 NFHS Wrestling Rules Committee Meeting**
 - April 8-10, 2013
 - Indianapolis, IN
- **2013 NFHS Wrestling Rules Online State Interpreters Meeting**
 - September 25, 2013 – 2:00 pm. (Eastern Standard Time)
- **Contact Info:**
 - Bob Colgate - bcolgate@nfhs.org
 - Denis Tallini - dtallini@ghsa.net; 706 647-7473 x34



The following are available in an NFHS PowerPoint Presentation:

▪ Baseball	▪ Soccer
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To order copies please contact: **Carol Ratliff at the NFHS**
Phone: 317.822.5731 or Fax your Request to 317.822.5700

National Federation of State High School Associations



Thank You!

www.nfhs.org

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