



# 2020-21 NFHS WRESTLING POWERPOINT

National Federation of State  
High School Associations



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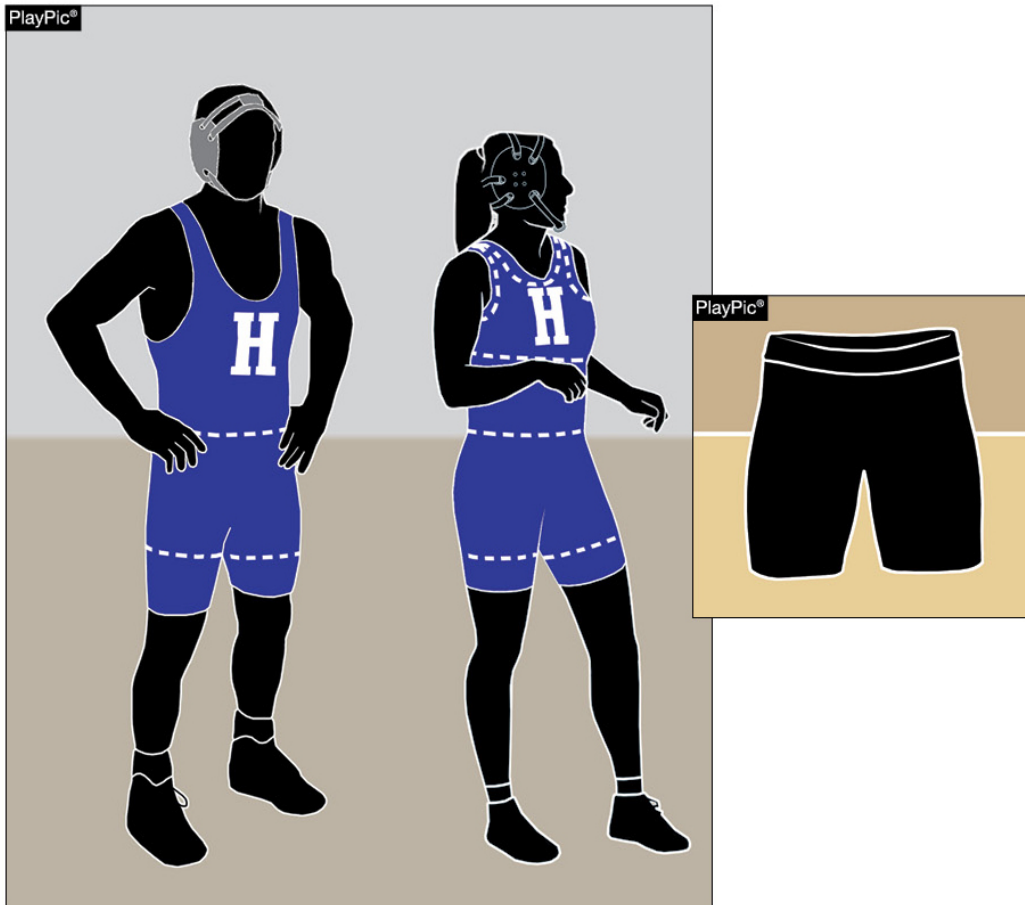


# 2020 NFHS WRESTLING RULES CHANGES





# UNDERGARMENTS RULE 4-1-1c NOTE



Female contestants wearing a one-piece singlet and/or a form-fitted compression shirt shall wear a suitable undergarment that completely 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

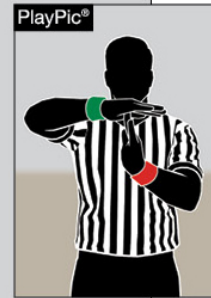
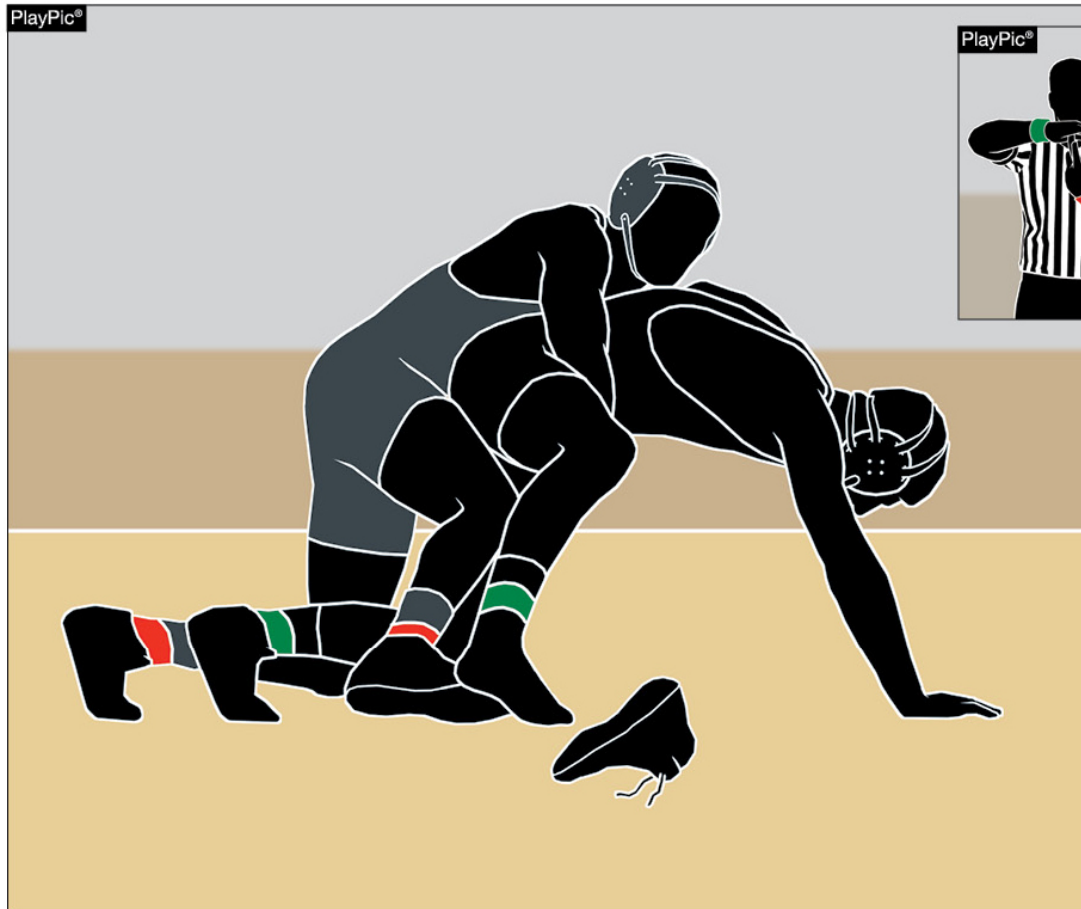
▪ **NOTE:** Female contestants wearing a one-piece singlet and/or a form-fitted compression shirt shall wear a suitable undergarment that completely covers their breasts and minimizes the risk of exposure. All contestants wearing a one-piece singlet shall wear a suitable undergarment which completely covers the buttocks and groin area.

### Rationale:

This addition was needed to be consistent with the undergarment requirement for the singlet and/or a form-fitted compression shirt uniform top.



# TECHNICAL VIOLATION RULE 4-1-3



If a wrestler's shoe comes off during the course of wrestling, a technical violation will be assessed. The injury clock will be started to correct the situation. The shoe must be tightly laced to the top and worn as the manufacturer intended.





## RULE 4-1-3

- **ART. 3 . . .** Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If laces are visible, they shall be secured in an acceptable fashion. If the shoelaces come undone, the penalty would be an automatic stalling call. If the shoe comes off during the course of wrestling, a technical violation will be assessed. The injury clock will be started to correct the situation.

**NOTE:** An acceptable secure fashion could be double knotting of the laces.





## RULE 4-1-3

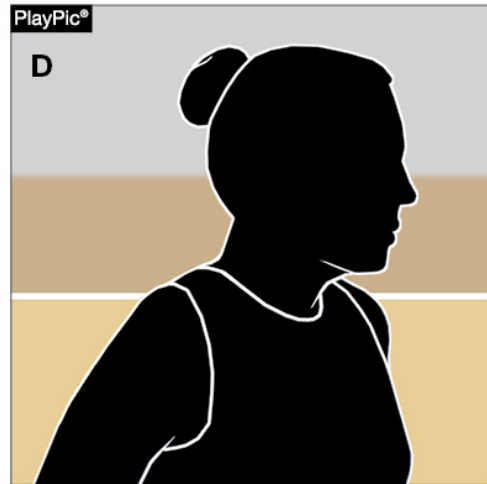
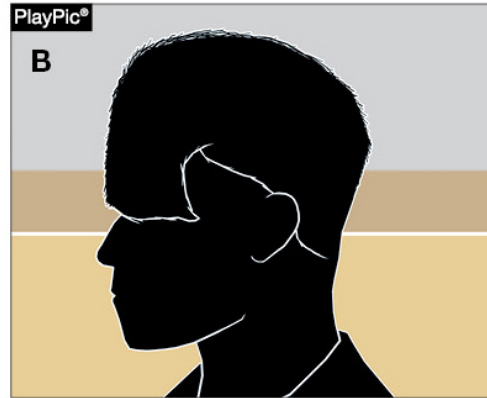
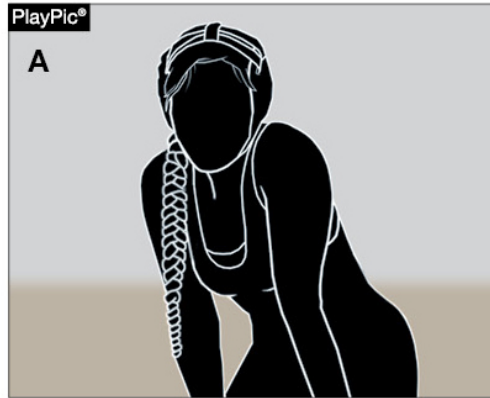
### Rationale:

In reporting to the score table being properly equipped to wrestle, it is assumed that the shoes are laced to the top as the manufacturer intended. (4-2-5) A wrestling shoe that is properly laced will not come off. Some wrestlers do not lace to the top or loosely lace shoes so that they easily come off during the match. This causes match delay and often causes the loss of scoring opportunity by the opposing wrestler. Instead of a takedown or maintaining control the opposing wrestler is left with a shoe in his / her hands.





# HAIR RULE MODIFICATION RULE 4-2-1



The hair length rule has been eliminated. (PlayPics A and B.) If wrestlers choose to contain their hair (PlayPic C), then it must be contained in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A legal hair-controlled device such as a rubber band (PlayPic D) shall be secured so as not to come out readily during wrestling.







# HAIR RULE MODIFICATION

## RULE 4-2-1



Because physical hair treatments and control items present a risk to wrestlers due to hardness, texture (sharpness) or abrasiveness, they are not allowed.



## RULE 4-2-1

- **ART. 1 . . .** During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level. A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible. 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. A wrestler may contain their hair in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards.





## RULE 4-2-1

- A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.





## RULE 4-2-1

- If an individual has facial hair, it 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 to the same requirements for facial hair, or wear a legal hair cover.

### **Rationale:**

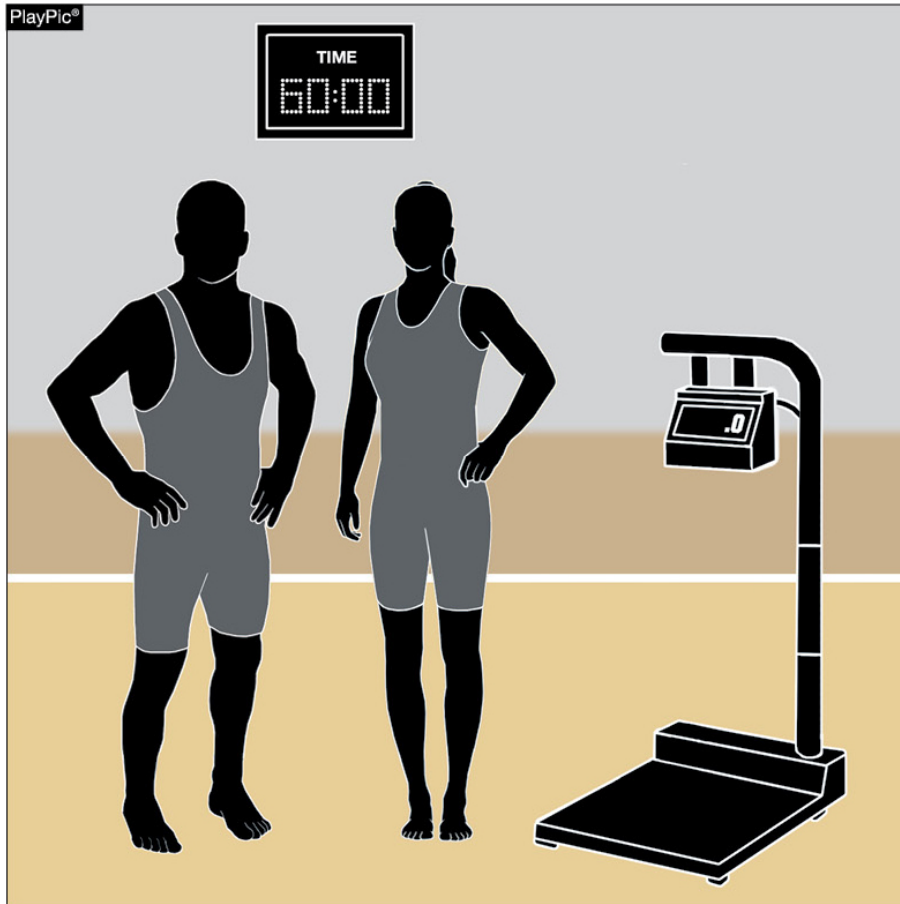
The hair length requirement of the rule has been removed and hair covering is not mandatory. However, if a hair cover is used, it shall meet the requirements of the rule.







# WEIGH-INS RULES 4-5-1, 4-5-2



Contestants shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the start of a dual meet or a team's first competition each day in a multiple dual-meet event is scheduled to begin.





## RULE 4-5-1

- **ART. 1 . . .** Contestants shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the start of a dual meet or a team's first competition each day in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.

### **Rationale:**

Opponents regardless of gender shall weigh-in together because of the modification of the rule that requires them to wear a legal uniform for weigh-ins.





## RULE 4-5-2

- **ART. 2 . . .** Contestants shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day.

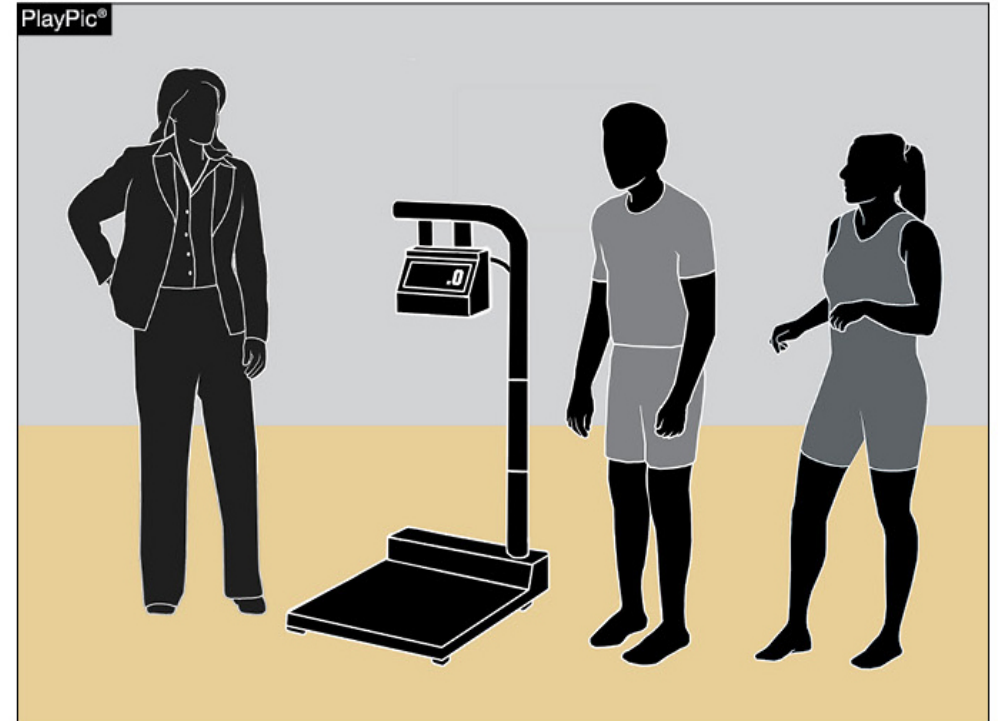
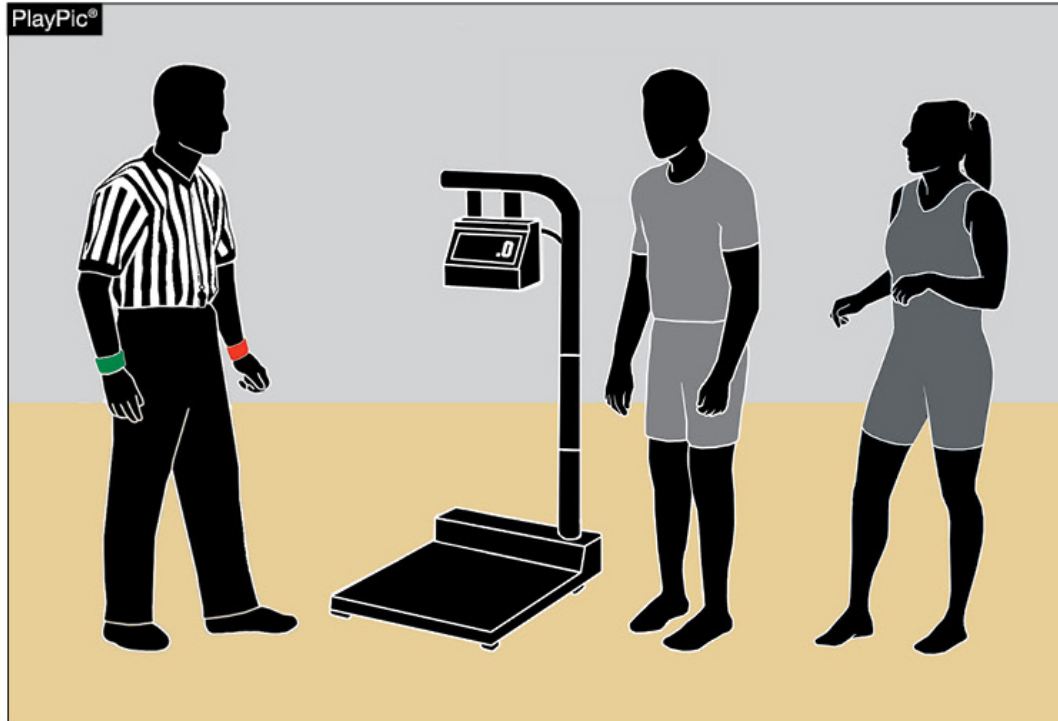
### **Rationale:**

Opponents regardless of gender shall stand shoulder-to-shoulder for the weighing-in process.





# WEIGH-INS RULE 4-5-4



The referee or other authorized person shall supervise the weigh-ins.







## RULE 4-5-4

- **ART. 4 . . .** The referee, or other authorized person shall supervise the weigh-ins.

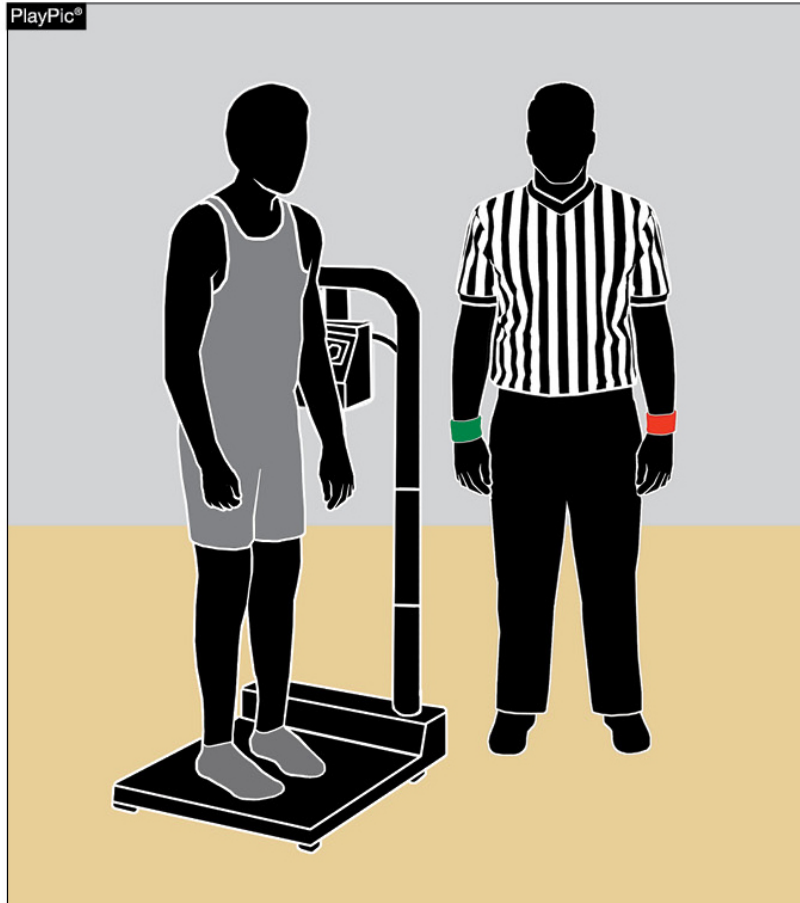
### **Rationale:**

The referee or other authorized individuals (regardless of gender) are permitted to supervise weigh-ins.





# WEIGH-INS RULE 4-5-7 NOTE



Wrestlers shall weigh-in wearing legal uniform with suitable undergarments. Socks (low-cut) may be worn but may not be worn or taken off as a means of making weight.



# WEIGH-INS RULE 4-5-7 NOTE



Contestants shall not weigh-in wearing shoes or ear guards. No additional weight allowance shall be granted for weighing-in wearing a legal uniform.





## RULE 4-5-7 NOTE

- **ART. 7 . . .** All contestants shall weigh-in wearing a legal uniform (4-1-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a suitable form-fitted compression 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.
- **NOTE:** No additional weight allowance shall be granted for weighing-in wearing a legal uniform.







## RULE 4-5-7 NOTE

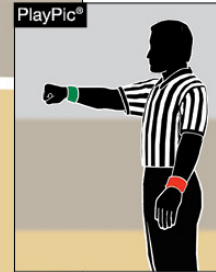
### **Rationale:**

Wrestlers are now required to weigh-in wearing a legal uniform with suitable undergarments. This modification will simplify the weigh-in process by having all the competitors in the same area and can expedite the process. Beside the legal uniform, the wrestlers may wear low-cut socks on the scale. The socks cannot be removed or added for fear that practice would affect the wrestler's weight loss or gain.





# UNNECESSARY ROUGHNESS RULE 5-29-1



Pulling an opponent's hair results in a penalty for unnecessary roughness. This does not include hair that is caught in a legal maneuver including but not limited to a headlock, cradle, half-nelson etc.



## RULE 5-29-1

- **ART. 1 . . .** Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but it is not limited to: a) a forceful application of a cross face; b) a forceful trip; c) a forearm or elbow used in a punishing way, such as, on the spine or the back of the head or neck; d) pulling an opponent's hair. This does not include hair that is caught in a legal maneuver including but not limited to: a headlock, cradle, half-nelson etc.





## RULE 5-29-1

### **Rationale:**

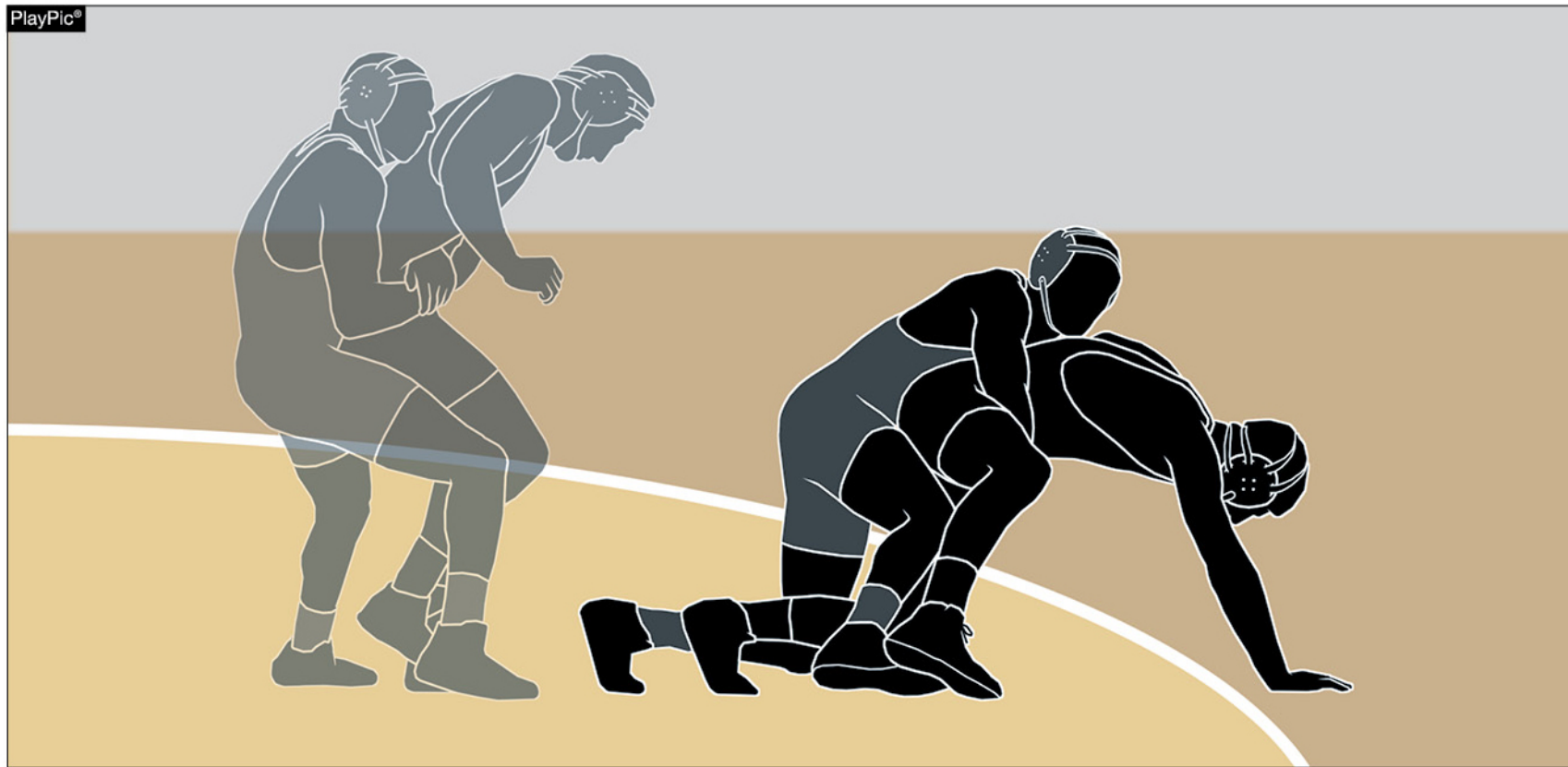
Pulling an opponent's hair is a violation. This practice could cause injury to the neck and should be penalized accordingly.







# FLEEING THE MAT RULE 7-3-1



If the offensive wrestler has scored a takedown or near-fall, there can be no technical violation for fleeing the mat.





## RULE 7-3-1

- **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 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 or take down points have been earned.





## RULE 7-3-1

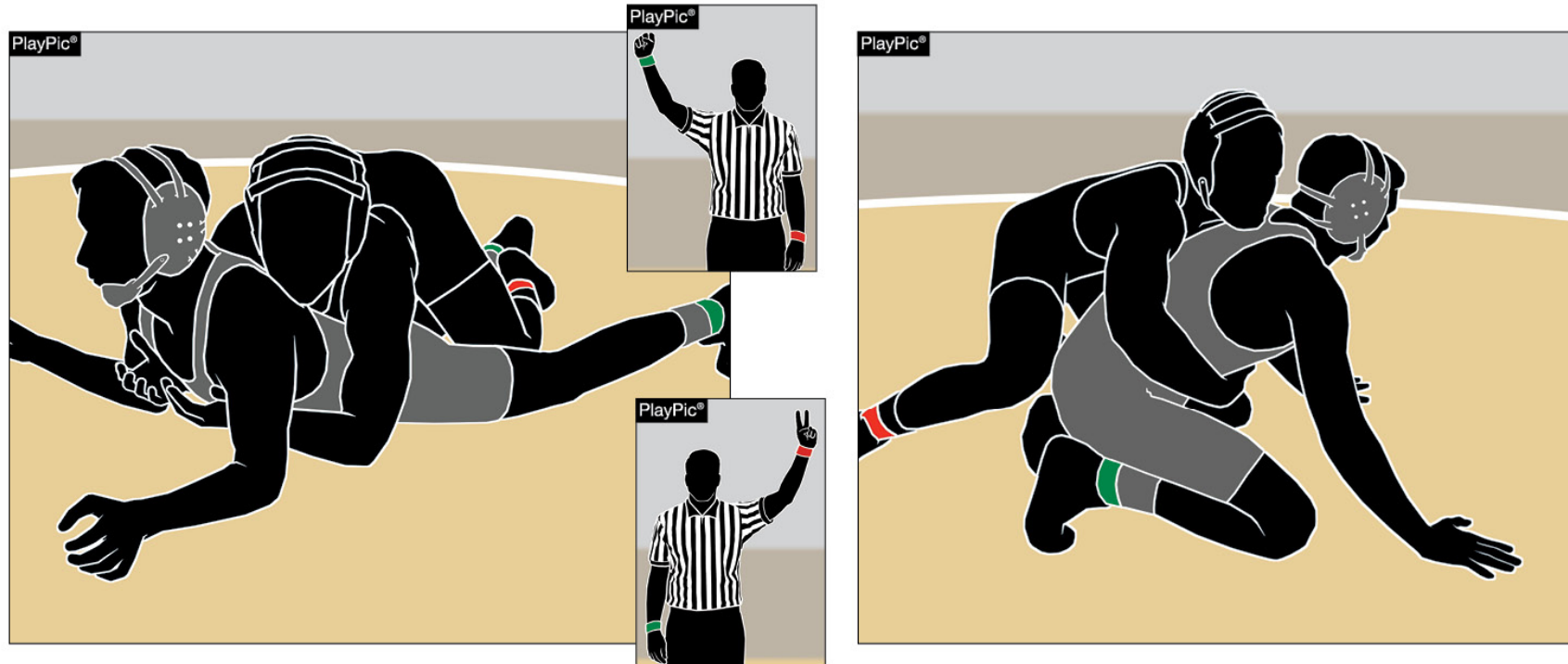
### **Rationale:**

If the defensive wrestler is taken down or is in the near-fall criteria while they are trying to flee the mat, there will not be additional penalty points assessed. Because the fleeing attempt was poorly executed and was unsuccessful.





# STALLING RULE 8-1-4



On the fourth offense for stalling, the match shall be stopped. The opponent shall be awarded two points and given choice of position.





## RULE 8-1-4 (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. The match shall be stopped on the fourth offense and the opponent shall be awarded two points and given choice of position. A fifth offense shall result in disqualification. (See Stalling Penalty Chart)
- Stalling Penalty Chart – Fourth Penalty: Match will be stopped, and the opponent will have choice on the restart.





## RULE 8-1-4

### Rationale:

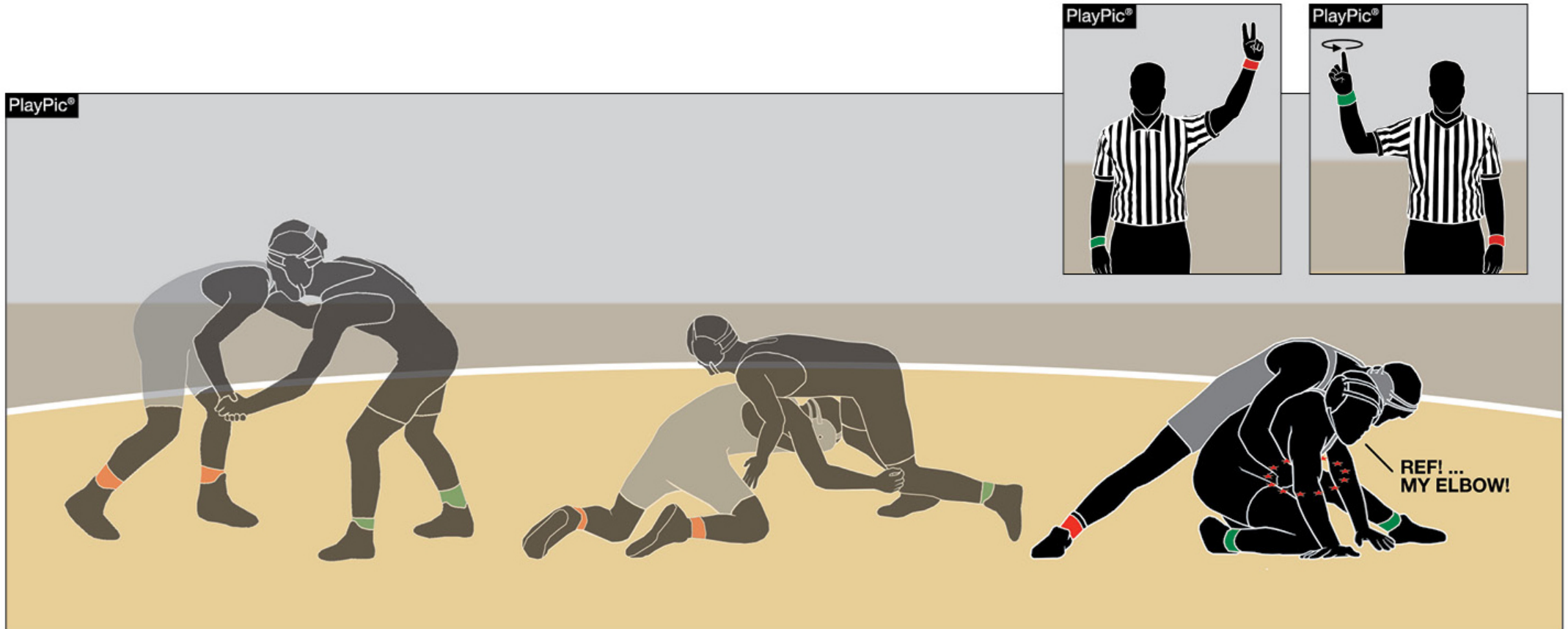
Upon the fourth stalling penalty, the match shall be stopped, two points awarded to the opponent and they are given choice of position on the restart. The match stoppage ensures that there is time remaining for the restart. The Stalling Penalty Chart modification is reflective of the change to the fourth stalling offense.







# IMMINENT SCORING RULE 8-2-9





## RULE 8-2-9

- ART. 9 . . . When a match is stopped for an injury during an imminent scoring situation and the referee determines that scoring (takedown, reversal, escape) would have been successful if the wrestling had continued, the referee shall charge an injury time-out to the injured contestant and award applicable points to the non-injured wrestler.





## RULE 8-2-9

### **Rationale:**

When a match is stopped for an injury during a scoring situation, the official makes the determination that the scoring would have been successful had the action continued. The referee charges the injured wrestler an injury time-out and awards the applicable points to the opponent.





# NFHS WRESTLING EDITORIAL CHANGES





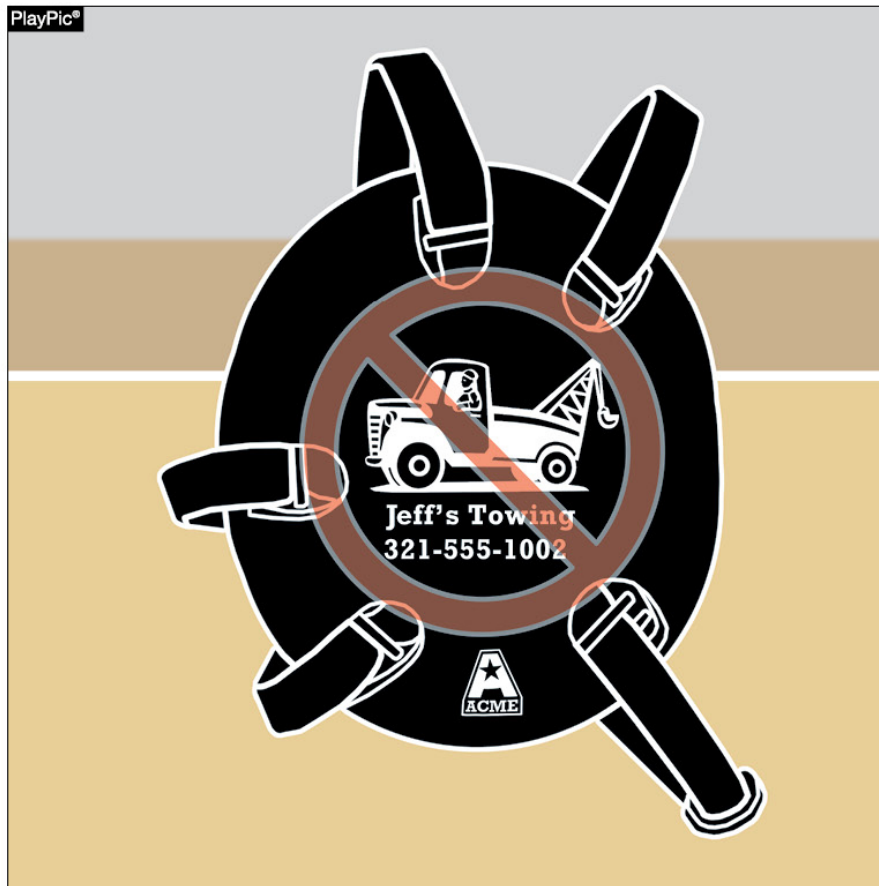
## RULE 4-1-4

- **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.





## EAR GUARDS



Effective July 1, 2022, 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/reference, promotional or advocacy references shall be allowed on the wrestling ear guards.





## RULE 4-1-4

- Effective July 1, 2022, 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/reference, promotional or advocacy references shall be allowed on the wrestling ear guard.

### Rationale:

Clarification.





## RULE 5-24-5d

- **ART. 4 . . .** It is stalling when the contestant in the advantage position:
- Sub-articles a-c remain the same.
- d. Stays behind the opponent while on his/her feet, making no attempt to bring the opponent to the mat.

### Rationale:

- Clarification. To ensure that rules 7-6-4d and 5-24-4d read the same.





## RULE 5-28-6

- ART. 6 . . . Head/Neck/Cervical Column. If a contestant is injured and the onsite appropriate health-care professional (AHCP) 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, minus the elapsed injury time. 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.





## RULE 5-28-6

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### **Rationale:**

Editorial. The change was inadvertently left out of last year's rule book.





## RULE 7-6-3e,f

- **ART. 3 . . .** It is stalling from the neutral position when a wrestler:
- Sub-articles a-d remain the same.
- e. Backs off the mat, out of bounds; or
- f. Pushes or pulls their opponent out of bounds.

### Rationale:

Clarification. To ensure that rules 5-24-3 and rule 7-6-3 read the same.



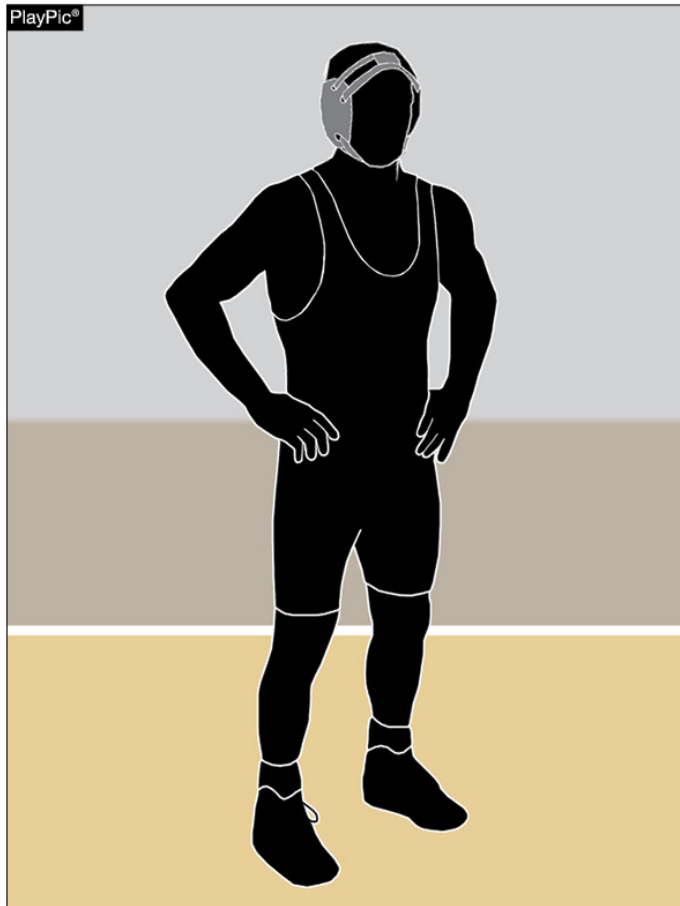


# NFHS WRESTLING POINTS OF EMPHASIS





## WRESTLER'S EQUIPMENT



The head coach has the obligation to ensure that each wrestler is properly equipped and in proper uniform.



## 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 and nails 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 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.



## CLEANLINESS OF UNIFORMS, PADS AND MATS



It is imperative to continually use best practices to control the spread of communicable diseases. A major aid is to properly clean wrestling mats and equipment. An effective disinfectant is 10% bleach (mix 1 part household bleach to 10 parts water). Towels, clothing, headgear, shoes, knee pads and any bags used to transport that equipment should be cleaned after each practice.

## CLEANLINESS OF UNIFORMS, PADS AND MATS

- Communicable diseases are a major concern in the sport of wrestling and any infectious disease outbreak has the potential to end a team's season, or even suspend the sport across an entire state.
- It is imperative that ALL school officials, coaches and wrestlers continually use best practices to control the spread of communicable diseases.





## CLEANLINESS OF UNIFORMS, PADS AND MATS

- A major aid in preventing the spread of communicable disease is to properly clean all wrestling mats and wrestling equipment.
- Mats in the wrestling room should be regularly maintained. They should always be inspected, cleaned and dry before storing. Clean and disinfect all hard, non-porous gear and surfaces such as wall mats, floor surfaces.





## CLEANLINESS OF UNIFORMS, PADS AND MATS

- There is no advantage of using a stronger chlorine bleach and water solution than what is previously recommended.
- Commercial disinfectant products are also available. Be sure that any product used states that it is effective against viruses, fungi, and bacteria. Typically, the label will state the cleaner is bactericidal, fungicidal and viricidal. Please follow the directions on the label closely for the best effectiveness.
- When cleaning wrestling mats, it is recommended to walk backwards while mopping in an effort to minimize contamination from the shoes.





## CLEANLINESS OF UNIFORMS, PADS AND MATS

- Likewise, it is imperative to clean all wrestling equipment and clothing daily. All workout gear should be cleaned after each practice. This includes towels, clothing, headgear, shoes, knee pads and any bags used to transport this equipment. In addition to cleaning wrestling equipment and wrestling mats properly, a few basic steps must be taken by all involved in the sport in order to minimize the risk of spreading communicable diseases.



## CLEANLINESS OF UNIFORMS, PADS AND MATS

- Communicable diseases are preventable. Following these steps will decrease the risk that these communicable diseases will be spread among the athletes in the wrestling room and/or during competition.
- Educate coaches, athletes, referees and parents about communicable skin conditions and how they are spread. (<http://www.nwcaskinprevention.com/webinar/>)
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.



## CLEANLINESS OF UNIFORMS, PADS AND MATS

- Emphasize to the athletes the importance of showering immediately after each practice and competition. Soap must be used. If shower facilities are unavailable, athletes should clean all exposed skin with “baby wipes” immediately after practices and competitions.
- Wash all workout clothing and personal gear after each practice and competition.





## CLEANLINESS OF UNIFORMS, PADS AND MATS

- Coaches or athletic trainers should perform daily skin checks to ensure early recognition of potential communicable skin conditions.
- Athletes must not be allowed to practice or compete if an active infection is suspected, even if the infection is covered. Any suspicious lesions must be evaluated by an appropriate health care provider prior to an athlete practicing or competing.





## **CLEANLINESS OF UNIFORMS, PADS AND MATS**

- Athletes must not share practice gear, towels or personal hygiene products (razors) with others.
- Athletes should refrain from any cosmetic shaving (chest, arms, abdomen) other than face.
- Athletes should clean hands with an alcohol-based gel prior to every wrestling match to decrease bacterial load on the hands.
- Make certain that athletes and coaching staff are current on all required vaccinations (MMR, Hepatitis B, Chickenpox, etc) and strongly encourage yearly influenza vaccination.





## HAIR RULE ENFORCEMENT



While the hair length rule no longer exists, those who choose to wear a hair covering for cultural, religious or personal hygiene reasons still have to adhere to the existing rule that the covering shall be attached to the ear guards, must be of a solid material and non-abrasive.





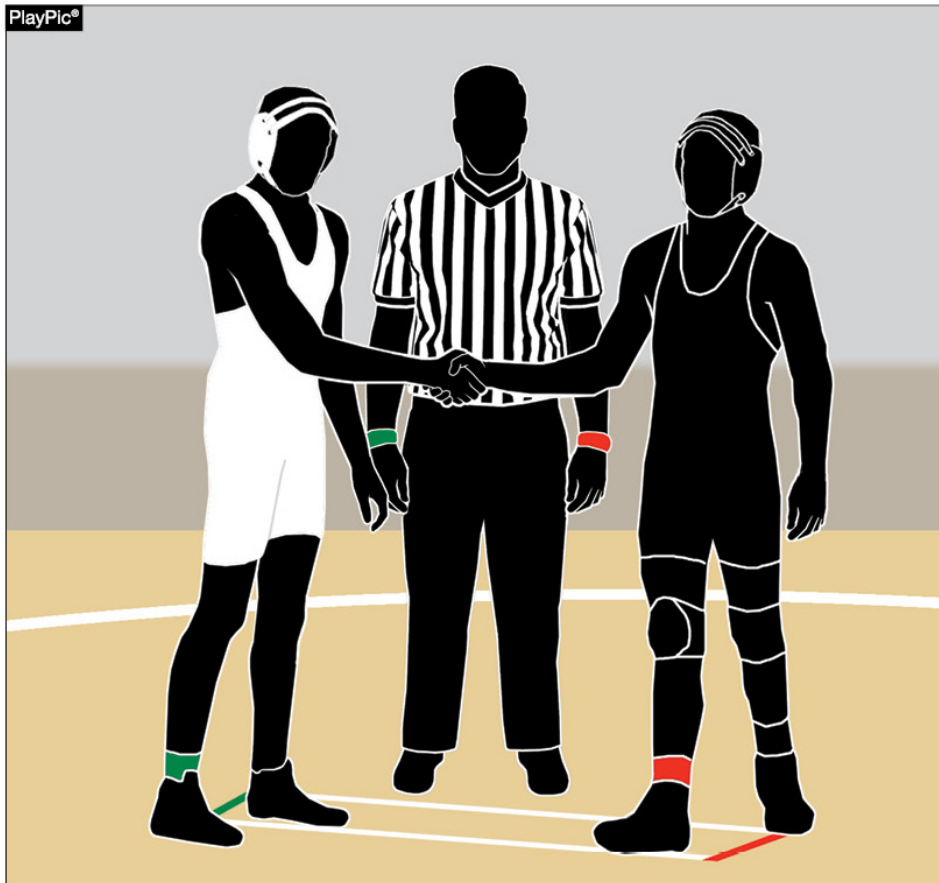
## HAIR RULE ENFORCEMENT

- The legal hair cover is considered special equipment and the wrestler must wear it to weigh-ins, have it checked with it being worn by the responsible person facilitating the weigh-in process and remove it prior to stepping on the scale.
- If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.
- Additionally, if any hair control items are used, they cannot be of a hard material, sharp or abrasive such as beads, bobby pins, barrettes, hair pins or hair clips.



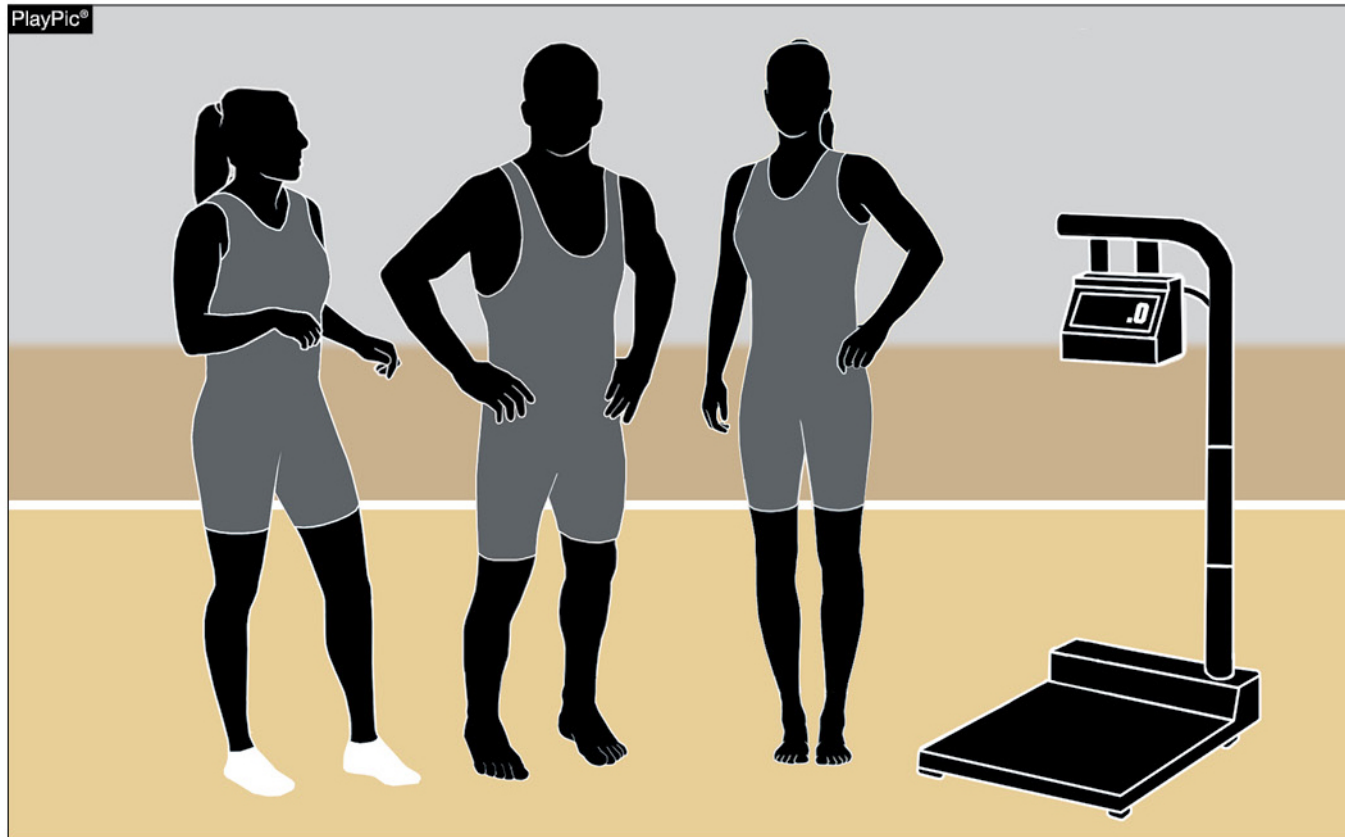


# SPORTSMANSHIP



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. 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.

## WEIGH-IN PROTOCOL



Contestants are now required to weigh-in in a legal uniform. Skin checks can now be performed by the referee or designated, on-site meet appropriate health-care professional immediately prior to or immediately after the weigh-in.



# THANK YOU AND HAVE A GREAT SEASON!

National Federation of State High School Associations

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