

WELCOME

2018-19

DIAA – NFHS

Wrestling Rules Clinic



DIAA STAFF

Thomas E. Neubauer, CMAA
Executive Director

Vacant

Coordinator of Interscholastic Athletics

Tina M. Bates
Secretary

Main Number:
302-857-3365



DIAA PURPOSE

- to preserve and promote the **educational significance** of interscholastic athletics;
- to ensure that interscholastic sports remain compatible with the **educational mission** of the member schools;
- to provide for **fair competition** between member schools;
- to promote **sportsmanship** and ethical behavior;
- to establish and enforce **standards of conduct** for athletes, coaches, administrators, officials and spectators;
- to protect the **physical well-being** of athletes; and
- to promote **healthy adolescent lifestyles**.



DIAA

<http://www.doe.k12.de.us/diaa>

Starting point for ALL
DIAA information
and related links



DIAA-webpage



Rectangular Snip



IMS



DEEDS



Directory



Higher Ed

DOE Main Schools Instruction and Assessment Supports Educators Accountability and Performance **DIAA**

About DIAA Sports Athletic Directors And Coaches Officials Sports Medicine Forms and Manuals Parents and Guardians



DIAA held their 15th Annual Student Leadership Conference





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- VISION

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





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- MISSION

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



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs;
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.




NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



NFHS RULES BOOK AS E-BOOKS

National Federation of State High School Associations




GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



www.nfhs.org/ebooks

NFHS Rules and Case e-books for \$6.99 each

Download from iTunes or Amazon

- E-books features:
 - Searchable
 - Highlight areas of interest
 - Make notes
 - Easy navigation
 - Adjustable viewing size
 - Immediate availability
 - **FREE for all DIAA registered Officials**



Rule Change Process

- **For Coach & Officials**

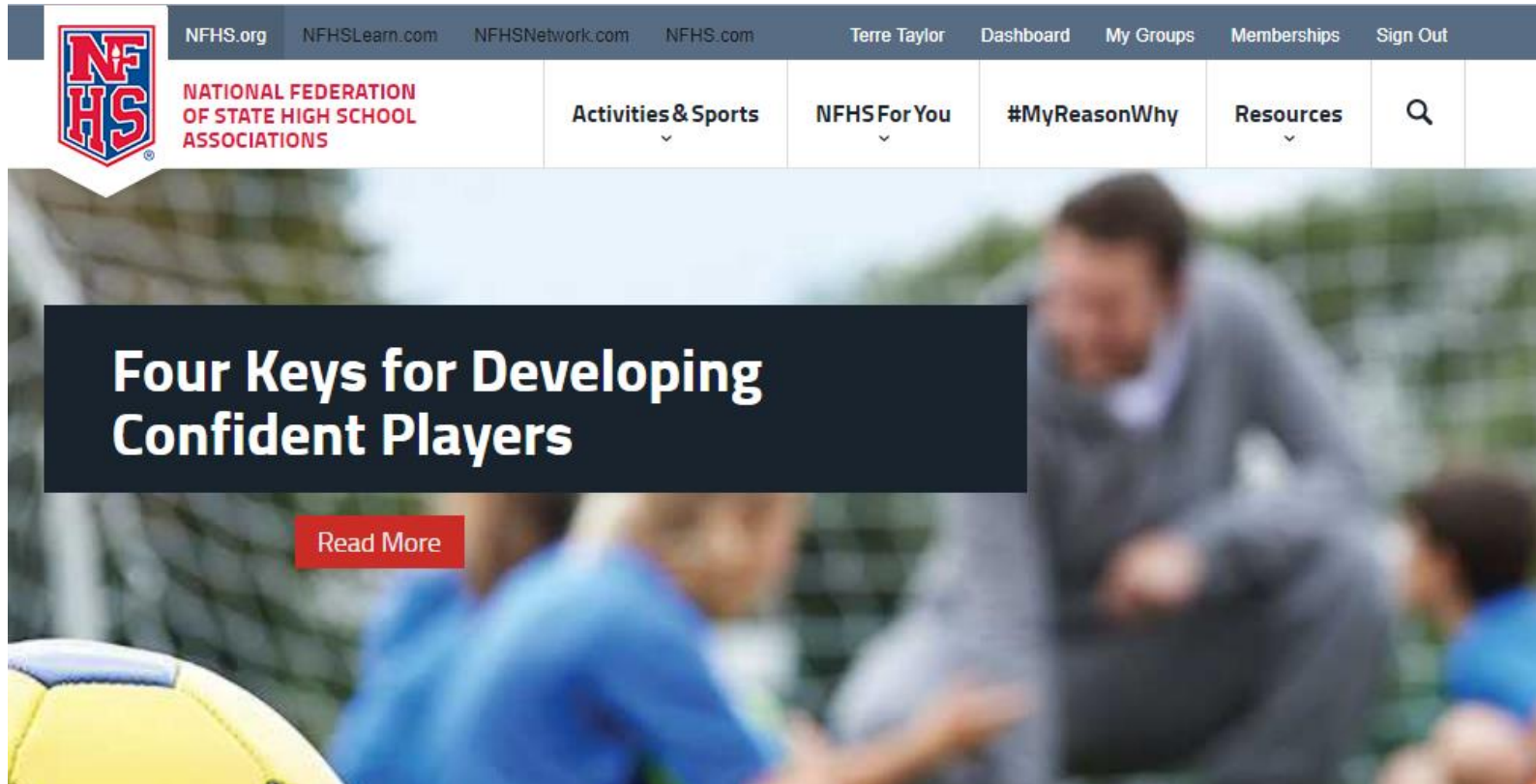
<http://www.nfhs.org/RuleChangeProposal>

- **NFHS Rule Questionnaire**

- **Yearly input from Coaches/Officials**
- <http://www.nfhs.org/sports-resource-content/nfhs-sport-questionnaires/>



NFHS.org



The screenshot shows the top navigation bar of the NFHS.org website. On the left is the NFHS logo, a shield with 'NF' over 'HS'. To its right is the text 'NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS'. The navigation bar includes links for 'NFHS.org', 'NFHSLearn.com', 'NFHSNetwork.com', and 'NFHS.com'. On the right side of the bar are user links: 'Terre Taylor', 'Dashboard', 'My Groups', 'Memberships', and 'Sign Out'. Below the navigation bar are four menu items: 'Activities & Sports', 'NFHS For You', '#MyReasonWhy', and 'Resources', each with a downward arrow. A search icon is also present. The main content area features a blurred background image of a soccer coach talking to players. A dark grey text box in the foreground contains the title 'Four Keys for Developing Confident Players' in white. Below the title is a red button with the text 'Read More'.



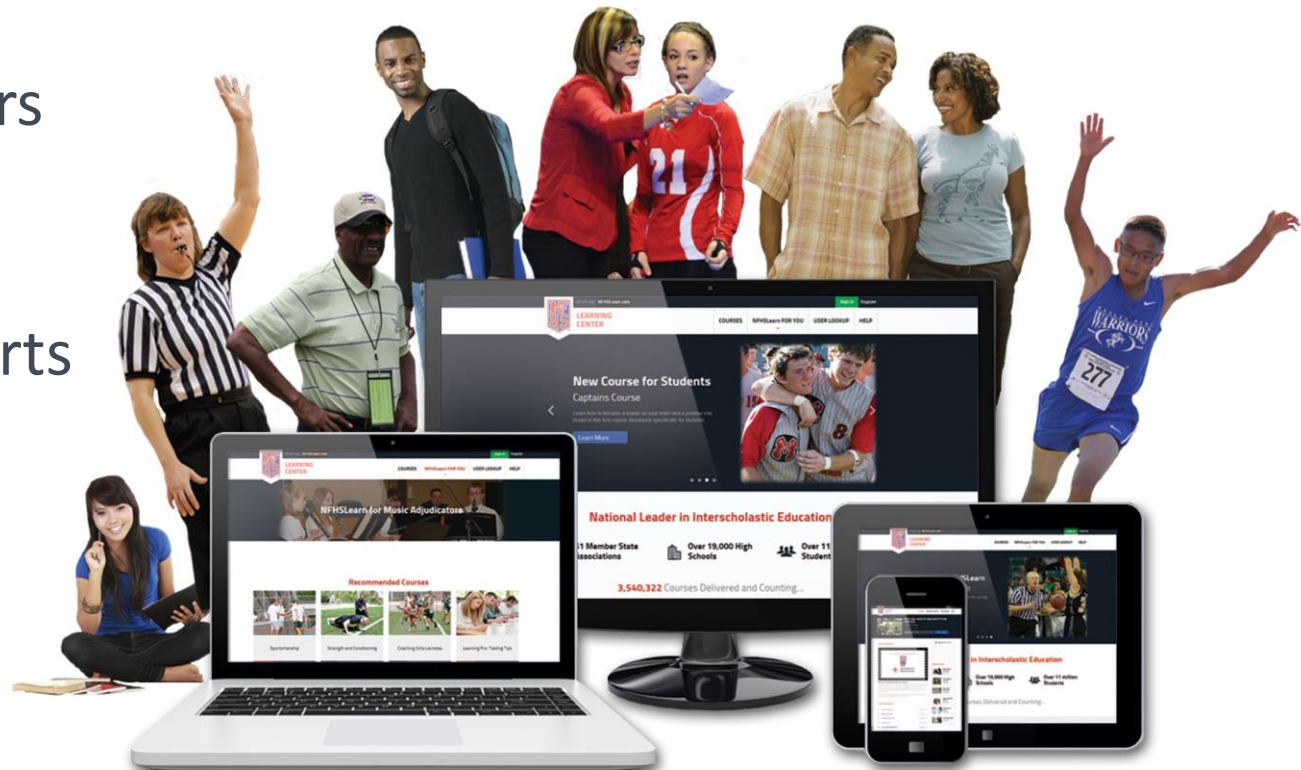
playing rules, uniforms,
diagrams, articles

NFHS LEARNING CENTER

WWW.NFHSLEARN.COM

Professional Development For ALL

- Coaches
- Officials
- Administrators
- Parents
- Students
- Performing Arts



WWW.NFHSLEARN.COM

FREE courses include:

- **SOCIAL MEDIA**
- Bullying, Hazing and Inappropriate Behaviors
- Understanding Copyright and Compliance
- Hazing Prevention for Students
- Concussion in Sports
- Concussion for Students
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility





NFHS OFFICIALS EDUCATION SPORT-SPECIFIC COURSES

▪ Courses Available

- Officiating Wrestling

Free for registered DWOA

- Coaching Wrestling

\$50.00 fee



Arbiter Sports

<https://www.arbitersports.com>

Officials' Information and Testing

Wrestling

Part 1 [practice test] open until
February 22

Part 2 [the 'real' one] open
November 26 to December 26



NFHS Officials Association Central Hub

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



A screenshot of the NFHS Officials Association website. The page features a blue header with the NFHS logo and navigation links. Below the header is a large orange banner with the text 'NFHS SOFTBALL UMPIRING | HOME PLATE'. The main content area is divided into several sections: 'Softball Rules Information' with links to rule changes and interpretations; 'Softball Resources' with links to uniform presentations and rule courses; 'Softball Resources PP' with links to rule 3 and rule 4; a 'Welcome' message from Sandy Searcy, Director of Sports; and a 'Sport Specific Information' sidebar with buttons for various sports like Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, and Track & Field.

Websites4Sports

Your School Site

WebSites4Sports.com

Coaches and A.D.s

Updated and accurate information:
schedules, rosters, scores, pictures



Sports Medicine

PPE – Medical Card (page 4)

COACHES:
You **MUST** carry every
athletes' Medical Card
with you at **ALL** times.

PRACTICES & GAMES

This is page 4 from their Physical
Forms
[DIAA PPE]

SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

Section 1: CONTACT/PERSONAL INFORMATION

NAME: _____ SPORT(S): _____
AGE: _____ GRADE: _____ BIRTH DATE: _____ GUARDIAN NAME: _____
ADDRESS: _____
PHONE: (H) _____ (W) _____ (C) _____ (P) _____
Other authorized person to contact in case of emergency:
NAME: _____ PHONE(S): _____
NAME: _____ PHONE(S): _____
Preference of Physician (and permission to contact if needed):
NAME: _____ PHONE: _____
HOSPITAL PREFERENCE: _____ INSURANCE: _____
POLICY #: _____ GROUP: _____ PHONE: _____

Section 2: MEDICAL INFORMATION

MEDICAL ILLNESSES: _____
LAST TETANUS (mo/yr): _____ ALLERGIES: _____
MEDICATIONS: _____
(any medications that may be taken during competition require a physician's note)
PREVIOUS HEAD/NECK/BACK INJURY: _____
HEAT DISORDER OR SICKLE CELL TRAIT: _____
PREVIOUS SIGNIFICANT INJURIES: _____
ANY OTHER IMPORTANT MEDICAL INFORMATION: _____

Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.

Parent/Guardian Signature: _____ Date: _____
Athlete's Signature: _____ Date: _____

Section 4: Clearance for Participation

Cleared without restrictions Cleared with the following restrictions:
Health Care Provider's Signature: _____ MD/DO, PA, NP Date: _____

For office use only: This card is valid from April 1, 20 _____ through June 30, 20 _____

Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.

Name of School: _____ Name of ATC: _____

Sports Medicine

Sudden Cardiac Arrest

- All students must have annual PPE & answer the 12 AHA approved heart history questions.
- All students must sign the SCA Fact Sheet on PPE form
- Coaches must hold valid CPR certification.

Concussion:

- Parents and Athletes must read and sign PPE Concussion information sheet
- **Coaches and Officials must take the NFHS Concussion Education Course once every 2 years**



DIAA Concussion Protocol

Shows Signs or Symptoms

- a. Remove from play - Official or Coach
- b. Evaluated by a Qualified Healthcare Professional

Qualified Healthcare Professional (QHCP) is a MD, DO, School Nurse, Nurse Practitioner, Physician's Assistant or Athletic Trainer (ATC)

IF CLEARED at that time by the QHCP,
athlete may return to play that day.



DIAA Concussion Protocol

If NOT CLEARED by QHCP at that time, athlete CANNOT return to play that day.

At this point, athlete must have written clearance from a QUALIFIED PHYSICIAN to return to practice or play.

Failure to comply = INELIGIBLE athlete



Emergency Action Plan [EAP]

Create an
Action Plan and
practice it.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:			Activity:			Level:		
1 911 TEAM			2 CPR/AED TEAM			3 AED TEAM		
CALL 911								
CALL 911. Explain emergency. Provide location.								
	PRACTICE		EVENTS			PRACTICE		EVENTS
Closest Phone								
EMS Access Point								
Street Intersection								
Student 1								
Student 2								
MEET AMBULANCE at EMS Access Point. Take to victim.								
	PRACTICE		EVENTS			PRACTICE		EVENTS
Entry Door/Gate								
Student 1								
Student 2								
CALL CONTACTS. Provide location and victim's name.								
	NAME		CELL			PRACTICE		EVENTS
Athletic Trainer								
Athletic AD								
Student 1								
Student 2								
START CPR								
1. Position person on back. 2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression. 3. Take turns with other responders as needed								
Coach								
Student 1								
Student 2								
Student 3								
WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS								
1. Remove clothing from chest. 2. Attach electrode pads as directed by voice prompts. 3. Stand clear while AED analyzes heart rhythm. 4. Keep area clear if AED advises a shock. 5. Follow device prompts for further action. 6. After EMS takes over, give AED to Athletic Administrator for data download.								
GET THE AED								
	PRACTICE		EVENTS			PRACTICE		EVENTS
Closest AED								
Student 1								
Student 2								
GET THE ATHLETIC TRAINER								
	PRACTICE		EVENTS			PRACTICE		EVENTS
Typical location								
Student 1								
Student 2								
CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.								
4 HEAT STROKE TEAM								
	PRACTICE		EVENTS			PRACTICE		EVENTS
Tub Location								
Water Source Location								
Ice Source Location								
Ice Towel Location								
Student 1								
Student 2								
PREPARE TUB DAILY								
	PRACTICE		EVENTS			PRACTICE		EVENTS
Student 1								
Student 2								
1. Remove equipment/excess clothing. Move to shade. 2. Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body 3. Monitor vital signs. 4. Cool First, Transport Second. a. Cool until rectal temperature reaches 102°F if ATC or MD is available. b. If no medical staff, cool until EMS arrives.								



Practice Policies

DIAA Regulation 1008/1009-4.2

ALL practice days (school and non-school day):

- One day of no activity per seven day period
- A minimum of 21 calendar days of practice prior to the first competition date (11-30-2018)
- Student must practice at least 7 calendar days prior to participating in a contest



Practice Policies

DIAA Regulation 1008/1009-4.2

School day practices limited to two (2) hours

Non-School days

- A limit of no more than two (2) practices with physical activity
- No practice can be longer than three (3) hours in length
- A grand total of five (5) hours of physical activity daily
- When having 2 practice session in a day; there **MUST** be a one hour minimum cooling period between the two practice sessions



Season and Week Limits (HS)

	<u>SEASON TEAM</u>	<u>WEEKLY TEAM</u>	<u>INDIVIDUAL WEEKLY</u>	<u>Individual Day</u>
Wrestling	18 contests See Note 3	3 competition dates	3 competition dates	5 matches

Note 3: The season limit for wrestling is 18 contests of which no more than six may be non-dual meet tournaments, or five non-dual meet tournaments and one dual meet tournaments

Invitation to the Beast of the East has been approved by the DIAA Board as an exception, with stipulations

Middle School found in 1008 FAQs on DIAA website.



DIAA POLICIES AND PROCEDURES

- DIAA is a 100% compliant member of the NFHS
- Adoptions/Modifications of NFHS Rules

DIAA website → Sports → DIAA Approved Polices
OR

DIAA website → Sports → Spring → Specific Sport

**WE WILL BE EXPLORING THE POSSIBILITY
OF EXPERIMENTING WITH SOME RULES**



DIAA POLICIES & PROCEDURES

GAME EJECTION PROCEDURE

- Incident Report Form (found on either website)
- Must be sent to Incident Chair by next morning
 - Please censor when sending ejection reports.
ex. – S\$%T, F#\$K etc .
- The DIAA Office must be notified by noon of the next day so the school AD can be notified.



DIAA POLICIES & PROCEDURES

APPEAL OF GAME EJECTION

- Cannot appeal ejection for Sportsmanship
- Can appeal non-Sportsmanship related removals or disqualifications
 - when technical violations occur (not many of these)



DIAA POLICIES & PROCEDURES

BENCH PERSONNEL RULE

- Players are never to leave the bench (or playing area) to enter playing area to get involved in a confrontation.
- Only the **HEAD COACH** may enter unsolicited to break up an altercation.



DIAA POLICIES & PROCEDURES

PROHIBITION AGAINST USE OF TOBACCO PRODUCTS

Very Simple: DON'T SMOKE*, DON'T CHEW, DON'T DIP

*E-cigarettes included

Code of Conduct

DIAA Regulations 1007.1.2.1.5.2 - Coaches

1007.1.2.1.5.4 – Officials

Please review, as well as 1007.1.2.1.5.3 – Participants

The use of social media must be CAREFULLY explained, reinforced and monitored. NFHS Learn Course



Sportsmanship

The practice of good sportsmanship is one of the primary goals of interscholastic athletics.

1007.1.2.1.5.2 The function of the coach is to educate students through participation in interscholastic athletics. (.1) Demonstrate high ideals, good habits and desirable attitudes...

1007.1.2.1.5.4 Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility.



DIAA POLICIES & PROCEDURES

MOUTH GUARD RULE

- must be worn by ALL who have METAL braces.
- must cover top brace and separate biting surfaces.
- must extend to shield lower braces.
- can be white or clear, but CANNOT contain unsportsmanlike images or words



DIAA POLICIES & PROCEDURES

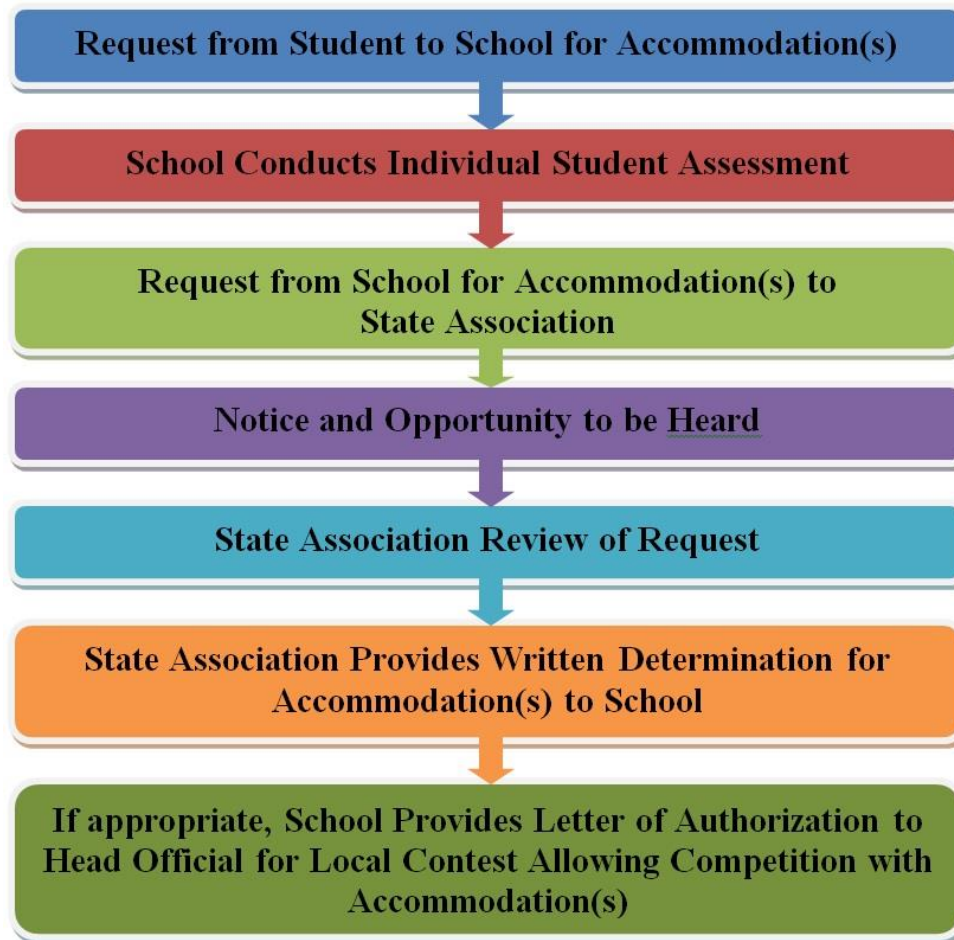
Special Accommodations Requests

- Medical, Religious, Other

Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.



GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



DIAA POLICIES & PROCEDURES

Recommended Contest Assignment Guidelines

- Read the Code of Ethics
- Read and follow the guidelines
- Do NOT put yourself in a situation where your integrity, ethics and character are questioned
- Follow appropriate lines of communication.



DIAA POLICIES & PROCEDURES

Cumulative Unsportsmanlike Conduct Rule

- A coach who is guilty of repeated acts of unsportsmanlike conduct during a season shall be ineligible for the next contest.

- **WRESTLING –**
Three (3) Unsportsmanlike Conduct penalties.



Tournament Manual

- DIAA website: Forms and Manuals → DIAA Manuals
- Review General Information and Sport Specific Information
- Pay attention to important dates
 - Team report deadline



NFHS Campaign

My Reason Why – Year 3



- #MyReasonWhy
- Myreasonwhy.com
- Promote the value of interscholastic athletics

Social Media Profile



Facebook

Page: Delaware Interscholastic Athletic Association

Link: www.facebook.com/DelawareInterscholasticAthleticAssociation



Twitter

Page: DIAA

Handle: @DIAA_Delaware



Instagram

Handle: DIAA_Delaware

NFHS Social Media

NFHS and Coaches Education

@NFHS_Org @NFHSNetwork

NFHS and Coach Education
Public School

Timeline About Photos Reviews More ▾

NFHS
@NFHS_Org

The Official twitter account of the National Federation of State High School Associations.

Indianapolis, IN
nfhs.org
Joined February 2010

Tweets 2,993 Following 221 Followers 10K Favorites 230 Lists 2

Tweets Tweets & replies Photos & videos

NFHS @NFHS_Org · 3h
"It's what you get from games you lose that is extremely important." - Pat Riley

NFHS @NFHS_Org · 3h
NFHS Coach Education+ is out! paper.li/NFHSCoachEd/13... Stories via @GavinKempe @anunabukia @davishighswim

NFHS Network
@NFHSNetwork

The NFHS Network delivers LIVE high school sports and events to fans, whenever and wherever.

Atlanta, GA
NFHSNetwork.com
Joined December 2008

Tweets 6,613 Following 937 Followers 59K Favorites 1,682 Lists 1

Tweets Tweets & replies Photos & videos

NFHS Network retweeted
MHSAA @MHSAA 2h
VIDEO: Great highlights from the 2015 @NFHSNetwork Broadcast Academy! ow ly/PZG7y

NFHS Network retweeted
CHSLive.com @BlueRaidersLive · 17h
Check out this front page article about the @NFHSNetwork Broadcast Award! CHS broadcasting is named nation's best clevelandbanner.com/stories/chs-br...



NFHS Network

**“Live”
Web streaming
Of DIAA
Events
\$9.95
per month**

The screenshot shows a web browser displaying the NFHS Network website. The page is for the Delaware Interscholastic Athletic Association (DIAA). The browser's address bar shows the URL <http://www.nfhsnetwork.com/associations/diaa>. The website header includes the NFHS Network logo, a search bar, and navigation links like "Buy DVDs", "Sign In", and "JOIN NOW". The main content area features a "DIAA FOLLOW" button and a section titled "0 EVENTS LIVE NOW" with a video player showing a volleyball game. To the right, there is a list of "UPCOMING GAMES" including the 2014 DIAA Cross Country, Volleyball, and Field Hockey Championships. A sidebar on the left contains navigation options such as "WHAT TO WATCH", "FOLLOWING", "EXPLORE", "FIND YOUR STATE", "BUY DVDS", "HELP & SUPPORT", and "PRICING". At the bottom, there is a promotional banner for "SUBSCRIBE TO WATCH YOUR HIGH SCHOOL EVENTS" and a "Produce and Broadcast" section with a smartphone image. The Windows taskbar at the bottom shows the time as 10:04 AM on 8/8/2014.





Thank you for your support of
Interscholastic Athletics!





2018-19 NFHS WRESTLING RULES POWERPOINT

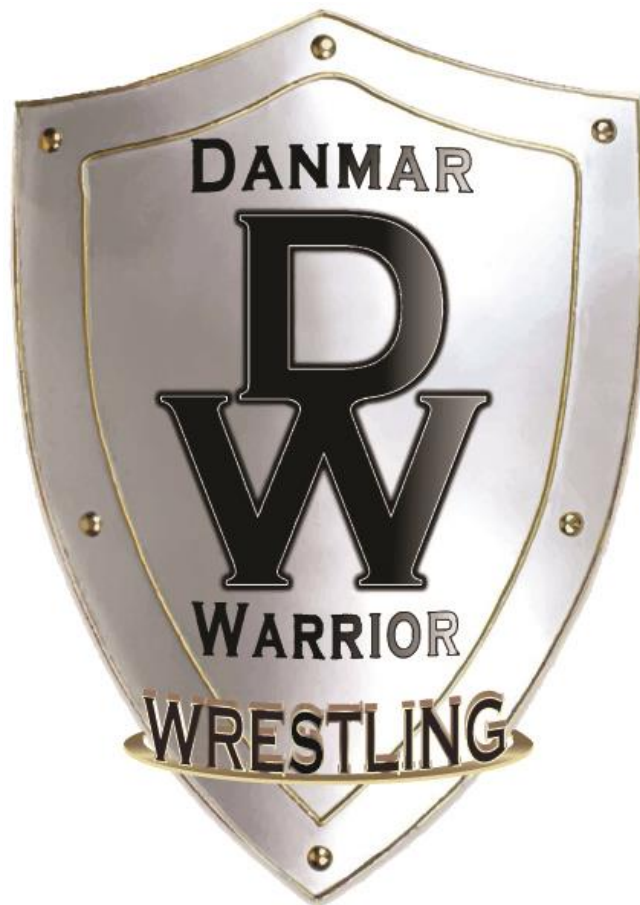
National Federation of State
High School Associations



Take Part. Get Set For Life.®

B. Elliot Hopkins, MLD, CAA
Director of Sports, Sanctioning and Student Services

NFHS CORPORATE PARTNER



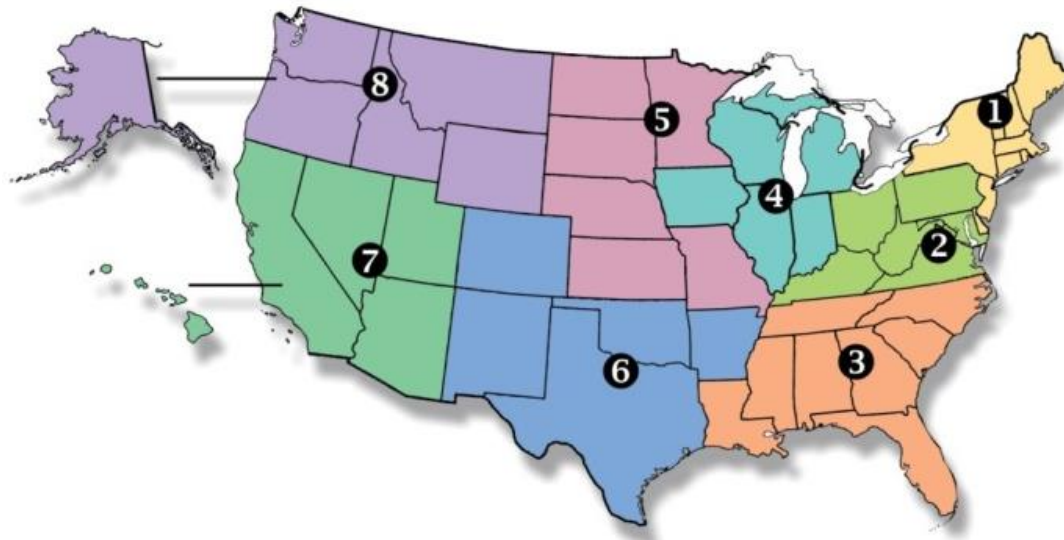
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs.
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- Membership = 50 member state associations and D.C.
- NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.



NFHS RULES REVIEW COMMITTEE

The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.



Davis Whitfield
Chief Operating
Officer



Lindsey Atkinson
Volleyball



Bob Colgate
Football and Sports
Medicine



Sandy Searcy
Softball and
Swimming & Diving



Elliot Hopkins
Baseball and
Wrestling



Julie Cochran
Cross Country,
Gymnastics, Field
Hockey and
Track & Field



James Weaver
Boys and Girls
Lacrosse and Spirit



Theresa Wynns
Basketball and
Soccer



Dan Schuster
Ice Hockey




NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- The NFHS writes playing rules for 17 sports for boys and girls at the high school level.
 - Publishes 4 million pieces of materials annually.



NFHS RULES BOOK AS E-BOOKS

National Federation of State High School Associations




GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
- Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



www.nfhs.org/ebooks

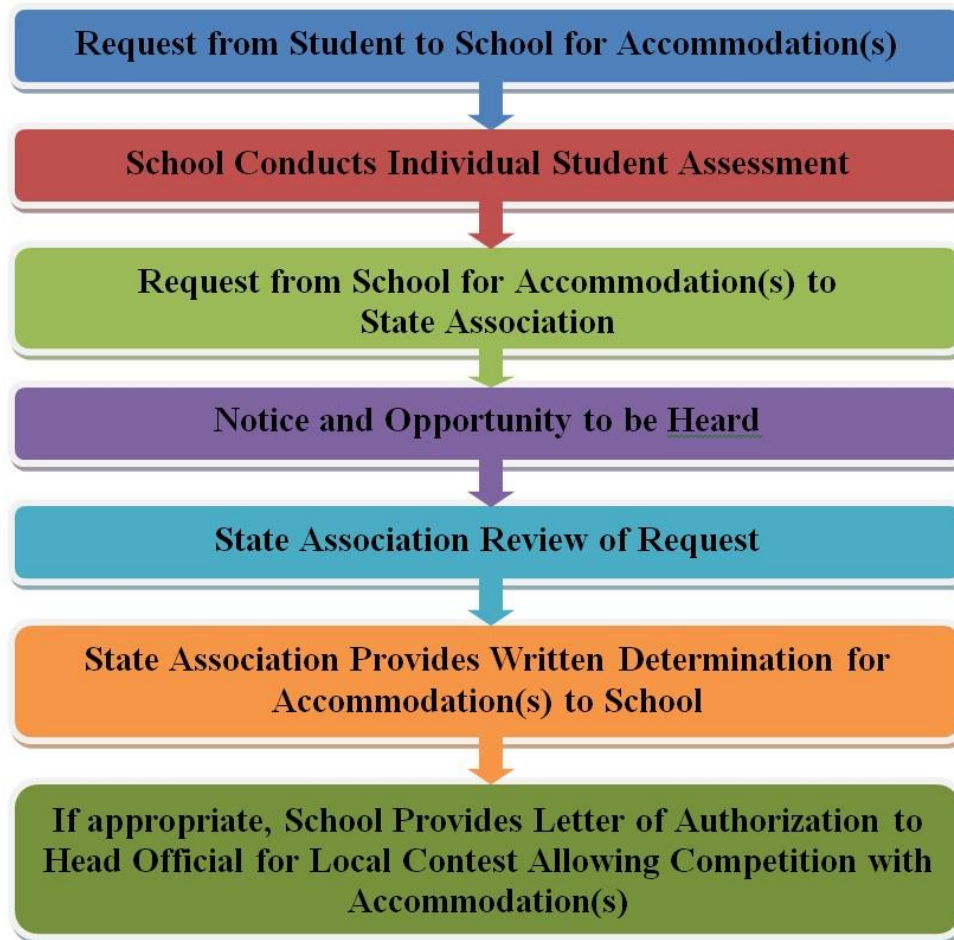
NFHS Rules and Case e-books for \$6.99 each

Download from iTunes or Amazon

- E-books features:
 - Searchable
 - Highlight areas of interest
 - Make notes
 - Desktop laptop availability
 - Easy navigation
 - Adjustable viewing size
 - Immediate availability



GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



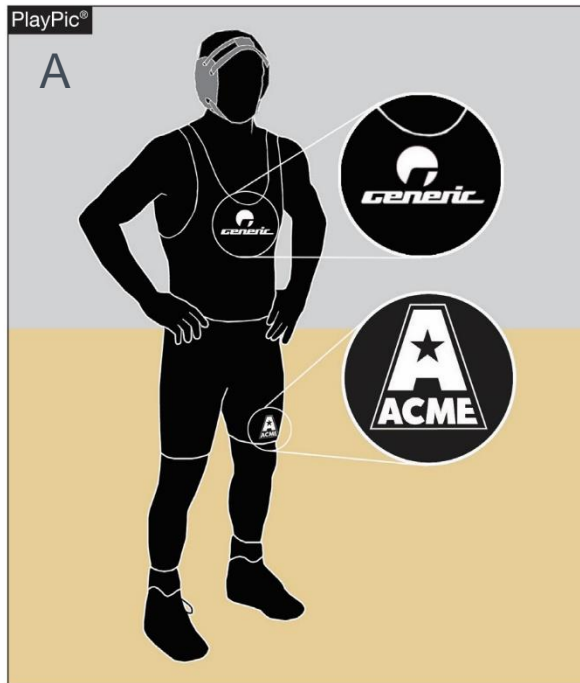


NFHS WRESTLING RULES CHANGES





UNIFORMS RULE 4-1-2



Any manufacturer's logo/trademark/reference that appears on the wrestling uniform 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 each item of uniform apparel (PlayPic A). No additional manufacturer's logo/trademark nor a promotional reference shall be allowed on the wrestling uniform (PlayPic B).





UNIFORMS

RULE 4-1-2

- **ART. 2 . . .** Any manufacturer's logo/trademark/reference that appears on the wrestling uniform can be no more than 2 1/4 square inches with no dimension more that 2 1/4 inches and may appear no more than once on each item of uniform apparel. No additional manufacturer's logo/trademark nor a promotional reference shall be allowed on the wrestling uniform.





UNIFORMS

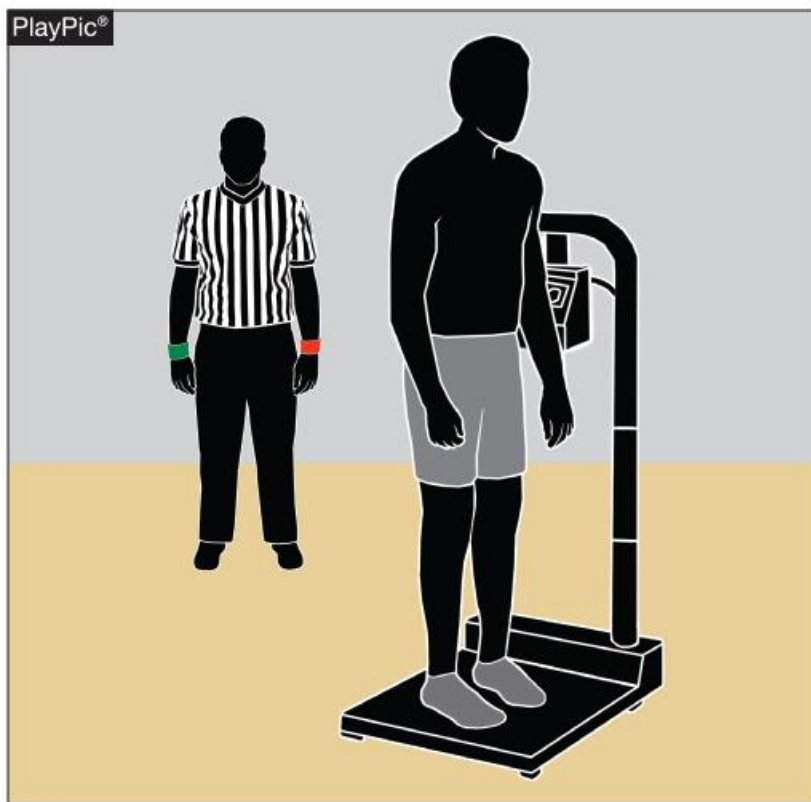
RULE 4-1-2

- **Rationale:**

Additional logos, trademarks and promotional markings are frequently being applied to the wrestling uniform. This rule allows for minimal disruption of the sanctity of the wrestling uniform and attempts to prevent the exploitation of students.



WEIGH-INS RULE 4-5-7



Contestants may wear low-cut socks during weigh-ins that cannot be removed or added if the wrestler does not make weight.



WEIGH-IN RULE 4-5-7

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





WEIGH-IN RULE 4-5-7

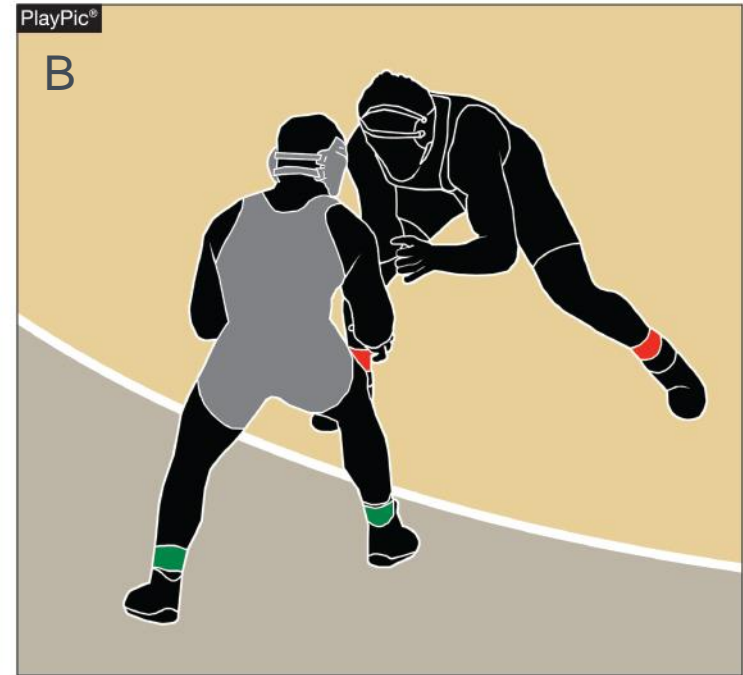
- **Rationale:**

Risk minimization. Feet are typically not inspected during a normal skin check. The wearing of low-cut socks will give contestants an option to prevent the spreading of athlete's foot and other foot infections.





ESCAPE RULE 5-10



The defensive wrestler in PlayPic A scores an escape in PlayPic B because he/she has gained a neutral position and there are two supporting points of either wrestler inbounds.





ESCAPE RULE 5-10

- An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler.





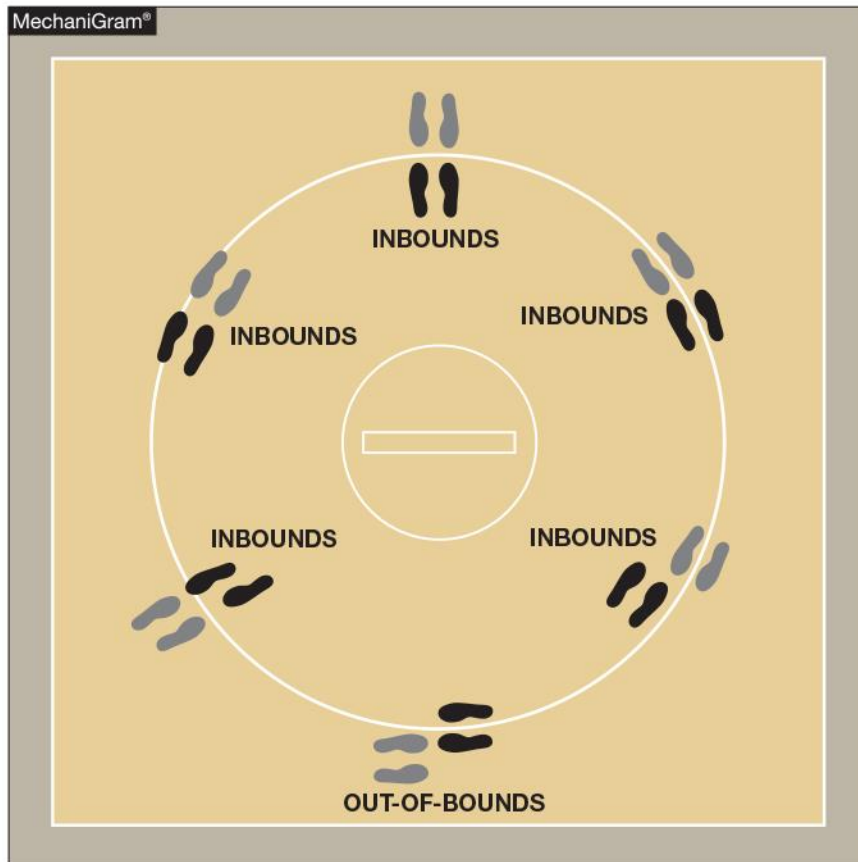
ESCAPE RULE 5-10

- **Rationale:**

This rule defines what an escape is in conjunction with the new definition of supporting points. This simplifies the explanation with any combination of two supporting points of either wrestler is considered inbounds.



INBOUNDS RULE 5-15-1



Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inside or on the boundary lines.

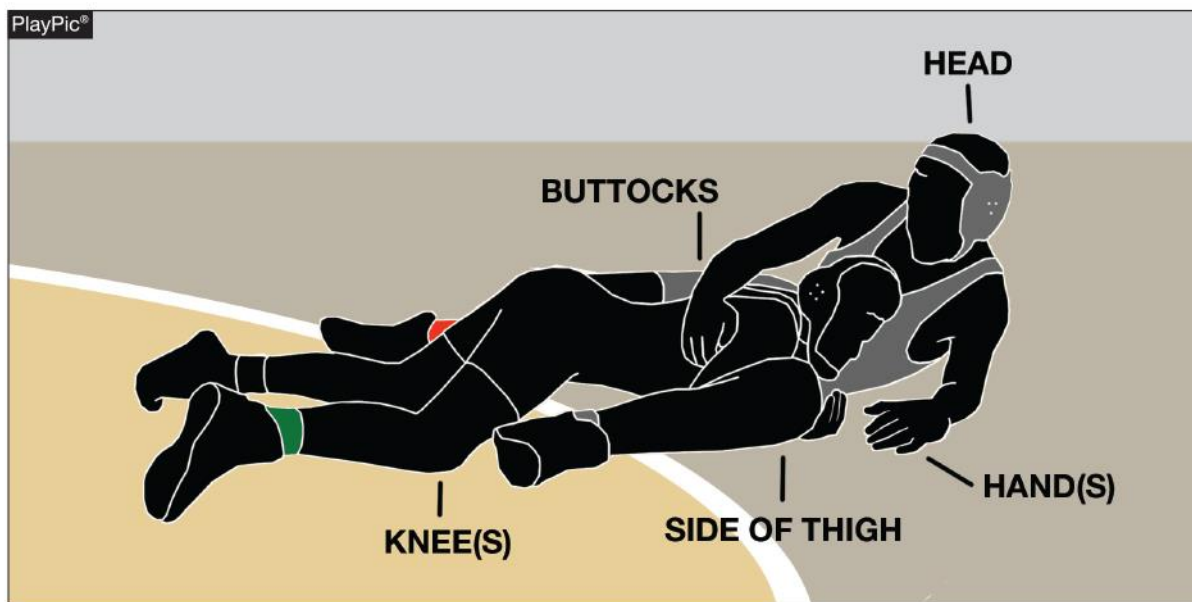


INBOUNDS RULE 5-15-1

- **ART. 1 . . .** Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary lines. (Photo 11) The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inside or on the boundary lines.



INBOUNDS RULE 5-15-2a



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.



INBOUNDS RULE 5-15-2c



In a pinning situation when all parts of a defensive wrestler shoulders / scapula are beyond the boundary line, if the feet including toes and heels of the offensive wrestlers are the supporting points, the offensive wrestlers knee(s) must be inside the boundary, whether in contact with or above the mat.





INBOUNDS RULE 5-15-2c



In a pinning situation when all parts of a defensive wrestler shoulders / scapula are beyond the boundary line, if the feet including toes and heels of the offensive wrestlers are the supporting points, the offensive wrestler's knee(s) must be inside or on the boundary, whether in contact with or above the mat.





INBOUNDS

RULE 5-15-2a-c

- **ART. 2 . . .** Supporting points are the parts of the body touching the wrestling area which may or may not bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.
- a. When down on the mat, the usual points of support are:
 - 1. the knee(s);
 - 2. the side of the thigh;
 - 3. the buttocks;





INBOUNDS RULE 5-15-2a-c

- 4. the hand(s);
- 5. the head.

- b. When the defensive wrestler is on their back while the supporting points of either wrestler are inbounds wrestling shall continue. In this situation any part of a defensive wrestler's shoulder or scapula is considered to be all the supporting points.





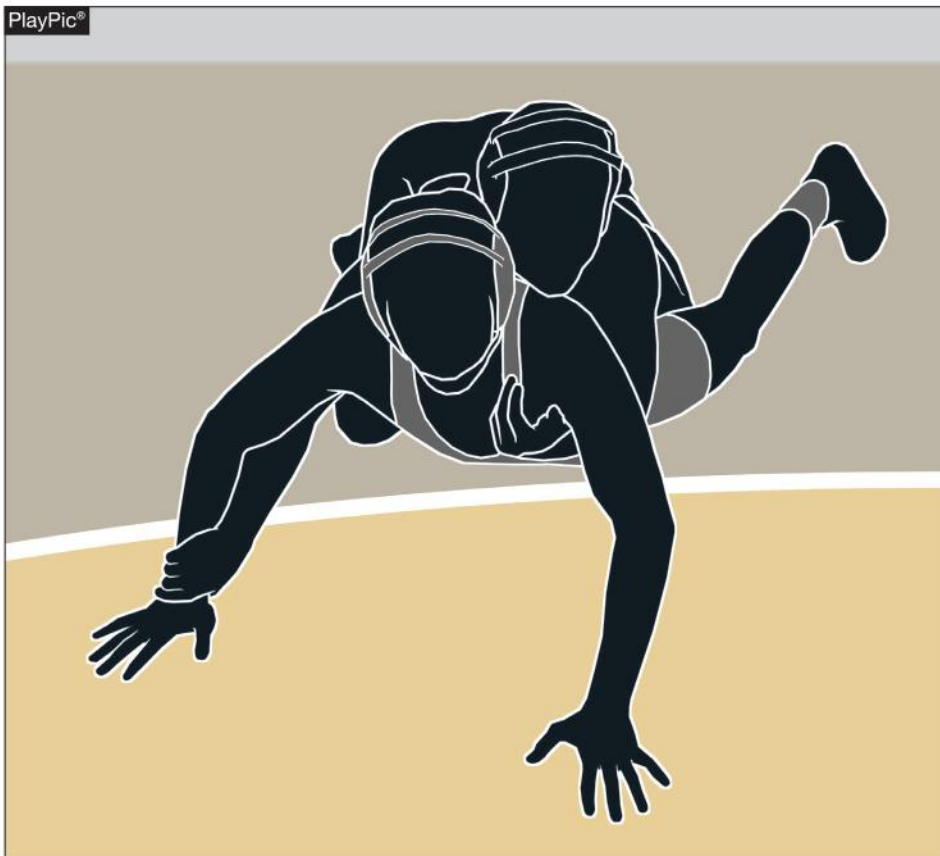
INBOUNDS

RULE 5-15-2c

- c. Near-fall points or fall shall be earned only while the supporting points of either wrestler are inbounds. In a pinning situation, when all parts of the defensive wrestler's shoulders/scapula are on the mat area beyond the boundary line, if the feet including toes and heels of the offensive wrestler are the supporting points, the offensive wrestler's knee(s) must be inside the boundary, whether in contact or above the mat.



INBOUNDS RULE 5-15-3



The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. If there is no action at the edge of the mat, the referee shall stop the match.

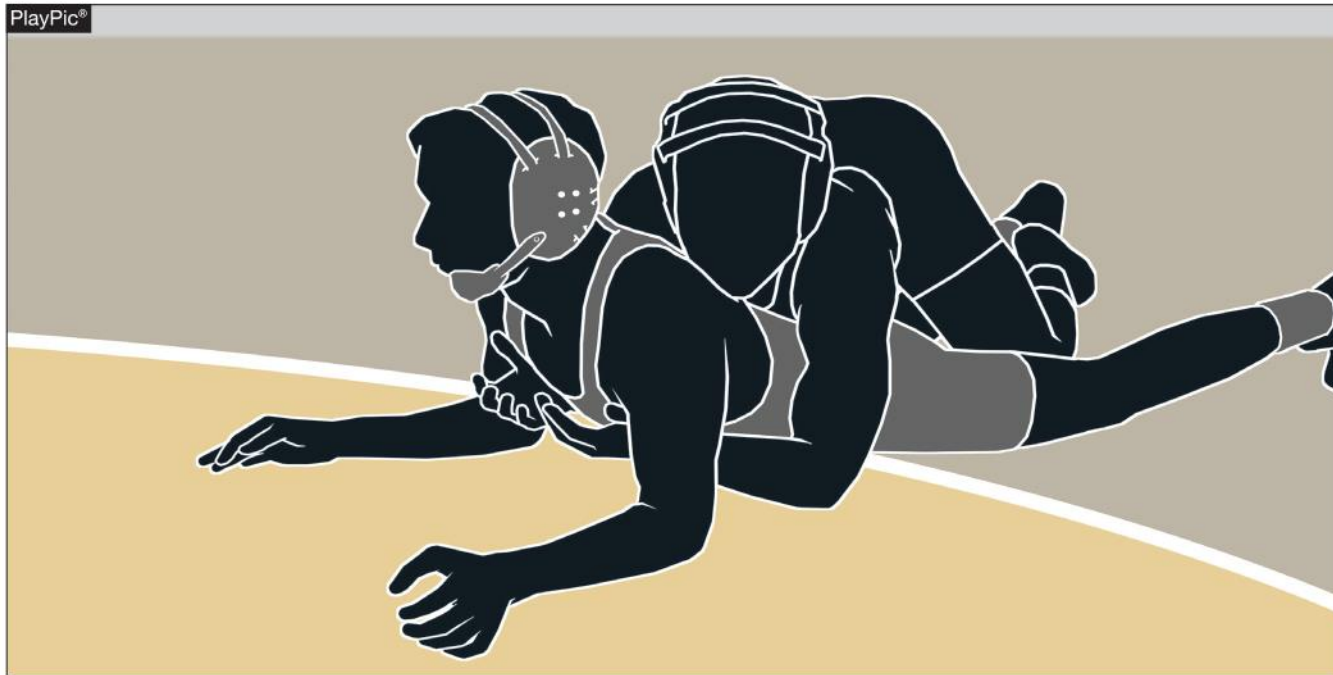
INBOUNDS RULE 5-15-3



Even if the defensive wrestler has two supporting points inbounds, if there is no action at the edge of the mat, the referee shall stop the match for a restart in the center of the mat.



INBOUNDS RULE 5-15-3



Wrestling shall continue as long as a total of two supporting points of either wrestler are inside or on the boundary lines. In this PlayPic, the wrestlers are inbounds. The bottom wrestler's elbows and hands are the two supporting points.





INBOUNDS RULE 5-15-3

- **ART. 3...** Wrestling shall continue as long as a total of two supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. If there is no action at the edge of the mat the referee shall stop the match.



INBOUNDS RULES 5-15-1,2 AND 3

- **Rationale:**

This rule removes the subjectivity in the out of bounds call without increasing the out of bounds area. In addition, it assists the referee's call out of bounds more consistently. Changing the knees to knee(s) is consistent with sub-article 5-15-2a4. The removal of "majority of weight" criteria will aid the referee in focusing on the supporting points that are inbounds instead of what is out of bounds.





INBOUNDS RULES 5-15-1,2 AND 3

- This simplifies the determination with any combination of two supporting points is considered inbounds. The modification clearly defines the offensive wrestler's supporting points in a pinning situation. No wrestling action at the edge of the mat will result in the referee stopping the match.



SUPPORTING POINTS COMMENT

- Interscholastic wrestling is uniquely different than any other type of wrestling in the world. We are challenged by a wide variety of gymnasiums and mat sizes. The NFHS Wrestling Rules Committee had a healthy discussion regarding toes, feet and heels as supporting points. There was no action taken to add toes, feet or heels as usual supporting points down on the mat. They were also not addressed as unusual supporting points.



SUPPORTING POINTS COMMENT

- **Toes, feet and heels down on the mat and knees inbounds are addressed during a fall or near-fall only. (5-15-2c)**
- Supporting points will apply to all positions. The only exception would be near-fall/fall out of bounds where the knees cannot go past the boundary line if the offensive wrestler's weight is on their feet, toes or heels.



OUT OF BOUNDS RULE 5-18



Out of bounds occurs when there are no longer two total supporting points inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line.



OUT OF BOUNDS RULE 5-18

- Out of bounds occurs when there are no longer two total supporting points inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line. (Photo 11)





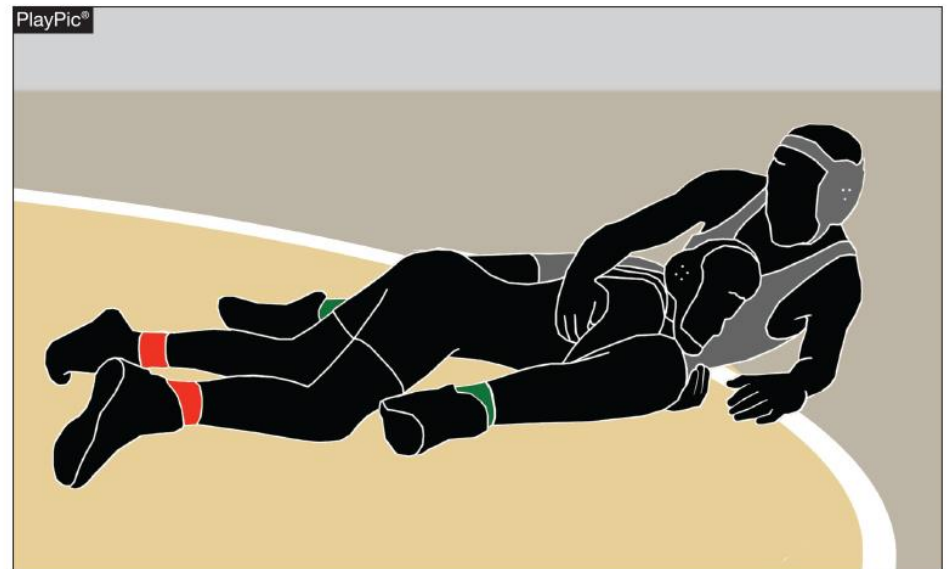
OUT OF BOUNDS RULE 5-18

- **Rationale:**

This rule would eliminate the subjectivity in the out-of-bounds call without increasing the out-of-bounds area. It also assists the referees call out of bounds more consistently. The removal of the “majority of weight” criteria will aid the referee in focusing on inbounds and out-of-bounds, rather than trying to make a judgment on weight-bearing extremities.



REVERSAL RULE 5-22-1-2



In awarding a reversal at the edge of the mat, control must be established while the total of two supporting points of each wrestler inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line or while at least the feet of the scoring contestant finish down on the mat inbounds.



REVERSAL RULE 5-22-1

- **ART. 1 . . .** It is a reversal when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position, while the total of two supporting points are inside or on the boundary line. Two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler. If there is no action at the edge of the mat, the referee shall stop the match. (Photos 21 & 22)





REVERSAL RULE 5-22-2

- **ART. 2 . . .** In awarding a reversal at the edge of the mat, control must be established while the total of two supporting points of each wrestler inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line or while at least the feet of the scoring contestant finish down on the mat inbounds.





REVERSAL RULE 5-22-1-2

- **Rationale:**

This rule defines what a reversal is in conjunction with the new definition of supporting points. This simplifies the explanation with any combination of two supporting points of either wrestler is considered inbounds. No wrestling action at the edge of the mat will result in the referee stopping the match.



STALLING

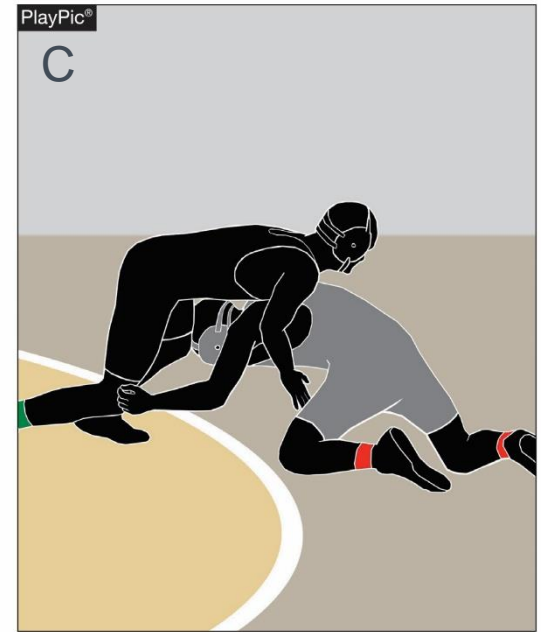
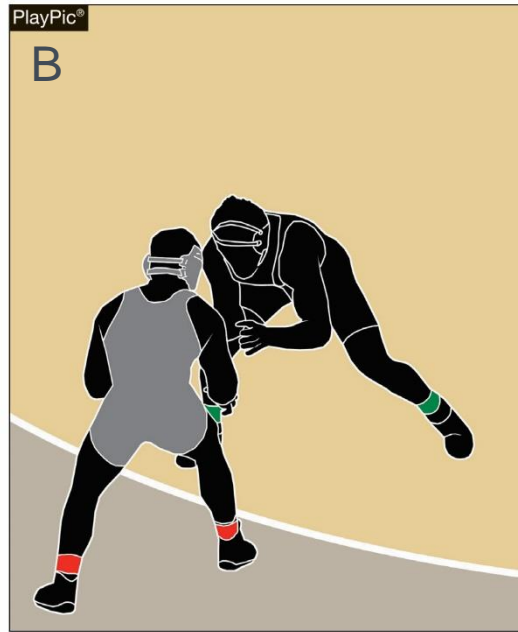
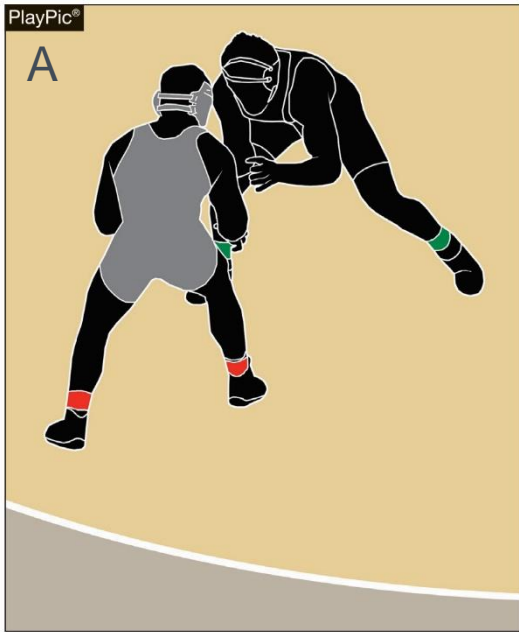
RULE 5-24-3e, f



From a neutral position, the wrestler from behind is stalling if he/she pulls their opponent out of bounds off the mat. It is also stalling if a wrestler pushes their opponent out of bounds off the mat.



STALLING RULE 5-24-3e



The wrestlers in PlayPic A are in a neutral position. In PlayPic B, the wrestler in gray is backing off the mat. That is stalling. It is not stalling if the wrestler backs off the mat to pivot to get into position to execute a move (PlayPic C).



STALLING

RULE 5-24-3e, f

- **ART. 3 . . .** It is stalling in the neutral position when a wrestler:
 - a. continuously avoids contact with the opponent;
 - b. plays the edge of the mat;
 - c. prevents the opponent from returning to or remaining inbounds; or
 - d. is not attempting to secure a takedown;
 - e. backing off the mat, out of bounds;
 - f. pushing or pulling out of bounds.





STALLING

RULE 5-24-3e, f

- **Rationale:**

The addition of these two criteria has contributed to keeping the action within the boundary lines at different positions. This modification of stalling in the neutral position has made the stalling call an easier call for the official with definitive language as a guide.



TAKEDOWN RULE 5-25-3



In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are in bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.



TAKEDOWN RULE 5-25-1

- **ART. 1 . . .** It is a takedown when, from the neutral position, a wrestler gains control over the opponent down on the mat and a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds. When the defensive wrestler's hand(s) touch the mat it is considered a supporting point(s). (Photos 23-30)





TAKEDOWN RULE 5-25-3

- **ART. 3 . . .** In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are in bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds. (Photos 32-34)





TAKEDOWN RULE 5-25-3

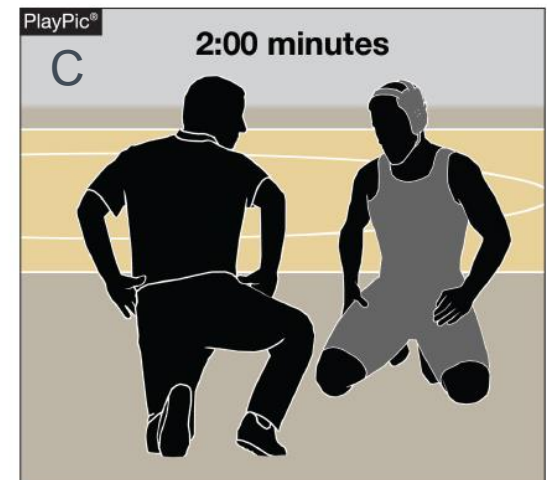
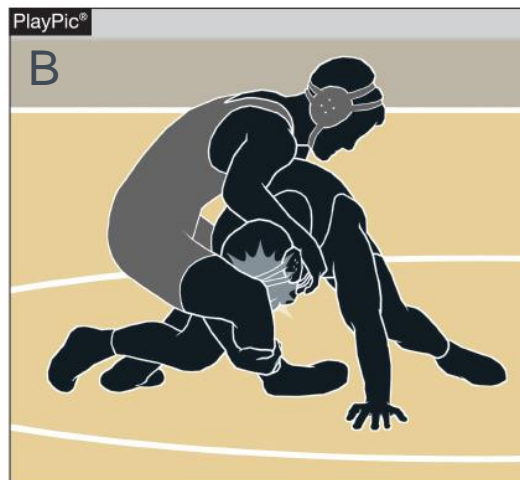
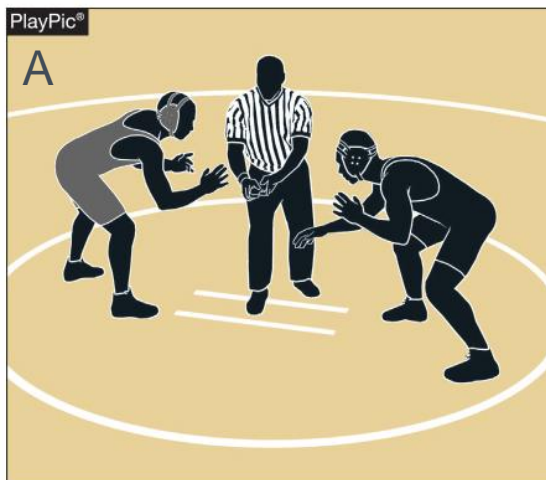
- **Rationale:**

This rule defines what a takedown is in conjunction with the new definition of supporting points. This simplifies the explanation with any combination of two supporting points of either wrestler is considered inbounds.



RECOVERY TIME

RULES 5-28-3, 8-2-2



From the neutral position (PlayPic A), a wrestler false starts (PlayPic B) causing an injury to their opponent. The injured wrestler is allotted 2 minutes of recovery time (PlayPic C), which is not deducted from the injured wrestler's injury time allowance. If the injury is such the injured contestant is unable to continue following a maximum of two minutes recovery time, the injured contestant shall be awarded the match by default.

RECOVERY TIME RULES 5-28-3, 8-2-2

- **ART. 3 . . .** Recovery time, If a contestant is injured as a result of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the wrestler is entitled to two minutes of recovery time, which is not deducted from the injured wrestler's injury time allowance. (8-2-2)





RECOVERY TIME RULE 8-2-2


- **ART. 2 . . .** If a contestant is injured as a result of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct (during the match) or the result of a false start (by the opponent) in the neutral position, to the extent the injured contestant is unable to continue following a maximum of two minutes recovery time, the injured contestant shall be awarded the match by default.



RECOVERY TIME RULE 8-2-2

- In case of an intentional attempt to injure an opponent, the offender shall be penalized for flagrant misconduct. Recovery time for injury because of an illegal hold/maneuver is not deducted from the injured contestant's injury-time allowance. An injured contestant cannot take injury time immediately following recovery time. (5-28-3)





RECOVERY TIME RULES 5-28-3, 8-2-2

- **Rationale:**

Clarification that if a wrestler is injured because of the opponent's false start in the neutral position, then the injured wrestler should be accommodated with recovery time as part of the existing criteria.





ILLEGAL HOLD/MANEUVER

RULE 7-1-5q

- Under the Illustrations section in the back of the NFHS Wrestling Rules book. Illustration #83 "(7-1-5q) The back bow is illegal as illustrated by application." ~~when the pressure is toward the head, whether the defensive wrestler is on his/her stomach or hip.~~
- **Rationale:**
In the body of Rule 7, it is denoted that the "back bow" is an illegal hold/maneuver. It does not stipulate that it is illegal conditionally if pressure is used, if it is applied, then it is illegal.



ILLEGAL HOLD/MANEUVER RULE 7-1-5y



The nelson cradle is illegal. It is a combination made up of a half nelson on one side with a locked cradle from around the neck with the far side knee. The crotch of the knee acts as the other arm (arm pit) to complete the full nelson pressure on the neck and throat.

ILLEGAL HOLD/MANEUVER

RULE 7-1-5y

- y. the Nelson-Cradle.

- **Rationale:**

Modified that the Nelson-Cradle is an illegal hold/maneuver. The Nelson-Cradle is a combination made up of a half nelson on one side with a locked cradle from around the neck with the far side knee. The crotch of the knee acts as the other arm (arm pit) to complete the full nelson pressure on the neck and throat.





ILLEGAL HOLD/MANEUVER

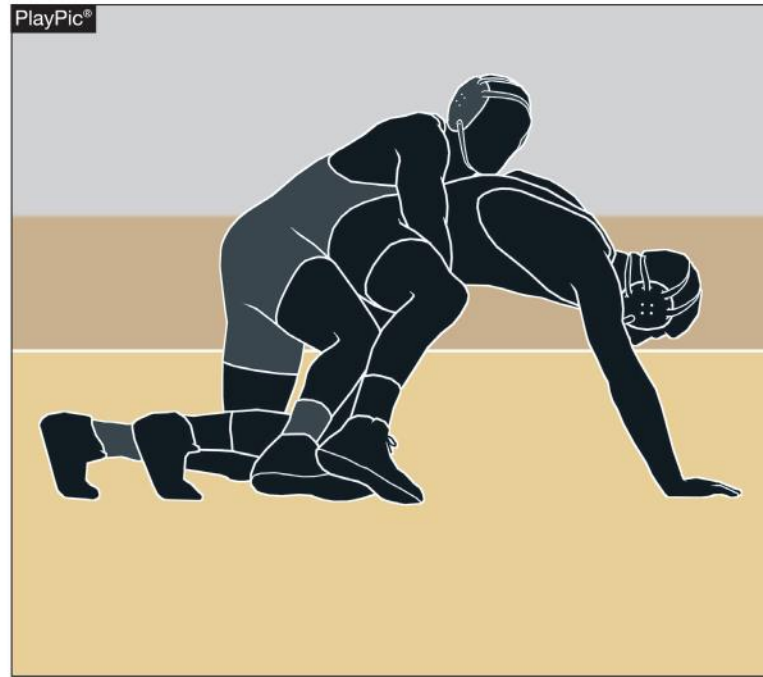
RULE 7-1-5y

- Also, the action occurring on the lower spine as the knee is brought up near the head is dangerous. When the move is finished the offensive wrestler can either roll it over or draw it backward.





UNSPORTSMANLIKE CONDUCT RULE 7-4-2



Repeatedly dropping to one knee or one hand to break locked hands is to be ruled unsportsmanlike conduct.



UNSPORTSMANLIKE CONDUCT

RULE 7-4-2

- **ART. 2 . . .** Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting and the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one knee or one hand to break locked hands, ...



UNSPORTSMANLIKE CONDUCT

RULE 7-4-2

...indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

- **Rationale:**

Repeatedly dropping to one hand to force an opponent to break locked hands happens just as often as repeatedly dropping to one knee. There is no difference between the two acts.





UNSPORTSMANLIKE CONDUCT RULE 7-4-2

- This has been enforced by many officials without proper rule coverage. This conduct is now being addressed in the rules book.





POINTS OF EMPHASIS



CLEANLINESS



Among the ways to prevent the spread of communicable skin diseases:

- Clean wrestling mats daily with a solution of 10:100 bleach and water or an appropriate commercial cleaner.
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.
- Clean all workout gear after each practice including towels, clothing, headgear, shoes, knee pads, etc.
- Require each wrestler to shower after each practice and competition with an antibacterial soap. Do not share bars of soap. Use individual soap dispensers.

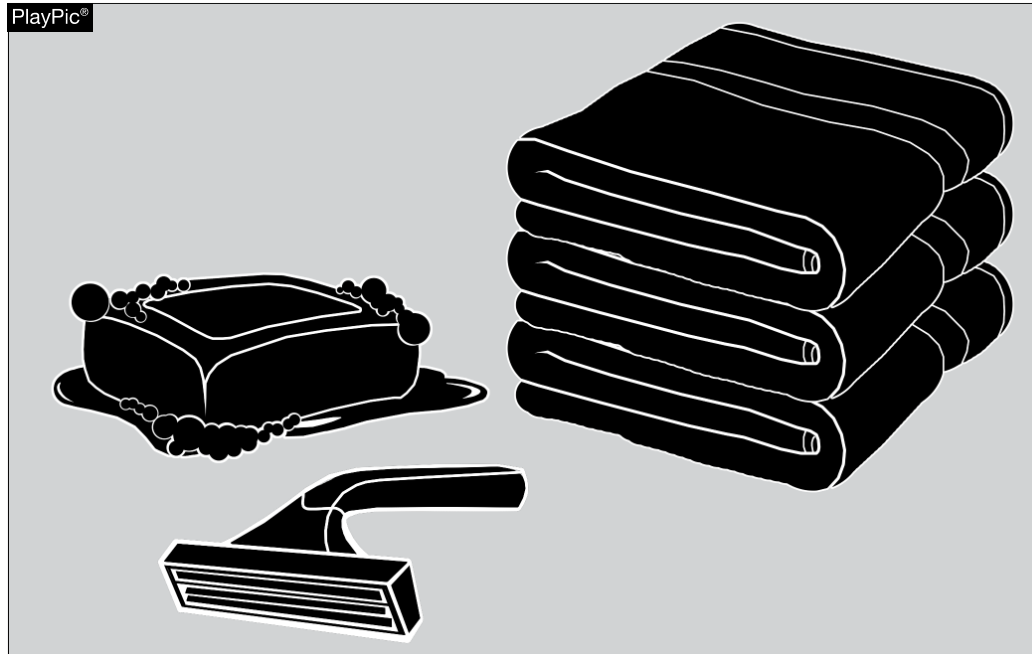


CLEANLINESS OF UNIFORMS AND PADS

- 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 10 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.





STALLING





STALLING

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



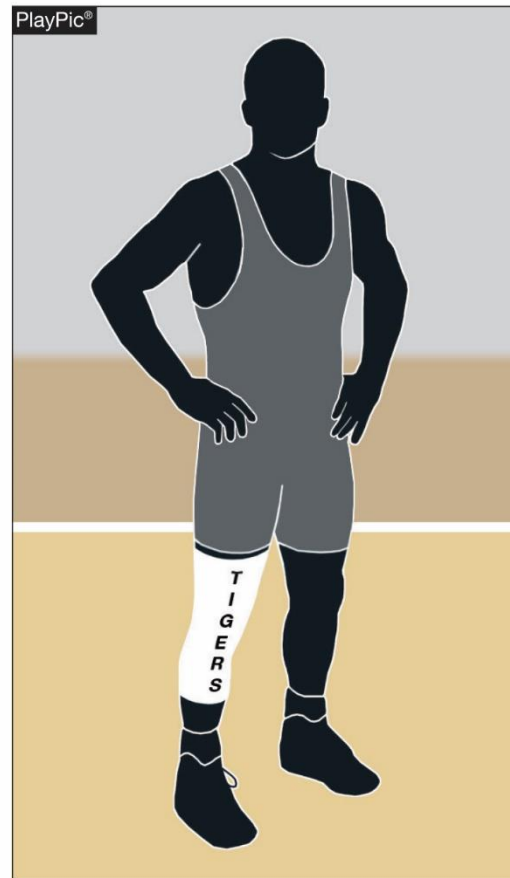


STALLING

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



SPECIAL EQUIPMENT



SPECIAL EQUIPMENT

- Special equipment is identified in Rule 4-3-1 as any equipment that is not required by rule. All special equipment should be presented prior to stepping on the mat to begin wrestling.
- In fact, it is a requirement by rule that the referee will decide on the legality of such equipment.



SPECIAL EQUIPMENT

- Any equipment that prevents normal movement of the joints and which prevents one's opponent from applying normal holds/maneuvers should not be allowed.
- It is reasonable for the wrestler to present his/her special equipment during the weigh-in/skin check period.

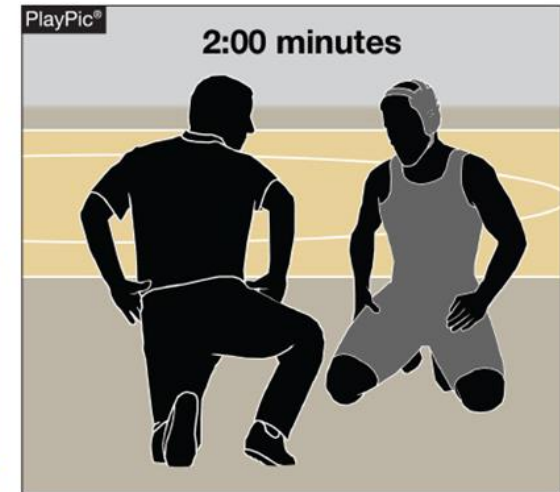
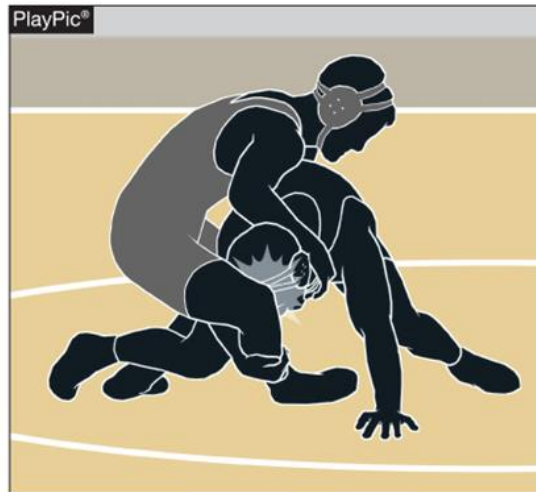
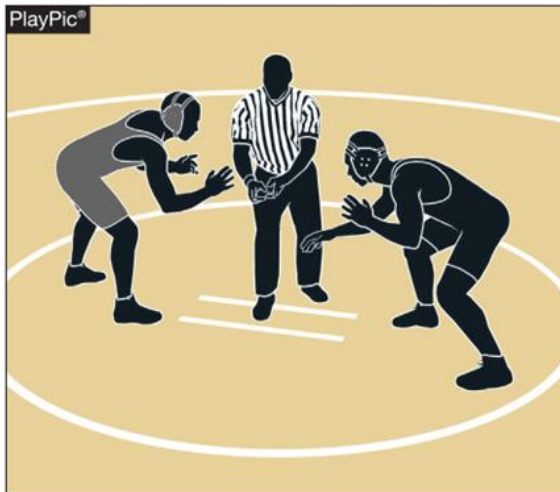


SPECIAL EQUIPMENT

- The piece of equipment to the left is a knee pad. The piece of equipment to the right is a leg sleeve.
- It is the up to the discretion of each high school state association to decide if they allow the leg sleeve that are presented in their state.



PREVENTING INJURIES FROM FALSE STARTS IN THE NEUTRAL POSITION



PREVENTING INJURIES FROM FALSE STARTS IN THE NEUTRAL POSITION

- A number of injuries are occurring due to false starts in the neutral position. This is a preventable injury.
- It is imperative that the official use proper mechanics to prevent neutral false starts.
- When starting the match in the neutral position, the official shall position themselves between the wrestlers to prevent a false start.
- The official shall blow their whistle as they step back from between the wrestlers.



PREVENTING INJURIES FROM FALSE STARTS IN THE NEUTRAL POSITION

- This mechanic should be a visible reminder to wrestlers that we are concerned about unnecessary injuries that can be alleviated with attention to false starts.





NFHS WRESTLING EDITORIAL CHANGES



RULE 4-1-1a

- **Change:**
 - a. 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. The one-piece singlet may be worn with full-length tights with stirrups.



RULE 4-1-1a

Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting, ~~a single solid color, unadorned~~ and shall not extend below the knee. The one-piece singlet shall be school-issued.

- **Rationale:**

Because the new rules approve the use of school issued compression shorts to be worn under a one-piece singlet, the wording single solid color and unadorned no longer applies.



RULE 4-1-1c

- **Change:**

c. Full-length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be a tight-fitting, ~~single solid color, unadorned~~ and shall not extend below the knee.

Rationale:

Because the new rules approve the use of a school issue compression short which could be multi-colored and adorned to be worn under a one-piece singlet this wording is no longer needed.



RULE 6-6-5a.2.

- **Change:**

- a. Match Score

- ~~Errors involving the computation of match score must be corrected within 30 minutes after the conclusion of the dual meet. If the error necessitates additional wrestling, it must be corrected prior to the next match.~~



RULE 6-6-5a.2.

- 2. Errors involving the computation of match score must be corrected prior to the next match in which either wrestler competes. If the error necessitates additional wrestling it must be corrected prior to the offended contestant leaving the mat area and prior to the start of the next match on that mat.

Rationale:

The above change was approved last year and was incorrectly edited into the rulebook.





NFHS WRESTLING RULE CORRECTION



RULE 6-4-1

- **ART. 1 . . .** When there is no longer a total of two supporting points of either wrestler on or inside the boundary line, wrestling shall be stopped and wrestlers returned to the center of the mat and started according to the position of each at the time they went out of bounds.



RULE 6-4-1

- The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line. If the wrestlers go out of bounds in the neutral position, the match shall be resumed with each wrestler at the designated green or red area.

- **Rationale:**

Rule change was not given proper acknowledgement within the NFHS Wrestling Comments of the 2018-19 Rule Changes.





NFHS OFFICIALS ASSOCIATION CENTRAL HUB



NFHS OFFICIALS ASSOCIATION CENTRAL HUB

<https://nfhs-wrestling.arbitersports.com/front/105418/Site>

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



The screenshot displays the website's interface. At the top, there is a navigation bar with the NFHS logo and the text 'OFFICIALS ASSOCIATION' and 'POWERED BY Arbitersports'. Below this is a secondary navigation bar with links for 'NFHS HOME', 'WRESTLING', 'VIDEO', 'PUBLICATIONS', 'GROUP INFO', 'FORUM', and 'CONTACT'. A large banner features a photo of a wrestler and the text 'NFHS WRESTLING OFFICIATING | ON THE MAT'. Below the banner is a search bar. The main content area is divided into three columns: 'Wrestling Rules Information' with links to '2016 Wrestling Rules Press Release', '2015-16 WRESTLING POINTS OF EMPHASIS', 'Pre-Match Requirements for Referees Clarified in High School Wrestling', and '2015-16 Wrestling Rules Changes'; a 'Welcome' section with a photo of B. Elliot Hopkins, NFHS Director of Sports, and a 'More' button; and 'Sport Specific Information' with a vertical list of sports: Baseball, Basketball, Cross Country, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Soccer, Softball, Swimming & Diving, Track & Field, Volleyball, and Water Polo.



NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is \$20
- NFHSLearn.com
- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials



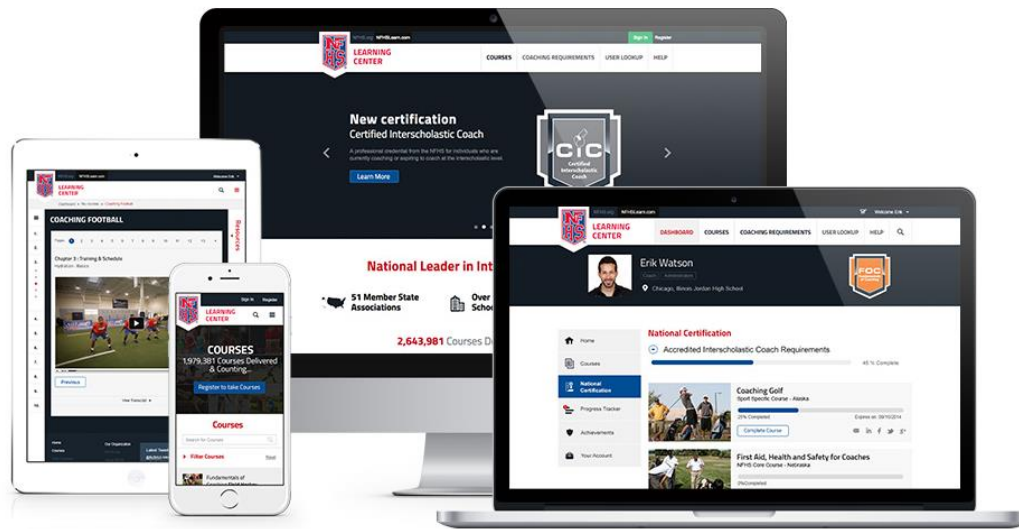


NFHS LEARNING CENTER



THE NFHS LEARNING CENTER

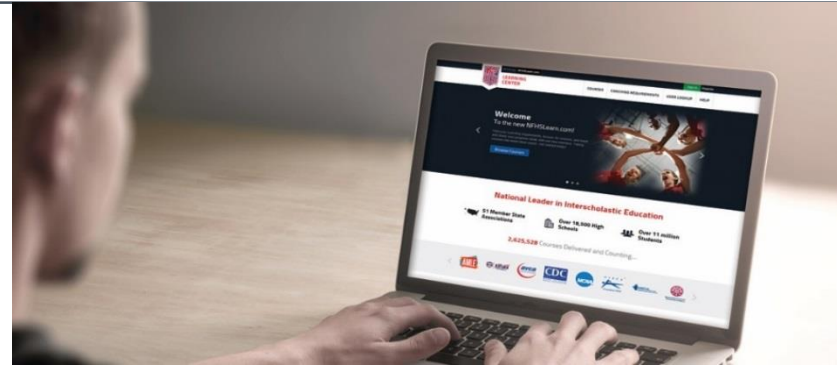
- **Mission:** Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.



WWW.NFHSLEARN.COM

- Register on NFHSLearn.com and receive the following great benefits:

- Immediate access to all 18 NFHS free courses
- Opportunity to receive email updates on your sport, upcoming courses and much more
- Access coursework 24/7/365
- Access completion certificates 24/7/365





COACHING WRESTLING

Sport Specific Course

Coach

Please Select Your State

\$

Order Course



Course Details



Related Courses



Social Media

[View Course](#)

NFHS FREE COURSES

- Concussion in Sports
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively with Parents
- Sudden Cardiac Arrest
- Captains Course
- Interscholastic Officiating



National Coach Certification Program





NFHS NETWORK



NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.



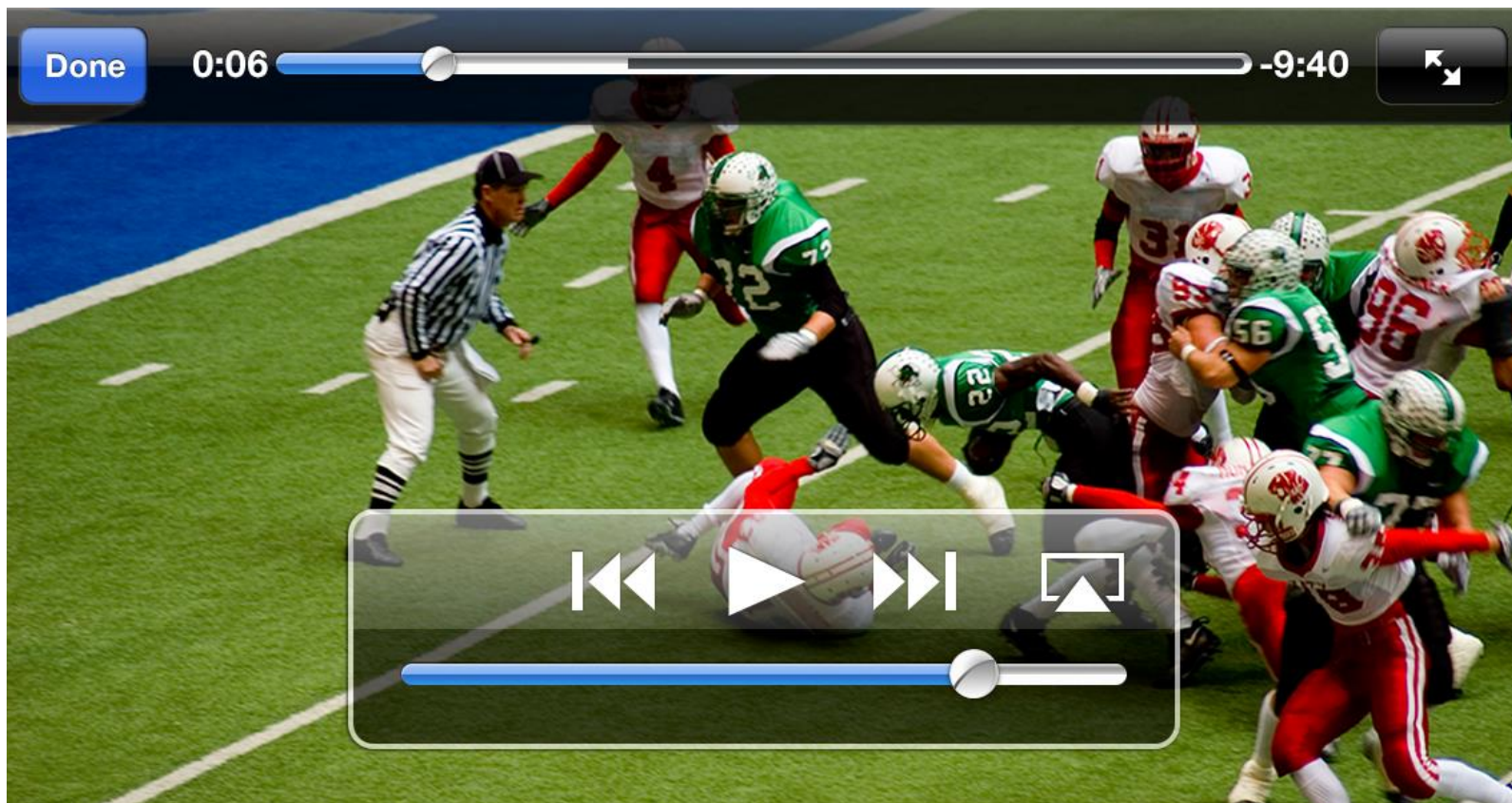
27 DIFFERENT SPORTS AND ACTIVITIES



3 MILLION UNIQUE VIEWERS

NFHS NETWORK

- View from mobile...





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

www.nfhs.org

