

This PowerPoint presentation from the National Federation of State High School Associations (NFHS) covers the following:

- 2015-16 NFHS Wrestling Rules Changes
- 2015-16 NFHS Wrestling Editorial Changes
- 2015-16 NFHS Wrestling Points of Emphasis
- 2015-16 NFHS Wrestling Rules Reminders
- 2015-16 NFHS Wrestling Information

## NFHS Wrestling Rules

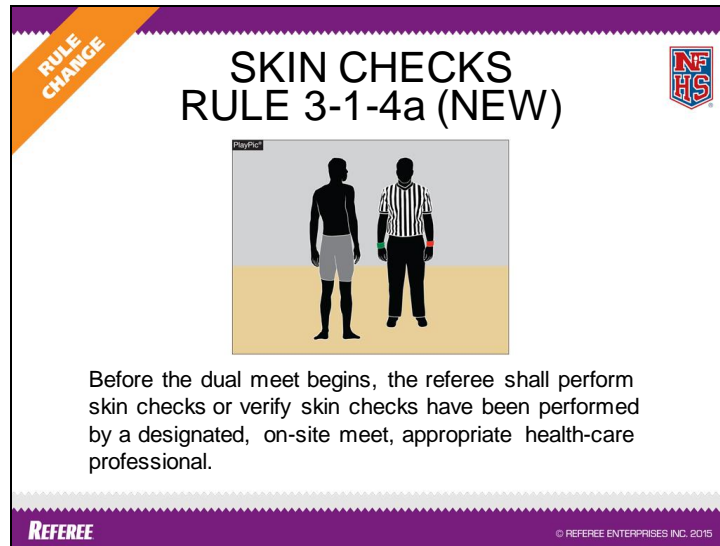
Each state high school association adopting these NFHS wrestling rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS wrestling rules should contact the wrestling rules interpreter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

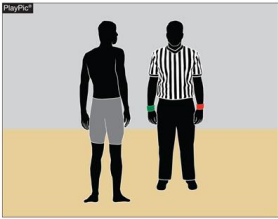
❖ **Comment on Slide:**

This statement appears at the bottom of page 3 in the 2015-16 NFHS Wrestling Rules Book.



**RULE CHANGE**

## SKIN CHECKS RULE 3-1-4a (NEW)



Before the dual meet begins, the referee shall perform skin checks or verify skin checks have been performed by a designated, on-site meet, appropriate health-care professional.

**REFEREE** © REFEREE ENTERPRISES INC. 2015

❖ **Rules Changes:**

**Rule 3-1-4a (NEW):**

**ART. 4 . . .** Before the dual meet begins, the referee shall:

- **perform skin checks or verify skin checks have been performed by a designated, on-site meet, appropriate health-care professional;**
- inspect contestants for presence of oils or greasy substances on the body or uniform, rosin, objectionable pads, improper clothing, all jewelry, long fingernails, improper grooming, health and safety measures;
- clarify the rules with coaches and contestants upon request;
- have the head coach verify that the team is groomed, properly equipped and ready to wrestle, including shoelaces being secured;
- review with the scorers and timekeeper the signals and procedures to be used; and
- meet with head coaches and captains and explain to them that they are to make certain everyone exhibits good sportsmanship throughout the contest.

❖ **Rationale for Change:**

The committee further clarified the duties of the referee before a dual meet begins each day. The referee shall perform the skin checks or verify that the designated, on-site meet, appropriate health-care professional has performed the skin checks.

❖ **Comment on Slide:**

See description on slide.

❖ **Case Book:** See SITUATION 4.2.3E

**RULE CHANGE**

## SKIN CHECKS RULE 3-1-4a (NEW)

**PlayPic A**

**PlayPic B**

Before a dual meet begins, a designated, on-site meet, appropriate health-care professional may perform the skin checks (PlayPic A). If so, the referee shall verify that the skin checks were performed by a designated, on-site meet, appropriate health-care professional before a dual meet begins (PlayPic B).

**REFEREE**

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❖ **Rules Changes:**

**Rule 3-1-4a (NEW):**

**ART. 4 . . .** Before the dual meet begins, the referee shall:

- **perform skin checks or verify skin checks have been performed by a designated, on-site meet, appropriate health-care professional;**
- inspect contestants for presence of oils or greasy substances on the body or uniform, rosin, objectionable pads, improper clothing, all jewelry, long fingernails, improper grooming, health and safety measures;
- clarify the rules with coaches and contestants upon request;
- have the head coach verify that the team is groomed, properly equipped and ready to wrestle, including shoelaces being secured;
- review with the scorers and timekeeper the signals and procedures to be used; and
- meet with head coaches and captains and explain to them that they are to make certain everyone exhibits good sportsmanship throughout the contest.

❖ **Rationale for Change:**

The committee further clarified the duties of the referee before a dual meet begins each day. The referee shall perform the skin checks or verify that the designated, on-site meet, appropriate health-care professional has performed the skin checks.

❖ **Comment on Slide:**

See description on slide.

❖ **Case Book:** See SITUATION 4.2.3E



**RULE CHANGE**

## SKIN CHECKS RULE 3-1-5a (NEW)

Before a tournament begins each day, skin checks shall be performed by a designated, on-site meet, appropriate health-care professional (PlayPic A) or the referee (PlayPic B).

REFeree

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❖ **Rules Changes:**

**Rule 3-1-5a (NEW):**

**ART. 5 . . . Before an individual, combination or team advancement tournament begins each day, the referee shall:**

- **perform skin checks or verify that skin checks have been performed by a designated, on-site meet, appropriate health-care professional;**
- **inspect contestants for presence of oils or greasy substances on the body or uniform, rosin, objectionable pads, improper clothing, all jewelry, long fingernails, improper grooming, health and safety measures;**
- **clarify the rules with coaches and contestants upon request;**
- **have the head coach verify that the team is groomed, properly equipped and ready to wrestle, including shoelaces being secured; and**
- **review with the scorers and timekeeper, the signals and procedures to be used.**

❖ **Rationale for Change:**

The committee has expanded the duties of the referee before a tournament begins each day. Specifically, the referee shall perform the skin checks or verify that the designated, on-site meet, appropriate health-care professional has performed the skin checks.

❖ **Comment on Slide:**

See description on slide.

❖ **Case Book:** See SITUATION 4.2.4A

**RULE CHANGE**

## REFEREES' DUTIES RULE 3-1-5 (NEW)

**PlayPic A**

**PlayPic B**

Among the duties the referee shall perform before an individual, combination or team advancement tournament begins each day is to review with the scorers and timekeeper, the signals and procedures to be used (PlayPic A). Also, verifying with the head coach that the team is groomed, properly equipped and ready to wrestle, including shoelaces being secured (PlayPic B).

**REFEREE**

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❖ **Rules Changes:**

**Rule 3-1-5 (NEW):**

**ART. 5 . . . Before an individual, combination or team advancement tournament begins each day, the referee shall:**

- **perform skin checks or verify that skin checks have been performed by a designated, on-site meet, appropriate health-care professional;**
- **inspect contestants for presence of oils or greasy substances on the body or uniform, rosin, objectionable pads, improper clothing, all jewelry, long fingernails, improper grooming, health and safety measures;**
- **clarify the rules with coaches and contestants upon request;**
- **have the head coach verify that the team is groomed, properly equipped and ready to wrestle, including shoelaces being secured; and**
- **review with the scorers and timekeeper, the signals and procedures to be used.**

❖ **Rationale for Change:**

The committee has expanded the duties of the referee before a tournament begins each day. Specifically, the referee shall perform the skin checks or verify that the designated, on-site meet, appropriate health-care professional has performed the skin checks.

❖ **Comment on Slide:**

See description on slide.

❖ **Case Book:** See SITUATION 4.2.4A

**RULE CHANGE**

## TOURNAMENT ADVANCEMENT RULE 10-2-9a (NEW)

**PlayPic A**  
Illustration of two wrestlers on a mat, one in a dominant position over the other.

**PlayPic B**  
Illustration of a referee in a striped shirt pointing towards the mat.

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 (PlayPic A). If the match is tied at the time of termination the wrestler whose opponent has received an unsportsmanlike conduct penalty at any time during the match (PlayPic B) will continue in the consolation round.

**REFEREE** © REFEREE ENTERPRISES INC. 2015

❖ **Rules Changes:**

**Rule 10-2-9a (NEW):**

**ART. 9 . . .** 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:

- **the wrestler whose opponent has received an unsportsmanlike conduct penalty at any time during the match will continue in the consolation round;**
- if no unsportsmanlike conduct occurred by either wrestler, the wrestler who scored the first point(s) in the match (first three periods, or first or second 30-second tiebreaker) will continue in the consolation bracket; or
- c. if no points were scored, neither wrestler will continue.

❖ **Rationale for Change:**


The committee added criteria which emphasizes sportsmanship during competition.

❖ **Comment on Slide:**

See description on slide.

❖ **Case Book:** See SITUATION 10.2.9B

National Federation of State  
High School Associations



**2015-16  
Wrestling  
Editorial Changes**

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**EDITORIAL CHANGE**

## WRESTLERS' UNIFORM RULE 4-1-2 NOTE (NEW)

One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

REFEREE

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❖ **Editorial Change:**

**Rule 4-1-2 NOTE (NEW):**

**ART. 2 . . .** Any manufacturer's logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2¼ square inches with no dimension more than 2¼ inches and may appear no more than once on each item of uniform apparel.

**NOTE: One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.**


❖ **Rationale for Change:**

Further clarified the rules language with regards to the American flag, commemorative and memorial patches and that the American flag does not need to be approved by the state association in order to be put on the uniform now.

❖ **Comment on Slide:**

See description on slide.


<b>2015-16 NFHS Wrestling Editorial Changes</b>	
> <b>3-3-1b</b>	Clarified that overtime needs to be included when circling first points scored.
> <b>8-1-3</b>	Clarified the rules language with regard to awarding penalty points during a match.
> <b>8-2-2</b>	Added "injured" before "contestant" for clarification.
> <b>8-2-6</b>	Further clarified injury time, blood time and recovery time.
> <b>Illustration #14</b>	Added a highlighted circle to the illustration to better emphasize an illegal starting position.
> <b>Illustration #15</b>	Clarified the text description under the illustration. Also, added highlighted circles to the illustration to better emphasize an illegal starting position.



❖ **Slide Comment:**

This slide lists the rules references and a brief description to the wrestling editorial changes that were made to the 2015 -16 NFHS Wrestling Rules Book.

National Federation of State  
High School Associations




**2015-16  
Wrestling  
Points of Emphasis**

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**2015-16 NFHS  
Wrestling Points of Emphasis**

1. Communicable Skin Conditions and Skin Checks
2. Biting
3. Slams
4. Stalling in the Ultimate Tiebreaker
5. The Body Scissors




❖ **Slide Comment:**

The following five wrestling points of emphasis were selected by the NFHS Wrestling Rules Committee for the 2015-16 high school wrestling season. Each of these wrestling points of emphasis need to be stressed to all coaches, referees, wrestlers, parents, school administrators, appropriate health-care professionals and all others who have an interest in high school wrestling.

**POINT OF EMPHASIS**

## COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



It is imperative that ALL referees perform skin checks — or verify that skin checks have been done by a designated, on-site meet, appropriate health-care professional — as part of their pre-meet duties prior to EVERY dual meet and tournament. If there is a suspect condition, the wrestler or coach MUST present the proper clearance form at the weigh-in for any dual meet or tournament in order for the wrestler to be allowed to compete.

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### ❖ Communicable Skin Conditions and Skin Checks (Point of Emphasis):

Communicable skin conditions continue to be a major concern in wrestling, in part because of recent MRSA and Herpes Gladiatorum outbreaks. If a participant has a suspected skin condition, NFHS Wrestling Rules require current, written documentation from an appropriate health-care professional stating the athlete's participation would not be harmful to an opponent. Cold sores are considered a skin lesion and are subject to the communicable skin condition rules.

The NFHS has developed a form that can be used for that documentation, and several state associations have adopted similar forms for use in their states. Regardless of the form used, it is imperative that ALL coaches perform routine skin checks of their wrestlers and require any wrestlers with a suspect condition to seek medical attention and treatment.

It is also imperative that ALL referees perform skin checks – or verify that skin checks have been done by a designated, on-site meet, appropriate health-care professional – as part of their pre-meet duties prior to EVERY dual meet and tournament. If there is a suspect condition, the wrestler or coach MUST present the proper clearance form at the weigh-in for any dual meet or tournament in order for the wrestler to be allowed to compete.


The only exception to the requirement of the proper clearance form would be if a designated, on-site meet, appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. The designated, on-site meet, appropriate health-care professional has the authority to overrule the diagnosis of the appropriate health-care professional who signed the proper clearance form presented to the referee at the weigh-in.

One of the keys to preventing the spread of communicable skin conditions is for coaches and referees to fulfill their responsibilities professionally. It is, however, only one of the keys.

The other and equally important key is proper prevention. While prevention can be complicated, in most cases it only requires that a few basic steps be taken by ALL involved in the sport.

**POINT OF EMPHASIS**

## COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



One of the keys to preventing the spread of communicable skin conditions is to clean wrestling mats daily with a solution of 1:100 bleach and water or an appropriate commercial cleaner.

**REFeree**

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### ❖ Communicable Skin Conditions and Skin Checks (Point of Emphasis): continued

- Educate coaches, athletes and parents about communicable skin conditions and how they are spread.
- Clean wrestling mats daily with a solution of 1:100 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 or use a body-wipe after each practice and competition. Do not share bars of soap. Use individual soap dispensers.
- Perform daily skin checks to ensure early recognition of potential communicable skin conditions.
- Refrain from sharing razors or other personal hygiene supplies.

Covering an active infection does not meet the requirements of the NFHS wrestling communicable skin condition rule for competitions. An active infection shall not be covered in practice either.

It is a coach's professional responsibility to ensure that skin clearance forms presented by his/her wrestlers are legitimate and reflect the athletes' true conditions. Coaches and referees all play a vital role in controlling communicable skin diseases. They must err on the side of what is best for the health of all involved in the sport when dealing with communicable skin diseases.

Referees are the last line of defense in keeping wrestlers with communicable skin diseases off the mat. The safety of all who step on a competition mat is at stake. Coaches must realize that referees would not be placed in a position to make difficult participation decisions if coaches would perform skin checks on all of their wrestlers each day.

NFHS Wrestling Rule 3-1-4a states that "Before a dual meet begins, the referee shall perform skin checks or verify that skin checks have been performed by a designated, on-site meet, appropriate health-care professional."

**POINT OF EMPHASIS**

## 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.

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❖ **Communicable Skin Conditions and Skin Checks (Point of Emphasis): continued**

NFHS Wrestling Rule 3-1-5a states that “Before an individual, combination or team advancement tournament begins each day, the referee shall perform skin checks or verify that skin checks have been performed by a designated, on-site meet, appropriate health-care professional.” The skin checks should take place by referees or a designated, on-site meet, appropriate health-care professional at weigh-ins whenever possible.

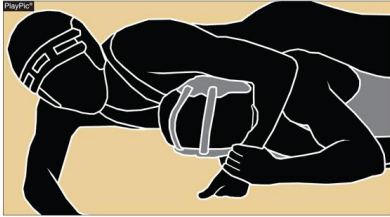
In reference to multiple-day competitions, communicable disease “skin checks” shall take place at weigh-ins each day. Checking skin on the first day only is not an acceptable practice regarding the communicable disease detection procedure.

NFHS Wrestling Rules 4-2-2, 3, 4, 5 are very specific concerning a contestant who is suspected of having a communicable skin disease. It is the responsibility of the contestant, parents, coach and referee to identify a possible communicable skin disease and then have an appropriate health-care professional evaluate the condition if possible. Similarly, it is everybody’s responsibility (coaches, referees, appropriate health-care professionals and tournament administrators) to ensure that all wrestlers are competing in an infection-free environment.

For more detailed information, refer to the “Skin Conditions and Infections” chapter in the NFHS Sports Medicine Handbook. Also, please refer to the following two NFHS Sports Medicine Advisory Committee (SMAC) documents: “General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases” and “Sports Related Skin Infections Position Statement and Guidelines.” Both of these NFHS SMAC documents can be found on the Sports Medicine page on the NFHS website at [www.nfhs.org](http://www.nfhs.org).

**POINT OF EMPHASIS**

## BITING



The defensive wrestler is biting the opponent. If, in the opinion of the referee, a wrestler bites his opponent, it will be deemed intentional biting and will be called flagrant misconduct. Referees do not have to see the bite in order to call biting. Furthermore, any claim of biting must be brought to the attention of the referee immediately.

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❖ **Biting (Point of Emphasis):**

If, in the opinion of the referee, a wrestler bites his opponent, it will be deemed intentional biting and will be called flagrant misconduct (Rule 5-12-2c). Referees do not have to see the bite in order to call biting. Furthermore, any claim of biting must be brought to the attention of the referee immediately. One should not assume intentional biting has occurred if only one set of teeth marks is present on the skin.

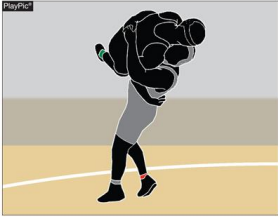
If the referee did not see the alleged bite, he/she should look for the presence of marks from both the upper and lower teeth. Incidental contact with an opponent's open mouth can result in what appears to be a bite; however, the presence of both upper and lower teeth marks is more likely to be the result of an intentional bite than from incidental contact with the teeth.

Referees should pay close attention to a cross-face applied to the area of the mouth, especially when the mouth is open. If teeth marks are present after the cross-face is applied to the mouth, the referee should only call biting if he/she believes the wrestler actually bit down on his/her opponent.



**POINT OF EMPHASIS**

## SLAMS



Wrestlers must never intentionally bring an opponent to the mat with unnecessary force. If the referee believes the slam was an intentional act intended to cause physical harm to the opponent, it would be considered flagrant misconduct and the wrestler committing the slam shall be disqualified from the match.

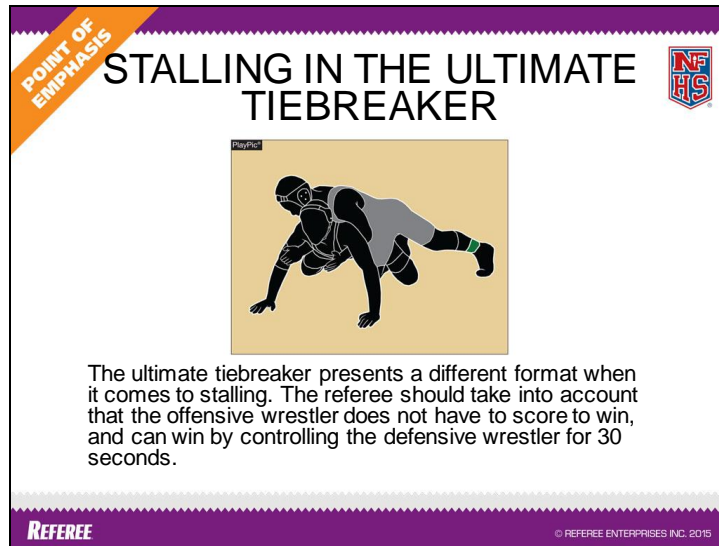
**REFEREE** © REFEREE ENTERPRISES INC. 2015

❖ **Slams (Point of Emphasis):**

Slams are extremely dangerous and every attempt must be made to prevent slams by reminding wrestlers of their responsibility to safely return opponents to the mat. It is the responsibility of wrestlers, coaches and referees to avoid slams. A slam is defined as lifting and returning the opponent to the mat with unnecessary force. A slam may be called on wrestlers in the neutral, top or bottom position.


Wrestlers can be called for a slam from the offensive or defensive position, regardless of whether they have control of the opponent, when and if they are responsible for the unsafe return of the opponent to the mat.

Referees must call slams without delay. Coaches bear the responsibility of teaching their wrestlers the proper techniques for lifting and returning their opponents to the mat safely. Wrestlers must never intentionally bring an opponent to the mat with unnecessary force. If the referee believes the slam was an intentional act intended to cause physical harm to the opponent, it would be considered flagrant misconduct and the wrestler committing the slam shall be disqualified from the match.



**POINT OF EMPHASIS**

## STALLING IN THE ULTIMATE TIEBREAKER



The ultimate tiebreaker presents a different format when it comes to stalling. The referee should take into account that the offensive wrestler does not have to score to win, and can win by controlling the defensive wrestler for 30 seconds.

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❖ **Stalling in the Ultimate Tiebreaker (Point of Emphasis):**

The ultimate tiebreaker presents a different format when it comes to stalling. The referee should take into account that the offensive wrestler does not have to score to win, and can win by controlling the defensive wrestlers for 30 seconds. If the defensive wrestler scores, the match is concluded. This could be by an escape, reversal or through a penalty point(s). If the offensive wrestler scores, the match is also concluded. If neither wrestler scores, the offensive wrestler will be awarded one point and declared the winner.

To ensure that the offensive wrestler does not take advantage of the 30 seconds by just grabbing onto a body part(s) and holding on, a stalemate should be called immediately after determining that the offensive wrestler has grabbed onto a body part(s) solely in an effort to prevent the defensive wrestler from scoring. Wrestling will resume from the offensive starting position on the mat; if the offensive wrestler uses a similar tactic again, stalling should be called and penalized accordingly.

**POINT OF EMPHASIS**

## BODY SCISSORS




Although the body scissors is a legal hold in wrestling, referees should be very vigilant of it when applied. If the offensive wrestler is utilizing the body scissors to improve his/her position or to secure a fall, the maneuver is being properly executed. However, if the body scissors is applied solely to inflict pain, the referee must be prepared to break the hold immediately and penalize the offender for an illegal action.

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❖ **Body Scissors (Point of Emphasis):**

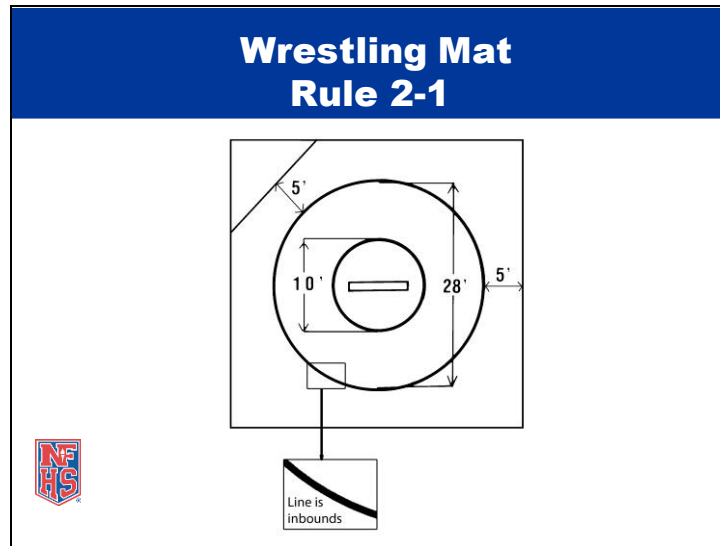
The Body Scissors has been a part of wrestling for decades. Although the maneuver is a legal hold in wrestling, referees should be very vigilant of it when applied. If the offensive wrestler is utilizing the body scissors to improve his/her position or to secure a fall, the maneuver is being properly executed. However, if the body scissors is applied solely to inflict pain, the referee must be prepared to break the hold immediately and penalize the offender for an illegal action, according to Rule 7-1-5u.

National Federation of State  
High School Associations



**2015-16  
Wrestling  
Rules Reminders**

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❖ **Rules Reminder:**

**Comment on Slide:**

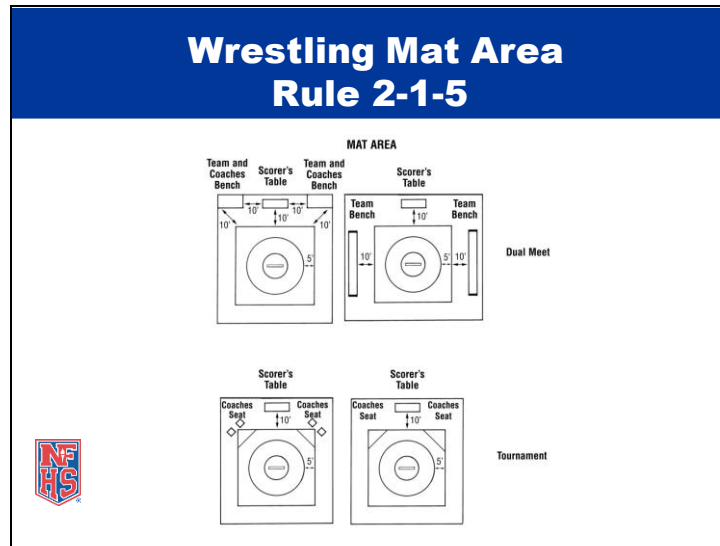
The NFHS Wrestling Rules Committee wants to remind all coaches, referees, meet administrators and wrestlers that these four equipment rules need to be followed during all competitions.

**Rule 2-1-1.** . . . The wrestling mat shall be of uniform thickness not more than 4 inches thick nor less than the thickness of a mat which has the shock-absorbing qualities of at least 1-inch PVC vinyl-covered foam. All mats that are in sections shall be secured together.

**Rule 2-1-2.** . . . The wrestling area of the mat shall be a circular area with a minimum of 28 feet in diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat area approximately 5 feet wide.

**Rule 2-1-3.** . . . The wrestling area shall be marked on the mat by painted lines, 2 inches wide, which are inbounds. 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.

**Rule 2-1-4.** . . . Starting lines, 1 inch wide, shall be placed at the center of the mat and the front line should lie on the diameter of the 10-foot circle. These 1-inch starting lines shall be parallel, 3 feet long, and 12 inches from outside to outside. The two 3-foot lines shall be connected on one end by a 1-inch red line and on the other end by a 1-inch green line.



❖ **Rules Reminder:**

**Comment on Slide:**

The NFHS Wrestling Rules Committee wants to remind all coaches, referees, meet administrators and wrestlers that this wrestling mat area rule needs to be followed during all competitions.


**Rule 2-1-5...** The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat, as well as the team benches and scorer's table where facilities permit. The team bench in dual meets should be at least 10 feet from the wrestling mat and 10 feet from the scorer's table.

The diagrams on page 10 in the 2015-16 NFHS Wrestling Rules Book are a suggested configuration.

## 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.



❖ **Rules Reminder:**

**Comment on Slide:**

Need to emphasize to coaches and team personnel that they must comply with both of these rules.

Referees need to enforce these two rules at all times.

**Case Book:** See SITUATIONS 2.2.1A and B; 2.2.2A, B and C



❖ **Rules Reminder:**

**Rule 4-2-1:**

**ART. 1 . . .** During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well groomed. The hair, in its natural state, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. (Photos 2-3) A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible. If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied. (Photo 4) The legal hair cover shall be attached to the ear guards. 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.

If an individual has facial hair it must 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 as smooth as a face is required, or wear a legal hair cover.

**Rule 4-3-1a:**

**ART. 1 . . .** Special equipment is defined as any equipment worn that is not required by rule. Any equipment which does not permit normal movement of the joints and which prevents one's opponent from applying normal holds/maneuvers shall not be permitted. Special equipment includes, but is not limited to:

- a. **Legal hair coverings attached to the ear guards**, face masks, braces, casts, supports, eye protection and socks; ...

❖ **Rationale for Change:**

Rule change approved in 2013 but took affect during the 2014-15 season. The intent of this rules change is to sustain continued action during the match by requiring legal hair covers to be attached to the ear guards.

❖ **Comment on Slide:**

See description on slide.

❖ **Case Book:** See SITUATIONS 4.2.1A, B and E





The slide features the NFHS logo in the top left corner. The title 'Bad Time Rules 5-1-1, 6-6-2' is centered at the top. Below the title is a diagram of a 'Tiebreaker' showing two wrestlers in starting positions on a mat. A central image shows a wrestler in a starting position with a red leg band. Below this image is a text box explaining the 'Bad Time' scenario. The slide also includes the 'RULE CHANGE' text on the left side and the 'REFEREE' logo at the bottom left. A copyright notice '© REFEREE ENTERPRISES INC. 2014' is at the bottom right.

**Bad Time**  
**Rules 5-1-1, 6-6-2**

Tiebreaker

The bottom wrestler with the red leg band was supposed to start the second 30-second tiebreaker in the top position, but the opponent was given the top position instead. The result is bad time.

**RULE CHANGE**

**REFEREE**

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❖ **Rules Reminder:**

**Rule 5-1-1:**

**ART. 1 . . .** Bad time is wrestled with the wrestlers in the wrong position or the wrong wrestler being given choice of position:

- a. at the start of the third period.
- b. at the start of the second 30-second tiebreaker.
- c. at the start of the ultimate tiebreaker.
- d. after opponent has taken his/her second injury time-out.
- e. on the next restart after opponent receives a two-point stalling penalty.

**Rule 6-6-2:**

**ART. 2 . . .** When an error occurs in positioning wrestlers:

- a. at the start of the third period; or
- b. at the start of the second 30-second tiebreaker; or
- c. at the start of the ultimate tiebreaker; or
- d. after the opponent has taken his/her second injury time-out; or
- e. on the next restart after the opponent receives a two-point stalling penalty.

**NOTE:** All points earned during bad time are canceled – Exceptions: Rule 5-1-3. In a.-c. above, following corrections made and a rest of one minute, the period shall be re-wrestled. In d. and e. above, and other situations when there is bad time, and if the amount of bad time can be determined by the referee, bad time shall be deleted and/or re-wrestled without delay.

❖ **Rationale for Change:**

The committee clarified wording with regards to bad time in 2014. The previous definition of bad time did not specifically include the situations where the wrong wrestler was given choice of position at the start of the second 30-second tiebreaker or the start of the ultimate tiebreaker.

❖ **Comment on Slide:**

See description on slide.

❖ **Case Book:** See SITUATION 5.1.1B



**Bad Time**  
**Rules 5-1-1, 6-6-2**

**RULE CHANGE**

**Ultimate Tiebreaker**

The bottom wrestler with the red leg band was supposed to have the choice to start the ultimate tiebreaker, but the opponent was given the choice instead and chose the top position. The result is bad time.

REFeree

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❖ **Rules Reminder:**

**Rule 5-1-1:**

**ART. 1 . . .** Bad time is wrestled with the wrestlers in the wrong position or the wrong wrestler being given choice of position:

- at the start of the third period.
- at the start of the second 30-second tiebreaker.
- at the start of the ultimate tiebreaker.
- after opponent has taken his/her second injury time-out.
- on the next restart after opponent receives a two-point stalling penalty.

**Rule 6-6-2:**

**ART. 2 . . .** When an error occurs in positioning wrestlers:

- at the start of the third period; or
- at the start of the second 30-second tiebreaker; or
- at the start of the ultimate tiebreaker; or
- after the opponent has taken his/her second injury time-out; or
- on the next restart after the opponent receives a two-point stalling penalty.

**NOTE:** All points earned during bad time are canceled – Exceptions: Rule 5-1-3. In a.-c. above, following corrections made and a rest of one minute, the period shall be re-wrestled. In d. and e. above, and other situations when there is bad time, and if the amount of bad time can be determined by the referee, bad time shall be deleted and/or re-wrestled without delay.

❖ **Rationale for Change:**

The committee clarified wording with regards to bad time in 2014. The previous definition of bad time did not specifically include the situations where the wrong wrestler was given choice of position at the start of the second 30-second tiebreaker or the start of the ultimate tiebreaker.

❖ **Comment on Slide:**

See description on slide.


❖ **Case Book:** See SITUATION 5.1.1B



**Entries**  
**Rule 11-1-4 NOTE**

**Team Advancement Tournaments:**

- **NOTE:** All wrestlers must weigh-in each day of the multiple-day event and they must weigh-in at the same weight class each day of the event. A wrestler is only eligible for two weight classes during a multiple-day, team-advancement tournament, and those two weight classes are determined at the first day weigh-in and cannot change during the remainder of the event.



❖ **Rules Reminder:**

❖ **Rule 11-1-4:**

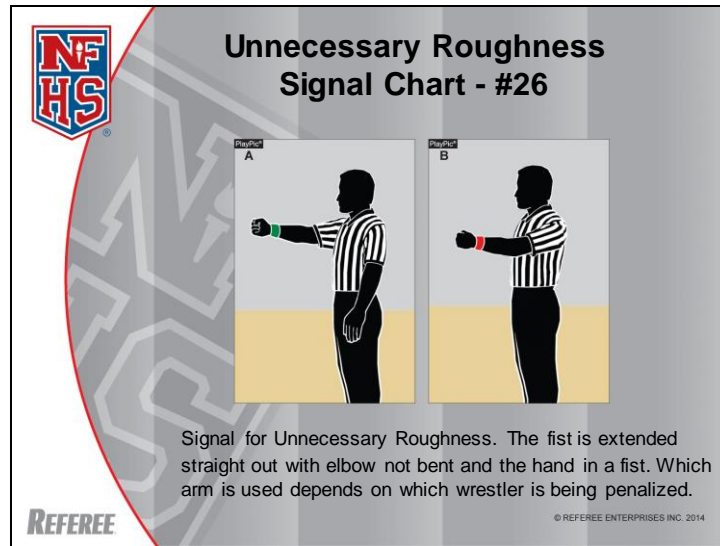
**ART. 4 . . .** In a team advancement tournament that does not evolve into an individually bracketed tournament and/or does not reward individual accomplishments, more than one wrestler in a weight class may be weighed in by a team and substitutions from one dual meet to the next are permissible and/or a wrestler who weighs in for one weight class may be shifted to the next higher weight class, provided it is not more than one weight class above that for which the actual weight qualifies that wrestler.

**NOTE:** All wrestlers must weigh-in each day of the multiple-day event and they must weigh-in at the same weight class each day of the event. A wrestler is only eligible for two weight classes during a multiple-day, team-advancement tournament, and those two weight classes are determined at the first day weigh-in and cannot change during the remainder of the event.

❖ **Slide Comment:**

This slide lists an editorial NOTE that was added to Rule 11-1-4 in 2014 for further clarification on Team Advancement Tournaments dealing with weigh-ins.

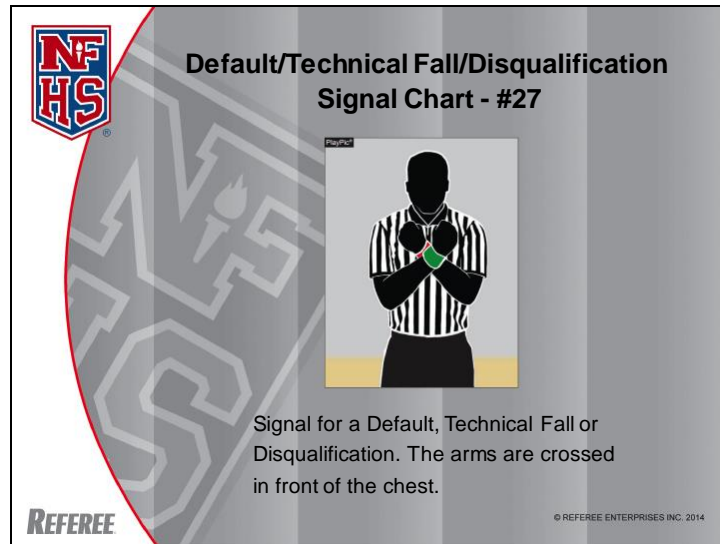
**Case Book:** See SITUATIONS 11.1.4A, B and C



❖ **Rules Reminder:**

❖ **Slide Comment:**

A new wrestling referee signal was created in 2014 for Unnecessary Roughness. This is signal #26 on the Referees' Wrestling Signals Chart on page 81 of the 2015-16 NFHS Wrestling Rules Book. The fist is extended straight out with the elbow not bent and the hand in a fist. Which arm is used depends on which wrestler is being penalized.



❖ Rules Reminder

❖ Slide Comment:

A new wrestling referee signal was created in 2014 for Default/Technical Fall/Disqualification. This is signal #27 on the Referees' Wrestling Signals Chart on page 81 of the 2015-16 NFHS Wrestling Rules Book. The arms are crossed in front of the chest.