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2024-25 Points of Emphasis

The NFHS Wrestling Rules Committee and the NFHS Board of Directors believes there are areas of interscholastic wrestling that need to be addressed and given special attention. These areas of concern are often cyclical, some areas need more attention than others, and that is why they might appear in the rules book for consecutive editions. These concerns are identified as "Points of Emphasis." For the 2024-25 high school wrestling season, attention is being called to: Stalling and Stalemate, Dangerous Maneuvers and Holds, Proper Terms: Default, Medical Forfeit, Forfeit, Referee's Duties and Imminent Scoring. When a topic is included in the Points of Emphasis, these topics are important enough to reinforce throughout the academic year because they are not being given the proper attention needed.

Stalling and Stalemate

The act of stalling is an intentional act(s) of avoiding aggressive wrestling. The emphasis of stalling is reinforced by the numerous rules and assignment of its own penalty chart to penalize inactive behavior by a wrestler. The referee warns the offending wrestler(s) and if continued, subsequent penalties are invoked. However, a stalemate is considerably different. Both wrestlers are aggressively wrestling and are interlocked in a position other than a pinning scenario, in which neither can improve their respective position(s). The referee stops the match and wrestling shall resume from the center of the mat.

Dangerous Maneuvers and Holds

In the purest form of wrestling, two similar-sized athletes use their strength, guile, ability and repertoire of moves to control and dominate their opponent. NFHS rules have always made moves and maneuvers that intentionally injure or punish a wrestler illegal, and work on removing them from our sport. Some moves, maneuvers and holds are starting to filter down to our level from other influences that are not education-based athletics. The NFHS disapproves of any move, maneuver or hold that intentionally injures limbs, joints, penetrates any body cavities or renders a wrestler unconscious. Allowing those techniques to infiltrate into our sport is irresponsible, dangerous and in certain jurisdictions illegal.

No one wants to drive any students out of the sport. If parents are not confident that their children are in a well-managed risk environment, then they will not let them participate. That would be devastating to a sport that we have already seen a trend of declining participation numbers. We need to do everything possible in our schools to attract more students and retain them in our programs. Eliminating questionable moves, maneuvers and holds is the first place to start. Regardless of your role as either coach or referee, you must work together to keep certain techniques out of our sport.

Wrestling is one of the oldest sports in the world. The benefits of participating are phenomenal in developing high school students to better understand their bodies, appreciate discipline, be self-reliant and develop toughness that will be a life skill that they will use their entire lives. Let us direct our attention to preserving our sport for many more generations to come.

2024-25 Wrestling Rules Changes

(For comments on the 2024-25 rules changes, see page 61)

2-1-3, 2-1-4, 5-24-1, 6-5-1, 6-6-6, 7-6-1 — Modified an optional 10-foot circle in the center of the mat.

5-10, 5-15-1, 5-15-2b, 5-15-2c, 5-15-3, 5-18, 5-22-1, 5-22-2, 5-25-1, 5-25-3, 6-4-1 — Modified that only one point of contact by either wrestler meets the requirement of being inbounds.

5-11-2g, 5-11-2h, 5-11-3, 9-1-5, Scoring Symbols — Modified the scoring of near-fall points.

9-1-2, Summary of Scoring, Scoring Symbols — Modified the points for a takedown.

5-11-4 — Clarified how a technical fall is scored.

5-28-4, Official Wrestling Signals — Created a signal for the referee's time-out.

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time. Please see pages 85-87 for these position statements.

Each state high school association adopting these 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 rules should contact the rules interpreter designated by the state high school association.

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

Rule 1 Competition

SECTION 1 MATCH

ART. 1 . . . A match is competition between two wrestlers who are of as nearly equal weight as possible.

ART. 2 . . . 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.

ART. 3 . . . Video recording is authorized unless prohibited by the state high school association.

SECTION 2 DUAL MEET

ART. 1 . . . A series of matches, one in each of the NFHS weight classes, constitutes a dual meet.

ART. 2 . . . Competition in dual meets shall be conducted by random draw of weight classes. In multi-dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. The following procedure shall be used for all random draws:

- The random draw shall take place immediately preceding weigh-ins.
- The referee or other authorized person shall supervise the random draw.
- Subsequent matches will follow in sequential order.

ART. 3 . . . Each team shall designate a captain or captains. Prior to the beginning of the meet, the captain(s) shall report to the referee for the disk toss to determine which individual is to appear at the scorer's table first for each weight class, and to determine the choice of position at the start of the second period.

ART. 4 . . . Prior to the meet the head coach shall verify that all wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle.

SECTION 3 TOURNAMENT

ART. 1 . . . Individually bracketed tournaments are a series of matches in each of the NFHS weight classes in which each member of the team advances independently on the bracket based on that individual's results.

ART. 2 . . . Team advancement tournaments are a series of matches in each of the NFHS weight classes in which advancement and/or results are based upon the team's collective results.

ART. 3 . . . Combination tournaments are a series of matches in each of the NFHS weight classes in which individuals initially move from round to round as a team (pools) or advance based on team results culminating in the wrestlers placement or an individual bracket with advancement from that point based on individual results.

ART. 4 . . . A random draw of weight classes for championship final matches for an individually bracketed tournament, regular season and/or state high school championship series, may be used for competition. In multi-dual events and team advancement tournaments, the sequence determined by the draw will be followed for that day's subsequent dual-meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. The following procedure shall be used for all random draws:

- The random draw shall take place immediately preceding weigh-ins.
- The referee or other authorized person shall supervise the random draw.
- Subsequent matches will follow in sequential order.

ART. 5 . . . Prior to the meet, the head coach shall verify that all wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle.

ART. 6 . . . Tournaments conducted by state high school associations for qualification to the state high school championships and the actual championships shall be determined by the individual organization. Each state high school association is privileged to conduct those tournaments as best suits its needs. This authorization applies to Rule 10 and Rule 11 only.

SECTION 4 REPRESENTATION

ART. 1 . . . A school may be represented by only one wrestler in each weight class during dual-meet competition, and no substitution is permitted for any wrestler in dual meets once the wrestler has properly reported to the scorer's table. In individually bracketed tournaments, the contestant representing a school shall be named by weight class prior to the conclusion of the weigh-in and no substitution is allowed after the conclusion of the weigh-in.

ART. 2 . . . For all matches, net weight shall be required. No additional weight allowance is permitted, except as stated in Rules 4-4 and 4-5.

ART. 3 . . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than six matches (championship or consolation), excluding forfeits, in any one day of competition.

ART. 4 . . . No contestant shall wrestle in two consecutive matches with less than a 30-minute rest between the matches. The conclusion time of each match shall be recorded.

ART. 5 . . . A contestant shall not accept a forfeit in one weight class and compete in another class.

ART. 6 . . . A wrestler who makes weight for one weight class may be shifted to the next higher weight class, provided it is not more than one weight class above

ART. 7 . . . No contestant shall wrestle in more than 10 matches in a two-consecutive day period.

SECTION 5 WEIGHT-CONTROL PROGRAM

ART. 1 . . . Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, appropriate health-care professional and coach in establishing the minimum certified weight class. An ideal program would be one where an appropriate health-care professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than seven percent for males or 12 percent for females.

ART. 2 . . . For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a medical release to participate signed by an appropriate health-care professional. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

ART. 3 . . . The state's weight-control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season.

Rule 2 Equipment

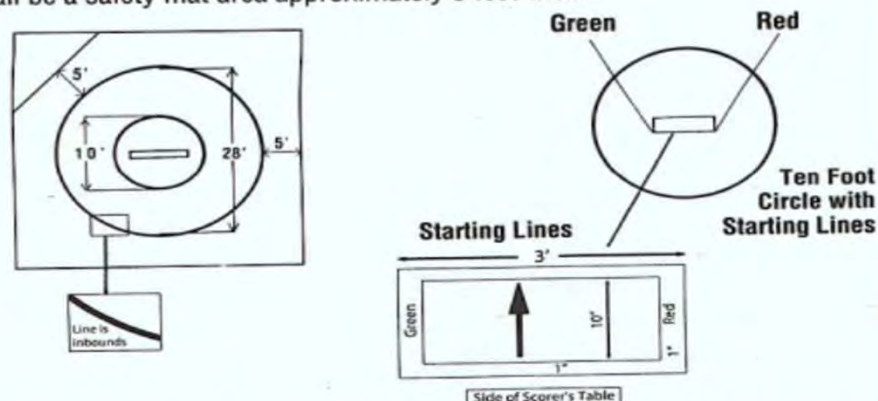
SECTION 1 MAT

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

ART. 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

MINIMUM MAT SIZE

ART. 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.



ART. 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 may be an optional 10-foot circle, indicated by a 2-inch line. When the area enclosed by the optional 10-foot circle and the inbounds area of the mat are of contrasting colors, the 2-inch line may be omitted.

ART. 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 optional 10-foot circle or the diameter of the circle that encloses the wrestling area. 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.

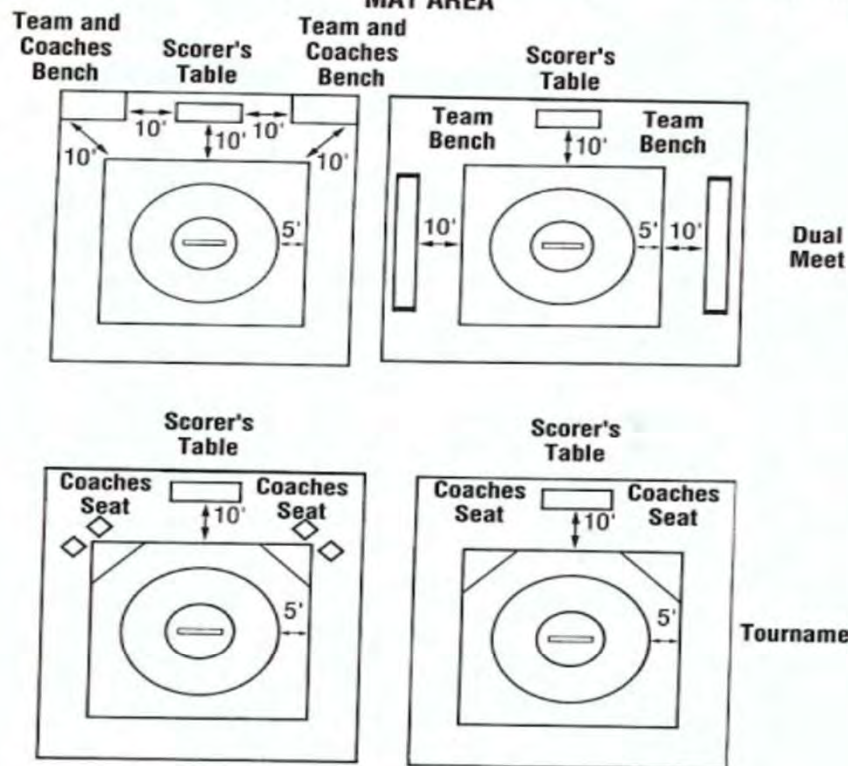
ART. 5 . . . The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat where facilities permit, as well as the team benches and scorer's table. The team bench in dual meets should be at least 10 feet from the wrestling mat and 10 feet from the scorer's table. The diagrams on page 10 are a suggested configuration.

SECTION 2 TEAM BENCHES

ART. 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.

ART. 2 . . . During tournament competition, a maximum of two team personnel

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.

MAT AREA**SECTION 3 SCORER'S TABLE**

A scorer's table shall be placed at least 10 feet from the edge of the mat and from the team bench areas, where facilities will permit. It will be large enough to accommodate the official timekeeper, head scorer and visiting team scorer. When an electric scoreboard is not used, some means of visual communication shall

SECTION 4 SCALES

ART. 1 . . . Scales for weighing in contestants of all teams and all contestant shall be provided by the home management.

ART. 2 . . . The accuracy of these scales shall be certified annually, in accordance with guidelines established by the state association.

Rule 3 Referees and Their Duties

SECTION 1 REFEREE

ART. 1 . . . The referee's uniform consists of a short-sleeved knit shirt, with alternating black and white 1-inch stripes; or gray with black pinstripes, or an event provided shirt common to all referees at that event, full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes. Shoes with white or gray trim are allowable. The referee shall be neatly attired and have other accessories, including a colored disk, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist.

ART. 2 . . . On matters of judgment, the referee shall have full control of the match and the decisions shall be final, based upon the NFHS wrestling rules and interpretations. The referee has the sole authority for ruling on infractions or irregularities not covered within the NFHS wrestling rules.

ART. 3 . . . The jurisdiction time of the referee will begin upon arrival at the site and will conclude with the approval of the scorebook in dual meets and when the referee signs the bout sheet after the last match of a tournament. The meet referees retain clerical authority over the meet through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the meet referees had jurisdiction. State associations may intercede in the event of unusual incidents that occur before, during or after the meet referees' jurisdiction has ended or in the event that a meet is terminated prior to the conclusion of the regulation meet.

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; and

- 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.

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.

ART. 6 . . . The legality of all equipment, including mats, markings, uniforms and special equipment, pads and taping, shall be decided by the referee. A referee's time-out shall be declared for the purpose of correcting legal equipment which becomes illegal or inoperative through use.

ART. 7 . . . Only authorized signals shall be used by the referee when signaling and verbally notifying the contestants and scorer when warning or awarding points to either wrestler. The thumb is not to be used when signaling point(s), only fingers.

ART. 8 . . . When possible the referee should award points on the edge of the mat calls before sounding the whistle, and giving the hand signal for stopping the match and out-of-bounds.

ART. 9 . . . The referee shall be firm in enforcing the letter and spirit of the rules, consistently penalizing infractions. The referee must enforce penalties for infractions explained in Rule 7 and Rule 8 without hesitation. The referee shall not use TV monitoring, replay or other video equipment in making decisions related to the match.

ART. 10 . . . When penalizing either wrestler, the referee shall stop the match, use the appropriate NFHS signal and announce the penalty in the prescribed manner so that coaches, contestants, scorers and spectators are aware of the penalty, except as noted in Rule 8-1-2.

ART. 11 . . . The referee shall stop potentially dangerous holds/maneuvers, if possible, before the holds/maneuvers reach the dangerous state.

ART. 12 . . . Following the end of a dual meet or tournament match, the referee shall sign the official scorebook or individual score sheet certifying results and shall also record the time of day at the completion of the meet or tournament.

ART. 13 . . . The referee has the authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.

ART. 14 . . . During injury, blood, HNC or recovery time-outs, the referee should be in a position to monitor the appropriate clock and wrestlers. The referee should notify the coach and/or wrestler at the one minute mark and the 30-second mark as to the amount of time remaining.

SECTION 2 ASSISTANT REFEREE

ART. 1 . . . By state high school association adoption, an assistant referee may be used during competition. The use of an assistant referee is designed to minimize human error in matters of rule application and judgment.

ART. 2 . . . The assistant referee will be granted the same mobility as the referee and will complement and assist the referee in making calls. The referee will be in complete control of the match. Following are procedures to follow with the use of an assistant referee:

- Constant verbal communication between the referee and the assistant is necessary throughout the match concerning stalling, line calls, illegal holds/maneuvers, technical violations, potentially dangerous holds/maneuvers and time remaining in the period;
- The two referees should be facing each other while each is maintaining a view between the wrestlers. Both referees must move to positions on the mat where the best view of wrestling and verbal communications can be achieved;
- In a near fall situation, the assistant referee should not be down on the mat but in a position to observe the action, the clock, and tap the referee when time expires;
- If the assistant referee observes interlocking hands or grasping of clothing the proper signal should be given immediately and the assistant referee should inform the referee of the infraction;
- The assistant referee must develop a feel for the match to properly assist the referee. When the assistant disagrees with the referee, the assistant will bring it to the referee's attention immediately. It is not required to stop the match, unless the referee thinks it is necessary. The referee will avoid interrupting the match when significant action is in progress;
- When necessary, the referee and assistant shall meet briefly on the edge of the mat away from the wrestlers and coaches, away from the scorer's table to discuss the point of disagreement;
- The assistant may support, disagree or have no opinion relative to a decision. The referee shall prevail in the event of disagreement;
- When a decision is reached, the referee will inform the scorer's table of any change in match scoring, timing, etc.;
- The referee, assistant referee and two contestants are the only individuals permitted on the wrestling mat. Coaches are not permitted to address the assistant referee and the assistant referee is not permitted to address the coaches. This is the referee's responsibility;
- During any headlock, the assistant should be in position to observe any action from underneath and verbally inform the referee of any change from

- During the end-of-the-match procedure, the assistant referee shall be on the edge of the circle to observe both wrestlers and coaches as they leave the wrestling area.

SECTION 3 SCORER

ART. 1 . . . The official scorer shall be seated at the scorer's table and is responsible for:

- recording points scored by each contestant when signaled by the referee;
- circling the first point(s) scored in the regulation match, including overtime;
- recording the wrestler who makes the choice at the start of the second and third periods and the position of the wrestlers at the start of the second and third periods including overtime;
- constantly checking with the visiting team's scorer;
- immediately advising the match timekeeper when there is any disagreement regarding the score and advising the scoreboard operator or assistant scorers of the correct score during each match;
- recording the completion time of matches; and
- presenting the referee with the scorebook at the end of a dual meet for verifying of team scores and signature.

ART. 2 . . . The assistant scorers are responsible for recording points earned by each individual wrestler during the course of the match and circling first point(s) scored in the regulation match. As points are earned in a dual meet, a running team score shall be kept following each individual match.

SECTION 4 TIMEKEEPER

ART. 1 . . . The timekeeper is responsible for:

- keeping the overall time of the match;
- recording the accumulated time-outs for injury and blood, time and head, neck, cervical column injuries;
- monitoring recovery time;
- notifying the referee of any significant situation when the match is stopped, or for disagreement by official scorer and timekeeper, or when requested by a coach to discuss a possible error;
- assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period; and
- when a visual clock is not available, calling the minutes to referee, contestants and spectators and displaying with visual cards the number of seconds remaining in the last minute of the period at 15-second intervals.

Rule 4 Wrestlers' Classification and Weigh-in

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

SECTION 1 WRESTLERS' UNIFORM

ART. 1 . . . A legal uniform consists of:

- 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 belt line. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee. The one-piece singlet may be worn with full-length form-fitted tights (non-modified, both legs intact). The one-piece singlet shall be school-issued.
- compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under shorts designed for wrestling and compression shorts. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued. Compression shorts or shorts designed for wrestling may be worn with full-length form-fitted tights (non-modified, both legs intact).
- a form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued. (Photo 1)

NOTE: Female contestants choosing to wear a form-fitted compression shirt, whether as part of a two-piece uniform or under a one-piece singlet, shall also wear a

Form-fitted tights are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be tight-fitting and shall not extend below the knee.

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. No additional manufacturer's logo/trademark/or promotional reference shall be allowed on the wrestling uniform.

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.

ART. 3 . . . Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If visible, the laces shall be secured in an acceptable fashion. If the shoelaces come untied or shoe comes off, the penalty would be an automatic stalling call.

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

ART. 4 . . . Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:

- adequate ear protection;
- no injury hazard to the opponent; and,
- an adjustable locking device to prevent it from coming off or turning on the wrestler's head.

Any manufacturer's logo/trademark/reference that appears on the wrestling ear guards (one on each ear cup), 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 ear guards. No additional manufacturer's logo/trademark/reference, promotional or advocacy references shall be allowed on the wrestling ear guards.

ART. 5 . . . The uniform shall be worn as intended/designed by the manufacturers.

SECTION 2 WRESTLERS' APPEARANCE AND HEALTH

ART. 1 . . . Facial hair is permissible. A wrestler's hair may be contained in a legal hair cover. The legal hair cover, if worn, 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.

All legal hair covers and face masks will be considered as special equipment.

ART. 2 . . . Each contestant shall comply with standard health, sanitary and safety measures (3-1-4). Because of the body contact involved, these standards shall constitute the sole reasons for disqualification. Application of this rule shall

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

ART. 4 . . . If a designated, on-site meet, appropriate health-care professional (AHCP) is present, the AHCP may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition.

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

ART. 6 . . . Each contestant who has braces or has a special orthodontic device on the teeth, shall be required to wear a tooth and mouth protector. A tooth and mouth protector (intraoral) shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and cover the teeth and all areas of the braces or special orthodontic device with adequate thickness. This would include upper and lower teeth if devices are present on both. It is recommended the protector be properly fitted and:

- Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.
- Constructed and fitted to the individual by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.

SECTION 3 SPECIAL EQUIPMENT

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:

- legal hair coverings attached to the ear guards, face masks, braces, casts, supports, eye protection and socks;
- any protective equipment which is hard and/or abrasive must be covered and properly padded with a minimum of 1/2 inch of padding.

ART. 2 . . . All parts of a pad must fit snug against the wrestler's body. Loose pads are prohibited.

ART. 3 . . . Taping or strapping which substantially restricts the normal movement of a joint shall be prohibited. The taping of fingers and thumb is not a violation.

ART. 4 . . . To help identify contestants, red and green leg bands may be worn on either or both legs.

ART. 5 . . . Wrestlers shall not wear wristbands, sweatbands, bicep bands or leg or arm sleeves that do not contain a pad during a match.

ART. 6 . . . Electronic devices that enable communication between coach and contestant during a match are not permitted.

SECTION 4 WEIGHT CLASSIFICATIONS

ART. 1 . . . A state association shall select one set of weight classes for girls and boys:

- Competition shall be in one of the following sets of weight classes when girls are wrestling girls:

12 Classes

100 lbs.	107 lbs.	114 lbs.	120 lbs.	126 lbs.	132 lbs.
138 lbs.	145 lbs.	152 lbs.	165 lbs.	185 lbs.	235 lbs.

13 Classes

100 lbs.	106 lbs.	112 lbs.	118 lbs.	124 lbs.	130 lbs.
136 lbs.	142 lbs.	148 lbs.	155 lbs.	170 lbs.	190 lbs.
235 lbs.					

14 Classes

100 lbs.	105 lbs.	110 lbs.	115 lbs.	120 lbs.	125 lbs.
130 lbs.	135 lbs.	140 lbs.	145 lbs.	155 lbs.	170 lbs.
190 lbs.	235 lbs.				

- Competition shall be in one of the following sets of weight classes when boys wrestle boys (or when girls wrestle boys):

12 Classes

108 lbs.	116 lbs.	124 lbs.	131 lbs.	138 lbs.	145 lbs.
152 lbs.	160 lbs.	170 lbs.	190 lbs.	215 lbs.	285 lbs.

13 Classes

107 lbs.	114 lbs.	121 lbs.	127 lbs.	133 lbs.	139 lbs.
145 lbs.	152 lbs.	160 lbs.	170 lbs.	180 lbs.	215 lbs.

14 Classes

106 lbs.	113 lbs.	120 lbs.	126 lbs.	132 lbs.	138 lbs.
144 lbs.	150 lbs.	157 lbs.	165 lbs.	175 lbs.	190 lbs.
215 lbs.	285 lbs.				

ART. 2 . . . A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor.

ART. 3 . . . At anytime the use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic-type suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.

ART. 4 . . . A 2-pound growth allowance may be added to each weight class any time after the date of certification.

SECTION 5 WEIGHING IN

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

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

ART. 3 . . . For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around to the 106-pound weight class and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited.

ART. 5 . . . When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s). The acceptable person(s) to receive that notice shall be the head coach, principal or athletic director. Competitions that are postponed for one calendar day or more, for reasons beyond the control of the participating school(s), or practices that cannot be held in these situations due to school policy shall be treated the same as competitions when there are consecutive days of competition in terms of the 1-pound allowance, with the exception of the required 48-hour notice.

ART. 6 . . . A contestant representing a school in an individually bracketed tournament shall be named by weight class prior to the conclusion of the weigh-in.

ART. 7 . . . All contestants shall weigh-in wearing a legal uniform (4-1-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure. For female contestants wearing a compression shirt under a one-piece singlet in order to comply with the definition of a legal uniform (4-1-1), if the compression shirt is part of the legal uniform, the contestant shall weigh-in wearing the compression shirt. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

NOTE: No additional weight allowance shall be granted for weighing-in wearing a legal uniform.

ART. 8 . . . Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class. That contestant may wrestle in the weight class for which the individual's actual weight qualifies the contestant, or in the next higher weight class as long as either of these weight classes are permitted by the contestant's individual weight loss plan on that given date. An additional weigh-in is neither required nor allowed.

ART. 9 . . . Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb if the contestant chooses to wrestle with it on. Once a wrestler has weighed in with the artificial limb, it shall not be removed during competition.

Rule 5 Definitions

SECTION 1 BAD TIME

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 a second injury time-out.

ART. 2 . . . Bad time involves time that occurs when:

- a clock should have been stopped at the end of a period; or
- wrestling has been allowed to continue following a violation when the match should have been stopped.

ART. 3 . . . Any points, penalties, or injury time that occurred during bad time shall be voided with the following exceptions:

- flagrant misconduct;
- unsportsmanlike conduct;
- unnecessary roughness;
- illegal holds/maneuvers; and
- blood time.

ART. 4 . . . Errors requiring bad time to be re-wrestled must be corrected prior to the start of any subsequent period. If the wrong wrestler is given the choice of position at the start of the second period or at the start of the first 30-second tiebreaker in overtime, no re-wrestling is necessary. The opponent may be given the choice at the start of the third period or at the start of the second 30-second tiebreaker in overtime.

SECTION 2 BITING

ART. 1 . . . Biting is an act of flagrant misconduct; and, on the first occurrence, an individual shall be disqualified from competition.

ART. 2 . . . If in the opinion of the referee, a wrestler has bitten an opponent, this will be deemed as intentional biting and will be called as flagrant misconduct.

SECTION 3 BYE

ART. 1 . . . When the number of competitors is not a power of 2, that is 4, 8, 16, 32 and 64, there shall be byes in the first round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of two.

ART. 2 . . . There shall be no byes after the first round of competition in both

ART. 3 . . . When byes are required for the first round, individuals receiving byes shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket.

ART. 4 . . . No quarter-bracket or half-bracket shall have more than one bye in excess of its paired bracket.

ART. 5 . . . After seeded wrestlers have been placed in the bracket and the byes drawn, remaining wrestlers shall be placed by draw.

SECTION 4 CAUTION

ART. 1 . . . A contestant who assumes an incorrect starting position or who false starts receives a caution.

ART. 2 . . . Following two cautions, a 1-point penalty is assessed for each subsequent infraction.

SECTION 5 COACH MISCONDUCT

ART. 1 . . . Coach misconduct occurs when a coach improperly questions the referee at the scorer's table.

ART. 2 . . . When a coach requests a conference with the referee at the scorer's table regarding a possible misapplication of a rule, and it is determined there was no misapplication or when, during a conference at the scorer's table, the coach questions the judgment of the referee, coach misconduct shall be called. The coach misconduct penalty shall always be charged to the head coach.

ART. 3 . . . Coach misconduct results in the following:

- First offense – warning;
- Second offense – deduct one team point;
- Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day. (See Penalty Chart)

SECTION 6 CONTROL

ART. 1 . . . Control occurs when an individual has gained restraining power over an opponent. A wrestler who has control of an opponent is in a position of advantage.

ART. 2 . . . Control is gained when a takedown occurs, and changes when an escape or reversal is scored.

ART. 3 . . . Control determines the awarding of points.

SECTION 7 DEFAULT

A default is awarded when one of the competitors is unable to continue wrestling for any reason.

SECTION 8 DISQUALIFICATION

A disqualified wrestler is one who is removed from participation in accordance

SECTION 9 DUAL MEET

A series of matches, one in each of the NFHS weight classes, constitutes a dual meet.

SECTION 10 ESCAPE

An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while one point of contact of either wrestler is inbounds. If there is no action at the edge of the mat, the referee shall stop the match.

SECTION 11 FALL, NEAR FALL & TECHNICAL FALL

ART. 1 . . . A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds. The two seconds (one-thousand-one, one-thousand-two) shall be a silent count and shall start only after the referee is in position to observe if a fall is imminent. A fall is imminent when any part of both shoulders or both scapula of either wrestler are in contact with the mat. The shoulders or scapula must be held in continuous contact with the mat. A fall terminates wrestling. (Photos 5-6)

ART. 2 . . . A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer. (Photos 5-8)

- Criteria for a near fall occurs when any part of both shoulders or both scapulae of the defensive wrestler are held within 4 inches of the mat or less; or when one shoulder or scapula of the defensive wrestler is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less with the mat; or when the defensive wrestler is held in a high bridge or on both elbows.
- Only the wrestler with the advantage, who has an opponent in the pinning situation, may score a near fall;
- A near fall is ended when the defensive wrestler gets out of a pinning situation. The referee must not signal the score for a near fall until the situation is ended and only one near fall shall be scored in each pinning situation, regardless of number of times the offensive wrestler places an opponent in the near-fall position during the pinning situation;
- A bridgeback in a body scissors or bridgeovers with a wrist lock are not considered near-fall situations even though a fall may be scored;
- When the defensive wrestler places oneself in a precarious position during an attempted escape or reversal, a near fall shall not be scored, unless the offensive wrestler has control and restrains the opponent in a pinning situation for two seconds;
- If the defensive wrestler is injured or bleeding occurs in an imminent near-fall situation or before the two-point near-fall criteria of a two count have

- If the defensive wrestler is injured, indicates an injury or bleeding occurs after the two-point near-fall criteria of two count have been met and before the three-point near-fall criteria of a three count have been earned, the match will be stopped, and a three-point near fall will be awarded. If near-fall criteria of three count have been met and before the four-point near-fall criteria of a four count have been earned, the match will be stopped, and a four-point near fall will be awarded.
- If the defensive wrestler is injured or indicates an injury or bleeding occurs after a four-point near fall is earned, the match will be stopped, and a five-point near fall shall be awarded;
- In f-h, when a defensive wrestler commits a technical violation, applies an illegal hold/maneuver, commits unnecessary roughness or unsportsmanlike act during an imminent or near fall situation, the offensive wrestler shall be awarded a penalty point(s) in addition to the near-fall points in accordance with f-h at the next stoppage.

ART. 3 . . . If the near-fall criteria are met for two continuous seconds a two-point near fall will be earned. If near-fall criteria are met for three continuous seconds a three-point near fall will be earned. If near-fall criteria are met for four continuous seconds a four-point near fall will be earned.

ART. 4 . . . A technical fall occurs when a wrestler has earned a 15-point advantage over the opponent, however;

- if a takedown or reversal, straight to near-fall criteria creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.
- once the technical fall has been earned, the offensive wrestler cannot lose the match.

ART. 5 . . . A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestler's body off the mat.

SECTION 12 FLAGRANT MISCONDUCT

ART. 1 . . . Flagrant misconduct on the part of Coaches or other Team Personnel are acts which:

- the referee considers serious enough to remove the offender from the premises;
- can occur prior to, during or after a match, including the use of tobacco products.

Flagrant misconduct shall be penalized in accordance with the Penalty Chart.

ART. 2 . . . Contestants:

- Flagrant misconduct is any physical or nonphysical act which occurs before, during or after a match considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in a multiple school event.

- b. Acts include, but are not limited to:
 - 1. striking;
 - 2. butting;
 - 3. elbowing;
 - 4. kicking an opponent;
 - 5. use of any tobacco products.
- c. If, in the opinion of the referee, a wrestler bites an opponent this will be deemed as intentional biting and will be called as flagrant misconduct.

SECTION 13 FORFEIT

It shall be considered a forfeit when the opponent, for any reason, fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat. It shall be considered a medical forfeit when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the tournament director.

SECTION 14 ILLEGAL HOLDS/MANEUVERS

ART. 1 . . . Any hold/maneuver used in such a way as to endanger life and limb is illegal. Holds/maneuvers are illegal when a body part is forced beyond the limit of normal range of movement or when unnecessary force is applied to an opponent. (7-1)

ART. 2 . . . Any hold/maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation is illegal. (Photos 9-10)

SECTION 15 INBOUNDS

ART. 1 . . . Contestants are considered to be inbounds if one point of contact of either wrestler is inside or on the boundary lines. (Photo 11)

ART. 2 . . . Points of contact 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 contact are:
 - 1. the knee(s);
 - 2. the side of the thigh;
 - 3. the buttocks;
 - 4. the hand(s);
 - 5. the head;
 - 6. foot (feet).
- b. When the defensive wrestler is on the back while the point of contact of either wrestler is inbounds wrestling shall continue. In this situation any part of a defensive wrestler's shoulder or scapula can be considered a point of contact, as well as other points of contact mentioned in 5-15-2a.
- c. Near-fall points or fall shall be earned only while a point of contact of either wrestler is inbounds.

ART. 3 . . . Wrestling shall continue as long as one point of contact of either wrestler is inside or on the boundary lines. If there is no action at the edge of the mat, the referee shall stop the match.

SECTION 16 MAT

The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat where facilities permit, as well as the team benches and scorer's table.

SECTION 17 MATCH

ART. 1 . . . A match is competition between two individual wrestlers who are of as nearly equal weight as possible.

ART. 2 . . . A match begins when the proper wrestler reports to the scorer's table in dual matches and tournaments until the conclusion of wrestling. The conclusion of wrestling occurs when the time expires at the end of the third period, when the overtime ends, or when a fall, technical fall, disqualification or a default occurs.

SECTION 18 OUT OF BOUNDS

Out of bounds occurs when there is not a point of contact of either wrestler inside or on the boundary line. (Photo 11)

SECTION 19 POSITIONS

ART. 1 . . . Advantage Position. The position of advantage is a situation in which a contestant is in control and maintaining restraining power over an opponent. Control is the determining factor. The failure of the offensive wrestler to get the head out from the defensive wrestler's arm does not necessarily prevent the offensive wrestler from having control. A wrestler may have control, even when the opponent has locked hands around one of the opponent's legs.

ART. 2 . . . Defensive Starting Position. The defensive wrestler's starting position requires the wrestler to be at the center of the circle stationary on hands and knees so both knees are on the mat behind and parallel to the rear starting line. The heels of both hands shall be on the mat in front of the forward starting line. The elbows shall not touch the mat. This position must also allow the offensive wrestler to be able to assume a legal starting position on either side. (Photo 15)

ART. 3 . . . Neutral Position. A neutral position is one in which neither wrestler has control.

ART. 4 . . . Neutral Starting Position. The neutral starting position requires both contestants to be stationary and opposite each other with one foot on the green or red area of the starting lines and the other foot on the line or the line extended, or behind the foot on the line with no part of the body touching the mat in front of the lead foot. (Photo 12)

ART. 5 . . . Offensive Starting Position. The offensive starting position is one in which the wrestler is at the right or left side of an opponent with at least one knee on the mat on the near side of the opponent. The near side is the one on which the offensive wrestler places the palm of the hand on or over the back of the opponent's near elbow. The offensive wrestler's head shall be on or above the mid-line of the opponent's back. The other arm (right or left) is placed loosely around the defensive wrestler's body, perpendicular to the long axis of the body, with the palm of the hand placed loosely over the defensive wrestler's navel. A knee or foot may be placed behind the defensive wrestler's feet. However, the offensive wrestler is not to place a foot or a knee on the mat between the opponent's feet or legs, nor straddle the opponent. The offensive wrestler's legs or feet may not be in contact with the defensive wrestler. (Photos 13-18)

ART. 6 . . . Prior to assuming an offensive starting position, the offensive wrestler may signal to the referee the neutral position. The defensive wrestler is awarded an escape, and wrestling begins from the neutral position.

ART. 7 . . . Optional Offensive Starting Position. The offensive wrestler may use an optional start, by being positioned on either side or to the rear of the opponent supporting all weight on both feet, one knee, or both knees. The offensive wrestler is to place the hands on the opponent's back (area between the neck and waist), thumbs touching, and only the hands are to be in contact with the defensive wrestler. The offensive wrestler is not to place a foot, feet, or a knee(s) between the opponent's feet or legs, in front of the forward starting line or the line extended, nor straddles the opponent. (Photos 19-20)

ART. 8 . . . If the offensive wrestler selects the optional starting position, the wrestler must indicate this intent to the referee. The referee shall then inform the defensive wrestler of the offensive wrestler's intentions. If the defensive wrestler is set prior to being informed, readjustment can be made. (Photo 19)

ART. 9 . . . The referee shall direct the offensive wrestler to assume a legal starting position once the defensive wrestler is stationary in a legal starting position. Once the offensive wrestler has assumed a legal starting position and is stationary, the referee shall verbally say "set" and then pause momentarily before starting wrestling.

ART. 10 . . . When starting the contestants from the down position, the referee shall be in front of, stationary and at an angle to the contestants. The referee should establish eye contact with the scorer's table.

SECTION 20 POTENTIALLY DANGEROUS HOLDS/MANEUVERS

Potentially dangerous holds/maneuvers include any hold/maneuver which may cause injury when used legally. Holds/maneuvers become potentially dangerous when a body part is forced to the limit of normal range of movement. The wrestler applying such a hold/maneuver shall be verbally cautioned against forcing it into an

SECTION 21 RANDOM DRAW

ART. 1 . . . Random draw is the random selection of one of the 12, 13 or 14 weight classes to determine the starting weigh-in order and order of weight classes for the dual meet. A random draw for championship final matches for an individual tournament, regular season and/or state high school championship series may be used for competition. The draw shall take place immediately preceding the weigh-ins and be supervised by the referee or other authorized person. The weight class drawn will be considered an odd match and will determine which weight class will start weigh-ins and the dual meet with the other weight classes following in the sequential order.

ART. 2 . . . The referee is required to have a kit available to facilitate the random draw.

SECTION 22 REVERSAL

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 one point of contact is inside or on the boundary line. If there is no action at the edge of the mat, the referee shall stop the match. (Photos 21 & 22)

ART. 2 . . . In awarding a reversal at the edge of the mat, control must be established while one point of contact of each wrestler is inside or on the boundary line.

SECTION 23 STALEMATE

It is a stalemate when contestants are interlocked in a position other than a pinning situation, in which neither wrestler can improve respective position(s); or either competitor has the hands locked around one leg of the opponent to prevent scoring. The referee shall, as soon as possible, stop the match and wrestling shall be resumed as for an out of bounds. Hands locked repeatedly around one leg of an opponent to prevent scoring is considered stalling.

SECTION 24 STALLING

ART. 1 . . . Each wrestler is required to make an honest attempt to stay in the center of the mat and wrestle aggressively, regardless of position or the time or score of the match. Action is to be maintained throughout the match by the contestants wrestling aggressively whether in the top, bottom or neutral position and both contestants are equally responsible for initiating action. It is the responsibility of contestants, coaches and referees to avoid the use of stalling tactics or allowing the use thereof. This shall be demonstrated by those responsible with strict enforcement by referees.

ART. 2 . . . When a referee recognizes stalling occurring at any time and in any position, the offender shall be warned and thereafter violations shall be penalized when stalling recurs. These provisions require the referee to penalize stalling with-

ART. 3 . . . It is stalling in the neutral position when a wrestler:

- continuously avoids contact with the opponent;
- plays the edge of the mat;
- prevents the opponent from returning to or remaining inbounds;
- is not attempting to secure a takedown;
- backs off the mat, out of bounds; or
- pushes or pulls the opponent out of bounds.

ART. 4 . . . It is stalling when the contestant in the advantage position:

- does not wrestle aggressively and attempts to secure a fall, except when the wrestler intentionally releases the opponent in order to thereafter immediately attempt to secure a takedown;
- legally holds the heel to the buttocks while the defensive wrestler is broken down on the mat for more than five seconds; or
- holding an opponent's leg with the use of two hands on two legs or two hands on one leg in action not designed to break the opponent down, or is for the purpose of securing a fall, or is to prevent an escape or reversal, is stalling. Repeated grasping and holding the leg or legs with both hands or arms to break an opponent down for the sole purpose of controlling is stalling.
- Stays behind the opponent while on the feet, making no attempt to bring the opponent to the mat.

ART. 5 . . . When a defensive wrestler refuses to aggressively attempt escapes or reversals, it is stalling.

ART. 6 . . . It is stalling when either wrestler:

- repeatedly grasps or interlocks around one leg of the opponent to prevent scoring; or
- delays the match. This includes straggling back from out of bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat; or
- repeatedly creates a stalemate situation to prevent an opponent from scoring.
- has shoelaces that become untied, or has a shoe come off.

ART. 7 . . . The defensive wrestler is not stalling when overpowered.

SECTION 25 TAKEDOWN

ART. 1 . . . It is a takedown when, from the neutral position, a wrestler gains control over the opponent down on the mat and one point of contact of either wrestler is inbounds. (Photos 23-30)

ART. 2 . . . A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler's legs or torso are controlled and the wrestler's hand(s) touch the mat beyond reaction time. (Photo 31)

ART. 3 . . . In awarding a takedown at the edge of the mat, control must be established while one point of contact of either wrestler is inbounds. (Photos 32-34)

SECTION 26 TAUNTING

Taunting is any act or action which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender, or national origin.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

SECTION 27 TECHNICAL VIOLATIONS

ART. 1 . . . These are the types of technical violations. Each is penalized without warning as outlined in Rule 7-3:

- Intentionally going out of the wrestling area or forcing an opponent out of the wrestling area to avoid an imminent scoring situation.
- Grasping of clothing, mat or ear guards.
- Interlocking or overlapping the hands, fingers or arms.
- Leaving the wrestling area without referee's permission.
- Reporting to the scorer's table not properly equipped, ready to wrestle or any equipment that is detected as being illegal after the match has started.

SECTION 28 TIME-OUT

ART. 1 . . . Injury time. If a contestant sustains an injury from a legal maneuver, the wrestler is entitled to a maximum of 1½ minutes which is cumulative throughout the match, including overtime. Two injury time-outs may be permitted in any match provided the total time does not exceed 1½ minutes.

ART. 2 . . . Blood time. If a contestant bleeds, the wrestler will be charged with blood time which is a maximum of five minutes cumulative throughout the match, including overtime.

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 nor shall it constitute an HNC time-out. (8-2-2)

ART. 4 . . . Referee's time-out. If the referee needs to address a situation not covered by injury, blood or recovery time, a referee's time-out shall be charged. The signal would be both hands and fingers pointing inward to the referee's chest.

ART. 5 . . . Coach/Referee Conference. If a coach believes a misapplication of a rule has taken place a conference shall take place in front of the scorer's table. If a correction takes place it shall be a referee's time-out. Otherwise, the coach shall be charged with Coaches Misconduct in accordance with the Penalty Chart.

ART. 6 . . . Head/Neck/Cervical Column (HNC). If a contestant is injured, the onsite appropriate health-care professional (AHCP) will have up to five (5) minutes (maximum) to evaluate the wrestler's head and neck involving the cervical column and/or nervous system. A second occurrence of injury to the head and

SECTION 29 UNNECESSARY ROUGHNESS

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

ART. 2 . . . Continuing acts of unnecessary roughness may be construed as flagrant misconduct. Penalty points for unnecessary roughness shall be awarded in addition to points earned.

SECTION 30 UNSPORTSMANLIKE CONDUCT

ART. 1 . . . Coaches and Team Personnel. Unsportsmanlike conduct of coaches and other team personnel is any act which becomes abusive or interferes with the orderly progress of the match. These acts may occur prior to, during or after a match. This includes violations of the bench decorum rule (7-5-2), taunting, acts of disrespect, or those actions which incite negative reaction by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart.

ART. 2 . . . Contestants. Unsportsmanlike conduct involves physical or nonphysical acts which 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, the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one knee to break locked hands, 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.

ART. 3 . . . Spectators. Any act (physical or non-physical), which in the opinion of the referee, is serious enough to warrant removal, shall cause the spectator to be removed from the premises for the remainder of the event. It is the home team administration or tournament director's/designee's responsibility to ensure a spectator is removed when directed by the referee.

Rule 6 Conduct of Matches**SECTION 1 LENGTH OF MATCH**

ART. 1 . . . Regular matches in dual meets or tournament championship competition, shall be six minutes in length divided into three periods of two minutes each.

ART. 2 . . . Consolation matches shall consist of three periods. The first period shall be one or two minutes in length, and the second and third periods shall each be two minutes in length.

ART. 3 . . . Overtime matches, in tournaments and dual meets, shall consist of one, one-minute period followed by two, 30-second tiebreakers, if necessary, and one, 30-second ultimate tiebreaker, if necessary.

ART. 4 . . . In all matches there is no rest between periods and the match is recessed only long enough to position the wrestlers for the start of the next period.

SECTION 2 STARTING THE MATCH

ART. 1 . . . A team intentionally delaying its appearance to the mat area beyond five minutes of the established dual meet starting time, shall be penalized one team point. If the team does not appear within the next five minutes, there shall be a team forfeiture for the dual meet.

ART. 2 . . . In dual-meet competition, the wrestlers must be ready to go to the scorer's table immediately when called by the referee. The wrestler to be sent to the scorer's table first, who then cannot be withdrawn or replaced without being disqualified and the weight class being awarded to the other wrestler by disqualification if there is one, shall be determined by the pre-meet disk toss. Once the second wrestler has properly reported to the scorer's table in proper sequence, as determined by the pre-meet disk toss, neither can be withdrawn or replaced without disqualification and the weight class awarded by disqualification. Match choices are determined by the random draw. The first match selected is odd. If the even numbered matches are selected, the coach will send the team's wrestler to the scorer's table first for the even matches. The opposing team then will send its wrestler to the scorer's table first for the odd numbered matches. The referee shall correct errors without penalty to the contestants.

ART. 3 . . . The first period shall start with the wrestlers in the neutral position. The wrestlers will shake hands and when the referee sounds the whistle, they shall begin wrestling. If no fall occurs during the first period, the referee shall begin the second period with the wrestler who has the choice selecting top, bottom, neutral or deferring the choice until the third period. The wrestler who has the choice or the wrestler who is deferred to for choice, shall select the top, bottom

ART. 4 . . . In matches involving wrestlers with visual impairments, the finger-touch method shall be used in the neutral position and initial contact shall be made from the front. Contact is to be maintained throughout the match. (Photo 36)

SECTION 3 CHOICE OF POSITION

ART. 1 . . . The winner of the toss shall choose the odd or even numbered weight classes listed consecutively. This choice is not altered in case of fall, default, forfeit(s) or disqualification.

ART. 2 . . . During tournament competition, immediately following the end of the first period, the referee shall determine which wrestler has the choice at the start of the second period by the toss of a disk.

ART. 3 . . . The choice of the wrestlers for the start of the third period shall be the reverse of the choice in the second period.

NOTE: If a second injury time-out is taken, the opponent will have choice of position for the restart, (the top, bottom or neutral position shall be chosen). If the second injury time-out occurs at the conclusion of the first period, the opponent will have the choice at the start of the second and third periods. (8-2-1)

SECTION 4 STOPPING AND STARTING THE MATCH

ART. 1 . . . When there is no longer a point of contact 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. 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. If the fourth stalling penalty is awarded, the match is stopped and the opponent gets choice on restart.

ART. 2 . . . It is a stalemate when:

- the contestants are interlocked in a position, other than a pinning situation, in which neither wrestler can improve the position; or
- either competitor has hands locked around one leg of the opponent to prevent scoring. The referee shall, as soon as possible, stop the match and wrestling shall be resumed as for out of bounds. If "b" is used repeatedly, it becomes stalling. (Photo 37)

ART. 3 . . . If a wrestler is injured due to legal or illegal action, the referee shall stop the match under these certain conditions: a) injury time, b) blood time, c) recovery time, d) referee's time, e) Head/Neck/Cervical Column (HNC) injury time. (5-28-3, 5-28-6, 8-2-4a, 8-2-4b1 & 2)

ART. 4 . . . Any coach of the contestant or the contestant has the prerogative to default a match to the opponent at any time prior to the conclusion of wrestling by informing the referee.

ART. 5 . . . If the required protective ear guard is displaced, the referee is authorized to stop the match as follows:

- if the wrestler is being placed at a disadvantage because the displaced ear guard is covering the eyes, nose, mouth or is causing choking, the match shall be stopped so that the proper adjustment may be made; or
- in all other situations, the referee shall stop the match only when there is no significant action taking place. It shall be restarted as following an out of bounds.

ART. 6 . . . When penalizing either contestant, the match may be stopped and restarted as outlined in Rule 8, Section 1.

SECTION 5 END-OF-MATCH PROCEDURE

ART. 1 . . . If no fall occurs during the final period, the referee shall direct the wrestlers to return and remain in the center of the mat while the referee verifies the match score. (It may be necessary for the referee to go to the scorer's table.)

ART. 2 . . . The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand or raising the color wristband of the winning wrestler located on the referee's arm or having the winning wrestler raise their own arm.

SECTION 6 CORRECTION OF ERRORS

ART. 1 . . . Errors requiring bad time to be re-wrestled must be corrected prior to the start of any subsequent period. If the wrong wrestler is given the choice of position at the start of the second period or at the start of the first 30-second tiebreaker in overtime, no re-wrestling is necessary. The opponent may be given the choice at the start of the third period or at the start of the second 30-second tiebreaker in overtime.

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 a second injury time-out.

NOTE: All points earned during bad time are canceled – Exceptions: In Rule 5-1-3, any points, penalties or injury time that occurred during bad time shall be voided excluding the exceptions of 5-1-3a-f, following corrections made and a rest of one (1) minute, the period shall be re-wrestled. In 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.

ART. 3 . . . When the timekeeper makes an error or the clock fails to start when the referee indicates time is to begin, the referee is to make a judgment concerning the amount of time that should have been consumed. The referee will adjust the clock accordingly. Errors must be corrected prior to the start of any subsequent period.

ART. 4 . . . Dual meet scoring errors by the referee or official scorer:

- Match Score
 - Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as

2. 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.

b. Team Score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the conclusion of the dual meet.

NOTE: It is the coach's responsibility to know the team scores at the conclusion of the dual meet. Any discrepancy must be reported within a 30-minute time frame following the conclusion of the dual meet.

ART. 5 . . . Tournament scoring errors by the referee or official scorer:

a. Match Score

1. Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.
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.

b. Team Score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the official posting of team scores.

NOTE: It is the coach's responsibility to know the team scores at the conclusion of the tournament. Any discrepancy must be reported within a 30-minute time frame following the conclusion of the tournament.

ART. 6 . . . When a coach believes the referee has misapplied a rule or disagrees with judgment, the coach may approach the scorer's table, request the match be stopped (when there is no significant action) and discuss the matter with the referee directly in front of the scorer's table. Both wrestlers shall return and remain in the center of the mat. If the referee has misapplied a rule, necessary adjustments will be made, an explanation to the opposing coach will be made, and wrestling will immediately be resumed. If there is no error, or if the coach disagrees with the referee's judgment, the coaching staff will be penalized for coach misconduct. The first time it occurs in a dual meet or a tournament is a warning; the second time is the deduction of 1 team point; and the third time the head coach shall be removed from the premises for the remainder of the day and 2 team points deducted.

SECTION 7 OVERTIME

ART. 1 . . . When the contestants are tied at the end of the three regular periods, they will wrestle overtime. Overtime will consist of a one-minute sudden victory period, and if needed two 30-second tiebreakers. If the score remains tied at the end of the two 30-second tiebreakers, a 30-second ultimate tiebreaker shall take place. The procedure will be:

- a. no rest between the regulation match and the sudden victory;
- b. wrestlers in the neutral position;
- c. the wrestler who scores the first point(s) will be declared the winner; if no winner is declared by the end of the sudden victory, then the following procedure will be used:
 1. Two 30-second tiebreakers will be wrestled to completion and score kept as in the regular match;
 2. The referee shall flip a disk to determine which wrestler has the choice of starting position for the first tiebreaker;
 3. The wrestler who has choice in the first tiebreaker may select top, bottom, or defer the choice to the opponent;
 4. At the conclusion of the first 30-second tiebreaker, the opponent will have the choice of top or bottom position;
 5. Whichever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner;
 6. If the score is tied at the end of the two 30-second tiebreakers; the choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match (first three periods of the match); the wrestler whose opponent has received an unsportsmanlike conduct penalty at anytime during the match will have the choice of position. The unsportsmanlike conduct penalty will supersede the first points scored in the regulation match; if no points are scored in the regulation match, a flip of the disk shall determine the wrestler who has the choice (points for double-stalling or simultaneous penalties shall be considered as no points for the purpose of the tiebreaker choice);
 7. The wrestler who has choice may select top, bottom or defer the choice to the opponent;
 8. The wrestler who scores the first point(s) during the ultimate tiebreaker will be declared the winner. If no scoring occurs during the ultimate tiebreaker, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.
- d. a fall terminates the match.

ART. 2 . . . Overtime is an extension of the regular match. All points, penalties, cautions, warnings, time-out and injury time will be cumulative throughout the regular match and the overtime period.

ART. 3 . . . If the points earned in the sudden victory or ultimate tiebreaker involve a takedown or reversal straight to near-fall criteria, the match shall continue until the fall situation has concluded.

Rule 7

Infractions

SECTION 1 ILLEGAL HOLDS/MANEUVERS

ART. 1 . . . A slam is lifting and returning an opponent to the mat with unnecessary force. This infraction may be committed by a contestant in either the top or bottom position on the mat, as well as during a takedown. A slam shall be called without hesitation.

ART. 2 . . . A full, straight-back suplay and the straight-back salto are illegal.

ART. 3 . . . An intentional drill or a forceful fall-back is illegal and usually occurs when the defensive wrestler, from a standing position, goes forcibly to the mat while the offensive wrestler has a scissors or a cross-body ride.

ART. 4 . . . Pulling back as opposed to grasping the thumb or 1, 2 or 3 fingers of an opponent's hand.

ART. 5 . . . Other illegal holds/maneuvers include, but are not limited to: (Photos 38-90)

- a double underhook snap back from the standing position;
- the hammerlock above the right angle;
- the twisting hammerlock along with lifting the elbow off the back in a hammerlock situation;
- any headlock in which the arms or hands are locked around the opponent's head without encircling an arm (elbow or above) or leg (except in the guillotine after near-fall criteria has been met or $\frac{3}{4}$ Nelson);
- straight head scissors (even though an arm is included);
- full nelson;
- holds/maneuvers putting pressure on the throat and/or carotid artery;
- twisting kneelock taken against the joint and/or away from the body;
- keylock;
- overhead double arm bar;
- locking the hands behind the back in a double arm bar from the front;
- neck wrench;
- front, quarter nelson with the chin;
- leg block(cut-back);
- overscissors when pressure is applied against the joint which may cause hyperextension;
- bending, twisting or forcing the head or any limb beyond its normal limits of movement;
- back bow;
- figure 4 around the body, the head or both legs;
- chicken wing with pressure toward the shoulder, parallel to the long axis of the body;

- v. any hold/maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation;
- w. a back flip from the standing position, or a front flip and/or front hurdle over an opponent in the standing position;
- x. rear-standing, double-knee kickback; and
- y. the Nelson-Cradle.

ART. 6 . . . A wrestler applying a legal hold/maneuver shall not be penalized when the opponent turns a legal hold/maneuver into an illegal hold/maneuver. The referee shall cause the hold/maneuver to be released when it becomes illegal. The match need not be stopped unless the referee finds it necessary to do so in order to correct the situation. Whenever possible, an illegal hold/maneuver shall be prevented rather than penalized.

SECTION 2 POTENTIALLY DANGEROUS HOLDS/MANEUVERS

ART. 1 . . . Holds/maneuvers are potentially dangerous when a body part is forced to the limit of normal range of movement. The wrestler applying such a hold/maneuver shall be cautioned against forcing it into an illegal position. If the offensive wrestler causes a potentially dangerous hold/maneuver to become illegal, the offender shall be penalized according to the Penalty Chart.

ART. 2 . . . Potentially dangerous holds/maneuvers include:

- a. the double wristlock;
- b. split scissors;
- c. the guillotine, when the arm is forced to such an extent as to endanger a contestant;
- d. chicken wing;
- e. toeholds;
- f. a front headlock or any headlock with an arm or leg encircled;
- g. when a wrestler stands, with one or both arms trapped; and
- h. other holds/maneuvers which may cause injury when used legally.

Contestants should know the dangers of these holds/maneuvers. The referee should anticipate the dangers of injury from these holds/maneuvers and be in a position to block them before they reach the danger point. The referee shall verbally caution contestants against forcing potentially dangerous holds/maneuvers into illegal positions without interrupting action, unless it is necessary to stop the hold/maneuver in order to prevent injury. When the defensive wrestler stands supporting all of the weight of the offensive wrestler, a potentially dangerous situation exists and the referee shall stop the match. (Photos 91-104)

ART. 3 . . . The double wristlock and chicken wing become illegal when forced into a twisting hammerlock position, or with the force applied parallel instead of perpendicular to the long axis of the opponent's body.

ART. 4 . . . No contestant should ever be put in a position where they must forfeit a neutral position, a position of advantage or a fall because of an injury or

to such an extent as to endanger a contestant, or if it becomes a punishing hold/maneuver, the referee shall stop the match in order to require the hold/maneuver to be broken. The match shall be restarted as following an out of bounds.

SECTION 3 TECHNICAL VIOLATIONS

ART. 1 . . . Going out of the wrestling area or forcing an opponent out of the wrestling area, by either wrestler at any time as a means of avoiding an imminent scoring situation, is a technical violation for fleeing the mat. Both wrestlers should make every effort to remain inbounds. When the referee feels that either wrestler has failed to make every effort to stay inbounds during an imminent scoring situation, the offending wrestler shall be penalized for fleeing the mat. There can be no technical violation of fleeing the mat if near-fall or takedown points have been earned.

ART. 2 . . . Grasping of clothing, mat or ear guards by a contestant is prohibited. Any advantage gained thereby shall be nullified. Grasping of clothing, mat or ear guards to gain or prevent an escape, reversal, takedown, near fall or fall is a technical violation and the penalty points shall be awarded in addition to points earned.

ART. 3 . . . Interlocking or overlapping the hands, fingers or arms around the opponent's body (with or without arms included) or both legs by a wrestler in the advantage position, unless the opponent has all the weight supported entirely by the feet or has lifted the opponent off the mat or the opponent has met near-fall criteria, is a technical violation and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.) (Photos 103-106)

ART. 4 . . . Leaving the wrestling area, without first receiving permission to do so from the referee, is a technical violation.

ART. 5 . . . Reporting to the scorer's table, not properly equipped, or not ready to wrestle, or any equipment that is detected as being illegal after the match has started is a technical violation. (See Penalty Chart)

SECTION 4 CONDUCT OF CONTESTANTS

ART. 1 . . . Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but it is not limited to, a forceful application of a crossface, a forceful trip or a forearm or elbow used in a punishing way, such as, on the spine or the back of the head or neck, a forceful slap to the head or face, pulling of hair, and/or gouging or poking the eyes. Continuing acts of unnecessary roughness also can be construed as flagrant misconduct. Penalty points for unnecessary roughness shall be awarded in addition to points earned.

ART. 2 . . . Unsportsmanlike conduct involves physical or nonphysical acts which occur before, during or after a match. It includes, but is not limited to, such acts as

repeatedly dropping to one knee or one hand to break locked hands, 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.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstance.

ART. 3 . . . Flagrant misconduct involves physical or nonphysical acts which occur before, during or after a match and is any act considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in the multiple school event. It is not limited to striking, butting, elbowing, kicking, biting an opponent, or using any tobacco products.

SECTION 5 CONDUCT OF COACHES, TEAM PERSONNEL AND OTHERS

ART. 1 . . . All persons affiliated with the team including wrestlers, coaches, athletic trainers and managers are subject to the rules and will be governed by decisions of the referee.

ART. 2 . . . Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out of bounds and resumption of wrestling. During this time the coach may walk behind the team bench to encourage wrestlers, or, when necessary for the team bench to be located in the bleachers, to walk in front of the team area parallel to the bleachers. The coach may approach the scorer's table to request the match be stopped to discuss the misapplication of a rule. The coach may move towards the mat only during a charged time-out or at the end of the match. (2-2)

ART. 3 . . . Unsportsmanlike conduct of coaches and other team personnel is any act which becomes abusive or interferes with the orderly progress of the match. These acts could occur prior to, during or after a match. This includes violations of the bench decorum rule (7-5-2), taunting, acts of disrespect or those actions which incite negative reaction by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart.

ART. 4 . . . Coach Misconduct is called when a conference is requested with the referee at the scorer's table regarding a misapplication of a rule, and the referee determines there is no misapplication involved, or when, during a conference, a coach questions the judgment of the referee.

ART. 5 . . . Flagrant misconduct on the part of the coach or any other team personnel is any act which the referee considers serious enough to remove the offender from the premises. These acts can occur prior to, during or after a match. This includes the use of tobacco products. Flagrant misconduct shall be penalized in accordance with the Penalty Chart.

ART. 6 . . . A spectator who acts in an unsportsmanlike manner may be removed from the premises for the remainder of the event. When requested by the referee, the home management shall be responsible for the removal of spectators who become offensive. This shall be done without penalty to either team.

SECTION 6 STALLING

ART. 1 . . . Each wrestler is required to make an honest attempt to stay within the center of the mat and wrestle aggressively, regardless of position or the time or score of the match. Action is to be maintained throughout the match by the contestants wrestling aggressively whether in the top, bottom or neutral position and both contestants are equally responsible for initiating action. It is the responsibility of contestants, coaches and referees to avoid the use of stalling tactics or allowing the use thereof. This shall be demonstrated by those responsible with strict enforcement by referees. (5-24)

ART. 2 . . . When a referee recognizes stalling occurring at any time and in any position, the offender shall be warned and thereafter violations shall be penalized when stalling recurs. These provisions require the referee to penalize stalling without hesitation. Stalling shall be penalized in accordance with the Stalling Penalty Chart.

ART. 3 . . . It is stalling in the neutral position when a wrestler:

- continuously avoids contact with the opponent;
- plays the edge of the mat;
- prevents the opponent from returning to or remaining in bounds; or
- is not attempting to secure a takedown;
- Backs off the mat, out of bounds; or
- Pushes or pulls the opponent out of bounds.

ART. 4 . . . It is stalling when the contestant in the advantage position:

- does not wrestle aggressively and attempts to secure a fall, except when the wrestler intentionally releases the opponent in order to thereafter immediately attempt to secure a takedown;
- legally holds the heel to the buttocks while the defensive wrestler is broken down on the mat for more than five seconds; or
- holds an opponent's leg with the use of two hands on two legs or two hands on one leg in action not designed to break the opponent down, or for the purpose of securing a fall, or to prevent an escape or reversal, is stalling. Repeated grasping and holding the leg or legs with both hands or arms to break an opponent down for the sole purpose of controlling is stalling.
- Stays behind the opponent while on the feet, making no attempt to bring the opponent to the mat.

ART. 5 . . . When a defensive wrestler refuses to aggressively attempt escapes or reversals, it is stalling.

ART. 6 . . . It is stalling when either wrestler:

- repeatedly grasps or interlocks around one leg of the opponent to prevent scoring; or
- delays the match. This includes straggling back from out of bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat; or
- repeatedly creates a stalemate situation to prevent an opponent from scoring; or
- has shoelaces that become untied or a shoe that comes off.

ART. 7 . . . The defensive wrestler is not stalling when overpowered.

Rule 8 Penalties and Injuries

SECTION 1 PENALTY ADMINISTRATION

ART. 1 . . . Any contestant reporting to the scorer's table not properly equipped or not ready to wrestle is a technical violation. A wrestler with greasy substance on the body or uniform, improper grooming, objectionable pads and braces, illegal equipment, illegal uniform or any equipment that is detected as being illegal after the match has started shall be disqualified if not removed or corrected within the 1½-minute injury time. (7-3-5) Penalties for shoe and shoelace violations would not be subject to injury time and would be penalized as stalling only after the match has started.

ART. 2 . . . When indicating an infraction, the referee shall stop the match with the following exceptions:

- warning or penalizing the defensive wrestler for stalling (except when a two-point stall is awarded);
 - warning or penalizing for stalling in the neutral position (except when a two-point stall is awarded);
 - warning or penalizing the offensive wrestler for stalling or a technical violation when the defensive wrestler is on the feet (regardless of the position/location of the offensive wrestler) (except when a two-point stall is awarded);
 - in a pinning situation, to penalize the defensive wrestler;
- EXCEPTION:** When the situation has concluded, the referee shall stop the match, signal and verbally announce the infraction and award points earned.
- locked hands or grasping of clothing by the offensive wrestler while the defensive wrestler is attempting an escape or reversal;
- EXCEPTION:** The referee shall stop the match when it is obvious the defensive wrestler will not complete an escape or reversal. If the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.
- grasping of clothing by the wrestler being taken down when a takedown is imminent.

EXCEPTION: The referee shall stop the match when it is obvious that the takedown will not be completed. If the takedown is successful, the match shall not be stopped to award points.

EXCEPTION: Related to stall calls including the two-point stall call, as shown in items a-f above. The match would not be stopped to warn or penalize for stalling, including a two-point stall, if the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.

PENALTY CHART(Available in PDF format on www.nfhs.org)

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Illegal Holds/Maneuvers	7-1	No	1 Pt.	1 Pt.	2 Pts.	Disqualify
Technical Violations	7-3	No				
Unnecessary Roughness	7-4-1	No				
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No				
Not Reporting to Scorer's Table Properly Equipped	8-1-1	No				
False Start or Incorrect Starting Position	8-1-3	Following two cautions there is a 1-point penalty for each subsequent infraction.				
Coach Misconduct (during the match)	5-5, 6-6-6, 7-5-4, 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct – Contestants (not during the match), Coaches and Other Team Personnel	7-4-2, 7-5-3, 8-1-5	No	Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		
Flagrant Misconduct – Contestants	7-4-3, 8-1-6	No	Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.			
Flagrant Misconduct – Coaches and Other Team Personnel	7-5-5, 8-1-3, 8-1-6	No	Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.			
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform	7-3-5, 8-1-1	No	Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time. If corrected within the 1½-minute injury time, a technical violation shall be assessed against the offending wrestler.			
Summary of Technical Violations Going out of Wrestling Area (Fleeing) (7-3-1) Grasping Clothing, Etc. (7-3-2) Interlocking Hands (7-3-3) Leaving Wrestling Area Without Permission (7-3-4) Reporting to the Scorer's Table Not Properly Equipped or Not Ready to Wrestle (7-3-5)		NOTE 1: Disqualification due to technical violation, illegal hold/maneuver, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. The individual is removed for the duration of the event. NOTE 2: Points for unnecessary roughness, grasping clothing, or lock-				

STALLING PENALTY CHART

Stalling	Rule	First Offense	Second Offense	Third Offense	Fourth Offense*	Fifth Offense
* Match shall be stopped and the opponent will have choice of position on restart. **The match would not be stopped to warn or penalize for stalling, including a two-point stall, if the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.	7-6, 8-1-4	Warning	1 Pt.	1 Pt.	2 Pts.	Disqualify

ART. 3 . . . Penalties and warnings are cumulative throughout the match. Each infraction has its specific penalty. The penalty for an illegal hold/maneuver, technical violation (except false start or incorrect starting position), unnecessary roughness and wrestler's unsportsmanlike conduct in the match is awarding the opponent of the offender one match point on the first and second offenses, and two match points on the third offense. A fourth offense shall result in disqualification. The first two calls for a false start or incorrect starting position will receive cautions. Following the two cautions, one match point will be awarded to the opponent of the offender for each subsequent violation. (See Penalty Chart)

ART. 4 . . . Warnings and penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart. On the first offense the wrestler will receive a warning. The opponent of the offender will be awarded one match point on the second and third offense. The match shall be stopped on the fourth offense and the opponent shall be awarded two points and given choice of position. A fifth offense shall result in disqualification. (See Stalling Penalty Chart)

EXCEPTION: When stopping the match as it is related to stall calls including the two-point stall call, as shown in items a-f above, the match would not be stopped to warn or penalize for stalling, including a two-point stall, if the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.

ART. 5 . . . Unsportsmanlike conduct by a wrestler prior to or after the conclusion of wrestling, coaches or other team personnel, results in the deduction of one team point for the first offense. On the second offense two team points shall be deducted. The individual shall be removed from the premises for the remainder of the event provided authorized school personnel is available to supervise; if no supervision is available, the student shall be confined to the bench area. These penalties carry over in a multiple-day event.

ART. 6 . . . Coach Misconduct results in the following:

- First offense – warning;
- Second offense – deduct one team point;
- Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day. (See Penalty Chart)

ART. 7 . . . Flagrant misconduct results in disqualification of the individual, immediate removal from the premises and the deduction of three team points of the first offense. A student may be removed from the premises only if there is authorized school personnel present to supervise said student. If no supervision is available, the student shall be confined to the bench area. Any contestant disqualified in an individual tournament competition is not entitled to any points earned in the tournament. All advancement points, fall points, placement points, etc. are negated. All vacancies created in the tournament paring shall be scored as forfeits. In dual-meet competition, any team points earned shall be negated.

Flagrant misconduct will disqualify any individual from the remainder of a multiple school event or tournament. (See Penalty Chart)

SECTION 2 INJURY

ART. 1 . . . An injured or ill contestant is entitled to a maximum injury time-out of 1½ minutes which is cumulative throughout the match, including overtime periods. Time required to treat a pre-existing medical condition or illness is also counted as injury time. There is a limit of two injury time-outs which may be permitted in any match, provided the total time does not exceed 1½ minutes. If a second injury time-out is taken during a regulation period, the opponent shall have the choice of top, bottom or neutral position on the restart.

EXCEPTIONS:

- If the second injury time-out is taken at the conclusion of the first period, the opponent shall have the choice at the start of the second and third periods.
- If the second injury time-out is taken at the conclusion of the second period, the opponent shall have the choice at the start of the third period.
- If the second injury time-out is taken at the conclusion of the second period, and the opponent already has the choice at the beginning of the third period, the opponent would then have the added choice at the first restart after the beginning of the third period.
- If the second injury time-out is taken at the conclusion of the third period, the opponent shall have the choice of any one of the three starting positions at the beginning of the sudden victory period.
- If the second injury time-out is taken any time during the sudden victory period, the opponent shall have the choice of top, bottom or neutral position on the restart.
- If the second injury time-out is taken at the conclusion of the sudden victory period, the opponent shall have the choice of either top or bottom position at the start of both 30-second tiebreaker periods.
- If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period, the opponent shall have the choice of either top or bottom position at the start of the second 30-second tiebreaker period.
- If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period and the opponent already has the choice at the beginning of the second 30-second tiebreaker period, the opponent would then have the added choice at the first restart after the beginning of the second 30-second tiebreaker period.

- If the second injury time-out occurs at the conclusion of the second 30-second tiebreaker period unless an opponent has received an unsportsmanlike conduct penalty at anytime during the match, the opponent shall have the choice of top or bottom position at the start of the ultimate tiebreaker period.
- If the second injury time-out occurs during either of the 30-second tiebreaker periods or during the ultimate tiebreaker period, the opponent shall have the choice of top or bottom position on the restart.

A third injury time-out shall terminate the match. The opponent shall be declared the winner by default.

Time required to correct illegal equipment is counted as injury time. Time used to recover and/or replace a contact lens may be charged against a contestant's injury time and count as an injury time-out if the referee determines that this disrupts the flow of the match.

NOTE: Taking an injury time-out for a non-injury situation is unethical. (See Coaches Code of Ethics, in Appendix E.)

ART. 2 . . . If a contestant is injured as a result of an illegal hold/maneuver, unnecessary roughness or unsportsmanlike conduct (during the match) or the result of a false start (contact 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. 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)

ART. 3 . . . If a wrestler is accidentally injured and is unable to continue the match, the opponent shall be awarded the match by default.

ART. 4 . . . Any contestant who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health-care professional. (See NFHS Suggested Guidelines for Management of Concussion in Sports, in Appendix B.)

- The following modifications to injury time-outs will be used in all competition regarding injuries to the head and neck involving cervical column and/or nervous system:
 - In the absence of appropriate health-care professional (physician or certified athletic trainer), all injuries to the head and neck involving the cervical column and/or nervous system (HNC) will be covered by Rule 8-2-4a. (5-28-3, 5-28-6, 6-4-3, 8-2-6 and 8-2-9)
 - When appropriate health-care professional(s) (physician or certified athletic trainer) are present they have jurisdiction to evaluate the injured wrestler for injuries to the head and neck involving the cervical column and/or nervous system only during the allowed time limit (maximum) of five (5) minutes. After that evaluation, the wrestler would be required to

3. A second occurrence of injury to the head and neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match.

ART. 5 . . . A designated, on-site meet, appropriate health-care professional who determines a wrestler should not participate, shall not be overruled.

ART. 6 . . . During a time-out for injury, blood time, recovery time or head and neck involving the cervical column and/or nervous system time, two team attendants and appropriate health-care professionals shall be permitted on the mat with either wrestler. Coaching is allowed during injury time, blood time, recovery time, or head and neck involving the cervical column and/or nervous system time.

ART. 7 . . . Any contestant who is bleeding will be charged with blood time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not stopped within a cumulative time of five minutes, the match shall be terminated and the opponent shall be awarded the match by default.

If bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers or unnecessary roughness and the bleeding contestant uses 5 minutes of blood time, the injured wrestler will be the winner of the contest by default.

Any cleanup necessary after the bleeding has been stopped is not counted against the maximum time limit of 5 minutes.

ART. 8 . . . The match shall be stopped for any wrestler who is bleeding, has an open wound, has any amount of blood on the uniform, or has blood on themselves, shall be directed to be treated until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. (See NFHS Communicable Disease Procedures, in Appendix D.)

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

Rule 9 Scoring

SECTION 1 INDIVIDUAL MATCH SCORING

ART. 1 . . . Match scoring shall be kept in plain view of spectators, contestants and coaches. It is strongly recommended a visible match timing device be used.

ART. 2 . . . When a takedown is secured, the wrestler shall be awarded three match points.

ART. 3 . . . When the defensive wrestler earns an escape, one point is awarded

ART. 4 . . . The defensive wrestler, who has earned a reversal, is awarded two points.

ART. 5 . . . The wrestler in the advantage position is awarded two points when near-fall criteria is met for two seconds or if the defensive wrestler is injured, indicates an injury or bleeding occurs just prior to near-fall criteria of two seconds is met. Three points will be awarded when near-fall criteria is met for three seconds or if the defensive wrestler is injured, indicates an injury or bleeding occurs after two-point near fall has been earned just prior to near-fall criteria of three seconds is met. Four points will be awarded when near-fall criteria is met for four seconds or if the defensive wrestler is injured, indicates an injury or bleeding occurs after the three-point near fall has been earned just prior to near fall of four seconds is met. Five points will be awarded if the defensive wrestler is injured, indicates an injury or bleeding occurs after the four-point near fall has been earned. A visual hand count, to determine the time, shall be used when feasible.

ART. 6 . . . Penalty points shall be awarded in accordance with the Penalty Chart.

ART. 7 . . . A decision is earned by the wrestler who has scored the greater number of points, as provided by the individual match scoring system, if no fall has resulted during the match. If the winner's score exceeds the loser's score by fewer than 8 points, it is a regular decision; and if the margin is from 8 to 14 points, it is a major decision. If the margin is 15 points or more it is a technical fall.

ART. 8 . . . If no scoring occurs in the 30-second ultimate tiebreaker, the offensive wrestler will be declared the winner. One match point will be added to the offensive wrestler's score to determine the final match score.

SUMMARY OF SCORING

Individual Match		Tournament	
Takedown	3 pts.	Fall	2 pts.
Escape	1 pt.	Default	2 pts.
Reversal	2 pts.	Forfeit	2 pts.
Near Fall	2, 3, 4 or 5 pts.	Disqualification	2 pts.
Dual Meet		Advancement	
Fall	6 pts.	Championship Bracket	2 pts.
Forfeit	6 pts.	Consolation Bracket	1 pt.
Default	6 pts.	Technical Fall	1½ pts.
Disqualification	6 pts.	Major Decision	1 pt.
Technical Fall (15 pts. or more)	5 pts.	Bye followed by a win:	
Major Decision (8-14)	4 pts.	Championship Bracket	2 pts.

SECTION 2 TEAM SCORING

ART. 1 . . . In dual-meet competition, scoring is based upon the results of each individual match as follows:

- For each match won by default, disqualification, fall or forfeit, six points shall be added to the team's total;
- For a technical fall, five points shall be added to the team score;
- For a major decision, four points shall be added to the team score and for a regular decision, three points shall be added;
- A double forfeit is considered as no points for either contestant and no points for either team.
- A team forfeit shall be scored 1 to 0; if the offended team is ahead, the score stands.

ART. 2 . . . In dual-meet competition, if teams have identical scores, the following team tie-breaking system shall be used to determine the winner.

- The team whose opposing wrestlers or team personnel has been penalized the greater number of team points for flagrant misconduct or unsportsmanlike conduct shall be declared the winner.
- The team whose opposing head coach has been penalized the greater number of team points for coach misconduct shall be declared the winner.
- The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.
- The team having won the greater number of matches (including forfeits) shall be declared the winner.
- The team having accumulated the greater total number of falls, defaults, forfeits and disqualifications shall be declared the winner.
- The team giving up the least number of forfeits.
- The team having the greater number of technical falls shall be declared the winner.
- The team having the greater number of major decisions shall be declared the winner.
- The team having the greater number (total match points) of first-point(s) scored shall be declared the winner.
- The team having the greater number of points for near-falls shall be declared the winner.
- The team having the greater number of takedowns shall be declared the winner.
- The team having the greater number of reversals shall be declared the winner.
- The team having the greater number of escapes shall be declared the winner.
- The team whose opponent has been penalized the greater number of points for stalling shall be declared the winner.
- The team whose opponent has been warned more often for stalling shall be declared the winner.
- The team whose opponent has the greater number of penalties for all other

Upon determining the winning team by use of the tiebreaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the score followed by the letter of the criterion that broke the tie (e.g. Team A-16; Team B-17, criterion e).

ART. 3 . . . In tournaments, individual placement points shall be awarded as soon as earned. Placement points already earned shall be deducted in case of forfeit (other than injury) or disqualification from the tournament. Points for team scoring shall be awarded as follows:

- Two team advancement points shall be scored for each match won in the championship bracket, except for the first-place match. A wrestler who receives a bye in a round where at least one match is wrestled shall be awarded two advancement points by winning the next match. No points are awarded for the bye if the wrestler loses the next match;
- One team advancement point shall be scored for each match won in the consolation elimination, except for the final third-, fifth- and seventh-place matches. A wrestler who receives a bye in a round where at least one match is wrestled shall receive one advancement point, provided the wrestler wins the next round match;
- Two additional points shall be scored for each match won by default, disqualification, fall or forfeit throughout the tournament;
- One and one-half additional points shall be scored for each match won by a technical fall;
- One additional point shall be awarded for each match won by a major decision;
- In tournaments scoring four places, the winner of each championship semifinal shall be awarded 10 place points and the winner of each championship final shall be awarded four additional place points. The winner of each consolation semifinal shall receive four place points and the winner of third place shall receive three additional place points;
- In tournaments scoring six places, the winner of each championship quarterfinal shall be awarded three place points, the winner of each championship semifinal shall be awarded nine additional place points and the winner of each championship final shall be awarded four additional place points. The winner of the quarterfinal consolation match shall receive three place points. The winner of the consolation semifinals shall receive four additional place points. The winner of third place and the winner of fifth place shall receive two additional place points.
- In tournaments scoring eight places, the winner of each championship quarterfinal shall be awarded three place points; the winner of each championship semifinal shall be awarded nine additional place points; and the winner of each championship final shall be awarded four additional place points. All winners who reach the quarterfinal consolation shall be awarded one place point. The winner of the quarterfinal consolation match shall receive two additional place points. The winner of the consolation semifinals shall receive four additional place points. The winner of third place and the

TOURNAMENT TEAM SCORING

	Four Places	Six Places	Eight Places
1.	14 pts.	16 pts.	16 pts.
2.	10 pts.	12 pts.	12 pts.
3.	7 pts.	9 pts.	9 pts.
4.	4 pts.	7 pts.	7 pts.
5.		5 pts.	5 pts.
6.		3 pts.	3 pts.
7.			2 pts.
8.			1 pt.

Rule 10 Individually Bracketed Tournaments

SECTION 1 AUTHORIZATION

ART. 1 . . . Tournaments conducted by state high school associations for qualification to the state high school championships and the actual championships shall be determined by the individual organization.(1-4-3 Exception) Each state high school association is privileged to conduct those tournaments as best suits its needs. This authorization applies to Rule 10 and 11 only.

ART. 2 . . . Video recording is authorized unless prohibited by the state high school association.

SECTION 2 ENTRIES

ART. 1 . . . Failure to verify entries by a stipulated deadline or by the completion of weigh-in shall result in disqualification from a tournament. If a stipulated deadline has not been predetermined, the deadline shall be the completion of weigh-ins.

ART. 2 . . . Wrestlers shall be permitted a maximum of five minutes to appear ready to compete at a specified mat. Failure to appear shall result in forfeit to the opponent.

ART. 3 . . . Defeat due to injury in a tournament does not eliminate a contestant from further competition.

ART. 4 . . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness, as it relates to default, forfeit or medical forfeit for

ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness which occurred during the tournament.

ART. 6 . . . A disqualification may eliminate a contestant from further competition in a tournament, depending on its severity.

ART. 7 . . . Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament except as provided in Article 4 of this section. A forfeit shall be awarded to the opponent.

ART. 8 . . . All vacancies created in the tournament pairings after the first round shall be scored as forfeits.

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
- if no points were scored, neither wrestler will continue.

SECTION 3 TOURNAMENT BRACKETS

ART. 1 . . . When the number of competitors is not a power of 2, that is 4, 8, 16, 32 and 64, there shall be byes in the first round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of two.

ART. 2 . . . There shall be no byes after the first round of competition in both the championship and consolation brackets, and no further drawing is necessary for championship or consolation rounds.

ART. 3 . . . When byes are required for the first round, individuals receiving byes shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket.

ART. 4 . . . No quarter-bracket or half-bracket shall have more than one bye in excess of its paired bracket.

ART. 5 . . . After seeded wrestlers have been placed in the bracket and the byes drawn, remaining wrestlers shall be placed by draw.

ART. 6 . . . In tournaments, consolation rounds may start with contestants who were defeated by the winners of each first-round matches. At the conclusion of the championship semifinals, the losers of those semifinals may be cross-bracketed into the consolation semifinals.

NOTE: This is dependent on the tournament bracket follow plan.

ART. 7 . . . In tournaments, consolation rounds may start among all contestants defeated by the winner of each quarterfinal match. At the conclusion of the championship semifinals, the losers of those semifinals may be cross-bracketed into the consolation semifinals.

NOTE: This is dependent on the tournament bracket follow plan.

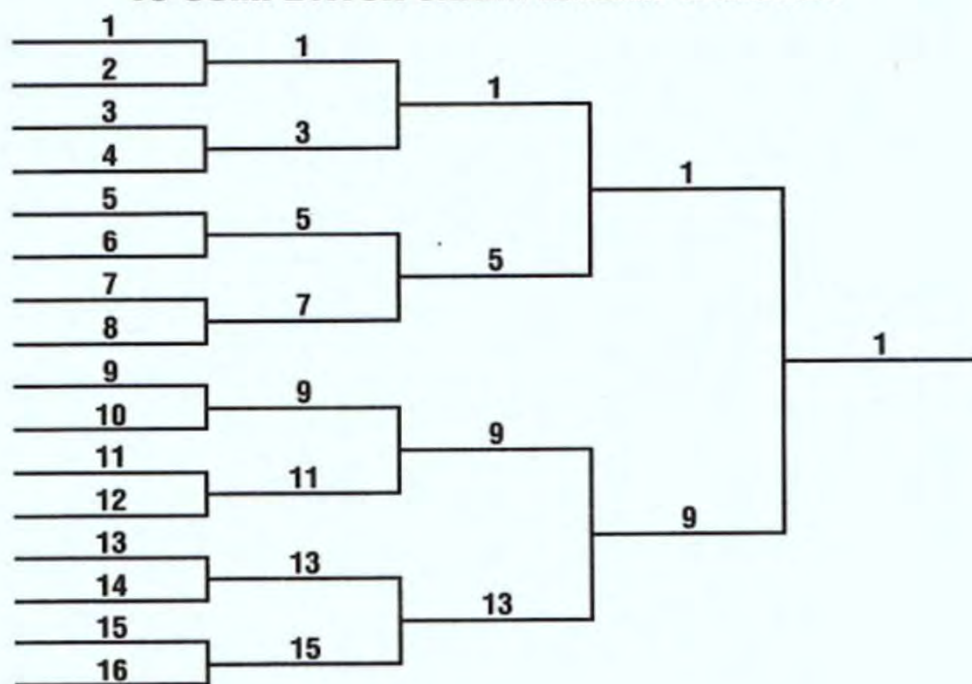
ART. 8 . . . In tournaments in which four places are scored, the consolation round may start among all contestants defeated by the winner of each semifinal match.

ART. 9 . . . Consolation matches to determine third place and subsequent places may be conducted in accordance with the original first round drawings. Those eligible for third place consolation should be matched in the order in which they were defeated by the winners in the quarter-bracket, or in the semifinal bracket.

ART. 10 . . . In the event two wrestlers, who have competed against each other previously in the tournament, are paired again due to the cross-bracketing, the matches shall be wrestled and scored as if the wrestlers had not previously met.

SECTION 4 RECOMMENDED GRAPHIC ILLUSTRATIONS

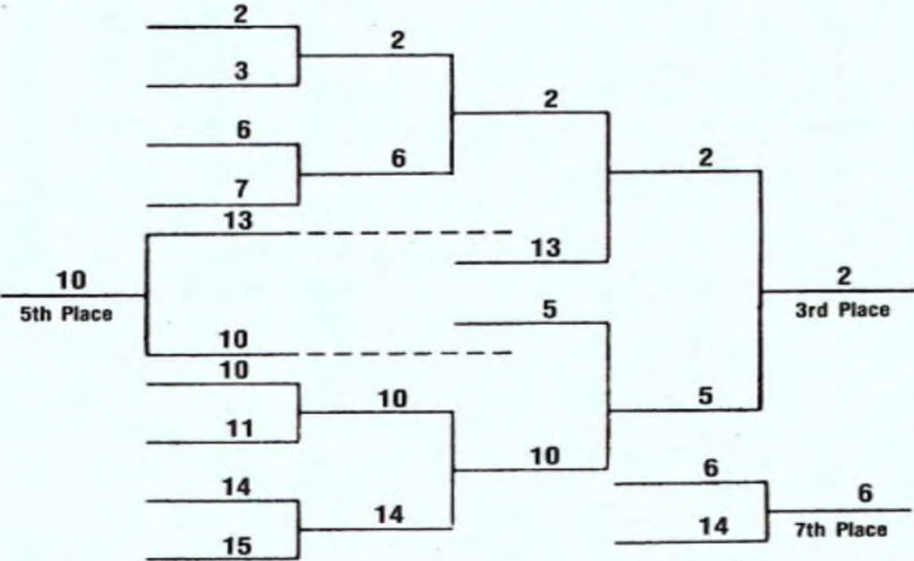
16-COMPETITOR CHAMPIONSHIP BRACKET



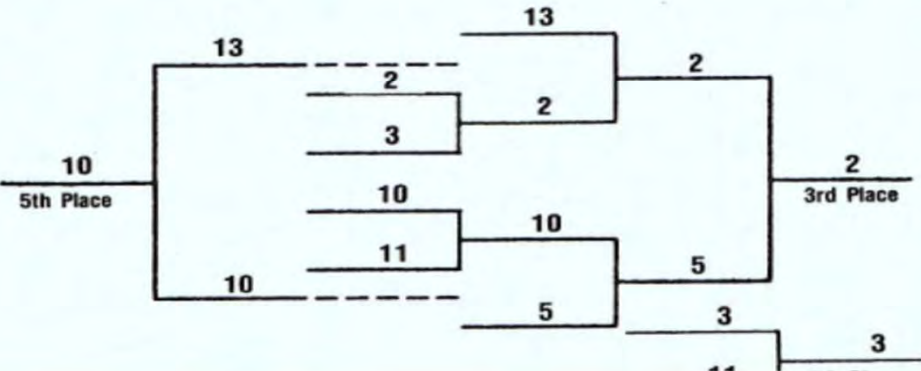
1. The number one seeded wrestler shall be placed on line 1.
 2. The number two seeded wrestler shall be placed on line 16.
 3. The number three seeded wrestler shall be placed on line 9.
 4. The number four seeded wrestler shall be placed on line 8.
 5. The number five seeded wrestler shall be placed on line 5.
 6. The number six seeded wrestler shall be placed on line 12.
 7. The number seven seeded wrestler shall be placed on line 13.
 8. The number eight seeded wrestler shall be placed on line 4.
- Same relative positions will be used for seeds for an eight-wrestler bracket.

CONSOLATION PAIRINGS

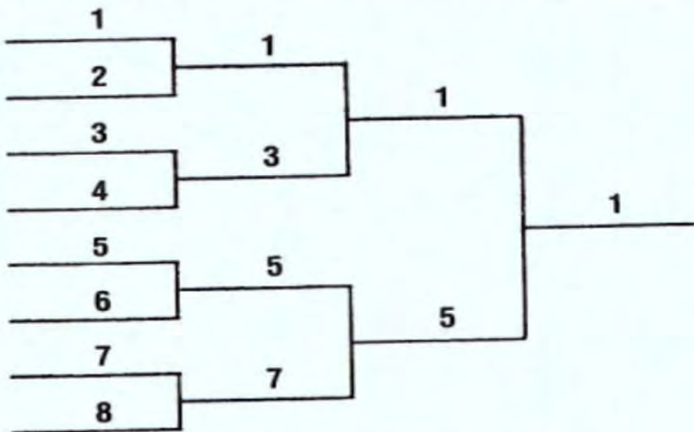
(Wrestleback from quarterfinals-cross bracket from semifinals)



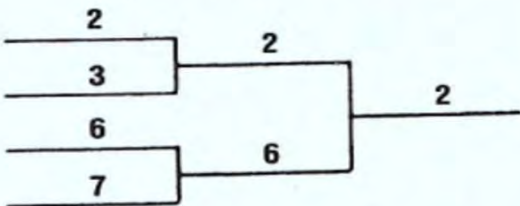
(Wrestleback from semifinals-6 or 8 places)



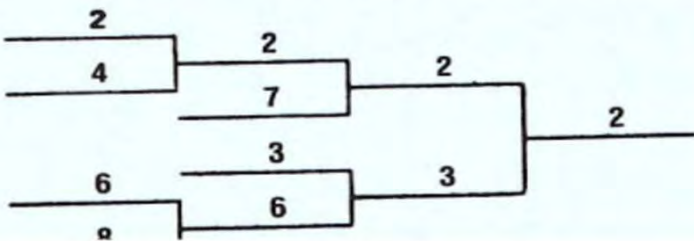
8-COMPETITOR CHAMPIONSHIP BRACKET



CONSOLATION PAIRING

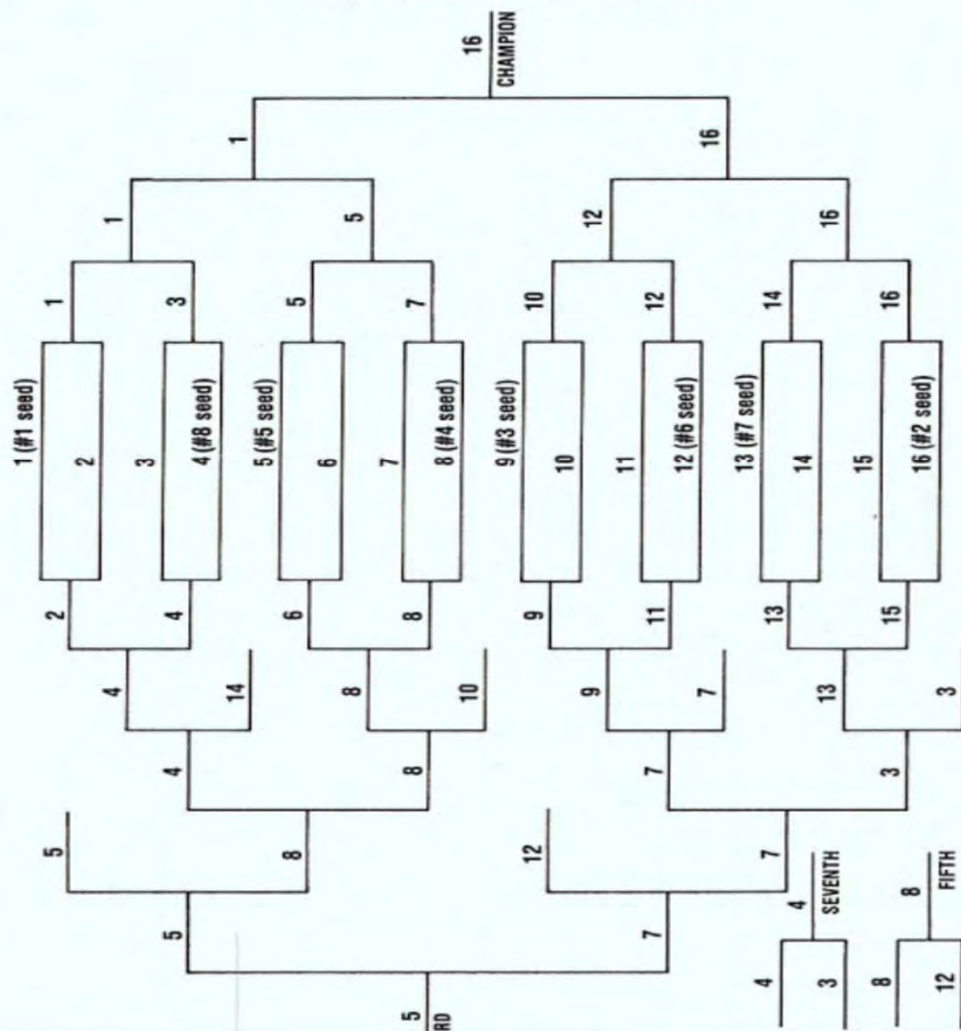


CONSOLATION WITH CROSS-BRACKETING



16-COMPETITOR CHAMPIONSHIP BRACKET

(Cross bracket from quarterfinals)



Rule 11 Team Advancement Tournaments

SECTION 1 ENTRIES

ART. 1 . . . Event administration is responsible for establishing weigh-in times within the guidelines prescribed in Rule 4-5. If, however, there is a difference in the time that teams begin competition, weigh-ins for the teams starting later may be adjusted in relation to the later starting time.

ART. 2 . . . Failure to verify entries by a stipulated deadline or by the completion of weigh-ins for that team shall result in disqualification from a tournament. If a stipulated deadline has not been predetermined, the deadline shall be the completion of weigh-ins for each team.

ART. 3 . . . All uncontested weight classes in a team's lineup due to not having a wrestler entered in that weight class shall be recorded as forfeits.

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.

ART. 5 . . . Failure to appear ready to wrestle on the mat, defeat due to injury, disqualifications and failure to make weight each day of the tournament apply the same as in Rules 10-2-2, 10-2-3, 10-2-6 and 10-2-7.

SECTION 2 TEAM SCORING

ART. 1 . . . In team advancement tournaments, scoring is based upon the results of each individual match as in Rule 9-2-1.

ART. 2 . . . In team advancement tournaments, flagrant misconduct by a contestant results in disqualification. On the first offense, deduct three team points and remove from premises immediately for the duration of the tournament. Contestant is eliminated from further competition for the remainder of the tournament and no team points can be earned in the current round; however, team points

ART. 3 . . . If teams have identical scores, the team tie-breaking system found in Rule 9-2-2 shall be used to determine the winner in order to determine which team advances in the bracket.

Scoring Symbols: In order to provide better consistency in keeping individual match scores, the NFHS Wrestling Rules Committee has adopted a set of scoring symbols to be used by scorekeepers. Properly used, the symbols will provide both coaches and referees a running account of the match being scored. It is important that scorers use only these authorized symbols.

SCORING SYMBOLS

T₃	Takedown	FMC	Flagrant Misconduct
R₂	Reversal	F	1:38 Fall
E₁	Escape	TF	4:25 Technical Fall
N₂	Near fall (2 seconds)	For	Forfeit
N₃	Near fall (3 seconds)	MFor	Medical Forfeit
N₄	Near fall (4 seconds)	Def	Default
N₅	Near fall (5 seconds)	DQ	Disqualified
(as a result of injury or bleeding after four-point near fall has been earned)		Dec	Decision
S_w	Stalling Warning	MD	Major Decision
S	Stalling	▲	Selects Up
TV	Technical Violation	▼	Selects Down
P	Illegal Hold/Maneuver or Unnecessary Roughness	=	Selects Neutral
RO	Ride-out	OT	Overtime
C	Caution	SV	Sudden Victory
C₁	Points Earned — After 2nd Caution	TB	Tiebreaker
CM_w	Coach Misconduct Warning	UTB	Ultimate Tiebreaker
CM	Coach Misconduct	IT	Injury Time
W	Warning	IT	(= ▲ ▼) choice after 2nd Injury
FS	False Start		Time-out
UCM	Unsportsmanlike Conduct — Match Point	BT	Blood Time
UCT	Unsportsmanlike Conduct — Team Point	HNC	Head, Neck, Cervical Column

Scorekeepers shall circle the first point (s) scored in the regulation match, including overtime.

COMMENTS ON THE 2024-25 RULES CHANGES

Modified an optional 10-foot circle in the center of the mat (2-1-3, 2-1-4, 5-24-1, 6-5-1, 6-6-6, 7-6-1) — The starting lines of a mat indicate the center of the mat and the 10-foot circle shall be optional. Wrestlers and officials know where the center of the mat is located without the benefit of the 10-foot circle. The optional choice would allow for larger designs of school logos or school mascots.

Modified that only one point of contact by either wrestler meets the requirement of being inbounds (5-10, 5-15-1, 5-15-2b, 5-15-2c, 5-15-3, 5-18, 5-22-1, 5-22-2, 5-25-1, 5-25-3, 6-4-1) — This change safely eliminates the subjectivity of what is out of bounds. Referees are able to call out of bounds more consistently and accurately, as well as assisting wrestlers, coaches and spectators in better understanding out of bounds.

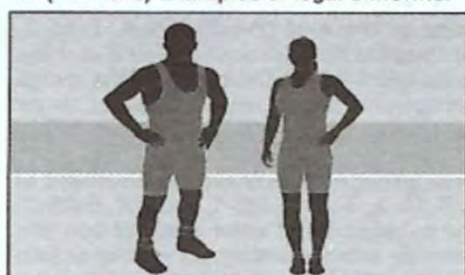
Modified the scoring of near-fall points (5-11-2g, 5-11-2h, 5-11-3, 9-1-5, Scoring Symbols) — This rule change simplifies the points awarded based on how long the wrestler is held in near-fall criteria.

Modified the points for a takedown (9-1-2, Summary of Scoring, Scoring Symbols) — Promotes more scoring when wrestlers are in the neutral position.

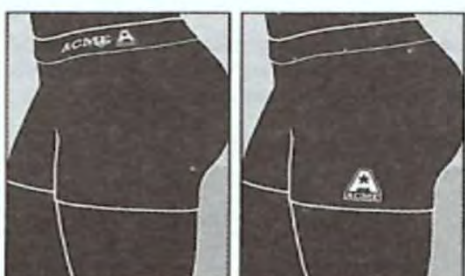
Clarified how a Technical Fall is scored (5-11-4) — This change will clarify when the technical fall has concluded in relation to the near-fall criteria being met. The offensive wrestler cannot be penalized appropriately after the technical fall has been earned.

Created a new Official's Signal (5-28-4, Official Wrestling Signals) — Created a new signal for the referee's time-out.

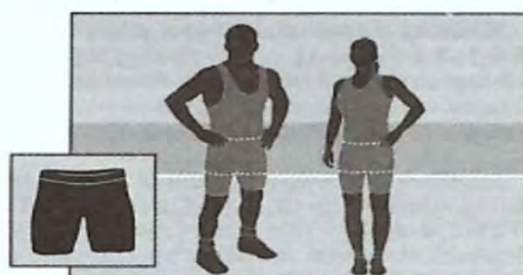
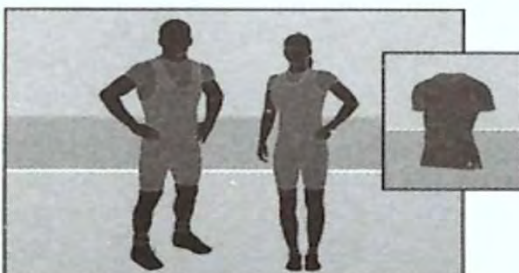
1. (4-1-1a-c) Examples of legal uniforms.



The traditional one-piece singlet is legal. The uniform for females will have an appropriate undergarment (sports bra) that completely covers the breasts. All contestants wearing a one-piece singlet shall wear a suitable undergarment which completely covers the buttocks and groin area.



Manufacturer's logos may not be larger than 2 1/4-inch square.



School-issued compression shorts or shorts designed for wrestling shall have an elastic waistband and a minimum 4-inch inseam. The shorts shall not extend below the knee nor have exposed belt loops, drawstrings, zippers, snaps, buttons, or pockets.

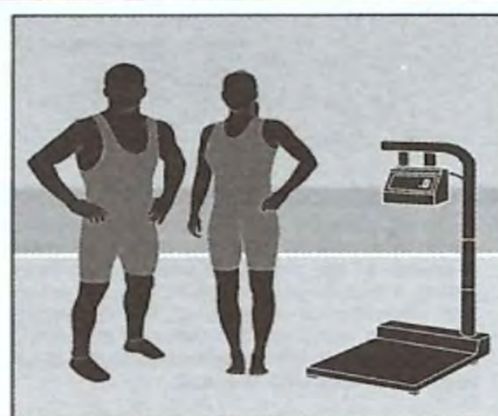
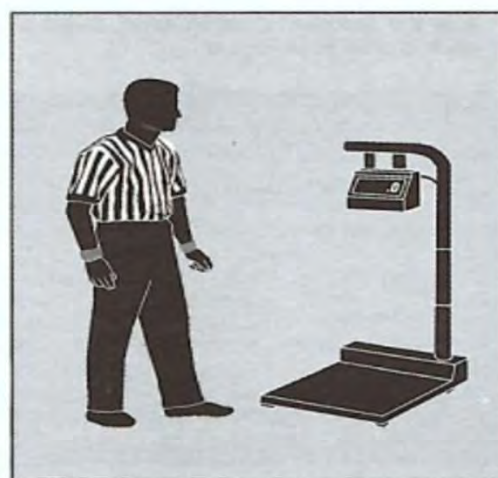


School-issued shorts designed for wrestling may be worn over the singlet but the inseam must be at least 4 inches in length.

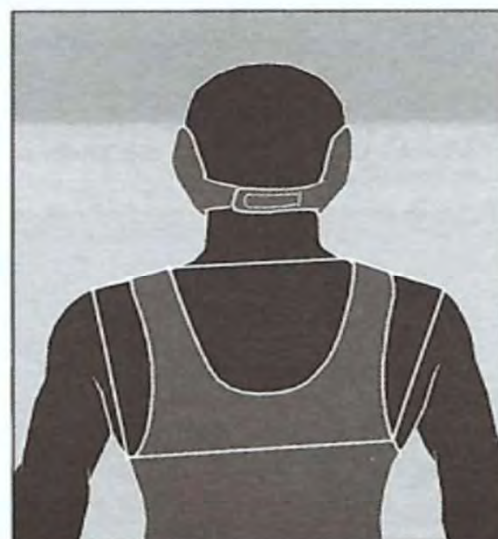
A form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail. The form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued.



2. (4-5-1) Contestants shall have the opportunity to weigh-in, shoulder-to-shoulder, a maximum of one hour before the start of a dual meet or a team's first competition each day in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.



3. (4-5-2) Contestants shall have the opportunity to weigh-in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day.





6. (5-11-2) Criteria for a near fall occurs when any part of both shoulders or both scapulae of the defensive wrestler are held within 4 inches of the mat or less; or when one shoulder or scapula of the defensive wrestler is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less with the mat.



8. (5-11-2) A near fall may be scored when the defensive wrestler is held in a high bridge or on both elbows.



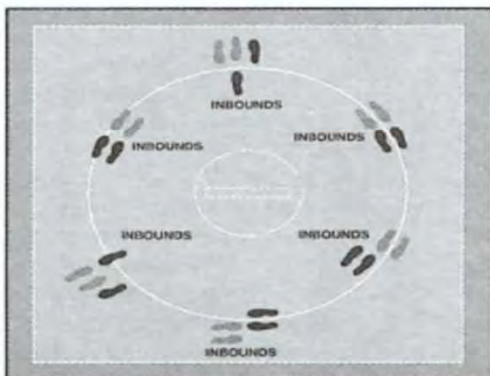
10. (5-14-2) Any hold/maneuver over the op-



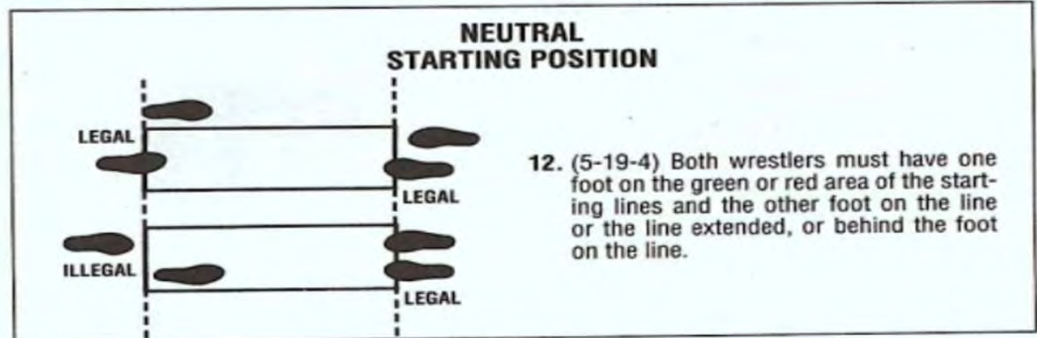
7. (5-11-2) A near fall may be scored when the defensive wrestler is held in a high bridge or on both elbows.



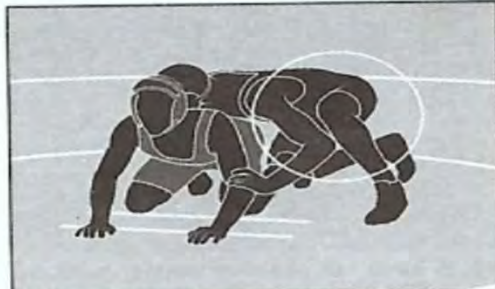
9. (5-14-2) When the defensive wrestler in a pinning situation, illegally puts pressure over the opponent's mouth, nose, throat or neck, it shall be penalized.



11. (5-15-1) Contestants are considered to be



13. (5-19-5) Legal starting position. The offensive wrestler must have at least one knee on the mat at the near side and the other foot may be behind a line perpendicular to the defensive wrestler's feet.



14. (5-19-5) Illegal starting position. The offensive wrestler does not have a near-side knee on the mat.



15. (5-19-2, 5) Illegal starting position for both wrestlers. The defensive wrestler does not have the heels of both hands in front of the forward starting line. The offensive wrestler does not have the palm of one hand placed loosely over the defensive wrestler's navel and the other palm of the other hand is not placed on or over the back of the defensive wrestler's near elbow.



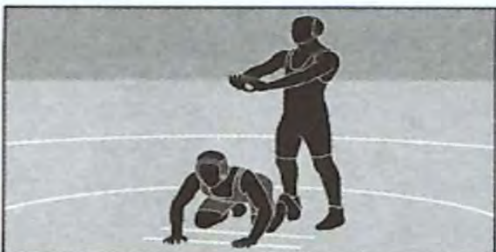
16. (5-19-5) Legal starting position. The offensive wrestler must place the palm of the other hand on or over the back of the opponent's near elbow.



17. (5-19-5) Illegal starting position for the offensive wrestler because the right foot (not on the near side) is in front of the defensive wrestler's feet. You cannot straddle your opponent.



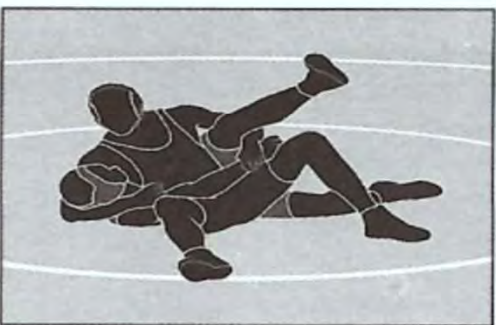
18. (5-19-5) Illegal starting position for the offensive wrestler. The offensive wrestler's knees cannot be in contact with the opponent.



19. (5-19-8) The offensive wrestler must signal the intent to the referee when using the optional start.



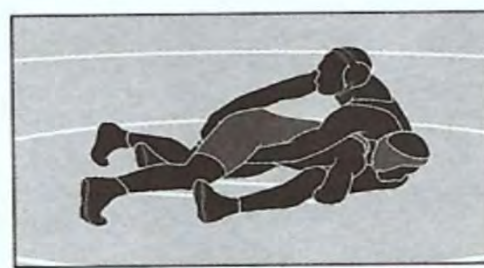
20. (5-19-7) When using the optional start the hands must be on the back with the thumbs touching.



- 21 & 22. (5-22-1) Following a shoulder roll, there is a change of control when the wrestler who was on top is concerned about being pinned. There may be control when either leg is picked up. The referee should begin looking for a change of control as soon as either leg and one



23. (5-25-1) This is a takedown regardless of the body lock by the wrestler in the dark uniform.



25. (5-25-1) This crotch lift does not stop the takedown by the wrestler in the light uniform.



27. (5-25-1) There is control by the wrestler on top even though the hands of the opponent are locked around a leg. The top wrestler has



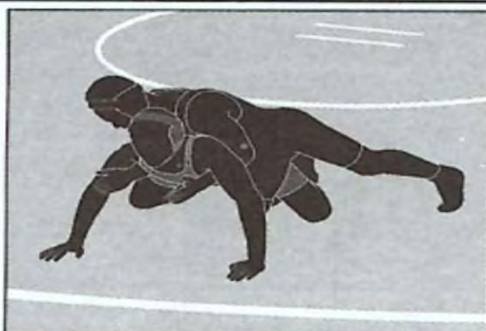
24. (5-25-1) When this position is obtained beyond reaction time with one or two hands, a takedown shall be awarded.



26. (5-25-1) This double underhook does not stop the takedown by the wrestler in the light uniform. (If the wrestler locks own hands in the double underhook, it is an illegal hold/maneuver.) (7-1-5k)



28. (5-25-1) There is control by the wrestler on top if this position is held beyond reaction time, even though the hands of the oppo-



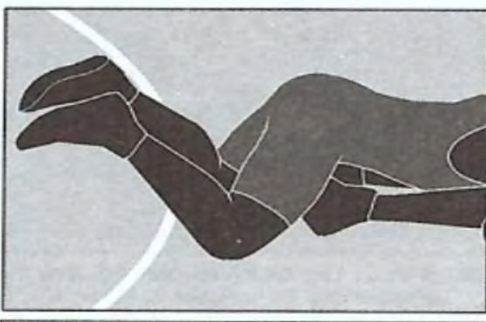
29 & 30. (5-25-1) In these two situations with the leg trapped, there is control by the wrestler on top. This is a takedown.



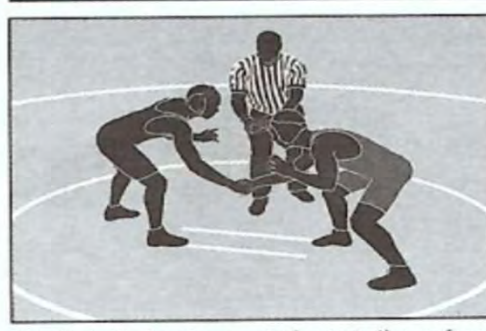
31. (5-25-2) A takedown is scored when the defensive wrestler's legs are controlled above or below the knees.



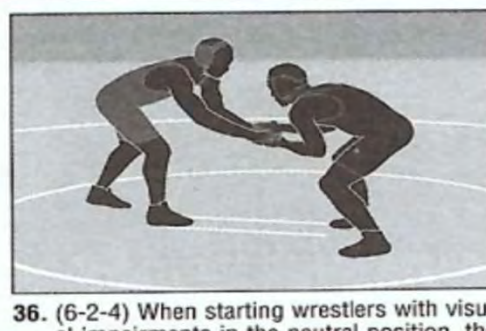
34. (5-25-3) This is a takedown. The knees can either be above the mat or on the mat. The foot/feet is the point of contact.



32 & 33. (5-25-3) This is not a takedown. Control must be established while one point of contact of either wrestler is inbounds.



35. (6-2-3) In the neutral start the referee should be in tight which will help to eliminate false starts and then back out.



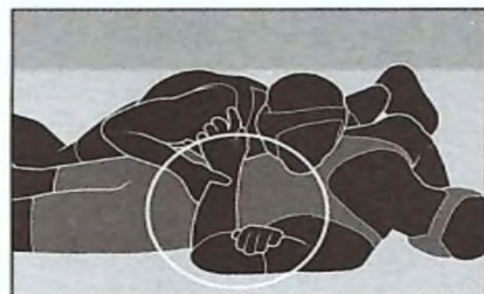
36. (6-2-4) When starting wrestlers with visual impairments in the neutral position, the finger-touch start will be used and initial contact made from the front.



37. (6-4-2) When neither wrestler can improve positions, it is a stalemate. If this situation occurs repeatedly, the offending wrestler will be warned and then penalized for stalling.



... .. back from the standing position is an illegal



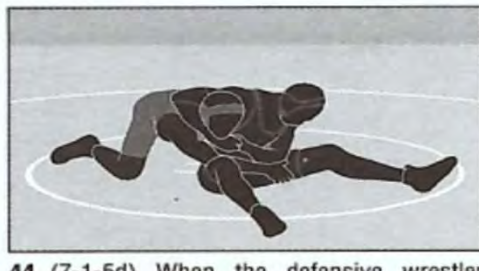
41. (7-1-5b) It is illegal to apply pressure away from the body in a hammerlock.



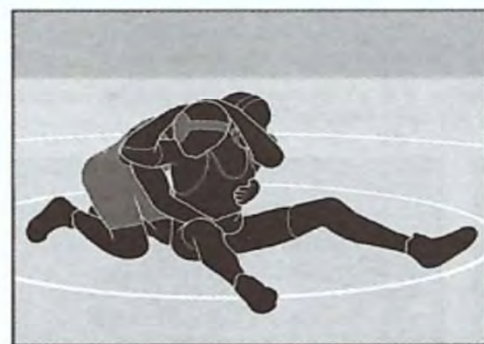
42. (7-1-5b) In the illegal hammerlock shown here the arm is bent above a right angle.



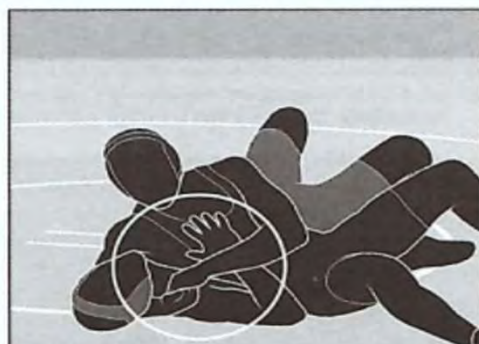
43. (7-1-5c) This is an illegal twisting hammerlock because the arm is forced away from the body.



44. (7-1-5d) When the defensive wrestler reaches back with a headlock on the offensive wrestler without an arm encircled, it is an illegal hold/maneuver.



45. (7-1-5d) This is a legal move by the defense.



46. (7-1-5d) This is a legal move by the defense.



47. (7-1-5d) This is legal because the hands are not locked around the head.



48. (7-1-5d) Any legal headlock with potential pressure across the mouth, nose, throat or neck is potentially dangerous.



49. (7-1-5d) Illegal headlock from the front as the arm is not encircled.



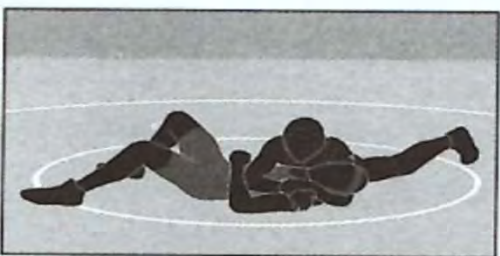
50. (7-1-5d) Illegal headlock.



52. (7-1-5d) Legal headlock with elbow encir-



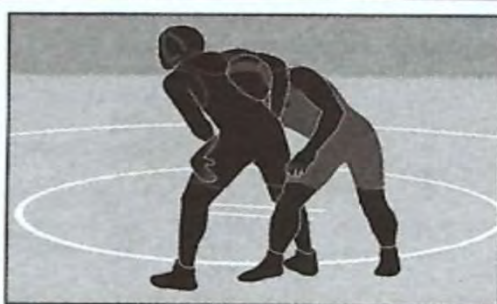
53. (7-1-5d) Once near-fall criteria are met, this is a legal headlock.



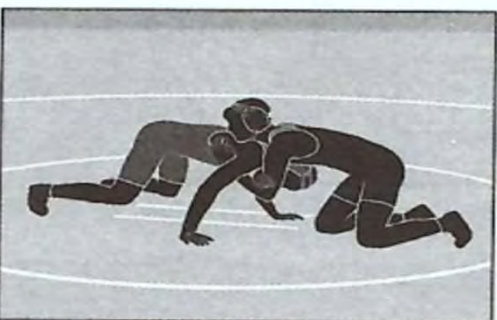
55. (7-1-5d) This headlock is illegal because the arm is not encircled.



57. (7-1-5d) This is a legal hold/maneuver even though the hands are locked around the head.



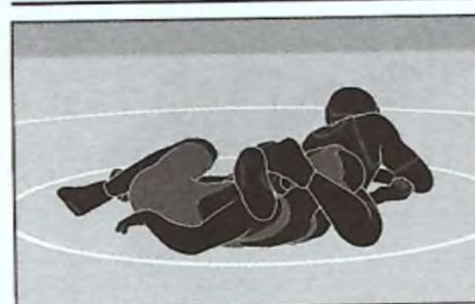
54. (7-1-5d) When a legal standing front headlock, with the arm encircled above or at the elbow, reaches the position, the man on whom it is applied is in danger of being injured when the wrestlers go to the mat. The hold/maneuver is potentially dangerous and the match should be stopped at this point.



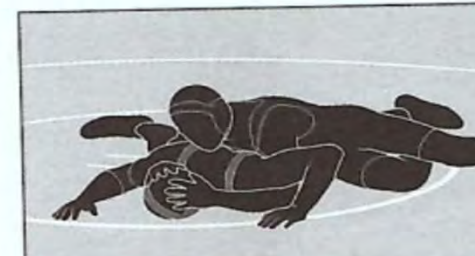
56. (7-1-5d) Illegal front headlock without an arm encircled.



58. (7-1-5d) Legal head pry. The top wrestler



59. (7-1-5e) Straight scissors on the head is illegal. The match shall be stopped.



61. (7-1-5f) Illegal full nelson even though the hands do not touch.



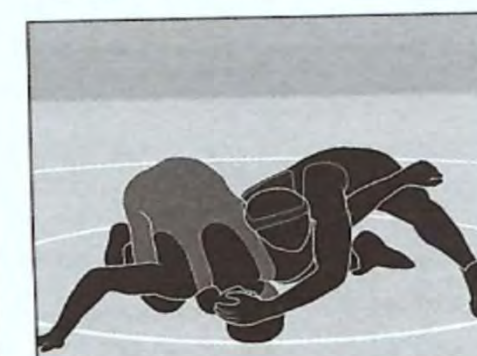
63. (7-1-5f) Legal 3/4 nelson coming under both arms. **NOTE:** Could become an illegal



60. (7-1-5f) The full nelson is illegal. The hands are overlapped but not touching.



62. (7-1-5f) The full nelson from the front is an illegal hold/maneuver.



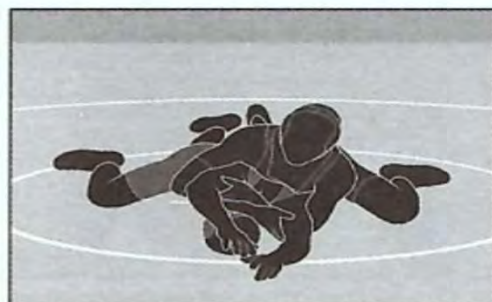
64. (7-1-5f) Legal 3/4 nelson under one arm



65. (7-1-5h) Illegal twisting knee lock. Pressure is against normal movement.



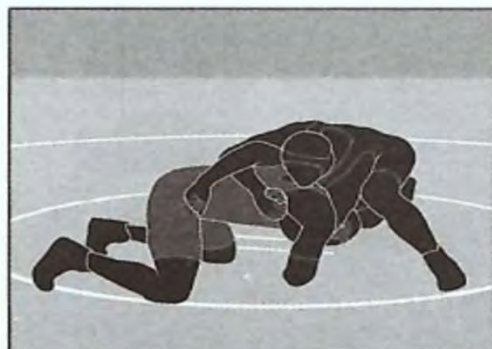
66. (7-1-5i) The keylock is an illegal hold/maneuver.



67. (7-1-5j) The overhead double arm bar is illegal.



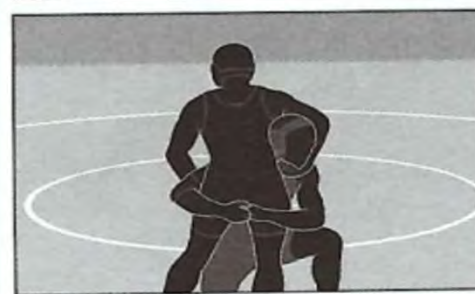
68. (7-1-5j) Illegal double arm bar from the front, with hands locked on the back, either on the mat or on the feet.



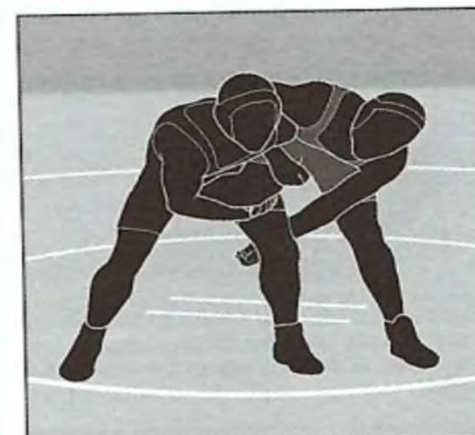
69. (7-1-5j) Legal double arm bar from the front.



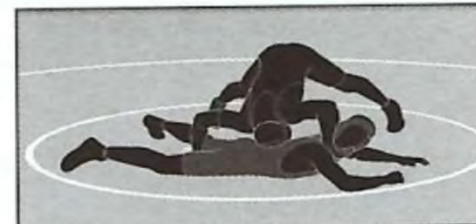
70. (7-1-5i) The neck wrench is an illegal hold/maneuver. This shall be stopped immediately.



71. (7-1-5i) The grasping of the chin on this duck under does not involve a twisting motion, therefore, it is potentially dangerous.



73. (7-1-5n) This is a legal leg block. The arm is used to block the leg prior to going to the mat. The opponent's leg cannot be "cut out" by a kick.



72. (7-1-5i) This is another example of an illegal neck wrench.



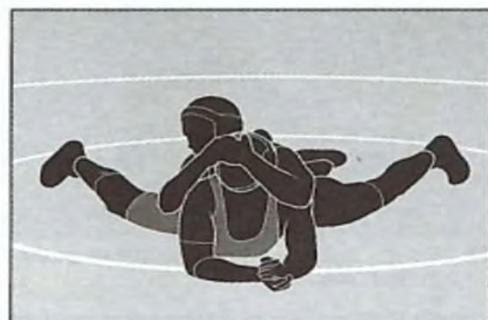
74. (7-1-5m) This front quarter nelson with the chin will cause undue pressure on the neck and is illegal.



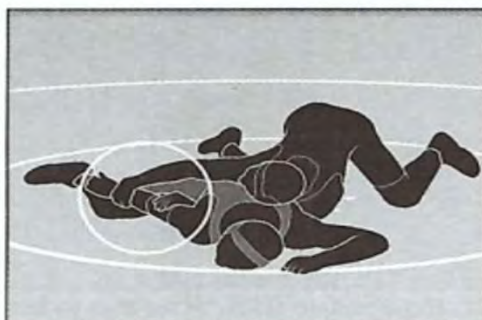
75. (7-1-5o) Legal figure four of the leg. No pressure against the knee joint.



76. (7-1-5o) Illegal figure four of the leg. Pressure is applied against the joint causing undue pressure.



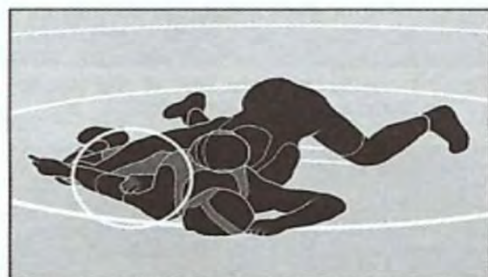
77. (7-1-5p) The head pry is an illegal hold/maneuver. It is dangerous because the head and neck are forced beyond normal movement.



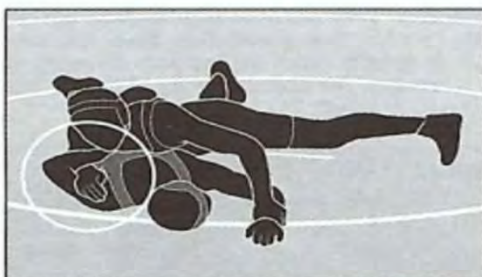
78. (7-1-5p) Applying pressure to the elbow as illustrated is illegal.



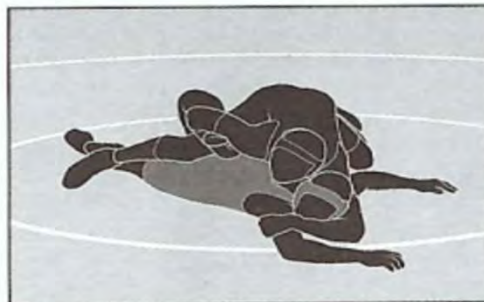
79 & 80. (7-1-5p) The double wristlock is legal (left photo) when the force is perpendicular and used to turn the opponent. When the force is parallel to the long axis of the opponent's body (right photo), the double wristlock is illegal.



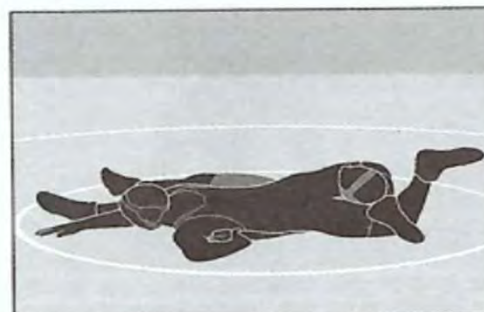
81. (7-1-5p) Applied pressure in this situation is legal. The defensive wrestler can bend



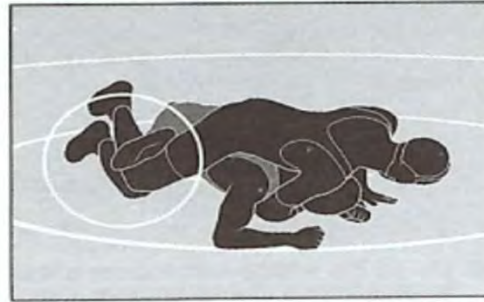
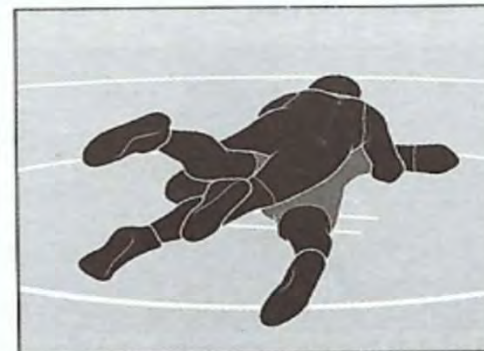
82. (7-1-5p) Illegal chicken wing. Pressure is parallel to long axis



83. (7-1-5q) The back bow is illegal as illustrated by application.



85. (7-1-5r) Illegal figure four on the head.



84. (7-1-5r) The figure four around the body, the head or both legs is an illegal hold/maneuver.



86. (7-1-5r) The figure-four around the head is an illegal hold/maneuver.



88. (7-1-5x) Illegal rear-standing, double-knee kickback. The wrestler shall not use this



89. (7-1-5) This draping head scissors is legal because there is minimal pressure against the head or neck and the arm is included.



91. (7-2-2) This headlock is potentially dangerous if additional action is not made quickly. The right hand/arm of the defender is limp and is an indicator that the wrestler is in distress.



93. (7-2-2) The combination of a legal chicken wing and a half nelson becomes a potentially dangerous hold/maneuver when the



90. (7-1-5) The headlock is legal but the pressure against the neck and throat makes this an illegal hold/maneuver.



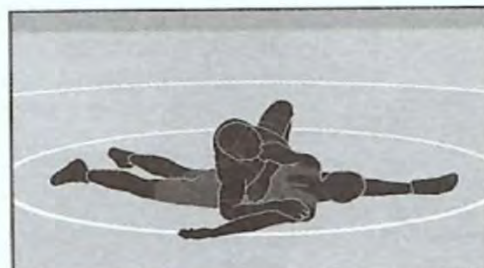
92. (7-2-2) This head-and-arm series is very similar to the front headlock from the standing position. This hold/maneuver is potentially dangerous and the match should be stopped at this point.



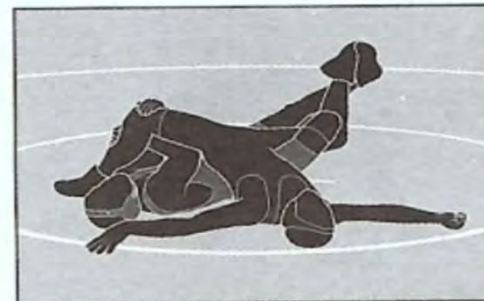
94. (7-2-2) This stack is potentially dangerous.



95. (7-2-2) This front bridge is potentially dangerous because of the possibility of injury. It must be broken immediately. Same for back bridge.



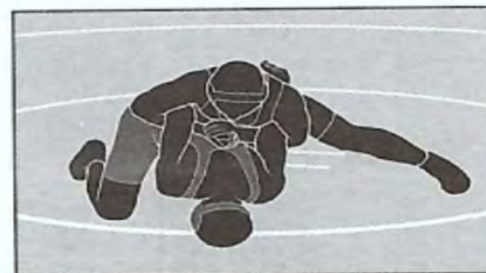
97. (7-2-2) Legal, but could become potentially dangerous when pressure is diagonal to long axis.



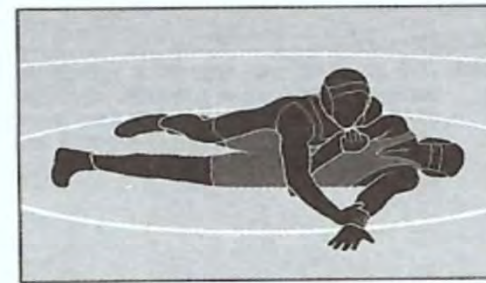
99. (7-2-2) The split scissors is potentially



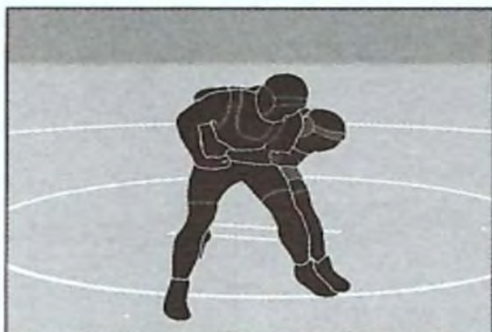
96. (7-2-2) Legal, but potentially dangerous as the left elbow is moved beyond the normal range.



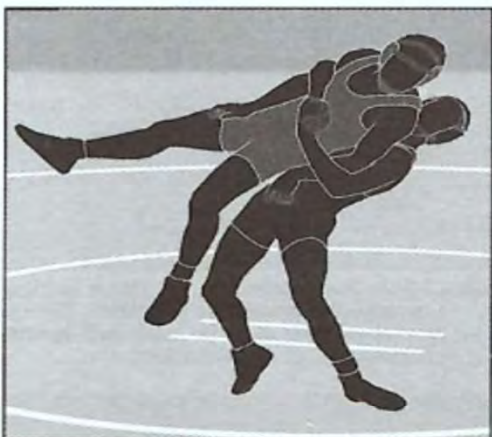
98. (7-2-2) The double arm bar into a stack is a potentially dangerous situation. The offensive wrestler shall be cautioned against bringing it to an illegal position.



100. (7-2-2) This is a potentially dangerous arm



101 & 102. (7-2-2) In this arm bar/tight waist, and arm bar 1/2 nelson the defensive wrestler is defenseless if taken to the mat. If the referee feels there is potential injury, then the match must be stopped in order to protect the defensive wrestler.



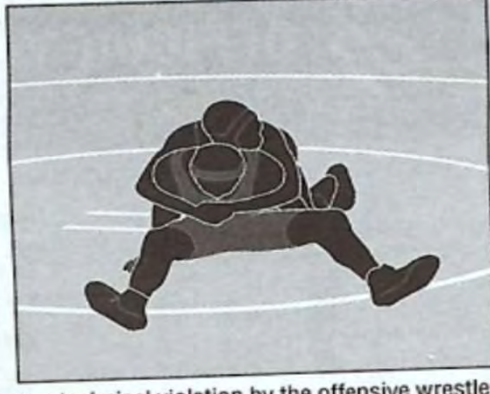
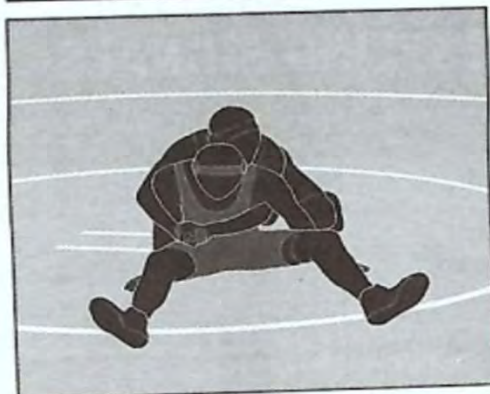
103. (7-2-2g) The arm trap is a potentially dangerous hold when a wrestler is placed into a body lock with one or both arms trapped, and then lifted from the mat and is unable to use arm(s) to break the wrestler's fall.



104. (7-3-3) Interlocking of hands around both legs by the offensive wrestler is a technical violation.



105. (7-3-3) The chest cradle is locked hands



106 & 107. (7-3-3) Locked hands around the body is a technical violation by the offensive wrestler when the contestants are on the mat. It is a technical violation either with or without one or both arms.



108. (7-1-5y) The new 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, which is an illegal hold. The back of the knee acts as the other arm (arm pit) to complete the Full-Nelson pressure on the neck and throat. 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.



OFFICIAL WRESTLING SIGNALS

1. Starting the Match



2. Stopping the Match



3. Time-Out



4. Start Injury Time



5. Start Blood Time Out



6. Start Recovery Time



7. Stop Blood/Injury/Recovery Time



8. Neutral Position



9. Indicates No Control



10. Out-of-Bounds



11. Indicates Wrestler in Control – Left/Right Hand



12. Defer Choice



13. Potentially Dangerous – Left/Right Hand



OFFICIAL WRESTLING SIGNALS

14. Stalemate



15. Caution – False Start or Incorrect Starting Procedure



16. Stalling – Left/Right Hand



17. Interlocking Hands or Grasping Clothing



18. Reversal



19. Technical Violation



20. Illegal Hold



21. Near-Fall



22. Awarding Points – Left/Right Hand



23. Unsportsmanlike Conduct – Left/Right Hand



24. Flagrant Misconduct – Left/Right Hand



25. Coach Misconduct – Left/Right Hand



26. Unnecessary Roughness – Left/Right Hand



27. Default Technical Fall Disqualification



28. Start Head, Neck, Cervical Injury Evaluation Time





**PLAY.
PERFORM.
COMPETE.
TOGETHER.**

MISSION STATEMENT

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.

CORE BELIEFS AND VALUES

WE BELIEVE

Student participation in education-based high school athletics and activities:

- Is a privilege.
- Enriches the educational experience.
- Encourages academic achievement.
- Promotes respect, integrity and sportsmanship.
- Prepares for the future in a global community.
- Develops leadership and life skills.
- Fosters the inclusion of diverse populations.
- Promotes healthy lifestyles and safe competition.
- Encourages positive school/community culture.
- Should be fun.

THE NFHS:

- Serves as the national authority that promotes and protects the defining values of education-based high school athletics and activities in collaboration with its member state associations.
- Serves as the national authority on competition rules while promoting fair play and seeking to minimize risk of injury for student participants in education-based high school athletics and activities.
- Promotes lifelong health and safety values through participation.
- Develops and delivers impactful, innovative and engaging educational programs to serve the changing needs of state associations, administrators, coaches, directors, officials, students and parents.
- Provides professional development opportunities for member state association staffs.
- Promotes cooperation, collaboration and communication with and among state associations.
- Collects and provides data analysis in order to



**PLAY.
PERFORM.
COMPETE.
TOGETHER.**

SUGGESTED GUIDELINES FOR MANAGEMENT OF CONCUSSION IN SPORTS

COMMON SIGNS AND SYMPTOMS OF CONCUSSION INCLUDE:

- Headache or "pressure" in head;
- Neck pain
- Dizziness
- Dazed or stunned or vacant appearance;
- Confusion about assignment or position;
- Forgetfulness;
- Uncertainty of game, score, or opponent;
- Clumsy movements;
- Slow response to questions;
- Mood, behavior or personality changes;
- Can't recall events prior to or after hit or fall;
- Nausea;
- Balance problems or dizziness;
- Double or blurry vision;
- Sensitivity to light or noise;
- Feeling sluggish, hazy, foggy or groggy;
- Concentration or memory problems;
- Emotions of "not feeling right" or "feeling down."

Activate the Emergency Medical System or Call 9-1-1 if, after a blow, or jolt to the head or body, an athlete has one or more of these danger signs:

- One pupil larger than the other;
- Drowsiness or inability to wake up;
- A headache that gets worse and does not go away;
- Slurred speech, weakness, numbness, or decreased coordination;
- Repeated vomiting or nausea;

- Convulsions or seizures (shaking or twitching);
- Unusual behavior, increased confusion, restlessness, or agitation;
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously. Consider activating EMS for prolonged loss of consciousness.

SUGGESTED CONCUSSION MANAGEMENT:

1. No athlete should return-to-sport (RTS) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional as soon as possible.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTS should follow a step-wise protocol with provisions for delayed RTS based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For more information, see the "NFHS Suggested Guidelines for Management of Concussion"



EQUIPMENT GUIDELINES

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is NOT responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers are responsible for the development of playing equipment that meets the specifications established by the committee, and that is otherwise of good design and quality. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Non-compliant equipment is inappropriate for use in competition under NFHS sports rules. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.
2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules editor and/or rules committee for review before production.
3. Protective headgear is required by NFHS rules in some sports and is permissive in others. Hard helmets can decrease the incidence of certain head trauma, such as skull fractures and subdural hematomas. Soft headgear may protect against cuts and bruises to the scalp and forehead. Coaches, athletes and parents/guardians should review the manufacturers' warnings about proper usage and performance limits of such products. **No helmet or headgear can eliminate the risk of concussion and all sports should be played, coached and officiated in recognition of that fact.**



GENERAL GUIDELINES FOR SPORTS HYGIENE, SKIN INFECTIONS AND COMMUNICABLE DISEASES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant *Staphylococcus aureus* (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza and COVID-19 can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

UNIVERSAL HYGIENE PROTOCOL FOR ALL SPORTS:

- Shower immediately after every competition and practice, using liquid soap and not a shared bar soap;
- Wash all workout clothing after each practice, washing in hot water and drying on a high heat setting;
- Clean and/or wash all personal gear (knee pads, head gear, braces, etc.) and gym bags at least weekly;
- Do not share towels or personal hygiene products (razors) with others;
- Refrain from full body and/or cosmetic shaving of head, chest, arms, legs, abdomen, and groin;
- Students should clean hands with an alcohol-based gel or soap and water before and after every practice and contest to decrease bacterial load on the hands;
- Covering up coughs and sneezes in the bend of the elbow instead of the hand;
- Stay home from school and athletic participation if frequent cough, diarrhea, vomiting or fever.

INFECTIOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

- Students must notify a parent/guardian and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional must evaluate all concerning skin lesions before returning to practices or competition;
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection. All shared equipment shall be properly cleaned/disinfected prior to use;
- Coaches, officials, and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

BLOOD-BORNE INFECTIOUS DISEASES

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- A student who is bleeding, has an open wound, has any amount of blood on a uniform, or has blood on their body, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity;
- Athletic trainers or other caregivers must wear gloves and use Universal Precautions to prevent blood or body fluid-splash from contaminating themselves or others;
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water. Skin antiseptics (e.g., isopropyl alcohol) or moist towelettes may be used if soap and water not available;
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning;
- Blood on an opponent's uniform during competition or teammate's uniform during practice should be cleaned at that time by wiping with a disinfectant such as isopropyl alcohol;
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

OTHER COMMUNICABLE DISEASES

Means of reducing the potential exposure to these agents include:

- Make certain that students, coaching staff, and medical staff are current on all required vaccinations (MMR, Hepatitis B, Chickenpox, Meningitis, Hepatitis A). COVID-19 vaccine and yearly influenza vaccine are strongly encouraged;
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

* "Infectious Mononucleosis" and "Skin Conditions and



COACHES CODE OF ETHICS

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and the student's welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors:

- **Coaches** shall be aware that they have a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.
- **Coaches** shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators and staff, the state high school athletic association, the media, parents, and the public, coaches shall strive to set an example of the highest ethical and moral conduct. Communication with all parties should be wholesome, appropriate and positive.
- **Coaches** shall respect and support contest officials. Coaches shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical and inappropriate.
- **Coaches** shall take an active role in the prevention of drug, alcohol, tobacco and other substance abuse.
- **Coaches** shall avoid the use of alcohol and tobacco products when in contact with players.
- **Coaches** shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.
- **Coaches** shall master the contest rules and shall teach the rules to their team members.
- **Coaches** shall not seek an advantage by circumvention of the spirit or letter of the rules.
- **Coaches** shall utilize their positive influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, other school club sponsors, booster clubs and administrators.
- **Coaches** shall promote a culture that encourages diversity and inclusion.
- **Coaches** shall ensure they familiarize themselves and their teams with their schools' emergency action plans and, where applicable, with concussion and heat illness prevention plans.
- **Coaches** should meet and exchange cordial greetings with the opposing coach to set the positive example and correct tone for the event before and after the contest.
- **Coaches** shall not exert pressure on faculty members to give students special consideration.
- **Coaches** shall not scout opponents by any means other than those adopted by the league or association.



OFFICIALS CODE OF ETHICS

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. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

- **Officials** shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.
- **Officials** shall work with each other and their state associations in a constructive and cooperative manner.
- **Officials** shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public. This includes, but is not limited to, positive verbal and nonverbal communication with coaches, bench personnel and players.
- **Officials** shall not use any form of alcohol or tobacco, or be under the influence (i.e., impaired by) a controlled or illicit substance(s), beginning with arrival at the competition site until departure following the completion of the contest.
- **Officials** shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.
- **Officials** shall be punctual and professional in the fulfillment of all contractual obligations.
- **Officials** shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.
- **Officials** shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, officials shall inform event management of conditions or situations that appear unreasonably hazardous.
- **Officials** shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.
- **Officials** shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.

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