2019-20 NFHS WRESTLING RULES POWERPOINT

Rules Changes
Points of Emphasis
Official’s Signal
2019-20 NFHS WRESTLING RULE CHANGES
Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts. (A short on no sleeve compression t shirt)
A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet, shorts designed for wrestling or compression shorts. Any other undergarment worn under the uniform which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.
SHOELACES RULES 4-1-3, 7-6-6d

If shoelaces are visible, they shall be secured in an acceptable fashion. Double knotting of the laces is acceptable. If the shoelaces come undone, the penalty would be an automatic stalling call.
LOGOS ON EAR GUARDS
RULE 4-1-4

Any manufacturer's logo /trademark/ reference that appears on the wrestling ear guards including legal hair covering can be no more than 2-1/4 square inches with no dimension more than 2-1/4 inches and may appear no more than once on ear guards. No additional manufacturer's logo/trademark or promotional reference shall be allowed on the wrestling ear guard.
The hair in PlayPics A and B is legal.
HAIR RULE 4-2-1

If hair is longer than allowed (PlayPic A), a legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic B).
The hair in PlayPic A is legal. A legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic B).
If hair is longer than allowed, a legal hair-controlled device such as a rubber band shall be secured so as not to come out readily during wrestling (PlayPic A). The hair in PlayPic B is legal.
RULE 4-2-1

- Change:
- ART. 1 . . . During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level. Hair, trimmed and well groomed. The hair in its natural state, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. (Photos 2-3) A neatly trimmed mustache that does not extend
Rule Change

**RULE 4-2-1**

below the line of the lower lip shall be permissible. If an individual has hair longer than allowed by rule, it may be braided, or rolled if it is contained in a cover so that the hair rule is satisfied. (Photo 4) Physical hair treatment items that are hard and/or abrasive such as (beads, bobby pins, barrettes, pins, hair clips, etc. or any other hair control device) shall not be permitted. A legal hair-controlled device such as rubber band(s) shall be secured so as not to come out readily during wrestling.
During a match, wrestlers shall not wear arm sleeves (PlayPic A) or leg sleeves (PlayPic B) that do not contain a pad.
At weigh in, female contestants shall wear a suitable form fitted compression undergarment that completely covers their breasts.
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.
RULE 5-25-2

Change:

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 majority of the wrestler's weight is supported by his hands. wrestler's hand(s) touch the mat beyond reaction time. (photo 31)
If the defensive wrestler intentionally goes out of the wrestling area to avoid an imminent scoring situation, it is a technical violation.
Change: New Penalty Chart and new Stalling Penalty Chart

- **ART. 4 . . .** Warnings and Penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart. On the first offense the wrestler will receive a warning. The opponent of the offender will be awarded one match point on the second and third offense, two match points and choice of position on the next restart for the fourth offense. A fifth offense shall result in disqualification. (See Penalty Chart)
### WARNING AND PENALTIES FOR STALLING RULE 8-1-4

**Penalty Chart** (Available in PDF format on www.NFHS.org)

<table>
<thead>
<tr>
<th>Rule</th>
<th>Warning</th>
<th>1st Penalty</th>
<th>2nd Penalty</th>
<th>3rd Penalty</th>
<th>4th Penalty</th>
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<tbody>
<tr>
<td>Unnecessary Roughness</td>
<td>7-4-1</td>
<td>Mo</td>
<td>4 Pt.</td>
<td>1 Pt.</td>
<td>2 Pt.</td>
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<tr>
<td>Unconsentual Conduct by Coaches and Other Team Persons</td>
<td>7-4-2</td>
<td>Mo</td>
<td>Yes</td>
<td>Disqualify</td>
<td>2 Point Penalty</td>
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<tr>
<td>Penalty Chart - Coaches and Other Team Persons</td>
<td>7-4-3</td>
<td>Mo</td>
<td>Mo</td>
<td>Mo</td>
<td>Mo</td>
</tr>
<tr>
<td>Penalty Chart - Coaches and Other Team Persons</td>
<td>7-4-4</td>
<td>Mo</td>
<td>Mo</td>
<td>Mo</td>
<td>Mo</td>
</tr>
<tr>
<td>Summary of Technical Violations</td>
<td>7-2-5</td>
<td>Mo</td>
<td>Mo</td>
<td>Mo</td>
<td>Mo</td>
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<tr>
<td>Stalling Penalty Chart</td>
<td>7-3-1</td>
<td>Mo</td>
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**Rule Change**

**WARNING AND PENALTIES FOR STALLING RULE 8-1-4**

<table>
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<tbody>
<tr>
<td>7-4-1</td>
<td>Mo</td>
<td>Yes</td>
</tr>
<tr>
<td>7-4-2</td>
<td>Mo</td>
<td>Mo</td>
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<td>7-4-3</td>
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<tr>
<td>7-3-1</td>
<td>Mo</td>
<td>Mo</td>
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</table>
When an athlete suffers a suspected injury involving the head neck, cervical column and/or nervous system only (PlayPic A) and an appropriate health-care professional is present (PlayPic B), the referee should give the signal to the timer to indicate evaluation time may be extended to a maximum of 5 minutes.
Rule Change

INJURY TIME
RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

Change:
ART. 4 . . .

a. Any contestant who exhibit 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.)
INJURY TIME RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

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:

(1) In the absence of appropriate health-care professional, (physician and/or certified athletic trainer) all injuries to the head and neck involving the cervical column and/or nervous system will be covered by the same time frame as other injuries. (See 5-28-6, 8-2-1)
Rule Change

INJURY TIME
RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3

(2) When appropriate health-care professional(s) are present, they have jurisdiction to extend the allowed time limit to a maximum of five (5) minutes for evaluation of the injuries to the head and neck involving cervical column and/or nervous systems only, at which time the athlete would be required to prepare without delay for continuation or default the match.

(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.
**INJURY TIME**

**RULES 8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3**

- **NOTE:** When this provision is used, the time consumed for the injury will in no way affect time used, or available, for other types of injuries.
The dual meet ends with a tied team score. The tiebreaker went to the fifth criteria, forfeits. Since the home team forfeited more bouts than the guest, the guest wins the dual.
NFHS WRESTLING POINTS OF EMPHASIS
Contestants are expected to exhibit proper sporting behavior before, during and after matches, whether engaging with referees or opponents. Referees must penalize improper behavior.
ARIZONA GIRLS WRESTLING UPDATES
Points of Emphasis

GIRLS WRESTLING STILL AN EMERGING SPORT

- Following a takedown, if there is no scoring opportunity for either wrestler then wrestling will stop.
- Wrestling will be three 2 minute periods with a running clock and break between periods (wrestlers must stay in the middle of the mat).
- A re-start after a takedown will be in the middle of the mat.
- Note: Female contestants shall wear a form-fitted compression undergarment (t-shirt) that completely covers their breasts and minimizes the risk of exposure. All contestants shall wear a suitable undergarment which completely covers the buttocks and groin area.