Arizona High School Girls wrestling rules clarification:

All NFHS rules for wrestling will be used except following a takedown, technical falls, at the start of the second, third and overtime periods, starting/stopping clock, weight classes, weigh in procedures and uniform.

- Hair coverings, penalties, nearfall criteria, unsportsmanlike conduct, flagrant misconduct, etc. will all follow the NFHS rules.

Conduct of the match

- The match will be three 2-minute periods.
- The clock will run continuously for each 2-minute period. The following exceptions will stop the running clock: a wrestler is injured, a wrestler is bleeding, during referee timeout to correct equipment, while referee is penalizing a wrestler for technical violation, illegal move, unsportsmanlike conduct or when a coach requests a conference with the referee at the scorer’s table.
- There will be 25 seconds rest between periods. During this time the wrestlers must stay in the 10 foot circle at the center of the mat. They may turn toward their coaches.
and the coaches may give instruction from their chair or corner. Coaches must stay within the appropriate bench area.

- Wrestlers will start in the neutral position for all three periods.
- Once a takedown or reversal is scored the wrestlers will be allowed 15 seconds to initiate a scoring maneuver. If either wrestler has initiated a scoring maneuver within that 15 seconds wrestling will continue until the scoring situation has ended. If a scoring maneuver is not in progress 15 seconds after a takedown or reversal the wrestlers will be brought back to a neutral standing start in the center of the mat and wrestling will be resumed.
- If a takedown is scored resulting in a near fall or fall situation, wrestling on the mat will continue with nearfall points being scored.
- During the 15 seconds after a takedown the match will continue with escapes, reversals and possibly nearfall points being scored. This is the same after a reversal.
- If the offensive wrestler locks or overlaps their hands while the defensive wrestler is on the mat a technical violation will be called. The rule will follow the NFHS criteria.
- In the neutral position wrestlers are to make every attempt to stay within the 10 foot circle and wrestle aggressively. Wrestler can be called for stalling in the neutral position.
o After a takedown or reversal stalling will not be called while the wrestlers are on the mat during the 15 seconds scoring opportunity period, unless the bottom wrestler pinches their arms against their sides. The bottom wrestler must keep arms open.
o Overtime will continue until one wrestler scores, either by takedown or penalty point. There is no clock as wrestling continues until one wrestler scores.
o A technical fall will occur when there is a 10 point difference in the match score. If a wrestlers earns a 10 point advantage, but the defensive wrestler is in jeopardy of a fall wrestling will continue until a fall or the defensive wrestler has gotten out of jeopardy.
o Weight classes: 101, 110, 118, 125, 130, 135, 145, 160, 185, 225. Wrestlers will get the two pound growth allowance on January 1.
o Uniform- female wrestlers will be required to wear a short sleeve or sleeveless form-fitted compression t-shirt under their singlet. The compression shirt may NOT be long sleeve or a long sleeve that has been cut.
o Uniform- female wrestlers may wear compression shorts or shorts made for wrestling with a short sleeve form-fitted compression t-shirt. The shorts must have minimum inseam of 4 inches and shall not extend below the knee.
o Weigh ins- female wrestlers shall weigh in wearing their school issued uniform. This may be a singlet or shorts with a compression shirt.
SITUATIONS

Situation: Wrestler A checks in at the scorer’s table with hair not meeting the NFHS rule 4.2.1 and not wearing a legal haircovering or secured hair with control device per NFHS rule.

Ruling: Wrestler A would be penalized a technical violation for appearing to the mat not properly equipped, will be charged with their first injury timeout and given 1 ½ minutes to become properly equipped. If they are not properly equipped within the 1 ½ minutes they will default the match.

Situation: Both wrestlers go out of bounds

Ruling: The referee will blow their whistle, have the wrestlers move back to the center starting position, stand between them and blow whistle for them to begin wrestling again. *Note the clock will not be stopped when the referee blows their whistle when the wrestler went out of bounds.

Situation: Wrestler A takes wrestler B down on the mat with wrestler B in the referee’s position.

Ruling: The official will signal two points for the takedown for wrestler A and allow wrestling to continue for 15 seconds. If
either wrestler is in the process of a scoring maneuver wrestling will continue until the scoring situation has ended. Once the situation has ended the referee will have the wrestlers stand up and go back to the center starting position, stand between them and blow whistle for them to begin wrestling again. *Note the clock will not be stopped when the referee blows their whistle after the takedown or end of the scoring situation.

Situation: Wrestler A takes wrestler B down on the mat with wrestler B in the referees position. Within the 15 second scoring opportunity wrestler B gets an escape.

Ruling: The official will signal two points for the takedown for wrestler A and 1 point escape for wrestler B and wrestling will continue.

Situation: Wrestler A takes wrestler B down on the mat with wrestler B in the referees position. Within the 15 second scoring opportunity wrestler B gets a reversal.

Ruling: The official will signal two points for the takedown for wrestler A and 2 point reversal for wrestler B. Wrestling will continue for 15 seconds. If either wrestler is in the process of a scoring maneuver wrestling will continue until the scoring situation has ended. Once the situation has ended the referee will have the wrestlers stand up and go back to the center starting position, stand between them and blow whistle for them to begin wrestling again. *Note the clock will not be stopped when the referee blows their whistle after the takedown or end of the scoring situation.
Situation: Wrestler A takes wrestler B down with wrestler B’s back exposed to the mat. Wrestler B can be on their side with back exposed, on their lower back with back exposed, or in nearfall criteria.

Ruling: The referee will allow wrestling to continue giving wrestler A the ability to get wrestler B into nearfall criteria to earn nearfall or a fall. If wrestler B gets to their stomach or base the referee will award any nearfall points earned and allow 15 seconds for either wrestler to initiate a scoring maneuver. If there is no scoring action in progress the referee will blow their whistle, have the wrestlers stand up and go back to the center starting position, stand between them and blow whistle for them to begin wrestling again.

Situation: Wrestler A takes wrestler B down with wrestler B’s back exposed to the mat. Wrestler B rolls wrestler A through with wrestler A’s back now being exposed to the mat.

Ruling: The referee award two point takedown and any nearfall earned for wrestler A and a two point reversal for wrestler B and allow wrestling to continue giving wrestler B the ability to get wrestler A into nearfall criteria to earn nearfall or a fall. If wrestler A gets to their stomach or base the referee will award any nearfall points earned and allow 15 seconds for either wrestler to initiate a scoring maneuver. If there is no scoring action the referee will blow their whistle, have the wrestlers stand up and go back to the center starting position, stand
between them and blow whistle for them to begin wrestling again.

Situation: Wrestler A takes wrestler B down with wrestler B’s back exposed to the mat. Wrestler B reverses wrestler A with wrestler A in the referees position.

Ruling: The referee will award two point takedown and any nearfall points earned for wrestler A and a two point reversal for wrestler B and allow wrestling to continue 15 seconds for either wrestler to initiate a scoring maneuver. If there is no scoring action the referee will blow their whistle, have the wrestlers stand up and go back to the center starting position, stand between them and blow whistle for them to begin wrestling again.

Situation: Wrestler A takes wrestler B down in a cradle and wrestler B’s back exposed to the mat. Wrestler B comes to a base with wrestler A’s hands still locked.

Ruling: The referee will award a two point takedown for wrestler A and allow wrestling to continue until the scoring maneuver has ended. Once the scoring maneuver has ended allow wrestling to continue 15 seconds for either wrestler to initiate a scoring maneuver. If there is no scoring action the referee will blow their whistle, have the wrestlers stand up and go back to the center starting position, stand between them and blow whistle for them to begin wrestling again.
Situation: After a takedown or reversal the bottom wrestler pinches arms against their side blocking the offensive wrestler.

Ruling: After a silent count to 7 the referee will loudly call out stalling allowing wrestling to continue for the remainder of the 15 second scoring opportunity time.

Situation: The scored is tied at the end of the third period.

Ruling: The referee will start the wrestlers in the neutral position and wrestling will continue until one wrestler scores by takedown or penalty point. The timer does NOT need to run the clock.

Situation: Two girl wrestlers match up during a standard team dual meet or tournament.

Ruling: Any time two girls wrestler they will use the modified girls rules.

Situation: Coach A approaches the scorer’s table to request a referee conference.

Ruling: The referee will have the timer stop time while the coach and referee meet. The time will start upon the referee blowing their whistle to start wrestling.

Situation: Wrestler A gets injured or begins to bleed.

Ruling: The referee will have the timer stop time while the trainer attends to the wrestler. The time will start upon the referee blowing their whistle to start wrestling.
Situation: Wrestler A locks hands while on the mat in the offensive position, does an illegal move or an unsportsmanlike conduct act.

Ruling: The referee will have the timer stop time while the referee penalizes the wrestler. The time will start upon the referee blowing their whistle to start wrestling.

Situation: Wrestler A’s headgear, haircover or device securing hair becomes undone or off.

Ruling: The referee will have the timer stop time while the wrestler fixes their equipment. The time will start upon the referee blowing their whistle to start wrestling.