



2008-09 WRESTLING RULES EXAMINATION - PART I

Instructions: Only the **answer sheet** of this examination will be sent to the grader. **You retain the questions for further study.** Since correction is by machine scanning or perforated key, you must use care in clearly marking correct spaces on the answer sheet according to directions. **Every part** of each question is to be answered. Indicate whether you believe a part is true or false by marking the appropriate blank on the answer sheet.

NOTE: Send answer sheet to your state association office unless otherwise instructed.

Copyrighted and Published in 2008 by the
National Federation of State High School Associations

Rules Changes or Emphasis – 2008-09

1. The uniform shall be worn as intended/designed by the manufacturer.
2. A back flip from the standing position is an illegal maneuver.
3. A wrestler's hair in its natural state, in the front, shall not extend below the eyebrows.
4. A new referee signal has been implemented to indicate when to start the recovery time clock during a match.
5. The referee should always use the Referee's Wrestling Signals as listed on the chart in the NFHS Wrestling Rules Book.

Competition

6. The head coach, prior to the meet, does not have to verify that all of his/her wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle.
7. Substitution is permitted for any wrestler in dual meets or tournaments once the wrestler has properly reported to the scorer's table.
8. For all matches, net weight is not required.
9. A match is competition between two individual wrestlers who are of as nearly equal weight as possible.
10. A contestant can wrestle in two consecutive matches with less than a 30-minute rest between matches.
11. A contestant shall not accept a forfeit in one weight class and compete in another class.
12. Each individual state high school association shall develop and utilize a specified weight-control program, which will discourage excessive weight reduction.

Equipment and Wrestling Area

13. During tournament competition, two coaches in chairs and a scorekeeper are permitted at mat side.
14. The 10-foot circle is an optional mat marking.

Persons Affiliated With the Team

15. Use of tobacco products by coaches is left to the authority of the state association.
16. Each team shall designate a captain or captains prior to the beginning of the dual meet.
17. If a wrestler bites an opponent, it will be called as unsportsmanlike conduct.
18. The head coach shall not be penalized when a wrestler reports to the scorer's table with shoelaces that are not properly secured.
19. If a medical person affiliated with the team acts in an unsportsmanlike manner, he/she would not be penalized like other team personnel.
20. For dual meets, where facilities permit, all team personnel and coaches shall be restricted to an area that is at least 10 feet from the edge of the mat and the scorer's table.
21. It is permissible to allow coaches on the corner of the mat in a restricted zone during a tournament.
22. The coach may move towards the mat only during a charged time-out or at the end of the match.

Officials

23. The assistant referee is responsible for communications with the scorer's table.
24. The referee determines the legality of all equipment.
25. The referee has the sole authority for ruling on infractions or irregularities not covered within the NFHS wrestling rules.
26. The thumb can be used by the referee when signaling point(s).

Special Equipment

27. The referee may approve an artificial limb if it has not been approved by the state association.
28. To help identify wrestlers, red and green leg bands must be worn on either or both legs.
29. Electronic communication equipment that permits communication between coach and contestant during competition is permitted.