

Suitable Undergarment Required for Weigh-In

In a change aimed at privacy issues for all individuals involved with weigh-ins, the NFHS Wrestling Rules Committee approved a change to Rule 4-5-7. Beginning this season, specific language has been added regarding what constitutes a "suitable undergarment." Male and female contestants will be required to wear a suitable undergarment that completely covers the buttocks and the groin area. In addition, female contestants must wear a suitable undergarment that also covers their breasts.

Previously both male and female contestants had to weigh in wearing "no more than a suitable undergarment."

Situation 1: Male Contestant A wishes to weigh-in wearing (a) nothing but an athletic supporter, (b) a pair of sweatpants, or (c) a pair of swim trunks. Ruling: Not allowed in (a) and (b), but allowed in (c). A male contestant must wear an undergarment that completely covers the buttocks and groin area.

Situation 2: Female Contestant A wishes to weigh-in wearing (a) a sports bra and swimsuit bottoms, (b) a t-shirt and a pair of sweatpants, or (c) a one-piece swimsuit. Ruling: Not allowed in (b) and (c), but allowed in (a).

Boxers, briefs, compression shorts or swimsuits are acceptable. Singlets are not acceptable.

Casebook correction page 21, rule 4-5-7, indicates that females can wear a t-shirt as a suitable undergarment. **This is incorrect.**

Starting Process Amended

The NFHS Wrestling Rules Committee approved a change to Rule 5-20-9 that simplifies the process for an offensive wrestler to assume a legal starting position. The committee also voted to eliminate the note in Rule 5-20-5, which laid out a step by-step procedure for restarting the match. That procedure was deemed confusing.

Rule 5-20-9, Once the defensive wrestler is stationary in a legal starting position the referee shall direct the offensive wrestler to assume 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."

"This rule change will eliminate either wrestler gaining an advantage by using a rolling start," said Bob Colgate, assistant director of the NFHS and wrestling committee liaison. "It also eliminates the need for the offensive wrestler using a specific sequence when assuming a legal starting position, including the optional offensive starting position."

Double-Knee Kickback Banned

The NFHS Wrestling Rules Committee added the "rear-standing, double-knee kickback" to the list of illegal holds/maneuvers. Coverage will be found in **Rule 7-1-5x**.

Bob Colgate, assistant director of the NFHS and wrestling committee liaison, said this maneuver, which is being used more frequently at the high school level, clearly puts the opposing wrestler in a dangerous situation and at a high risk for injury.

The move occurs when, from a standing position, a wrestler behind his/her opponent drives both feet into the back of the opponent's knees.

Refer to Photo 86 2010-11 National Federation Rules Book.

Concussion Rule Clarified

Effective with the 2010-11 high school wrestling season, any contestant who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed immediately from the match and shall not return to competition until cleared by an appropriate health-care professional. The change appears in **Rule 8-2-4**.

The previous rule directed referees to remove an athlete from competition if "apparently unconscious." The previous rule also allowed for return to competition based on written authorization by a medical doctor.

Each state association is to determine who qualifies as an appropriate health-care professional.

"Given that the vast majority of concussions do not include a loss of consciousness, but that athletes often show obvious evidence of concussion, the NFHS Sports Medicine Advisory Committee (SMAC) strongly believes that referees must continue to be empowered to remove these athletes from competition, thus protecting them from further injury," said Dr. Michael Koester, chair of the NFHS SMAC.

"Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain and even death," Koester added.

"The safety of the athlete is of paramount concern during any athletic contest. Referees, coaches and administrators are being asked to make all efforts at ensuring that concussed athletes do not continue to participate," Koester said. "Thus, coaches, wrestlers and administrators should also be looking for signs of concussion in all wrestlers and should immediately remove any suspected concussed wrestler from competition."

In addition to wrestling, the new concussion language is being placed in all NFHS rules books for the 2010-11 season, as well as the "NFHS Suggested Guidelines for Management of Concussion."

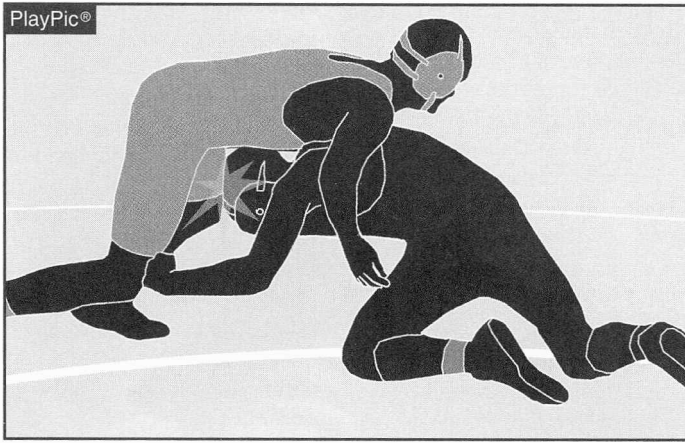
The committee also approved an editorial change to **Rule 8-2-5**. According to the new language, a designated, on-site, appropriate health-care professional who determines a wrestler should not participate shall not be overruled.

Situation 1: During the first match of a multi-day tournament, Contestant A exhibits signs, symptoms or behaviors consistent with a concussion and is removed from competition by an appropriate health-care professional. The opponent is awarded a victory by default. The next day, Contestant A reports to the mat ready to compete in a wrestle-back.

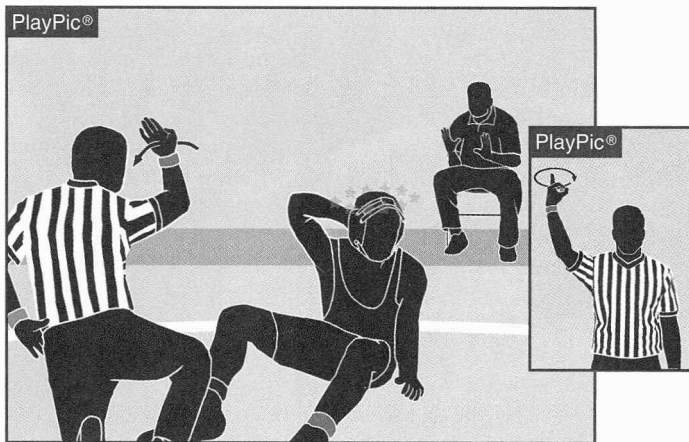
Ruling: The referee is to be informed that Contestant A has been cleared by an appropriate health-care professional.

Situation 2: During the first period of a match in a dual meet, Contestant A is exhibiting signs, symptoms or behaviors consistent with a concussion. Contestant A is examined by a designated, onsite, appropriate health-care professional, who determines Contestant A should default the match because of a concussion.

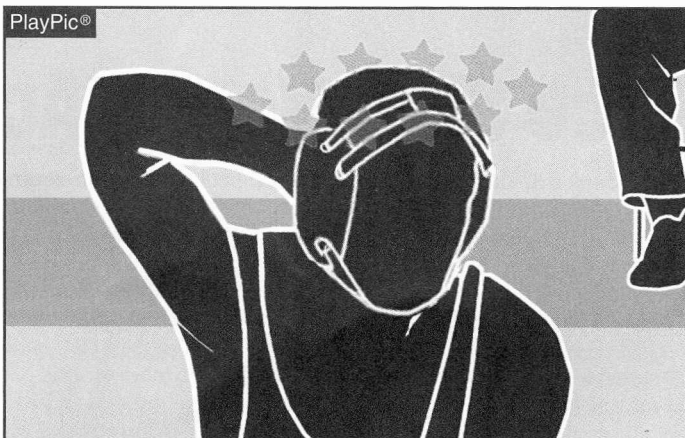
Ruling: The decision of the on-site appropriate health-care professional cannot be overruled. Contestant A may not continue in that match.



The contestant with the green leg band bangs his head on the opponent's knee while attempting a double-leg.



If the contestant exhibits signs, symptoms or behaviors consistent with a concussion, the referee should stop the match, summon the coach and give the signal to have the injury time started (inset).



If a contestant exhibits signs, symptoms or behaviors consistent with a concussion, the contestant may not return to competition until cleared by an appropriate health-care professional.

No Change to Weight Classes

Perhaps as significant as the changes approved by the NFHS Wrestling Rules Committee was one that was not. After much discussion, the committee voted against changing the wrestling weight classes at this time and will stay with the 14 weight classes currently in place in the NFHS Wrestling Rules Book. Three proposals were considered by the committee this year on changing the wrestling weight classes.

"The response from member state associations was divided equally between Option B (106 pounds, 113 pounds, 120 pounds, 126 pounds, 132 pounds, 138 pounds, 145 pounds, 152 pounds, 160 pounds, 170 pounds, 182 pounds, 195 pounds, 220 pounds and 285 pounds) and making no change," said Dale Pleimann, former assistant executive director of the Missouri State High School Activities Association and chair of the NFHS Wrestling Rules Committee.

"The committee, with no clear choice from the membership, did not believe it was appropriate to make a change in the weight classes just for the sake of change," Pleimann added. "However, the committee did request the NFHS to conduct another survey on wrestling weight classes on two choices: no change, or option B, after the 2010-11 Season."

Important Note: In NY State the follow 15 weight classes will be in place;

96 pounds, 103 pounds, 112 pounds, 119 pounds, 125 pounds, 130 pounds, 135 pounds, 140 pounds, 145 pounds, 152 pounds, 160 pounds, 171 pounds, 189 pounds, 215 pounds and 285 pounds.

The 96 pounds and 285 pounds weight class are no longer optional.

Editorial Changes

Rules; 3-1-10, 3-2-2a, 4-3-1, 5-11-2, 5-21, 5-29-3, 7-1-5g, 7-1-5u, 7-1-5v, 7-1-6, 7-2-1, 7-2-2, 7-2-4, 8-1-3, 8-2-2.

Need to have the word “**Maneuver**” or “**Maneuvers**” added.

Rule 1-3-1 Weight Control programmed changed the word “Physician” to “Appropriate Health-Care Professional”.

Rule 1-3-2, 4-2-3, 4-2-4, 4-2-5, 8-2-5 and 8-2-6 added the words “Appropriate Health Care Professional”.

Rule 5-1-3, 5-29-2 and 8-2-7 changed the word “bleeding” to “blood”.

Rule 5-20-5 added the word “opponent’s near” and changed the word “spinal column” to “mid-line”.

Rule 6-4-4 last year allowed a wrestler or coach to default at any time. This year they have added “prior to the conclusion of wrestling”. (Any time during the match)

Rule 6-6-5b added “or official posting of team scores”.

Rule 6-7-1,6 added “first three periods of the match”.

Rule 7-3-2 added “mat or ear guards and near fall”. This rule now reads grasping of clothing, mat or ear guards by a contestant if prohibited. Any advantage gained there by shall be nullified. Grasping of clothing, mat or ear guards to gain or prevent an escape, reversal, take down, near fall or fall is a technical violation and the penalty points shall be awarded in addition to points earned.

Rule 7-5-1 added the word “athletic”.

Rule 9-2-2a added the word “personnel”.

Rule 9-2-2m, n, o added “shall be declared the winner”.

Photo #6 changed the spelling of “scapulas” to “scapulae”.

Additional information for NY State Referees

Disk Toss:

Effective with the 2010-2011 Season, the starting weight class will still be drawn and then follow the Federation Rule and have the pre-meet disk toss for choice of odd/even matches in dual meets.

Dual Meet Tournaments:

Each individual is limited to a maximum of 2 two-day dual meet tournaments.

Skin Disease:

NFHS Rule 4-2-3: If a participant is suspected of having a communicable skin disease, the coach shall provide current written documentation.

NYSPPHSAA requires the original copy of the two-sided form entitled *NYSPPHSAA PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)*. This form must be signed by a M.D. or a D.O. form for the wrestler to be eligible to participate. **Photocopies are not acceptable.**

When Referees are conducting the weigh-ins the skin form must be provided at that time. If the Referees are not conducting the weigh-ins, the skin forms must be provided before the Referee begins the pre-meet inspection of the contestants.

Honor Weigh-In's

Effective with the 2010-2011 season, dual meets scheduled on a school day shall use the honor weigh-in procedure. A certified list of recorded weights signed by the Principal or Athletic Director shall be submitted at the official weigh-in before the meet. In the event that one team has school on a school day and the opponent does not have school on the day of a dual meet, Honor Weigh-Ins are allowed. Honor Weigh-Ins for non-school day, dual meet wrestling matches are not allowed. Each wrestler shall make the scratch weight at the weigh-in to be conducted prior to the school's first scheduled academic instruction period on the day of the match and may be permitted an allowance of 3 pounds at the mat-side weigh-in. A wrestler not making the scratch weight at the early weigh-in will not be permitted the 3 pounds allowable and must make scratch weight at the mat-side in order to compete. The weight written down on the morning honor weigh-in sheet locks the wrestler into a weight class for that day. Weigh-in administrators should not write down a weight on the honor weigh-in sheet if the wrestler does not make weight and wishes to try again at the mat side weigh-in. In the event that a competition is postponed or cancelled, the honor weigh-in is not an official weigh-in, and therefore does not count towards the 50% rule.

Dual Meets

NFHS Rule 4-5-Articles 1,2,3 are replaced by the following in NYS: Contestants of the same gender shall have the opportunity to weigh-in, shoulder-to-shoulder, wearing a suitable undergarment a maximum of 1 hour and a minimum of half hour before the time a dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, the 30 minute weigh-in period for the second meet may, by mutual consent, precede the preliminary meet. The weigh-in period shall extend no longer than 30 minutes and shall be conducted at the dual meet site. The referee or other authorized person of the same gender as the contestant shall supervise the weigh-ins.

Tournaments

NFHS Rule 4-5-Articles 1, 2, 3 are replaced by the following in NYS: Contestants of the same gender shall weigh-in at the tournament site wearing a suitable undergarment a maximum of two hours and a minimum of half hour before the first session. The tournament manager shall establish the weigh-in time within the maximum and minimum time period. The referee or other person of the same gender as the contestant shall supervise the weigh-ins. Weigh-ins for the second day of a tournament must be conducted on the second day, following the same time limits as the first day. Weigh-ins at the conclusion of the first day are not allowed. When a dual meet tournament lasts 2 days, the weigh-in will be treated the same as a regular tournament. The weigh-in on day one locks a wrestler into a weight class. If the wrestler does not make weight on day two, they may not move up to the next weight class, so they are scratched out of the tournament. (State Wrestling Committee Minutes 1/9/07)

Minimum Weights

The minimum required weight for all weights as listed **MUST** be met and **RECORDED** at both the honor weigh-in and the mat-side weigh-in. A wrestler must weigh in excess of 88lbs for the 96 lb weight class, in excess 93 lbs for 103 lb weight class, in excess of 180 lbs for 215 lb weight class, and in excess 210 lbs for 285 lb weight class.

Growth Allowances

Each wrestler must make scratch weight for every contest prior to 12/25. NYSPHSAA will grant a 2 lb. growth allowance for each weight class on December 25th (**NFHS Rule 4-4-Article 4**). This 2 lb. growth allowance does not apply to the minimum weight requirements for the weights of 96 lbs., 103 lbs., 215 lbs. and 285 lbs. It may now be possible for certain wrestlers with certified minimum weights originally above the original scratch weights to now wrestle at the new weight classes.

Example: Minimum Weight Certification was 104. This wrestler could not wrestle at 103 (prior to 12/25) but can now wrestle at 105 (after 12/25). At no time can a wrestler wrestle at a weight below their certified minimum weight.

Additional Pounds

Under no circumstances may coaches agree to grant an extra pound(s) with the following exceptions:

- a. A 1 lb. allowance is granted when schools have back to back competitions. (In a tournament situation if just one team in the tournament has back to back competitions, then all teams in the tournament get the extra pound. 48 hours notice is required to get the extra pound). NFHS Rule 4-5-5
- b. A 1 lb. allowance is granted when a competition is postponed for one calendar day for reasons beyond the control of the participation school(s) or if one teams practice (the day before a competition) is cancelled due to school policy (Example: Superintendent cancels after school activities due to weather). In these situations the other school should be made aware of the extra pound as soon as the first school learns of the cancellation, 48 hours notice is not required. In the case of a tournament; a tournament director grants all the teams in the tournament an extra pound because one of the teams entered is wrestling a dual the day before the tournament. The dual the day before the tournament is cancelled (bad weather, etc). All teams in the tournament still get the extra pound. NFHS Rule 4-5-5
- c. The maximum allowance to be granted is two (2) lbs. A third consecutive day of competition would grant this 2 lb. allowance to the schools involved. A fourth and fifth consecutive day would require the 2 lb. allowance to carryover. The allowance would never go to 3 lbs.

Example: After December 25th the 2 lb. growth allowance is in effect:

Dual Meet Tuesday: 98 lbs.,

Dual Meet Wednesday: $98+1=99$ lbs.,

Dual Meet Thursday: $99+1=100$ lbs.,

Tournament Friday: All teams in the tournament at 100 lbs., 2nd day of

Tournament on Saturday: 100 lbs. Since the maximum allowance is +2;

that would mean **NO EXTRA POUND** for a second day of a 2-day

tournament (if the tournament began on Friday with +2). The +2

would carry over from the first day. NFHS Rule 4-5-5

Post-season wrestling tournaments, namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition do not allow for the extra pound on the first day (if a team happened to wrestle the day before). If the post season tournament is a two-day event, the extra pound will be given for the second day. **Example:** First day must be $96+2=98$ (can never start at 99), Second day would be $98+1=99$ (can never be 100).

Penalties for allowing unauthorized additional pounds: Should a Sectional Chairman become aware of two teams allowing an extra weight allowance for any other reason, not specifically covered by the Additional Pound section above, the teams and all the wrestlers become ineligible for that event. The team will both forfeit the dual and each individual wrestler will receive a loss on their individual records. If this was a tournament, all wrestlers from all teams become ineligible and all receive a loss on their records. (State Wrestling Committee Minutes 10/4/04).

Ineligible Weight Class

After a dual is wrestled, it is found out that a team uses a wrestler at a weight lower than his/her certified weight (or at a weight above the State minimum weight: Ex. 80 pounder wrestles at 96 and does not meet the 88 pound minimum), the team forfeits the dual meet and the wrestler takes a loss on his/her record. The won/loss records of the other wrestlers who wrestled in the dual meet are not affected and the results of their individual bouts stand. (State Wrestling Committee Minutes 10/4/04).

If, while a dual meet is in progress, it is discovered that an ineligible wrestler has competed, the dual meet becomes a forfeit. However, the meet will be wrestled to its conclusion so that the win/loss records of the other wrestlers who competed in the dual meet are not affected.

Points of Emphasis

Dealing With Correctable Errors

By Dale Pleimann Chair, NFHS Wrestling Rules Committee

Correctable errors are areas that Coaches and Referees tend to make more difficult than is necessary. There are only four types of errors possible: positioning: of wrestlers, clock, scoring and misapplication of rule. Correcting the error involves making the necessary correction and when applicable re-wrestling any bad time. The final component of correctable errors is the time limitations in which a correction may be made. The limitations include prior to the subsequent period, prior to the subsequent match, prior to the offended contestant leaving the mat area, prior to the offended contestant or coach leaving the mat area and within 30 minutes of the conclusion of the dual meet or tournament official posting of team scores.

The key to understanding correctable errors is knowing when to apply bad time. To understand when to apply bad time it is necessary to know the four situations in which bad time applies. Bad time is time wrestled with the wrestlers:

- In the wrong position.
- The wrong wrestler being given the choice of position at the start of the third period.
- The choice of position not given after the second injury time-out.
- When the clock and wrestling should have been stopped.

Bleeding Contestants Have Five Minutes

Any contestant who is bleeding will be charged with a blood time (**8-2-7**). The number of time-outs for bleeding is left to the discretion of the referee, but there is a maximum of five minutes before the match is terminated and his/her opponent is awarded the match by default.

If, however, the bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers or unnecessary roughness and the bleeding contestant uses his/her five minutes of blood time, then the bleeding contestant will be the winner of the contest by default.

It is also stated in the rule that once the bleeding has been curtailed and the contestant is ready to wrestle, the time required for cleaning up the area, cleaning up the wrestler or cleaning the uniform is not counted as blood time. That would be considered as an official's time-out. However, the contestant should be ready to wrestle before stopping the blood clock.

Oral Braces Must be Covered

Rule 4-2-6 requires wrestlers with braces or other special orthodontic devices to wear a tooth and mouth protector.

Contestants who have braces or have a special orthodontic device on their teeth shall be required to wear a tooth and mouth protector (intraoral) which shall include an occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and covers the teeth and all areas of the braces or special orthodontic device with adequate thickness. That would include upper and lower teeth if devices are present on both.

The rule indicates the tooth and mouth protector is recommended to be properly fitted and constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device, and constructed and fitted to the individual by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.

The rule is designed to protect the opponent of a wrestler who has braces or other special orthodontic devices from injury when coming in contact with the mouth and teeth. Coaches have expressed concern about frequent stoppage of matches because of blood time-out secondary to brace-inflicted wounds.

Situation 1: Al reports to the scorer's table and the referee notices braces on the top and bottom of Al's teeth. The referee does not see a tooth and mouth protector.

Ruling: The referee does not allow wrestling to start until Al is properly equipped. The referee should tell the timekeeper to start the injury clock, add one match point to the opposing wrestler's score and charge Al with an injury time-out.

Situation 2: Same as situation 1, except that after 35 seconds, Al reports back to the referee with an acceptable tooth and mouth protector.

Ruling: The referee should direct the timekeeper to stop the injury clock. The wrestlers take the mat to start the first period, with Al's opponent having a 1-0 lead.

Watch Front Headlocks Carefully

Rule 7-1-5d: Front headlocks, as well as all headlocks, have been legal as long as an arm or leg is included. Referees have always been encouraged to look closely at all headlock situations.

However, there has been growing concern over the way some competitors have been using that particular hold that may temporarily cause loss of consciousness for their opponent. Rule 7 speaks, in no uncertain terms, about cautioning competitors and instructing referees to be very cautious when utilizing and officiating those situations.

Wrestlers are admonished not to:

- Apply any hold/maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation; and
- Turn a potentially dangerous hold/maneuver into an illegal hold/maneuver.

The rule also states that wrestlers should know the dangers of holds/maneuvers. There is an obligation placed on the coach not to teach or condone a hold or move that may injure either wrestler. In wrestling, as well as other sports, pain is involved with participation. However, there is a difference between inflicting pain and inflicting injury. It is not ethically acceptable to teach or use a hold/move that has a risk of injury, which sometimes may cause permanent damage. There is no place in wrestling for that.

Referees must:

- Recognize and anticipate any hold/maneuver, especially a front headlock, as it can become illegal-quickly;
- Stop any hold/maneuver that becomes illegal immediately;
- Utilize the "potentially dangerous hold/maneuver" call to protect the wrestler and as always "err on the side of safety" when it comes to a wrestler's health;
- In front headlock situations, move to a position where the pressure can be seen; and
- Not let the hold/maneuver run without additional action taking place. That only allows the offensive wrestler more time to tighten the hold/maneuver and greatly increase the potential for injury.

The following are clues that referees and coaches might use to evaluate the front headlock situation. If the defensive wrestler demonstrates redness in the face, being up on the toes to avoid pressure and a trapped arm being limp.

Anyone of those clues should give rise to a concern that pressure is being applied and the action should more than likely cease.

Again, a front headlock situation is not a hold/maneuver that needs to run for a period of time. The offensive wrestler needs to continue with action beyond the lock up and progress with the attempt at a takedown or other control.

Face Slap, Rough Acts Must Be Penalized

Without a doubt, wrestling is a tough sport. Bruises, scrapes, cuts, bloody noses and more are part and parcel of everyday wrestling. But the action does not have to be brutal.

Rule 7-4-1 provides that unnecessary roughness involves a forceful slap to the head or face and/ or gouging or poking the eyes.

In cases of unnecessary roughness - for instance, a forceful slap to the forehead when the competitors are in the neutral position - the referee should stop the match and award one penalty point to the opponent. Recovery time may be needed for the opponent to "regain his senses." Referees retain the option to penalize the more serious offenses as flagrant misconduct.

Referees aren't given instruments to measure how many pounds-per-square-inch such a blow generates, but the Random House College Dictionary defines forceful as "Full of force, powerful, vigorous ... acting or driven with force."

Most wrestling is fair and sporting. So, are there times when referees can expect to see forceful slaps? An opponent may want to show last year's district champ "who's boss" in the early moments of a match. In their first varsity match since coming up from the sub-varsity, the opponent may want to "welcome the newcomer" to the big time. A wrestler who falls behind by half a dozen points and gets frustrated, taking that frustration out on the winning wrestler.

Wrestlers who feel unjustly penalized by a referee know to hold their tongue toward the referee, but tend to take out their irritation on the opponent. Referees should look for body language clues and gauge the tenor of the match. While it may be impossible to prevent forceful slaps, they should be penalized.

Control in a Headlock

(National Federation)

When determining control for a takedown or reversal in a headlock situation the following guidelines should be used.

1. Watch the hips of the wrestler in the headlock. If they keep their pelvis down and their buttocks facing up, there is probably no control.
2. Look for the wrestler in the headlock to place an elbow, hand or foot on the mat to prevent shoulder exposure beyond reaction time. If this occurs, control is established.
3. If the wrestler in the headlock has their pelvis down and suddenly attempts to roll though and in doing so momentarily touches their elbow, hand or foot and realizes they can't rollout and returns to the pelvis down position, there is still no control.
4. If the position described in item #3 should occur a second time and the elbow, hand or foot touches again, even if only momentarily, control has been established.
5. The above guidelines are useful in most situations. However, some wrestlers are so flexible that they can fight their pelvis down in a "Safe" position and their shoulders or scapula are meeting near fall criteria. In this situation the referee must use good judgment to determine control. If the referee is convinced that the shoulders or scapula are being held in criteria and that the defensive wrestler can't rollout, a takedown or reversal can be awarded.