

## **December 20, 2010 Interpretation Update**

**Steve Dalberth, NY State Rules Interpreter**

**1.** In order for a contestant to be eligible to weigh-in, they must wear a suitable undergarment and comply with NFHS Wrestling Rule 4-5-7. If they do not comply with Rule 4-5-7, then they do not weigh in and are not eligible to compete.

Also, anyone observed by a Referee **not** wearing a suitable undergarment in the weigh-in area during the weigh-ins will be penalized for unsportsmanlike conduct and a team point would be deducted. (Bob Colgate NFHS)

**2.** Rule 1-2-3: No contestant shall wrestle in two consecutive matches with less than 45 minute rest between them. Can be waived when a wrestler receives a forfeit.

**Example:** The 119 lb. wrestler receives a forfeit for Team A and the 125 lb. wrestler receives a forfeit for Team B, the two wrestlers could wrestle against each other in a exhibition match without out delay.

Each wrestler would be charged with 2 matches and would be assessed 2 points toward their maximum of 20 points.

**Note:** A forfeit still counts as a match when considering the 5 matches in one-day limit.