



**Wrestling
Meeting
Folder
2016-2017**

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2016-2017 Rule Changes

The National Federation of State High School Associations (NFHS) Wrestling Rules Committee made two significant rule changes during its April 6-8 meeting in Indianapolis.

1. **Rule 5-11-2(i)** will now read, "... when a defensive wrestler commits a technical violation, applies an illegal hold or maneuver, commits unnecessary roughness or unsportsmanlike act during an imminent or near fall situation, the offensive wrestler shall be awarded a penalty point(s) in addition to the near fall points in accordance with (sub-articles) f-h ("Scream Rule") at the next stoppage."

"The committee felt that when the defensive wrestler uses unethical techniques to avoid being pinned, the offensive wrestler should not only be awarded the near fall or fall points, but should be awarded the appropriate penalty point(s) for that transgression at the next stoppage of the match," (Elliot Hopkins).

Situation: Wrestler A has Wrestler B in a pinning situation and the referee is holding three near-fall points when B grasps A's ear guards. The referee removes the hand, but allows action to continue to give A the opportunity to secure the fall. If (a) time expires or (b) the action is stopped due to the fact the wrestlers went out of bounds, how many points should be awarded?

Ruling: Whether the period ends or an out of bounds situation occurs, the point awards would be the same. The referee shall award four points for the near-fall and one point for grasping the ear guards. The offending wrestler shall not be allowed to profit from illegal action. (6-4-4; 7-3-2)

2. **Rule 7-2-2(g)** A potentially dangerous hold occurs when a wrestler, from a standing position, is placed in a body lock with one or both arms trapped and then is lifted and is unable to use his arm(s) to break the fall.

As soon as the lift occurs the match shall be stopped. See Rules Book Illustration #103

Other rear standing positions with a trapped arm should be considered potentially dangerous and should be monitored very closely by the referee according to Elliot Hopkins, NFHS director of sports and student services and liaison to the Wrestling Rules Committee. "Coaches, officials and competitors should be aware of the potential for injury in this situation if the defensive wrestler is returned to the mat and has no arm available to break the fall." As shown in Rules Book Illustrations #101 and #102.

NFHS Points of Emphasis

The NFHS Wrestling Rules Committee and the NFHS Board of Directors believes there are areas of interscholastic wrestling that need to be addressed and given special attention. These areas of concern are often cyclical, some areas need more attention than others, and that is why they might appear in the rules book for consecutive editions. These concerns are identified as "Points of Emphasis." For the 2016-17 high school wrestling season, attention is being called to: communicable skin conditions and skin checks, control, arm trap and sportsmanship. When a topic is included in the Points of Emphasis, these topics are important enough to reinforce throughout the academic year because they are not being given the proper attention.

Communicable Skin Conditions and Skin Checks

Communicable skin conditions continue to be a major concern in wrestling, in part because of recent MRSA and Herpes Gladitorium outbreaks. If a participant has a suspected skin condition, NFHS Wrestling Rules require current, written documentation from an appropriate health-care professional stating the athlete's participation would not be harmful to an opponent. Cold sores are considered a skin lesion and are subject to the communicable skin condition rules.

The NFHS has developed a form that can be used for that documentation, and several state associations have adopted similar forms for use in their states.

Regardless of the form used, it is imperative that ALL coaches perform routine skin checks of their wrestlers and require any wrestlers with a suspect condition to seek medical attention and treatment.

It is also imperative that ALL referees perform skin checks - or verify that skin checks have been done by a designated, on-site meet, appropriate health-care professional as part of their pre-meet duties prior to EVERY dual meet and tournament.

If there is a suspect condition, the wrestler or coach MUST present the proper clearance form at the weigh-in for any dual meet or tournament in order for the wrestler to be allowed to compete.

The only exception to the requirement of the proper clearance form would be if a designated, on-site meet, appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. The designated, on-site meet, appropriate health-care professional has the authority to overrule the diagnosis of the appropriate health-care professional who signed the proper clearance form presented to the referee at the weigh-in.

One of the keys to preventing the spread of communicable skin conditions is for coaches and referees to fulfill their responsibilities professionally. It is, however, only one of the keys.

The other and equally important key is proper prevention. While prevention can be complicated, in most cases it only requires that a few basic steps be taken by ALL involved in the sport.

- Educate coaches, athletes and parents about communicable skin conditions and how they are spread.
- Clean wrestling mats daily with a solution of 1:100 bleach and water or an appropriate commercial cleaner.
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.
- Clean all workout gear after each practice including towels, clothing, headgear, shoes, knee pads, etc.
- Require each wrestler to shower or use a body-wipe after each practice and competition. Do not share bars of soap. Use individual soap dispensers.
- Perform daily skin checks to ensure early recognition of potential communicable skin conditions.
- Refrain from sharing razors or other personal hygiene supplies.

Covering an active infection does not meet the requirements of the NFHS wrestling communicable skin condition rule for competitions. An active infection shall not be covered in practice either.

It is a coach's professional responsibility to ensure that skin clearance forms presented by his or her wrestlers are legitimate and reflect the athletes' true conditions.

Coaches and referees all play a vital role in controlling communicable skin diseases. They must err on the side of what is best for the health of all involved in the sport when dealing with communicable skin diseases.

Referees are the last line of defense in keeping wrestlers with communicable skin diseases off the mat. The safety of all who step on a competition mat is at stake. Coaches must realize that referees would not be placed in a position to make difficult participation decisions if coaches would perform skin checks on all of their wrestlers each day.

NFHS Wrestling Rule 3-1-4a states that "Before a dual meet begins, the referee shall perform skin checks or verify that skin checks have been performed by a designated, on-site meet, appropriate health-care professional." NFHS Wrestling Rule 3-1-5a states that "Before an individual, combination or team advancement tournament begins each day, the referee shall perform skin checks or verify that skin checks have been performed by a designated, on-site meet, appropriate health-care professional." The skin checks should take place by referees or a designated, on-site meet, appropriate health-care professional at weigh-ins whenever possible.

In reference to multiple-day competitions, communicable disease "skin checks" shall take place at weigh-ins each day. Checking skin on the first day only is not an acceptable practice regarding the communicable disease detection procedure.

NFHS Wrestling Rules 4-2-2, 3, 4, 5 are very specific concerning a contestant who is suspected of having a communicable skin disease. It is the responsibility of the contestant, parents, coach and referee to identify a possible communicable skin disease and then have an appropriate health-care professional evaluate the condition if possible. Similarly, it is everybody's responsibility (coaches, referees, appropriate health care professionals and tournament administrators) to ensure that all wrestlers are competing in an infection-free environment.

For more detailed information, refer to the "Skin Conditions and Infections" chapter in the NFHS Sports Medicine Handbook. Also, please refer to the following two NFHS Sports Medicine Advisory Committee (SMAC) documents:

"General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases" and "Sports Related Skin Infections Position Statement and Guidelines." Both of these NFHS SMAC documents can be found on the Sports Medicine page on the NFHS website at www.nfhs.org.

Control

Control is the very essence of the sport of wrestling. Simply stated control occurs when an individual wrestler has gained control of his opponent in such a way that he or she has restraining power over them. A wrestler who has control over an opponent is in a position of advantage. Control has three phases, gaining, losing and changing. All three phases allow each wrestler an opportunity to score points. Wrestling is an extremely quick and fast moving sport where control is gained, lost or changed in a matter of seconds. It is important that contest officials frequently hone their skills to be able to identify the various phases of control. This sport boasts specialists in various aspects of the sport. As one example, "takedown specialists" are known to accumulate points for taking their opponent to the mat frequently, not being able to get a fall or near fall but will use a strategy to outscore their opponent by means of repeated take downs. The more familiar an official is with the various moves and maneuvers, the more valuable they will be to the young people they serve in this wonderful sport.

Arm Trap

The rear standing position with a trapped arm should be considered potentially dangerous and should be monitored very closely by the referee. Coaches, officials and competitors should be aware of the potential for injury in this situation if the defensive wrestler is returned to the mat and has no arm available to break his/her fall. Although a number of safe scoring opportunities may come from this hold, coaches, officials and competitors should must work together to educate and ensure that wrestlers are returned to the mat safely. Officials should pay special attention to the wrestler who is lifted off the mat with a trapped arm. In all situations, returning a wrestler to the mat in a controlled fashion should be one of our highest priorities.

Sportsmanship/Good Sporting Behavior

Young people when surveyed have indicated that their primary purpose for participating is to "have fun." Winning is further down the list of expected outcomes. The beneficial effect of activity / athletic participation is annually researched as a good and healthy experience and is a precursor for future success in life. We all have a vested interest and role in preserving the positive benefits that young people experience when playing high school sports.

Officials and coaches need to work together. Each match is another opportunity for coaches and officials to teach not only wrestling, but also model good sporting behavior as well. The positive values that are learned will serve the wrestlers long after their wrestling experience has concluded. Match situations typically provide a coach the opportunity to identify a teachable moment to reinforce good sporting behavior.

Flashback: 2015-16 Rules Changes

Here is a review of the 2015-16 changes approved by the NFHS Wrestling Rules Committee that are still in force for 2016-17.

Skin-Check Procedure.

A more standardized pre-match procedure requiring referees to perform skin checks or verify that skin checks had been completed on-site by an appropriate health-care professional was approved.

The new pre-match procedure further clarifies the duties of wrestling referees before a dual meet begins. An accompanying rule added the same inspection requirements before tournaments. The actual requirements were not changed, only written in clearer, more specific language.

Advancement Criterion.

Rule 10-2-9 addresses a situation in which two wrestlers in the championship bracket simultaneously cannot continue a match and the score is tied.

A new criterion was added to the rule: "The wrestler whose opponent has received an unsportsmanlike conduct penalty at any time during the match will continue in the consolation round." If neither wrestler received an unsportsmanlike penalty, then the previously set criteria will be used to determine advancement to the consolation bracket.

The addition criterion was aimed at emphasizing sportsmanship during competition.

American Flag

One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item; of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

.Rules Review: Headlocks

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

The rule also states that wrestlers should know the dangers of hold or maneuver. There is an obligation placed on the coach not to teach or condone a hold or move that may injure either wrestler. Wrestling moves and maneuvers executed properly and legally increase an athlete's chance at victory. 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 for that in wrestling.

Referees must:

- Recognize and anticipate any hold or maneuver, especially a front headlock, as it can become illegal - quickly;
- Stop any hold or maneuver that becomes illegal immediately;
- Utilize the potentially dangerous hold or maneuver call without hesitation to protect the wrestler. If a mistake is made, it is far better to "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 or maneuver run without additional action taking place. That only allows the offensive wrestler more time to tighten the hold or 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;
- 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 or 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.

Rules Regarding Ear Guards

Ear guards are designed to stay on a wrestler's head but there are times when they come loose or are rearranged.

Rule 6-4-5 addresses those situations.

The referee is authorized to stop the match as follows:

- If the wrestlers are in the neutral position, when no take down is in progress, the match may be stopped as soon as the ear guard is displaced.
- If the wrestler is being placed at a disadvantage because the misplaced ear guard is covering the eyes, nose, mouth or is causing choking, the match shall be stopped so that the proper adjustment maybe made.
- In all other situations, the referee shall stop the match only when there is no significant action taking place. It shall be restarted as following an out of bounds.

Remember that ear guards must meet the requirements of **Rule 4-1-4**. They must provide adequate ear protection, pose no injury hazard to the opponent; and must have an adjustable locking device to prevent it from coming off or turning on the wrestler's head.

Grasping an opponent's ear guards is a technical violation (**5-27-1b**).

Special Equipment

Special equipment is defined as any equipment worn that is not required by rule. The face mask worn by this wrestler is one example of special equipment.

If an individual has facial hair it must be covered with a face mask.

Other examples of special equipment are legal hair coverings attached to the ear guards, face masks, braces, casts, supports, eye protection and socks.

Any protective equipment which is hard and/ or abrasive must be covered and properly padded with a closed-cell, slow-recovery foam padding no less than 1/2-inch thick.

Review Duties of Official Scorers, Timekeepers

The scorer's table has always been important to the flow and accuracy of the match. Official scorers have a responsibility to recognize scoring errors as they occur.

NFHS Wrestling **Rules 6-6-4 and 6-6-5** address scoring errors in a dual meet and a tournament.

Wrestling referees have always been required to include instructions to the scorer's table as part of their pre-meet duties. Referees must stress the importance of the official scorer and timekeeper communication- insuring the proper score is being displayed at all times. The displayed score is the only way coaches can detect errors in scoring. During the pre-meet process, referees must develop a system to confirm the match score being displayed is correct. That system must not interrupt the flow of the match. Also, it must not require the referee to go to the scorer's table between periods. Confirming with the table should be as simple as the referee looking at the table and with the official scorer and timekeeper responding using a slight head nod, flashing the green side of a flip disc or pointing a finger in the referee's direction.

The assistant referee, when used, should be aware the proper score is being displayed. Between periods, when the referee is with the wrestlers in the center of the mat, the assistant should confirm the score with the scorer's table.

Referees have to schedule more time at the table in the pre-meet session, not only to discuss the 'error correction' process, but also to review the table's standard responsibilities.

Official Scorer

Here are some key points in dealing with official scorers:

- Recording points and circling the first point(s) scored when signaled by the referee in the regulation match.
- Recording wrestler's choice and position at the start of a period and overtime.
- Constantly confirming the score with timekeepers and scoreboard operators and immediately advising them of disagreements.
- Recording the match's time-of- completion and present the scorebook to the referee at the end of a dual meet.
- Keeping a running team score.
- It is not listed as a responsibility of the scorer to record injury, blood and recovery time.

Timekeeper

Here are some key points in dealing with timers:

- Keep the overall time.
- Recovery time.
- Blood time.
- Accumulation of time-outs for injury.
- Recording the above listed time; or confirm with the official scorer those times are recorded in the scorebook.
- Assisting, when requested by the referee, in determining whether a situation occurred before or after the end of a period.
- Notify the referee of any situation when the match is stopped, or disagreement by the referee, official scorer and timekeeper, or when requested by a coach to discuss a possible error.
- When a visual clock is not available, calling the minutes to referee, contestants and spectators and displaying with visual cards the number of seconds remaining in the last minute of the period, at 15-second intervals.
- Ensuring clocks, buzzers and stopwatches are operable.

A good scorer's table starts with referees performing detailed pre- match duties. The table crew can make a match flow easily, the referee look professional and ensure the proper wrestler wins.

Awarding Near-Fall Points (Bob Messina)

The ultimate reward in wrestling is a pin. Just short of pinning the opponent is earning near-fall points. It is important that the referee accurately determine when near-fall points have been earned.

A near-fall occurs when any part of both shoulders or both scapulae of the defensive wrestler are held within four or less inches of the mat; when one shoulder or scapula of the defensive wrestler is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less with the mat; or when the defensive wrestler is held in a high bridge or on both elbows.

Four inches is approximately the width of a fist. How much is 45 degrees? It is halfway between horizontal and vertical or between being flat on the mat and the shoulders being vertical or 90 degrees.

Counting near-fall points should not start until the shoulder or scapula is held at an angle of 45 degrees or less and counting should not continue if the shoulder and scapula are not continuously held at 45 degrees or less. As soon as the angle becomes greater than 45 degrees, counting shall cease. If the angle is then decreased to 45 degrees or less, counting near-fall points will start over.

Too many times matches are won and lost because of incorrectly awarded near-fall points. It is the responsibility of the referee to anticipate the possibility of near-fall points and to move quickly to be in position to see the full situation in its entirety. Often the window during which an opponent is held in near-fall criteria is very short and limited. Therefore, it is imperative that the referee start counting as soon as the criteria is met and stop counting as soon as the criteria is no longer met. Starting the near-fall count too early or starting it too late are equally wrong and deprive one wrestler or the other. Likewise continuing to count once the shoulder / scapula are out of criteria is equally unforgivable.

There are several mechanics for the referee to keep in mind when actually counting near fall points. First, the count should be visual. The referee should move his/her arm at a 45 degree angle starting near the mat and moving toward the ceiling. If the referee counts parallel to the mat it can be hard for the coaches, scorekeepers and fans to see that a count is actually taking place. The length of time it takes the referee to move his/her arm that distance should be exactly one second. The most common error referees commit is to get caught up in the emotion and count too fast, sometimes completing five counts in about 3 to 3.5 seconds instead of 5 seconds. With practice and also having someone observe you and time your count, it is not hard to develop the pace of one arm swing per second.

Second, the count should be verbal. The count for a fall is silent, however, the count for near-fall points is verbal - at least part of the near-fall count should be verbal. The referee, as he/she starts his/her upward arm movement, should count "1,001," with the "1" coming as the arm finishes the upward movement. The "1,000" is a silent count with the "1" being verbalized.

As long as criteria is met continuously the count continues: 1,001, 1,002, 1003, etc. By counting "1, 2," etc. out loud, everyone knows exactly where the referee is in the count. Until you verbalize the number that particular count, it is not complete. That is important when a wrestler moves in and out of criteria. Even though the referee may show two visual counts, it may have been a 1 count followed by another 1 count because the wrestler was not held continuously in criteria. So even though the referee's arm moved twice, the verbal count would be "1, 1," because criteria was not maintained continuously. It is also important to keep in mind that no matter how many times the referee moves his/her arm, until the referee verbalizes "2" or "5," it is not a 2-point or 3-point near-fall. It is also imperative that, when a wrestler does come out of criteria, the count stops immediately! The referee may be most of the way through the second count, but if criteria is not maintained for the complete 2 seconds, the count should be stopped and no near-fall should be awarded.

Referees who want to advance in the sport of wrestling need to work on the mechanics of awarding near-fall points in order to be consistent and fair. It is imperative that wrestlers be awarded all near-fall points earned and it is just as imperative that wrestlers not be awarded near-fall points that have not been earned. Any time errors are made in either direction, one of the two wrestlers has gained an advantage he or she does not deserve.

MODIFIED WRESTLING

Detailed information about Modified Wrestling is found in the NYSPHSAA Handbook on the NYSPHSAA website.

The requirement for head gear, hair covers and tooth and mouth covers has not been waived.

Rule 2-1-1 has not been waived, therefore all modified wrestling matches shall use National Federation Rules which require a minimum 28 foot circular wrestling area.

Game Conditions

1. A contestant (or team) may participate in competitions not to exceed *14 points* during their season. Points assessed to competitions are as follows:

- a) 1 Point Meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
- b) 2 Point Meets are any competitions where a wrestler or wrestlers compete in three *or four* bouts.

2. No contestant (or team) can accumulate more than *10 points* out of the maximum *14 points* allowed via 2 point contests.

3. No contestant (or team) can accumulate more than 3 points per week.

4. There shall be no competition between wrestlers with an age difference of more than 24 months.

5. At least 2 nights shall elapse between contests.

6. The time periods for bouts shall be as follows:

- a) If a contestant competes in only one bout per contest, the time periods are:

Program 1: Three 1 and 1/2 minute periods

Program 2: 1st Period - 1 minute, 2nd and 3rd Periods - 1 and 1/2 minutes

- b) If a contestant competes in two, three *or four bouts* per contest, the time periods will be either:

1) Three 1 minute periods, or

2) 1st Period: 1 minute, 2nd and 3rd Periods: 1 1/2 minutes.

There must be a 45 minute rest period between bouts.

- c) With Section approval, a sudden victory overtime period shall be permitted in modified wrestling. Wrestlers must start in the standing or referee's position, and the period shall not exceed 30 seconds. (May 2010)

7. Weight Control:

- a) The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under (b).
- b) No attempt at weight reduction before the official weigh-in is permitted except on written permission from the parents and a written recommendation of a physician. Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.
- c) A squad list, indicating the established weight classes for each team member as well as birth dates and ages, shall be sent to all opposing schools.
- d) Wrestlers participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.

8. Weigh-ins on the day of a dual meet shall be established by the Section Athletic Council.

9. For multi-school contests, refer to General Eligibility Rule #10.

10. With Section/League approval, wrestlers shall have the option of wearing a alternative to the traditional singlet. Uniform must include a form-fitting compression shirt and compression shorts, or a form-fitting compression shirt under the school uniform singlet.

Game Rules (Program 1)

1. **Weight Classes:** the official weight classes for competition are: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 140, 148. For schools having only 7th and 8th grade students a 155 pound weight class may be optional. Optional classes may be 74, 165 and unlimited classes with contestants competing weighing within 10 pounds of each other. Minimum weight for the 74 lb. weight class is 67 lbs.
2. **Honor Weigh-in:** The procedures described in the Wrestling Weight Control Plan shall be followed. (NYSPHSAA Handbook)
3. There is no limit to the total team bouts in a contest.
4. **Scoring:** Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Game Rules (Program 2)

1. **Weights:** Weight class is listed first, variance second: 70-80 lbs. (6 lbs.); 80-90 lbs. (6 lbs.); 90-100 lbs. (6 lbs.); 100-110 lbs. (6 lbs.); 110-120 lbs. (6 lbs.); 120-130 lbs. (6 lbs.); 130-140 lbs. (6 lbs.); 140-150 lbs. (6 lbs.); 150-160 lbs. (6 lbs.); heavier weights (as much as 6 lbs.).

Variance: The variance listed above permits a contestant to compete against a contestant who is either in a lower or upper weight group. As long as both wrestlers stay within the variance listed. (i.e. a wrestler in the 70-80 lbs. group who weighs 78 lbs. can compete with a wrestler in the 80-90 lbs. weight group as long as the heavier wrestler does not weigh more than 82 lbs.)

2. **Matching wrestlers:** Both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity.
3. There is no limit to the total team bouts in a contest.
4. **Scoring:** Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Officiating: (NYSPHSAA Handbook) Proper officiating is a most important safety factor. The following policies should be in effect:

1. The use of the “fast whistle” is mandatory when participant safety is questionable.
2. Strict enforcement of all rules violations will inculcate the proper playing habits and attitudes.
3. Special attention should be made to determine “potentially dangerous” holds in wrestling and to eliminate them.
4. It is required that certified officials conduct contests whenever possible.

Changes, Additions or Corrections to the New York Wrestling Interpretation Handbook (Green Book)

1. Changed all dates where necessary.
2. All references to Rules Book photos are now referred to as illustrations.
3. Rule 3-1-4: Changes to protocol to locker room inspection items 1, 3, 15 and 16 explain additional responsibilities of the official during the pre-meet inspection of contestants.
4. Rule 4-2-3: Added cold sores are to be treated as a communicable skin disease. (NFHS Points of Emphasis)
5. Rule 4-2-3: When a wrestler has been diagnosed with Molluscum Contagiosum, the Physician must verify on the current skin form that the wrestler has been treated with curettage and hyfrecator and that it will be covered with a bioclusive bandage to be eligible to compete.
6. Included web site information for the weight control plan.
7. Rule 5-2-5: Added control is not only defined by position it must be demonstrated.
8. Rule 5-19-4: Added the rule requires both contestants to be stationary.
9. Standing Merkel: When the position shown in illustrations 29 and 30 “wrong leg in” is established beyond reaction time, but the wrestlers are standing, this will be considered a rear standing position and a reversal has been earned. (National Federation 2016)
10. Rule 6-2-2: Explains if the wrong wrestler reports to the table and is not eligible for that weight class, the wrestler could be withdrawn without being disqualified. This is the only way it can be considered an honest mistake. If the obligated wrestlers is qualified for that weight class he or she cannot be replaced without being disqualified.
11. Rule 7-1-1 Slams: Added regardless of who hits the mat first or if a knee touches first, a slam can be called.
12. Suplay and Salto: Added or possibly unnecessary roughness.
13. Rule 7-2 Chicken Wing: Added a description of the four possible stages of a chicken wing.
14. Double and Single Tie ups standing: Added to be observed.
15. Stalling During the ultimate tie breaker: Gave an expanded description of how stalling would be called during the ultimate tie breaker.
16. Rule 9-2: Added in a situation where the wrestler was winning by a technical fall commits a flagrant misconduct violation there will be no winner.

Modified Wrestling Changes attached with Meeting Folder.