



**Wrestling
Meeting
Folder
2007-2008**

Random Draw Expanded

1-1-2a A random draw for championship final matches for an individual tournament, regular season and/or state high school championship series, may be used for competition.

Rationale: This rule change allows a random draw for championship final matches in individual tournaments conducted during the year. This would create a more consistent format for individuals to go along with team tournaments.

Tournament directors are allowed to institute a random draw for the championship final matches in an individual regular season and/ or state high school championship tournament series, thanks to a change to Rule 1-1-2. Previously, that option existed only in dual meets.

The draw does not include the consolation finals. The random draw is for the tournament first place matches only. Ping pong balls, playing cards or some other method may be used to facilitate the draw. The random draw shall take place immediately following the conclusion of weigh-ins.

The committee is aware that, in some tournaments, the exciting matches take place early in the day and the other weights wrestle in relative obscurity. The random draw allows those matches to become showcase events, given the draw.

Situation 1: After the last preliminary bouts on Friday evening, the tournament director summons the head coaches for a random draw for the following day's matches.

Ruling 1: Incorrect procedure. The random draw is to take place immediately following the conclusion of weigh-ins on Saturday.

Situation 2: At an invitational tournament, the tournament does not use a random draw prior to the championship finals. One team's head coach protests, pointing out Rule 1-1-2.

Ruling 2: The random draw is optional. Tournament hosts may consider whether they will use the random draw in their tournament.

Optional Referee's Uniform Allowed

3-1-1 The referee's uniform consists of a short sleeve knit shirt, with alternating black and white 1-inch stripes, or gray with black pinstripes, or an event provided shirt common to all referees at that event...

Rationale: This change would allow referees and states another option for their referee's uniform in wrestling. The gray shirt with black pinstripes has been allowed by other sports organizations in wrestling, and has been well received by the fans, coaches, and referees.

Situation 1: The first year referee is in control of the sub-varsity matches and takes the mat in a black and white knit shirt. Following the sub-varsity matches, both the assistant referee and the referee take the mat wearing gray shirts with black pinstripes.

Ruling 1: That is not acceptable. Dressing alike is required for all the referees on the mats at the same time. Referees at different competition levels at different times need to be dressed alike.

Situation 2: In a large gym, there are three mats working simultaneously. The first-year referee has control of the freshman meet, the veteran is working the varsity meet and the third referee has the junior varsity meet. The first-year referee is in a black-and-white shirt, while the other two referees are in gray.

Ruling 2: That is unacceptable. All three referees need to be in similar shirts. If the newer referee has not yet purchased a gray shirt, the other two referees need to switch into their black and white shirts.

Situation 3: A large invitational tournament brings in wrestlers, teams and referees from a 10-state area. While all of the referees packed their gray shirts, the tournament has given each referee complimentary red shirts to wear during the competition.

Ruling 3: That is acceptable. As long as all the referees in the gym are wearing the same uniform, the intent of the rule is satisfied.

Oral Braces Must Be Covered

4-2-5

Each contestant, who has braces or has a special orthodontic device on their teeth, shall be required to wear a tooth and mouth protector. 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. This would include upper and lower teeth if devices are present on both. It is recommended the protector be properly fitted and:

1. Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.

2. Constructed and fitted to the individual by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.

Rationale: The NFHS Sports Medicine Advisory Committee feels that it would be in the best interest from a safety perspective that if a wrestler does have braces, or wears a special orthodontic device on their teeth, they should be covered to protect their opponent 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: A1 reports to the scorer's table and the referee notices braces on the top and bottom of A1's teeth. The referee does not see a tooth and mouth protector.

Ruling 1: The referee does not allow wrestling to start until A1 is properly equipped. The referee should tell the timekeeper to start the injury clock, add one match point to the opposing wrestler's score, deduct one team point from Team A and charge A1 with an injury time-out.

Situation 2: Same as situation 1, except that after 35 seconds, A1 reports back to the referee with an acceptable tooth and mouth protector.

Ruling 2: The referee should direct the timekeeper to stop the injury clock. The wrestlers take the mat to start the first period, with A1's opponent having a 1-0 lead and the head coach from team A will be charged with unsportsmanlike conduct and penalized in accordance with the penalty chart.

Communicable Skin Condition

4-2-3

If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation, as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent...

Rationale: This rule change would help clarify the current rule in that the current written documentation from a physician needs to be on an approved form from either the NFHS or a state association.

In New York State the only acceptable document will be the original signed NYSPHSAA Physician Release Wrestler to Participate with skin lesion(s) form.

New Definition for Start of Match

Rule 5-18-2: "A match begins when the proper wrestler reports to the scorer's table in dual matches and tournaments until the conclusion of wrestling. The conclusion of wrestling occurs when the time expires and the end of the third period when the overtime ends, or when a fall, technical fall, disqualification or a default or forfeit occurs".

NOTE: In New York State "During the match" a match begins when the obligated wrestler properly reports to the scorer's table and ends with the completion of the end of match procedure, or when a fall, technical fall, disqualification or the first point or points are scored in the 1 minute overtime period or the ultimate tie breaker or when the 30 second ultimate tie breaker ends. The match begins for the non obligated wrestler once the wrestler has properly reported.

Situation 1: An overeager 125-pounder bounds to the table when the 112-pound match is set to begin. In violation of Rule 4-1-3, the contestant's visible shoelaces are not secured.

Ruling 1: That would go unpenalized. The 125-pounder is not the proper wrestler, therefore the match has not yet started. Referees may well encounter that situation, perhaps early in the season or with underclassmen in their first varsity match. A smile and a, "Come back and see me in 10 minutes," by the referee is a good way of handling that incident.

New Restart Option: Neutral Position

5-20-5a Prior to assuming an offensive starting position, the offensive wrestler may signal to the referee the neutral position. The defensive wrestler is awarded an escape, and wrestling begins from the neutral position.

Rationale: This rule change would now allow the offensive wrestler another choice from the offensive starting position.

If both wrestlers go out of bounds, requiring a restart, the offensive wrestler may signal for the neutral position restart. The offensive wrestler signals by extending arms above shoulders as a referee would to signal the neutral position.

The offensive wrestler can select the neutral starting position at the beginning of the period or at anytime during the match on a restart.

Neutral. The new rule change allows wrestlers to signal their desire for a neutral position restart. As soon as the referee sees the signal, the referee signals neutral position, awards one "escape" point to the defensive wrestler and directs both wrestlers to the neutral position at the center of the mat.

While the offensive wrestler can choose the neutral position on any restart, tactically it will most often be used toward the end of a match, when the wrestler is behind by a point or two and needs takedown or near-fall points to garner a victory. If that wrestler feels he has better skills from a standing position, those few seconds saved (starting from optional restart position, allowing a quick escape) might be the seconds needed to gain points.

Situation 1: Both wrestlers go out of bounds with wrestler A on top. Wrestler A, knowing he is behind 5-4 with less than a minute remaining, signals for a neutral restart. When the coach sees both wrestlers standing at the center of the mat and the referee getting ready to restart the match, Team A's coach tells the referee he wants an optional restart.

Ruling 1: That request will be denied. Once the referee gets a signal from the wrestler, the referee awards one match point and gets the wrestlers into the neutral start position.

Situation 2: Same as the previous situation, but now it is the coach of the defensive wrestler who tells the referee his wrestler would rather be in the bottom position.

Ruling 2: As in the past, neither the defensive wrestler nor his coach has a role in deciding the type of restart to be used.

Situation 3: Both wrestlers go out of bounds. For the second time in a row, wrestler A waits until wrestler B gets set in the defensive starting position (down on all fours) and then signals to the referee that the decision is for a neutral restart.

Ruling 3: The referee should warn wrestler A for stalling.

Situation 4: Both wrestlers go out of bounds. In what had been a close match, there is now an eight-point difference in the score during the third period. Wrestler A chooses the optional offensive starting position and as they get into position, wrestler A aggressively places one or both hands on wrestler B (far harder than needed).

Ruling 4: The referee shall penalize wrestler A for unsportsmanlike conduct.

Head Coach Penalized for Improper Uniform/Equipment

5-31-1

Coaches and Team Personnel. Unsportsmanlike conduct of coaches and other team personnel is any act, which becomes abusive or interferes with the orderly progress of the match. These acts may occur prior to, during or after a match. This includes violations of the bench decorum rule (7-5-2), taunting, acts of disrespect, or those actions, which incite negative reaction by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart. The head coach shall be penalized for unsportsmanlike conduct if wrestlers report to the scorer's table not in proper uniform, not properly groomed, not properly equipped or not ready to wrestle. Exception: The head coach shall not be penalized when a wrestler reports to the scorer's table with shoelaces that are not properly secured.

Rationale: This rule change now gives rules support for a penalty that reflects the intent behind Rule 1-2-7, which requires the head coach to verify their wrestlers are in proper uniform, properly groomed, properly equipped and ready to wrestle. It does not penalize the head coach when their wrestlers have improperly secured shoelaces.

Easier Default Procedure Approved

6-4-4

~~The coach of the contestant or the contestant has the prerogative to default a match in progress or during an injury time out by informing the referee.~~ Any coach of the contestant or the contestant has the prerogative to default a match to the opponent at any time by informing the referee.

Rationale: This rule change allows a coach or a wrestler to default a match to his opponent at any time. Requiring a wrestler injured by illegal action, who wished to default, to return to wrestling prior to the expiration of recovery time in order to be able to default is undesirable and in some cases an unsafe situation.

The NFHS Wrestling Rules Committee realized that requiring a wrestler injured by illegal action, who wished to default, to return to wrestling prior to the expiration of recovery time in order to be able to default, was undesirable. In some cases, wrestlers were put into an unsafe situation simply to default a match. The change eliminates that issue.

Situation 1: With the score 8-1, wrestler B illegally slams wrestler A to the mat. The referee stops the action and awards penalty points. By rule 8-2-2, wrestler A is allotted two minutes recovery time. Behind by seven points, wrestler A knows he can not win the match and will not be able to advance in the tournament due to the injury. Wrestler A, after consulting with his coach, while sitting on the mat apron, says to the referee before recovery time has expired, "Sir, I default."

Ruling 1: The referee notifies wrestler B, Team B's coach and the scorer's table about the default.

Time For Correction of Errors Extended

6-6-4a1, 5a1

Any error, other than Bad Time (Art. 1) ...must be corrected prior to the wrestler/coach leaving the mat area. Errors by the timekeeper, scorer or referee must be corrected prior to the offended contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area.

Rationale: The previous rule was intended to simplify the process for correction of errors, but instead, it created confusion. This rule change will now allow the referee to correct an error as long as the wrestler or coach remains in the mat area.

Rules 6-6-4a1 and 6-6-5a1 in the *NFHS Wrestling Rules Book*, regarding when a scoring error may be corrected, have been amended. Wording in the rule reverts to wording in 2005-06, which specified that a scoring error by the timekeeper, official scorer or referee can be corrected as long as the wrestler or coach remains in the mat area. No longer must a scoring correction be made before the start of the next period.

Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area.

Situation 1: Wrestler A3 beat the opponent by a score of 11-1. After that bout, A3 went in to shower as A4 reported to the scorer's table and prepared for the next match. Team A's coach remained in the mat area. When the team scores got posted to the large scoreboard, Team A's coach noted that A3 did not get full credit for the victory. Upon investigation, the scorer and referee discover that due to an addition error, the scorer posted the score as 8-1.

Ruling 1: That is a correctable error, within the time frame allowable under the new rule. A3 should be awarded full points and the team score should be corrected to reflect the correct score.

Situation 2: At the end of the third period, the scoreboard shows the match score to be 6-4. Team B's coach thought the score should be 6-6. Upon investigation, the referee discovers that two points awarded in the second period did not get recorded. Once the error is fixed, the score is 6-6 and additional wrestling is needed.

Ruling 2: As long as wrestler B has not left the mat area, overtime may start.

Second Injury Time Outs: All Bases Covered

8-2-1a-h

An injured or ill contestant is entitled to a maximum injury time-out of 1½ minutes, which is cumulative throughout the match, including overtime periods. There is a limit of two injury time-outs, which may be permitted in any match, provided the total time does not exceed 1½ minutes. If a second injury time-out is taken during a regulation period, the opponent ~~shall~~will have the choice of top, bottom or neutral position ~~for~~on the restart. ~~(The up, down or neutral position shall be chosen).~~

EXCEPTIONS: ~~During the tiebreaker, only the top, bottom or defer options are available.~~

a. if the second injury time-out is taken at the conclusion ~~occurs at the end of~~ of the first period, the opponent ~~shall~~will have the choice at the start of the second and third periods;

b. if the second injury time-out is taken at the conclusion of the second period, the opponent shall have the choice at the start of the third period;

c. if the second injury time-out is taken at the conclusion of the third period, the opponent shall have the choice of any one of the three starting positions at the beginning of the sudden victory period;

d. if the second injury time-out is taken any time during the sudden victory period, the opponent shall have the choice of top, bottom or neutral position on the restart;

e. if the second injury time-out is taken at the conclusion of the sudden victory period, the opponent shall have the choice of either top or bottom position at the start of both 30-second tiebreaker periods.

f. if the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period, the opponent shall have the choice of either top or bottom at the start of the second 30-second tiebreaker period.

g. if the second injury time-out occurs at the conclusion of the second 30-second tiebreaker period, the opponent shall have the choice of top or bottom at the start of the ultimate tiebreaker period.

h. if the second injury time-out occurs during either of the 30-second tiebreaker periods or during the ultimate tiebreaker period, the opponent shall have the choice of top or bottom on the restart.

A third injury time-out shall terminate the match. The opponent shall be declared the winner by default.

Rationale: This rule change helps to clarify the exact procedure to follow when administering the second injury time-out. Limiting a wrestler to 1½ minutes of injury time and two injury time-outs has been successful in reducing the number of unnecessary time-outs. Allowing an opponent the choice of position for all remaining periods, both regulation and overtime is too harsh a penalty. This may cause injured wrestlers to decline necessary and needed injury time, which is counter to the NFHS philosophy that safety comes first.

If the second injury time-out is taken at the conclusion of the first period, the opponent shall have the choice at the start of the second and third periods.

If the second injury time-out is taken at the conclusion of the second period, the opponent shall have the choice at the start of the third period.

If the second injury time-out is taken at the conclusion of the third period, the opponent shall have the choice of anyone of the three starting positions at the beginning of the sudden victory period.

If the second injury time-out is taken any time during the sudden victory period, the opponent shall have the choice of top, bottom or neutral position on the restart.

If the second injury time-out is taken at the conclusion of the sudden victory period, the opponent shall have the choice of either top or bottom position at the start of both 30-second tiebreaker periods.

If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period, the opponent shall have the choice of either top or bottom position at the start of the second 30-second tiebreaker period.

If the second injury time-out occurs at the conclusion of the second 30-second tiebreaker period, the opponent shall have the choice of top or bottom position at the start of the ultimate tiebreaker period.

If the second injury time-out occurs during either of the 30-second tiebreaker periods or during the ultimate tiebreaker period, the opponent shall have the choice of top or bottom position on the restart.

A third injury time-out shall terminate the match. The opponent shall be declared the winner by default.

Time to correct illegal equipment is counted as injury time.

Now, with "all the bases covered" there is little for states or referees to interpret.

Editorial Changes

Rule 2-1-1: This rule now states "all mats that are in sections shall be secured together".

Rule 3-1-2: Has added; "The referee has the sole authority for ruling on infractions or irregularities not covered within the NFHS Wrestling Rule."

Rule 3-1-4c: Has added; "including shoelaces being secured".

Rule 4-3-1: Has added; "socks" to the list of special equipment".

NOTE: Excessive sock length has become a concern in high school wrestling due to the fact that the wearer could gain an advantage. In 2006, the issue was an NFHS point of emphasis. Wool socks are becoming a trend; ask wrestlers to remedy it. If they report to the mat with the improper equipment, they have 1-1/2 minutes to correct it. The wrestler could remove the shoes and then the socks and put the shoes back on, or use some scissors and cut the socks to the top of the shoe.

Rule 4 describes what wrestlers are required to wear and lists many items that are optional. Socks are not mentioned as a requirement; therefore they are to be considered special equipment. Any equipment that prevents an opponent from applying legal holds is not permitted.

Socks, if taken to an extreme, can be considered a disadvantage to an opponent. Height, thickness or tightness can result in creating an advantage. If, in the opinion of the referee, socks could create a disadvantage, they could be ruled illegal and would have to be corrected before the wrestler takes the mat.

Rule 4-5-8: Any contestant failing to make weight during the weigh in period shall be ineligible for that weight class. That contestant may weigh in at a higher weight class.

Rule 5-8: A disqualified wrestler is one who is removed from participation in accordance with the Penalty Chart, or properly reports to the scorer's table in a dual meet and then withdraws.

Rule 5-28-1c: Now reads; "interlocking or overlapping the hands, fingers or arms."

Rule 6-1-3: Has added; "The head coach shall be penalized for unsportsmanlike conduct if wrestlers report to the scorer's table not in proper uniform, not properly groomed, not properly equipped or not ready to wrestle. EXCEPTION: The head coach shall not be penalized when a wrestler reports to the scorer's table with shoelaces that are not properly secured."

Rule 6-7-1c4: "at the conclusion of the first 30-second tiebreaker, the opponent will have the choice of top or bottom position".

Rule 6-7-1d: "a fall terminates the match".

Rule 6-7-3: "if the points earned in the sudden victory or ultimate tie breaker involve a takedown or reversal straight to near-fall criteria, the match shall continue until the near-fall or fall situation has concluded".

Rule 7-1-5g; corrected spelling of the word "carotid".

Rule 7-1-5t: "hand(s) in the eye(s) or raking the eye(s); and".

Rule 7-1-5v: "any hold with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation."

Penalty chart: Under Note 2 "Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned."

Rule 9-1-8: "if no scoring occurs in the 30-second ultimate tiebreaker,"

There are four New Scoring Abbreviations:

N4 - Near fall (as a result of injury or bleeding)

FS - False Start

SV - Sudden Victory

UTB - Ultimate Tiebreaker

New Illustration: Photos: #56, #62, #86.

Points of Emphasis

1. Correction of Errors
2. Stalling
3. Sportsmanship
4. Communicable Skin Conditions

INFORMATION FOR COACHES & OFFICIALS FROM NYSPHSAA

NYSPHSAA Meeting 1/9/07

1. Ineligible wrestler: The referee declares a wrestler ineligible at matside check as a proper skin form is not presented. Committee decided that ethically, the coach of the disqualified wrestler should inform the opposing coach that their wrestler is incorrectly listed as eligible on the weigh in sheet. (Note: wrestler has until it is time for him to compete to produce the proper form.)

2. Dual Meet Tournaments that last 2 days:

Weigh ins will be treated the same as a regular tournament. The weigh in on day one counts. If you miss weight on day 2, you may not move up and are out of the tournament. Wrestler can not weigh in at different weight on second day. First day weigh in counts toward the 50% rule.

If a wrestler misses the Day 1 weigh in (sick, SAT exam, overweight), he can not weigh in and wrestle on Day 2. Day I entered the wrestler into the tournament.

NYSPHSAA Meeting 3/26/07

1. The 22 Point Rule for individuals vs. teams for 2007-08

- If an individual exceeds 22 points, the TEAM is ineligible for post season.
- Exhibition match counts for his point total.
- A wrestler can not wrestle 2 times in one day against the same school.
- A wrestler can not accept a forfeit and then wrestle exhibition later that day.

2. Rubber gloves are mandated for blood clean up.

3. Safety equipment worn for competition must be worn in practice (headgear and mouth guard)

4. Modified Matches:

- NYSPHSAA Handbook - a one hour wait time between bouts must be observed.
- Hair and mouth guard rules all apply. Kids should not be allowed to wrestle if they are in violation. Coaches need to make sure kids are aware of it. (Only waiver is wrestling uniform & shoe requirements – letter from NYSPHSAA Executive Sec. 12/19/79)

5. Two duals on same day: A team may wrestle a double dual at one school, but cannot wrestle one dual at one school and then travel to a different school for a second dual on the same day. Can't do it due to second weigh-in at second school.

Flashback to last Year's Changes

Here is a review of the changes approved by the NFHS Wrestling Rules Committee that went into effect for the 2006-07 season. If a subsequent change has rendered one of last year's changes moot or has been modified significantly, it does not appear here.

Weight limit and management

The weight limit increased from 275 to 285 pounds. The change was made in light of the fact that student-athletes are bigger than they were when the limit of 275 pounds was established 20 years ago, and to encourage additional high school athletes to compete in wrestling.

The weight-management guidelines approved in 2005 went into effect. Those guidelines were approved in an effort to discourage rapid-weight loss by student-athletes. Rule 1-3 was modified to provide stronger guidelines discouraging rapid weight loss. Each state association shall develop and utilize a weight-management program that includes hydration testing with a specific gravity not to exceed 1.025 which immediately precedes the body fat assessment; a minimum weight class will be determined by a body fat assessment; and a program to monitor an average weight loss of 1.5 percent a week with descent, may use the minimum weight determined by the body testing as the lowest weight class a wrestler may wrestle during the year. The weight management plan should also involve a nutritional component developed at the local level.

Overtime

A potential of one additional minute was added to the overtime period. If no score occurs in the one-minute sudden victory period, two 30-second tiebreakers will take place. Scoring in those two tiebreakers will be conducted as in a regular match. If the score remains tied at the conclusion of the two tiebreakers, one additional 30-second ultimate tiebreaker period will be conducted, with the first person scoring declared the winner. If no points are scored, the offensive wrestler wins the match.

Pre-meet meeting

Referees meet with the head coaches and captains and explain to them that they are to make certain everyone exhibits good sportsmanship throughout the contest. That made wrestling consistent with other NFHS sports.

Referee conference

When necessary, the referee and assistant shall meet briefly on the edge of the mat away from the wrestlers and coaches away from the scorer's tables to discuss the point of contention (3-2-2f). Wrestlers are to stay within the 10-foot circle while the referees meet. Once the discussion is over, the referee moves to the scorer's table to convey the final decision.

Garments

The text of Rule 4-1-1c was amended to allow full length tights with stirrups under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be a tight fitting, single solid color, unadorned and shall not extend below the knee.

With such an undergarment, no advantage is gained by either wrestler. Undergarments are appropriate for some uniforms. If a garment becomes unserviceable during competition, referees should use their best judgment to remedy the situation and keep an even playing field. It might require removal. It might need some athletic tape. It might need some scissors to remove a torn garment.

Wrestler withdrawal

A wrestler who properly reports to the scorer's table for a dual meet competition cannot be withdrawn or replaced without causing the individual to be disqualified and the weight class forfeited (6-2-2).