

# Wrestling Meeting Folder

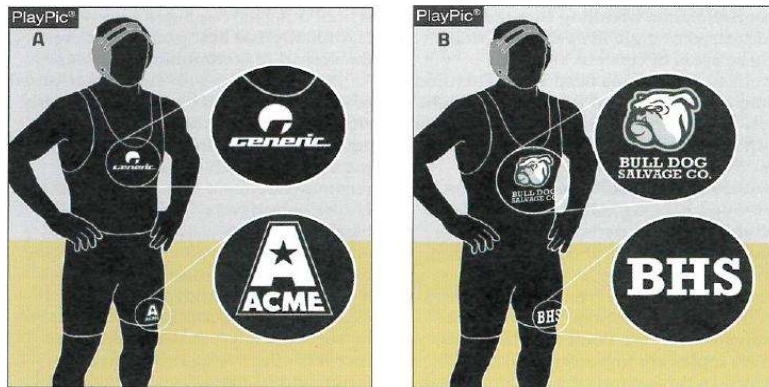
2018-2019

Steve Dalberth, New York State Rules Interpreter

## The NFHS Wrestling Rules Committee made the following rule changes. 2018-19 Season.

According to Rule 4-1-2, any manufacturer's logo/trademark/ reference that appears on the wrestling uniform, including legal hair covering can be no more than 2-1/4 square inches with no dimension more than 2-1/4 inches and may appear no more than once on each item of uniform apparel (PlayPic A). No additional manufacturer's logo/trademark, or promotional reference shall be allowed on the wrestling uniform (PlayPic B).

The words **or promotional reference** has been added this year. The rationale for this change is to prevent commercialization in high school sports and to prevent the exploitation of students.



1. Also, rule 4-1-1a, because the committee approved the use of school-issued compression shorts and or compression shirts to be worn under a one-piece singlet, the wording "single solid color and unadorned" no longer applies.
2. The Committee also passed a change to Rule. 4-5-7 regarding weigh-in attire. Contestants may wear low-cut socks during weigh-ins that cannot be removed or added if the wrestler does not make weight.

Because feet are not inspected during a normal skin check, the wearing of socks will give contestants an option to prevent the spreading of athletes foot and other foot infections.

### NYS Interpreters Note:

The rule allowing the wearing of low-cut socks will apply to New York State wrestlers, however due to our differences in weigh-in procedures from the NHFS a New York State wrestler would be allowed to remove or add the socks to make weight at any time during the weigh-in period.

## New Definition for Inbounds and Out of Bounds

3. In conjunction with the new definition of out of bounds, rules were modified to define how near falls, takedowns, escapes and reversals are scored when wrestlers are near the boundary. Effected rules are Rules 5-10, 5-22-1, 5-22-2, 5-25-1 and 5-25-3.

The rule change eliminates the subjectivity in the out-of-bounds call without increasing the out-of-bounds area. The NFHS Wrestling Rules Committee also believes it helps officials call out of bounds more consistently.

Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inside or on the boundary lines.

When down on the mat, the usual points of support are the **knee(s)**, the side of the thigh, the buttocks, the hand(s) and the head.

Additionally, the committee also voted to modify Rule 5-15-2 to read, "Supporting points are the parts of the body touching the wrestling area **which may or may not bear the wrestler's weight**, other than those parts with which the wrestler is holding the opponent." That means referees no longer have to make a judgment on where the majority of the weight is being supported - any combination of two supporting points means the wrestlers are inbounds. The removal of "majority of weight" will aid the referee in focusing on inbounds and out of bounds, rather than trying to make a judgment on where the majority of the weight is being supported.

When the defensive wrestler is on his or back while the supporting points of either wrestler are inbounds wrestling shall continue. In this situation any part of a defensive wrestler's shoulder or scapula is considered to be all the supporting points.

Wrestling shall continue as long as a total of two all the supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match.

When there is no longer a total of two supporting points of either wrestler on or inside the boundary line, wrestling shall be stopped and wrestlers returned to the center of the mat and started according to the position of each at the time they went out of bounds.

### **Near fall**

Near-fall points or fall shall be earned only while 2 supporting points remains inbounds. The 2 supporting points could be 2 points of one wrestler or 1 point of each wrestler. In a pinning situation, when all parts of the defensive wrestler's shoulders/scapula are in the protection area beyond the boundary line, if the feet including toes and heels of the offensive wrestler are the supporting points, the offensive wrestler's knee(s) must be inside the boundary, whether in contact with or above the mat.

### **Takedown**

It is a takedown when, from the neutral position, a wrestler gains control over the opponent down on the mat and a total of two supporting points of either wrestler are inbounds. When the defensive wrestler's hand(s) **touch the mat** it is considered a supporting point. If there is no action at the edge of the mat, the referee shall stop the match.

In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points are inbounds or while the feet of the scoring contestant finish down on the mat inbounds.

When there is no longer a total of two supporting points of either wrestler or one supporting point of each wrestler, on or inside the boundary line, wrestling shall be stopped and wrestlers returned to the center of the mat and started according to the position of each at the time they went out of bounds.

## **Escape**

An escape is earned when the defensive wrestler gains a neutral position and the opponent has lost control beyond reaction time, while a total of two supporting points of either wrestler are inbounds. The supporting points could be 2 supporting points of one wrestler or one supporting point of each wrestler.

## **Reversal**

It is a reversal when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position while the total of two supporting points are inside or on the boundary line. Two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler. If there is no action at the edge of the mat, the referee shall stop the match.

**Interpreter's Notes: In the past the hands were only considered to be supporting points when wrestlers were in a wheelbarrow position. Now the hands can be considered as supporting points when the wrestlers are down on the mat.**

**Example: Offensive wrestler's body and supporting parts are out of bounds, defensive wrestler's body is out of bounds, but the hands or elbows are still in bounds. Wrestling will be allowed to continue because the two hands or two elbows would be considered two supporting parts of one wrestler.**

**Under rule 5-15-2, the rules book uses the words "touching the wrestling area" but because they also say "which may or may not bare the wrestler's weight", we will disregard the word "touching" and replace it with "inside the wrestling area". This may avoid some confusion in determining what are the supporting parts, when the defensive wrestler is on their back. Remember when the defensive wrestler is on their back, any part of the defensive wrestler shoulder or scapula is considered to be all the supporting points. Any part of the shoulder or scapula that is inside the wrestling area will be considered the supporting point(s) even when they are not bearing weight. In a high bridge with all the weight on the feet and head, the shoulders and scapula will still be considered the defensive wrestlers supporting parts.**

## Stalling Includes Pushing, Pulling, Backing Off

The definition of stalling in Rule 5-24-3 has been expanded by two subsections. It is stalling to pull the opponent off the mat and out of bounds (PlayPic A). It is also stalling to push the opponent off the mat out of bounds. Backing off the mat out of bounds as shown in PlayPics B and C is also a stalling violation.

**Note:** It is not stalling if the wrestler backs off the mat to pivot to get into position to execute a move (PlayPic D).

Other definitions of stalling remain in place. It is stalling in the neutral position when a wrestler continuously avoids contact with the opponent, plays the edge of the mat, prevents the opponent from returning to or remaining inbounds, or is not attempting to secure a takedown.

Each time the wrestlers go out of bounds from a neutral position and create a match stoppage the referee will make a decision as to which wrestler caused the match to be stopped. A wrestler backing off the mat will be called for stalling, if a wrestler is pushed or pulled off the mat the opponent will be called for stalling or the referee could determine that there was good wrestling action and the wrestler just ran out of mat. No penalty in these situations the wrestler will return to the center for a restart.

**If the wrestler backing out immediately after stepping past the line pivots to make a takedown attempt before the opponent steps out, it is not stalling. (PlayPicD)**



### Interpreter's Note:

**In an effort to reconcile this new rule subsection being added for pulling or pushing your opponent off the mat being a stall call, instead of a violation of rule 7-3-1 which states "going out the wrestling area or forcing your opponent out of the wrestling area, by either wrestler at any time as a means of avoiding wrestling, is a technical violation. (Fleeing the mat)"**

**The National Federation provided this response: a technical violation for fleeing the mat could still be called in situations where scoring was imminent. Example: When Wrestler A has a single leg and is in a standing position attempting to finish a takedown and the opponent Wrestler B goes out of bounds in an obvious attempt to prevent Wrestler A from scoring a takedown, a technical violation could be called. It should be noted that the stalling call for pushing or pulling**

**out of bounds only applies to the neutral position. Any other time during the match rule 7-3-1 will still apply as well as in the above example.**

**With the implementation of this new rule it is imperative that coaches instruct their wrestlers to continually strive to remain inbounds from a neutral position to avoid a stalling penalty.**

**This rule will dramatically change high school wrestling this year and in the future, and will require coaches to teach techniques that will prevent match stoppages. The rules book no longer requires a wrestler to back out of bounds repeatedly to be subject to the rule governing stalling. Stalling will be called for backing off the mat right away, similar to college rules.**



## Injury Caused by False Start May Result in Default

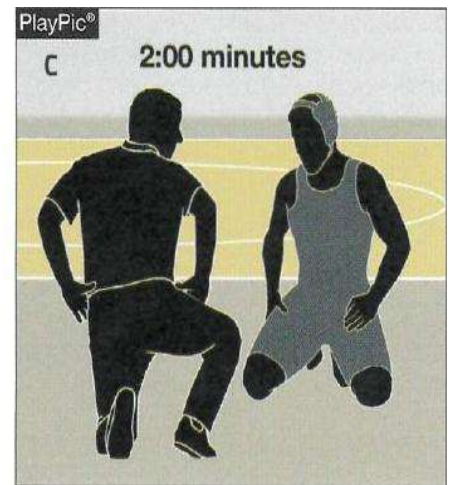
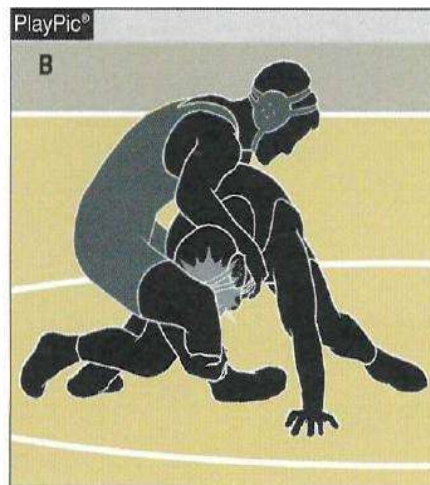
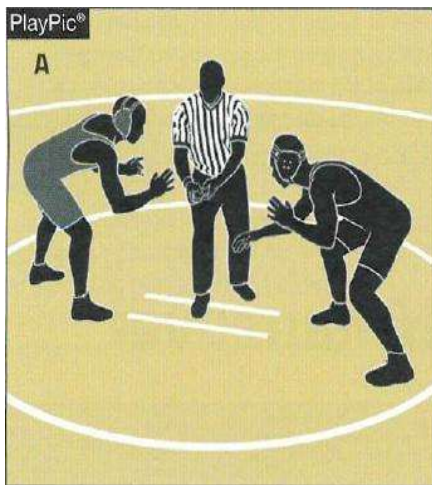
A change to Rule 8-2-2 addresses a situation in which a false start from the neutral position results in an injury to a wrestler such that the wrestler cannot continue after the expiration of recovery time.

In that case, the situation is handled the same as an injury caused by an illegal hold/maneuver, unnecessary roughness, or unsportsmanlike conduct during the match. If the injured contestant is unable to continue following a maximum of two minutes recovery time, the injured contestant shall be awarded the match by default.

An example is seen in the PlayPics. From the neutral position (PlayPic A), a wrestler false starts (PlayPic B) causing an injury to his opponent. The injured wrestler is allotted two minutes of recovery time (PlayPic C), which is not deducted from the injured wrestler's injury time allowance. If the injury is such the injured contestant is unable to continue following a maximum of two minutes recovery time, the injured contestant shall be awarded the match by default.

Rule 5-28-3 regarding recovery time was also amended. If a contestant is injured as a result of an illegal hold/maneuver, unnecessary roughness, or unsportsmanlike conduct during the match **or the result of the false start by the opponent in the neutral position**, the injured wrestler is entitled to two minutes of recovery time, which is not deducted from the injured wrestler's injury time allowance.

**Interpreter's Note:** This situation can be avoided by the use of proper mechanics. On each restart from the neutral the referee should be positioned between the wrestlers to prevent an injury from a false start.



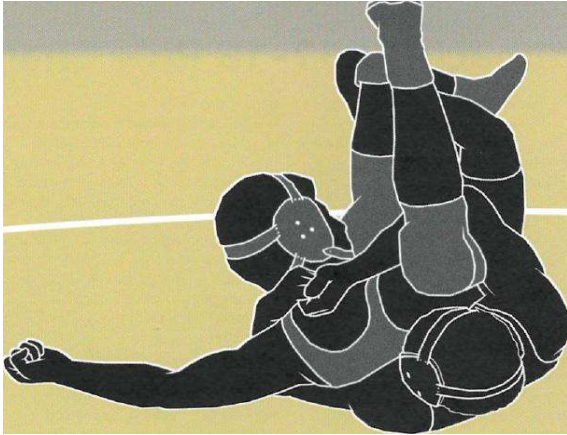
## Back Bow Illegal by Application

Rule 7-1-5q The back bow as illustrated in photo 83 is now considered an illegal hold/maneuver by application. Last year's rules book listed it as an illegal hold under 7-1-5q, but the text under illustration 83 stated that it was only illegal if the pressure was toward the head. It is now illegal as soon as it is applied without regard to pressure.

## Nelson-Cradle Now an Illegal Hold/Maneuver

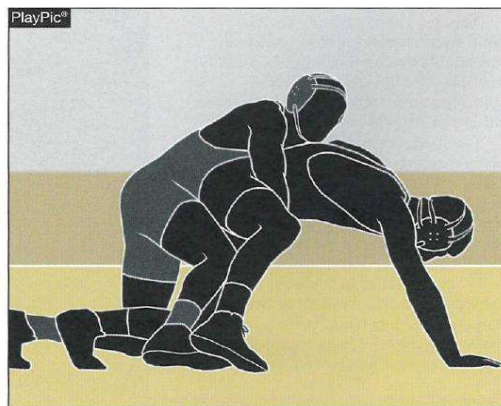
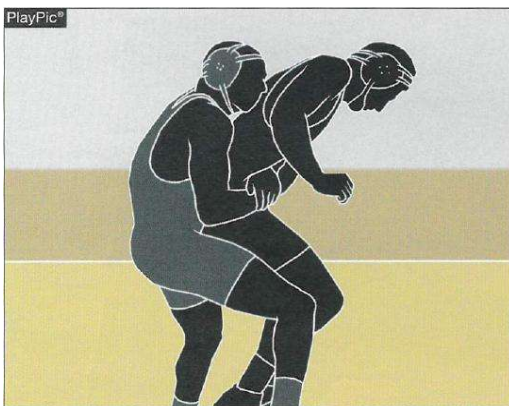
Rule 7-1-5y The Nelson-Cradle is a combination made up of a half nelson on one side with a locked cradle from around the neck with the far side knee. The crotch of the knee acts as the other arm (arm pit) to complete the full nelson pressure on the neck and throat.

Also, the action occurring on the lower spine as the knee is brought up near the head is dangerous. When the move is finished the offensive wrestler can either roll it over or draw it backward which is very painful to the defensive wrestler's neck and body.



## Additional Unsportsmanlike Act Identified

Rule 7-4-2 In addition to repeatedly dropping to one knee to break locked hands, it is now unsportsmanlike conduct to **repeatedly** drop to one hand to break locked hands, as seen in PlayPics A and B. Continuing acts of unsportsmanlike conduct may be construed as flagrant misconduct.



**Interpreter's Note:** This rule is addressing when a wrestler drops to a hand or knee with the sole intent to force the opponent to unlock their hands. Dropping to a hand or knee even if done repeatedly would not be a violation under this rule, if the wrestler dropping immediately executes a maneuver that is designed to escape from or reverse their opponent.



## Flashback: 2017-18 Rule Changes

Here is a review of NFHS wrestling rules changes approved and implemented for the 2017-18 season that are still in force for 2018-19.

**Alternate uniforms approved (Rule 4-1-1).** An alternate two-piece uniform consisting of compression shorts or shorts **designed** for wrestling and a form-fitted compression shirt are legal. A member state association experimented with a 2-piece uniform during the 2016-17 wrestling season and received favorable results and comments from their member schools, wrestlers, coaches and referees.

Wrestlers have the option of the new two-piece uniform or the traditional one-piece singlet.

The compression shorts or shorts designed, for wrestling shall be school-issued and shall have a minimum 4-inch inseam that does not extend below the knee.

The form-fitted compression shirt shall not cover or extend below the elbow and shall have a minimum 3-inch tail. The shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling.

Specific language was developed regarding undergarment requirements for female contestants wearing a one-piece singlet or a form-fitted compression shirt, as well as for male contestants wearing shorts designed for wrestling.

**Salto, Suplay, Front Hurdle now illegal.** In changes designed to reduce the risk of injury, the NFHS Wrestling Rules Committee eliminated three holds/maneuvers.

Appearing in Rule 7-1-5, those affected are:

The straight-back Salto and the straight-back Suplay are illegal regardless of which body part (head, neck or shoulder) hits the mat first.

A front flip and/or front hurdle over an opponent in the standing position is illegal.

"The attempt to flip or hurdle an opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as he or she is not only left to counter the scoring attempt, but is placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver.

**Referee positioning clarified.** Under Rule 5-19-10, the referee no longer may be behind the contestants when starting the wrestlers from the down position. The referee shall be stationary, in front of, and at an angle to the contestants. The referee should establish eye contact with the scorer's table.

The committee determined that the referee cannot be behind the wrestlers and have a view of the scorer's table. When the referee starts to move to go behind the wrestlers, there is a strong tendency for one or both wrestlers to false start. The referee should be in front so both wrestlers have a view of visual hand signals and the sound of the whistle. This is accomplished by the referee taking two or three steps to the open side as the top wrestler is starting to mount the defensive wrestler.

## **NFHS Wrestling Points of Emphasis 2018-19**

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 2018-19 high school wrestling season, attention is being called to: cleanliness of uniforms and pads, braces that are properly padded and covered, stalling, special equipment procedure and preventing injuries from a false start in the neutral position. 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.

### **Braces That are Properly Padded and Covered**

As defined by rule, any equipment that does not permit normal movement of the joints and prevents a wrestler's opponent from applying normal holds/ maneuvers shall not be allowed. Any such equipment not limited to legal hair coverings, ear guards, face masks, braces, casts, supports, eye protection, prosthetics and socks must fit snug against the wrestler's body and if the equipment 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. This precaution is for the wrestler and his opponent so that they can compete to the best of their abilities.

### **Stalling**

Wrestling is an aggressive endeavor and should be coached and executed in that manner. It is expected that wrestlers stay inbounds and compete. There is no passive wrestling. There are no provisions in the rules to allow a wrestler to rest. Backing off the mat out of bounds, pushing or pulling the opponent out of bounds, hands locked around one leg of an opponent without the intent of taking him/her down or preventing the opponent from scoring is considered stalling. Regardless of the position, top, bottom or neutral, stalling is not acceptable. The referee shall be firm and consistent in enforcing the letter and spirit of the rule. They shall be unwavering in their penalizing a stalling infraction without warning or hesitation.

### **Special Equipment Procedure**

Special equipment is identified in Rule 4 as any equipment that is not required by rule. All special equipment should be presented prior to stepping on the mat to begin wrestling. In fact, it is a requirement by rule that the referee will decide on the legality of such equipment. Any equipment that prevents normal movement of the joints and which prevents one's opponent from applying normal holds/ maneuvers should not be allowed. It is reasonable for the wrestler to present his/her special equipment during the weigh-in/skin check period.

### **Preventing Injuries From False Starts In the Neutral Position**

A number of injuries are occurring due to false starts in the neutral position. This is a preventable injury.

It is imperative that the official use proper mechanics to prevent neutral false starts. When starting the match in the neutral position, the officials shall position themselves between the wrestlers to prevent a false start. The official shall blow their whistle while stepping back from between the wrestlers. This mechanic should be a visible reminder to wrestlers that we are concerned about unnecessary injuries that can be alleviated with attention to false starts.

## Awarding Near-Fall Points

The ultimate reward in wrestling is for a wrestler to pin the opponent. Just short of pinning the opponent is earning near-fall points. Other than pinning the opponent nothing changes the complexion of the match more drastically than having near-fall points awarded. Therefore, it is extremely important that the referee accurately determine when near-fall points have been earned. Awarding near-fall points when they have not been earned or not awarding near-fall points when they have been earned both provide an unfair and undeserved advantage to one wrestler or the other.

The first requirement for earning near-fall points is to place the opponent, while controlling him/her, into near-fall criteria, which occurs when any part of both shoulders or both scapulae of the defensive wrestler are held within four inches of the mat or less, or 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.

How much is 4 inches? For most people 4 inches is approximately the 'width of their 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.

Too often referees are seen counting when the shoulder or scapula is held at an angle of 60 degrees or greater with the mat. 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 wrong.

There are several mechanics for the referee to keep in mind when actually counting near fall points. First, the count should be visual when possible. The referee should move his/her arm at an angle starting near the mat and moving vertically. 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. As the referee starts their upward arm movement, they 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.

## Review Duties of Officials 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 time at the scorer's 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, including overtime.

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 in a dual meet.

### **Timekeeper**

Here are some key points in dealing with timers:

- Keep the overall time of the match.
- 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.

## **Biting**

Biting is a serious breach of the NFHS wrestling rules. If, in the opinion of the referee, a wrestler bites his opponent, it will be deemed intentional biting and will be called flagrant misconduct (Rule 5-12-2c). Referees do not have to see the bite in order to call biting. Furthermore, any claim of biting must be brought to the attention of the referee immediately. One should not assume intentional biting has occurred if only one set of teeth marks is present on the skin.

If the referee did not see the alleged bite, he/she should look for the presence of marks from both the upper and lower teeth. Incidental contact with an opponent's open mouth can result in what appears to be a bite; however, the presence of both upper and lower teeth marks is more likely to be the result of an intentional bite than from incidental contact with the teeth.

Referees should pay close attention to a cross-face applied to the area of the mouth, especially when the mouth is open. If teeth marks are present after the cross-face is applied to the mouth, the referee should only call biting if he/she believes the wrestler actually bit down on his/her opponent.



## Observing Headlocks

Front headlocks, as well as all headlocks, have been legal as long as an arm or leg is encircled. 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:**

- Quickly recognize and anticipate any hold/maneuver, especially a front headlock, as it can become illegal;
- Immediately stop any hold/maneuver that becomes illegal;
- 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.

Any one 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.

# Changes to the New York State Wrestling Interpretation Handbook

Page 2, a list of the NYSPHSAA Waivers was added.

Before match – At Mat item 9, added the following “Any time the referee conducts a disk toss, the disk must fall unimpeded to the floor.

Rule 4 added covering special equipment that leg sleeve are considered special equipment and have been authorized for use in New York State.

Rule 4-4-3 Weight reduction now describes what the violation is that this interpretation handbook was addressing.

Weigh-in attire for female contestants’ states that t-shirts are acceptable.

Procedures for Weigh-ins added several paragraphs taken from the Wrestling Program Booklet.

Rule 5-25-1 Advantage Position added the word “on” now reads “**on** or above the knee”.

Added a section on visually impaired wrestlers.

At the end of the Neutral Escape situation added, “in the above statement shred of control has been used to illustrate that once you establish control and are considered the wrestler in the advantage position, the amount of control you must maintain is minimal”.

Rule 7-1-5 Reinforced Headlock now reads, “locking on your own leg (inner thigh) is legal **but** potential dangerous. (**like all other headlocks**)

Rule 7-1-5 removed reference to the full Nelson with the leg included due to the rule change that classifies this as an illegal hold.

Rule 7-2 rewrote the information covering double and single arm tie ups from a standing position.

Under Modified Wrestling Game Rules Program 2 has been changed.