



National Federation of State
High School Associations



2014-15

WRESTLING RULES BOOK

WRRB15

2014-15 NFHS WRESTLING RULES BOOK

ROBERT B. GARDNER, Publisher

Bob Colgate, Editor

NFHS Publications

To maintain the sound traditions of this sport, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

NFHS rules are used by education-based and non-education-based organizations serving children of varying skill levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for athletes, coaches and officials with disabilities.

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2014-15 NFHS Wrestling Rules Changes

(For comments on the 2014-15 rules changes, see [Comments](#) at the end of this book.)

5-1-1: Bad time was clarified to include the situations where the wrong wrestler was given choice of position at the start of the second 30-second tiebreaker or the start of the ultimate tiebreaker.

10-2-9: Further clarification was given to which wrestler advances into the consolation bracket when both wrestlers simultaneously cannot continue in the championship bracket. This rule change further clarifies which wrestler will advance into the consolation bracket when points have been scored in the match.

2014-15 Editorial and Other Changes

[Mat Area Diagrams](#); [4-2-1](#); [4-3-1a](#); [5-1-2](#); [5-18](#); [6-6-2](#); [8-1-1](#); [9-2-2b](#); [11-1-4 NOTE](#) (NEW); [WRESTLING REFEREES' SIGNALS](#) – 26 (NEW), 27 (NEW).

2014-15 Points of Emphasis

- (For complete discussion of the points of emphasis, see [Discussion](#) at the end of the book.)
1. Avoiding Wrestling and Encouraging Wrestling in Center of Mat
 2. Preventing False Starts from Creating Injuries – Preventive Officiating
 3. Hair Coverings
 4. Cleaning Wrestling Mats and Wrestling Equipment
 5. Authority/Responsibility of the Off-Mat Referee to Call Flagrant/Unsportsmanlike Conduct

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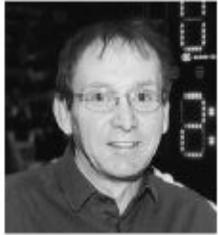
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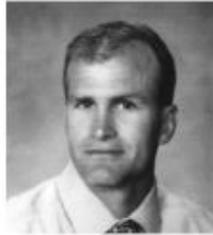
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Disclaimers

Each state high school association adopting these rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS rules should contact the rules interpreter designated by his or her state high school association.

The NFHS is the sole and exclusive source of model interpretations of NFHS rules. State rules interpreters may contact the NFHS for model rules interpretations. No other model rules interpretations should be considered.

DISCLAIMER – NFHS Position Statements and Guidelines

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes or environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time. Position Statements are located at the end of this eBook.

New rules changes are indicated with **highlights**.

Rule 1 Competition

SECTION 1 MATCH

ART. 1 . . . A match is competition between two wrestlers who are of as nearly equal weight as possible.

ART. 2 . . . Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage.

ART. 3 . . . Video recording is authorized unless prohibited by the state high school association.

SECTION 2 DUAL MEET

Art. 1 . . . A series of matches, one in each of the NFHS weight classes, constitutes a dual meet.

Art. 2 . . . Competition in dual meets shall be conducted by random draw of weight classes. In multi-dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. The following procedure shall be used for all random draws:

- a. The random draw shall take place immediately preceding weigh-ins.
- b. The referee or other authorized person shall supervise the random draw.
- c. Subsequent matches will follow in sequential order.

ART. 3 . . . Each team shall designate a captain or captains. Prior to the beginning of the meet, they shall report to the referee for the disk toss to determine which individual is to appear at the scorer's table first for each weight class, and to determine the choice of position at the start of the second period.

ART. 4 . . . Prior to the meet the head coach shall verify that all wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle.

SECTION 3 TOURNAMENT

Art. 1 . . . Individually bracketed tournaments are a series of matches in each of the NFHS weight classes in which each member of the team advances independently on the bracket based on that individual's results.

Art. 2 . . . Team advancement tournaments are a series of matches in each of the NFHS weight classes in which advancement and/or results are based upon the team's collective results.

Art. 3 . . . Combination tournaments are a series of matches in each of the NFHS weight classes in which individuals initially move from round to round as a team (pools) or advance based on team results culminating in the wrestlers placement on an individual bracket with advancement from that point based on individual results.

Art. 4 . . . A random draw of weight classes for championship final matches for an individually bracketed tournament, regular season and/or state high school championship series, may be used for competition. In multi-dual events and team advancement tournaments, the sequence determined by the draw will be followed for that day's subsequent dual-meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. The following procedure shall be used for all random draws:

- a. The random draw shall take place immediately preceding weigh-ins.
- b. The referee or other authorized person shall supervise the random draw.
- c. Subsequent matches will follow in sequential order.

ART. 5 . . . Prior to the meet, the head coach shall verify that all wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle.

ART. 6 . . . Tournaments conducted by state high school associations for qualification to the state high school championships and the championships themselves shall be determined by the individual organization. Each state high school association is privileged to conduct those tournaments as best suits its needs. This authorization applies to [Rule 10](#) and [Rule 11](#) only.

SECTION 4 REPRESENTATION

ART. 1 . . . A school may be represented by only one wrestler in each weight class during dual-meet competition, and no substitution is permitted for any wrestler in dual meets once the wrestler has properly reported to the scorer's table. In individually bracketed tournaments, the contestant representing a school shall be named by weight class prior to the conclusion of the weigh-in and no substitution is allowed after the conclusion of the weigh-in.

ART. 2 . . . For all matches, net weight shall be required. No additional weight allowance is permitted, except as stated in Rules [4-4](#) and [4-5](#).

ART. 3 . . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than five matches (championship or consolation), excluding forfeits in any one day of competition.

ART. 4 . . . No contestant shall wrestle in two consecutive matches with less than a 45-minute rest between them. The conclusion time of each match shall be recorded.

ART. 5 . . . A contestant shall not accept a forfeit in one weight class and compete in another class.

ART. 6 . . . A wrestler who makes weight for one weight class may be shifted to the next higher weight class, provided it is not more than one weight class above that for which the actual weight qualifies. The exact weight of all contestants shall be recorded and submitted to the official scorer.

SECTION 5 WEIGHT-CONTROL PROGRAM

ART. 1 . . . Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, appropriate health-care professional and coach in establishing the minimum certified weight class. An ideal program would be one where an appropriate health-care professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than seven percent for males or 12 percent for females.

ART. 2 . . . For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 12 percent for females shall have a medical release to participate signed by an appropriate health-care professional. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. 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 fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

ART. 3 . . . The state's weight-control program shall require each wrestler to establish a certified minimum weight and prohibit recertification at a lower weight during the season.

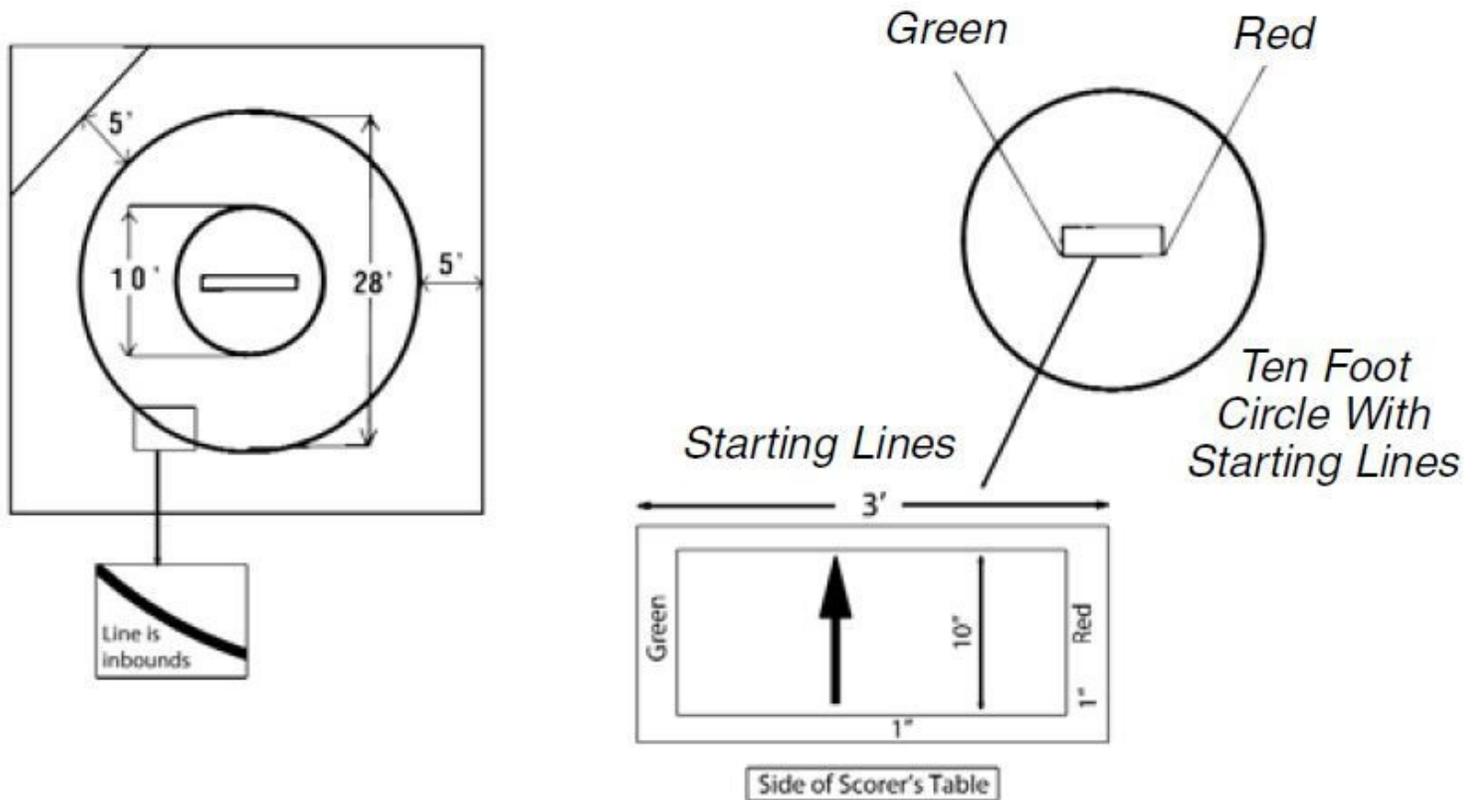
Rule 2 Equipment

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, referees or spectators. Such determinations are the responsibility of equipment manufacturers. See [NFHS Equipment Guidelines in Appendix C](#).

SECTION 1 MAT

ART. 1 . . . The wrestling mat shall be of uniform thickness not more than 4 inches thick nor less than the thickness of a mat which has the shock-absorbing qualities of at least 1-inch PVC vinyl-covered foam. All mats that are in sections shall be secured together.

MINIMUM MAT SIZE



ART. 2 . . . The wrestling area of the mat shall be a circular area with a minimum of 28 feet in diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat area approximately 5 feet wide.

ART. 3 . . . The wrestling area shall be marked on the mat by painted lines, 2 inches wide, which are inbounds. At the center of the mat there shall be a 10-foot circle, indicated by a 2-inch line. When the area enclosed by the 10-foot circle and the inbounds area of the mat are of contrasting colors, the 2-inch line may be omitted.

ART. 4 . . . Starting lines, 1 inch wide, shall be placed at the center of the mat and the front line should lie on the diameter of the 10-foot circle. These 1-inch starting lines shall be parallel, 3 feet long, and 12 inches from outside to outside. The two 3-foot lines shall be connected on one end by a 1-inch red line and on the other end by a 1-inch green line.

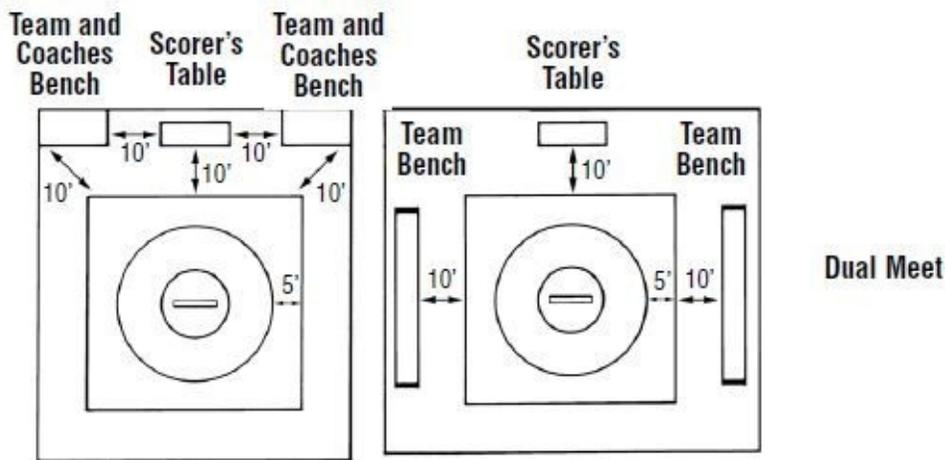
ART. 5 . . . The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat, as well as the team benches and scorer's table where facilities permit. The team bench in dual meets should be at least 10 feet from the wrestling mat and 10 feet from the scorer's table. The diagrams on page 10 are a suggested configuration.

SECTION 2 TEAM BENCHES

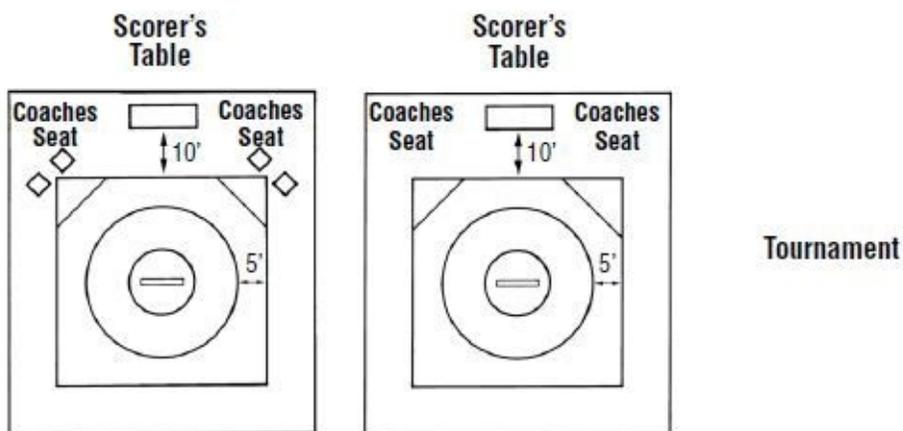
ART. 1 . . . For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area which is at least 10 feet from the edge of the mat and the scorer's table, where facilities permit.

ART. 2 . . . During tournament competition, a maximum of two team personnel (coaches and/or non-participating contestants) will be permitted on chairs at the edge of the mat. It is permissible to allow coaches on the corner of the mat in a restricted zone. In tournaments where coaches are permitted on the corner of the mat, the restricted zone shall be defined by either a contrasting line marked on the mat with paint or tape or a contrasting colored surface under the chairs. The restricted zone shall be no closer than 5 feet to the edge of the circle. Coaches shall be seated at least 10 feet from the scorer's table, where facilities permit.

MAT AREA



Dual Meet



Tournament

SECTION 3 SCORER'S TABLE

A scorer's table shall be placed at least 10 feet from the edge of the mat and from the team bench areas, where facilities will permit. It will be large enough to accommodate the official timekeeper, head scorer and visiting team scorer. When an electric scoreboard is not used, some means of visual scorekeeping shall be provided by the home management.

SECTION 4 SCALES

ART. 1 . . . Scales for weighing in contestants of all teams and all contestants shall be provided by the home management.

ART. 2 . . . The accuracy of these scales shall be certified annually, in accordance with guidelines established by the state association.

Rule 3 Referees and Their Duties

SECTION 1 REFEREE

ART. 1 . . . The referee's uniform consists of a short-sleeved 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, full-length black trousers, black belt (if trousers have belt loops), black socks and black wrestling/gym shoes without colored highlights. The referee shall be neatly attired and have other accessories, including a colored disk, a black lanyard and black whistle, red and green armbands, and a kit to conduct the random draw. The red armband shall be worn on the left wrist and the green armband on the right wrist.

ART. 2 . . . On matters of judgment, the referee shall have full control of the match and the decisions shall be final, based upon the NFHS wrestling rules and interpretations. The referee has the sole authority for ruling on infractions or irregularities not covered within the NFHS wrestling rules.

ART. 3 . . . The jurisdiction time of the referee will begin upon arrival at the site and will conclude with the approval of the scorebook in dual meets and when the referee signs the bout sheet after the last match of a tournament. The meet referees retain clerical authority over the meet through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the meet referees had jurisdiction. State associations may intercede in the event of unusual incidents that occur before, during or after the meet referees' jurisdiction has ended or in the event that a meet is terminated prior to the conclusion of the regulation meet.

ART. 4 . . . Before the dual meet begins, the referee shall:

- a. Inspect contestants for presence of oils or greasy substances on the body or uniform, rosin, objectionable pads, improper clothing, all jewelry, long fingernails, improper grooming, skin condition, health and safety measures;
- b. clarify the rules with coaches and contestants upon request;
- c. have the head coach verify that the team is groomed, properly equipped and ready to wrestle, including shoelaces being secured;
- d. review with the scorers and timekeeper signals and procedures to be used; and
- e. meet with head coaches and captains and explain to them that they are to make certain everyone exhibits good sportsmanship throughout the contest.

ART. 5 . . . The legality of all equipment, including mats, markings, uniforms and special equipment, pads and taping, shall be decided by the referee. A referee's time-out shall be declared for the purpose of correcting legal equipment which becomes illegal or inoperative through use.

ART. 6 . . . Only authorized signals shall be used by the referee when signaling and verbally notifying the contestants and scorer when warning or awarding points to either wrestler. The thumb is not to be

used when signaling point(s), only fingers.

ART. 7 . . . When possible the referee should award points on the edge of the mat calls before blowing the whistle, and giving the hand signal for stopping the match and out-of-bounds.

ART. 8 . . . The referee shall be firm in enforcing the letter and spirit of the rules, consistently penalizing infractions. The referee must enforce penalties for infractions explained in [Rule 7](#) and [Rule 8](#) without hesitation. The referee shall not use TV monitoring, replay or other video equipment in making decisions related to the match.

ART. 9 . . . When penalizing either wrestler, the referee shall stop the match, use the appropriate NFHS signal and announce the penalty in the prescribed manner so that coaches, contestants, scorers and spectators are aware of the penalty, except as noted in [Rule 8-1-2](#).

ART. 10 . . . The referee shall stop potentially dangerous holds/maneuvers, if possible, before they reach the dangerous state.

ART. 11 . . . Following the end of a dual meet or tournament match, the referee shall sign the official scorebook or individual score sheet certifying results and shall also record the time of day at the completion of the meet or tournament.

ART. 12 . . . The referee has the authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.

ART. 13 . . . During injury, blood or recovery time-outs, the referee should be in a position to monitor the appropriate clock and wrestlers. The referee should notify the coach and/or wrestler at the one minute mark and the 30-second mark as to the amount of time remaining.

SECTION 2 ASSISTANT REFEREE

ART. 1 . . . By state high school association adoption, an assistant referee may be used during competition. The use of an assistant referee is designed to minimize human error in matters of rule application and judgment.

ART. 2 . . . The assistant referee will be granted the same mobility as the referee and will complement and assist the referee in making calls. The referee will be in complete control of the match. Following are procedures to follow with the use of an assistant referee:

- a. Constant verbal communication between the referee and the assistant is necessary throughout the match concerning stalling, line calls, illegal holds/maneuvers, technical violations, potentially dangerous holds/maneuvers and time remaining in the period;
- b. The two referees should be facing each other while each is maintaining a view between the wrestlers. Both referees must move to positions on the mat where the best view of wrestling and verbal communications can be achieved;
- c. In a near fall situation, the assistant referee should not be down on the mat, but in a position to observe the action, the clock, and tap the referee when time expires;
- d. If the assistant referee observes interlocking hands or grasping of clothing, the proper signal should be given immediately and the assistant referee should inform the referee of the infraction;
- e. The assistant referee must develop a feel for the match to properly assist the referee. When the assistant disagrees with the referee, the assistant will bring it to the referee's attention immediately. It is not required to stop the match, unless the referee thinks it is necessary. The referee will avoid interrupting the match when significant action is in progress;
- f. 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 table to discuss the point of disagreement;
- g. The assistant may support, disagree or have no opinion relative to a decision. The referee shall prevail in the event of disagreement;
- h. When a decision is reached, the referee will inform the scorer's table of any change in match scoring, timing, etc.;
- i. The referee, assistant referee and two contestants are the only individuals permitted on the wrestling mat. Coaches are not permitted to address the assistant referee and the assistant referee is not permitted to address the coaches. This is the referee's responsibility;
- j. During any headlock, the assistant should be in position to observe any action from underneath and verbally inform the referee of any change from legal to illegal;
- k. During the end-of-the-match procedure, the assistant referee shall be on the edge of the circle to observe both wrestlers and coaches as they leave the wrestling area.

SECTION 3 SCORER

ART. 1 . . . The official scorer shall be seated at the scorer's table and is responsible for:

- a. recording points scored by each contestant when signaled by the referee;
- b. circling the first point(s) scored in the regulation match;
- c. recording the wrestler who makes the choice at the start of the second and third periods and the position of the wrestlers at the start of the second and third periods including overtime;
- d. constantly checking with the visiting team's scorer;
- e. immediately advising the match timekeeper when there is any disagreement regarding the score and advising the scoreboard operator or assistant scorers of the correct score during each match;
- f. recording the completion time of matches; and
- g. presenting the referee with the scorebook at the end of a dual meet for verifying of team scores and signature.

ART. 2 . . . The assistant scorers are responsible for recording points earned by each individual wrestler during the course of the match and circling first point(s) scored in the regulation match. As points are earned in a dual meet, a running team score shall be kept following each individual match.

SECTION 4 TIMEKEEPER

ART. 1 . . . The timekeeper is responsible for:

- a. keeping the overall time of the match;
- b. recording the accumulated time-outs for injury and blood time;
- c. monitoring recovery time;
- d. notifying the referee of any significant situation when the match is stopped, or for disagreement by official scorer and timekeeper, or when requested by a coach to discuss a possible error;
- e. assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period; and
- f. 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.

Rule 4 Wrestlers' Classification and Weigh-In

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, referees or spectators. Such determinations are the responsibility of equipment manufacturers. See [NFHS Equipment Guidelines in Appendix C](#).

SECTION 1 WRESTLERS' UNIFORM

ART. 1 . . . Wrestlers shall wear:

- a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. If sufficient reason is determined by the referee, a tight-fitting, short-sleeved or sleeveless undershirt of a single, solid color unadorned with no more than one manufacturer's logo/trademark/reference may be worn under the one-piece singlet;
- b. either full-length tights, with stirrups, and close fitting outside short trunks or a properly cut one-piece uniform with a minimum 4-inch inseam and a maximum length of above the knee;
- c. a singlet with the top cut as outlined in (a) with full-length tights and stirrups. The uniform shall be a school issued uniform. ([Photo 1](#))

Full-length tights with stirrups are acceptable 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.

ART. 2 . . . Any manufacturer's logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2¼ square inches with no dimension more than 2¼ inches and may appear no more than once on each item of uniform apparel. An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn.

ART. 3 . . . Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If the laces are visible, they shall be secured in an acceptable fashion.

ART. 4 . . . Wrestlers shall wear wrestling ear guards, which provide:

- a. adequate ear protection;
- b. no injury hazard to the opponent; and,
- c. an adjustable locking device to prevent it from coming off or turning on the wrestler's head.

ART. 5 . . . The uniform shall be worn as intended/designed by the manufacturer.

SECTION 2 WRESTLERS' APPEARANCE AND HEALTH

ART. 1 . . . During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well groomed. The hair, in its natural state, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. ([Photos 2-3](#)) A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible. If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied. ([Photo 4](#)) The legal hair cover shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.

If an individual has facial hair it must be covered with a face mask. All legal hair covers and face masks will be considered as special equipment. If an individual's hair is as abrasive as an unshaved face, the individual shall be required to shave the head as smooth as a face is required, or wear a legal hair cover.

ART. 2 . . . Each contestant shall comply with standard health, sanitary and safety measures (See [Rule 3-1-4](#)). Because of the body contact involved, these standards shall constitute the sole reasons for disqualification. Application of this rule shall not be arbitrary or capricious.

ART. 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 an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception 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. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate. (See [NFHS Communicable Disease Procedures in Appendix D.](#))

ART. 4 . . . If a designated, on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition.

Art. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.

ART. 6 . . . 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) shall include an

occlusal (protecting and separating the biting surfaces) and a labial (protecting the teeth and supporting structures) portion and cover 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:

- a. Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.
- b. Constructed and fitted to the individual by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.

SECTION 3 SPECIAL EQUIPMENT

ART. 1 . . . Special equipment is defined as any equipment worn that is not required by rule. Any equipment which does not permit normal movement of the joints and which prevents one's opponent from applying normal holds/maneuvers shall not be permitted. Special equipment includes, but is not limited to:

- a. Legal hair coverings attached to the ear guards, face masks, braces, casts, supports, eye protection and socks;
- b. 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 ½-inch thick;

ART. 2 . . . All parts of a pad must fit snug against the wrestler's body. Loose pads are prohibited.

ART. 3 . . . Taping or strapping which substantially restricts the normal movement of a joint shall be prohibited. The taping of fingers and thumb is not a violation.

ART. 4 . . . To help identify contestants, red and green leg bands may be worn on either or both legs.

ART. 5 . . . Wrestlers may not wear wristbands, sweatbands or bicep bands during a match.

ART. 6 . . . Electronic devices that enable communication between coach and contestant during a match are not permitted.

SECTION 4 WEIGHT CLASSIFICATIONS

ART. 1 . . . Competition shall be in the following weight classes:

106 lbs. 113 lbs. 120 lbs. 126 lbs. 132 lbs. 138 lbs.

145 lbs. 152 lbs. 160 lbs. 170 lbs. 182 lbs. 195 lbs.

220 lbs. 285 lbs.

ART. 2 . . . A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor.

ART. 3 . . . At anytime the use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic-type suits; or similar artificial heating devices; diuretics; or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition.

ART. 4 . . . A 2-pound growth allowance may be added to each weight class any time after the date of certification.

SECTION 5 WEIGHING IN

ART. 1 . . . Contestants of the same gender shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition each day in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.

ART. 2 . . . Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day.

ART. 3 . . . For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around to the 106-pound weight class and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited.

ART. 4 . . . The referee, or other authorized person of the same gender, shall supervise the weigh-ins.

ART. 5 . . . When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s). The acceptable person(s) to receive that notice shall be the head coach, principal or athletic director. Competitions that are postponed for one calendar day or more, for reasons beyond the control of the participating school(s), or practices that cannot be held in these situations due to school policy shall be treated the same as competitions when there are consecutive days of competition in terms of the 1-pound allowance, with the exception of the required 48-hour notice.

ART. 6 . . . A contestant representing a school in an individually bracketed tournament shall be named by weight class prior to the conclusion of the weigh-in.

ART. 7 . . . All contestants shall weigh in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants must also wear a suitable undergarment that covers their breasts.

ART. 8 . . . Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class. That contestant may wrestle in the weight class for which their actual weight

qualifies the contestant, or in the next higher weight class as long as either of these weight classes are permitted by the contestant's individual weight loss plan on that given date. An additional weigh-in is neither required nor allowed.

ART. 9 . . . Any contestant who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb if the contestant chooses to wrestle with it on. Once a wrestler has weighed in with the artificial limb, it shall not be removed during competition.

Rule 5 Definitions

SECTION 1 BAD TIME

ART. 1 . . . Bad time is wrestled with the wrestlers in the wrong position or the wrong wrestler being given choice of position:

- a. at the start of the third period.
- b. at the start of the second 30-second tiebreaker.
- c. at the start of the ultimate tiebreaker.
- d. after opponent has taken his/her second injury time-out.
- e. on the next restart after opponent receives a two-point stalling penalty.

ART. 2 . . . Bad time involves time that occurs when:

- a. a clock should have been stopped at the end of a period; or
- b. wrestling has been allowed to continue following a violation when the match should have been stopped.

ART. 3 . . . Any points, penalties, or injury time that occurred during bad time shall be voided with the following exceptions: flagrant misconduct, unsportsmanlike conduct, unnecessary roughness, illegal holds/maneuvers, and blood time.

ART. 4 . . . Errors requiring bad time to be re-wrestled must be corrected prior to the start of any subsequent period. If the wrong wrestler is given the choice of position at the start of the second period or at the start of the first 30-second tiebreaker in overtime, no re-wrestling is necessary. The opponent may be given the choice at the start of the third period or at the start of the second 30-second tiebreaker in overtime.

SECTION 2 BITING

ART. 1 . . . Biting is an act of flagrant misconduct; and, on the first occurrence, an individual shall be disqualified from competition.

ART. 2 . . . If in the opinion of the referee, a wrestler has bitten an opponent this will be deemed as intentional biting and will be called as flagrant misconduct.

SECTION 3 BYE

ART. 1 . . . When the number of competitors is not a power of 2, that is 4, 8, 16, 32 and 64, there shall be byes in the first round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of two.

ART. 2 . . . There shall be no byes after the first round of competition in both the championship and consolation brackets, and no further drawing is necessary for championship or consolation rounds.

ART. 3 . . . When byes are required for the first round, they shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket.

ART. 4 . . . No quarter-bracket or half-bracket shall have more than one bye in excess of its paired bracket.

ART. 5 . . . After seeded wrestlers have been placed in the bracket and the byes drawn, remaining wrestlers shall be placed by draw.

SECTION 4 CAUTION

ART. 1 . . . A contestant who assumes an incorrect starting position or who false starts receives a caution.

ART. 2 . . . Following two cautions, a 1-point penalty is assessed for each subsequent infraction.

SECTION 5 COACH MISCONDUCT

ART. 1 . . . Coach misconduct occurs when a coach improperly questions the referee at the scorer's table.

ART. 2 . . . When a coach requests a conference with the referee at the scorer's table regarding a possible misapplication of a rule, and it is determined there was no misapplication or when, during a conference at the scorer's table, the coach questions the judgment of the referee, coach misconduct shall be called. The coach misconduct penalty shall always be charged to the head coach.

ART. 3 . . . Coach misconduct results in the following:

- a. First offense – warning;
- b. Second offense – deduct one team point;
- c. Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day. (See [Penalty Chart](#))

SECTION 6 CONTROL

ART. 1 . . . Control occurs when an individual has gained restraining power over an opponent. A wrestler who has control of an opponent is in a position of advantage.

ART. 2 . . . Control is gained when a takedown occurs, and changes when an escape or reversal is scored.

ART. 3 . . . Control determines the awarding of points.

SECTION 7 DEFAULT

A default is awarded when one of the competitors is unable to continue wrestling for any reason.

SECTION 8 DISQUALIFICATION

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.

SECTION 9 DUAL MEET

A series of matches, one in each of the NFHS weight classes, constitutes a dual meet.

SECTION 10 ESCAPE

An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while all the supporting points of either wrestler are inbounds.

SECTION 11 FALL, NEAR FALL & TECHNICAL FALL

ART. 1 . . . A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds. The two seconds (one-thousand-one, one-thousand-two) shall be a silent count and shall start only after the referee is in position to observe if a fall is imminent. A fall is imminent when any part of both shoulders or both scapula of either wrestler are in contact with the mat. The shoulders or scapula must be held inbounds in continuous contact with the mat. A fall terminates wrestling. ([Photos 5-6](#))

ART. 2 . . . A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer. ([Photos 5-8](#))

- a. Criteria for a near fall occur when any part of both shoulders or both scapulae of the defensive wrestler are held within 4 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.
- b. Only the wrestler with the advantage, who has an opponent in the pinning situation, may score a near fall;
- c. A near fall is ended when the defensive wrestler gets out of a pinning situation. The referee must not signal the score for a near fall until the situation is ended and only one near fall shall be scored in each pinning situation, regardless of number of times the offensive wrestler places an opponent in the near-fall position during the pinning situation;
- d. A bridgeback in a body scissors or bridgeovers with a wrist lock are not considered near-fall situations even though a fall may be scored;
- e. When the defensive wrestler places himself in a precarious position during an attempted escape or reversal, a near fall shall not be scored, unless the offensive wrestler has control and restrains the opponent in a pinning situation for two seconds;
- f. If the defensive wrestler is injured or bleeding occurs in an imminent near-fall situation or before the two-point near fall criteria of a two count have been met, the match will be stopped and a two-point near-fall awarded.
- g. If the defensive wrestler is injured or bleeding occurs after the two-point near-fall criteria of a two count have been met and before the three-point near-fall criteria of a five count have been earned, the match will be stopped and a three-point near fall shall be awarded.
- h. If the defensive wrestler is injured or indicates an injury or bleeding occurs after a three-point near fall is earned, the match will be stopped and a four-point near fall shall be awarded;
- i. In [f-h](#), when an imminent or near-fall situation is stopped due to a defensive wrestler committing a technical violation, applying an illegal hold/maneuver, committing unnecessary roughness or unsportsmanlike act which cannot be corrected and requires the referee to stop the match, the match will be stopped and a penalty point(s) shall be awarded in addition to the near

fall points in accordance with [f-h](#).

ART. 3 . . . If the near-fall criteria are met for a period of two seconds, a two-point near fall will be earned and if the near-fall criteria are met for five continuous seconds, a three-point near fall will be earned.

ART. 4 . . . A technical fall occurs when a wrestler has earned a 15-point advantage over the opponent, however;

- a. If a takedown or reversal, straight to near-fall criteria creates a 15-point advantage, the match shall continue until the near-fall situation has concluded.
- b. Once the technical fall has been earned, the offensive wrestler cannot lose the match except by flagrant misconduct.

ART. 5 . . . A fall or near fall shall not be awarded:

- a. Unless any part of both shoulders or both scapulae of the defensive wrestler is inbounds;
- b. If the wrestler being pinned is handicapped by having any portion of the wrestler's body out of bounds.

SECTION 12 FLAGRANT MISCONDUCT

ART. 1 . . . Flagrant misconduct on the part of Coaches or other Team Personnel are acts which:

- a. the referee considers serious enough to remove the offender from the premises;
- b. can occur prior to, during or after a match, including the use of tobacco products.

Flagrant misconduct shall be penalized in accordance with the [Penalty Chart](#).

ART. 2 . . . Contestants:

a. Flagrant misconduct is any physical or nonphysical act which occurs before, during or after a match considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in a multiple school event.

b. Acts include, but are not limited to:

1. striking;
2. butting;
3. elbowing;
4. kicking an opponent;
5. use of any tobacco products.

c. If, in the opinion of the referee, a wrestler bites an opponent this will be deemed as intentional biting and will be called as flagrant misconduct.

SECTION 13 FORFEIT

It shall be considered a forfeit when the opponent, for any reason, fails to appear for a match. In order to receive a forfeit the wrestler shall be dressed in a legal wrestling uniform and appear on the mat.

SECTION 14 ILLEGAL HOLDS/MANEUVERS

ART. 1 . . . Any hold/maneuver used in such a way as to endanger life and limb is illegal. Holds/maneuvers are illegal when a body part is forced beyond the limit of normal range of movement or when unnecessary force is applied to an opponent. (See [Rule 7-1](#))

ART. 2 . . . Any hold/maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation is illegal. ([Photos 9-10](#))

SECTION 15 INBOUNDS

ART. 1 . . . Contestants are considered to be inbounds if all the supporting points of either wrestler are inside or on the boundary lines. ([Photo 11](#))

ART. 2 . . . Supporting points are the parts of the body touching the wrestling area which bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.

a. When down on the mat, the usual points of support are:

1. the knees;
2. the side of the thigh;
3. the buttocks;
4. the hand(s);
5. the head.

b. When the defensive wrestler is on their back while the supporting points of either wrestler are inbounds, wrestling shall continue as long as there is a possibility of the offensive wrestler bringing the opponent back into the inbounds area. In this situation any part of a defensive wrestler's shoulder or scapula is considered to be all the supporting points.

c. Near-fall points or a fall shall be earned only while any part of both defensive wrestler's shoulders or both scapulae are inbounds.

ART. 3 . . . Wrestling shall continue as long as all the supporting points of either wrestler 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.

SECTION 16 MAT

The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat, as well as the team benches and scorer's table where facilities permit.

SECTION 17 MATCH

ART. 1 . . . A match is competition between two individual wrestlers who are of as nearly equal weight as possible.

ART. 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 at the end of the third period, when the overtime ends, or when a fall, technical fall, disqualification or a default occurs.

SECTION 18 OUT OF BOUNDS

Out of bounds occurs when a supporting point of both wrestlers is beyond the boundary line. ([Photo 11](#))

SECTION 19 POSITIONS

ART. 1 . . . Advantage Position. The position of advantage is a situation in which a contestant is in control and maintaining restraining power over an opponent. Control is the determining factor. The failure of the offensive wrestler to get the head out from the defensive wrestler's arm does not necessarily prevent the offensive wrestler from having control. A wrestler may have control, even when the opponent has locked hands around one of the opponent's legs.

ART. 2 . . . Defensive Starting Position. The defensive wrestler's starting position requires the wrestler to be at the center of the circle stationary on hands and knees so both knees are on the mat behind and parallel to the rear starting line. The heels of both hands shall be on the mat in front of the forward starting line. The elbows shall not touch the mat. This position must also allow the offensive wrestler to be able to assume a legal starting position on either side. ([Photo 15](#))

ART. 3 . . . Neutral Position. A neutral position is one in which neither wrestler has control.

ART. 4 . . . Neutral Starting Position. The neutral starting position requires both contestants to be stationary and opposite each other with one foot on the green or red area of the starting lines and the other foot on the line or the line extended, or behind the foot on the line with no part of the body touching the mat in front of the lead foot. ([Photo 12](#))

ART. 5 . . . Offensive Starting Position. The offensive starting position is one in which the wrestler is at the right or left side of an opponent with at least one knee on the mat on the near side of the opponent. The near side is the one on which the offensive wrestler places the palm of the hand on or over the back of the opponent's near elbow. The offensive wrestler's head shall be on or above the mid-line of the opponent's back. The other arm (right or left) is placed loosely around the defensive wrestler's body, perpendicular to the long axis of the body, with the palm of the hand placed loosely over the defensive wrestler's navel. A knee or foot may be placed behind the defensive wrestler's feet. However, the offensive wrestler is not to place a foot or a knee on the mat between the opponent's feet or legs, nor straddle the opponent. The offensive wrestler's legs or feet may not be in contact with the defensive wrestler. ([Photos 13-18](#))

ART. 6 . . . 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.

ART. 7 . . . Optional Offensive Starting Position. The offensive wrestler may use an optional start, by being positioned on either side or to the rear of the opponent supporting all of their weight on both feet, one knee, or both knees. The offensive wrestler is to place the hands on the opponent's back (area between the neck and waist), thumbs touching, and only the hands are to be in contact with the defensive wrestler. The offensive wrestler is not to place a foot, feet, or a knee(s) between the opponent's feet or legs, in front of the forward starting line or the line extended, nor straddles the opponent. ([Photos 19-20](#))

ART. 8 . . . If the offensive wrestler selects the optional starting position, the wrestler must indicate this intent to the referee. The referee shall then inform the defensive wrestler of the offensive wrestler's intentions. If the defensive wrestler is set prior to being informed, readjustment can be

made. ([Photo 19](#))

ART. 9 . . . The referee shall direct the offensive wrestler to assume a legal starting position once the defensive wrestler is stationary in a legal starting position. Once the offensive wrestler has assumed a legal starting position and is stationary, the referee shall verbally say “set” and then pause momentarily before starting wrestling.

ART. 10 . . . When starting the contestants from the down position, the referee may be in front of or behind the contestants. The referee should establish eye contact with the scorer’s table.

SECTION 20 POTENTIALLY DANGEROUS HOLDS/MANEUVERS

Potentially dangerous holds/maneuvers include any hold/maneuver which may cause injury when used legally. Holds/maneuvers become potentially dangerous when a body part is forced to the limit of normal range of movement. The wrestler applying such a hold/maneuver shall be verbally cautioned against forcing it into an illegal position. If the offensive wrestler causes a potentially dangerous hold/maneuver to become illegal, the wrestler shall be penalized according to the [Penalty Chart](#).

SECTION 21 RANDOM DRAW

ART. 1 . . . Random draw is the random selection of one of the 14 weight classes to determine the starting weigh-in order and order of weight classes for the dual meet. 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. The draw shall take place immediately preceding the weigh-ins and be supervised by the referee or other authorized person. The weight class drawn will be considered an odd match and will determine which weight class will start weigh-ins and the dual meet with the other weight classes following in the sequential order.

ART. 2 . . . The referee is required to have a kit available to facilitate the random draw.

SECTION 22 REVERSAL

ART. 1 . . . 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 all the supporting points of either wrestler are inbounds. ([Photos 21-22](#))

ART. 2 . . . In awarding a reversal at the edge of the mat, control must be established while all the supporting points of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.

SECTION 23 STALEMATE

It is a stalemate when contestants are interlocked in a position other than a pinning situation, in which neither wrestler can improve their respective position(s); or either competitor has the hands locked around one leg of the opponent to prevent scoring. The referee shall, as soon as possible, stop the match and wrestling shall be resumed as for an out of bounds. Hands locked repeatedly around one leg of an opponent to prevent scoring is considered stalling.

SECTION 24 STALLING

ART. 1 . . . Each wrestler is required to make an honest attempt to stay within the 10-foot circle and wrestle aggressively, regardless of position or the time or score of the match. Action is to be maintained throughout the match by the contestants wrestling aggressively whether in the top, bottom or neutral position and both contestants are equally responsible for initiating action. It is the responsibility of contestants, coaches and referees to avoid the use of stalling tactics or allowing the use thereof. This shall be demonstrated by those responsible with strict enforcement by referees.

ART. 2 . . . When a referee recognizes stalling occurring at any time and in any position, the offender shall be warned and thereafter violations shall be penalized when stalling recurs. These provisions require the referee to penalize stalling without hesitation. Stalling shall be penalized in accordance with the [Penalty Chart](#).

ART. 3 . . . It is stalling in the neutral position when a wrestler:

- a. continuously avoids contact with the opponent;
- b. plays the edge of the mat;
- c. prevents the opponent from returning to or remaining inbounds; or
- d. is not attempting to secure a takedown.

ART. 4 . . . It is stalling when the contestant in the advantage position:

- a. does not wrestle aggressively and attempts to secure a fall, except when the wrestler intentionally releases the opponent in order to thereafter immediately attempt to secure a takedown;
- b. legally holds the heel to the buttocks while the defensive wrestler is broken down on the mat for more than five seconds; or
- c. holding an opponent's leg with the use of two hands on two legs or two hands on one leg in action not designed to break the opponent down, or is for the purpose of securing a fall, or is to prevent an escape or reversal, is stalling. Repeated grasping and holding the leg or legs with both hands or arms to break an opponent down for the sole purpose of controlling is stalling.

ART. 5 . . . When a defensive wrestler refuses to aggressively attempt escapes or reversals, it is stalling.

ART. 6 . . . It is stalling when either wrestler:

- a. repeatedly grasps or interlocks around one leg of the opponent to prevent scoring; or
- b. delays the match. This includes straggling back from out of bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat; or

c. repeatedly creates a stalemate situation to prevent an opponent from scoring.

ART. 7 . . . The defensive wrestler is not stalling when overpowered.

SECTION 25 TAKEDOWN

ART. 1 . . . It is a takedown when, from a neutral position, a wrestler gains control over the opponent down on the mat and all the supporting points of either wrestler are inbounds. When a majority of the defensive wrestler's weight is borne on a hand(s), it is considered a supporting point(s). ([Photos 23-30](#))

ART. 2 . . . A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler's legs or torso are controlled and the majority of the wrestler's weight is supported by the hands. ([Photo 31](#))

ART. 3 . . . In awarding a takedown at the edge of the mat, control must be established while all the supporting points of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds. ([Photos 32-34](#))

SECTION 26 TAUNTING

Taunting is any act or action which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender, or national origin.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

SECTION 27 TECHNICAL VIOLATIONS

ART. 1 . . . There are five types of technical violations. Each is penalized without warning as outlined in Rule [7-3](#):

- a. Intentionally going out of the wrestling area or forcing an opponent out of the wrestling area.
- b. Grasping of clothing, mat or ear guards.
- c. Interlocking or overlapping the hands, fingers or arms.
- d. Leaving the wrestling area without referee's permission.
- e. Reporting to the scorer's table not properly equipped, ready to wrestle or any equipment that is detected as being illegal after the match has started.

SECTION 28 TIME-OUT

ART. 1 . . . Injury time. If a contestant sustains an injury from a legal maneuver, the wrestler is entitled to a maximum of 1½ minutes which is cumulative throughout the match, including overtime. Two injury time-outs may be permitted in any match provided the total time does not exceed 1½ minutes.

ART. 2 . . . Blood time. If a contestant bleeds, the wrestler will be charged with blood time which is a maximum of five minutes cumulative throughout the match, including overtime.

ART. 3 . . . Recovery time. If a contestant is injured as a result of an illegal hold/maneuver, unnecessary roughness or unsportsmanlike conduct during the match, the wrestler is entitled to two minutes recovery time, which is not deducted from the injured wrestler's injury time allowance.

ART. 4 . . . Referee's time-out. If the referee needs to address a situation not covered by injury, blood or recovery time, a referee's time-out shall be charged.

ART. 5 . . . Coach/Referee Conference. If a coach believes a misapplication of a rule has taken place a conference shall take place in front of the scorer's table. If a correction takes place it shall be a referee's time-out. Otherwise, the coach shall be charged with Coaches Misconduct in accord with the [Penalty Chart](#).

SECTION 29 UNNECESSARY ROUGHNESS

ART. 1 . . . Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but it is not limited to: a) a forceful application of a crossface; b) a forceful trip; c) a forearm or elbow used in a punishing way, such as, on the spine or the back of the head or neck.

ART. 2 . . . Continuing acts of unnecessary roughness may be construed as flagrant misconduct. Penalty points for unnecessary roughness shall be awarded in addition to points earned.

SECTION 30 UNSPORTSMANLIKE CONDUCT

ART. 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](#).

ART. 2 . . . Contestants. Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting, the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one knee to break locked hands, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

ART. 3 . . . Spectators. Any act (physical or nonphysical), which in the opinion of the referee, is serious enough to warrant removal, shall cause the spectator to be removed from the premises for the remainder of the event. It is the home team administration or tournament director's/designee's responsibility to ensure a spectator is removed when directed by the referee.

Rule 6 Conduct of Matches

SECTION 1 LENGTH OF MATCH

ART. 1 . . . Regular matches in dual meets or tournament championship competition, shall be six minutes in length divided into three periods of two minutes each.

ART. 2 . . . Consolation matches shall consist of three periods. The first period shall be one or two minutes in length, and the second and third periods shall each be two minutes in length.

ART. 3 . . . Overtime matches, in tournaments and dual meets, shall consist of one, one-minute period followed by two, 30-second tiebreakers, if necessary, and one, 30-second ultimate tiebreaker, if necessary.

ART. 4 . . . In all matches there is no rest between periods and the match is recessed only long enough to position the wrestlers for the start of the next period.

SECTION 2 STARTING THE MATCH

ART. 1 . . . A team intentionally delaying its appearance to the mat area beyond five minutes of the established dual meet starting time, shall be penalized one team point. If the team does not appear within the next five minutes, there shall be a team forfeiture for the dual meet.

ART. 2 . . . In dual-meet competition, the wrestlers must be ready to go to the scorer's table immediately when called by the referee. The wrestler to be sent to the scorer's table first, who then cannot be withdrawn or replaced without being disqualified and the weight class being awarded to the other wrestler by disqualification if there is one, shall be determined by the pre-meet disk toss. Once the second wrestler has properly reported to the scorer's table in proper sequence, as determined by the pre-meet disk toss, neither can be withdrawn or replaced without disqualification and the weight class awarded by disqualification. Match choices are determined by the random draw. The first match selected is odd. If the even numbered matches are selected, the coach will send its wrestler to the scorer's table first for the even matches. The opposing team then will send its wrestler to the scorer's table first for the odd numbered matches. The referee shall correct errors without penalty to the contestants.

ART. 3 . . . The first period shall start with the wrestlers in the neutral position. The wrestlers will shake hands and when the referee sounds the whistle, they shall begin wrestling. If no fall occurs during the first period, the referee shall begin the second period with the wrestler who has the choice selecting top, bottom, neutral or deferring the choice until the third period. The wrestler who has the choice or the wrestler who is deferred to for choice, shall select the top, bottom or neutral position. ([Photo 35](#))

ART. 4 . . . In matches involving wrestlers with visual impairments, the finger-touch method shall be used in the neutral position and initial contact shall be made from the front. Contact is to be maintained throughout the match. ([Photo 36](#))

SECTION 3 CHOICE OF POSITION

ART. 1 . . . The winner of the toss shall choose the odd or even numbered weight classes listed consecutively. This choice is not altered in case of fall, default, forfeit or disqualification.

ART. 2 . . . During tournament competition, immediately following the end of the first period, the referee shall determine which wrestler has the choice at the start of the second period by the toss of a disk.

ART. 3 . . . The choice of the wrestlers for the start of the third period shall be the reverse of the choice in the second period.

NOTE: If a second injury time-out is taken, the opponent will have choice of position for the restart, (the top, bottom or neutral position shall be chosen). If the second injury time-out occurs at the conclusion of the first period, the opponent will have the choice at the start of the second and third periods. (See [Rule 8-2-1](#))

SECTION 4 STOPPING AND STARTING THE MATCH

ART. 1 . . . When a supporting point of both wrestlers is out of bounds, 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. If the wrestlers go out of bounds in the neutral position, the match shall be resumed with each wrestler at the designated green or red area.

ART. 2 . . . It is a stalemate when:

- a. the contestants are interlocked in a position, other than a pinning situation, in which neither wrestler can improve the position; or
- b. either competitor has hands locked around one leg of the opponent to prevent scoring. The referee shall, as soon as possible, stop the match and wrestling shall be resumed as for out of bounds. If “b” is used repeatedly, it becomes stalling. ([Photo 37](#))

ART. 3 . . . If a wrestler is injured due to legal or illegal action, the referee shall stop the match.

ART. 4 . . . Any coach of the contestant or the contestant has the prerogative to default a match to the opponent at any time prior to the conclusion of wrestling by informing the referee.

ART. 5 . . . If the required protective ear guard is misplaced, the referee is authorized to stop the match as follows:

- a. in the neutral position, when no takedown is in progress, the match may be stopped as soon as the ear guard is displaced;
- b. 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 may be made; or
- c. 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.

ART. 6 . . . When penalizing either contestant, the match may be stopped and restarted as outlined in [Rule 8, Section 1](#).

SECTION 5 END-OF-MATCH PROCEDURE

ART. 1 . . . If no fall occurs during the final period, the referee shall direct the wrestlers to return and remain on the 10-foot circle while the referee verifies the match score. (It may be necessary for the referee to go to the scorer's table.)

ART. 2 . . . The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand.

SECTION 6 CORRECTION OF ERRORS

ART. 1 . . . Errors requiring bad time to be re-wrestled must be corrected prior to the start of any subsequent period. If the wrong wrestler is given the choice of position at the start of the second period or at the start of the first 30-second tiebreaker in overtime, no re-wrestling is necessary. The opponent may be given the choice at the start of the third period or at the start of the second 30-second tiebreaker in overtime.

ART. 2 . . . When an error occurs in positioning wrestlers:

a. at the start of the third period; or

b. at the start of the second 30-second tiebreaker; or

c. at the start of the ultimate tiebreaker; or

d. after the opponent has taken his/her second injury time-out; or

e. on the next restart after the opponent receives a two-point stalling penalty.

NOTE: All points earned during bad time are canceled – Exceptions: Rule [5-1-3](#). In [a.-c.](#) above, following corrections made and a rest of one minute, the period shall be re-wrestled. In [d.](#) and [e.](#) above, and other situations when there is bad time, and if the amount of bad time can be determined by the referee, bad time shall be deleted and/or re-wrestled without delay.

ART. 3 . . . When the timekeeper makes an error or the clock fails to start when the referee indicates time is to begin, the referee is to make a judgment concerning the amount of time that should have been consumed. The referee will adjust the clock accordingly. Errors must be corrected prior to the start of any subsequent period.

ART. 4 . . . Dual meet scoring errors by the referee or official scorer:

a. Match Score

1. 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.

2. Errors involving the computation of match score must be corrected within 30 minutes after the conclusion of the dual meet. If the error necessitates additional wrestling, it must be corrected prior to the next match.

b. Team Score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the conclusion of the dual meet.

NOTE: It is the coach's responsibility to know the team scores at the conclusion of the dual meet. Any discrepancy must be reported within a 30-minute time frame following the conclusion of the dual meet.

ART. 5 . . . Tournament scoring errors by the referee or official scorer:

a. Match Score

1. 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.
2. Errors involving the computation of match score must be corrected prior to the next match in which either wrestler competes. If the error necessitates additional wrestling it must be corrected prior to the offended contestant leaving the mat area.

b. Team Score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the official posting of team scores.

NOTE: It is the coach's responsibility to know the team scores at the conclusion of the tournament. Any discrepancy must be reported within a 30-minute time frame following the conclusion of the tournament.

ART. 6 . . . When a coach believes the referee has misapplied a rule or disagrees with judgment, the coach may approach the scorer's table, request the match be stopped (when there is no significant action) and discuss the matter with the referee directly in front of the scorer's table. Both wrestlers shall return and remain on the 10-foot circle. If the referee has misapplied a rule, necessary adjustments will be made, an explanation to the opposing coach will be made, and wrestling will immediately be resumed. If there is no error, or if the coach disagrees with the referee's judgment, the coaching staff will be penalized for coach misconduct. The first time it occurs in a dual meet or a tournament is a warning; the second time is the deduction of 1 team point; and the third time the head coach shall be removed from the premises for the remainder of the day and 2 team points deducted.

SECTION 7 OVERTIME

ART. 1 . . . When the contestants are tied at the end of the three regular periods, they will wrestle overtime. Overtime will consist of a one-minute sudden victory period, and if needed two 30-second tiebreakers. If the score remains tied at the end of the two 30-second tiebreakers, a 30-second ultimate tiebreaker shall take place. The procedure will be:

- a. no rest between the regulation match and the sudden victory;
- b. wrestlers in the neutral position;
- c. the wrestler who scores the first point(s) will be declared the winner; if no winner is declared by the end of the sudden victory, then the following procedure will be used:
 1. two 30-seconds tiebreakers will be wrestled to completion and score kept as in the regular match;
 2. the referee shall flip a disk to determine which wrestler has the choice of starting position for the first tiebreaker;
 3. the wrestler who has choice in the first tiebreaker may select top, bottom, or defer the choice to the opponent;
 4. at the conclusion of the first 30-second tiebreaker, the opponent will have the choice of top or bottom position;
 5. whichever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner;
 6. if the score is tied at the end of the two 30-second tiebreakers; the choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match (first three periods of the match); the wrestler whose opponent has received an unsportsmanlike conduct penalty at anytime during the match will have the choice of position. The unsportsmanlike conduct penalty will supersede the first points scored in the regulation match; if no points are scored in the regulation match, a flip of the disk shall determine the wrestler who has the choice (points for double-stalling or simultaneous penalties shall be considered as no points for the purpose of the tiebreaker choice);
 7. the wrestler who has choice may select top, bottom or defer the choice to the opponent;
 8. the wrestler who scores the first point(s) during the ultimate tiebreaker will be declared the winner. If no scoring occurs during the ultimate tiebreaker, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.
- d. a fall terminates the match.

ART. 2 . . . Overtime is an extension of the regular match. All points, penalties, cautions, warnings,

time-out and injury time will be cumulative throughout the regular match and the overtime period.

ART. 3 . . . If the points earned in the sudden victory or ultimate tiebreaker 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 Infractions

SECTION 1 ILLEGAL HOLDS/MANEUVERS

ART. 1 . . . A slam is lifting and returning an opponent to the mat with unnecessary force. This infraction may be committed by a contestant in either the top or bottom position on the mat, as well as during a takedown. A slam shall be called without hesitation.

ART. 2 . . . A full, straight-back suplay and the straight-back salto to the head are illegal.

ART. 3 . . . An intentional drill or a forceful fall-back is illegal and usually occurs when the defensive wrestler, from a standing position, goes forcibly to the mat while the offensive wrestler has a scissors or a cross-body ride.

ART. 4 . . . Pulling back as opposed to grasping the thumb or 1, 2 or 3 fingers of an opponent's hand.

ART. 5 . . . Other illegal holds/maneuvers include, but are not limited to: ([Photos 38-90](#))

- a. a double underhook snap back from the standing position; ([Photo 38-40](#))
- b. the hammerlock above the right angle; ([Photo 41-42](#))
- c. the twisting hammerlock along with lifting the elbow off the back in a hammerlock situation; ([Photo 43](#))
- d. any headlock in which the arms or hands are locked around the opponent's head without encircling an arm (elbow or above) or leg (except in the guillotine after near-fall criteria has been met or $\frac{3}{4}$ Nelson); ([Photo 44-58](#))
- e. straight head scissors (even though an arm is included); ([Photo 59](#))
- f. full nelson; ([Photo 60-64](#))
- g. holds/maneuvers putting pressure on the throat and/or carotid artery;
- h. twisting kneelock taken against the joint and/or away from the body; ([Photo 65](#))
- i. keylock; ([Photo 66](#))
- j. overhead double arm bar; ([Photo 67-69](#))
- k. locking the hands behind the back in a double arm bar from the front;
- l. neck wrench; ([Photo 70-72](#))
- m. front, quarter nelson with the chin; ([Photo 74](#))

- n. leg block(cut-back); ([Photo 73](#))
- o. overscissors when pressure is applied against the joint which may cause hyperextension; ([Photo 75-76](#))
- p. bending, twisting or forcing the head or any limb beyond its normal limits of movement; ([Photo 77-82](#))
- q. back bow; ([Photo 83](#))
- r. figure 4 around the body, the head or both legs; ([Photo 84-87](#))
- s. chicken wing with pressure toward the shoulder, parallel to the long axis of the body;
- t. hand(s) in the eye(s) or raking the eye(s);
- u. any hold/maneuver used for punishment;
- v. any hold/maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation;
- w. a back flip from the standing position; and
- x. rear-standing, double-knee kickback. ([Photo 88](#))

ART. 6 . . . A wrestler applying a legal hold/maneuver shall not be penalized when the opponent turns a legal hold/maneuver into an illegal hold/maneuver. The referee shall cause the hold/maneuver to be released when it becomes illegal. The match need not be stopped unless the referee finds it necessary to do so in order to correct the situation. Whenever possible, an illegal hold/maneuver shall be prevented rather than penalized.

SECTION 2 POTENTIALLY DANGEROUS HOLDS/MANEUVERS

ART. 1 . . . Holds/maneuvers are potentially dangerous when a body part is forced to the limit of normal range of movement. The wrestler applying such a hold/maneuver shall be cautioned against forcing it into an illegal position. If the offensive wrestler causes a potentially dangerous hold/maneuver to become illegal, the offender shall be penalized according to the [Penalty Chart](#).

ART. 2 . . . Potentially dangerous holds/maneuvers include:

- a. the double wristlock;
- b. split scissors;
- c. the guillotine, when the arm is forced to such an extent as to endanger a contestant;
- d. chicken wing;
- e. toeholds;
- f. a front headlock or any headlock with an arm or leg encircled; and
- g. other holds/maneuvers which may cause injury when used legally.

Contestants should know the dangers of these holds/maneuvers. The referee should anticipate the dangers of injury from these holds/maneuvers and be in a position to block them before they reach the danger point. The referee shall verbally caution contestants against forcing potentially dangerous holds/maneuvers into illegal positions without interrupting action, unless it is necessary to stop the hold/maneuver in order to prevent injury. When the defensive wrestler stands supporting all of the weight of the offensive wrestler, a potentially dangerous situation exists and the referee shall stop the match. ([Photos 91-102](#))

ART. 3 . . . The double wristlock and chicken wing become illegal when forced into a twisting hammerlock position, or with the force applied parallel instead of perpendicular to the long axis of the opponent's body.

ART. 4 . . . No contestant should ever be put in a position where they must forfeit a neutral position, a position of advantage or a fall because of an injury or danger to life or limb. The referee shall promptly stop any and all holds/maneuvers which are being used for punishment. If a legitimate hold/maneuver is forced to such an extent as to endanger a contestant, or if it becomes a punishing hold/maneuver, the referee shall stop the match in order to require the hold/maneuver to be broken. The match shall be restarted as following an out of bounds.

SECTION 3 TECHNICAL VIOLATIONS

ART. 1 . . . Going out of the wrestling area or forcing an opponent out of the wrestling area, by either wrestler at any time as a means of avoiding wrestling, is a technical violation. Both wrestlers should make every effort to remain inbounds. When the referee feels that either wrestler has failed to make every effort to stay inbounds, the offending wrestler shall be penalized. There can be no technical violation of fleeing the mat if near-fall points have been earned.

ART. 2 . . . Grasping of clothing, mat or ear guards by a contestant is prohibited. Any advantage gained thereby shall be nullified. Grasping of clothing, mat or ear guards to gain or prevent an escape, reversal, takedown, near fall or fall is a technical violation and the penalty points shall be awarded in addition to points earned.

ART . 3 . . . Interlocking or overlapping the hands, fingers or arms around the opponent's body (with or without arms included) or both legs by a wrestler in the advantage position, unless the opponent has all the weight supported entirely by the feet or has lifted the opponent off the mat or the opponent has met near-fall criteria, is a technical violation and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.) ([Photos 103-106](#))

ART. 4 . . . Leaving the wrestling area, without first receiving permission to do so from the referee, is a technical violation.

ART. 5 . . . Reporting to the scorer's table, not properly equipped, or not ready to wrestle or any equipment that is detected as being illegal after the match has started is a technical violation. (See [Penalty Chart](#))

SECTION 4 CONDUCT OF CONTESTANTS

ART. 1 . . . Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but it is not limited to, a forceful application of a crossface, a forceful trip or a forearm or elbow used in a punishing way, such as, on the spine or the back of the head or neck, a forceful slap to the head or face, and/or gouging or poking the eyes. Continuing acts of unnecessary roughness also can be construed as flagrant misconduct. Penalty points for unnecessary roughness shall be awarded in addition to points earned.

ART. 2 . . . Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting and the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one knee to break locked hands, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstance including on the basis of race, religion, gender or national origin.

ART. 3 . . . Flagrant misconduct involves physical or nonphysical acts and they can occur before, during or after a match and is any act considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in the multiple school event. It is not limited to striking, butting, elbowing, kicking, biting an opponent, or using any tobacco products.

SECTION 5 CONDUCT OF COACHES, TEAM PERSONNEL AND OTHERS

ART. 1 . . . All persons affiliated with the team including wrestlers, coaches, athletic trainers and managers are subject to the rules and will be governed by decisions of the referee.

ART. 2 . . . Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out of bounds and resumption of wrestling. During this time the coach may walk behind the team bench to encourage wrestlers, or, when necessary for the team bench to be located in the bleachers, to walk in front of the team area parallel to the bleachers. The coach may approach the scorer's table to request the match be stopped to discuss the misapplication of a rule. The coach may move towards the mat only during a charged time-out or at the end of the match. (See [Rule 2-2](#))

ART. 3 . . . 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 could 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](#).

ART. 4 . . . Coach Misconduct is called when a conference is requested with the referee at the scorer's table regarding a misapplication of a rule, and the referee determines there is no misapplication involved, or when, during a conference, a coach questions the judgment of the referee.

ART. 5 . . . Flagrant misconduct on the part of the coach or any other team personnel is any act which the referee considers serious enough to remove the offender from the premises. These acts can occur prior to, during or after a match. This includes the use of tobacco products. Flagrant misconduct shall be penalized in accordance with the [Penalty Chart](#).

ART. 6 . . . A spectator who acts in an unsportsmanlike manner may be removed from the premises for the remainder of the event. When requested by the referee, the home management shall be responsible for the removal of spectators who become offensive. This shall be done without penalty to either team.

SECTION 6 STALLING

ART. 1 . . . Each wrestler is required to make an honest attempt to stay within the 10-foot circle and wrestle aggressively, regardless of position or the time or score of the match. Action is to be maintained throughout the match by the contestants wrestling aggressively whether in the top, bottom or neutral position and both contestants are equally responsible for initiating action. It is the responsibility of contestants, coaches and referees to avoid the use of stalling tactics or allowing the use thereof. This shall be demonstrated by those responsible with strict enforcement by referees.

ART. 2 . . . When a referee recognizes stalling occurring at any time and in any position, the offender shall be warned and thereafter violations shall be penalized when stalling recurs. These provisions require the referee to penalize stalling without hesitation. Stalling shall be penalized in accordance with the [Penalty Chart](#).

ART. 3 . . . It is stalling in the neutral position when a wrestler:

- a. continuously avoids contact with the opponent;
- b. plays the edge of the mat;
- c. prevents the opponent from returning to or remaining inbounds; or
- d. is not attempting to secure a takedown.

ART. 4 . . . It is stalling when the contestant in the advantage position:

- a. does not wrestle aggressively and attempt to secure a fall, except when the wrestler intentionally releases the opponent in order to thereafter immediately attempt to secure a takedown;
- b. legally holds the heel to the buttocks while the defensive wrestler is broken down on the mat for more than five seconds; or
- c. holding an opponent's leg with the use of two hands on two legs or two hands on one leg in action not designed to break the opponent down, or for the purpose of securing a fall, or to prevent an escape or reversal, is stalling. Repeated grasping and holding the leg or legs with both hands or arms to break an opponent down for the sole purpose of controlling is stalling.

ART. 5 . . . When a defensive wrestler refuses to aggressively attempt escapes or reversals, it is stalling.

ART. 6 . . . It is stalling when either wrestler:

- a. repeatedly grasps or interlocks around one leg of the opponent to prevent scoring; or
- b. delays the match. This includes straggling back from out of bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat; or

c. repeatedly creates a stalemate situation to prevent an opponent from scoring.

ART. 7 . . . The defensive wrestler is not stalling when overpowered.

Rule 8 Penalties and Injuries

SECTION 1 PENALTY ADMINISTRATION

ART. 1 . . . Any contestant reporting to the scorer's table not properly equipped or not ready to wrestle is a technical violation. A wrestler with greasy substance on the body or uniform, improper grooming, objectionable pads and braces, illegal equipment, illegal uniform or any equipment that is detected as being illegal after the match has started shall be disqualified if not removed or corrected within the 1½-minute injury time.

ART. 2 . . . When indicating an infraction, the referee shall stop the match with the following exceptions:

- a. warning or penalizing the defensive wrestler for stalling;
- b. warning or penalizing for stalling in the neutral position;
- c. warning or penalizing the offensive wrestler for stalling or a technical violation when the defensive wrestler is on their feet (regardless of the position/location of the offensive wrestler);
- d. in a pinning situation, to penalize the defensive wrestler;

EXCEPTION: When the situation has concluded, the referee shall stop the match, signal and verbally announce the infraction and award points earned.

- e. locked hands or grasping of clothing by the offensive wrestler while the defensive wrestler is attempting an escape or reversal;

EXCEPTION: The referee shall stop the match when it is obvious the defensive wrestler will not complete an escape or reversal. If the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.

- f. grasping of clothing by the wrestler being taken down when a takedown is imminent.

EXCEPTION: The referee shall stop the match when it is obvious that the takedown will not be completed. If the takedown is successful, the match shall not be stopped to award points.

ART. 3 . . . Penalties and warnings are cumulative throughout the match. Each infraction has its specific penalty. The penalty for an illegal hold/maneuver, technical violation (except false start or incorrect starting position), unnecessary roughness and wrestler's unsportsmanlike conduct in the match is awarding the opponent of the offender one match point on the first and second offenses, and two match points on the third offense. A fourth offense shall result in disqualification. The first call for stalling will receive a warning prior to your opponent being awarded a match point. The first two calls for a false start or incorrect starting position will receive cautions. Following the two cautions, one match point will be received for each subsequent violation. (See [Penalty Chart](#))

ART. 4 . . . Unsportsmanlike conduct by a wrestler prior to or after the conclusion of wrestling, coaches or other team personnel, results in the deduction of one team point for the first offense. On the second offense two team points shall be deducted. The individual will be removed from the premises for the remainder of the event provided authorized school personnel is available to supervise; if no supervision is available, the student shall be confined to the bench area. These penalties carry over in a multiple-day event. (See [Penalty Chart](#))

ART. 5 . . . Coach Misconduct results in the following:

- a. First offense – warning;
- b. Second offense – deduct one team point;
- c. Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day. (See [Penalty Chart](#))

ART. 6 . . . Flagrant misconduct results in disqualification of the individual, immediate removal from the premises and the deduction of three team points on the first offense. A student may be removed from the premises only if there is authorized school personnel present to supervise said student. If no supervision is available, the student shall be confined to the bench area. Any contestant disqualified in an individual tournament competition is not entitled to any points earned in the tournament. All advancement points, fall points, placement points, *etc.* are negated. All vacancies created in the tournament pairing shall be scored as forfeits. In dual-meet competition, any team points earned shall be negated.

Flagrant misconduct will disqualify any individual from the remainder of a multiple school event or a tournament. (See [Penalty Chart](#))

SECTION 2 INJURY

ART. 1 . . . 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. Time required to treat a pre-existing medical condition or illness is also counted as injury time. 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 have the choice of top, bottom or neutral position on the restart.

EXCEPTIONS:

- a. 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.
- 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 second period, and the opponent already has the choice at the beginning of the third period, the opponent would then have the added choice at the first restart after the beginning of the third period.
- d. 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.
- e. 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.
- f. 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.
- g. 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.
- h. If the second injury time-out is taken at the conclusion of the first 30-second tiebreaker period and the opponent already has the choice at the beginning of the second 30-second tiebreaker period, the opponent would then have the added choice at the first restart after the beginning of the second 30-second tiebreaker period.
- i. If the second injury time-out occurs at the conclusion of the second 30-second tiebreaker period unless an opponent has received an unsportsmanlike conduct penalty at anytime during the match, the opponent shall have the choice of top or bottom position at the start of the ultimate tiebreaker period.
- j. 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 required to correct illegal equipment is counted as injury time. Time used to recover and/or replace a contact lens may be charged against a contestant's injury time and count as an injury time-out if the referee determines that this disrupts the flow of the match.

NOTE: Taking an injury time-out for a non-injury situation is unethical. (See [Coaches Code of Ethics, in Appendix E.](#))

ART. 2 . . . If a contestant is injured as a result of an illegal hold/maneuver, unnecessary roughness or unsportsmanlike conduct (during the match) to the extent the contestant is unable to continue following a maximum of two minutes recovery time, the contestant shall be awarded the match by default. In case of an intentional attempt to injure an opponent, the offender shall be penalized for flagrant misconduct. Recovery time for injury because of an illegal hold/maneuver is not deducted from the injured wrestler's injury-time allowance and coaching is allowed. A contestant cannot take injury time immediately following recovery time.

ART. 3 . . . If a wrestler is accidentally injured and is unable to continue the match, the opponent shall be awarded the match by default.

ART. 4 . . . Any contestant who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health-care professional. (See [NFHS Suggested Guidelines for Management of Concussion in Sports, in Appendix B.](#))

ART. 5. . . A designated, on-site, appropriate health-care professional who determines a wrestler should not participate, shall not be overruled.

ART. 6 . . . During a time-out for injury, no more than two team attendants and appropriate health-care professionals shall be permitted on the mat with either wrestler.

ART. 7 . . . Any contestant who is bleeding will be charged with blood time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not stopped within a cumulative time of five minutes, the match shall be terminated and the opponent shall be awarded the match by default.

If bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers or unnecessary roughness and the bleeding contestant uses 5 minutes of blood time, the injured wrestler will be the winner of the contest by default.

Any cleanup necessary after the bleeding has been stopped is not counted against the maximum time limit of 5 minutes.

ART. 8 . . . The match shall be stopped for any wrestler who is bleeding, has an open wound, has any amount of blood on their uniform, or has blood on themselves, shall be directed to be treated until the

bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. (See [NFHS Communicable Disease Procedures, in Appendix D.](#))

Rule 9 Scoring

SECTION 1 INDIVIDUAL MATCH SCORING

ART. 1 . . . Match scoring shall be kept in plain view of spectators, contestants and coaches. It is strongly recommended a visible match timing device be used.

ART. 2 . . . When a takedown is secured, the wrestler shall be awarded two match points.

ART. 3 . . . When the defensive wrestler earns an escape, one point is awarded.

ART. 4 . . . The defensive wrestler, who has earned a reversal, is awarded two points.

ART. 5 . . . The wrestler in the advantage position is awarded two points when near-fall criteria is met for two seconds or if the defensive wrestler is injured or bleeding occurs just prior to near-fall criteria of two seconds is met. When the criteria is met for five seconds, or if the defensive wrestler is injured or bleeding occurs after near-fall criteria has been met for two seconds, a 3-point near fall shall be awarded. If the defensive wrestler is injured or bleeding occurs after a 3-point near fall has been earned, a 4-point near fall shall be awarded. A visual hand count, to determine the time, shall be used when feasible.

SUMMARY OF SCORING

Individual Match		Tournament	
Takedown	2 pts.	Fall	2 pts.
Escape	1 pt.	Default	2 pts.
Reversal	2 pts.	Forfeit.	2 pts.
Near Fall	2, 3 or 4 pts.	Disqualification.	2 pts.
Dual Meet		Advancement	
Fall	6 pts.	Championship Bracket	2 pts.
Forfeit.	6 pts.	Consolation Bracket	1 pt.
Default	6 pts.	Technical Fall	1½ pts.
Disqualification.	6 pts.	Major Decision (8-14)	1 pt.
Technical Fall	5 pts.	Bye followed by a win:	
Major Decision (8-14)	4 pts.	Championship Bracket	2 pts.
Decision (by fewer than 8 pts.)	3 pts.	Consolation Bracket	1 pt.

ART. 6 . . . Penalty points shall be awarded in accordance with the [Penalty Chart](#).

ART. 7 . . . A decision is earned by the wrestler who has scored the greater number of points, as provided by the individual match scoring system, if no fall has resulted during the match. If the

winner's score exceeds the loser's score by fewer than 8 points, it is a regular decision; and if the margin is from 8 to 14 points, it is a major decision. If the margin is 15 points or more it is a technical fall.

ART. 8 . . . If no scoring occurs in the 30-second ultimate tiebreaker, the offensive wrestler will be declared the winner. One match point will be added to the offensive wrestler's score to determine the final match score.

SECTION 2 TEAM SCORING

ART. 1 . . . In dual-meet competition, scoring is based upon the results of each individual match as follows:

- a. for each match won by default, disqualification, fall or forfeit, six points shall be added to the team's total; b. for a technical fall, five points shall be added to the team score; c. for a major decision, four points shall be added to the team score and for a regular decision, three points shall be added; d. A double forfeit is considered as no points for either contestant and no points for either team.
- e. A team forfeit shall be scored 1 to 0; if the offended team is ahead, the score stands.

ART. 2 . . . In dual-meet competition, if teams have identical scores, the following team tiebreaking system shall be used to determine the winner.

- a. The team whose opposing wrestlers or team personnel has been penalized the greater number of team points for flagrant misconduct or unsportsmanlike conduct shall be declared the winner.
- b. The team whose **opposing** head coach has been penalized the greater number of team points for coach misconduct shall be declared the winner.
- c. The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during a match shall be declared the winner.
- d. The team having won the greater number of matches (including forfeits) shall be declared the winner.
- e. The team having accumulated the greater total number of falls, defaults, forfeits and disqualifications shall be declared the winner.
- f. The team having the greater number of technical falls shall be declared the winner.
- g. The team having the greater number of major decisions shall be declared the winner.
- h. The team having the greater number (total match points) of first-point(s) scored shall be declared the winner.
- i. The team having the greater number of points for near-falls shall be declared the winner.
- j. The team having the greater number of takedowns shall be declared the winner.
- k. The team having the greater number of reversals shall be declared the winner.
- l. The team having the greater number of escapes shall be declared the winner.
- m. The team whose opponent has been penalized the greater number of points for stalling shall be declared the winner.

n. The team whose opponent has been warned more often for stalling shall be declared the winner.

o. The team whose opponent has the greater number of penalties for all other infractions (i.e. false starts) shall be declared the winner.

p. If none of the above resolves the tie, a flip of a disk will determine the winner.

Upon determining the winning team by use of the tiebreaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the score followed by the letter of the criterion that broke the tie (e.g. Team A-16; Team B-17, criterion e).

TOURNAMENT TEAM SCORING

	Four Places	Six Places	Eight Places
1.	14 pts.	16 pts.	16 pts.
2.	10 pts.	12 pts.	12 pts.
3.	7 pts.	9 pts.	9 pts.
4.	4 pts.	7 pts.	7 pts.
5.		5 pts.	5 pts.
6.		3 pts.	3 pts.
7.			2 pts.
8.			1 pt.

ART. 3 . . . In tournaments, individual placement points shall be awarded as soon as earned. Placement points already earned shall be deducted in case of forfeit (other than injury) or disqualification from the tournament. Points for team scoring shall be awarded as follows:

a. Two team advancement points shall be scored for each match won in the championship bracket, except for the first-place match. A wrestler who receives a bye in a round where at least one match is wrestled shall be awarded two advancement points by winning the next match. No points are awarded for the bye if the wrestler loses the next match; b. One team advancement point shall be scored for each match won in the consolation elimination, except for the final third-, fifth- and seventh-place matches. A wrestler who receives a bye in a round where at least one match is wrestled shall receive one advancement point, provided the wrestler wins the next round match; c. Two additional points shall be scored for each match won by default, disqualification, fall or forfeit throughout the tournament; d. One and one-half additional points shall be scored for each match won by a technical fall; e. One additional point shall be awarded for each match won by a major decision; f. In tournaments scoring four places, the winner of each championship semifinal shall be awarded 10 place points and the winner of each championship final shall be awarded four additional place points. The winner of each consolation semifinal shall receive four place points and the winner of third place shall receive three additional place points; g. In tournaments scoring six places, the winner of each championship quarterfinal shall be awarded three place points, the winner of each championship semifinal shall be awarded nine

additional place points and the winner of each championship final shall be awarded four additional place points. The winner of the quarterfinal consolation match shall receive three place points. The winner of the consolation semifinals shall receive four additional place points. The winner of third place and the winner of fifth place shall receive two additional place points.

h. In tournaments scoring eight places, the winner of each championship quarterfinal shall be awarded three place points; the winner of each championship semifinal shall be awarded nine additional place points; and the winner of each championship final shall be awarded four additional place points. All winners who reach the quarterfinal consolation shall be awarded one place point. The winner of the quarterfinal consolation match shall receive two additional place points. The winner of the consolation semifinals shall receive four additional place points. The winner of third place and the winner of fifth place shall receive two additional place points. The winner of seventh place shall receive an additional place point.

Rule 10 Individually Bracketed Tournaments

SECTION 1 AUTHORIZATION

ART. 1 . . . Tournaments conducted by state high school associations for qualification to the state high school championships and the championships themselves shall be determined by the individual organization. Each state high school association is privileged to conduct those tournaments as best suits its needs. This authorization applies to Rule 10 and 11 only.

ART. 2 . . . Video recording is authorized unless prohibited by the state high school association.

SECTION 2 ENTRIES

ART. 1 . . . Failure to verify entries by a stipulated deadline or by the completion of weigh-in shall result in disqualification from a tournament. If a stipulated deadline has not been predetermined, the deadline shall be the completion of weigh-ins.

ART. 2 . . . Wrestlers shall be permitted a maximum of five minutes to appear ready to compete at a specified mat. Failure to appear shall result in forfeit to the opponent.

ART. 3 . . . Defeat due to injury in a tournament does not eliminate a contestant from further competition.

ART. 4 . . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default or forfeit for scoring purposes, shall be considered by the tournament director.

ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is because of an injury or illness which occurred during the tournament.

ART. 6 . . . A disqualification may eliminate a contestant from further competition in a tournament, depending on its severity.

ART. 7 . . . Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament except as provided in Article 4 of this section. A forfeit shall be awarded to the opponent.

ART. 8 . . . All vacancies created in the tournament pairings after the first round shall be scored as forfeits.

ART. 9 . . . If two wrestlers in the championship bracket simultaneously cannot continue the match due to both being disqualified for stalling or having their injury or blood time elapse, the wrestler who is leading on points at the time the match is terminated will continue in the consolation bracket. If the match is tied at the time of termination, the wrestler who scored the first point(s) in the match (first three periods, or first or second 30-second tiebreaker) will continue in the consolation bracket. If no points were scored, neither wrestler will continue.

SECTION 3 TOURNAMENT BRACKETS

ART. 1 . . . When the number of competitors is not a power of 2, that is 4, 8, 16, 32 and 64, there shall be byes in the first round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of two.

ART. 2 . . . There shall be no byes after the first round of competition in both the championship and consolation brackets, and no further drawing is necessary for championship or consolation rounds.

ART. 3 . . . When byes are required for the first round, they shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket.

ART. 4 . . . No quarter-bracket or half-bracket shall have more than one bye in excess of its paired bracket.

ART. 5 . . . After seeded wrestlers have been placed in the bracket and the byes drawn, remaining wrestlers shall be placed by draw.

ART. 6 . . . In tournaments, consolation rounds may start with contestants who were defeated by the winners of each first-round matches. At the conclusion of the championship semifinals, the losers of those semifinals may be cross-bracketed into the consolation semifinals.

NOTE: This is dependent on the tournament bracket follow plan.

ART. 7 . . . In tournaments, consolation rounds may start among all contestants defeated by the winner of each quarterfinal match. At the conclusion of the championship semifinals, the losers of those semifinals may be cross-bracketed into the consolation semifinals.

NOTE: This is dependent on the tournament bracket follow plan.

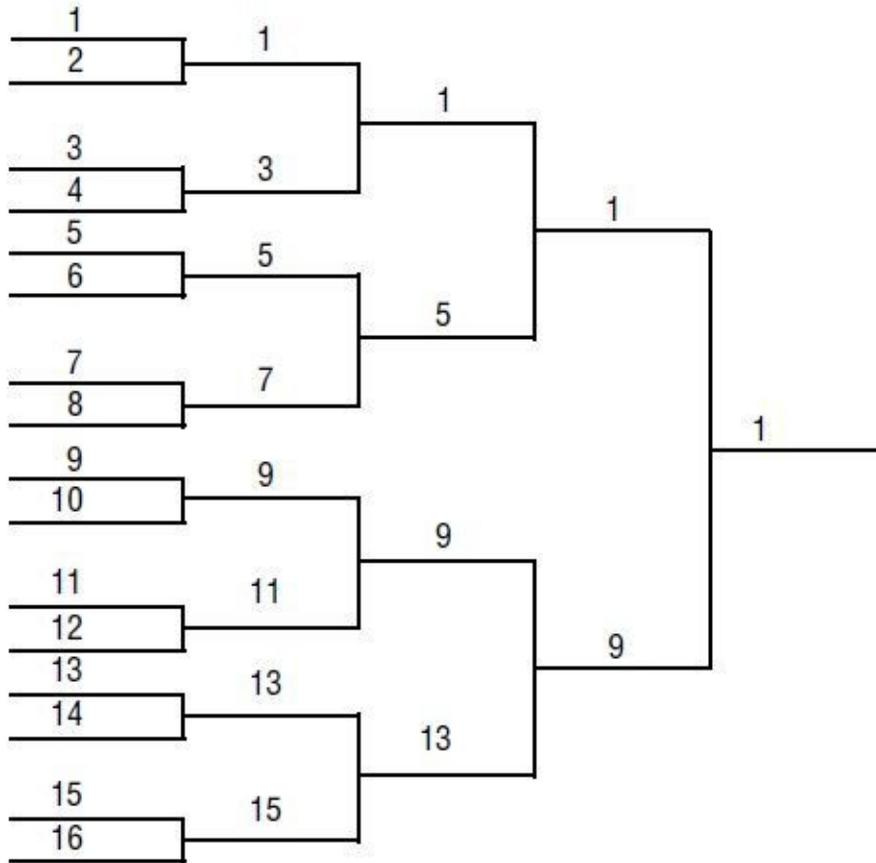
ART. 8 . . . In tournaments in which four places are scored, the consolation round may start among all contestants defeated by the winner of each semifinal match.

ART. 9 . . . Consolation matches to determine third place and subsequent places may be conducted in accordance with the original first round drawings. Those eligible for third place consolation should be matched in the order in which they were defeated by the winners in the quarter-bracket, or in the semifinal bracket.

ART. 10 . . . In the event two wrestlers, who have competed against each other previously in the tournament, are paired again due to the cross-bracketing, the matches shall be wrestled and scored as if the wrestlers had not previously met.

SECTION 4 RECOMMENDED GRAPHIC ILLUSTRATIONS

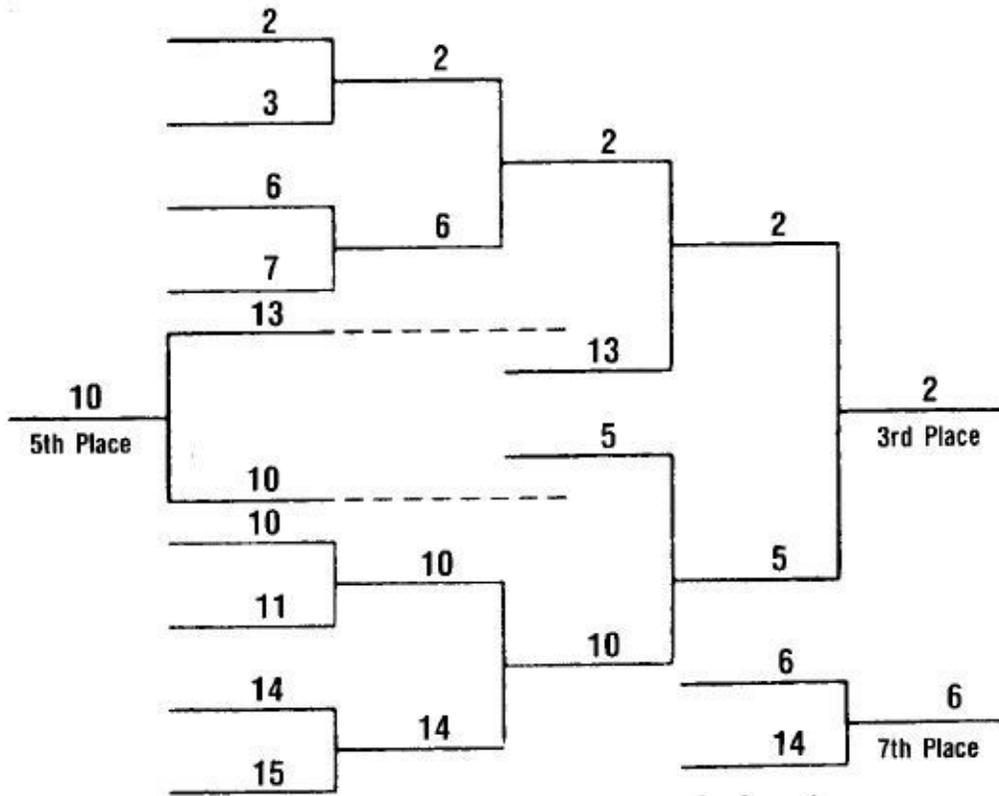
16-COMPETITOR CHAMPIONSHIP BRACKET



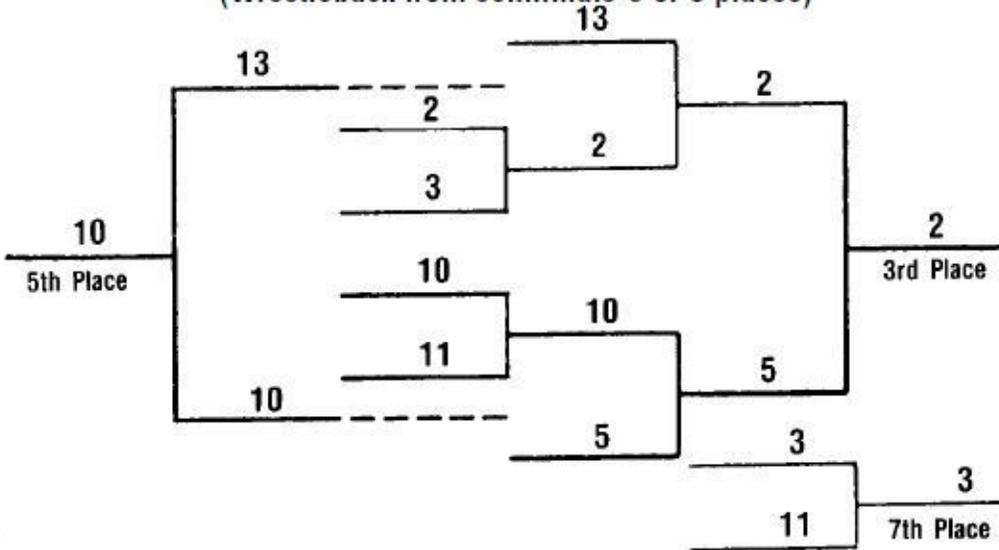
1. The number one seeded wrestler shall be placed on line 1.
 2. The number two seeded wrestler shall be placed on line 16.
 3. The number three seeded wrestler shall be placed on line 9.
 4. The number four seeded wrestler shall be placed on line 8.
 5. The number five seeded wrestler shall be placed on line 5.
 6. The number six seeded wrestler shall be placed on line 12.
 7. The number seven seeded wrestler shall be placed on line 13.
 8. The number eight seeded wrestler shall be placed on line 4.
- Same relative positions will be used for seeds for an eight-wrestler bracket.

CONSOLATION PAIRINGS

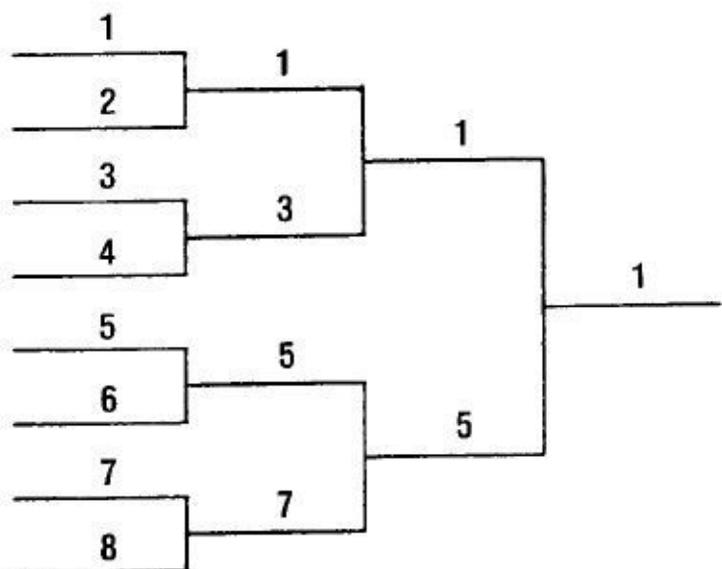
(Wrestleback from quarterfinals-cross bracket from semifinals)



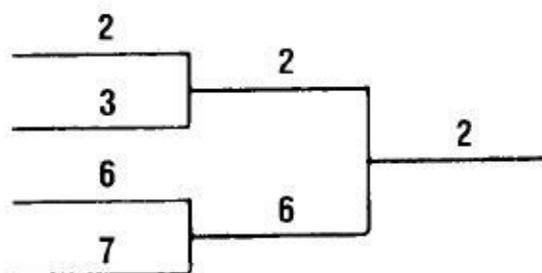
(Wrestleback from semifinals-6 or 8 places)



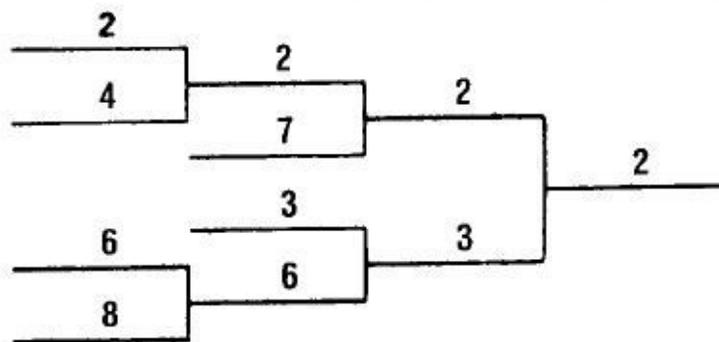
8-COMPETITOR CHAMPIONSHIP BRACKET



CONSOLATION PAIRING

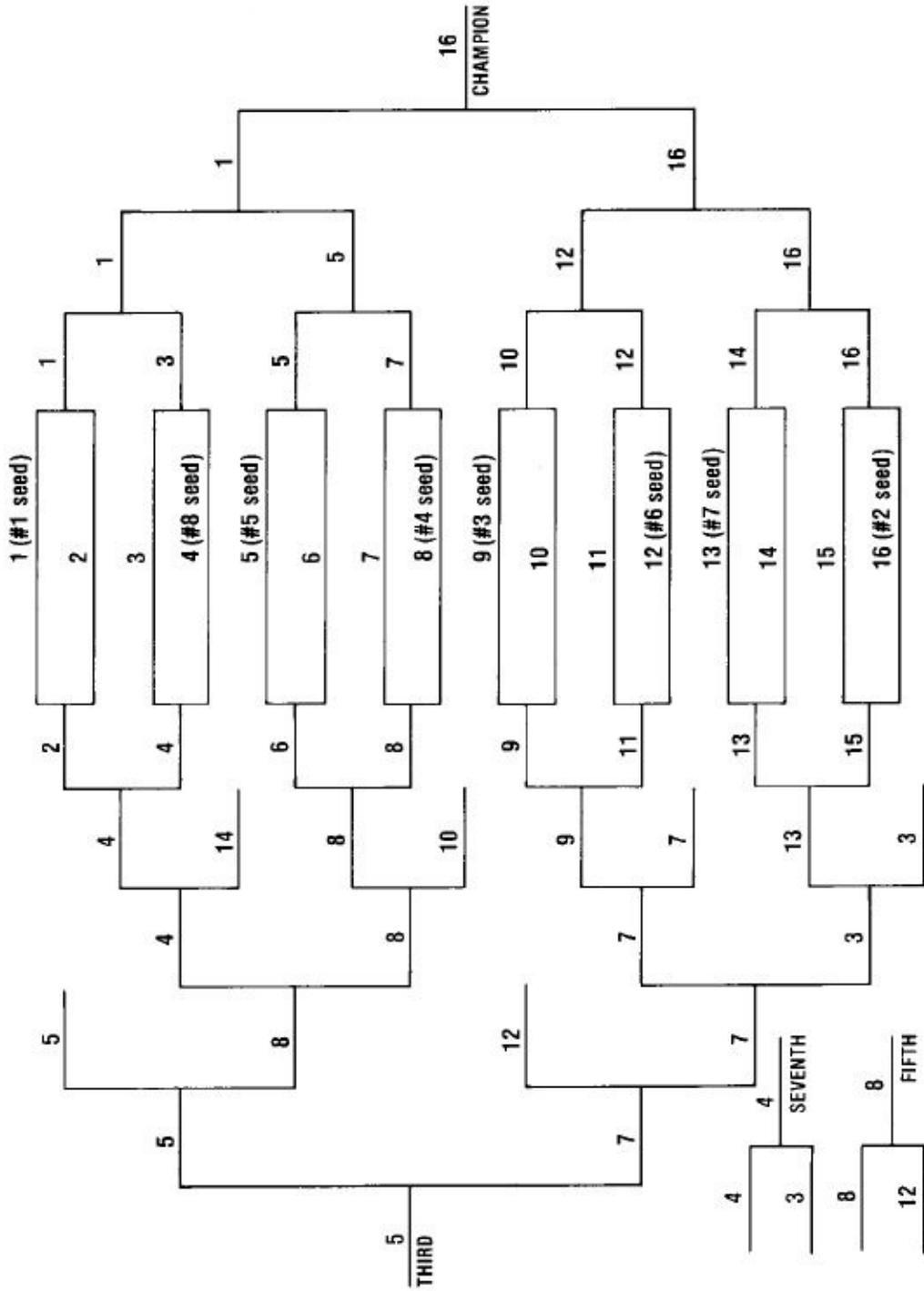


CONSOLATION WITH CROSS-BRACKETING



16-COMPETITOR CHAMPIONSHIP BRACKET

(Cross bracket from quarterfinals)



Rule 11 Team Advancement Tournaments

SECTION 1 ENTRIES

ART. 1 . . . Event administration is responsible for establishing weigh-in times within the guidelines prescribed in [Rule 4-5](#). If, however, there is a difference in the time that teams begin competition, weigh-ins for the teams starting later may be adjusted in relation to the later starting time.

ART. 2 . . . Failure to verify entries by a stipulated deadline or by the completion of weigh-ins for that team shall result in disqualification from a tournament. If a stipulated deadline has not been predetermined, the deadline shall be the completion of weigh-ins for each team.

ART. 3 . . . All uncontested weight classes in a team's lineup due to not having a wrestler entered in that weight class shall be recorded as forfeits.

ART. 4 . . . In a team advancement tournament that does not evolve into an individually bracketed tournament and/or does not reward individual accomplishments, more than one wrestler in a weight class may be weighed in by a team and substitutions from one dual meet to the next are permissible and/or a wrestler who weighs in for one weight class may be shifted to the next higher weight class, provided it is not more than one weight class above that for which the actual weight qualifies that wrestler.

NOTE: All wrestlers must weigh-in each day of the multiple-day event and they must weigh-in at the same weight class each day of the event. A wrestler is only eligible for two weight classes during a multiple-day, team-advancement tournament, and those two weight classes are determined at the first day weigh-in and cannot change during the remainder of the event.

ART. 5 . . . Failure to appear ready to wrestle on the mat, defeat due to injury, disqualifications and failure to make weight each day of the tournament apply the same as in Rules [10-2-2](#), [10-2-3](#), [10-2-6](#) and [10-2-7](#).

SECTION 2 TEAM SCORING

ART. 1 . . . In team advancement tournaments, scoring is based upon the results of each individual match as in [Rule 9-2-1](#).

ART. 2 . . . In team advancement tournaments, flagrant misconduct by a contestant results in disqualification. On the first offense, deduct three team points and remove from premises immediately for the duration of the tournament. Contestant is eliminated from further competition for the remainder of the tournament and no team points can be earned in the current round; however, team points earned in previous rounds are not lost.

ART. 3 . . . If teams have identical scores, the team tie-breaking system found in [Rule 9-2-2](#) shall be used to determine the winner in order to determine which team advances in the bracket.

Scoring Symbols

In order to provide better consistency in keeping individual match scores, the NFHS Wrestling Rules Committee has adopted a set of scoring symbols to be used by scorekeepers. Properly used, the symbols will provide both coaches and referees a running account of the match being scored. It is - important that scorers use only these authorized symbols.

SCORING SYMBOLS

T ₂	- Takedown	UCT	- Unsportsmanlike Conduct - Team Point
R ₂	- Reversal	FMC	- Flagrant Misconduct
E ₁	- Escape	F	- 1:38 Fall
N ₂	- Near fall	TF	- 4:25 Technical Fall
N ₃	- Near fall (5 seconds)	For	- Forfeit
N ₄	- Near fall (as a result of injury or bleeding)	Def	- Default
Sw	- Stalling Warning	DQ	- Disqualified
S	- Stalling	Dec	- Decision
TV	- Technical Violation	MD	- Major Decision
P	- Illegal Hold/Maneuver or - Unnecessary Roughness	▲	- Selects Up
RO	- Ride-out	▼	- Selects Down
C	- Caution	=	- Selects Neutral
C ₁	- Points Earned - After 2nd Caution	OT	- Overtime
CMw	- Coach Misconduct Warning	SV	- Sudden Victory
CM	- Coach Misconduct	TB	- Tiebreaker
W	- Warning	UTB	- Ultimate Tiebreaker
FS	- False Start	IT	- Injury Time
UCM	- Unsportsmanlike Conduct - Match Point	IT	- (= ▲ ▼) choice after 2nd injury Time-out
		BT	- Blood Time

Scorekeepers shall circle the first point(s) scored in the regulation match.

Penalty Chart

(Available in PDF format on Web site - www.nfhs.org)

	Rule	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Illegal Holds/Maneuvers	7-1	No				
Technical Violations	7-3	No				
Stalling* (plus opponent will have choice of position on the next restart)	7-6	Yes				
Unnecessary Roughness	7-4-1	No	1 Pt.	1 Pt.	*2 Pts.	Disqualify
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No				
Not Reporting to Scorer's Table Properly Equipped	8-1-1	No				
False Start or Incorrect Starting Position	8-1-3		Following two cautions there is a 1-point penalty for each subsequent infraction			
Coach Misconduct (during the match)	5-5 6-6-6 7-5-4 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.		
Unsportsmanlike Conduct - Contestants (not during the match), Coaches and Other Team Personnel	7-4-2 7-5-3 8-1-4	No	Deduct 1 Team Point	Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.		

	Rule	Warning	First Penalty
Flagrant Misconduct - Contestants	7-4-3 8-1-6	No	Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.
Flagrant Misconduct - Coaches and Other Team Personnel	7-5-5 8-1-3 8-1-6	No	Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament.
Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform	7-3-5 8-1-1		Any contestant reporting to the scorer's table in violation of this article shall be disqualified if not removed or corrected within the 1 1/2-minute injury time.
Summary of Technical Violations Going out of Wrestling Area (Fleeing) (7-3-1) Grasping clothing, <i>Etc.</i> (7-3-2)			Note 1 – Disqualification due to technical violation, illegal hold/maneuver, stalling, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments.

Interlocking Hands ([7-3-3](#))

Leaving Wrestling Area Without Permission ([7-3-4](#))

Reporting to the Scorer's Table Not Properly Equipped
or Not Ready to Wrestle ([7-3-5](#))

Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.

Note 2 – Points for unnecessary roughness, grasping clothing, locking hands or fleeing the mat are awarded in addition to points earned.

COMMENTS ON THE 2014-15 RULES CHANGES

BAD TIME CLARIFIED (5-1-1): The committee clarified wording with regards to bad time. The previous definition of bad time did not specifically include the situations where the wrong wrestler was given choice of position at the start of the second 30-second tiebreaker or the start of the ultimate tiebreaker.

WRESTLER ADVANCEMENT IN A BRACKET CLARIFIED (10-2-9): The current rule addresses which wrestler advances into the consolation bracket when both wrestlers simultaneously cannot continue in the championship bracket. This rule change further clarifies which wrestler will advance into the consolation bracket when points have been scored in the match.

2014-15 POINTS OF EMPHASIS

AVOIDING WRESTLING AND ENCOURAGING WRESTLING IN CENTER OF MAT

Going out of the wrestling area by either wrestler or forcing an opponent out of the wrestling area at any time as a means of avoiding wrestling is a technical violation (Rule 7-3-1). There are many occasions when this happens and no call is made or a wrestler is called for stalling when the appropriate call would be a technical violation for fleeing the mat. There can be no technical violation of fleeing the mat if near-fall points have been earned.

One common scenario that occurs is often initiated from the offensive/defensive starting position in the center of the mat when both wrestlers work their way to their feet and the action goes out of bounds. It can be difficult to determine if the offensive wrestler is pushing the defensive wrestler out of bounds, if the defensive wrestler is running out of bounds to make it look like the offensive wrestler is pushing him/her out, or if it is aggressive action by both wrestlers. Another common scenario is when one wrestler has a single leg in the air near the out-of-bounds line, and the other wrestler tries to jump or spin out of the situation and ends up out of bounds.

In the above situations as well as similar situations where a wrestler may be using the edge of the mat to get out of a situation, judgment is required by the referee with the primary question being “Was the wrestler wrestling aggressively and trying to stay in bounds or using the edge of the mat as a means to avoid wrestling?” If he/she was using the edge of the mat as a means of avoiding wrestling, a technical violation should be called. Good wrestling action requires both wrestlers to make an honest attempt to stay within the wrestling area.

PREVENTING FALSE STARTS FROM CREATING INJURIES – PREVENTIVE OFFICIATING

Preventive officiating must be on every referee's mind. One area of concern is injuries that occur during false starts from the neutral position. To avoid such injuries, the referee should stretch his/her arm(s) out between and parallel to the starting lines before blowing the whistle. By doing so, the referee can block either wrestler who false starts prior to the whistle, thus reducing the potential for injury to one or both wrestlers.

AUTHORITY/RESPONSIBILITY OF THE OFF-MAT REFEREE TO CALL FLAGRANT/ UNSPORTSMANLIKE CONDUCT

The jurisdiction time of the referee begins when he/she arrives at the site of the competition and concludes with the approval of the scorebook in dual-meet competition and after signing the bout sheet after the last match in tournament competition. In either dual meets or individual tournaments, when a referee is not on the mat working, he/she still has jurisdiction in the mat area and responsibility for enforcing NFHS wrestling rules associated with the mat area. The referee on the mat is responsible for his/her match, but other referees involved in the competition should offer assistance in the mat area when necessary. Referees are reminded that just because they are not officiating a match, they still have responsibilities for enforcement of rules that extend beyond officiating a match.

HAIR COVERINGS

The NFHS wrestling rules define special equipment as any equipment worn that is not required by rule. Whenever a wrestler has hair that does not conform to the rule, a legal hair covering must be worn. Because of the physical contact in the sport of wrestling, hair that does not meet the rule is considered a safety issue as it may pose a risk to an opponent. Using a legal hair covering for hair that does not meet the rule helps to minimize the risk.

Legal hair coverings must be made of a solid material, must be nonabrasive and must be attached to the wrestling ear guards. The attached legal hair covering may be worn either inside or outside of the wrestling ear guards. The attached legal hair covering must be brought to weigh-ins and inspected by the referee to determine their conformity to proper grooming with the legal hair covering on. The legal hair covering must be removed before the wrestler weighs in. If the referee does not conduct the weigh-ins, then the referee must check the legal hair covering prior to the meet.

The goal of wrestling is to have a continual match without interruptions except for normal out-of-bounds situations, the end of periods, *etc.* Legal hair coverings that are secured to the wrestling ear guards have less of a chance of coming off during the match than hair coverings that are not secured to the wrestling ear guards.

The manufacturers of legal hair coverings and wrestling ear guards have been alerted a year in advance of this rule change and some have chosen to modify their legal hair coverings accordingly. This new rule will significantly improve the continuity of matches whenever a wrestler is required by rule to wear a legal hair covering.

CLEANING WRESTLING MATS AND WRESTLING EQUIPMENT

Communicable diseases are a major concern in the sport of wrestling. It is imperative that ALL schools continually use best practices to control the spread of communicable diseases. A major aid in preventing the spread of communicable disease is to properly clean all wrestling mats and wrestling equipment.

Practice and competition wrestling mats must be cleaned prior to practicing or competing on them. Cleaning wrestling mats prior to use is highly recommended. An effective disinfectant is a solution of 1:100 chlorine bleach and water ($\frac{1}{4}$ cup chlorine bleach to each gallon of water, or 1 tablespoon of chlorine bleach to 2014-15 NFHS Wrestling Rules Page 60 each quart of water). There is no advantage of using a stronger chlorine bleach and water solution than what is recommended above. Commercial disinfectant products are also available.

When cleaning wrestling mats, it is beneficial to walk backwards in an effort to minimize contamination from the shoes of the individual who is cleaning the wrestling mat. Be sure that any product used states that it is effective against viruses, fungi and bacteria. Typically, the label will state the cleaner is bactericidal, fungicidal and virucidal. Please follow the label directions closely for the best effectiveness.

Several items should be kept at wrestling mat side to effectively deal with blood or other body fluids, including disposable towels and/or gauze pads, spray bottles containing a 1:100 chlorine bleach and water solution or a commercially prepared disinfectant solution. Protective gloves and disposable plastic bags must also be readily available to clean up blood or bodily fluids.

Likewise, it is imperative to clean all wrestling equipment daily. All workout gear should be cleaned after each practice. This includes towels, clothing, headgear, shoes, knee pads and any bags used to transport this equipment. In addition to cleaning wrestling equipment and wrestling mats properly, a few basic steps must be taken by all involved in the sport in order to minimize the risk of spreading communicable diseases.

- Educate coaches, athletes, referees and parents about communicable skin conditions and how they are spread.
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.
- Emphasize to the athletes the importance of showering immediately after each practice and competition with antibacterial soap.
- Wash all workout clothing and personal gear after each practice.
- Perform daily skin checks to ensure early recognition of potential communicable skin conditions. Athletes cannot be allowed to practice or compete if an active infection is suspected, even if the infection is covered.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

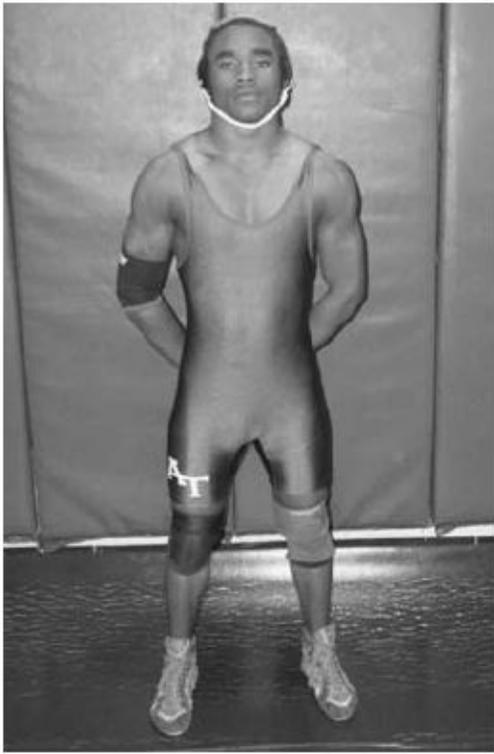
Communicable diseases are preventable. Following these steps can certainly decrease the chance that

these communicable diseases will be spread among the athletes in the wrestling room and/or during competition.

Photo Illustrations

The following illustrations are images demonstrating the corresponding rules.

1. (4-1-1) This is an example of a legal uniform. The view shows the 4-inch inseam requirement without tights. The maximum length is above the knee.



2. (4-2-1) Hair style that conforms to the rules. It shall not extend below the earlobe on the sides and must be above the top of an ordinary shirt collar in the back.



3. (4-2-1) The hair, in its natural state, shall not extend below the eyebrows in the front.



4. (4-2-1) Hair must be taken down, if not, a legal hair cover shall be worn.



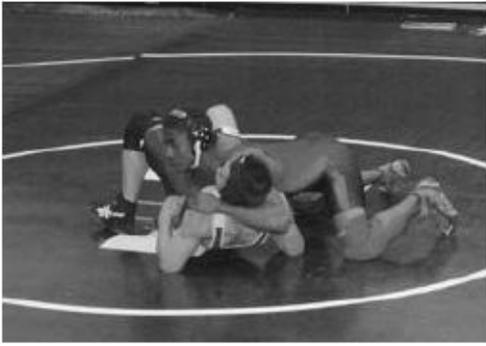
5. (5-11-1) This rear view shows an example of a wrestler's pinning area.



6. (5-11-2) A fall or near fall is scored when any part of the both scapula are inbounds and the shoulders are over or outside the boundary line.



7. (5-11-2) A near fall may be scored when the defensive wrestler is held in a high bridge or on both elbows.



8. (5-11-2) A near fall may be scored when the defensive wrestler is held in a high bridge or on both elbows.



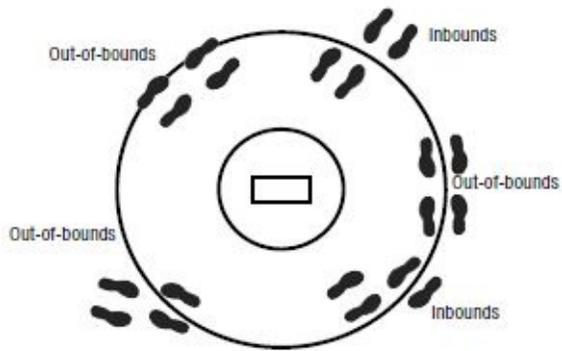
9. (5-14-2) When the defensive wrestler in a pinning situation, illegally puts pressure over the opponent's mouth, nose, throat or neck, it shall be penalized.



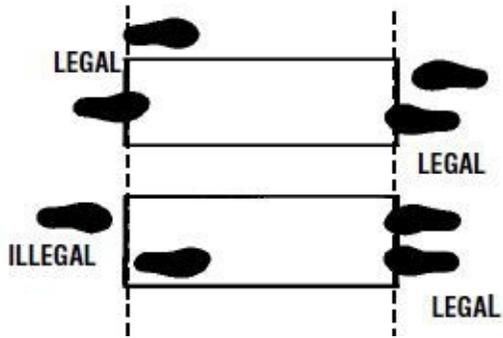
10. (5-14-2) Any hold/maneuver over the opponent's mouth, nose, throat or neck which restricts breathing or circulation is illegal.



11. (5-15-1) Contestants are considered to be inbounds if the supporting points of either wrestler are inside or on but not beyond the boundary lines.



12. (5-19-4) Both wrestlers must have one foot on the green or red area of the starting lines and the other foot on the line or the line extended, or behind the foot on the line.



13. (5-19-5) Legal starting position. The offensive wrestler must have at least one knee on the mat at the near side and the other foot may be behind a line perpendicular to the defensive wrestler's feet.



14. (5-19-5) Illegal starting position. The offensive wrestler does not have a near-side knee on the mat.



15. (5-19-2, 5-19-5) Legal starting position. The defensive wrestler must have both knees behind the rear starting line and heels of both hands in front of the forward starting line. The offensive wrestler must place the palm of one hand loosely over the defensive wrestler's navel, and their head shall be on or above the mid-line of the opponent's back.



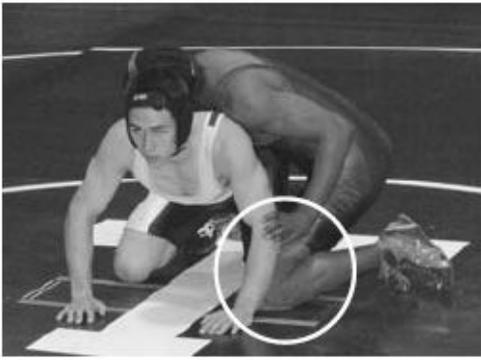
16. (5-19-5) Legal starting position. The offensive wrestler must place the palm of the other hand on or over the back of the opponent's near elbow.



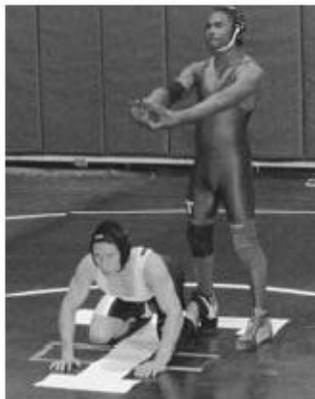
17. (5-19-5) Illegal starting position for the offensive wrestler because the right foot (not on the near side) is in front of the defensive man's feet. You cannot straddle your opponent.



18. (5-19-5) Illegal starting position for the offensive wrestler. The offensive wrestler's knees cannot be in contact with the opponent.



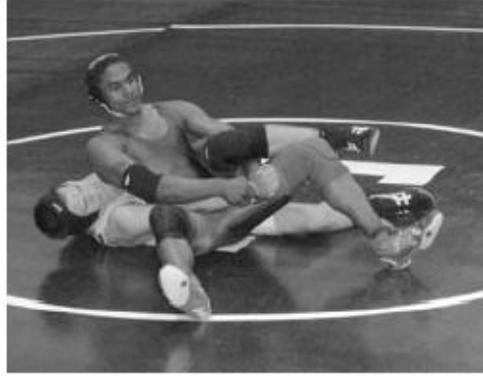
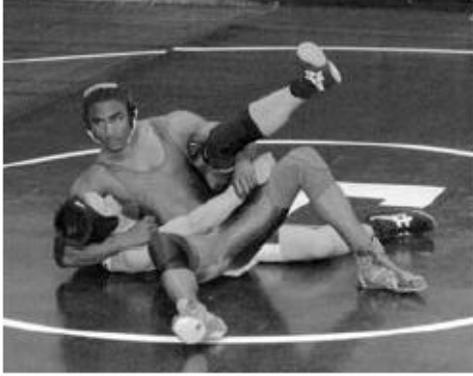
19. (5-19-8) The offensive wrestler must signal the intent to the referee when using the optional start.



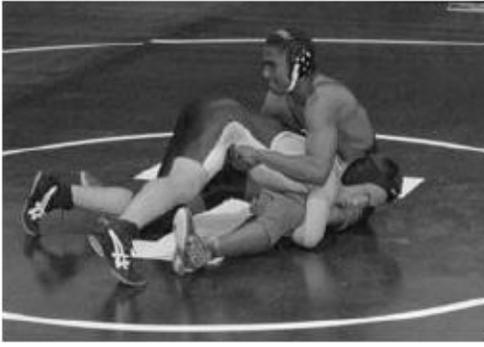
20. (5-19-7) When using the optional start the hands must be on the back with the thumbs touching.



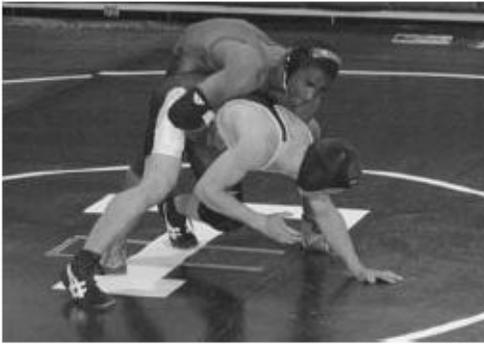
21 & 22. (5-22-1) Following a shoulder roll, there is a change of control when the wrestler who was on top is concerned about being pinned. There may be control when either leg is picked up. The referee should begin looking for a change of control as soon as either leg and one arm are trapped.



23. (5-25-1) This is a takedown regardless of the body lock by the wrestler in the dark uniform.



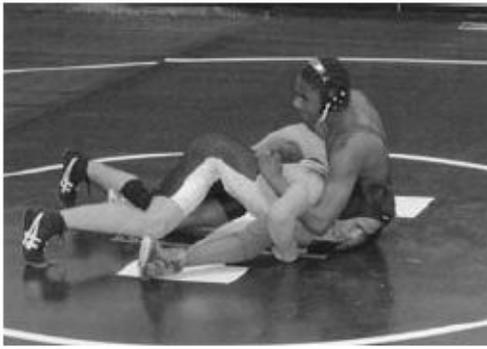
24. (5-25-1) When this position is obtained beyond reaction time with one or two hands bearing the weight a takedown shall be awarded.



25. (5-25-1) This crotch lift does not stop the takedown by the wrestler in the striped uniform.



26. (5-25-1) This double underhook does not stop the takedown by the wrestler in the striped uniform. (If the wrestler locks their hands in the double underhook, it is an illegal hold/maneuver.) (7-1-5k)



27. (5-25-1) There is control by the wrestler on top even though the hands of the opponent are locked around a leg. The top wrestler has the opponent off the base and is hip to hip.



28. (5-25-1) There is control by the wrestler on top if this position is held beyond reaction time, even though the hands of the opponent are locked around a leg.



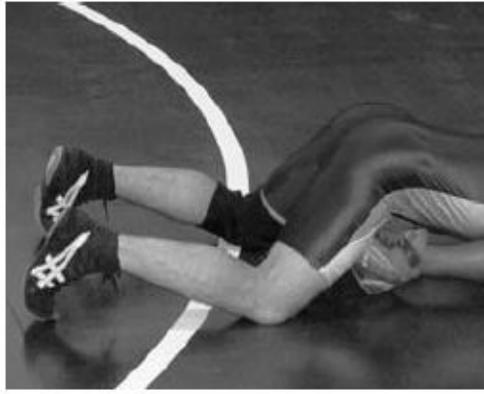
29 & 30. ([5-25-1](#)) In these two situations with the leg trapped, there is control by the wrestler on top. This is a takedown.



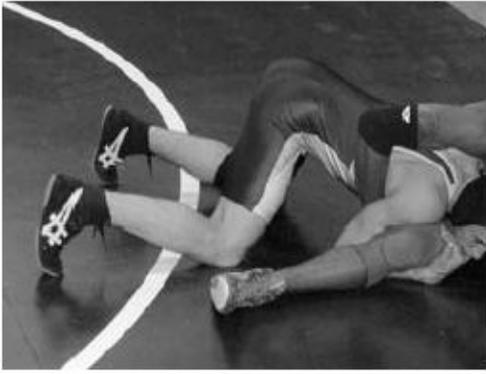
31. (5-25-2) A takedown is scored when the defensive wrestler's legs are controlled above or below the knees and the majority of the wrestler's weight is supported by the hands.



32 & 33. (5-25-3) A takedown is earned when the feet return to the mat immediately as in the above photos.



34. (5-25-3) This is a takedown. The knees can either be above the mat or on the mat.



35. (6-2-3) In the neutral start the referee should be in tight which will help to eliminate false starts and then back out.



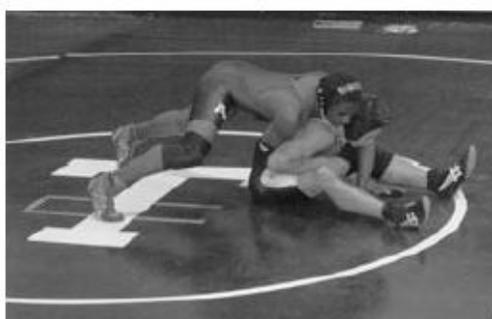
36. (6-2-4) When starting in the neutral position, the finger-touch start will be used and initial contact made from the front.



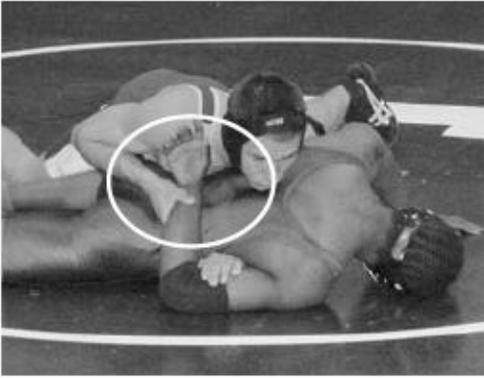
37. (6-4-2) When neither wrestler can improve their position, it is a stalemate. If this situation occurs repeatedly, the offending wrestler will be warned and then penalized for stalling.



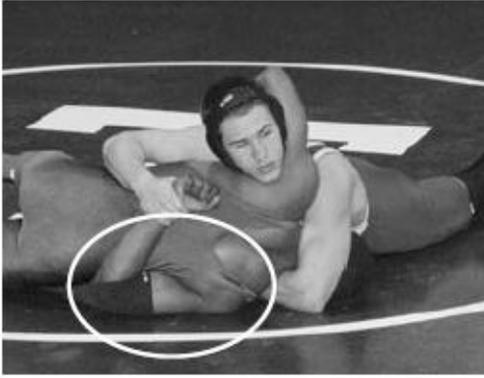
38, 39 & 40. (7-1-5a) This double underhook snap back from the standing position is an illegal hold/maneuver.



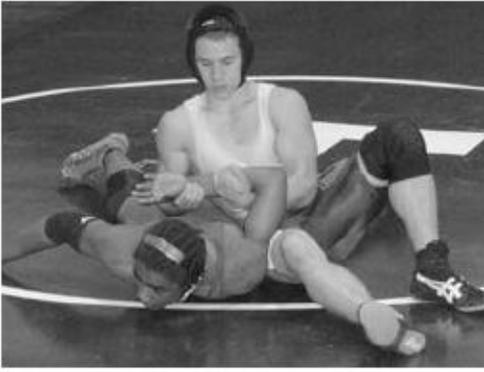
41. (7-1-5b) It is illegal to apply pressure away from the body in a hammerlock.



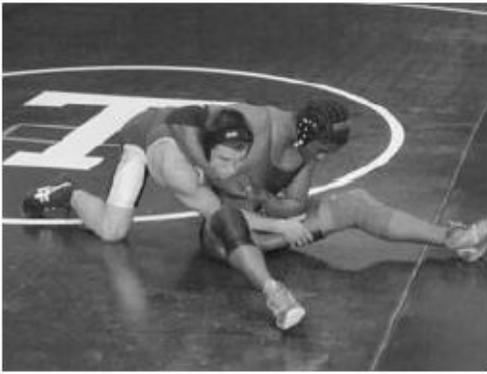
42. (7-1-5b) In the illegal hammerlock shown here the arm is bent above a right angle.



43. (7-1-5c) This is an illegal twisting hammerlock because the arm is forced away from the body.



44. (7-1-5d) When the defensive wrestler reaches back with a headlock on the offensive wrestler without an arm encircled, it is an illegal hold/maneuver.



45. (7-1-5d) This is a legal move by the defensive wrestler which places pressure on the head, similar to the $\frac{3}{4}$ nelson.



46. (7-1-5d) This headlock is illegal because the arm is not encircled at or above the elbow.



47. (7-1-5d) This is legal because the hands are not locked around the head.



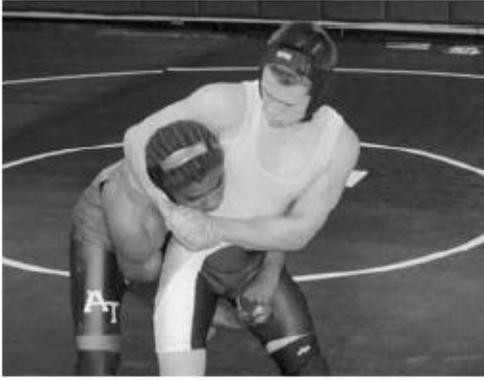
48. (7-1-5d) Any legal headlock with potential pressure across the mouth, nose, throat or neck is potentially dangerous.



49. (7-1-5d) Illegal headlock from the front as the arm is not encircled.



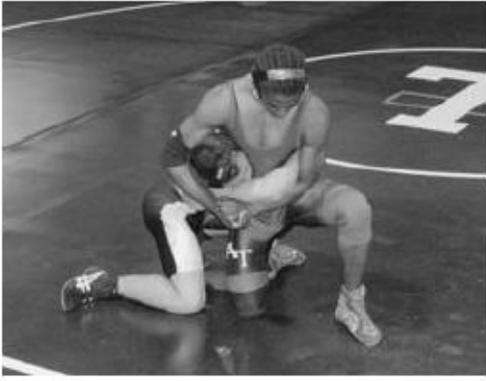
50. (7-1-5d) Illegal headlock.



51. (7-1-5d) This headlock is illegal as the arm is not encircled above the elbow.



52. (7-1-5d) Legal headlock with elbow encircled.



53. (7-1-5d) Once near-fall criteria are met, this is a legal headlock.



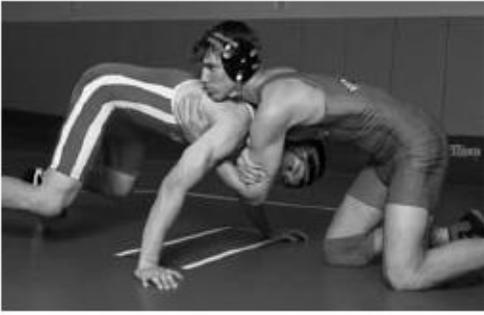
54. (7-1-5d) When a legal standing headlock, with the arm encircled above or at the elbow, reaches the position, the man on whom it is applied is in danger of being injured when the wrestlers go to the mat. The hold/maneuver is potentially dangerous and the match should be stopped at this point.



55. (7-1-5d) This headlock is illegal because the arm is not encircled.



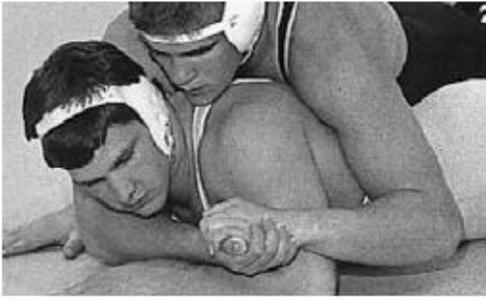
56. (7-1-5d) Illegal front headlock without an arm encircled.



57. (7-1-5d) This is a legal hold/maneuver even though the hands are locked around the head. Pressure is on the head but not around it.



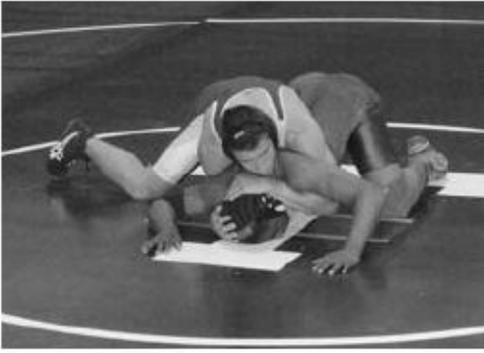
58. (7-1-5d) Legal head pry. The top wrestler can use this pry as long as it includes the arm or shoulder.



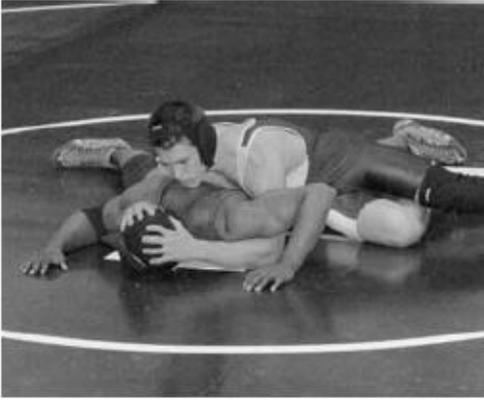
59. (7-1-5e) Straight scissors on the head is illegal. The match shall be stopped.



60. (7-1-5f) The full nelson is illegal. The hands are overlapped but not touching.



61. (7-1-5f) Illegal full nelson even though the hands do not touch.



62. (7-1-5f) The full nelson from the front is an illegal hold/maneuver.



63. (7-1-5f) Legal 3/4 nelson coming under both arms. **NOTE:** Could become an illegal hold/maneuver, if pressure is on the throat and/or carotid artery.



64. (7-1-5f) Legal 3/4 nelson under one arm and over the other arm.



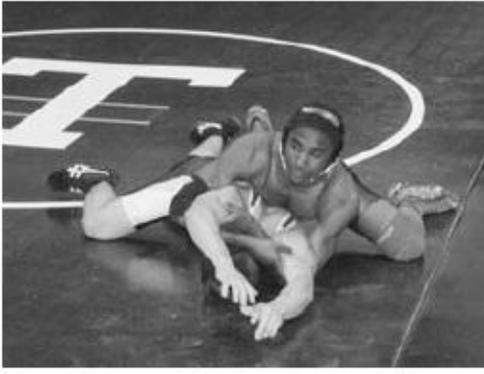
65. (7-1-5h) Illegal twisting knee lock. Pressure is against normal movement.



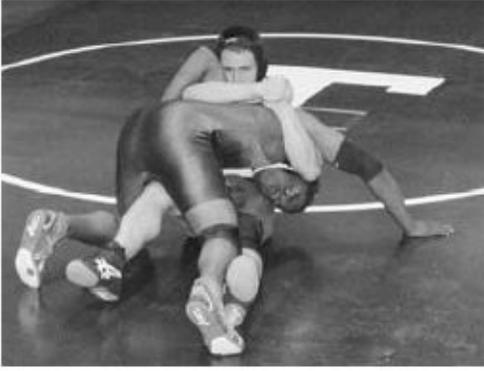
66. (7-1-5i) The keylock is an illegal hold/maneuver.



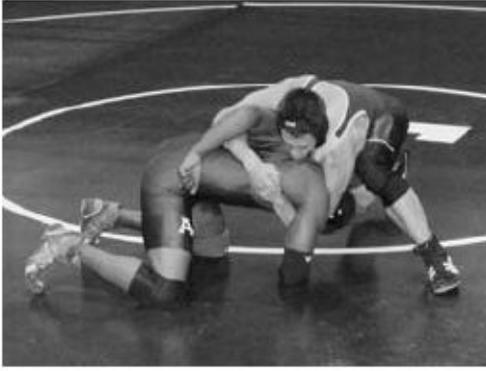
67. (7-1-5j) The overhead double arm bar is illegal.



68. (7-1-5j) Illegal double arm bar from the front, with hands locked on the back, either on the mat or on the feet.



69. (7-1-5j) Legal double arm bar from the front, hands locked under the armpit.



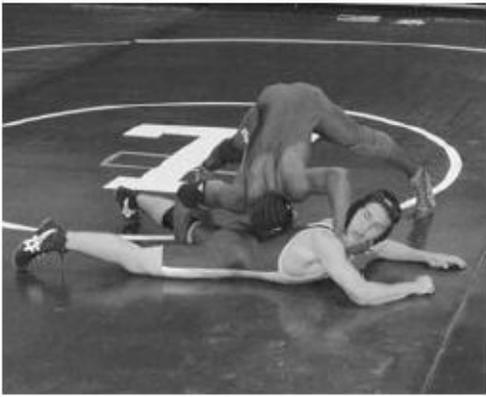
70. (7-1-51) The neck wrench is an illegal hold/maneuver. This shall be stopped immediately.



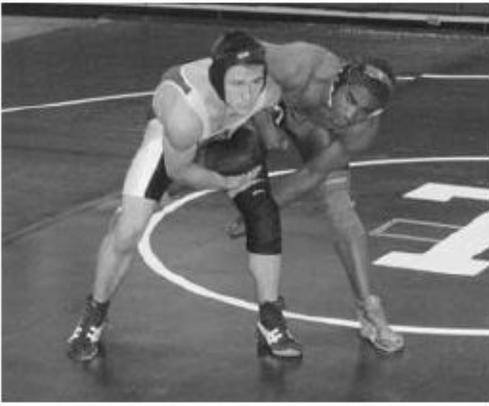
71. (7-1-51) The grasping of the chin on this duck under does not involve a twisting motion, therefore, it is potentially dangerous.



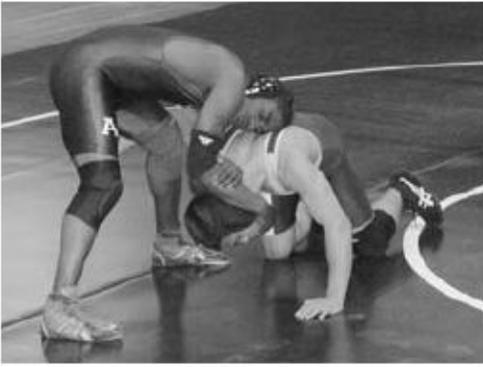
72. (7-1-51) This is another example of an illegal neck wrench.



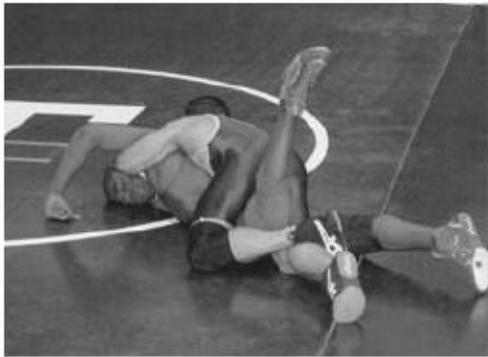
73. (7-1-5n) This is a legal leg block. The arm is used to block the leg prior to going to the mat. The opponent's leg cannot be "cut out" by a kick.



74. (7-1-5m) This front quarter nelson with the chin will cause undue pressure on the neck and is illegal.



75. (7-1-50) Legal figure four of the leg. No pressure against the knee joint.



76. (7-1-50) The overscissors is illegal as shown when pressure is applied against the joint causing hyperextension.



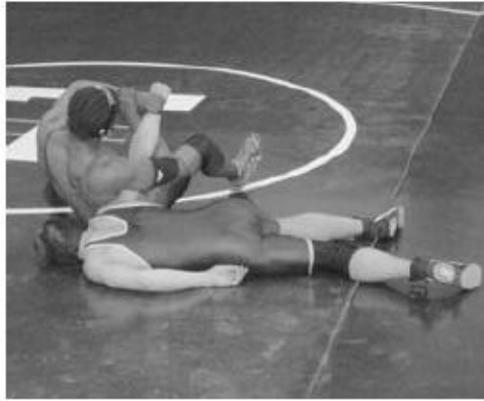
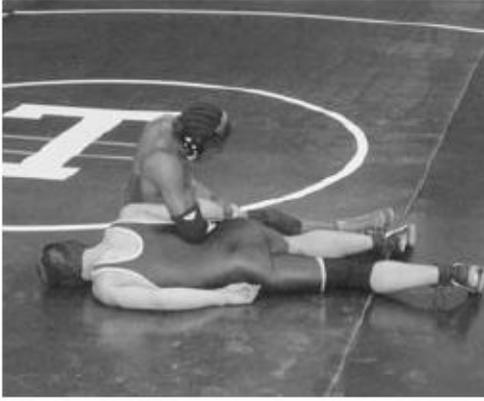
77. (7-1-5p) The head pry is an illegal hold/maneuver. It is dangerous because the head and neck are forced beyond normal movement.



78. (7-1-5p) Applying pressure to the elbow as illustrated is illegal.



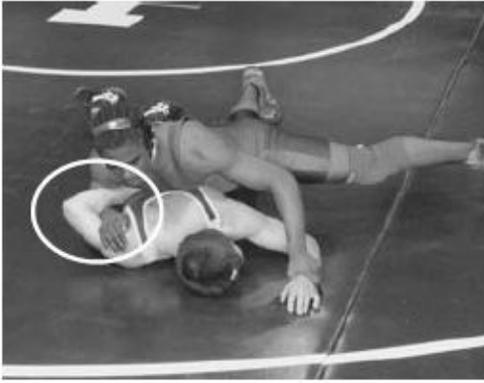
79 & 80. (7-1-5p) The double wristlock is legal (left photo) when the force is perpendicular and used to turn the opponent. When the force is parallel to the long axis of the opponent's body (right photo), the double wristlock is illegal.



81. (7-1-5p) Applied pressure in this situation is legal. The defensive wrestler can bend the elbow.



82. (7-1-5p) Illegal chicken wing. Pressure is parallel to long axis.



83. (7-1-5q) The back bow is illegal as illustrated by application when the pressure is toward the head, whether the defensive wrestler is on his/her stomach or hip.



84. (7-1-5r) The figure four around the body, the head or both legs is an illegal hold/maneuver.



85. (7-1-5r) Illegal figure four on the head.



86. (7-1-5r) The figure-four around the head is an illegal hold/maneuver.



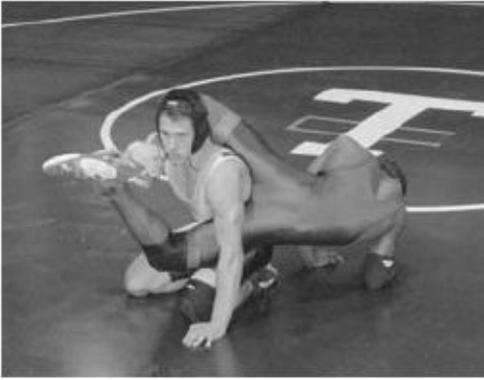
87. (7-1-5r) The figure four around one leg as shown is a legal hold/maneuver.



88. (7-1-5x) Illegal rear-standing, double-knee kickback. The wrestler shall not use this maneuver in an attempt to bring the opponent to the mat.



89. (7-1-5) This draping head scissors is legal because there is minimal pressure against the head or neck and the arm is included.



90. (7-1-5) The headlock is legal but the pressure against the neck and throat makes this an illegal hold/maneuver.



91. (7-2-2) This headlock is potentially dangerous if additional action is not made quickly. The right hand/arm of the defender is limp and is an indicator that the wrestler is in distress.



92. (7-2-2) This head-and-arm series is very similar to the front headlock from the standing position. This hold/maneuver is potentially dangerous and the match should be stopped at this point.



93. (7-2-2) The combination of a legal chicken wing and a half nelson becomes a potentially dangerous hold/maneuver when the defensive wrestler is unable to roll in the direction of the pressure.



94. ([7-2-2](#)) This stack is potentially dangerous. Because of possible injury, it must be broken immediately.



95. (7-2-2) This front bridge is potentially dangerous because of the possibility of injury. It must be broken immediately. Same for back bridge.



96. (7-2-2) Legal, but potentially dangerous as the left elbow is moved beyond the normal range.



97. (7-2-2) Legal, but could become potentially dangerous when pressure is diagonal to long axis.



98. (7-2-2) The double arm bar into a stack is a potentially dangerous situation. The offensive wrestler shall be cautioned against bringing it to an illegal position.



99. (7-2-2) The split scissors is potentially dangerous. The referee may break it to prevent injury.



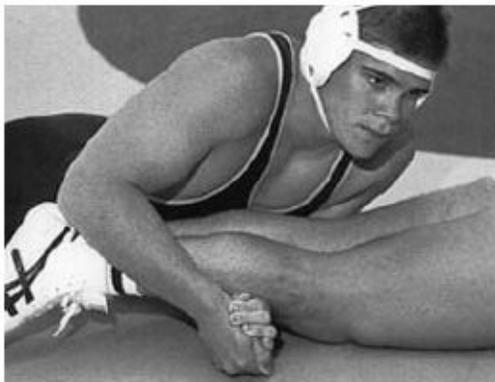
100. ([7-2-2](#)) This is a potentially dangerous arm bar when the far arm is blocked and the bottom wrestler is unable to turn.



101 & 102. (7-2-2) In this arm bar/tight waist, and arm bar 1/2 nelson the defensive wrestler is defenseless if taken to the mat. If the referee feels there is potential injury, then the match must be stopped in order to protect the defensive wrestler.



103. ([7-3-3](#)) Interlocking of hands around both legs by the offensive wrestler is a technical violation.



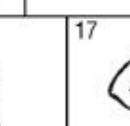
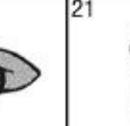
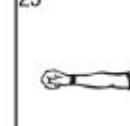
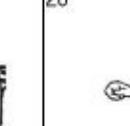
104. (7-3-3) The chest cradle is locked hands around the body and is a technical violation.



105 & 106. (7-3-3) Locked hands around the body is a technical violation by the offensive wrestler when the contestants are on the mat. It is a technical violation either with or without one or both arms.



Wrestling Signals

1  Starting the Match	2  Stopping the Match	3  Time Out	4  Start Injury Time	5  Start Blood Time Out
6  Start Recovery Time	7  Stop Blood/Injury/Recovery Time	8  Neutral Position	9  Indicates No Control	10  Out-of-Bounds
11  Indicates Wrestler in Control Left/Right Hand	12  Defer Choice	13  Potentially Dangerous Left/Right Hand	14  Stalemate	15  Caution - False Start or Incorrect Starting Procedure
16  Stalling Left/Right Hand	17  Interlocking Hands or Grasping Clothing	18  Reversal	19  Technical Violation	
20  Illegal Hold	21  Near-Fall	22  Awarding Points Left/Right Hand	23  Unsportsmanlike Conduct Left/Right Hand	
24  Flagrant Misconduct Left/Right Hand	25  Coach Misconduct Left/Right Hand	26  Unnecessary Roughness Left/Right Hand	27  Default Technical Fall Disqualification	

Mission Statement

The National Federation of State High School Associations serves its members, related professional organizations and students by providing leadership for the administration of education-based interscholastic activities, which support academic achievement, good citizenship and equitable opportunity.

We Believe

Participation in education-based interscholastic athletics and performing arts programs:

- Enriches each student's educational experience.
- Promotes student academic achievement.
- Develops good citizenship and healthy lifestyles.
- Fosters involvement of a diverse population.
- Promotes positive school/community relations.
- Is a privilege.

The NFHS:

- Promotes and protects the defining values of education-based interscholastic activity programs in collaboration with its member state associations.
- Serves as the recognized national authority on education-based interscholastic activity programs.
- Serves as the pre-eminent authority on competition rules for education-based interscholastic activity programs.
- Promotes fair play and seeks to minimize risk for student participants through the adoption of national competition rules and delivery of programs and services.
- Delivers quality educational programs to serve the changing needs of state associations, school administrators, coaches, officials, students and parents.
- Provides professional development for NFHS member state association staff believing that cooperation among state associations advances their individual and collective well-being.

Suggested Guidelines for Management of Concussion in Sports

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details please see the “NFHS Suggested Guidelines for Management of Concussion” at www.nfhs.org.

Revised and Approved October 2013

Equipment Guidelines

1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is not responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers have undertaken the responsibility for the development of playing equipment that meets the specifications established by the committee. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Only equipment that meets the dimensions and specifications in the NFHS sport rules may be used in interscholastic competition. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.

2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules committee for review before production.

General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials and appropriate health-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be

sure to use gloves when cleaning.

- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the “Blood-Borne Pathogens,” “Infectious Mononucleosis” and “Skin Conditions and Infections” sections contained in the NFHS Sports Medicine Handbook.

Revised and Approved in October 2012

Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that student-athletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.