

PROPOSED *WRESTLING RULES* REVISIONS
2008 NFHS WRESTLING RULES COMMITTEE MEETING

#	RULE NO.	PG. #	PROPOSED REVISION WITH RATIONALE <small>Underlining shows additions; strikethrough shows deletions</small>	STATE	OTHER RULES AFFECTED
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≡ Rule 1 – Competition ≡

1.	1-1-2a	9	<p>a. The random draw shall take place immediately before weigh-ins begin, or immediately following the conclusion of weigh-ins, <u>as determined by the state association.</u> Rationale: I believe we are doing wrestlers a disservice by requiring the draw to be conducted after the conclusion of weigh-ins. If the draw is for an upper weight class, those wrestlers have very little time to mentally and physically prepare for competition. Allowing state associations to determine if the draw were to be held immediately before weigh-ins begins, or immediately after the conclusion of weigh-ins, would provide consistency within the state and not create a disadvantage to wrestlers in the higher weight classes.</p>		5-22-1
2.	1-2-1	9	<p>...during dual-meet competition. A school may be represented by a second competitor in the 135 lbs, 140 lbs, 145 lbs, and 152 lbs. weight classes. and no No substitution is permitted for any wrestler ...</p> <p>Rationale: Most school teams have multiple wrestlers at the middle four weight classes. NWCA data will show this to be true. This change would give additional students an opportunity to compete in the sport of wrestling. High school sports should be about maximizing participation. In Florida, we have allowed multiple entries in a weight class in tournaments at the sub-varsity level for the past six years.</p>		
3.	1-2-2	9	<p>No wrestler shall represent the school in more than one weight class in any meet or compete in more than five matches (championship or consolation), including forfeits in any one day <u>of any dual meet tournament.</u> <u>In individual tournament competition, the five match limit is waived and a 30 minute total time (excluding overtime) will be used to determine eligibility to continue to compete in the tournament.</u> <u>If a competitor enters a bout and time would run out (30 minute total) the competitor will be allowed to finish that bout.</u> Rationale: There are currently many one day individual tournaments that involve twenty or more teams. Often consolation matches cannot be wrestled due to the five match limit. Usually this issue arises for third/fourth or fifth/sixth. In the case book page 7, representation 1.2.2 situation the indication is the wrestler that has already wrestled five matches must lose the consolation match by forfeit and the opponent that has only wrestled four matches is declared the winner. If both have wrestled five matches it is a double forfeit. This is contrary to what every wrestler is aspiring to achieve, the highest placing he/she can in a tournament. They didn't knowingly enter the tournament thinking he/she would have to forfeit their sixth match. Most often these wrestlers have pinned an opponent or two along the way and never wrestle a full thirty minutes especially with consoling matches set at 1-2-2 minutes. It obviously doesn't happen often, but there are times when this "winning" wrestler is penalized for something he/she had no control over.</p>		

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⌘ Rule 2 – Equipment ⌘

4.	2-2-1	12	<p>...<u>Coaches be allowed to place two chairs in a restricted area at the corner of the mat.</u> Rationale: The proposed change would:</p> <ul style="list-style-type: none"> a) allow coaches the ability to communicate with contestants b) eliminate the need to move toward the mat in between periods and after out of bounds situations c) provides the referee better control of coaches d) provides an alternative coaching area as currently available in tournaments 		
5.	2-2-2	12	<p>During tournament competition, a <u>minimum of one adult school representative</u> and a maximum of two team personnel (Coaches and/or non-participating contestants) will be permitted on chairs at the edge of the mat.... Rationale: The burden of dealing with unexpected medical problems, (such as a bloody nose) should not be left up to a student-athlete, opposing coach, or official. An adult coach or other administrator from the school should be present matside.</p>		
6.	2-2-2	12	<p>...It is permissible to allow coaches on the corner of the mat in a restricted zone. <u>This line shall be painted or taped on the mat at the appropriate locations.</u> The restricted zone should ... Rationale: Coaches tend to get too close to the mat circle, which could endanger the wrestlers. The line was used at one of our region tournaments with great success. Coaches seemed to like to know where the boundary was. (See Tournament Mat Area Diagram – page 12)</p>		

⌘ Rule 4 – Wrestler’s Classification and Weigh-In ⌘

7.	4-1-1c	17	<p>c. a singlet with the top cut as outlined in (a) with full-length tights and stirrups. <u>If no tights are worn, a suitable undergarment shall be worn.</u> The uniform shall be a school issued uniform (Photo 1) Rationale: The idea that a suitable undergarment is required when tights are not worn has been omitted in the rule book in recent years. I believe this was unintentional and should be put reinstated so that officials are supported by rule when they insist wrestlers wear the undergarment.</p>		
8.	4-1-1d (NEW)	17	<p>d. <u>a female wearing a male singlet must wear a tight-fitting, short sleeved undershirt under the singlet of single, solid color unadorned with no more than one manufacturer’s logo/trademark/reference.</u> Rationale: More females are wrestling males and wearing the male designed singlet with just a sports bra or less. These undergarments by rule don’t have to be tight fitting. Cotton garments become wet and become loose fitting creating inappropriate situations for the wrestlers and nonparticipating personnel.</p>		
9.	4-2-1	17	<p>...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 <u>or the eyebrows in the front.</u> Rationale: Long hair is back in style and there has always been a debate with the length of the hair in the front of the</p>		

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			head. The original intent of the rule was for hygiene. This addition would clear the long term plus help with the intent of the rule.		

⌘ Rule 4 – Wrestler’s Classification and Weigh-In (Cont.) ⌘

10.	4-2-3	18	If a participant is suspected by the referee or coach of having a communicable skin disease... Rationale: What if a coach (using an unethical strategy), says I think that blemish is a communicable disease. For example: a mat burn, pimples, or facial or back acne, etc. If there is no doctor and the official feels the skin condition is not a hygiene risk to the wrestler's opponent, what can the referee do? The referee might even suspect (but can't prove) that the coach is being unethical to eliminate a good wrestler from competition. What does he have the authority to do?		
11.	4-2-3	18	...This document shall be furnished at the weigh-in or prior to competition in the dual <u>The only exception would be if an on-site meet physician is present and able to examine the wrestler immediately after weigh-in.</u> Rationale: There are too many coaches and wrestlers who have submitted fraudulent documents. In this day and age, a school or state association should not be held liable if a document is forged and another wrestler gets a skin disease from an opponent in a wrestling match.		
12.	4-2-3	18	If a participant is suspected by the referee or <u>certified athletic trainer</u> coach of having a communicable skin disease or any other condition... Rationale: Under the current rule an unethical coach can question any scrape, bump or redness on a wrestler. The official and certified athletic trainer are trained to recognize skin conditions and if they need a clearance. The ethics of an official and the professional responsibility of a certified athletic trainer are very rarely questioned. The coach could still ask an official or the certified athletic trainer to look at a condition, but the coach would not determine if a clearance would be required.		
13.	4-2-3	18	...This document shall be furnished at the weigh in or prior to competition in the dual meet or tournament <u>time of the medical inspection...</u> Rationale: Under the current rule, a wrestler is suspected to have a condition that makes participation appear inadvisable, he/she is allowed to leave the competition and obtain the proper written documentation. As long as the wrestler returns prior to competition he/she is allowed to participate. With the proposed rule change this puts the responsibility on the coach to make sure that the wrestlers have the proper documentation prior to the start of the event. Also this eliminate the issue of a parent taking the wrestler to a “walk out” clinic or emergency room for a form and then returning to the tournament and causing issues with the official who would not allow the wrestler to compete.		
14.	4-2-5 (NEW) Re-number	18	<u>Art. 5...A wrestler with a suspicious skin condition/lesion or scars that are not a communicable skin disease. With written documentation from a physician and approval from the state association may be given an “indefinite” clearance form.</u> Rationale: Under the current NFHS rules, wrestlers with these types of conditions are required to get a new physician’s release form signed every so many days as determined by each state association.		

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⌘ Rule 4 – Wrestler’s Classification and Weigh-In (Cont.) ⌘

15.	4-2-4	18	<p>If an on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition. <u>If a skin lesion that has been identified on the “Physician Release for Wrestler to Participate with Skin Lesion” form has been diagnosed as noncontagious by an off-site physician, but the skin lesion is obviously oozing or discharging material and is not completely scabbed over and an on-site physician is not available, the head official or tournament director may overrule the diagnosis on the release form and preclude a wrestler from wrestling.</u> Rationale: This rule change is very necessary because family doctors sometimes take unnecessary liberties or make presumptions without adequately assessing the infectious risk of skin lesions, or may lack necessary skills to identify many kinds of skin lesions, or may misdiagnose uncommon skin lesions such as MRSA. While most officials are not medical professionals and typically lack infectious disease academic backgrounds, the overwhelming majority of officials have been wrestlers and generally know an infections skin lesion when they see one, particularly a lesion that is oozing or discharging pus or other liquid. Even a rocket scientist knows that a skin lesion that is not scabbed over and dried out and is oozing a discharge or has formed a pustule is still in an infectious stage. It is not necessary to identify or diagnose the infectious agent, but if, as the rule states, a wrestler is suspected of having a communicable skin disease, then identifying a pathogen is not necessary. The physical condition of the skin lesion is a valid basis for a non-medical professional with common sense the disregard the release form. Tighter control over the potential spread communicable skin infections needs more aggressive addressing. I also believe the skin lesion form needs to be updated to include more information. There should be a section that requires a physician to describe the nature of each skin lesion, including the condition relative to being scabbed over or dried out; whether it is shedding dead skin above the norm, whether it is oozing or discharging, the size of the lesion, etc. “Diagnosis” is commonly perceived to only mean identifying an infectious agent instead of providing a more complete description of what the physician actually saw. That comparative info to what officials see during a weigh-in should be disclosed so we can compare the skin lesion’s condition and appearance when the release form was completed and what we see during weigh ins. I also recommend that the form be revised such that the name, contact, and address info be requested in a 2 x 3" box or that a physician could, alternately, simply tape a business card in this space. A business card would be considerably more legible than a hand written address. There should be an absolute requirement that the form be typed (preferable) or hand</p>		
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			printed (and legible). The bodygram graphics are too small to allow a physician to draw the size and shape and a better location of skin lesion. The form should also allow a space for the inclusion of digital photographs. Virtually everyone has a digital picture taking device which would more clearly show the skin lesion at the time of the physician’s diagnosis. It is very easy to create fillable PDF forms so these could be completed via computer and be easily read. The form could have some boolean questions, such as: is the skin lesion dry or scabbed over; is the skin lesion oozing or discharging, etc. This kind of info is on the form, but is highly unlikely physician’s take the time to read what the NFHS considers “non-contagious.”		

⌘ Rule 4 – Wrestler’s Classification and Weigh-In (Cont.) ⌘

16.	4-2-5 (NEW) Re-number	18	<u>Art. 5...A contestant may have documentation from a physician only indicating a specific condition such as a birthmark or other skin conditions such as psoriasis is not communicable and that documentation is valid for the duration of the season.</u> Rationale: The burden of expense to the individual for weekly visits to the physician could prohibit that individual from competing. Florida defines “current” as a “period of 7 days from the date of the examination” as referenced in 4-2-3.		
17.	4-3-4	19	...The taping of fingers and thumb is not a violation, <u>but must be for a specific medical reason. Any taping for gripping purposes is prohibited.</u> Rationale: Officials are seeing wrestlers who are taping individual fingers and the thumb of each hand between the joints of the digits. When their fingers are taped in the above described manner and get them up in front of the opponent’s eyes it is very distracting to the opponent and provides an unnatural gripping surface for the athlete. This taping provides no protection for any medical situation for injury; it appears to be done as decoration and as a means of gaining an unfair advantage.		
18.	4-4-1	19	Competition shall be held in the following weight classes – 106 lbs, 115 lbs, 124 lbs, 131 lbs, 138 lbs, 145 lbs, 152 lbs, 160 lbs, 170 lbs, 180 lbs, 190 lbs, 215 lbs, 255 lbs and 295 lbs 103 lbs, 112 lbs, 119 lbs, 125 lbs, 130 lbs, 135 lbs, 140 lbs, 145 lbs, 152 lbs, 160 lbs, 171 lbs, 189 lbs, 215 lbs, 285 lbs. Rationale: It does not appear to the coaches in our state and in others, that there is sentiment to reduce the number of weight classes. Simply put, our level is about participation, not necessarily showcasing the elite athlete. Given that rationale, there does not appear to be a significant problem with having fourteen classes. Our state does feel however, that there are significant issues with the current classes. The distribution in weights is far too great at the higher levels, and far too tight at the lower levels, especially in those classes where it is simply hard to fill competition spots with high school aged wrestlers. So we recommend a more common-sensical distribution of the classes throughout the weights, and the addition of high weight classes to reflect the data we have received over the five years of weight testing. If the sport is to stabilize and even grow, we must keep competition opportunities to a maximum, and not preclude football players and other active athletes by not having enough opportunities at the high end of the weight schedule. It is also help that this more even distribution of weights will lead to less emphasis on the illegal and unsafe tactics used to cut and alter weight in order to fit into current classes as prescribed in NFHS Rule 4-4-1.		

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			Our coaches would also favor the restoration of an absolute minimum weight for the smallest class.		
19.	4-4-1	19	Competition shall be in the following weight classes <u>for both Boys and Girls</u> ; Rationale: There needs to be consistency between State Associations so that wherever you wrestle all weight classes will be exactly the same. Girl's wrestling is growing and the probability of Interstate competition grows with it. Title IX.		

⌘ Rule 4 – Wrestler's Classification and Weigh-In (Cont.) ⌘

20.	4-4-3	19	... <u>Any activities that promote weight loss by a contestant at the competition's site prior to and including the weigh in period are prohibited and shall disqualify an individual from competition.</u> Rationale: The current version of the rule provides too much ambiguity that leads to misapplication and misunderstanding of the rule. By providing additional and specific verbiage to the existing rule, expanding on it or creating a new article for this proposal the needed clarity for the situation and rule application can be easily understood by officials, coaches and wrestlers.		
21.	4-5-2 NOTE (NEW)	19	NOTE: Wrestling tournaments involving multiple days of competition, at the discretion of the tournament manager, will have the option of allowing wrestlers to weigh-in immediately following the <u>last match of the day/evening for the following day of competition.</u> Rationale: Based on the current NFHS weight management guidelines the proposed rule would not provide any advantage to one wrestler over another as currently wrestlers are not losing extreme amounts of weight from dehydration and are limiting weight loss to 1.5% per week. Instead it would allow for more rest as wrestlers would not have to get up as early to get to a morning weigh-in and better nutrition by allowing the wrestlers to eat a good meal after the evening weigh-in. This would allow the wrestlers a better night's sleep and the opportunity to digest their meal instead of eating just prior to wrestling thus providing wrestlers with more energy and potentially eliminating many of the fatigue related injuries that occur during multiple day tournaments. Wrestlers would still have to maintain their weight loss plan and schedule.		
22.	4-5-3	19	... The weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest 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. <u>Tournament weigh-ins may proceed by teams with the lowest weight class to the highest and end immediately upon the completion of the highest weight class.</u> A contestant shall weigh in..... Rationale: The addition to allow teams to weigh-in as teams at tournaments helps with the running and organization of weigh-ins. With weight management in place the past abuses have been eliminated from the weigh-in period. Weighing in by teams in a tournament of 90 teams can be done in less than 25 minutes.		

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23.	4-5-3	20	<p>... During time off the scale(s), activities that promote dehydration or <u>hydration</u> are prohibited. Rationale: The inclusion of the verbiage “or hydration” provides clarity of the rule and completes the entire understanding of the rule as defined by the NFHS. Although weight gain in the weigh-in area is seldom one of concern or significance it does begin to contradict the weight management programs that many states have adopted. This will also greatly reduce the situations (albeit not significant in number) the situations where wrestlers are trying to gain weight in the weigh-in area to make the next higher weight class.</p>		

⌘ Rule 4 – Wrestler’s Classification and Weigh-In (Cont.) ⌘

24.	4-5-5	20	<p>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, <u>except for state association championships where the consecutive day scale allowance may exceed a maximum of two pounds, if approved by the state association.</u> In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s). Rationale: State association championships are the culminating event for the season. If a state association must conduct their state championships over more than 3 days due to fan interest, it does not seem the wrestlers should be penalized by not receiving an additional 1-pound scale allowance on the fourth day.</p>		
25.	4-5-5	20	<p>...required for the opponent(s). <u>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 scale allowance, with the exception of the required 48-hour notice.</u> Rationale: This rule change would be good for wrestling and does not “fly in the face” of the weight management rules. With the current weight management rules, wrestlers are competing at a safe weight, but many of them are competing at their minimum weights as determined by body composition assessments. With that in mind, maintaining that weight without regular workouts is sometimes difficult for them. I believe this change would be seen as a positive move by coaches without jeopardizing the health of the wrestlers. The consecutive day scale allowance is in effect because it is difficult for wrestlers to maintain their weight, strength and endurance during consecutive days of competition. It is equally difficult for wrestlers to maintain their weight, strength and endurance when meets are postponed due to weather, etc. In the Midwest, and other areas of the country, there are times when wrestlers do not practice for 2-3 days, or more, at a time while trying to maintain their competitiveness. If wrestlers are not allowed to practice on Monday due to weather-related school policy and Tuesday’s meet is postponed until Wednesday due to severe weather, then it is postponed until Thursday due to severe weather, the wrestlers should get a little</p>		

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			relief. Following the consecutive day scale allowance rule would provide some relief in these situations.		
26.	4-5-5	20	... In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s). <u>The acceptable person(s) to receive that notice shall be the head coach, principal or athletic director.</u> Rationale: Coaches complain that it is unclear as to whom they must notify. This would make it very clear and not change the intent of the rule.		

⌘ Rule 5 – Definitions ⌘

27.	5-8	22	...and then withdraws. <u>The disqualified (withdrawn) wrestler will get a loss on his/her record and the opponent will get a win over the disqualified wrestler.</u> Rationale: We have by rule extended the match to when the wrestlers properly report to the scorer's table. If the match has started and a wrestler is disqualified, we cannot ignore wins and losses.		
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⌘ Rule 5 – Definitions (Cont.) ⌘

28.	5-11-1a (NEW)	22	<p>a. <u>When awarding a fall at the edge of the wrestling area, a fall may be awarded when any part of the pinning area is inbounds.</u></p> <p>Rationale:</p> <ol style="list-style-type: none"> 1. It takes away a safe haven for wrestlers to get out of bounds to avoid being scored on. 2. Too many times well executed scoring opportunities occur at the edge only to be negated by the current out of bounds rule. With this addition it will allow wrestlers to score more at the edge, keep the action going at the edge, and take away that opportunity to prevent being scored on at the edge. 3. With this rule it also takes away many judgment calls made on the edge as a referee's look to see if each wrestler does or does not have a supporting point out or not. 4. I also feel it will lead to some great wrestling to continue at the edge as wrestlers scramble to score and also lead to back points & falls on the edge. 		
29.	5-11-2a	22	<p>... or on both elbows. <u>In any pinning situation, a near fall may occur if any part of the defensive wrestler's pinning area remains inbounds.</u></p> <p>Rationale:</p> <ol style="list-style-type: none"> 1. It takes away a safe haven for wrestlers to get out of bounds to avoid being scored on. 2. Too many times well executed scoring opportunities occur at the edge only to be negated by the current out of bounds rule. With this addition it will allow wrestlers to score more at the edge, keep the action going at the edge, and take away that opportunity to prevent being scored on at the edge. 3. With this rule it also takes away many judgment calls made on the edge as a referee's look to see if each wrestler does or does not have a supporting point out or not. 4. I also feel it will lead to some great wrestling to continue at the edge as wrestlers 		

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			scramble to score and also lead to back points & falls on the edge.		
30.	5-11-2i	23	In f-h, when an imminent or near fall situation <u>Whenever an imminent or near-fall situation is stopped, whether to prevent injury or simply to award the penalty point(s) after the near-fall situation ends, due to a defensive wrestler committing a technical violation, applying an illegal hold, 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</u> <u>the penalty point(s) and an additional near fall point will be awarded as described in f-h shall be awarded.</u> Rationale: It is still very confusing to officials that they should be awarding an additional near fall point beyond what has been earned in addition to all penalty points whenever the defensive wrestler commits an illegal hold, technical violation, unnecessary roughness or unsportsmanlike act when a near-fall is imminent or has occurred. Hopefully this wording will make all officials realize that additional near-fall point has been earned no matter when the match is stopped to award the penalty points.		

≡ Rule 5 – Definitions (Cont.) ≡

31.	5-13 (NEW Articles)	24	<p>Section 13 FORFEIT</p> <p>ART. 1...<u>in-one-day limit. A forfeit is when a contestant fails to report for a match (excluding a medical forfeit situation). A forfeit shall eliminate a contestant from further competition in a tournament.</u></p> <p>ART. 2...<u>Medical Forfeit – A medical forfeit is when a contestant fails to report for a match due to an injury or illness that occurred during the tournament. In order for a wrestler to have a medical forfeit, the wrestler must receive prior-to-match approval from the tournament director.</u></p> <p>ART. 3...<u>Default – a default is when a wrestler does not complete a match that has been started. Note default situations may include where a third injury time-out has occurred, injury time has been used up and the wrestler is not ready to continue, blood time has been used up and the wrestler is not ready to continue.</u> Rationale: Need these additional definitions to better define forfeits, medical forfeits and default situations.</p>		5-7
32.	5-15-2b, c	25	<p>Delete Article 2b and replace with the following:</p> <p>2b. <u>When the defensive wrestler’s back is exposed to the mat in a pinning situation while at least the supporting point(s) of either wrestler is inbounds, wrestling shall continue as long as there is a possibility of the offensive wrestler bringing the opponent back inbounds. In this situation the defensive wrestler’s shoulder(s) or scapulae is a supporting point(s).</u></p> <p>Delete Article 2c and replace with the following:</p> <p>2c. <u>Near fall points may be earned or a fall called if any part of the defensive wrestler’s pinning area is in-bounds.</u></p>		

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			<p>Rationale:</p> <ol style="list-style-type: none"> 1. It takes away a safe haven for wrestlers to get out of bounds to avoid being scored on. 2. Too many times well executed scoring opportunities occur at the edge only to be negated by the current out of bounds rule. With this addition it will allow wrestlers to score more at the edge, keep the action going at the edge, and take away that opportunity to prevent being scored on at the edge. 3. With this rule it also takes away many judgment calls made on the edge as referee's look to see if each wrestler does or does not have a supporting point out or not. 4. I also feel it will lead to some great wrestling to continue at the edge as wrestlers scramble to score and also lead to back points & falls on the edge. 		

⌘ Rule 5 – Definitions (Cont.) ⌘

33.	5-15-3	25	<p>Wrestling shall continue as long as the supporting parts of either wrestler remain inbounds. <u>For the purpose of awarding a point(s) at the edge of the wrestling area, a point(s) shall be awarded when control is established or lost while any part of a supporting point or any part of a foot of either wrestler finishes on the mat inbounds.</u></p> <p>Rationale:</p> <ol style="list-style-type: none"> 1. Parallels the interpretation used in collegiate wrestling. 2. Increases the opportunities for scoring. 3. Simplifies judgment of “edge of mat” scoring opportunities (one point in vs. two points in). 		5-16-1; 5-16-2; 5-16-3
34.	5-15-3	25	<p>... remain inbounds. <u>If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match.</u> Rationale: Clarification.</p>		
35.	5-18-2	26	<p>...or forfeit occurs. <u>Once a proper wrestler reports to the scorer's table that wrestler must remain at the scorer's table or report on the mat. The violation would be leaving the wrestling area without first receiving permission.</u> Rationale: In dual meets the wrestlers do not go back to their coaches. Since the start is the same for dual meets and tournaments they should not go back to the coaches in tournaments.</p>		
36.	5-20-5	26	<p>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 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 <u>first</u>. The near side is the one on which the offensive wrestler places the palm of the hand on or over the back of the elbow. A knee or foot may be placed behind the defensive wrestler's feet. The offensive wrestler's legs or feet may not be in contact with the defensive wrestler. (Photos 27-31) Rationale: By placement of the hand over</p>		

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#	RULE NO.	PG. #	PROPOSED REVISION WITH RATIONALE Underlining shows additions; strikethrough shows deletions	STATE	OTHER RULES AFFECTED
			the navel first, this will eliminate the slow hand to the navel and reduce the amount of false starts.		
37.	5-20-5 NOTE (NEW)	26	<p>NOTE: The time sequence to be followed in assuming the offensive starting position is to:</p> <ol style="list-style-type: none"> 1. <u>set the knee(s) and feet</u> 2. <u>place the palm of one hand on the naval</u> 3. <u>place the palm of the other hand on or over the near elbow</u> 4. <u>the referee shall pause momentarily before starting wrestling</u> <p>Rationale: This is what the NCAA rule is. It has proven to help eliminate the slow hand to the naval giving the offensive wrestler an advantage on the start. This rule will provide consistency for all wrestlers to follow the same sequence, and help eliminate the unfair start that many get by so called rolling starts and quick starts due to not a set sequence and lack of a pause.</p>		

≡ Rule 5 – Definitions (Cont.) ≡

38.	5-25-6c (NEW)	29	<u>c. repeatedly creates a stalemate situation to prevent an opponent from scoring.</u> Rationale: NFHS Wrestling Rules Questionnaire Item.		7-6-6c (NEW)
39.	5-26-4 (NEW)	29	<p>Art. 4...It is a 3-point takedown when, from the neutral position, a wrestler <u>gains control over the opponent down on the mat and any part of the hips of the defensive wrestler are within the boundary of the 10-foot center circle.</u> (Additional rule changes required to support the new rule. Rule 5-16-1 add: ...<u>In awarding a 3-point takedown in the 10-foot circle, any part of the hips of the defending wrestler must be within the line of the 10-foot circle.</u> Rule 9-1-2 add: ...<u>or three points when secured in the 10-foot circle.</u> Rule 9-1 – Summary of Scoring, add Takedown... 2 or 3 points. Page 56, Scoring Abbreviations T3 – takedown 10' circle.)</p> <p>Rationale:</p> <ul style="list-style-type: none"> • This rule addition would reward and reinforce the Rule 7-6-1 “Each wrestler is required to make an honest attempt to stay within the 10-foot circle.” • The addition of one point for a center mat takedown would reward that wrestler for his effort. • It would add excitement to close matches allowing a wrestler to overcome a 2-point deficit in the final seconds. • It would enhance the new 5-20-6 (neutral offensive starting position) • It would create an added incentive for wrestlers on the outside perimeter to take shots to the center of the mat. • It would encourage aggressive wrestlers to circle to the outside to shoot inward rather than forcing their opponent to the edge and shooting to the out of bounds. 		5-16-1; 9-1-2; 9-1 Summary and Scoring Abbreviations

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			<ul style="list-style-type: none"> It would allow for a wrestler, who secures a lift outside of the 10-foot circle, to carry his opponent to the 10-foot circle for the 3-point takedown. For fans, this would safely create the excitement of “amplitude” without relying on subjectivity and without having to encourage unsafe or dangerous lifts. By emphasizing the center of the circle, the rule will offer officials more incentive to call stalling when they recognize a wrestler is avoiding the 10-foot circle. 		
40.	5-31-1	30	<p>... The head coach shall be penalized for unsportsmanlike conduct if wrestlers report to the scorer's table not in proper uniform, not properly groomed, not properly equipped or not ready to wrestle. Rationale: This should be treated exactly like shoelaces. This is a very severe penalty to the coach in wrestling and put them and the official on edge once the coach has received one of these unsportsmanlike penalties. It is real difficult to say that a coach has to leave a facility because wrestlers have reported not ready to wrestle. A few years ago we did not have the language that starts the match when a wrestler reports, which now allows us to put a match point as the penalty.</p>		

⌘ Rule 6 – Conduct of Matches ⌘

41.	6-6-1	33	<p>...If the wrong wrestler is given the choice of position at the start of the second period <u>or at the start of the first 30 second tiebreaker in overtime</u>, no re-wrestling is necessary... Rationale: Both situations are similar and should be treated equally. Under current rules the overtime error would be bad time.</p>		
42.	6-6-1	33	<p>...The opponent <u>could have</u> will be given the choice at the start of the third period. Rationale: Clarification.</p>		
43.	6-7-1c6	35	<p>...the first point(s) in the regulation match, <u>the wrestler whose opponent has received an unsportsmanlike conduct penalty at anytime during the match to have choice. The unsportsmanlike conduct penalty is to supersede any prior match points.</u> ... Rationale: With the emphasis on sportsmanship, the NFHS recently revised the dual meet team score tiebreaker criteria inserting unsportsmanlike conduct as the first tiebreaker item. The same emphasis on sportsmanship should also apply to the individual match. An unsportsmanlike act that occurs at anytime during the match should take precedent over any prior match points. Additionally, you could also permit the wrestler whose opponent has an unsportsmanlike to have choice at the first of the two 30-second tiebreaker periods.</p>		

⌘ Rule 7 – Infractions ⌘

44.	7-1-5w (NEW)	36	<p><u>w. The head-and-arm series (chin-whip) from the standing position.</u> Picture 89. Rationale: This move is presently potentially dangerous but happens so quickly that it never gets called. I feel that there is a great deal of pressure on the neck when the wrestler is returning his/her opponent to the mat.</p>		Picture 89
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45.	7-1-5x (NEW)	36	<u>x. body scissors</u> Rationale: NFHS Wrestling Rules Questionnaire Item.		
46.	7-1-7 (NEW)	36	ART. 7... A back flip from the standing position is illegal. Rationale: Safety.		
47.	7-4-1	38	...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... Rationale: To further define what is considered unnecessary roughness.		

⌘ Rule 7 – Infractions (Cont.) ⌘

48.	7-5-5	39	... Flagrant misconduct shall be penalized in accordance with the penalty chart. <u>Wrestler Misconduct Penalty(Tournaments Only) Any action by a wrestler that the referee considers to be serious enough to eject a contestant, but not considered a flagrant action, will be penalized by deducting 2 team points and removal from the event, but will retain all previous points earned during a tournament.</u> Rationale: Penalty chart indicates that this wrestler cannot earn any team points during an event where he/she is penalized for flagrant misconduct. The penalty of losing all points earned in a tournament penalizes the entire team because of the act by one wrestler. There have been several cases where teams go from 2nd to 5th or 1st to 4th in tournaments because a single contestant was penalized for flagrant misconduct. Since many officials interpret flagrant misconduct differently, this rule would give them another choice and would allow an official to penalize the contestant without drastically hurting the rest of the team. During the heat of competition, high school athletes can lose control much more easily than college athletes or adults. Penalizing the entire team is too strict a penalty. In most states, any contestant ejected from an event is also penalized by not being able to participate in his or her next event. The current penalty is also the only penalty in which an athlete loses points he/she has earned. In football the touchdowns earned by the athlete are not removed. In basketball, the points earned by the offending athlete are not removed. In the current rule the actions of one athlete in tournaments affects the outcome of the entire team when points are removed that have been previously earned.		
49.	7-6-4d	40	<u>d. notifies the official of a choice for a neutral or optional starting position.</u> Rationale: With the		5-25-4d

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	(NEW)		addition of the choice for a neutral position by the advantage wrestler, the national interpretation was that if the choice came after the defensive wrestler was set there should be a penalty for a delay in the match (stalling). To keep consistency, the same should then be applied for the option starting position.		(NEW)

⌘ Rule 8 – Penalties and Injuries ⌘

50.	8-1-6	44	...to the bench area. Any contestant disqualified in 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... Rationale: NFHS Wrestling Rules Questionnaire item.		7-4-3; 7-5-5; 8-1-6 Penalty Chart
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⌘ Rule 9 – Scoring ⌘

51.	9-1-2	46	When a takedown is secured, the wrestler shall be awarded two match points <u>for the first takedown and three match points for each additional takedown.</u> Rationale: Each wrestler is required to wrestle aggressively and contestants are responsible for initiating action. When this does not occur the wrestler is either warned or penalized for stalling. This rule change would reward aggressive wrestling and thus would provide a positive outcome for the wrestlers who continue to initiate action throughout the match by providing an additional incentive to stay aggressive. Some concern has been expressed that wrestlers working for a technical fall, especially when using the takedown and release strategy, potentially embarrass their opponents. This change would result in a wrestler reaching the 15 point differential quicker thereby decreasing the number of times it would be necessary to release and take down your opponent. This change would also provide for some interesting and exciting finishes and strategy at the end of close matches as a lead would not be as safe as in the past and thus would be an incentive for both wrestlers to continue to work aggressively.		Summary of Scoring Chart on page 46
52.	9-2-1a (NEW) Re-letter	47	In dual-meet competition, scoring is based upon the results of each individual match as follows: <u>a. for each match won by fall, seven points shall be added to the team's total;</u> a: b. for each match won by default, disqualification, fall or forfeit, six points shall be added to the team's total; b: c. for a technical fall,		

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			<p>e. d. for a major decision,</p> <p>d. e. a double forfeit</p> <p>e. f. a team forfeit</p> <p>Rationale: The ultimate goal in wrestling is to pin your opponent. This change would reward those who achieve the ultimate goal by awarding the wrestler's team with more team points than can be possibly earned through any other outcome. Some concern has been expressed that wrestlers working for a technical fall, especially when using the takedown and release strategy potentially embarrass their opponents. This change would provide more incentive to work for a fall due to the possibility of earning more team points.</p>		

⌘ Rule 10 – Conduct of Tournaments ⌘

53.	10-2-5 (NEW) Re-number Articles	50	<p><u>Art. 5...</u><u>If a contestant is determined to have a communicable skin disease after the start of a tournament, the contestant shall not be allowed to compete further in the tournament. All team points earned up to the time in which the communicable skin disease was detected would remain with the team and the individual would be eligible to accept an individual placement award if applicable.</u> Rationale: In a multi-day individual tournament an athlete may pass the skin check on the first day, but may fail the skin check on day two or three. If the wrestler has advanced to a point within the tournament in which the athlete has earned a medal or placement points, he/she should not be allowed to wrestle, but still should not be disqualified from receiving a medal or the points earned in prior competition in the tournament.</p> <p>Example A: The wrestler has advanced on day one to the championship semifinals. On day two, he/she fails the skin check at weigh-ins. He/she should be allowed to receive the 6th place medal and points earned in prior competition in the tournament.</p> <p>Example B: The wrestler after two day of competition has advanced to championship finals. On day three, he/she fails the skin check at weigh-ins. He/she should be allowed to receive the 2nd place medal and points earned in prior competition in the tournament.</p>		4-2-3; 10-2-7
54.	10-2-7	50	Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and		

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			<p>cannot place in the tournament except as provided in Article 4 and Article 5 of this section. A forfeit shall be awarded to the opponent. (Article 5 is referring to Rules Proposal #53) Rationale: In a multi-day individual tournament an athlete may pass the skin check on the first day, but may fail the skin check on day two or three. If the wrestler has advanced to a point within the tournament in which the athlete has earned a medal or placement points, he/she should not be allowed to wrestle, but still should not be disqualified from receiving a medal or the points earned in prior competition in the tournament. Example A: The wrestler has advanced on day one to the championship semifinals. On day two, he/she fails the skin check at weigh-ins. He/she should be allowed to receive the 6th place medal and points earned in prior competition in the tournament. Example B: The wrestler after two day of competition has advanced to championship finals. On day three he/she fails the skin check at weigh-ins. He/She should be allowed to receive the 2nd place medal and points earned in prior competition in the tournament.</p>		
55.	10-2-9 (NEW)	50	<p><u>Art. 9...In the case of double disqualification where the loser could advance, a coin toss would decide which wrestler would advance to the loser's bracket. No wrestler would advance to the winners bracket.</u> Rationale: The rules book is silent in this situation. It is something that could easily happen and need guidance.</p>		

4/6/2008