



## 2019-20 Proposed Wrestling Rules Changes

<p><b>4-1-1a</b></p>	<p><b>Change:</b></p> <p><b>ART. 1 . . .</b> A legal uniform consists of:</p> <p>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 belt line. <u>A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.</u> The one-piece singlet may be worn with full-length tights with stirrups. <del>Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.</del> The one-piece singlet shall be school-issued.</p> <p>NOTE: Female contestants wearing a one-piece singlet shall wear a <u>form-fitted compression</u> suitable undergarment that <u>completely</u> covers their breasts.</p> <p><b>Rationale:</b></p> <p>This rule proposal reinforces the importance of how wrestlers should be required to be properly attired on the mat during competition, regardless of gender. Currently, there is no specific requirement for what a wrestler wears under a singlet. Light colored or white singlets become transparent if an undergarment is not worn underneath. This creates a modesty concern that athletes are revealing more than is appropriate.</p>
<p><b>4-1-1b</b></p>	<p><b>Change:</b></p> <p><b>ART. 1 . . .</b> A legal uniform consists of:</p> <p>b. Compression shorts or shorts designed for wrestling shall...snaps, buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area <del>must</del> <u>shall</u> be worn under shorts designed for wrestling <u>and compression shorts</u>. Shorts designed for wrestling may be worn over the</p>

	<p>singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.</p> <p><b>Rationale:</b></p> <p>This rule does not require a suitable undergarment to be worn under compression shorts. Light colored or white compression shorts become transparent if an undergarment is not worn underneath.</p>
<p><b>4-1-1c Note</b></p>	<p><b>Change:</b></p> <p><b>NOTE:</b> Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts <u>and minimizes the risk of exposure.</u> <u>All contestants wearing a one-piece singlet shall wear a suitable undergarment which completely covers the buttocks and groin area.</u></p> <p><b>Rationale:</b></p> <p>Female wrestlers are required to wear an undergarment that covers the breasts. By adding additional language to minimize the risk of exposure, it will raise the expectation that the suitable undergarment should provide coverage and support during competition.</p> <p>This rule does not require the contestants to wear a suitable undergarment to cover the buttocks and groin under a singlet. Some light-colored or white singlets become almost transparent and create modesty concerns.</p>
<p><b>4-1-3</b></p>	<p><b>Change:</b></p> <p><b>ART. 3 . . .</b> Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. <del>If the shoes have laces, the laces shall either be taped to the shoe or secured by a locking device on the wrestling shoe in an acceptable fashion.</del> <u>If laces are visible, they shall be secured in an acceptable fashion. If the shoe laces come undone the penalty would be an automatic stalling call.</u></p> <p><u>(NOTE: acceptable secure fashion could be double knotting of the laces)</u></p>

	<p><b>Rationale:</b></p> <p>This rule holds the coach and wrestler accountable to verification that they have come to the mat properly equipped. This also allows the usage of double knotting of the laces as another way to secure the shoes.</p>
<p><b>4-1-4</b></p>	<p><b>Change:</b></p> <p><b>ART. 4 . . .</b> Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:</p> <ul style="list-style-type: none"> <li>a. adequate ear protection;</li> <li>b. no injury hazard to the opponent; and,</li> <li>c. an adjustable locking device to prevent it from coming off or turning on the wrestler’s head.</li> </ul> <p><u>Any manufacturer's logo/trademark/reference that appears on the wrestling ear guards including legal hair covering can be no more than 2 1/4 square inches with no dimension more than 2 1/4 inches and may appear no more than once on ear guards. No additional manufacturer's logo/trademark or promotional reference shall be allowed on the wrestling ear guard.</u></p> <p><b>Rationale:</b></p> <p>The available space on ear guards has become a blank canvas for non-school issued or non-approved promotional logos or references. The intent of NFHS Rule 4 is to maintain the sanctity of the wrestler's uniform and ear guards by not allowing impractical images that detracts from school-issued equipment and uniforms.</p>
<p><b>4-2-1</b></p>	<p><b>Change:</b></p> <p><b>ART. 1 . . .</b> During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level. <del>Hair trimmed and well groomed</del> <del>The hair in its natural state</del>, 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</p>

	<p>below the line of the lower lip shall be permissible. If an individual has hair longer than allowed by rule, <del>it may be braided, or rolled if it is</del> <u>it shall be contained in a cover so that the hair rule is satisfied. (Photo 4) <u>Physical hair treatment items that are hard and /or abrasive such as (beads, bobby pins, barrettes, pins, hair clips, etc. or any other hair control device) shall not be permitted. A legal hair- controlled device such as rubber band(s) shall be secured so as not to come out readily during wrestling.</u></u></p> <p>The legal cover shall be attached to the ear guards...at the site. If an individual has facial hair, it <del>must</del> <u>shall</u> 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.</p> <p><b>Rationale:</b></p> <p>The term "well groomed" is extremely subjective and there is no standard to meet such an arbitrary expectation. Hair that is manipulated poses no threat to either wrestler. It is neither abrasive nor cumbersome. However, physical hair treatments do present a risk to either wrestler due to the hardness, texture (sharpness) or abrasiveness and should not be allowed.</p>
<p><b>4-3-5</b></p>	<p><b>Change:</b></p> <p><b>ART. 5 . . .</b> Wrestlers <del>may</del> <u>shall</u> not wear wristbands, sweatbands, bicep bands <u>or leg or arm sleeves that do not contain a pad</u> during a match.</p> <p><b>Rationale:</b></p> <p>There is no purpose or function for use of a leg or arm sleeve that does not contain a pad for protection. There is no peer review data or research to support their existence. They are intrusive and do not properly fit all wrestlers.</p>

<p><b>4-5-7</b></p>	<p><b>Change:</b></p> <p><b>ART. 7 . . .</b> All contestants shall weigh-in wearing a suitable undergarment that completely covers the buttocks and the groin area. Female contestants <del>must</del> <b>shall</b> also wear a <b>suitable form fitted compression</b> suitable undergarment that <b>completely</b> covers their breasts. Contestants may wear low cut socks that cannot be removed or added if the wrestlers do not make weight.</p> <p><b>Rationale:</b></p> <p>This language requires the use of a foundation garment for female wrestlers. Female wrestlers should wear undergarments that provides appropriate coverage and support</p>
<p><b>5-25-2</b></p>	<p><b>Change:</b></p> <p><b>ART. 2 . . .</b> 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 <del>majority of the wrestler's weight is supported by his hands.</del> <b>(photo 31)</b> wrestler's hand(s) touch the mat beyond reaction time.</p> <p><b>Rationale:</b></p> <p>This rule change eliminates a double standard that was created when the definition of a takedown was revised last year. So now we have a double standard in the rulebook. To be consistent we need to say that whenever the hand(s) touch the mat they are considered supporting point(s). By removal of the "majority of the wrestler's weight" criteria, we will eliminate the need for the official to make a judgmental call on weight bearing extremities. In addition, the application of our new rule on "supporting points" becomes consistent throughout the rulebook, not just on or around the 28-foot circle.</p>
<p><b>5-27-1a</b></p>	<p><b>Change:</b></p> <p><b>ART. 1 . . .</b> There are five types of technical violations. Each is penalized without warning as outlined in Rule 7-3.</p>

	<p>a. Intentionally going out of the wrestling area or forcing an opponent out of the wrestling area <u>to avoid an imminent scoring situation</u>.</p> <p><b>Rationale:</b></p> <p>Now that we have emphasized that pushing or pulling your opponent out of bounds in the neutral position is stalling from last year’s rule changes; we need to clarify fleeing and forcing your opponent out of the wrestling area. By adding this language, it will clarify that intentionally going off the mat or forcing your opponent off the mat to avoid wrestling would be stalling. If it occurred to avoid being scored upon, it would be considered a technical violation. This technical violation has been underutilized for years, and hopefully this will give officials the tools and the confidence to distinguish between it and stalling.</p>
<p><b>7-3-1</b></p>	<p><b>Change:</b></p> <p><b>ART. 1 . . .</b> 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 <u>an imminent scoring situation</u>, is a technical violation <u>fleeing the mat</u>. 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 <u>during an imminent scoring situation</u>, the offending wrestler shall be penalized <u>for fleeing the mat</u>. There can be no technical violation of fleeing the mat if near-fall points have been earned.</p> <p><b>Rationale:</b></p> <p>The current rule for stalling presents a situational conflict for the official to make one of two calls, fleeing versus stalling for the similar type of action. Fleeing is an automatic point where stalling may be a warning on the first violation and a point on the second violation. This change would allow the referee to only apply the technical violation call of fleeing when the action is related specifically to a scoring situation. All other types of leaving the wrestling area as a means of avoiding wrestling would fall under the rule of stalling.</p>

<p><b>7-6-6d</b></p>	<p><b>Change:</b></p> <p><b>ART. 6 . . .</b> It is stalling when either wrestler:</p> <p>Sub-articles a-c remain the same.</p> <p><u>d. Shoelaces become undone.</u></p> <p><b>Rationale:</b></p> <p>This rule holds the coach and wrestler accountable to verification that they have come to the mat properly equipped. If shoe laces become undone this impedes the flow of the match and the intent of continual action. This also alleviates the burden on the official to determine if it was intentional and or unintentional.</p>
<p><b>8-1-3</b></p>	<p><b>Change:</b></p> <p><b>ART. 3 . . .</b> 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. <del>The first call for stalling will receive a warning prior to the opponent of the offender being awarded a match point.</del> The first two calls for a false start or incorrect starting position will be receive cautions. Following the two cautions, one match point will be awarded to the opponent of the offender for each subsequent violation. (See Penalty Chart)</p> <p><b>Rationale:</b></p> <p>Officials need to call stalling more consistently in order to increase the level of aggressive, offensive wrestling. By removing stalling from the progressive penalty sequence, officials will be able to penalize wrestlers more freely without complicating the matter when it is combined with other penalties (locked hands, fleeing, grasping clothing, etc.) Removing the stalling call</p>

	<p>from the penalty progression will allow officials more freedom to call stalling earlier, more consistently and without hesitation when they feel it is warranted.</p>
<p><b>8-1-4</b></p>	<p><b>Change:</b></p> <p><u>ART. 4 . . . Warnings and Penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart. On the first offense the wrestler will receive a warning. The opponent of the offender will be awarded one match point on the second and third offense, two match points and choice of position on the next restart for the fourth offense. A fifth offense shall result in disqualification. (See Penalty Chart)</u></p> <p><u>Existing Rule 8-1-4 becomes 8-1-5</u></p> <p><u>Existing Rule 8-1-5 becomes 8-1-6</u></p> <p><u>Existing Rule 8-1-6 becomes 8-1-7</u></p> <p><u>2019 Adjusted Penalty Chart with Stalling Change:</u></p> <p><u>Rule</u></p> <p><u>Warning</u></p> <p><u>First Penalty</u></p> <p><u>Second Penalty</u></p> <p><u>Third Penalty</u></p> <p><u>Fourth Penalty</u></p> <p><u>Illegal Holds</u></p>



Technical violations

Unnecessary Roughness

Unsportsmanlike Conduct by

Contestants During a Match

Not Reporting to Scorer's Table Properly Equipped

7-1

7-3

7-4-1

7-4-2

8-1-1

No            1pt.            1pt            2pt.            Disqualify

Stalling \*(plus opponent will have choice on the next restart)

7-6

Yes

1pt

1pt

2pt\*

Disqualify

False Start or Incorrect Starting Position

8-1-3

Following two cautions there is a 1-point penalty for each subsequent infraction

Coach Misconduct

5-5, 6-6-6 7-5-4 8-1-5

	<p><u>Yes</u></p> <p><u>Deduct 1 Team Point</u></p> <p><u>Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day.</u></p> <p><u>Unsportsmanlike Conduct Contestants (not during the match), Coaches and Other Team Personnel</u></p> <p><u>7-4-2</u></p> <p><u>7-5-3</u></p> <p><u>8-1-4</u></p> <p><u>No</u></p> <p><u>Deduct 1 Team Point</u></p> <p><u>Remove from premises immediately on second penalty and deduct 2 team point.</u></p> <p><u>Removal is for the remainder of the event, day/dual meet or tournament</u></p> <p><u>Flagrant Misconduct- Contestants</u></p> <p><u>7-4-3</u></p> <p><u>8-1-6</u></p> <p><u>No</u></p> <p><u>Disqualify on first offense, deduct 3 team points and remove from the premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school even or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.</u></p> <p><u>Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform</u></p>
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7-3-5

8-1-1

Any contestant reporting to the scorers in violation of this article shall be disqualified if not removed or corrected within the 1.5-minute injury time.

**Summary of Technical Violations**

Going out of Wrestling Area (Fleeing) (7-3-1)

Grasping Clothing, Etc. (7-3-2)

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)

**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 the tournaments. Disqualification for unsportsmanlike conduct not dot 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.

**Rationale:**

Officials need to call stalling more consistently in order to increase the level of aggressive, offensive wrestling. By removing stalling from the progressive penalty sequence, officials will be able to penalize wrestlers more freely without complicating the matter when it is combined with other penalties (locked hands, fleeing, grasping clothing, etc.) Removing the stalling call from the penalty progression will allow officials more freedom to call stalling earlier, more consistently and without hesitation when they feel it is warranted.

8-2-4a, b1,2,3

**Change:**

**ART. 4 . . . CONCUSSION**

a. Any contestant who exhibit 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.)

b. The following modifications to injury time-outs will be used in all competition regarding injuries to the head and neck involving cervical column and/or nervous system:

(1) In the absence of appropriate health-care professional, (physician and/or certified athletic trainer) all injuries to the head and neck involving the cervical column and/or nervous system will be covered by the same time frame as other injuries. (See 5-28-6, 8-2-1)

(2) When appropriate health-care professional(s) are present, they have jurisdiction to extend the allowed time limit to a maximum of five (5) minutes for evaluation of the injuries to the head and neck involving cervical column and/or nervous systems only, at which time the athlete would be required to prepare without delay for continuation or default the match.

(3) A second occurrence of injury to the head and neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match.

**NOTE:** When this provision is used, the time consumed for the injury will in no way affect time used, or available, for other types of injuries.

**Rationale:**

This proposal allows additional time to evaluate concussions when an appropriate health-care provider is present. If one is not present, the regular injury time is used. It can only be used once to avoid fake injuries. It cannot be used for any other types of injuries. An additional five minutes is reasonable and has worked successfully in Wisconsin for the last 27 years.

<p><b>9-2-2f</b></p>	<p><b>Change:</b></p> <p><b>ART. 2 . . .</b> In dual-meet competition, if teams have identical scores, the following team tie-breaking system shall be used to determine the winner.</p> <p>Criteria a-e remain the same.</p> <p><u>f. The team giving up the least number of forfeits.</u></p> <p>Criteria shall be re-labeled through q.</p> <p><b>Rationale:</b></p> <p>This rule change maintains that forfeits should not be encouraged by rules that give the forfeiting team an advantage. Teams should be encouraged to put a wrestler on the mat for every weight class - not penalized by the likelihood of giving up scoring events counting against them (criteria H and beyond).</p>
<p><b>Official Signal</b></p>	<p><b>#28</b> <u>Tapping the front of the head with a balled-up fist of either hand to indicate that the five (5) minute Head/Neck/Cervical Column Evaluation time is to begin.</u></p> <p><b>Rationale:</b> To support the new rule change to indicate that Head/Neck/Cervical Column evaluation time has begun.</p>