



Wrestling Meeting Folder

2017-2018

Steve Dalberth, New York State Rules Interpreter

2017-2018 Rule Changes

Alternate Uniforms Approved

An alternate two-piece uniform consisting of compression shorts or shorts designed for wrestling and a form-fitted compression shirt has been approved for the 2017-18 season in high school wrestling. Wrestlers will have the option of the new two-piece uniform or the traditional one-piece singlet.

The compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a draw string that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, beltloops, zippers, snaps, buttons or pockets.

A suitable undergarment which completely covers the buttocks and groin area must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt.

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

All items of uniform apparel shall be school issued.

Female contestants wearing a form fitted compression shirt or a one-piece singlet shall wear a suitable undergarment to cover their breasts.

Full length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam or a one-piece singlet shall be a tight-fitting, single solid color, unadorned and shall not extend below the knee.

It is imperative that the shirt be tight-fitting. Officials have been instructed not to reach in under the shoulders to determine a pin. If the shoulder or scapula area of the shirt touches the mat for 2 seconds a fall will be called.

Weight Loss, Gain Methods Illegal

Rule 4-5-3 now prohibits any activities that promote weight loss or weight gain when an athlete misses weight on his or her first attempt on the scale.

The committee believes athletes who miss weight on their first attempt on the scale should not be allowed to do anything which might result in weight loss or weight gain before they step back on the scale(s). Among the activities which promote weight loss are dehydration; removal, adjustment or modification of clothing; cutting hair, etc. The same is the case for an athlete who is trying to qualify for a higher weight class by promoting weight gain. Athletes should not be allowed to drink fluids before getting back on the scale.

Inbounds Not Required for Near Fall Points or Fall

The NFHS Wrestling Rules Committee approved two changes related to falls and near falls. In 5-11-1, the shoulders or scapula of the of defensive wrestler no longer must be inbounds to earn a fall. The committee agreed that wrestling should continue if the supporting points of either wrestler remain inbounds and no body part of the either wrestler goes off the mat. In 5-11-5, the passage, "unless any part of the shoulders or both scapulae of the defensive wrestler is inbounds" was eliminated.

If wrestling is continuing during a match, near falls and falls will be earned regardless of the out-of-bounds line. Rule 5-15-2b, c was changed as follows: "Near fall points or a fall shall be earned while the supporting points of either wrestler are inbounds."

Rational: If wrestling is continuing, as allowed by current rules, and points for escapes and reversals are allowed, the ability to earn a fall or near fall should be there as well, with no regard to the out-of- bounds line."

Rule 5-11-5: Currently reads "a fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestlers' body out of bounds. This must be corrected. It should read "a fall or near fall shall not be awarded if **either** wrestler is handicapped by having a portion of their body out of bounds".

The word handicapped in the above statement means if any part of either wrestler touches the floor, a table, a score clock, a wall, a bleacher anything else foreign to the mat.

In the 2017-2018 Casebook and Manual cross out situation 5-15-2a, b were not properly edited to reflect this new change.

Referee Positioning Clarified

Rule 5-19-10, the referee no longer may be behind the contestants when starting the wrestlers from the down position. The referee shall be stationary, in front of, and at an angle to the contestants. The referee should establish eye contact with the scorer's table. The referee cannot be behind the wrestlers and have a view of the scorer's table. When the referee starts to move to go behind the wrestlers, there is a strong tendency for one or both wrestlers to false start. The referee should be in front so both wrestlers have a view of visual hand signals and the sound of the whistle. This is accomplished by the referee taking two or three steps to the open side as the top wrestler is starting to mount the defensive wrestler.

Scoring Error Corrections

Changes to Rules 6-6-4a(1) and 6-6- 5a(1) clarify when errors by the timekeeper, official scorer or referee must be corrected. In either dual meet or tournament competition, the correction must be made prior to the offended contestant leaving the mat area and before the start of the next match on that mat, 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 after the match has concluded ***and before the start of the next match on that mat.***

Dealing With Correctable Errors

Correctable errors are areas that coaches and referees tend to make more difficult than is necessary. There are only four types of errors possible: positioning of wrestlers, clock, scoring and misapplication of rule. Correcting the error involves making the necessary correction and when applicable re-wrestling any bad time. The final component of correctable errors is the time limitations in which a correction may be made. The limitations include prior to the subsequent period, prior to the subsequent match, prior to the offended contestant leaving the mat area if additional wrestling is necessary, prior to the offended contestant or coach leaving the mat area if no additional wrestling is needed and within 30 minutes of the conclusion of the dual meet or tournament official posting of team scores.

Situation: In a dual meet Team A was awarded four points for a forfeit instead of six points. Is this an error that can be corrected?

Ruling: This is an error involving the recording of team scoring and may be corrected within 30 minutes after the conclusion of wrestling. In tournaments, it must be corrected within 30 minutes of the official posting of team scores.

The key to understanding correctable errors is knowing when to apply bad time. To understand when to apply bad time it is necessary to know the four situations in which bad time applies.

1. Bad time is time wrestled with the wrestlers in the wrong position.
2. The wrong wrestler being given the choice of position at the start of the third period or at the start of the second 30 second tie breaker or at the start of the ultimate tie breaker,.
3. The choice of position not given after the second injury time-out or after the two-point stalling penalty.
4. When the clock and wrestling should have been stopped.

Bad time is a means of correcting an error such as placing wrestlers in the wrong starting positions or certain timing errors.

Here are some reminders;

Bad time is wrestled: with the wrestlers in the wrong position, the wrong wrestler being given choice of position at the start of the third period or the start of the second 30-second tiebreaker or the start of the ultimate tiebreaker.

If the referee fails to give the opponent the choice of position after a second injury time out, fails to give the choice of position on the next restart after opponent receives a two-point stalling penalty or when a clock should have been stopped at the end of a period; or wrestling has been allowed to continue following a violation when the match should have been stopped, bad time comes into play.

Any points, penalties, or injury time that occurred during bad time shall be voided with the exceptions of: **Flagrant misconduct. Unsportsmanlike conduct, unnecessary roughness, illegal holds/maneuvers, blood time.**

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.
- Bad time is also wrestled with the wrestlers in the wrong position or the wrong wrestler being given choice of position at the start of the third period, after opponent has taken his/her second injury time-out or on the next restart after opponent receives a two-point stalling penalty.

Situation: In a dual meet, (a) Wrestler A was supposed to have choice of position at the start of the second 30-second tiebreaker, but the opponent was given the choice of position instead and it was brought to the attention of the referee 20 seconds into the second 30-second tiebreaker; or (b) Wrestler A was supposed to have choice of position at the start of the ultimate tiebreaker, but the opponent was given the choice instead and it was brought to the attention of the referee 20 seconds into the ultimate tiebreaker.

Ruling: In both (a) and (b), bad time would be applied as Wrestler A was not given the choice of position to start either the second 30-second tiebreaker or the ultimate tiebreaker. All points earned during bad time are canceled. (Except the 5 items listed above). Following corrections made and a rest of one minute, the second 30-second tiebreaker or the ultimate tiebreaker will be re-wrestled.

There are three bad time situations in which a one-minute rest will be given.

1. Wrong wrestler being given choice at the start of the third period.
2. Wrong wrestler being given choice at the start of the 2nd 30 second tie-breaker.
3. Wrong wrestler being given choice at the start of the Ultimate tie-breaker.

All other bad time situations will be wrestled without delay.

Salto and Suplay Clarified

In previous Rules Book, Rule 7-1-2 read “A full, straight-back Suplay and a straight-back Salto to the head are illegal.”

This year’s rules Book has removed the word “head” to emphasize that these two maneuvers are illegal regardless of which body parts (head, neck or shoulder) hits the mat first.

Front Hurdle now illegal

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

This maneuver places the opponent in a disadvantage position as he or she is not only left to counter the scoring attempt, but is placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver,"

This maneuver will be considered illegal anytime it is attempted from the neutral position, even if both wrestlers are not in a standing position.

Stalling Rule Expanded

The Rules Committee added to the Rules Book additional language 7-6-4d “it is stalling when the contestant in the advantage position stays behind the opponent while on his or her feet, making no attempt to bring the opponent to the mat”.

This is not a new interpretation this situation has been in the Casebook for several years. In the rear standing position, the offensive wrestler must make an attempt to return the opponent to the mat.

Note: It is important to remember that the offensive wrestler must first get their opponents hips under control before attempting to mat return. If their opponent is back pressuring and fighting their hips out it is unrealistic to expect the offensive wrestler to return their opponent to the mat.

Special Equipment Update

The National Federation has determined that the Mercado ear guard by Bats'toi is compliant with the rules. To see an example of this ear guard visit, www.batstoi.com

Executive Committee Update.

NYSPPHSAA Executive Committee approved two proposals.

1. With league and section approval not counting the 99lb weight class in league matches only.
2. Limits the 2-day non bracketed tournaments to two. Out of the 6 allowed tournaments.

Two changes to the modified level were also approve.

1. Modified wrestlers are now allowed to wrestle within a 10lb variance.
2. The rest period between matches has been lowered from 45 minutes to 30 minutes.

Points of Emphasis.

Braces that are Properly Padded and Covered.

As defined by rule, any equipment that does not permit normal movement of the joints and prevents a wrestler's opponent from applying normal holds/maneuvers shall not be allowed. Any such equipment not limited to legal hair coverings, ear guards, face masks, braces, casts, supports, eye protection, prosthetics and socks must fit snug against the wrestler's body and if the equipment is hard and/or abrasive must be covered and properly padded with a closed-cell, slow -recovery foam padding no less than ½-in thick.

Prosthetics

Contestants who have been authorized to wear an artificial limb shall weigh-in with the artificial limb if they choose to wrestle with it on. It shall then not be removed during competition. Competitors who have state association approval to wear an artificial limb have the option to wear or not to wear the artificial limb during competition, but must weigh-in accordingly.

Biting Rule

According to Rule 5-12-2c, if referee determines that a wrestler has bitten his/her opponent, it will be deemed intentional biting and will be called flagrant misconduct. Referees do not have to see the bite in order to call biting. Furthermore, any claim of biting must be brought to the attention of the referee immediately. One should not assume intentional biting has occurred if only one set of teeth marks is present on the skin.

If the referee did not see the alleged bite, he/she should look for the presence of marks from both the upper and lower teeth. Incidental contact with an opponent's open mouth can result in what appears to be a bite; however, the presence of both upper and lower teeth marks is more likely to be the result of an intentional bite than from incidental contact with the teeth. Referees should pay close attention to a cross-face applied to the area of the mouth, especially when the mouth is open. If teeth marks are present after the cross-face is applied to the mouth, the referee should only call biting if he/ she believes the wrestler actually bit down on his/her opponent.

Hair Coverings Must Be Legal

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 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.

Stalling in the Ultimate Tiebreaker

The ultimate tiebreaker presents a different format when it comes to stalling. The referee should take into account that the offensive wrestler does not have to score to win, and can win by controlling the defensive wrestler for 30 seconds. If the defensive wrestler scores, the match is concluded. This could be by an escape, reversal or through a penalty point(s). If the offensive wrestler scores, the match is also concluded. If neither wrestler scores, the offensive wrestler will be awarded one point and declared the winner. To ensure that the offensive wrestler does not take advantage of the 30 seconds by just grabbing onto a body part(s) and holding on, a stalemate should be called immediately after

determining that the offensive wrestler has grabbed onto a body part(s) solely in an effort to prevent the defensive wrestler from scoring. Wrestling will resume from the offensive starting position on the mat; if the offensive wrestler uses a similar tactic again, stalling should be called and penalized accordingly.

Some Electronic Devices Allowed

Although there are some restrictions, coaches can use electronic devices. Rules 1-1-3 and 10-1-2 allow the use of electronic devices for video recording and review by the wrestler or coach unless prohibited by the state high school association. Also, the use of electronic devices that enables communication between a coach and contestant during a match is still prohibited (Rule 4-3-6).

Situation 1: During the match, the coach of Wrestler A is observed talking into (a) a tape recorder; (b) a tablet computer; or (c) a mobile phone.

Ruling: Legal in (a), (b) and (c) as long as it is not an electronic device that enables direct communication between the coach and his or her wrestler during a match.

Situation 2: The coach of Team A is using a two-way communication device to talk with an assistant coach who is watching several matches from a higher vantage point. **Ruling:** Legal. The use of an electronic communication device is permitted as long as it is not being used to communicate with a wrestler during a match.

Situation 3: During the match, the manager of Team A is observed video recording Team A's wrestler.

Ruling: Legal unless prohibited by the state high school association.

Forfeits

Forfeits do not count toward a wrestler's daily match limit. Wrestlers are limited to five matches in a day. Since there is no fatigue involved with accepting a forfeit, it is not necessary to count them in the daily match total for any wrestler.

Slams Can Result in Disqualification

Slams are extremely dangerous and every attempt must be made to prevent slams by reminding wrestlers of their responsibility to safely return opponents to the mat. It is the responsibility of wrestlers, coaches and referees to avoid slams.

A slam is defined as lifting and returning the opponent to the mat with unnecessary force. A slam may be called on wrestlers in the neutral, top or bottom position. When you lift your opponent from the mat you are responsible for their safe return.

Referees must call slams without delay. Coaches bear the responsibility of teaching their wrestlers the proper techniques for lifting and returning their opponents to the mat safely. Wrestlers must never intentionally bring an opponent to the mat with unnecessary force. If the referee believes the slam was an intentional act intended to cause physical harm to the opponent, it would be considered flagrant misconduct and the wrestler committing the slam shall be disqualified from the match.

Flashback: 2016-17 Rules Changes

Here is a review of rules changes from last season that are still in effect for 2017-18.

Potentially Dangerous Rule 7-2-2(g)

It is a potentially dangerous hold when a wrestler, from a standing position, is placed in a body lock with one or both arms trapped and then is lifted and is unable to use his arm(s) to break the fall.

The rear standing position with a trapped arm should be considered potentially dangerous and should be monitored very closely by the referee. Coaches, officials and competitors should be aware of the potential for injury in this situation if the defensive wrestler is returned to the mat and has no arm available to break the fall.

Penalty Points Rule 5-11-2(i)

Penalty point(s) will be awarded to the offensive wrestler in situations where the defensive wrestler exhibits inappropriate behavior in order to avoid being pinned.

The passage reads, " ... when a defensive wrestler commits a technical violation, applies an illegal hold or maneuver, commits unnecessary roughness or unsportsmanlike act during an imminent or near fall situation, the offensive wrestler shall be awarded a penalty point(s) in addition to the near fall points in accordance with (sub articles) f-h at the next stoppage." The committee felt that when the defensive wrestler uses unethical techniques to avoid being pinned, the offensive wrestler should not only be awarded the near fall or fall points, but should be awarded the appropriate penalty point(s) for that transgression at the next stoppage of the match,

Laces Rule 4-2-3

If the wrestler's shoes have laces, the laces shall be either taped to the shoe or secured by a locking device on the wrestling shoe in an acceptable fashion.

Encourage Wrestling in the Center of the 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. 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 or 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 avoiding 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.

Skin Conditions

Communicable skin conditions continue to be a major concern in wrestling, in part because of MRSA and Herpes Gladiatorum outbreaks in the recent past. If a participant has a suspected skin condition, NFHS Wrestling Rules require current, written documentation from an appropriate health-care professional stating the athlete's participation would not be harmful to an opponent. Cold sores are considered a skin lesion and are subject to the communicable skin condition rules.

The NFHS has developed a form that can be used for that documentation, and several state associations have adopted similar forms for use in their states.

Regardless of the form used, it is imperative that ALL coaches perform routine skin checks of their wrestlers and require any wrestlers with a suspect condition to seek medical attention and treatment.

It is also imperative that ALL referees perform skin checks - or verify that skin checks have been done by a designated, on-site meet, appropriate health-care professional - as part of their pre-meet duties prior to EVERY dual meet and tournament.

If there is a suspect condition, the wrestler or coach **MUST** present the proper clearance form at the weigh-in for any dual meet or tournament in order for the wrestler to be allowed to compete.

The only exception to the requirement of the proper clearance form 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. The designated, on-site meet, appropriate health-care professional has the authority to overrule the diagnosis of the appropriate health-care professional who signed the proper clearance form presented to the referee at the weigh-in.

One of the keys to preventing the spread of communicable skin conditions is for coaches and referees to fulfill their responsibilities professionally. It is, however, only one of the keys.

The other and equally important key is proper prevention. While prevention can be complicated, in most cases it only requires that a few basic steps be taken by ALL involved in the sport.

- Educate coaches, athletes and parents about communicable skin conditions and how they are spread.
- Clean wrestling mats daily with a solution of 1:100 bleach and water or an appropriate commercial cleaner.
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.
- Clean all workout gear after each practice including towels, clothing, headgear, shoes, knee pads, etc.
- Require each wrestler to shower or use a body-wipe after each practice and competition. Do not share bars of soap. Use individual soap dispensers.
- Perform daily skin checks to ensure early recognition of potential communicable skin conditions. Refrain from sharing razors or other personal hygiene supplies. Covering an active infection does not meet the requirements of the NFHS wrestling communicable skin condition rule for competitions. An active infection shall not be covered in practice either. It is a coach's professional responsibility to ensure that skin clearance forms presented by his or her wrestlers are legitimate and reflect the athletes' true conditions.

Coaches and referees all play a vital role in controlling communicable skin diseases. They must err on the side of what is best for the health of all involved in the sport when dealing with communicable skin diseases. Referees are the last line of defense in keeping wrestlers with communicable skin diseases off the mat. The safety of all who step on a competition mat is at stake. Coaches must realize that referees would not be placed in a position to make difficult participation decisions if coaches would perform skin checks on all of their wrestlers each day.

NFHS Wrestling Rule 3-1-4a states that "Before a dual meet begins, the referee shall perform skin checks or verify that skin checks have been performed by a designated, on-site meet, appropriate health-care professional."

NFHS Wrestling Rule 3-1-5a states that "Before an individual, combination or team advancement tournament begins each day, the referee shall perform skin checks or verify that skin checks have been performed by a designated, on-site meet, appropriate health-care professional." The skin checks should take place by referees or a designated, on-site meet, appropriate health-care professional at weigh-ins whenever possible.

In reference to multiple-day competitions, communicable disease "skin checks" shall take place at weigh- ins each day. Checking skin on the first day only is not an acceptable practice regarding the communicable disease detection procedure.

Rules 4-2-2, 3, 4, 5 are very specific concerning a contestant who is suspected of having a communicable skin disease. It is the responsibility of the contestant, parents, coach and referee to identify a possible communicable skin disease and then have an appropriate health- care professional evaluate the condition if possible.