



## **2025-2026 Rule Book for New York | Girls Wrestling**

The Official Rules of New York State Public high School Athletic Association for Girls Wrestling

Note: These rules have been modified from USA Junior Girls Rules to mirror some of the procedures already in place for NYSPHSAA and NFHS rules. These rules are not all-encompassing. Any safety measure or procedure not addressed by these rules, such as medical exams, skin forms, or weight certifications will default to NYSPHSAA rules followed by NYSPHSAA boy's wrestling with the exception of the weight progression plan.

# **RULE 1**

## **MAT, UNIFORM AND EQUIPMENT**

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### **SECTION 1. Mat The official international mat consists of four distinct areas:**

**Art. 1.** The wrestling area of the mat shall be a circular area with a minimum of 28 feet in diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat area approximately 5 feet wide.

NOTE: On mats where a line is used to indicate the out-of-bounds, the outermost edge of that line is considered as the true out-of-bounds. For purposes of this rule, the line itself is still considered part of the wrestling area.

**See NFHS rule 2 for further details regarding mat size, mat area, team benches, scorer's table, and scales.**

### **SECTION 2. Uniform**

**Art. 1.** A legal uniform consists of:

- 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 belt line. 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. The one-piece singlet may be worn with full-length form-fitted tights (non-modified both legs intact). The one-piece singlet shall be school-issued.
- b. NOTE: Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Compression shirt worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.
- c. A form-fitting compression shirt which shall not over or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under the singlet or with compression shorts or shorts designed for wrestling. The form-fitting compression shirt shall be school-issued.

NOTE: Female contestants choosing to wear a form-fitted compression shirt, whether as part of a two-piece uniform or under a one-piece singlet, shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure. Form-fitted tights are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be tight-fitting and shall not extend below the knee.

**Art. 2.** Any manufacturer's logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2 ¼ square inches with no dimension more than 2 ¼ inches and may appear no more than once on each item of

uniform apparel. No additional manufacturer's logo/trademark/or promotional reference shall be allowed on the wrestling uniform.

**NOTE:** One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

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

**NOTE:** An acceptable secure fashion could be double knotting of the laces.

**Art. 4.** Wrestling shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:

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

**Any manufacturer's logo/trademark/reference that appears on the wrestling ear guards (one on each cup), including legal hair covering, can be no more than 2 ¼ inches and may appear no more than once on ear guards. No additional manufacturer's logo/trademark/reference, promotional or advocacy references shall be allowed on the wrestling ear guards.**

**Art. 5.** The uniform shall be worn as intended/designed by the manufacturers.

**Art. 6.** Wrestlers are also prohibited to:

- Apply any greasy or sticky substance to the body.
- Arrive at the mat perspiring for the beginning of the first or second periods of a match. It is the responsibility of the coach and the wrestler to report dry and "toweled down". Referees may not mandate that wrestlers "dry off" during the middle of a period.

### **SECTION 3. Wrestler's appearance and health**

**See NFHS Rule 4:2 regarding appearance and health.**

### **SECTION 4. Special Equipment**

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

- a. Legal hair coverings attached to the ear guards, face masks, braces, casts, supports, eye protection and socks;
- b. Any protective equipment which is hard and/or abrasive must be covered and properly padded with a closed-cell, slow-recovery foam padding no less than ½ inch thick.

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

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

**Art. 4.** To help identify contestants, red and blue leg bands may be worn on either or both legs.

**Art. 5.** Wrestlers shall not wear wristbands, sweatbands, bicep bands or leg or arm sleeves that do not contain a pad during a match.

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

## **RULE 2**

### **DEFINITION OF WRESTLING TERMS**

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#### **SECTION 1. Verbal signals**

The referee shall use proper United World Wrestling (UWW) vocabulary in a loud and assertive manner during the course of a match to inform the wrestlers to be more offensive, to stay in the center of the mat, or to warn them about any impending penalties they may be subject to if they do not change what they are doing. It is also essential that the referee use hand gestures to indicate which wrestler is being warned to help the other officials, coaches and spectators understand what they are looking for. UWW vocabulary includes:

**Art. 1 ACTION:** to inform one or both wrestlers to wrestle more aggressively and actively try to improve position or to attempt more scoring actions.

**Art. 2 CONTACT:** to inform a wrestler to place her hands on the back of their opponent in a par terre starting position or to assume body-to-body contact in the standing position. This term is often used for wrestlers who are failing to engage holds with their opponent.

**Art. 3 OPEN:** the wrestler must alter their position to allow their opponent to take hold. Often used when wrestlers are "clammed up" while in par terre, interlocking fingers, or blocking holds of their opponent in a standing position.

**Art. 4 NO BLOCK:** used to warn a wrestler that they are using their hands, arms or head to block offensive activity from her opponent and must change tactics to allow their opponent to take hold.

**Art. 5 ATTENTION:** used to warn wrestlers of an illegal action or impending penalty. Often tied to passivity or fleeing type actions.

**Art. 6 HEAD UP:** used to inform the wrestler to raise their head to avoid using the head as a weapon and/or blocking tool.

**Art. 7 CONTINUE:** used if the wrestlers stop due to confusion (a whistle on an adjacent mat, e.g.) or if the wrestlers should continue an action where a potential score is developing slowly.

**Art. 8 ZONE:** used to inform a wrestler that they have entered the 1 meter outer perimeter of the mat area and that they are close to going into the protection area.

**Art. 9 CENTER:** used to inform the wrestlers to attain position away from the out-of-bounds and closer to the starting area on the mat

**Art. 10 PLACE:** used to inform the defensive wrestler in par terre that they are getting close to the boundary and should make an effort to stay in the wrestling area.

**Art. 11 NO FINGERS:** this is to inform the wrestlers to quit grabbing or interlocking fingers from any position on the mat. If twisting is involved, this is an illegal hold and should be penalized immediately. If a wrestler continues to grab fingers after a verbal "open" command has been given, the wrestler at fault will be penalized with a caution and her opponent will receive one point.

**Art. 12 PAR TERRE:** refers to mat wrestling where the wrestlers are in no advantage position and the defensive wrestler is on her knees (think of a front headlock) or where one wrestler is in the dominant position on top.

**Art. 13 INITIAL/DEFENDABLE POSITION:** where the defensive wrestler has her chest facing

the mat in a par terre position. The defensive wrestler must attain her initial position in order for the offensive wrestler to score multiple times off the same maneuver.

**Art. 14 CORRECT HOLD/ACTION/THROW:** an action by the offensive wrestler that causes her opponent to change direction or move through the air but does not cause the opponent to expose her back towards the mat. This situation can occur either in a standing or par terre position. It is the job of the officiating team to reward risk and good technique, hence the rewarding for "correct holds/throws."

**Art. 15 DANGER:** refers to the position of the defensive wrestler when their back is exposed past 90 degrees. When a defensive wrestler has her back exposed towards the mat, her head, shoulder, or elbow must be in contact with the mat to be considered to be in a "danger" position.

**Art. 16 TURN:** where the offensive wrestler causes the defensive wrestler to rotate her torso but does not hit any points of danger while being rotated. This position often occurs during an ankle lace where the defensive wrestler is in a "sitting" position as they are being turned.

**Art. 17 SLIP:** where an offensive wrestler makes a solid attempt at a throw or other scoring action but is unsuccessful through no effort by the defensive wrestler, i.e. "risk." The offensive wrestler must not land directly on her back during the action for it to be considered a "slip." The referee must get confirmation from either the judge or mat chairman prior to stopping the match if they believe a slip occurred. Restarts will occur in the standing position. Slips can occur from either a standing or par terre position.

**Art. 18 TAKEDOWN:** awarded to the wrestler who takes her opponent to the mat with control and the defensive wrestler with 3 points of contact (head, hands, and knees). All takedowns are worth two points. To achieve a takedown the offensive wrestler must:

- o Pass behind their opponent from a par terre position, take their opponent down to the mat from a standing position, or gain control of both legs of her opponent while that wrestler is on her hip or in a sitting position on her backside while the plane of the defensive wrestler's back is less than 90 degrees towards the mat or the defensive wrestler plants their hand on the mat.
- o Examples that are not takedowns - if the offensive wrestler spins behind her opponent and the defensive wrestler attains a quadpod position, it is not considered a takedown until the defensive wrestler's head, elbow or knee contact the mat. The "Merkle" position, where one wrestler has her leg encircled inside the leg of her opponent while in par terre and have the head and arm of their opponent locked at the same time is not considered a takedown in international wrestling because the offensive wrestler has not passed behind the defensive wrestler. The hips of the defensive athlete must be covered for the offensive wrestler to achieve a takedown.

**Art. 19 REVERSAL:** awarded to the defensive wrestler who is able to overcome the dominant offensive wrestler from a par terre position and gain control. All reversals are worth one point.

**Art. 20 FEET TO BACK:** where the offensive wrestler causes her opponent, from a standing position, to go into an immediate danger position on the mat. The offensive wrestler may be on her knees for this to occur. These actions must be continuous-any pause by the wrestlers on the mat prior to the defensive wrestler going to danger will only result in two points. All feet to back actions are scored four points. If a "feet to back" situation is considered to be "grand amplitude," that action should be scored five points (see below).

**Art. 21 FLEEING THE MAT:** where either wrestler goes out-of-bounds voluntarily and makes no effort to stay in the center wrestling area. This can occur in either standing or par terre wrestling. This is penalized by a caution to the wrestler at fault and one point to the

opponent assuming the defensive wrestler is not in danger. Restarts following a fleeing the mat call are dependent on whether the offensive wrestler finished her scoring action while the defensive wrestler was under attack.

- If the defensive wrestler flees the mat while under attack and the offensive wrestler is able to finish her scoring action, the scoring action will be valid AND the defensive wrestler will be penalized with a caution PLUS one additional point to the offensive wrestler. Wrestling will resume in the par terre position.
- If the defensive wrestler flees the mat while under attack from the standing position and the offensive wrestler is unable to complete her scoring action, the offensive wrestler will score one point for the step out AND the defensive wrestler will be assessed a caution PLUS one additional point to the offensive wrestler. Wrestling will resume in the standing position. (Revised 8/12/2022)
- **SPECIAL SITUATION: IF THE DEFENSIVE WRESTLER FLEES THE MAT WHILE IN THE DANGER POSITION, THE WRESTLER AT FAULT SHALL RECEIVE A CAUTION AND THE OPPONENT SHALL RECEIVE TWO POINTS. WRESTLING WILL RESTART IN THE PAR TERRE POSITION.** (Revised 8/12/2022)

**FLEEING THE HOLD:** where either wrestler is avoiding contact with their opponent to prevent being scored upon. This can occur in either standing or par terre wrestling at any point in a match, but most often occurs when time is running out. Restarts following a fleeing the hold call shall start in the position in which the infraction occurred.

**Recommended Procedure:** If the officiating team recognizes fleeing the hold, they should stop and give an "attention" to the wrestler at fault assuming there is adequate time left in the period. If the same wrestler continues to flee the hold, then the referee should stop and ask for a caution and 1 point. Agreement from the mat chairman is necessary for this call to be valid. By blowing the whistle, this will stop the clock so that there is time left in the bout if the call is confirmed. It is permissible to make this call with less than 15 seconds remaining in the match without a formal stoppage. In this situation, the referee shall loudly and clearly warn the defensive wrestler to "contact" or "take hold." If the defensive wrestler continues to not take hold, the referee must stop the match prior to time running out and ask for a caution and one point.

An attention is offered as the initial warning, followed by caution to the bottom wrestler and two points to the top wrestler for any incorrect starts or subsequent "jumps." In this case, wrestling shall restart in par terre. When setting up for ordered par terre, the top wrestler must immediately move to the proper position and place their hands on the back of their opponent without hesitation. They are not allowed to "dance" around the mat or delay the start in any manner.

**Art. 22 STEP-OUT:** if the attacking wrestler steps out first while in the process of an action, the following situations may occur:

- If the action is completed, the points will be scored as appropriate
- If the action is not completed, the opponent will score one point because the offensive wrestler stepped out-of-bounds first
- If the offensive wrestler has lifted the defensive wrestler and steps out with both feet, the bout shall be stopped and no points will be awarded. If the offensive wrestler has the defensive wrestler lifted off the mat and only steps out with

one foot but is in the process of completing the throw, the action should be allowed to continue and scored appropriately. All in all, if the offensive wrestler has the defensive wrestler lifted off the mat and either steps out with both feet or steps out with one foot and is not able to complete their throw or is not doing anything to try to score, the bout shall be stopped, no points shall be awarded and wrestling will restart in the standing position.

Visible pushouts will not be scored. If a wrestler visibly pushes out their opponent (for e.g.- straight arm push-out), they will be given an "attention". Any subsequent pushouts will not be scored for either athlete. The "pushing" wrestler will no longer be penalized with a caution and points for her opponent.

**Art. 23 GRAND AMPLITUDE:** any action or hold by the offensive wrestler from a standing position that causes her opponent to lose contact with the mat, makes her describe a broadly sweeping curve (vertical line) in the air and brings them to the mat. If a grand amplitude throw lands directly in danger, five points shall be awarded. If a grand amplitude throw is executed but the defensive wrestler does not land in danger, four points will be awarded.

**Art. 24 STARTING POSITION:** in the standing position, athletes shall start the match in the one meter starting area while facing each other. It is not essential for the athletes to be in contact with any start line if using a Folkstyle type mat. In the ordered par terre position, the bottom wrestler shall lie flat on their stomach with their arms stretched out in front and their legs stretched out to the back (neither the arms or legs can be touching or crossed). The bottom wrestler may have their head on or raised above the mat. The top wrestler places BOTH their knees behind the arms of the bottom wrestler. The top wrestler must be positioned to either side of the bottom wrestler and is not allowed to straddle the opponent in any fashion. When ordered, the top wrestler places their hands between the scapulae of the top wrestler without hesitation at which point the referee will blow the whistle. The bottom wrestler is allowed to work themselves to a standing position, if they choose.

## **RULE 3**

### **CONDUCT OF MATCHES**

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#### **SECTION 1 Starting the Match**

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

**Art. 2...** In dual-meet competitions, the wrestlers must be ready to go to the scorer's table immediately when called by the referee. *Coaches will escort the wrestlers to the head table to assure that the correct wrestler is entering that bout.* The wrestler sent to the scorer's table first, who then cannot be withdrawn or replaced without being disqualified and the weight class forfeited shall be determined by the pre-meet disk toss. Once a second wrestler has properly reported to the scorer's table in proper sequence, as determined in the pre-meet coin toss, neither can be withdrawn nor replaced without disqualification and the weight class forfeited. *If a coach/wrestler reports out of turn (i.e. odd team reports first but it is even teams turn) that odd wrestler may be withdrawn without penalty.* The first match is odd. If the even number matches are selected, the coach will send its wrestler to the scorer's table first on the even matches. The opposing team then will send its wrestler to the scorer's table first for the odd-numbered matches. The referee shall correct errors without penalty to the contestants.

**Art. 3 ...**In matches involving visually handicapped wrestlers, the finger-touch method shall be used in the neutral position and initial contact shall be made from the front. Contact will be maintained throughout the match

#### **SECTION 2. Out of bounds, stoppages and resumption of action.**

**Art. 1** The referee is obligated to stop the match if they determine a situation to be potentially dangerous and could possibly cause harm to either wrestler. The mat chairperson should also have an active role in recognizing potentially dangerous actions and inform the referee if they believe the match should be stopped. Wrestling will restart in the standing position.

**Art. 2** No athlete is allowed to take the initiative to interrupt the bout by choosing to wrestle in the standing position from par terre. If after an "attention" the athlete does this again, they will be penalized by a caution and one point.

**Art. 3** Athletes should be given a reasonable amount of time to complete actions from all positions, assuming an action is imminent. If, however, the athlete is given multiple times to score a given action to no avail or has been given adequate time to develop a scoring maneuver to no avail, the referee shall stop the match and restart the wrestlers in a standing position. Confirmation for this procedure is not required. There is no time limit that dictates when the referee should stop the match.

**Art. 4** Out-of-bounds is determined by:

- a. one opponent having the entirety of their foot outside the boundary area while in a standing position
- b. the whole head of the defensive wrestler touches the protection area while in par terre
- c. the pinning points/chest of the defensive wrestler, while in par terre, are in the protection area, but not necessarily touching the protection area.
- d. if, while in the standing position, the offensive wrestler has her opponent lifted completely off the mat and is in complete control, the offensive wrestler steps with both feet outside of the boundary, this will be deemed to be out-of-bounds. In this same scenario, the offensive wrestler will be allowed to finish her throw if they have one foot outside the boundary and complete their action in one continuous motion but should be stopped immediately once two feet

step outside the boundary, assuming no throwing action has started yet.

**Art. 5** If a line is used to indicate the out-of-bounds, the outside portion of that line is considered the true "out-of-bounds." If a wrestler starts an action while in the wrestling area, that action will be allowed to continue and scored appropriately if it goes out-of-bounds, regardless of which athlete touches the protection area first. However, counteractions cannot be scored out-of-bounds. For example, if Red starts a head and arm throw in bounds causing Blue to go to her back out-of-bounds and then Blue initiates a roll through, only the head and arm throw should score. The roll through is not valid since Blue went out-of-bounds prior to starting the roll through.

**Art. 6** All illegal actions should be scored appropriately with wrestling resuming in the position in which the infractions occurred. Control is not required to determine what position the wrestlers will restart after a fleeing the hold or fleeing the mat scenario. Par terre simply refers to mat wrestling, defined as the defensive wrestler being on her knees on the mat; control is not required to be in this position. **For example, if Red snaps Blue down into a front headlock with Blue's knees on the mat and Blue decides to push herself out of bounds to avoid being turned, fleeing the mat could be called and the wrestlers would restart in par terre, Red being on top.** All lifts that start in a par terre position where a foul occurs by the defensive wrestler in the process of being lifted and/or thrown should be restarted in par terre.

**Art. 7** Where available, a challenge is requested by a coach immediately after the refereeing body has awarded or failed to award a potential scoring action, the mat chairman will order the referee to stop the bout when the athletes have attained a non-pinning position and no more scoring is imminent. **If the athlete chooses not to want the challenge, it is her prerogative to inform the referee that they don't want to challenge prior to the review being initiated. Referees will no longer ask the athlete if they want to challenge.** The mat chairperson and head official will then review the video of the last scoring action and determine the proper scoring decision. The only situations in which a challenge will not be allowed is in the case of a confirmed fall or in situations of passivity. The actions leading to the fall or the time left in the match before the confirmed fall can be challenged, but the fall itself is not challengeable. The challenge is currently only available at the state championship tournament.

### **SECTION 3 Rest Between Matches**

**Art. 1.** Rest Between Matches. Competitors shall receive a mandatory 15 minutes of rest between all matches. The mandatory rest period is required for all matches except when both wrestlers' previous match was a victory either by forfeit or medical forfeit. This rule may not be waived for any reason.

### **SECTION 4 Length of Match**

**Art 1** ... A wrestling match will consist of two three-minute periods with a thirty second rest between periods. Match lengths will remain the same in championship and wrestle-back brackets.

**Art 2** ... There is no overtime in this style. See rule 4:1:4 for winning criteria for a tie score.

### **SECTION 5 End-of-Match Procedure**

**Art 1** ... If no fall occurs during the final period, the referee shall direct the wrestlers to return and remain in the center of the mat while the referee verifies the match score (If applicable via three-person mechanics, the mat chairman will indicate winning color).

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

## **RULE 4**

### **ENDING BOUTS AND SCORING MEETS AND MATCHES**

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#### **SECTION 1. Ending the bout**

**Art. 1** Fall: commonly referred to as "pin." **Controlled** compression of the shoulder/scapulae simultaneously is necessary to obtain a fall. **There is no such thing as a "touch" fall.** Falls in the protection area are not valid-the head of the defensive wrestler must be in bounds for a fall to be considered valid. The referee raises the hand of the offensive wrestler to request confirmation from the mat chairman for a fall. It is not obligatory for all three officials to offer an opinion when a fall call is requested, but the mat chairperson must approve of the fall for it to be official. Once the fall is confirmed by the mat chairperson, the referee should gently slap the mat and blow their whistle to end the match. The mat chairperson, if not in the best position to see a fall, should respect the position of the referee and judge in relation to the athletes in determining whether a fall has been attained in making his or her official decision.

**NOTE:** In a fall situation where the defensive athlete nearly has her shoulders to the mat and screams to simulate an injury and a reason for this potential injury is not observed, the refereeing team is obligated to call a fall, with mat chairman approval.

**Art. 2** By injury, withdrawal, default, or disqualification of the opponent.

**Art. 3** By technical superiority is a difference in ten (10) points. If a wrestler attains the point difference for technical superiority during the course of completing an action and the defending wrestler produces a counterattack in bounds, that counterattack is valid and should be scored. In other words, there can be no pause from the offensive action to the counteraction. If after that scoring sequence there is no longer technical superiority, the match should continue without stoppage. It is the duty of the mat chairman to inform the referee to stop the match if technical superiority has been attained.

**Art. 4** By decision-one opponent has scored more points or has won based off of criteria.

If the point total is equal at the end of a match, the following criteria will determine the winner, in this order:

1. Highest value scoring actions (most 5 point actions, most 4 point actions, most 2 point actions)
2. Least number of accrued cautions
3. Last point scored

**Art. 5** Once the bout has concluded, the mat chairperson should confirm the winner by holding her hand or paddle in the air corresponding to the color of the winning wrestler. The referee shall raise the hand of the winner in the direction of the chairman, and while holding the wrists of both wrestlers, rotate them towards the judge as they raise the hand of the winner. At this point, the referee will have the athletes shake each other's hand and of the opposing coach. It is not obligatory for the athletes to shake the hands of the refereeing crew. The headgear can be removed and held by the athlete but must not be thrown towards the coach or any spectator. The singlet straps of either athlete must stay up until the athlete has left the wrestling area. If an athlete refuses to shake her competitor's hand or the hand of the opposing coach, they could be disqualified from the match (no classification points) or if egregious, be disqualified from the competition.

### **SECTION 3. Time-out**

**Art. 1.** Injury time. If a contestant sustains an injury from a legal maneuver, the wrestler is entitled to a maximum of 1 ½ minutes which is cumulative throughout the match. Two injury time-outs may be permitted in any match provided the total time does not exceed 1 ½ minutes.

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

**Art. 3.** Recovery time. If a contestant is injured as a result of an illegal hold/maneuver or brutality, during the match, the wrestler is entitled to two minutes of recovery time, which is not deducted from the injured wrestler's injury time allowance not shall it constitute an HNC time-out.

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

**Art. 5.** Coach/referee conference. If a coach believes a misapplication of a rule has taken place it shall be a referee's time-out. Otherwise, the coach shall be charged with Coaches Misconduct in accordance with the NFHS penalty chart.

**Art. 6.** Head/neck/cervical column (HNC). If a contestant is injured, the onsite appropriate health-care professional (AHCP) will have up to five (5) minutes(maximum) to evaluate the wrestler's head and neck involving the cervical column and/or nervous system. A second occurrence of injury involving the head and neck involving the cervical column and/or nervous system in the same match shall require the wrestler to default the match.

NOTE: The New York State "Green Book" clarifies this procedure in more detail.

### **SECTION 4. Scoring**

#### **Art. 1 1 POINT.**

- Step-outs- if the offensive wrestler steps out-of-bounds first while completing an action, allow the action to continue and score. If the action results in no points, the opponent of the wrestler who stepped out-of-bounds first will be given one point (see exception immediately above). If there is no clear action that led to the athletes going out-of-bounds, the opponent of the wrestler who goes out-of-bounds first will get one point.
- To the opponent of a wrestler designated as passive who fails to score during a 30-second activity period (see "passivity" section for further clarification).
- Reversals.
- All cautions with the exception of fouls and fleeing the mat in the danger position, will result in one point to the opponent of the wrestler at fault.
- To the attacking wrestler whose opponent flees the mat in a standing or par terre position. Wrestling shall restart in the position in which the fleeing action occurred.
- To the attacking wrestler whose opponent commits an illegal hold that prevents the execution of that hold.
- To the top wrestler whose opponent refuses correct par terre position after a friendly "attention." If the bottom wrestler commits the infraction, she will receive a caution and one point is awarded to the top wrestler; wrestling will restart in par terre. If the top wrestler refuses to start correctly after a friendly "attention," no cautions or points are awarded-wrestling will resume in the standing position.
- To the opponent of the wrestler whose coach requested a challenge and the

original call that is made on the mat is not modified after video review.

**Art. 2** 2 POINTS

- All takedowns
- All correct holds/actions from a standing or lifting position.
- Any turn that begins in par terre. Danger does not need to occur.
- Any low amplitude lift where the defensive wrestler does not land in a danger position.
- To the defensive wrestler who is able to effectively counter an offensive action and hold the offensive wrestler in a position of danger.
- To the offensive wrestler whose opponent flees the mat or commits a foul while in a position of danger. Wrestling shall restart in par terre.

**Art. 3** 4 POINTS

- All feet to back situations (the defensive wrestler must contact her head, shoulder, or elbow to the mat all while the back is facing the mat), with the exception of grand amplitude actions that land in danger.
- All grand amplitude throws where the defensive wrestler does not land in danger.

**Art. 4** 5 POINTS

- Any grand amplitude throw where the opponent lands directly in a danger position.

## **RULE 5 INFRACTIONS**

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### **SECTION 1. Passivity**

**Art. 1** Passivity is a tool that the officiating crew can use to stimulate action from a wrestler who is not actively attempting to score. Passivity can be observed as:

- Evading attacks without counterattacks
- Attacking without direct contact with opponent
- Faked attacks
- Not able to control center
- Grabbing wrists without starting an attack
- Regaining initial position after beginning an attack
- Evading into and maintaining position within the passivity zone
- Fixing one's opponent within passivity zone
- Defensive wrestling
- Wrestling on one's knees while not in contact with opponent

### **SECTION 2. Freestyle Passivity Procedure**

#### **Art. 1** 1st passivity violation

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from judge or mat chairperson. To indicate confirmation is received, referee raises hand of passive wrestler.
- Stop the match for verbal warning: "Red or blue, attention". Using one hand in a circular motion, indicate to the passive wrestler to be more active as well as clarify why wrestler is being passive.

#### **Art. 2** 2nd passivity violation

- Stop the match once confirmation is given and there is no imminent scoring action in progress
- Indicate the 30-second activity period to the passive wrestler using both hands in a circular motion. It is not necessary to give any gestures or verbalize to the coaches that the activity time is started. The referee shall wait until the activity time is clearly indicated on scoreboard prior to restarting match.
- If an athlete is put on activity time and does not score, the active wrestler will get one point on top of any points she scores in activity time.
- The passive athlete on activity time must score in that 30 seconds or their opponent will receive one point. The point will be awarded without stopping the match.

#### **Art. 3** Further passivity violations

- Further penalty periods can be initiated directly-no warnings are given after the first verbal warning. The first verbal warning does carry over between periods.

- No activity period shall be given after 2:30

**Art. 4** All passivity calls must be confirmed by the mat chairman (if working in a team of three). It is obligatory that the officiating crew stop the match around 2:00 and prior to 2:30/1:30 if the score is 0-0, consult, and immediately put a wrestler into a 30-second activity period. The first period in every freestyle match must never end 0-0. The first passivity violation should be denoted as "V" in the match paperwork; all subsequent passivity violations shall be denoted by "P."

*(If a wrestler is put on activity time, they must score within the :30 time frame allotted. If she starts an action prior to the :30 time frame being completed, she will be allowed to finish their action, but if that action does not score by the end of :30, the opposing wrestler will be given one point. The match will not be stopped to award this point. A caution for not scoring in the :30 activity period no longer applies.*

*It is possible for acts that are deemed to be passive early on in a period, could be considered fleeing the hold if done later in a period, especially with short time on the clock (less than 30 seconds). If the referee wants to warn a wrestler for fleeing the hold, they should stop the match and offer a verbal "attention" to the wrestler at fault as well as to her coach. This way, the athletes, coaches, and fans will be able to differentiate when a wrestler is being called for passivity versus fleeing the hold.*

*If after restarting the match, the actions that lead to the "attention" persist, the referee should stop the bout, signal for a caution to the less active wrestler and score one point to the opponent.)*

### **SECTION 3. Negative Wrestling**

**Art. 1** Tactics employed by wrestlers whose only objective is to prevent scoring actions, avoid "open" wrestling, or deliberately cause harm to their opponent are considered negative wrestling. This can include, but is not limited to:

- Interlocking fingers
- Blocking the opponent with one's head, one or two hands to the face, or blocking at the opponent's chest
- Fleeing the mat or fleeing the hold
- Brutality

**Art. 2** Two approaches can be taken by the referee team to penalize a wrestler for negative wrestling:

1. Referee stops match and gives wrestler an "Attention," clarifying what they need to change. If the negative wrestling persists, referee should stop match, ask for a caution and award one point to the opponent. The mat chairperson must confirm this call to be valid.
2. If the negative wrestling prevents an active scoring action or is considered beyond fair play (i.e. brutality), the referee can ask for a caution and one point immediately without a formal "Attention." The mat chairperson must confirm this call to be valid. Negative wrestling must be strictly applied.

### **SECTION 4. Illegal Actions and Holds**

**Art. 1** Pulling the hair, ears, genitals, pinch the skin, bite, twist fingers or toes.

**Art. 2** Kick, head-butt, push, apply force against a joint or the spine, step on the feet of one's opponent or touch the face of her opponent between the eyebrows and line of the

mouth.

**Art. 3** Thrusting the elbow or knee into an opponent.

**Art. 4** Grabbing the singlet or headgear.

**Art. 5** Clinging to or grasping the mat.

**Art. 6** Talking during the bout.

**Art. 7** Seizing the sole of the opponent's foot or toes (only seizing the upper part of the foot is permitted).

**Art. 8** Agreeing to the match result between themselves.

**Art. 9** Throat holds or any other position of strangulation.

**Art. 10** Any hold where the defensive wrestler's head is cinched between her chest and the offensive wrestler's body, most commonly seen in standing front headlock maneuvers, where the pressure is not applied to the side.

**Art. 11** Twisting of arms more than 90° including forming an acute angle with the forearm in an armbar situation.

**Art. 12** Arm lock applied to the forearm.

**Art. 13** Holding the head or neck with two hands in any position without an arm encircled.

**Art. 14** Full Nelson

**Art. 15** In a standing position where the defensive wrestler has attained a "pike" position (head down with legs extended into the air), all actions must occur to the side.

**Art. 16** Lifting the opponent who is in a bridge position and throwing her to the mat.

**Art. 17** Breaking the bridge by pushing the offensive wrestler's face or head.

**Art. 18** Figure four or scissors of anything other than one leg or arm. This includes a "leg cradle."

**Art. 19** The defensive wrestler in par terre must maintain center mat position. They are allowed to defend an action by inching forward or moving side to side to alter the position of the offensive wrestler, but they are strictly forbidden from "swimming" towards the edge of the mat. If this occurs, the referee must move in front of the defensive wrestler, yell "attention, stop" to the defensive wrestler. If the "swimming" persists, caution and one/two points to the offensive wrestler shall be awarded for fleeing the hold. *(In any case, it is the discretion of the officiating crew of what constitutes a potentially dangerous situation and whether or not the match should be stopped for the safety and overall benefit of the athletes. In most cases, if the attacking wrestler is found to have violated the rules during execution of a hold, the action in question shall be completely void and on the first offense, the referee shall give an "attention" to the attacking wrestler at fault. If the attacker repeats her violation, she will be punished by a caution and one point being awarded to her opponent. If the defending wrestler, by an illegal action, prevents her opponent from developing their hold, the defending wrestler will be given a strict "attention» by the referee during the course of the match (assuming there are no safety concerns with either athlete) to warn them of an infraction in the rules. If the illegal action persists, the referee will stop the match and caution the wrestler at fault. If confirmation from the mat chairman is attained, her opponent will receive one point.)*

**Art. 20** Belly to Belly Straight Over the Back: Belly to Belly and Belly to Back throws must go over the shoulder, NOT over the head. Penalties for the execution of this sort of movement, to completion, are consistent with brutality guidelines. Officials may stop

the motion prior to the execution of the move, at their discretion. This will be deemed potentially dangerous without a penalty point being awarded.

**Art. 21** Unsportsmanlike conduct during the bout will be treated as a match caution and will result in a point for their opponent. This is not recorded as unsportsmanlike conduct with regards to dual meet tie-break criteria.

### **SECTION 5. Brutality**

**Art. 1** It is against the rules to intentionally inflict pain on the opponent by using unnecessary roughness with the clear intent to injure an opponent. The wrestler who uses these types of holds and moves will be disqualified from the match they are competing in, and may be

disqualified from the tournament. If the officials decide to call brutality against a wrestler, it must be unanimous among all three officials. Any calls for the wrestler who committed brutality to be removed from the tournament will be reviewed by the head official.

### **SECTION 6. Unsportsmanlike Conduct**

**Art. 1.** Description. Unsportsmanlike conduct can occur before, during or after a match. It may include, but is not limited to, such acts as swearing, aggressively throwing ear protection (regardless of anger or excitement), failure to stop on the whistle, indicating excessive displeasure with a call, excessive celebration involving a vulgar act, failing to comply with post-match procedures, spitting or blowing of nose (into other than designated receptacles and repositories), having competition uniform straps down while still inside the competition circle or other acts generally considered by the referee to be distasteful to spectators, coaches and fellow competitors.

**Art. 2.** Calls Unchangeable. Once an unsportsmanlike conduct violation has been assessed, it shall not be changed after the subsequent match begins in a dual meet and once the bout sheet leaves the table in a tournament. Additionally, the referee may not assess an unsportsmanlike or flagrant misconduct penalty during subsequent matches in a dual meet or later in a tournament session for action(s) in an earlier match.

**Art. 3.** Wrestler — Pre-match or Post-match Period. An unsportsmanlike conduct violation for a wrestler during the pre-match or post-match period shall result in the deduction of one team point for the first violation; the penalty for the second violation outside of a match and during the same dual meet or tournament session will be disqualification, the deduction of one team point and removal from the premises for the remainder of the event. In addition to using the appropriate signal, the referee shall verbally notify a member of the offending coaching staff immediately after the violation. If the coaching staff has vacated the mat area, the referee shall inform the tournament director, which will be responsible for notifying the appropriate school personnel. Additional unsportsmanlike conduct violations that occur by the same wrestler before the verbal notification are considered simultaneous violations.

**Art. 4.** Wrestler — During a Match. An unsportsmanlike violation during the match shall be an award to the opponent of one match point for the first violation and disqualification from the match for the second violation. In-match unsportsmanlike conduct disqualifications are disqualifications from that match only. In addition to using the appropriate signal, the referee shall verbally notify a member of the offending coaching staff immediately after the violation. Additional unsportsmanlike conduct violations that

occur by the same wrestler before the verbal notification are considered simultaneous violations.

**Art. 5. Noncompeting Wrestler and Personnel – Pre-match, Match or Post-match Period.** An unsportsmanlike conduct violation by coaches, athletic trainers, managers, physicians and noncompeting wrestlers shall result in the deduction of one team point for the first violation; the penalty for the second violation will be disqualification, the deduction of two team points and removal from the premises. In addition to using the appropriate signal, the referee shall verbally notify a member of the offending coaching staff immediately after the violation. If the coaching staff has vacated the mat area, the referee shall inform the tournament director, which will be responsible for notifying the appropriate school personnel.

**Art. 6. Accumulation of Penalties.** The penalties for unsportsmanlike conduct are cumulative throughout a dual meet or a tournament session for noncompeting wrestlers, coaches, athletic trainers, managers and physicians. In-match unsportsmanlike conduct calls for competitors are cumulative within that match.

### **SECTION 7. Illegal Substance on Skin**

**Art. 1.** The use of oil or greasy substances that cannot be completely removed shall be grounds for disqualification from the match at the discretion of the referee. Timeout for the removal of such substances shall be cumulative with the timeout for injuries throughout the match.

### **SECTION 8. Flagrant Misconduct**

**Art. 1. Description.** Flagrant misconduct can occur before, during or after a match. It may include, but is not limited to, nonphysical and physical acts of misbehavior, such as intentionally striking an opponent, executing an intentional drill or forceful fall back on an opponent, deliberately attempting to injure an opponent, or any act serious enough to disqualify a wrestler from an event.

**Art. 2. Wrestler — Pre-match, Match or Post-match Period — Dual Meet.**

- a. A flagrant misconduct violation committed by the winner of the bout shall be penalized by the loss of any team points earned from their victory, plus 3 points for the opposing team. The offending athlete shall be removed from the premises. A winner is determined based on the score at the final whistle of the bout, not the hand-shake.
- b. A flagrant misconduct violation committed by the loser of the bout shall be penalized by the 3 team points for the opposing team. The offending athlete shall be removed from the premises. A winner is determined based on the score at the final whistle of the bout, not the hand-shake.
- c. A flagrant misconduct committed during the match shall be penalized by disqualification from the bout, removal from the premises, a deduction of 3 team points, plus 5 team points for the opposing team for disqualification from the bout.

**Art. 3. Wrestler — Pre-match, Match or Post-match Period — Tournament.** A flagrant misconduct violation during a tournament shall be penalized by the deduction of one team point, removal from the premises for the remainder of the event, declaration of the opponent as the winner and two team points awarded for advancement. Additionally, the

wrestler charged with the flagrant misconduct will not be credited with points earned before the incident, nor receive placement points or an individual tournament award. Other wrestlers will remain in their respective positions on the bracket. In dual- team advancement tournaments, the flagrant misconduct penalty points are only deducted for the session in which the offense occurred.

**Art. 4. Noncompeting Wrestler.** A flagrant misconduct violation shall be penalized the same as if the noncompeting wrestler were a competing wrestler.

**Art. 5. Video Review Requirement.** If mat-side video review is being utilized, once a flagrant misconduct violation has been assessed, the referee shall review the official designated mat-side video. The review shall take place immediately after the violation has been assessed. After the flagrant misconduct violation has been reviewed, the call may be confirmed or altered per the referee's decision.

**Art. 6. Calls Unchangeable.** Once a flagrant misconduct violation has been assessed, it shall not be changed after the subsequent match begins in a dual meet and once the bout sheet leaves the table in a tournament.

**Art. 7. Suspension Requirements.** A wrestler or institutional representative other than medical staff who commits an act of flagrant misconduct shall be suspended from participation until after the team's next regularly scheduled event. A member of the team's medical staff who commits an act of flagrant misconduct shall be suspended from participation during the team's next regularly scheduled home event. If flagrant misconduct occurs during the last event of the season, the suspension carries over to the first event of the next sports season. During the suspension, the suspended person(s) shall not sit on the team bench.

**Art. 8. Reporting of Flagrant Misconduct Violations.** The referee shall notify the section chair of the Flagrant Misconduct as soon as possible after the match by text or email of the Flagrant Misconduct as soon as possible after the match.

**Art. 9. Multi-day Events.** In a triangular, quadrangular, individual advancement or dual-team advancement tournament, an individual(s) penalized for flagrant misconduct shall be disqualified and removed from the premises for the duration of the event, including multiple-day competitions. "Premises" is defined as the building in which the event takes place.

**Art. 10. Notification of Flagrant Misconduct.** The referee or a member of the tournament committee shall inform the head coach that a team member, who must be identified by name, has been charged with a flagrant misconduct violation.

**Art. 11. Use of Tobacco Products, marijuana, or any vape, or e-cigarette paraphernalia.** The use of such products by student-athletes, coaches or other team personnel on the premises during an event is a flagrant misconduct violation.

## **RULE 6**

### **INJURIES, TIME OUTS, MAT STOPPAGES**

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#### **SECTION 1. Mat Stoppages**

**Art. 1.** For injury, blood, and HNC stoppages, see Rule 4:3 above, adapted from the NFHS rules.

**Art. 2.** The referee is obligated to stop the match if they determine a situation to be potentially dangerous and could possibly cause harm to either wrestler. The mat chairperson should also have an active role in recognizing potentially dangerous actions and inform the referee if they believe the match should be stopped. Wrestling will restart in the standing position.

**Art. 3.** No athlete is allowed to take the initiative to interrupt the bout by choosing to wrestle in the standing position from par terre. If after an "attention" the athlete does this again, they will be penalized by a caution and one point.

**Art. 4.** Athletes should be given a reasonable amount of time to complete actions from all positions, assuming an action is imminent. If, however, the athlete is given multiple times to score a given action to no avail or has been given adequate time to develop a scoring maneuver to no avail, the referee shall stop the match and restart the wrestlers in a standing position. Confirmation for this procedure is not required. There is no time limit that dictates when the referee should stop the match.

**Art 5.** Out-of-bounds is determined by:

1. one opponent having the entirety of their foot outside the boundary area while in a standing position
2. the whole head of the defensive wrestler touches the protection area while in par terre
3. the pinning points/chest of the defensive wrestler, while in par terre, are in the protection area, but not necessarily touching the protection area.
4. if, while in the standing position, the offensive wrestler has her opponent lifted completely off the mat and is in complete control, the offensive wrestler steps with both feet outside of the boundary, this will be deemed to be out-of-bounds. In this same scenario, the offensive wrestler will be allowed to finish her throw if they have one foot outside the boundary and complete their action in one continuous motion but should be stopped immediately once two feet step outside the boundary, assuming no throwing action has started yet.

**Art. 6.** If a line is used to indicate the out-of-bounds, the outside portion of that line is considered the true "out-of-bounds." If a wrestler starts an action while in the wrestling area, that action will be allowed to continue and scored appropriately if it goes out-of-bounds, regardless of which athlete touches the protection area first. However, counteractions cannot be scored out-of-bounds. For example, if Red starts a head and arm throw in bounds causing Blue to go to her back out-of-bounds and then Blue initiates a roll through, only the head and arm throw should score. The roll through is not valid since Blue went out-of-bounds prior to starting the roll through.

**Art. 7.** All illegal actions should be scored appropriately with wrestling resuming in the position in which the infractions occurred. Control is not required to determine what position the wrestlers will restart after a fleeing the hold or fleeing the mat scenario. Par terre simply refers to mat wrestling, defined as the defensive wrestler being on her knees on the mat; control is not required to be in this position. For example, if Red snaps Blue down into a front headlock with Blue's knees on the mat and Blue decides to push herself out of bounds to

avoid being turned, fleeing the mat could be called and the wrestlers would restart in par terre, Red being on top. All lifts that start in a par terre position where a foul occurs by the defensive wrestler in the process of being lifted and/or thrown should be restarted in par terre.

**Art. 8.** If a challenge is requested by a coach immediately after the refereeing body has awarded or failed to award a potential scoring action, the mat chairperson will order the referee to stop the bout when the athletes have attained a non-pinning position and no more scoring is imminent. If the athlete chooses not to want the challenge, it is her prerogative to inform the referee that they don't want to challenge prior to the review being initiated. Referees will no longer ask the athlete if they want to challenge. The mat chairman and head official will then review the video of the last scoring action and determine the proper scoring decision. The only situations in which a challenge will not be allowed is in the case of a confirmed fall or in situations of passivity. The actions leading to the fall or the time left in the match before the confirmed fall can be challenged, but the fall itself is not challengeable. The challenge is only available at designated competitions.

# RULE 7

## CONDUCT OF DUAL MEETS

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### Dual Meet and Dual Meet Tournament Rules

This section is designed to provide a clear definition of regulations that govern the dual meet competitions. Much confusion surrounds melding the collegiate (folkstyle) rules and the Freestyle rules for wrestling competition in these dual (team) tournaments. This puts the regulations in writing together in one document for easy reference. This is not a complete set of rules for New York high school girls wrestling. These are only the rules that deal with dual meet competitions. It must be remembered that in Freestyle, Dual Team competitions:

The individual bout is governed by the NYSPHSAA girls freestyle rules and rule modifications however, dual meet competition between two teams, including actions by the coach and the team bench, are governed by the rules listed below.

### SECTION 1 Team Scoring in dual meet

**Art. 1** Although most tournaments have gone to a straight-line bracket format, some still offer a vertical pairing format for brackets at their events. Because of that, it is important to understand the classification points given to the athletes following a bout. This system is also used to determine team points in dual events. Also, in tournaments, classification points are used for placing purposes.

For the winner:	5	Fall (Pin); Injury Default, Disqualification for misconduct; Disqualification for 3 cautions;
For the loser:	0	
For the winner:	4	Technical superiority, loser scores no technical points.
For the loser:	0	
For the winner:	4	Technical superiority, loser scored technical points.
For the loser:	1	
For the winner:	3	Decision, loser scores no technical points
For the loser:	0	
For the winner:	3	Decision, loser scores technical points
For the loser:	1	
For the winner:	0	Both wrestlers are disqualified for brutality/flagrant
For the loser:	0	

### SECTION 2 Tie breaker for dual and team tournaments

**Art 1. Breaking Ties in Dual Meets and Team-Advancement Tournaments.** When two teams finish in a tie in a dual meet or a team-advancement tournament, the following criteria shall be applied to determine a winner:

1. Least number of unsportsmanlike conduct calls (unsportsmanlike conduct penalties issued during a bout do not count toward this criteria). Any unsportsmanlike conduct points issued against a wrestler during the bout are treated as general cautions for the individual match score, not the team score. A flagrant misconduct would be an exception to this.
2. The team with the most victories (including forfeits) shall be declared the winner.

3. The team with the most victories by fall shall be declared the winner.
4. The team with the most victories by technical superiority shall be declared the winner.
5. The team with the most victories by forfeit, default, or disqualification shall be declared the winner.
6. The team with the most victories by decision shall be declared the winner.
7. The team with the lowest draw number shall be declared the winner (in tournament advancement).
8. First move scoring two or more points in the dual meet. The method of recording the score in breaking team ties shall be the score followed by the criterion number that broke the tie.

### **SECTION 3 Minimum weight and moving up weights**

**Art. 1 Shifting in weight classes- dual meets.** A competitor who weighs in for one weight class may be shifted one weight class higher than the weight they weighed in.

### **SECTION 4 Dual Meet Competition**

**Art. 1.** A series of matches, one in each of the NYSPHSAA weight classes.

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

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

**Art. 3.** Each team shall designate a captain or captains. Prior to the beginning of the meet, the captain(s) shall report to the referee for the disk toss to determine which individual is to appear at the scorer's table first for each weight class.

**Art. 4.** If a wrestler competes at a weight class lower than their own in the dual meet, or more than one above, or in violation of minimum weight requirements set in this rule book, that team will forfeit the dual meet, losing 1-0. All individual matches shall still be conducted and will count on individual records and seeding.

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

### **SECTION 5 Individual tournament scoring procedures will follow NFHS rule 9**

#### **SECTION 6 Representation in Competition**

**Art. 1...**A school/team may be represented by only one wrestler in each weight class during dual-meet competition, and no substitution is permitted for any wrestler in dual meets or tournaments once the wrestler has properly reported to the scorer's table.

**Art. 2...**No Wrestler shall represent the school in more than one weight class in any dual meet.

**Art. 3...**No contestant shall wrestle two consecutive matches with less than a 15-minute rest between them. The conclusion of each match shall be recorded. (USA wrestling regulations stipulate a 15-minute rest between matches, not the 30 min. stated in the NFHS rulebook.)

**Art. 4...**A contestant shall not accept a forfeit in one weight class and compete in another.

**Art. 5...**A wrestler who weighs in for one weight class may be shifted to the next highest weight class, provided it is not more than one weight class above that for which the actual weight qualifies. The exact weight of all contestants shall be recorded and submitted to the official scorer. i.e. A wrestler weighing 120.1 is a 126 lb. wrestler thus the highest class she could wrestle is 132 lbs.

**Art. 6...** Each team shall designate a captain(s) and a head coach. Prior to the beginning of the meet. They shall report to the referee for the disk toss to determine which individual is to appear at the scorer's table first at each weight class. One coach shall be designated as the "head coach" for the entire dual meet and shall be the only coach communicating with the mat official(s) for the duration of the meet. Attempts by other coaches approaching the officials shall be considered as misconduct against the designated head coach. Teams may change designated head coach for any or all subsequent duals in a tournament.

**Art. 7...**Prior to the meet, the head coach shall verify that all wrestlers will be in proper uniform, properly groomed, properly equipped, and ready to wrestle.

#### **SECTION 7 Team Benches**

**Art. 1...** For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area that is at least 10 feet from the edge of the mat and the scorer's table, where facilities permit. At no time can any coach, team personnel, or members of the team bench enter the wrestling area without permission from the mat official(s). The penalty for this will be misconduct against the head coach in accordance with the penalty chart.

**Art. 2...** During the tournament competition, a maximum of two team personnel (coaches and /or non-participating contestants) will be permitted on chairs at the edge of the mat. It is permissible to allow coaches on the corner of the mat in a restricted zone. In tournaments where coaches are permitted on the corner of the mat, the restriction zone should be defined by either a contrasting line marked on the mat with paint or

tape or a contrasting colored surface under the chairs. The restriction zone shall be no closer than 5 feet from the edge of the circle. Coaches shall be seated at least 10 feet from the scorer's table, where facilities permit.

## **SECTION 8 Wrestlers' Classification and Weigh-in**

**Art. 1...** The uniform shall be worn as intended and designed by the manufacturer.

## **SECTION 9 Definitions**

### **Art. 1... Biting**

- a) Biting is an act of flagrant misconduct and, on the first occurrence, the individual shall be disqualified from the competition.

### **Art. 2... Coaches Misconduct**

- a) Coach misconduct occurs when a coach improperly questions the referee.
- It should be noted that all misconduct by assistant coaches and/or team leaders will be considered a charge of misconduct against the team's designated head coach. This rule applies to all personnel associated with the team bench.
- b) When a coach requests a conference with the referee (when the video review process is not being used) regarding a possible misapplication of a rule, and it is determined there is no misapplication or when during a conference, the coach questions the judgment of the referee, coach misconduct shall be called. The coach misconduct penalty shall always be charged to the head coach. See **Rule 7, Section 9, Art. 9.e.** regarding procedures for the video challenge regarding dual meet competitions.
- c) Coach misconduct results in the following:
- First offense-warning
  - Second offense-deduct one team point
  - Third offense-deduct two team points and removal of the head coach for the remainder of the day.
- d) The penalty sequence starts anew each day. (See Penalty Chart)

### **Art. 3... Disqualification**

- a) A disqualified wrestler is one who is removed from participation in accordance with the Penalty Chart, or properly reports to the scorer's table in a dual meet and then withdraws.

### **Art. 4... Dual Meet**

- a) A series of matches, one in each of the specified weight classifications, constitutes a dual meet.

### **Art. 5... Flagrant Misconduct**

- a) Flagrant misconduct on the part of Coaches or other Team personnel are acts which:
- The referee considers it serious enough to remove the offender from the premises.
  - Can occur prior to, during, or after a match, including the use of tobacco products.
- b) Flagrant misconduct is any physical or nonphysical act that occurs before, during, or after a match considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in a multiple club (state/national team) event.
- Acts include, but are not limited to:
    1. striking
    2. butting
    3. elbowing
    4. kicking an opponent
    5. use of tobacco products.
  - If in the opinion of the referee, a wrestler bites an opponent this will be deemed as intentional biting and will be called flagrant misconduct. In a competition where three person mechanics are used, all three officials should agree on a flagrant misconduct call.

### **Art. 6 ...Taunting**

- a) Taunting is penalized as unsportsmanlike conduct on the penalty chart.

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

### **Art. 7... Unnecessary Roughness**

- a) Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but not limited to:

- a) a forceful application of a cross-face;
- b) a forceful trip;
- c) a forearm or elbow used in a punishing way, such as, on the spine or back of the head or neck. These actions are penalized as brutality, which falls under NSYPHSAA unsportsmanlike, or if severe enough in the judgment of the referee, may be construed as flagrant misconduct and penalized as such.
- d) Continuing acts of unnecessary roughness may be construed as flagrant misconduct and could be penalized accordingly by the official(s).

#### **Art. 8... Unsportsmanlike Conduct**

- a) **Coaches and Team Personnel.** Unsportsmanlike conduct of coaches and other team personnel is any act that becomes abusive or interferes with the orderly process of the match. These acts may occur prior to, during, or after the match. This includes violations of the bench decorum, taunting, acts of disrespect, or those actions which incite negative reactions by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart. The head coach shall be penalized for unsportsmanlike conduct if wrestlers report to the scorer's table, not in proper uniform, and not properly groomed, not properly equipped, or not ready to wrestle.
- b) **Contestants.** Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during, or after a match. It includes, but not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting, and the clearing of the nasal passage in other than a proper receptacle, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-the-match procedure.
  - i. Continuous acts of unsportsmanlike conduct may be construed as flagrant misconduct.
- c) **Spectators.** Any act (physical or non-physical), which in the opinion of the referee, is serious enough to warrant removal, shall cause the spectator to be removed from the premises for the remainder of the event.

#### **Art. 9...Correction of Errors**

- a) **When the timekeeper makes an error** or the clock fails to start when the referee indicates time is to begin, the referee is to make a judgment concerning the time that should have been consumed. The referee will adjust the clock accordingly. (If operating under three-person mechanics, the referee, judge, and mat chairman will determine that time.) **Errors must be corrected prior to the start of any subsequent period.**
- b) **Dual meet scoring errors by referee or scorer:**
  - i. Match Score
    - 1. Errors by the timekeeper, official scorer, or referee must be corrected prior to the offending contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offending contestant or coach remains in the mat area.
    - 2. Errors involving the computation of the match score must be corrected within 30 minutes after the conclusion of the dual meet. If the error necessitates additional wrestling, it must be corrected prior to the start of the next match.
  - ii. Team Score
    - 1. Errors involving the recording or computation of team scores must be corrected within 15 minutes of the conclusion of the dual meet or prior to the beginning of the next round of team competition.
- c) **Tournament scoring errors by the referee or official scorer.**
  - i. Match Score
    - 1. Errors by the timekeeper, official scorer, or referee must be corrected prior to the offending contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offending contestant or coach remains in the mat area after the match has concluded and before the start of the next match.
    - 2. Errors involving the computation of the match score must be corrected prior to the next meet in which either wrestler (team) competes.
    - 3. Errors involving the recording or computation of team scores must be corrected within 15 minutes of the conclusion of the tournament or before the beginning of the next round of team competition.

**Note: It is the coach's responsibility to know the team score at the conclusion of the tournament. Any discrepancy must be reported within a 15-min. time frame following the conclusion of the tournament.**

**d)** When a coach believes the referee has misapplied a rule or disagrees with judgment, the coach may approach the scorer's table, request the match be stopped (when there is no significant action), and discuss with the referee (the mat chairman in USA competition) and discuss the matter in front of the scorer's table. Both wrestlers shall return to and remain in the center of the mat. If the referee has misapplied a rule, necessary adjustments will be made, an explanation to the opposing coach will be made, and wrestling will immediately be resumed. If there is no error, or if the coach disagrees with the referee's judgment, the coaching staff will be penalized for coach misconduct. The first time it occurs in a dual meet or tournament it is a warning; the second time is the deduction of 1 team point; the third time the head coach shall be removed from the premises for the remainder of the day and 2 team points deducted. This rule is null and void if using the "Video Challenge Process" described below regarding video review.

**e) In dual competitions where "video review" is being used** the above Art. 6 becomes null and void and is replaced by the following:

1. Coaches may approach the scorer's table to ask only the following questions of the mat chairman without penalty or having to request a video review.

a. "Is the score showing on the clock correct?"

b. "Is the time showing on the clock correct?"

c. "Who has the criteria?" (If the bout score is tied.)

d. If the coach disagrees with the points scored during an action, thinks there was a foul that occurred during an action, or thinks that there was a timing error, the coach may request a video review according to the procedures for that tournament.

o The coaching staff (head coach) is allowed 1 unsuccessful, "lost" video challenges per bout and 4 "lost" challenges per dual. If the video challenge is successful the coaching staff maintains the current number of challenges and is allowed another challenge in that bout. This allows for more than 1 challenge per bout IF the coaching staff was successful with any remaining challenge opportunities available to them.

o The athlete has the opportunity to immediately refuse the video challenge made by his/her coach.

o If the coach "loses" the challenge by not having the score changed to his/her wrestler's advantage, the opposing wrestler will be awarded 1 match point.

o Challenging the results of a challenge or challenging after the coaching staff has lost the 1 per bout, or the 4 per dual, a misconduct penalty will be assessed against the head coach. Questioning the officials without a challenge opportunity will also result in a coaching misconduct.

All discussions or questions other than the three questions listed in Rule 6, Art. 7, Section 1 must come in the form of a challenge brick, if available.

o All coaching misconducts are assessed against the head coach, 1st is a warning, 2nd misconduct is a 1 team point deduction, 3rd misconduct is a deduction of 2 team points, plus the head coach is removed from competition for the remainder of that day's competition. All misconducts of this type are cleared at the end of each dual meet with the exception of the head coach that was removed for the day. Flagrant Misconduct and Unsportsmanlike penalties are a completely different set of rule violations and are penalized according to the NFHS rulebook and remain in place for the duration of the tournament.

o Lost challenges shall be recorded with a **circled X** in the sequence of bout scoring on the dual meet scoring sheet

o Officials should follow the NFHS rules when assessing dual meet penalties against team personnel and refrain from the use of Yellow and Red cards. The use of unsportsmanlike conduct and coaches misconduct shall be used when necessary.

2. Only the mat chairman and/or jury can refuse the challenge during the following

situations.

- a. Challenges made after the match has ended. The only exceptions will be when points are added to the scoreboard after the time was out or when an action occurred just before the end of the bout.
- b. Challenges not made in a reasonable amount of time. Coaches must issue the challenge within a reasonable amount of time from when the scoring action occurred or when the points went onto the scoreboard. Wrestling is dynamic and this will be at the discretion of the mat chairman and jury. **IF A NATURAL STOPPAGE OCCURS IN THE MATCH AND THE CHALLENGE IS NOT OFFERED PRIOR TO RE-STARTING THE MATCH, THE CHALLENGE WILL BE DENIED.**
- c. Confirmed passivity.
- d. Confirmed falls and/or situations where a fall was not confirmed by the referee team. Challenges can be requested for fouls that occurred that led to the fall.

#### **Art. 10...Conduct of Contestants**

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

#### **Art. 11...Conduct of coaches, team personnel, and others**

- b) All persons affiliated with the team including wrestlers, coaches, trainers, and managers are subject to the rules and will be governed by the decisions of the referee(s).
- c) Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out of bounds and resumption of wrestling. During this time the coach may walk behind the team bench to encourage wrestlers, or, when necessary for the team bench to be located in the bleachers, walk in front of the team area parallel to the bleachers. The coach may approach the scorer's table to request the match be stopped to discuss the misapplication of a rule. The coach may move towards the mat only during a charged time-out or at the end of the match.
- d) Unsportsmanlike conduct of the coaches and other team personnel is any act that becomes abusive or interferes with the orderly progress of the match. These acts occur prior to, during, and after the match. This includes violation of the bench decorum rule, taunting, acts of disrespect, or those actions which incite negative reactions by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart.
- e) Coach misconduct is called when a conference is requested with the referee regarding misapplication of a rule, and the referee determines there is no misapplication involved, or when, during a conference, a coach questions the judgment of the referee.
- f) Flagrant misconduct on the part of the coach or any other team personnel is an act which the referee considers serious enough to remove the offender from the premises. These acts can occur prior to, during, or after a match. This includes the use of tobacco products. Flagrant misconduct shall be penalized in accordance with the Penalty Chart.
- g) A spectator who acts in an unsportsmanlike manner may be removed from the premises for the remainder of the event. When requested by the referee, the home management shall be responsible for the removal of spectators who become offensive. This shall be done without penalty to either team.

#### **Art. 12...Penalty Administration**

- a) Any contestant reporting to the mat to wrestle with a greasy substance on the body or uniform, improper grooming, objectionable pads and braces, illegal equipment, illegal uniform, or any equipment that is detected as being illegal after the match has started shall be disqualified if not removed or corrected within the designated injury time. Reporting to the mat, not properly equipped, or not ready to wrestle is a misconduct penalty against the head coach and is penalized according to the penalty chart.
- b) Penalties and warnings are cumulative throughout the match. Each infraction has its specific penalty.
- c) Unsportsmanlike conduct by a wrestler prior to or after the conclusion of wrestling, coaches, or other team personnel, results in the deduction of one team point for the first offense. On the second offense, two team points shall be deducted. The individual will be removed from the premises for the remainder of the event provided authorized personnel are available to supervise. If no supervision is available, the student shall be confined to the bench area. These penalties carry over

- in a multiple-day event.
- d) Coach Misconduct results in the following:
    - 1) First offense – warning;
    - 2) second offense – Deduct one team point;
    - 3) Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day.
  - e) Flagrant misconduct results in disqualification of the individual, immediate removal from the premises, and deduction of three team points on the first offense. A student may be removed from the premises if there are authorized personnel present to supervise the said student. If no supervision is available, the student shall be confined to the bench area. Any contestant disqualified in individual tournament competition is not entitled to any points earned in the tournament. All advancement points, fall points, placement points, etc. are negated. All vacancies created in the tournament pairing shall be recorded as forfeits. In dual-meet competition, any team points earned shall be negated. *Team points earned in the previous dual meet(s) stand.*
    - i. Flagrant misconduct will disqualify any individual from the remainder of a multiple-team event or tournament. This is an area where Freestyle/Greco rules are somewhat different than NFHS rules. Although the NFHS penalty chart should be used for rules that govern dual meet conduct, USA Wrestling rules govern individual bout rules. Remember in the case of a wrestler competing for a team in a dual meet must meet the standards of both sets of rules.

### **Art 13...Team Scoring (Dual Meet Tie Breaker)**

Dual Meet Tiebreaker Criteria (If two teams are tied in an individual dual):

1. Least number of unsportsmanlike conduct calls (unsportsmanlike conduct penalties issued during a bout do not count toward this criteria). Any unsportsmanlike conduct points issued against a wrestler during the bout are treated as general cautions for the individual match score, not the team score. A flagrant misconduct would be an exception to this.
2. The team with the most victories (including forfeits) shall be declared the winner.
3. The team with the most victories by fall shall be declared the winner.
4. The team with the most victories by technical superiority shall be declared the winner.
5. The team with the most victories by forfeit, default, or disqualification shall be declared the winner.
6. The team with the most victories by decision shall be declared the winner.
7. The team with the lowest draw number shall be declared the winner (in tournament advancement).
8. First move scoring two or more points in the dual meet. The method of recording the score in breaking team ties shall be the score followed by the criterion number that broke the tie.

### **Art 13...Rule and Conduct of Tournaments and Entries**

- a) Failure to verify entries by the stipulated deadline or by completion of weigh-in shall result in disqualification from a tournament. If a stipulated deadline has not been pre-determined, the deadline shall be the completion of weigh-ins.
- b) Wrestlers (teams) shall be permitted a maximum of five minutes to appear ready to compete at a specific mat. Failure to appear shall result in a forfeit to the opponent.
- c) Defeat due to injury in a tournament does not eliminate a contestant from further competition.
- d) In case of injury or illness after verification of entries, the tournament director, in consultation with available medical personnel and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default or forfeit for scoring purposes shall be considered by the tournament director.
- e) A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is because of injury or illness which occurred during the tournament.
- f) Disqualification may eliminate a contestant from further competition, depending on the severity.
- g) Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament except as provided in Article 4 of this section. A forfeit shall be awarded to the opponent.
- h) All vacancies created in the tournament pairings after the first round shall be scored as forfeits.

**Summarized NFHS Penalty Chart for Dual Meet Competitions**

	Rule	Warning	First Penalty	Second Penalty
Coaches Misconduct (During the Match)	4-2-1 4-2-2 4-2-3 6-3-6	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on the second penalty and deduct 2 team points. Removal is for the remainder of the day.
Unsportsmanlike Conduct – Contestants (not during the match), Coaches, and Other Team Personnel	4-8-1 4-8-2 4-8-3 7-1-3	No	Deduct 1 Team Point	Remove from premises immediately on the second penalty and deduct 2 team points.  Removal is for the remainder of the event, day/dual meet, or tournament.
Flagrant Misconduct, Contestants	4-5-2 7-1-6	No	Disqualify on the first offense, deduct 3 team points and remove from premises immediately for the duration of the event. The contestant is eliminated from further competition for the remainder of a dual meet, multiple school event, or tournament and no team points can be earned in an individual tournament. In dual-meet competition, any team points earned shall be negated.	
Flagrant Misconduct, Coaches, and Other Team Personnel	4-5-2 7-1-1 8-1-6	No	Remove from premises immediately on the first offense and deduct 3 team points. Removal is for the dual meet, the remainder of a multiple school event, or tournament.	

**Note 1-** Disqualification due to technical violation, illegal hold, and unsportsmanlike conduct during a match of unnecessary roughness do not eliminate a contestant from further competition in tournaments.

Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event

Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.

# RULE 8

## WEIGH-INS AND GROWTH

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### SECTION 1. Weigh-ins for dual meets and tournaments

**Art. 1.** See NFHS rule 4, section 5 for weigh-in rules and restrictions.

**NOTE: Girls will follow the modifications approved in the NYSPHSAA green book regarding dual meet and tournament weigh-in procedures.**

### SECTION 2. Growth Allowance

**Art. 1.** Information on the procedures for weigh-ins are listed in the Wrestling Program Booklet.

In New York State the following weight classes will be in effect. Prior to 12/25, a wrestler may only wrestle at these weight classes:

94 lbs.	100 lbs.	107 lbs.	114 lbs.	120 lbs.	126 lbs.	132 lbs.
138 lbs.	145 lbs.	152 lbs.	165 lbs.	185 lbs.	235 lbs.	

#### ***New weight classes will be:***

After 12/26 Growth Allowance, now a wrestler may only wrestle at these weight classes:

96 lbs.	102 lbs.	109 lbs.	116 lbs.	122 lbs.	128 lbs.	134 lbs.
140 lbs.	147 lbs.	154 lbs.	167 lbs.	187 lbs.	237 lbs.	

Situation 1: Prior to December 25th a wrestler that is certified at 101.0 lbs. cannot wrestle at the 100 lb. weight class and must move up to the 107 lb. weight class, even if additional pound(s) are granted for back-to-back competition.

Situation 2: A wrestler is certified at 101 lbs. Due to back-to-back competitions an extra pound is granted for a contest. They still cannot wrestle at the  $100+1=101$  lb. weight class and must still move up to 107 lb. weight class.

Situation 3: A wrestler is certified at 101 lbs. After the 2 lb. growth allowance on 12/25 they can now wrestle at the  $100+2=102$  lb. class.

Situation 4: A wrestler is certified at 103 lbs. Due to back-to-back competitions an extra pound is granted for a contest. The wrestler cannot wrestle at the  $100+2+1=103$  lb. weight class and must still move up to the 109 lb. weight class.

Weight allowances could prohibit a wrestler from being able to go up one weight class from the weigh-in weight. When a wrestler's certified weight is in-between the Growth Allowance Weight and the weight class being contested that day (due to additional pounds), and their actual weight is greater than their certified weight, they are prohibited from going up one weight class from the weigh-in weight. Example: The wrestler is certified at 103 (they can never wrestle at 102) even with additional pounds grants for back-to-back competition or cancellation.

### SECTION 3. Weight classification.

**Art. 1.** Competition shall be in the following weight classes when girls compete against girls:

94 lbs.	100 lbs.	107 lbs.	114 lbs.	120 lbs.	126 lbs.	132 lbs.
138 lbs.	145 lbs.	152 lbs.	165 lbs.	185 lbs.	235 lbs.	

## **RULE 9**

### **OFFICIALS AND OTHER PERSONAL**

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#### **Section 1. Officials *The Refereeing Body***

(Officials are expected to enforce all the rules outlined in this rule book. While some of the rules may differ from international rules the intent is to mirror USAW rules as much as possible without changing the basic intent of the freestyle rules.)

**Art. 1** All officials should look professional and well groomed. The official's uniform shall include: a black polo shirt, black trousers, black belt, black socks and black shoes. The officials will wear a blue armband on their right wrist and a red armband on their left wrist. They shall have a functioning whistle and lanyard available.

**Art. 2** If possible, each bout should consist of three officials-a mat chairperson, a referee, and a judge.

**Art. 3** However, if the size of the tournament at local, state, and regional events exceeds the available number of officials, it is acceptable to not use three officials. Decisions must be made unanimously or by majority in all cases of judgment. (In situations where there is only the referee, then they serve as mat chairperson)

**Art. 4** The mat chairperson is seen as the leader of the crew, whose opinion is only necessary when the referee and judge disagree in evaluation of the match.

**Art. 5** However, it is necessary that the mat chairperson approve all cases of fall, all cautions, and in all cases of passivity.

**Art. 6** In no way is the mat chairperson allowed to change the call of the referee or judge without consultation of the entire crew. It is also the duty of the mat chairperson to consult with his or her crew when they see a blatant misapplication of a rule or an obvious mistake.

**Art. 7** If a challenge is requested by the coach or athlete, the mat chairperson, along with the assigned official responsible for video review, will watch the video of the action in question to decide the most appropriate score.

**Art. 8** Under no circumstance may the mat chairperson ask to review the video of a scoring situation if no official challenge has been presented by either athlete or coach. The mat chairperson is the only person that is allowed to confer with the coaches if they have a question.

**Art. 9** The judge's duties include calling actions and holds as they see them. They may initiate calls, including falls, if they feel the referee was not in proper position to evaluate those actions. The referee's main duties include maintaining the safety of the wrestlers at all times, starting and stopping the match appropriately, and in most cases, being the first to offer their judgment in evaluating actions. It is essential for the referees to move with the wrestlers and anticipate the actions of the wrestlers to be in the best position to evaluate actions as they occur.

## **SECTION 2. Coaches**

**Art. 1** Each athlete is allowed two coaches in her corner during each bout. If the team has an athletic trainer in attendance, they may also join the coaches and sit or stand behind the two coaches. Photographers, videographers, etc. are allowed in the corner but count toward the two-coach limit.

If the competition doctor or trainer allows, the coach can assist their athlete during injury treatment. The coach is strictly forbidden from stepping onto the wrestling surface away from their designated corner. The coach is also strictly forbidden from influencing the decisions or insulting the refereeing body. He or she may only speak to their athlete. The coach is allowed to give the athlete water or sports drink during the break. It is the duty of the coach to wipe his or her wrestler of sweat during the break using a dry towel.

**Art. 2** If these restrictions are not observed, the referee is obliged to present the coach with a penalty for unsportsmanlike behavior. Subsequent violations follow the penalty chart in rule 9.