

# Wrestling Rules Changes - 2022-23

By NFHS on May 18, 2022

**4-1-1a NOTE: 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 and 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 tights with stirrups. The one-piece singlet shall be school-issued.

**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 shirts worn underneath a one-piece singlet are permitted but not required for female contestants unless needed to ensure complete coverage.

**4-1-1c NOTE: ART. 1 . . .** A legal uniform consists of:

c. a form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued. (Photo 1)

**NOTE:** Female contestants choosing to wear a one-piece singlet and/or 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. ~~All contestants wearing a one-piece singlet shall wear a suitable undergarment which completely covers the buttocks and groin area.~~

**4-5-7: ART. 7 . . .** All contestants shall weigh-in wearing a legal uniform (4-1-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a sports bra that completely covers their breasts and minimizes the risk of exposure. For female contestants wearing a compression shirt under a one-piece singlet in order to comply with the definition of a legal uniform (4-1-1). If the compression shirt is part of the legal uniform, and the contestant shall weigh-in wearing the compression shirt. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

**Rationale:** To address numerous reported incidents of officials telling female contestants that ALL females are required to wear a compression shirt under their singlet in addition of wearing a sports bra, we believe the wrestling community is in need of clarification for both notes. Rule 4-5-7 is a clarification of what female wrestlers shall wear at the weigh-in.

~~**4-2-1: ART. 1 . . .** During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level. A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible. Facial hair trimmed to a length so that the skin is visible for medical examinations is allowed. Facial hair that does not allow for a proper medical examination to be performed, as determined by an appropriate health care professional overseeing medical examinations, shall be immediately trimmed to within the guidelines. A wrestler may not weigh-in compete until the facial hair is trimmed and the medical examination is completed. Physical hair treatment items that are hard and/or abrasive such as (beads, bobby pins, barrettes, pins, hair clips, etc. or any other hair control device) shall not be permitted. Hair control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the wrestler, teammates or opponents are allowed. A legal hair-controlled device such as rubber band(s) shall be secured so as not to come out readily during wrestling. A wrestler may contain his/her hair in a legal hair cover. The legal hair cover, if worn, shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover must be checked by the meet referee upon arrival at the site.~~

~~If an individual has facial hair, it shall be covered with a face mask. Wrestlers that do not meet the requirement shall be required to wear a face mask. All legal hair covers and face masks will be considered as special equipment. If an individual's hair is as abrasive as an unshaved face, the individual shall be required to shave the head to the same requirements for facial hair or wear a legal hair cover.~~

**Rationale:** Several member state associations successfully piloted a facial hair experiment during each of the last two seasons. There have been zero issues reported to those state associations. The pilot was supported by the respective state associations' Sport Medicine Advisory Committees (SMAC) whose members work as physicians at

the wrestling championships. Members did not experience difficulty in performing skin checks. Throughout the experiment, it has also been pointed out that wrestlers have not been required to shave their heads, and the elimination of this requirement would modernize the language and mirror current practice. The hair rule change language is in every NFHS rulebook for consistency with rules that allow hair-control devices and hair adornments.

**4-1-3: ART. 3 . . .** Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles, if laces are visible, they shall be secured in an acceptable fashion. If the shoelaces come ~~undone~~ untied or shoe comes off, the penalty would be an automatic stalling call. ~~If the shoe comes off during the course of wrestling, a technical violation will be assessed. The injury clock will be started to correct the situation. (8-1-1)~~

**5-24-6d: New: ART. 6 . . .** It is stalling when either wrestler:

- a. repeatedly grasps or interlocks around one leg of the opponent to prevent scoring; or
- b. delays the match. This includes straggling back from out of bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat; or
- c. repeatedly creates a stalemate situation to prevent an opponent from scoring.
- d. shoelaces become untied, or shoe comes off.

**5-27-1e, f: ART. 1 . . .** These are the types of technical violations. Each is penalized without warning as outlined in Rule 7-3:

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

**7-3-5: ART. 5 . . .** Reporting to the scorer's table, not properly equipped, or not ready to wrestle, ~~or shoe coming off during wrestling action~~ or any equipment that is detected as being illegal inoperable after the match has started is a technical violation. (See Penalty Chart)

**7-6-6d: ART.6 . . .** It is stalling when either wrestler:

- a. repeatedly grasps or interlocks around one leg of the opponent to prevent scoring; or
- b. delays the match. This includes straggling back from out of bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat; or
- c. repeatedly creates a stalemate situation to prevent an opponent from scoring; or
- d. has shoelaces that become ~~undone~~ untied or shoe comes off.

**8-1-1: ART. 1 . . .** Any contestant not reporting to the scorer's table not properly equipped or not ready to wrestle is a technical violation. A wrestler with greasy substance on the body or uniform, improper grooming, objectionable pads and braces, illegal equipment, illegal uniform or any equipment that is detected as being illegal inoperable after the match has started shall be disqualified if not removed or corrected within the 1 ½ minute injury time. Penalties for shoe and shoelace violations, would not be subject to injury time, and would be penalized as stalling only after the match has started.

**8-1-2g: ART. 2 . . .** When indicating an infraction, the referee shall stop the match with the following exceptions:

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

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

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

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

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

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

**g. EXCEPTION:** Related to stall calls including the two-point stall call, as shown in items a-f above. The match would not be stopped to warn or penalize for stalling, including a two-point stall. If the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.

**8-1-4:** ART. 4 . . . Warnings and penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart. On the first offense the wrestler will receive a warning. The opponent of the offender will be awarded one match point on the second and third offense. The match shall be stopped on the fourth offense and the opponent shall be awarded two points and given choice of position. A fifth offense shall result in disqualification. (See Stalling Penalty Chart)

**EXCEPTION:** Related to stall calls including the two-point stall call, as shown in items a-f above. The match would not be stopped to warn or penalize for stalling, including a two-point stall. If the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.

**Stalling Penalty Chart:** \*\*The match would not be stopped to warn or penalize for stalling, including a two-point stall. If the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.

**Rationale:** The penalty to issue a technical violation and use one of two injury time outs is too severe for a shoe to become untied or coming off. A more prudent penalty would be correcting the infraction by issuing a stalling call. These rules are in support of the change.