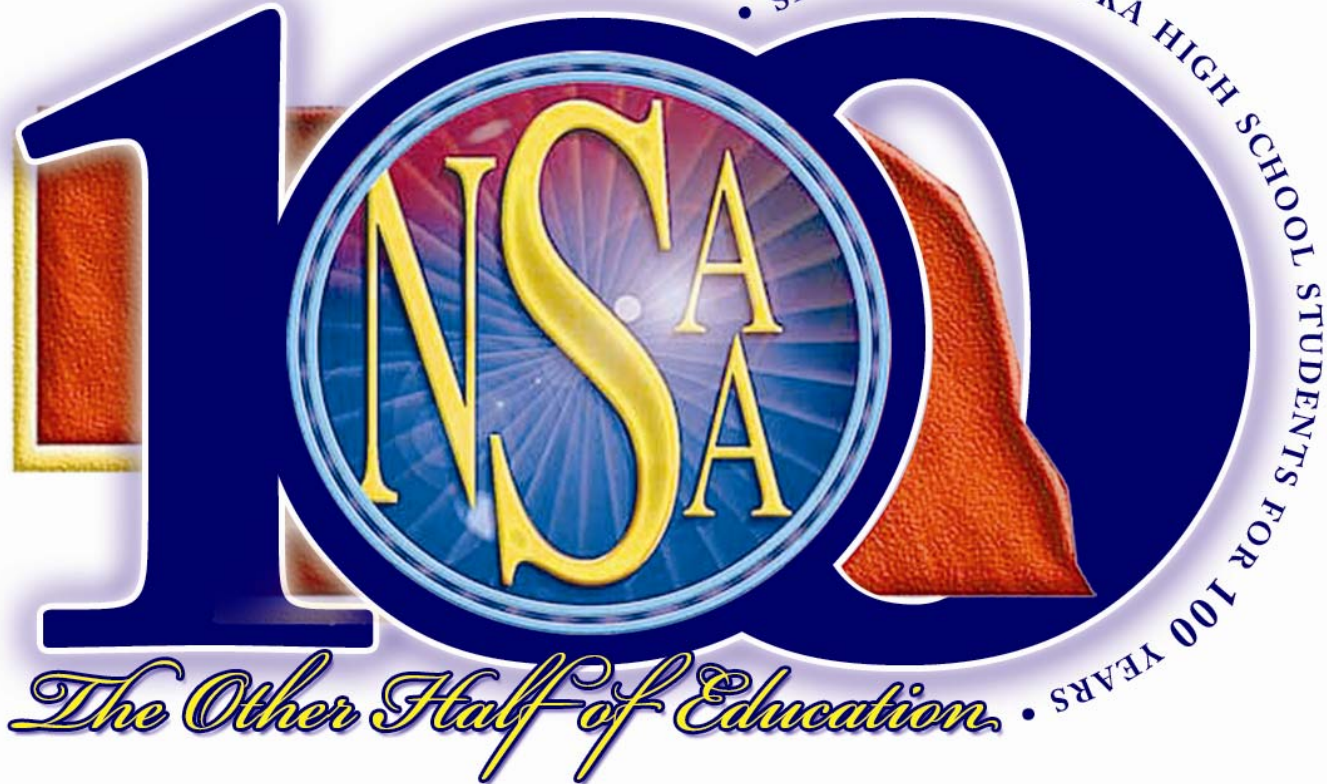


# 2009-2010 Wrestling Rules Meeting

*Activities*



# NFHS Wrestling Rules

Each state high school association adopting NFHS wrestling rules is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS wrestling rules should contact Darin Boysen at the NSAA office.

The NFHS is the sole and exclusive source of model interpretations of NFHS wrestling rules. Only the NSAA rules interpreter may contact the NFHS for model wrestling rules interpretations. **No other model for wrestling rules interpretations should be considered.**



2009-2010

NFHS

# Wrestling Rules Changes

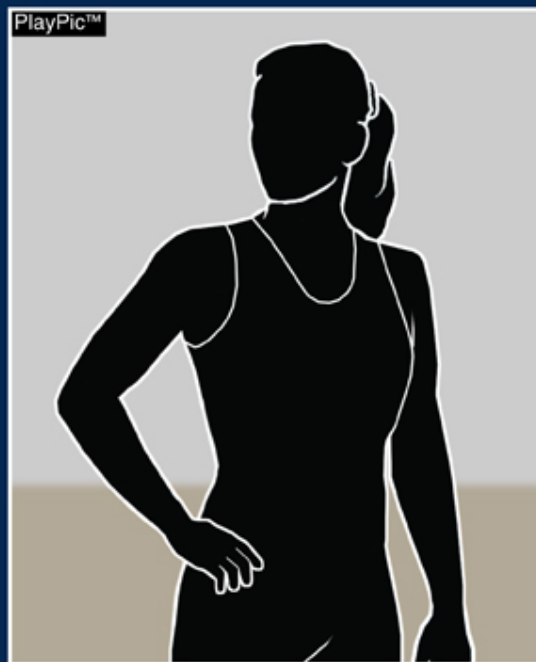




# Representation Rule 1-2-1



**A**



**B**



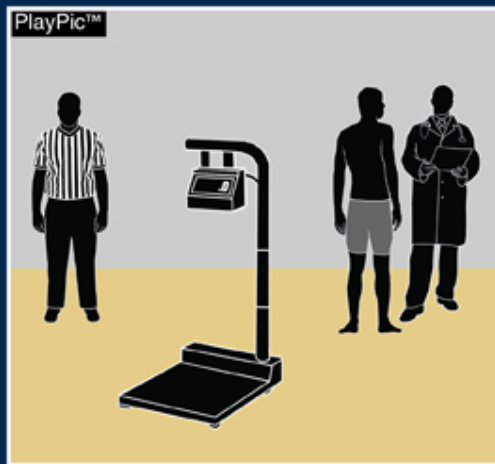
**In individually bracketed tournaments, the contestant representing a school shall be named by weight class prior to the conclusion of the weigh-in and no substitution is allowed after the conclusion of the weigh-in.**



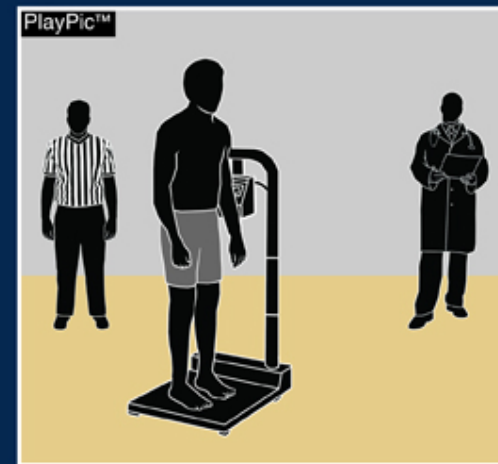
# Wrestlers' Appearance and Health Rule 4-2-3



A



B



If a designated, on-site meet physician is present, he or she may examine a wrestler for communicable skin disease or any other condition, *either immediately prior to or immediately after the weigh-in.*

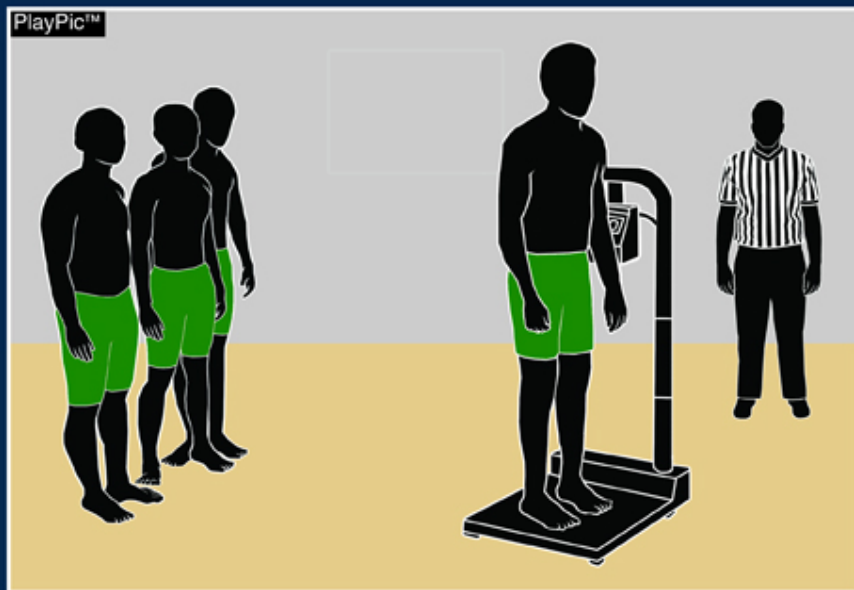




# Weighing In Rule 4-5-3

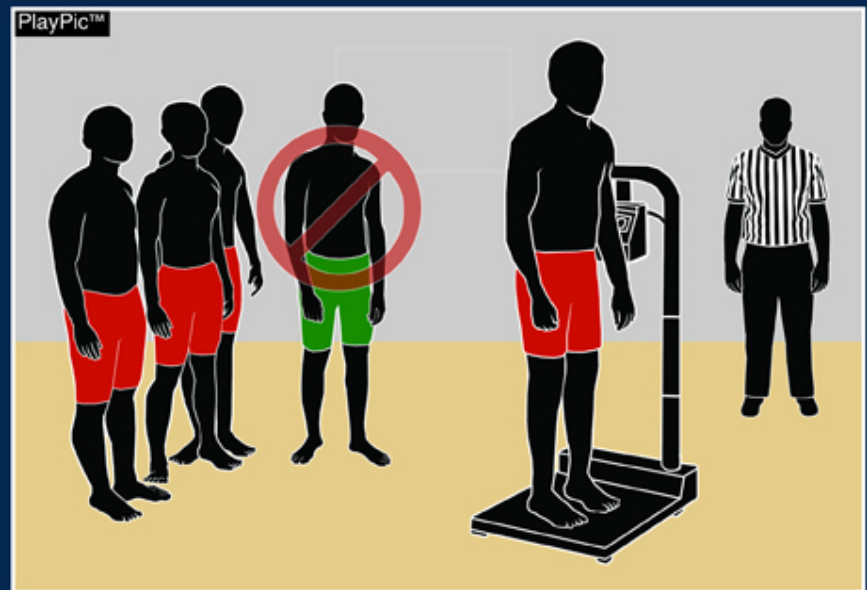


A



TEAM A WEIGHING IN

B



TEAM B WEIGHING IN

**Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class.**



# Positions Rule 5-20-5 NOTE



**In the offensive starting position, the offensive wrestler must place their head on or above the mid-line of the opponent's back, then place the palm of the other hand on or over the back of the opponent's near elbow."**

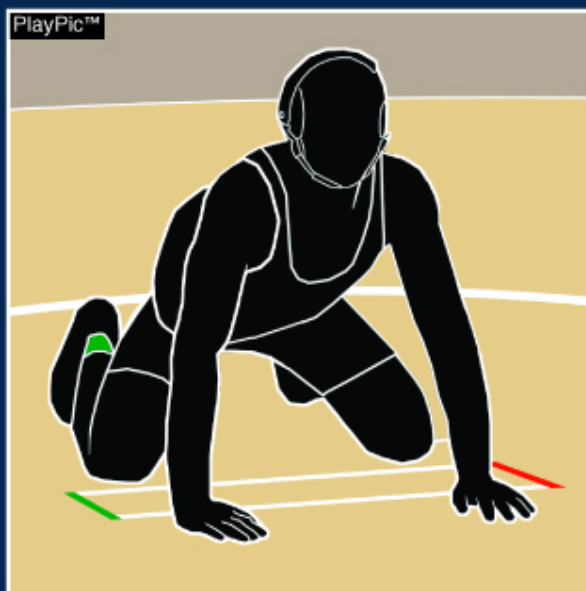


# Wrestling Manual

## Section 3, 1 and 9



A



B



Historically, referees have always “set” the defensive wrestler.

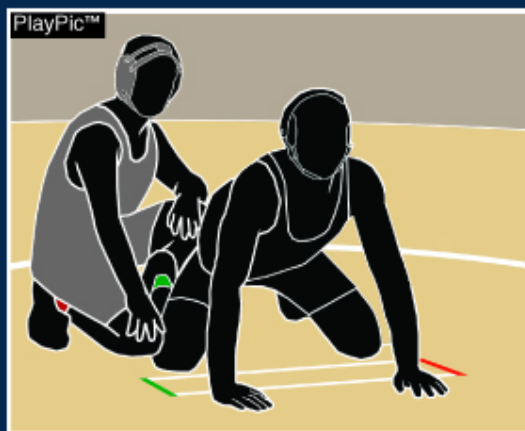




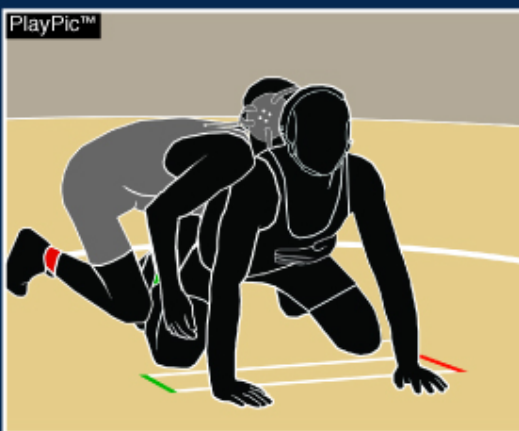
# Wrestling Manual Section 3, 1 and 9



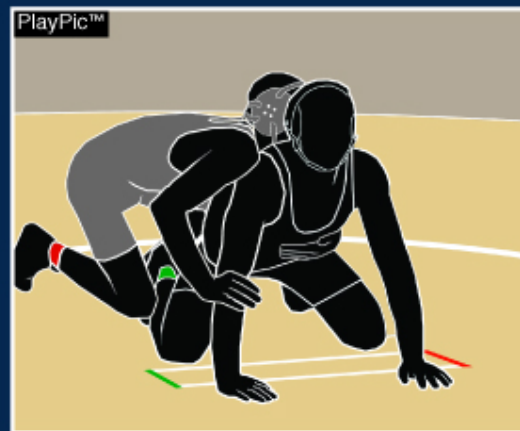
C



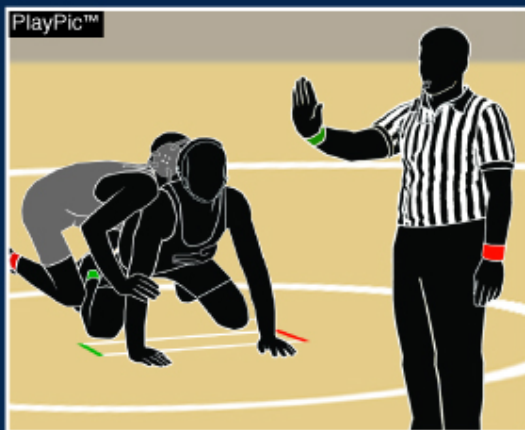
D



E



F



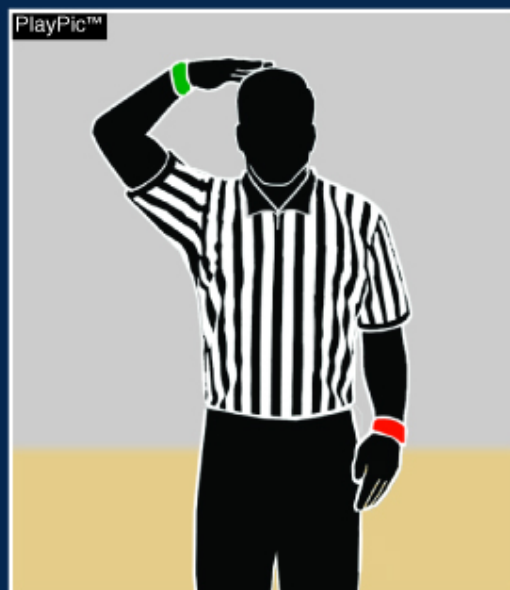
Starting this wrestling season, once the top wrestler has become set, the referee will give a verbal command “set” notifying both wrestlers that we now have proper starting position of the top wrestler before blowing the whistle to start wrestling again.



# Team Scoring Rule 9-2-2b, c (NEW)



A



B



In dual-meet competition, if teams have identical scores, there will be a greater emphasis on personal conduct to determine the winner using the team tie-breaking system.

2009-2010  
NFHS  
Wrestling  
Editorial Changes

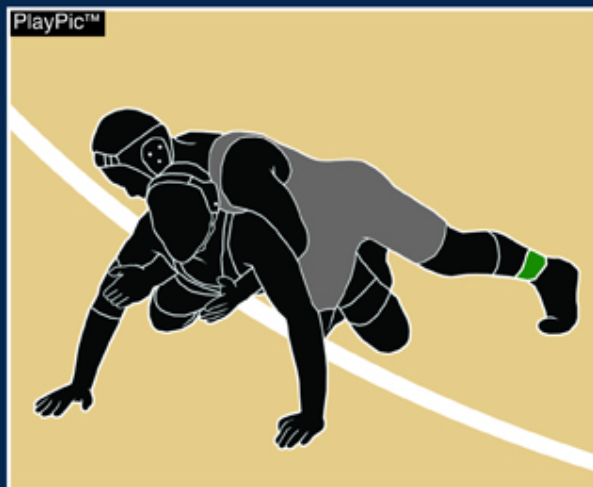




# Referee Rule 3-1-7



**A**



**B**



**C**



**D**



If a takedown occurs before the contestants go out of bounds (A), the referee awards two points for the takedown (B). The referee blows the whistle and gives the hand signal to stop the match (C). The reason for stopping the match is then signaled (D).



# Wrestlers' Appearance and Health Rule 4-2-4




A

PlayPic™

Approved to wrestle

May not wrestle

  
\_\_\_\_\_  
MEDICAL DOCTOR

B

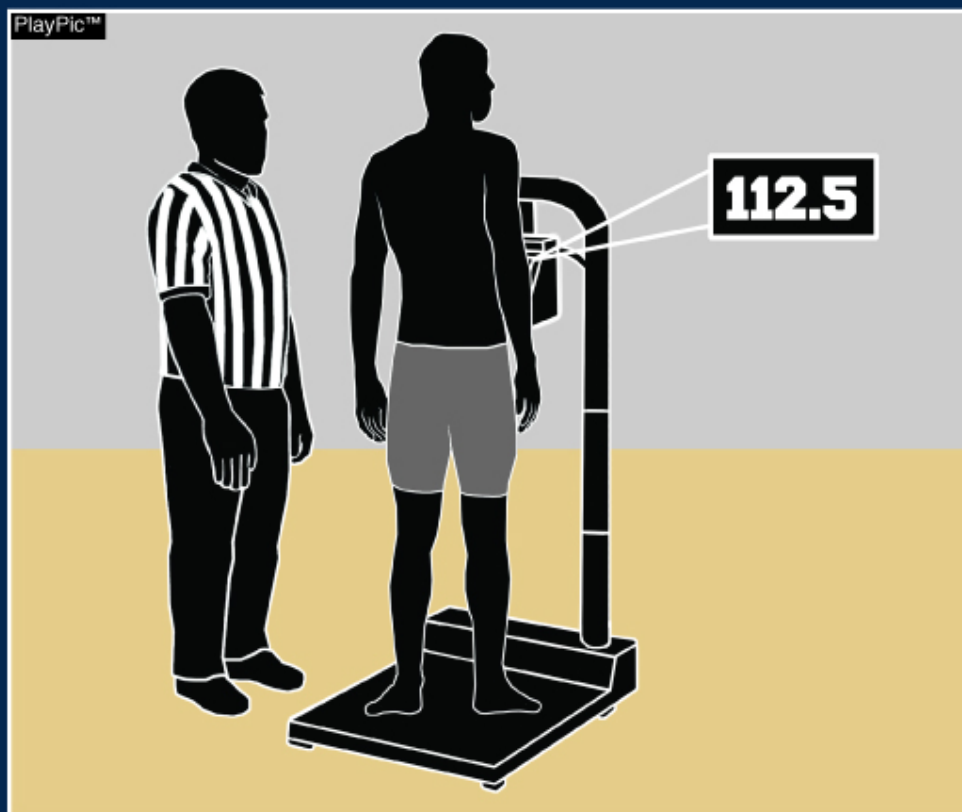


If one physician approves a wrestler (PlayPic A) but a designated, on-site meet physician disagrees (PlayPic B), the designated, on-site meet physician may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate or not participate with a particular skin condition.





## Weighing In Rule 4-5-8

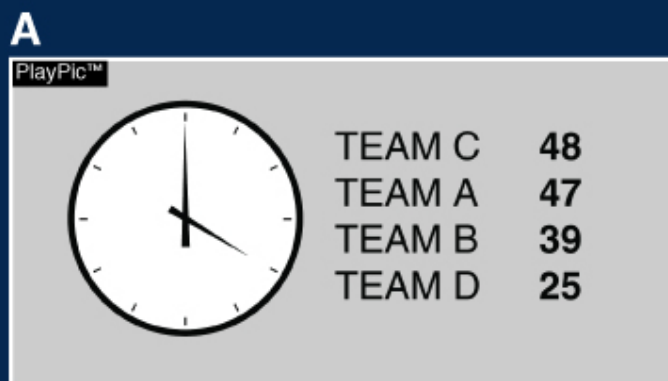


A contestant may wrestle at a higher weight class depending on where his/her actual weight qualifies the contestant. An additional weigh-in is neither required nor allowed.

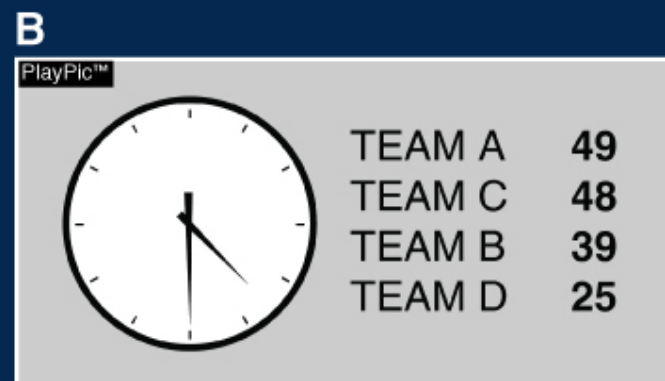


# Correction of Errors

## Rule 6-6-5b1



OFFICIAL RESULTS POSTED



FINAL TEAM SCORES

Errors involving the recording or computation of team scores must be corrected within 30 minutes of the conclusion of the tournament or official posting of team scores.

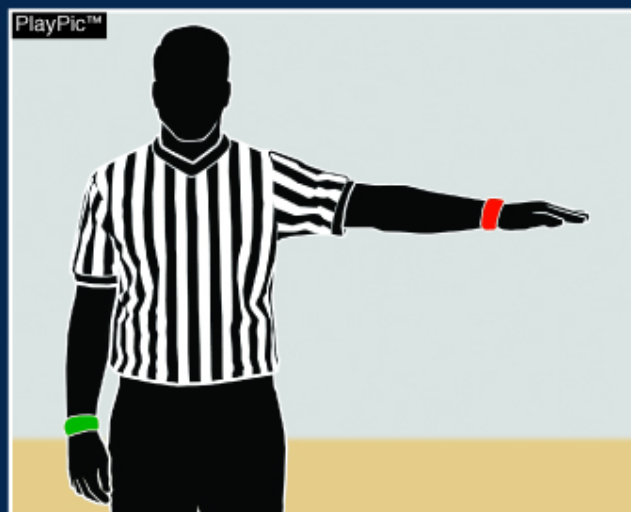


# Injury

## Rule 8-2-1 EXCEPTION g



A



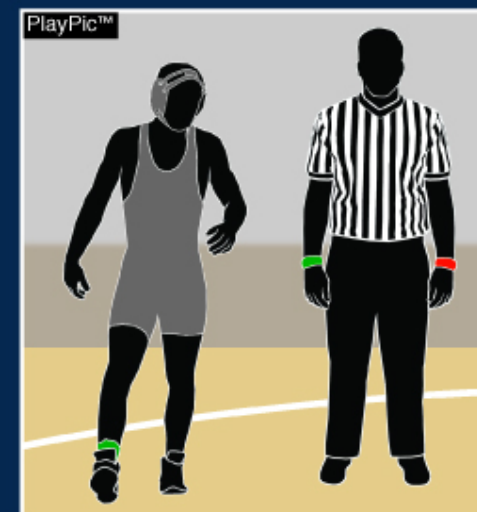
IN 1ST PERIOD, WRESTLER A IS PENALIZED FOR UNSPORTSMANLIKE CONDUCT

B



WRESTLER B TAKES THEIR SECOND INJURY TIME-OUT AT THE CONCLUSION OF THE SECOND 30-SECOND TIEBREAKER PERIOD

C



WRESTLER B GETS CHOICE IN ULTIMATE TIEBREAKER

# 2009-10 NFHS Wrestling Editorial Changes

<b>3-1-4a</b>	Deleted: “Visit each team dressing room to” at the start of the rule for clarification.
<b>3-2-2a</b>	Added the word “maneuvers” to illegal holds.
<b>4-5-2</b>	Added the words “or by team(s)” so it now relates to the new rule change in 4-5-3 for 2009-10.
<b>5-1-3</b>	Added the word “maneuvers” to illegal holds.
<b>5-14-1, 2</b>	Added the word “maneuvers” to holds.
<b>5-31-1</b>	Deleted: “The head coach shall not be penalized when a wrestler reports to the scorer’s table with shoelaces that are not properly secured”.
<b>8-2-7</b>	Added the word “maneuvers” to illegal holds.

# 2009-10 NFHS Wrestling Editorial Changes

<b>Photo #10</b>	Added the word “maneuver” to hold under the photo description.
<b>Photos #32-33</b>	Revised the description under each photo with regard to the change to Rule 5-20-5 Note.
<b>Photo #59</b>	Added the word “straight” before scissors in the photo description for clarification.
<b>Photo #77</b>	New photo and description showing the overscissors as an illegal hold/maneuver.
<b>Photos #78, 85-86, 88</b>	Added the word “maneuver” to illegal hold under the photo description.
<b>Referees’ Signals 4-7</b>	Clarified the description under each signal.



2009-10  
NFHS  
Wrestling  
Points of Emphasis





# Communicable Disease Coaches and Referees Responsibilities



A



B



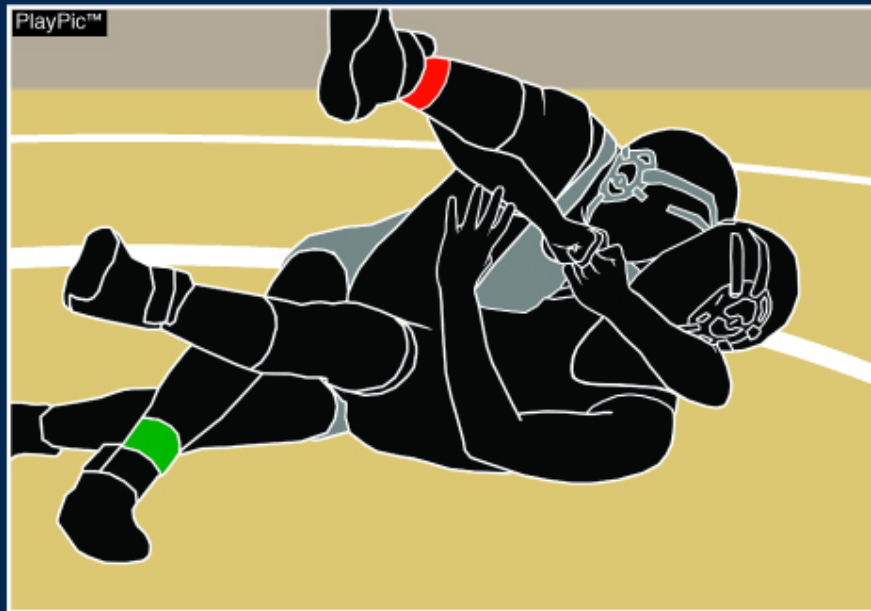
NFHS wrestling rules require current, written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to an opponent (A). Mats should be cleaned often to prevent the spread of communicable diseases (B).



# Awarding Near-fall Points



A



B

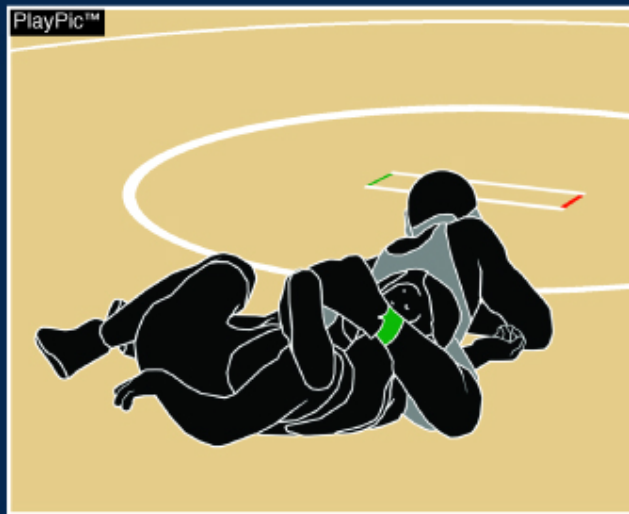




# Legalities of the Scissors, Draping Scissors and Figure 4

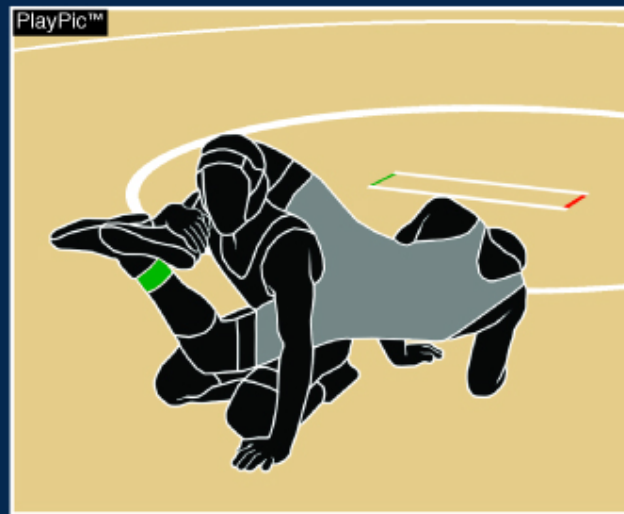


A



STRAIGHT SCISSORS

B



DRAPING HEAD SCISSORS

C



FIGURE-FOUR IN THE NEUTRAL POSITION



# Excessive Celebrations

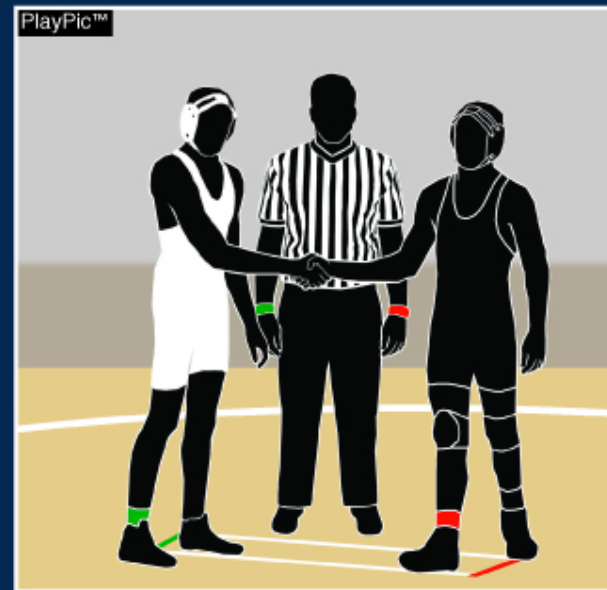


A



VISITOR	HOME
00	01
MATCH SCORE	
00:00	

B



There is a growing trend to celebrate a victory in outlandish ways (A). The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand (B).

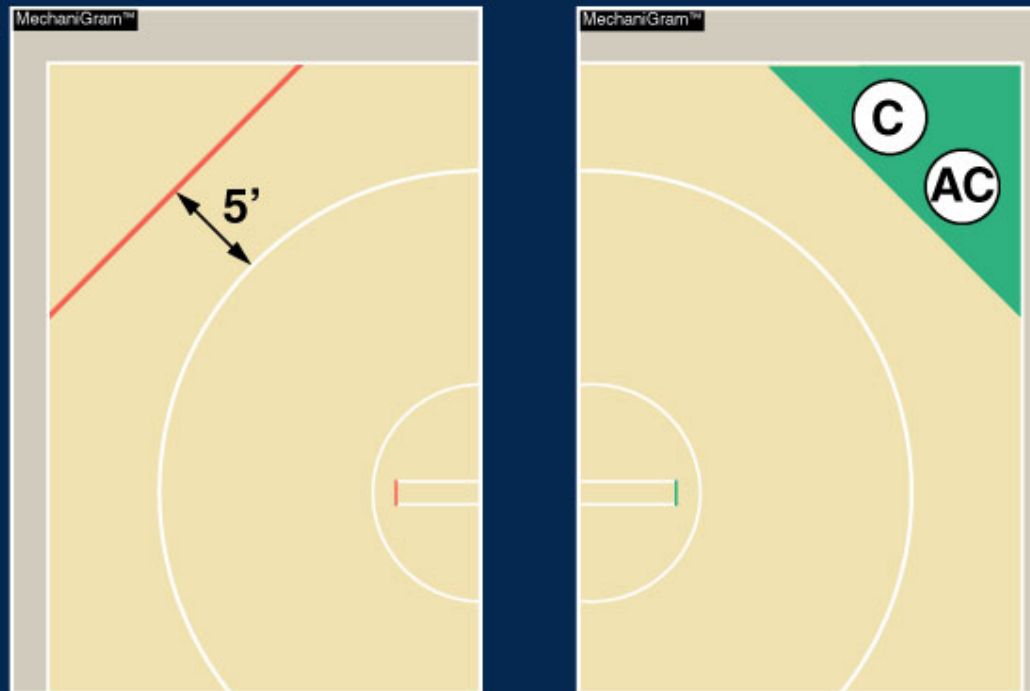


# 2009-2010 NFHS & NSAA Wrestling Rules Reminders





# Coaches Restricted Zone Rule 2-2-2



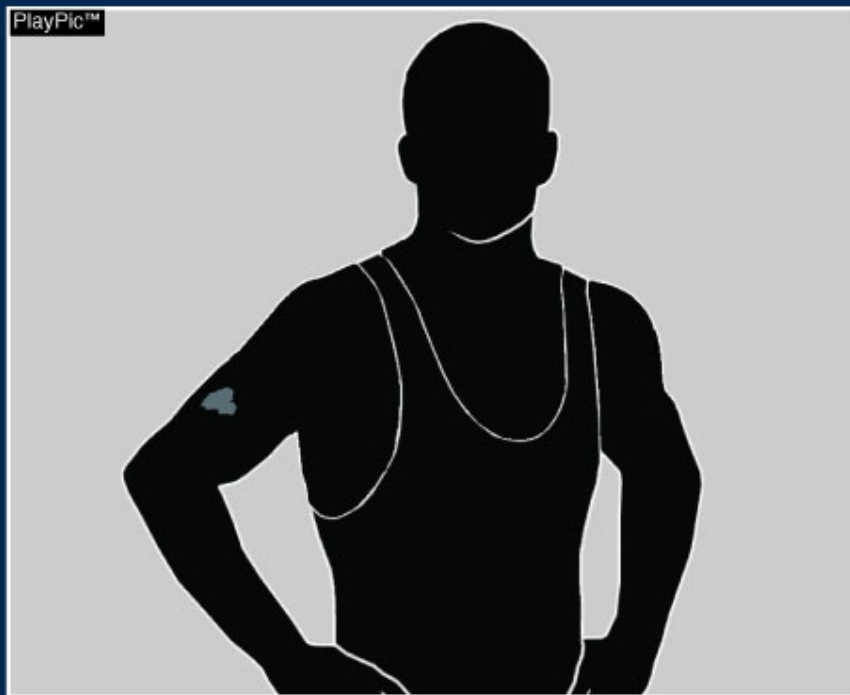
At tournaments where coaches are permitted on the corner of the mat, the restricted zone shall be defined by either a contrasting line marked on the mat with paint or tape, or a contrasting colored surface under the chairs. The restricted zone shall be no closer than five feet to the edge of the circle.



# Wrestlers' Appearance and Health Rule 4-2-5 (NEW)



A



WRESTLER WITH BIRTHMARK

B



DURATION OF SEASON

A contestant may have documentation from a physician only indicating a specific condition (such as a birthmark) or other skin condition (such as psoriasis) is not communicable. That documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation.



# 1-Pound Additional Allowance Rule 4-5-5

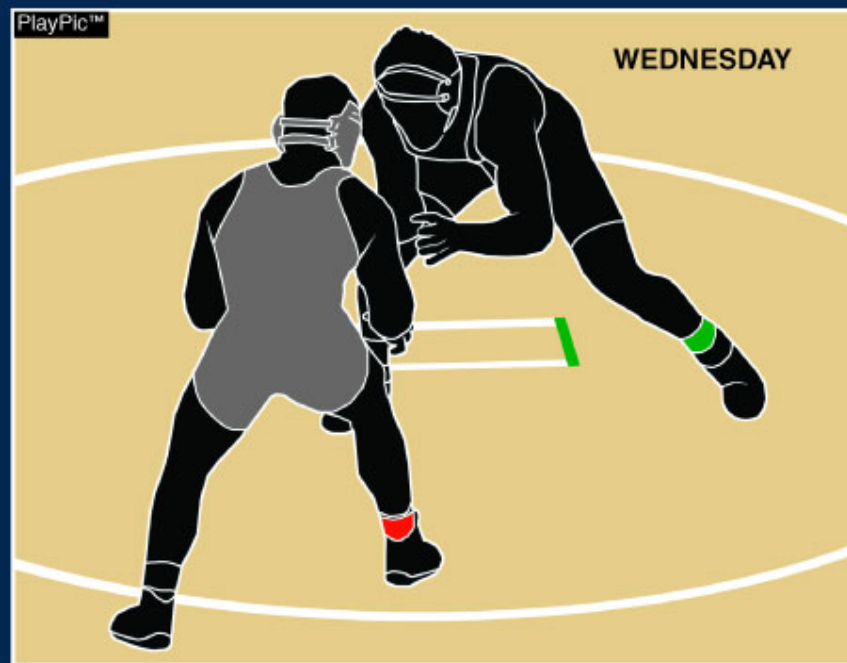


A



SNOW CANCELS SCHOOL

B



COMPETITION DELAYED ONE DAY

Competitions that are postponed for one calendar day or more, for reasons beyond the control of the participating school(s), or practices that cannot be held in these situations due to school policy shall be treated the same as competitions when there are consecutive days of competition in terms of the 1-pound allowance, with the exception of the required 48-hour notice.





# Inbounds Rule 5-15-3

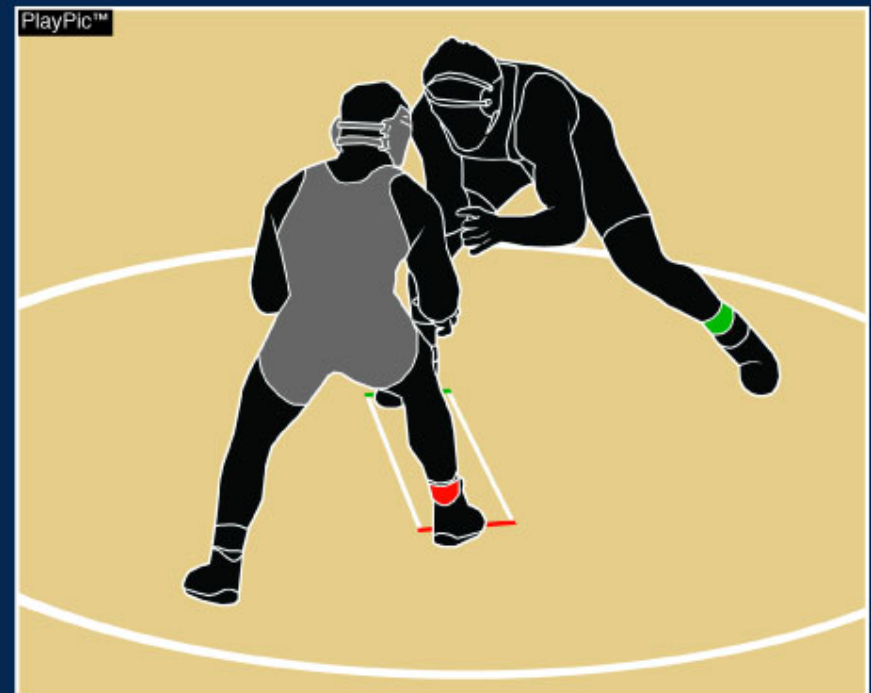


A



REFEREE STOPS MATCH

B



RESTART

If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match.

# NFHS & NSAA Ejection Rules –Page 42-43

- A participant or coach ejected from a contest for Unsportsmanlike Conduct or Flagrant Misconduct shall be ineligible for the remainder of the entire contest (including all duals within a triangular, quad, or dual tournament) and the entire next contest at that level of competition and any other contest at any level during the interim.
- Coaches Misconduct has a different enforcement.
- Please refer to the Penalty Chart within the National Federation Wrestling Rule Book for ejection penalties within any form of competition (dual, triangular, quad, individual tournament or dual tournament):
  - a. Unsportsmanlike Conduct – Contestants (not during the match), Coaches and Other Team Personnel
  - b. Flagrant Misconduct – Contestants
  - c. Flagrant Misconduct – Coaches and Other Team Personnel



# **NSAA Sportsmanship Penalties**

**Coaches who are ejected:**

**Have 10 days to successfully complete  
NFHS Sportsmanship online course at  
Coach or School Expense**

**Coaches who are ejected a 2<sup>nd</sup> time:**

**Have 10 days to successfully complete  
NFHS Fundamentals of Coaching at  
Coach or School Expense**

# NSAA Sportsmanship Penalties

**Athletes who are ejected a 2<sup>nd</sup> time:**

**Must sit-out 2 contests**

**Athletes who are ejected a 3<sup>rd</sup> time:**

**Must sit-out 3 contests**

# **NSAA Sportsmanship Penalties**

**Athlete and coach ejections occurring in the final match of the season carry over to the next season of the same sport.**

**Schools having coaches or students with multiple ejections must submit to the NSAA:**

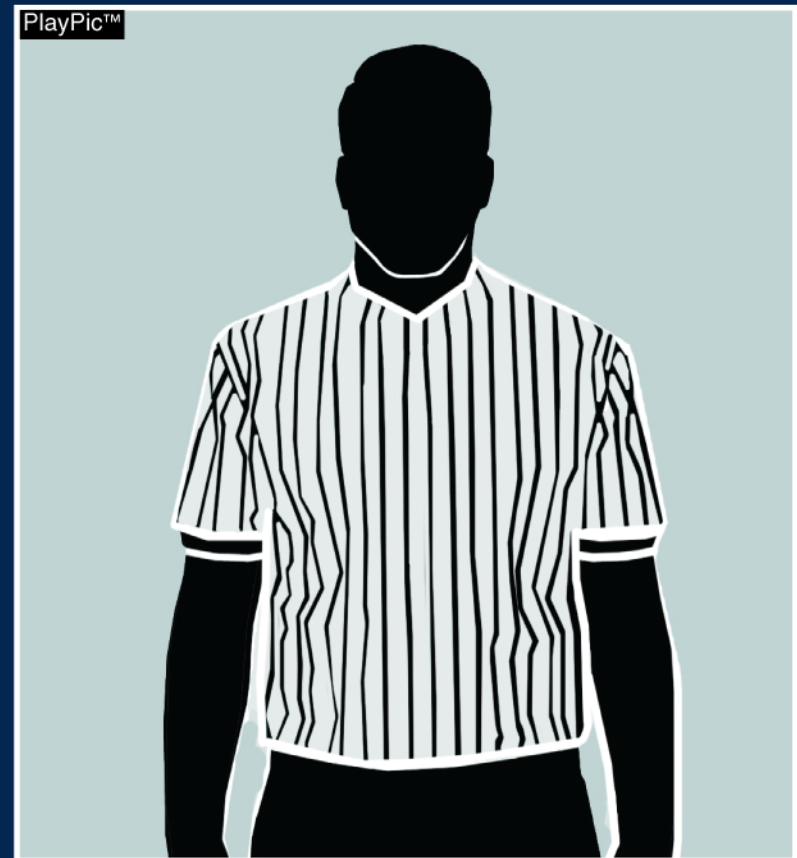
**A written management plan explaining how they plan to remediate the problem.**



# Referee's Uniform Rule 3-1-1



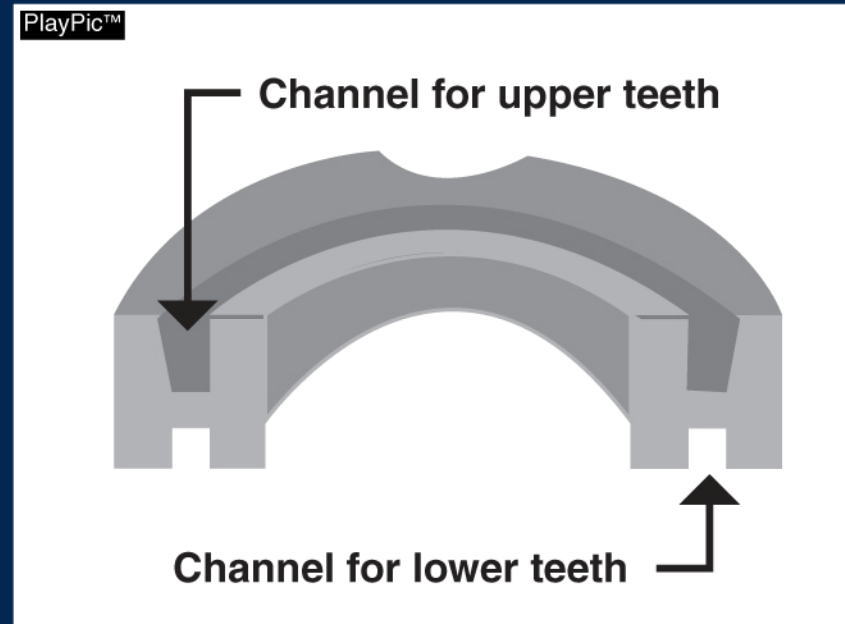
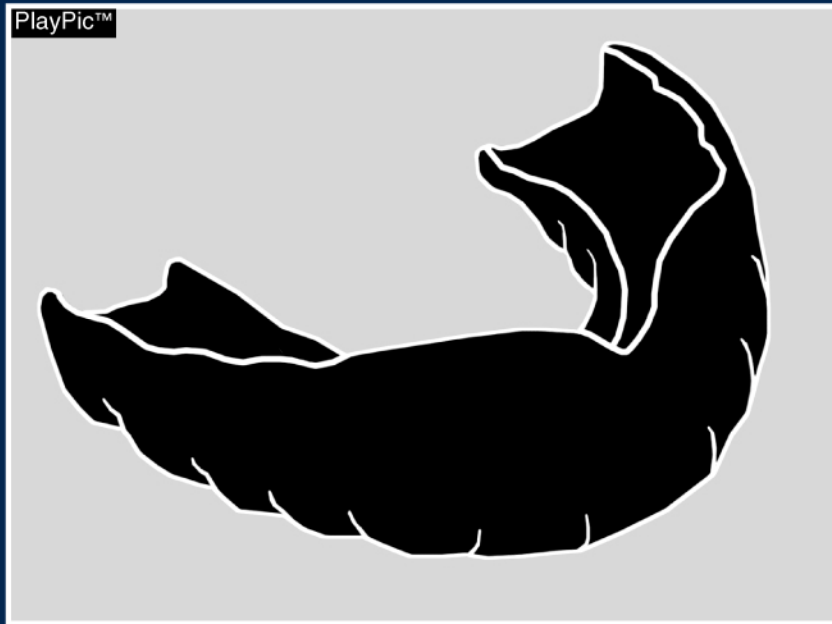
**Black-and-white Stripes**



**Gray With Black Pinstripes**



# Tooth and Mouth Protector Rule 4-2-6



**Contestants who have braces or have a special orthodontic device on their teeth shall be required to wear a tooth and mouth protector.**

# 2009/2010 NFHS/NSAA Wrestling Skin Lesion Form

National Federation of State High School Associations  
Sports Medicine Advisory Committee

**PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Name: \_\_\_\_\_ Date of Exam: \_\_\_/\_\_\_/\_\_\_  
 \_\_\_\_\_ Mark Location AND Number of Lesion(s)

Diagnosis \_\_\_\_\_

Location AND Number of Lesion(s) \_\_\_\_\_

Medication(s) used to treat lesion(s): \_\_\_\_\_

Date Treatment Started: \_\_\_/\_\_\_/\_\_\_

Form Expiration Date: \_\_\_/\_\_\_/\_\_\_

Earliest Date may return to participation: \_\_\_/\_\_\_/\_\_\_

Physician Signature \_\_\_\_\_ Office Phone #: \_\_\_\_\_

Physician Name (Printed or Typed) \_\_\_\_\_

Office Address \_\_\_\_\_

Note to Physicians: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2.3, 4-2.4 and 4-2.5 which states:

*"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet physician is present and is able to examine the wrestler immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."*

*"ART. 4 . . . If a designated on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate or not participate with a particular skin condition."*

*"ART. 5 . . . A contestant may have documentation from a physician only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."*

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

**Bacterial Diseases (impetigo, boils):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or five full days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm scalp, skin):** Oral or topical treatment for 72 hours on skin and 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis (Pink Eye):** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** 24 hours after curettage.

Revised/Approved April 2009







## OFFICIALS REMINDERS

- ✓ District/State Application due December 18, 2009
- ✓ NSAA Supervised Test Dates:
  - December 9th or December 14th
- ✓ Open Book Test due November 20, 2009

**Schedule Changes- Notify NSAA ASAP**



# OFFICIALS REMINDERS

- ✓ District Assignments will be made in mid-January.
- ✓ Be on time for contracted meets! Verify your officiating schedule. Skin Checks a MUST!!
- ✓ **DO NOT CUT THE HAIR OR TRIM THE FINGER NAILS OF A WRESTLER!!**



# COACHES REMINDERS

## ❖ Before Practice Starts:

- Athletic Physical signed and on file at school.
- Parental consent forms signed and on file.
- Documentation of team Educational Instruction regarding proper weight management

## ❖ During the Season:

- Monitor each athletes weight control program.
- Check each athlete for skin disorders.
- District entries due February 1, 2009.



# **COACHES REMINDERS**

## **❖ Catastrophic Injury Preparations:**

- 1. Have a plan in place for practice and games.**
- 2. Document your instructions of correct wrestling techniques and drills.**
- 3. Correct illegal holds and potentially dangerous holds in practice and in meets and document if they persist.**



# COACHES REMINDERS

## 2009-10 WRESTLING SCHEDULES

All schools are required to submit their schedule electronically using the NSAA web site.  
*Must be completed by November 25th*

Only matches on a schools 30 point Schedule can be counted towards District Seeding



# 2010 State Wrestling Championship-Omaha

- ✓ Class B & C have early Sessions
- ✓ Class A & D have late Sessions
- ✓ Ticket Order Form is located on the NSAA Wrestling Web page.
- ✓ Due to Qwest by December 4<sup>th</sup>
- ✓ Ticketmaster opens sells after January 1st





# ***NSAA Weight Management Program***

## ***Key Dates:***

**November 9**

**Alpha Testing may begin**

**December 4**

**First Competition**

**December 25**

**Growth Allowance begins for  
Wrestlers who have completed a  
Descent Plan**

**January 23**

**Descent Plan must be Completed**

**February 5**

**Last Date for any Alpha Test  
Results to be entered due to injury**

**Review the ALL Weight Management Guidelines**

# **Weight Management Reminders for 2009-10**

**The day the test is completed – descent will show on the weight loss plan the following day– Double check, right away, that your descent plan matches your Pre-Match Weigh-in form. DO NOT WAIT UNTIL THE LAST DAY!!!**

**Coaches must enter actual weigh-in weights before creating the next Pre-Match – weigh-in form.**



# Weight Management Reminders

- Allowances for consecutive days wrestling are NOT “forgiven” in the descent.
- Coaches must declare that a wrestler has completed the descent after December 25 to receive 2 pound growth allowance.

**Thank You!**



Questions: Darin Boysen NSAA – [dboysen@nsaahome.org](mailto:dboysen@nsaahome.org)

402-489-0386