

Points of Emphasis

- 1. Use and Necessity of the NFHS Wrestling Skin Lesion Form
- 2. Coach Misconduct Penalty – Consequences
- 3. NFHS Official Wrestling Signals – Out of Bounds



PLAY.
PERFORM.
COMPETE.
TOGETHER.

Rules Revisions

1.

Flexibility is now provided in determining the starting weight class for dual meets.
2.

Wrestlers can now wear leg sleeves without a built-in pad.
3.

Method for determining when a technical fall is approved was modified, which eliminates confusion between pinning situation and near-fall criteria.
4.

Leg block/cut-back maneuver language was strengthened to further reduce risk of injury.
5.

Locking hands and including a leg in the clasp around the trunk of the body is the same as locking hands with an arm included.
6.

School name, nickname, logo and mascot, and weight classification and/or the wrestler’s name are permitted on the uniform top and/or bottom, effective 2027.

Sport images provided by Visual Image Photography, Illinois.



2025-26
WRESTLING

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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