

# Wrestling Rules Changes - 2021-22

By NFHS on October 26, 2021

## wrestling

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### 1-4-3: SECTION 4 REPRESENTATION

ART. 3 . . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than five matches (championship or consolation), excluding forfeits in any one day of competition. Exception: No wrestler shall wrestle in more than six matches (championship or consolation), excluding forfeits in any one day of a tournament conducted by the state high school association for qualification to the state high school championships or the championships themselves.

**Rationale:** There have been a number of rule change proposals over the last several years asking for the maximum number of competitions allowed per day to be increased from five to six. Most of the concern that has been shared over the years in the NFHS Wrestling Forum centered around the extreme number of matches some wrestlers accumulate over the course of a season in states where there are few limitations on competitions. Since this experiment would only allow six matches per day to be wrestled in the postseason qualifying tournament or state championship event, the impact on the total number of matches that an individual wrestles in an entire season would be very minimal. For the majority of participants, this rule would never come into play. Increasing the number of matches from five to six would allow postseason tournaments with more than 8 competitors in a weight class to complete the tournament in one day. This would be a substantial help for post-season qualifying tournaments and state championship events where travel can be extreme. In many cases, this would eliminate the need for schools to stay overnight in order to participate in their respective state qualifying tournaments and state championship events.

**Editor's Note:** This rule change was supported by an experiment conducted by the TSSAA. The research was favorable by coaches and officials.]

### 4-4-1a and b NEW: SECTION 4 WEIGHT CLASSIFICATIONS

ART. 1 . . . A state association shall select one weight class. Competition shall be in one of the following sets of weight classes when girls are wrestling girls:

~~106 lbs., 113 lbs, 120 lbs., 126 lbs., 132lbs., 138 lbs., 145 lbs., 152 lbs., 160 lbs., 170 lbs., 182., 195 lbs., 220 lbs., 285 lbs.~~

a.(12) 100 lbs., 107 lbs., 114 lbs., 120 lbs., 126 lbs., 132 lbs., 138 lbs., 145 lbs., 152 lbs., 165 lbs., 185 lbs., 235 lbs.

(13) 100 lbs., 106 lbs., 112 lbs., 118 lbs., 124 lbs., 130 lbs., 136 lbs., 142 lbs., 148 lbs., 155 lbs., 170 lbs., 190 lbs., 235 lbs.

(14) 100 lbs., 105 lbs., 110 lbs., 115 lbs., 120 lbs., 125 lbs., 130 lbs., 135 lbs., 140 lbs., 145 lbs., 155 lbs., 170 lbs., 190 lbs., 235 lbs.

b. A state association shall select one weight class. Competition shall be in one of the following sets of weight classes when boys wrestle boys (or when boys wrestle girls): ~~106 lbs., 113 lbs., 120 lbs., 126 lbs., 132 lbs., 138 lbs., 145 lbs., 152 lbs., 160 lbs., 170 lbs., 182., 195 lbs., 220 lbs., 285 lbs.~~

(12) 108 lbs., 116 lbs., 124 lbs., 131 lbs., 138 lbs., 145 lbs., 152 lbs., 160 lbs., 170 lbs., 190 lbs., 215 lbs., 285 lbs.

(13) 107 lbs., 114 lbs., 121 lbs., 127 lbs., 133 lbs., 139 lbs., 145 lbs., 152 lbs., 160 lbs., 172 lbs., 189 lbs., 215 lbs., 285 lbs.

(14) 106 lbs., 113 lbs., 120 lbs., 126 lbs., 132 lbs., 138 lbs., 144 lbs., 150 lbs., 157 lbs., 165 lbs., 175 lbs., 190 lbs., 215 lbs., 285 lbs.

#### **Rationale:**

**Effective July 1, 2023:** We have more member state associations (30) sponsoring girls wrestling and providing an equal number of uniform weight classifications is now necessary. Due to fluctuating demographics of our student enrollment, each state association shall select one of the three sets (12, 13, 14) of listed weight classes for boys and one of the three sets (12, 13, 14) for girls. These recommended weights are based upon data from over 215,000 National Wrestling Coaches Association (NWCA) assessments.

#### **4-5-7: SECTION 5 WEIGHING IN**

**ART. 7 . . .** All contestants shall weigh-in wearing a legal uniform (4-4-1) 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 suitable form-fitted compression undergarment that completely covers their breasts. Contestants may wear ~~low-cut~~ socks that cannot be removed or added if the wrestlers do not make weight.

**NOTE:** No additional weight allowance shall be granted for weighing-in wearing a legal uniform.

**Rationale:** With the new 2020 rule change concerning the weigh-in process; that all wrestlers wear a legal school uniform with appropriate undergarment(s) which makes the skin check a separate procedure. The requirement of low-cut socks to see all necessary skin is a moot point. Any length socks should be acceptable to wear during weigh-in. This solves a long-time argument concerning socks length.

### 5-1-1e: SECTION 1 BAD TIME

**ART. 1 . . .** Bad time is wrestled with the wrestlers in the wrong position or the wrong wrestler being given choice of position:

Sub-articles a.- d. remain the same.

~~e. on the next restart after opponent receives a two-point stalling penalty.~~

**Rationale:** The sub-article is no longer needed because it is repeated in Rules 5-1-2b and 8-1-2.

### 5-1-3f (NEW), 5-28-3, 5-28-6, 6-4-3, 8-2-4b1 and 2, 8-2-6, 8-2-9: HEAD, NECK AND CERVICAL

**ART. 3 . . .** Any points, penalties, or injury time that occurred during bad time shall be voided with the following exceptions:

Sub-articles a.-e. remain the same.

f. Head/Neck/Cervical Column (HNC) injury time.

**Rationale:** With the addition of a head/neck/cervical injury timeout definition and separate injury rule, this amendment is needed to accommodate the modification of this injury timeout rule as it relates to bad time.

**ART. 3 . . .** Recovery time. If a contestant is injured as a result of an illegal hold/ maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the wrestler is entitled to two minutes of recovery time, which is not deducted from the injured wrestler's injury time allowance nor shall it constitute an HNC timeout. (5-28-6, 6-4-3, 8-2-2)

**Rationale:** This proposed rule change is partnered with the proposed change to rules 5-28-6, 6-4-3, 6-6-2 and 8-2-4b1&2, 8-2-6.

**ART. 6 . . .** Head/Neck/Cervical Column (HNC). If a contestant is injured, ~~and the onsite appropriate health-care professional (AHCP) determines that additional time is needed~~ will have up to five (5) minutes (maximum) to evaluate the wrestler's head and neck involving the cervical column and/or nervous system. ~~the wrestler is entitled to five (5) minutes, minus the elapsed injury time.~~ A second occurrence of injury to the head and neck involving the cervical column and/or nervous system in the same match shall require the wrestler to default the match. (8-2-4a, 8-2-4b1 & 2)

**Rationale:** There is a desire to establish a separate injury time-out that involves the head and neck involving the cervical column and/or nervous system and not connect it with the existing two (2) 1 ½ minute injury time-outs or any other stoppage of the match. This separate timeout is supported and covered in existing rules that give the referee the authority to observe signs, symptoms and behaviors of a concussion and respond appropriately.

**ART. 3 . . .** If a wrestler is injured due to legal or illegal action, the referee shall stop the match under these certain conditions: a) injury time; b) blood time; c) recovery time; d) referee's time; e) Head/Neck/Cervical Column (HNC) injury time. (5-28-3, 5-28-6, 8-2-4a, 8-2-4b1 & 2)

**Rationale:** There is a desire to establish a separate injury time-out that involves the head and neck involving the cervical column and/or nervous system. This change would identify this occurrence as a separate timeout.

**ART. 4 . . .Sub-article a. remains the same.**

b. The following modifications to injury time-outs will be used in all competition regarding injuries to the head and neck involving cervical column and/or nervous system:

1. In the absence of appropriate health-care professional, (physician or certified athletic trainer) all injuries to the head and neck involving the cervical column and/or nervous system (HNC) will be covered ~~by the same timeframe as other injuries Rule 8-2-4a.~~ (5-28-3, 5-28-6, 6-4-3, 8-2-6 and 8-2-9 8-2-1)
2. ~~When appropriate health-care professional(s) are present they have jurisdiction to extend the allowed time limit to a maximum of five (5) minutes for evaluation of the injuries to the head and neck involving the cervical column and/or nervous system only, at which time the athlete would be required to prepare without delay for continuation or default the match. When appropriate health-care professional(s)~~ (physician or certified athletic trainer) are present they have jurisdiction to evaluate the injured wrestler for injuries to the head and neck involving the cervical column and/or nervous system only during the allowed time limit (maximum) of five (5) minutes. After that evaluation, the wrestler would be required to prepare without delay for continuation or default the match.

3. A second occurrence of injury to 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:** When this provision is used, the time consumed for the injury will in no way affect time used, or available, for other types of injuries.~~

**Rationale:** There is a desire to establish a separate injury time-out that involves the head and neck involving the cervical column and/or nervous system and not connect it with the existing two (2) 1 ½ minute injury time-outs. This separate timeout is supported and covered in existing rules that give the referee the authority to observe signs, symptoms and behaviors of a concussion and respond appropriately.

**ART. 6 . . .** During a timeout for injury, ~~recovery~~ blood time, recovery time or head and neck involving the cervical column and/or nervous system time, two team attendants and appropriate health-care professionals shall be permitted on the mat with either wrestler. Coaching is allowed during injury time, blood time, recovery time or head and neck involving the cervical column and/or nervous system time.

**Rationale:** In conjunction with the other rule changes of the addition of injury timeout of the head, neck involving the cervical column and /or nervous system (HNC), it is necessary to reorder the various injury timeouts and add HNC.

**Change: ART. 9 . . .** When a match is stopped for an injury, including HNC, during an imminent scoring situation and the referee determines that scoring (takedown, reversal, escape, near-fall) would have been successful if the wrestling had continued, the referee shall charge an injury time-out, or if appropriate an HNC timeout, to the injured contestant and award applicable points to the non-injured wrestler.

**Rationale:** This proposed rule change is partnered with the proposed change to Rules 5-28-3, 5-28-6, 6-4-3, 8-2-4b1&2 and 8-2-6.

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