

## 2008-09 NFHS Wrestling Rules Changes

- 2-2-2** A clarification of the existence of a boundary for the restricted zone for coaches, on the corner of the wrestling mat was made.
- 4-1-5 NEW** The wrestler's uniform is to be worn as intended/designed by the manufacturer.
- 4-2-1** A wrestler's hair in its natural state, in the front, shall not extend below the eyebrows.
- 4-2-3** The physician's release form for a wrestler to participate with a particular skin condition is now to be presented at the weigh-in unless a designated, on-site meet physician is present and is able to examine the wrestler immediately after the weigh-in.
- 4-2-5 NEW** 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.
- 4-5-5** A 1-pound weight allowance in the event of schools closing due to inclement weather or unforeseen circumstances, where wrestling practice(s) cannot take place due to school policies. Also, the Committee clarified the existing rule to make it clear as to who should be notified when weight allowance is justified.
- 5-1-4; 6-6-1** Previous to this rule change, the situation of the wrong wrestler being given choice in the first 30-second tiebreaker would have been considered bad time. Both situations under Rules 5-1-4 and 6-6-1 are similar and may now be connected equally. Also, the Committee clarified the rules language as to what exactly takes place in the third period.
- 5-15-3** The referee now has the option to stop wrestling when no action is taking place without penalizing either wrestler at the edge of the mat and restart the wrestling in the center of the mat.
- 5-20-5 NOTE NEW** Nothing has changed in the offensive starting position. There is now a time sequence to follow.
- 5-25-6c NEW** The Committee further defined stalling. Referees now have rules support for a stalling call against a wrestler who repeatedly creates a stalemate situation to simply prevent his/her opponent from scoring and not from his/her own attempt to score.
- 7-6-6c NEW**
- 5-31-1** The head coach will no longer be penalized for unsportsmanlike conduct when their wrestlers report to the scorer's table not in proper uniform, not properly groomed, not properly equipped or not ready to wrestle.
- 6-7-1c6** The wrestler whose opponent has been penalized for unsportsmanlike conduct at anytime during the match, now gets the choice of position for the ultimate tiebreaker. The unsportsmanlike conduct penalty will supersede the first points scored in the regulation match.
- 7-1-5w NEW** Wrestlers initiating back flips from the standing position, is now an illegal maneuver.

**7-4-1** Unnecessary roughness is further defined to include a forceful slap to the head or face, and/or gouging or poking the eyes.

**New Referee Signal** A new referee signal to indicate when to start recovery time during a match was approved.

### **Editorial and Other Changes**

3-3-2; 4-2-4; 5-15-2b; 5-16-3; 5-22-1; 5-28-1; 6-2-2; 6-6-6; 7-4-3; 8-1-6; 8-2-1; 8-2-8; PHOTOS 2, 3 (New), 31-33 (New), 57 (New), 85, 90.

### **Points of Emphasis**

1. Grooming and Medical Checks
2. Reporting to the Scorer's Table Ready to Wrestle
3. Going Out of the Wrestling Area
4. Referees' Signals and Mechanics