



December 10, 2016

Prosthetic limb: Safety for both the opponent and the wrestler with the prosthetic limb is always the important issue. So let's run through the rules and regulations with this situation.

1. The wrestler may wrestle with the prosthetic limb, but he/she must weigh-in with the limb. If the wrestler does not weigh-in with it on he/she may not wear it in competition. If the wrestler does weigh-in with the limb he/she must complete the match with the limb attached.

2. If the limb becomes dislodged the referee should allow the wrestler the opportunity to correct the problem on the referee's time. After that occurrence, the wrestler has the minute and a half injury time to correct the problem, if it cannot be corrected the wrestler must default the match.

3. If the limb becomes damaged and unusable during competition, or if it becomes unsafe to either wrestler such that it cannot be worn, the wrestler must default the match since he/she weighed in with it he/she must complete the match with it on his/her body.

4. If there exists any hard / abrasive areas of the limb, it must be padded (no less than 1/2 inch) to the satisfaction of the meet referee for the safety of the opponent, and the padding cannot be so thick that the opponent can not apply normal legal holds / maneuvers. That is a judgment call each referee needs to make at each individual event.

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We have all seen the **Cliff Keen "Slicker"** at several different tournaments, and it is **NFHS approved**. The athlete pulls the cap over the hair and gets all the hair under the cap. It is fastened through the chin strap at each end, and then snapped. Next the athlete pulls a flap on each side up and over the bottom of the ear guard creating a pocket which comes up the bottom one-third of the ear guard. This is what holds the hair cap down and on the head to hold in the hair.

The intent of the rule is to stop the numerous delays of the wrestling match so the wrestler can replace the hair cap. In most cases the hair caps always mushroomed up to the top of the head and the long hair would get exposed. The intent of the rule is met when the cap stays in place and the hair does not get exposed, and the cap is somehow fastened to the head gear.

Another **new product available** to our wrestlers is by **Danmar Warrior** located in Ann Arbor, Mi. They make a head gear that ventilates through the holes where the straps slide through the ear guards. They also have a new hair cap that has ear cups to protect the ears and is a bonnet type cap that has a velcro chin strap. Both of these products have been **approved by the NFHS**.