



2018-19 NFHS WRESTLING RULES POWERPOINT

National Federation of State
High School Associations



Take Part. Get Set For Life.®

B. Elliot Hopkins, MLD, CAA
Director of Sports, Sanctioning and Student Services



2018 - 19 OHSAA WRESTLING CALENDAR

Nov. 9, 2018

Nov. 23, 2018

Nov. 30, 2018

Dec. 24, 2018

Dec. 25, 2018

Feb. 2, 2019

Feb. 10, 2019

Feb. 22 - 23, 2019

Mar. 1 - 2, 2019

Mar. 7 - 9, 2019

Coaching & Instruction begins

Earliest Preview - Three hour limit (3 & 1)

Season Begins - First Match

Non - Interscholastic Competition

No Longer Permitted

9-12 growth allowance (2 LBS)

Regional One-Day Final

State Team Tournament Championships

Sectional Tournament

District Tournament

State Individual Tournament / Season ends



FEBRUARY 2, 2019 ... REGIONAL

- 24 host schools
 - 8 for each D-I, D-II & D-III
- 4 mat per host school
- Single elimination event
- Champion qualifies to State Dual Team Tournament
- State Tournament: Sunday February 10, 2019
 - St John Arena
 - 18 State referees
 - Regional * State Contracts sent early-mid in December



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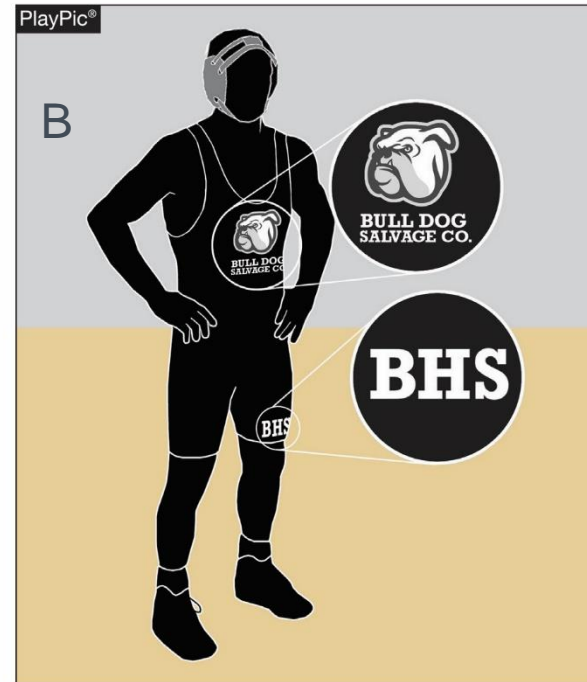
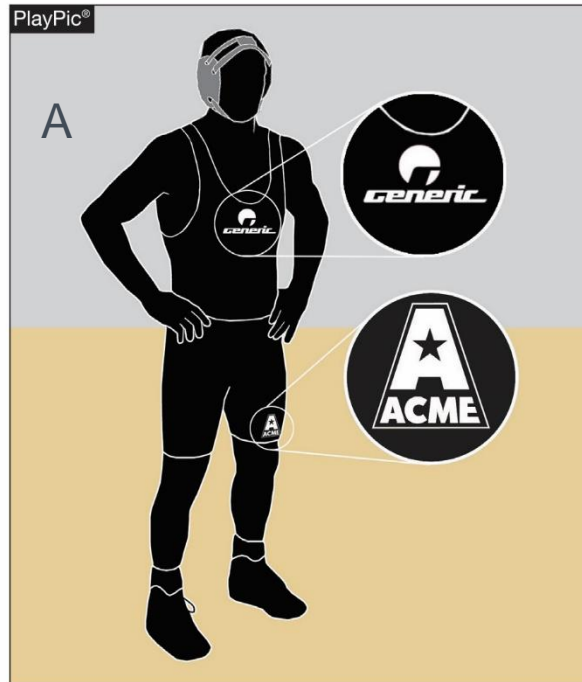


NFHS WRESTLING RULES CHANGES



UNIFORMS

RULE 4-1-2



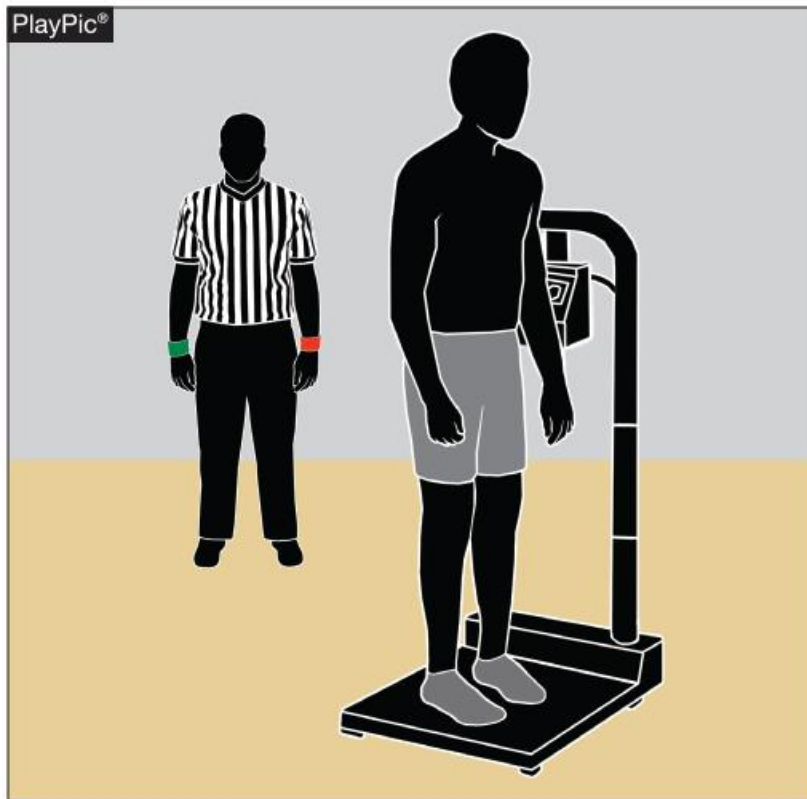
Any manufacturer's logo/trademark/reference that appears on the wrestling uniform can be **no more than 2 1/4 square inches** with no dimension more than 2 1/4 inches and **may appear no more than once on each item** of uniform apparel (PlayPic A). No additional manufacturer's logo/trademark nor a promotional reference shall be allowed on the wrestling uniform (PlayPic B).

UNIFORMS : RULE 4-1-2

- **ART. 2 . . .** Any manufacturer's logo/trademark/reference that appears on the wrestling uniform can be no more than 2 1/4 square inches with no dimension more that 2 1/4 inches and may appear no more than once on each item of uniform apparel. No additional manufacturer's logo/trademark nor a promotional reference shall be allowed on the wrestling uniform.



WEIGH-INS: RULE 4-5-7



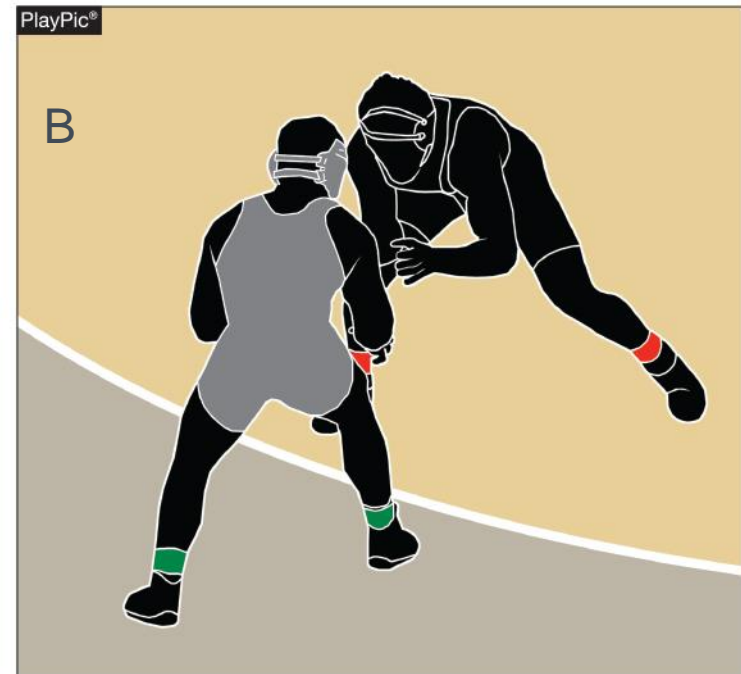
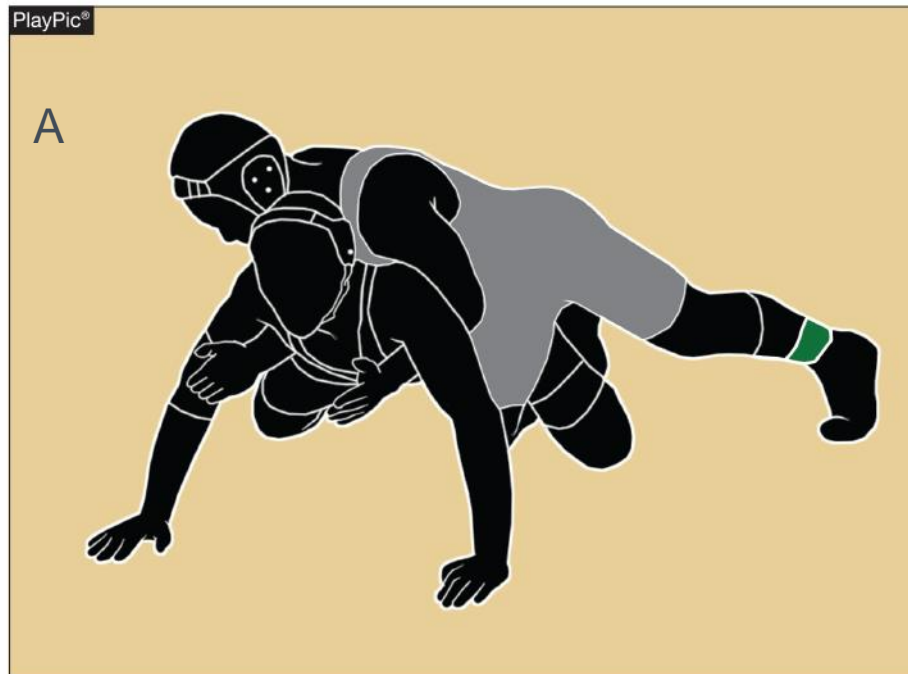
Contestants may wear **low-cut socks during weigh-ins** that **cannot be removed** or added if the wrestler does not make weight.

WEIGH-IN : RULE 4-5-7

- **ART. 7 . . .** All contestants shall weigh in wearing a suitable undergarment that completely covers the buttocks and groin area. Female contestants must also wear a suitable undergarment that covers their breasts. **Contestants may wear low-cut socks that cannot be removed or added if the wrestlers do not make weight.**



ESCAPE: RULE 5-10



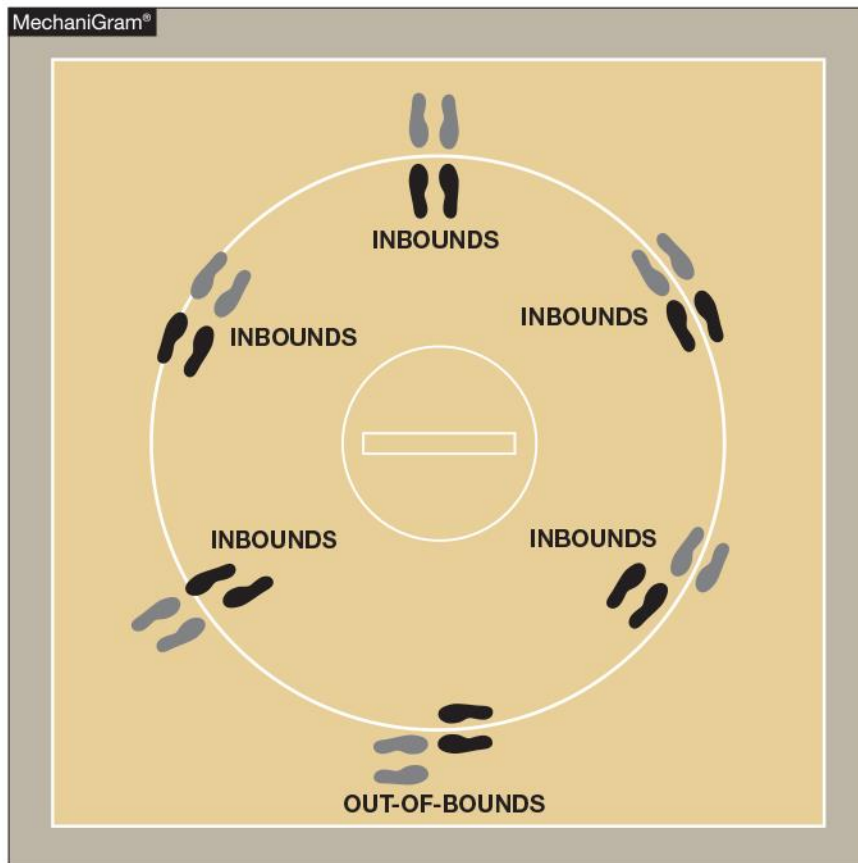
The defensive wrestler in PlayPic A scores an escape in PlayPic B because he/she has **gained a neutral position** and there are **two supporting points of either wrestler inbounds**.

ESCAPE: RULE 5-10

- An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, **while a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler.**



INBOUNDS: RULE 5-15-1



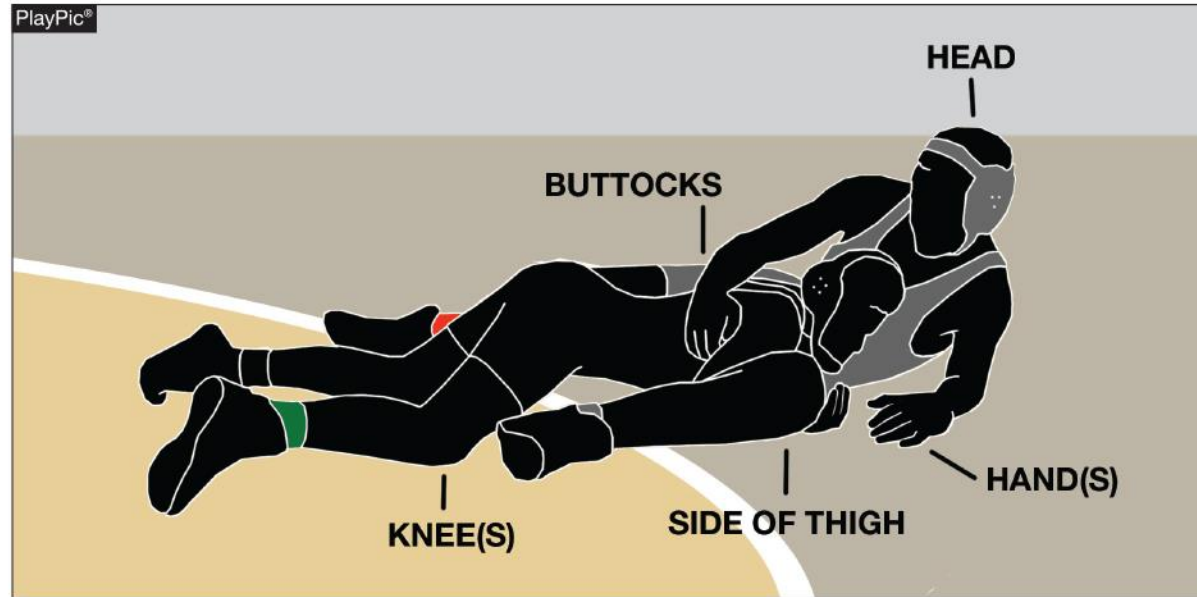
Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary lines. The **total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inside or on the boundary lines.**

INBOUNDS: RULE 5-15-1

- **ART. 1 . . .** Contestants are considered to be inbounds if **a total of two supporting** points of either wrestler **are inside or on the boundary** lines. (Photo 11) **The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inside or on the boundary lines.**



INBOUNDS: RULE 5-15-2a



Supporting points are the parts of the body **touching the wrestling area which bear the wrestler's weight**, other than those parts with which the wrestler is holding the opponent.

INBOUNDS: RULE 5-15-2c



In a pinning situation when all parts of a defensive wrestler shoulders / scapula are beyond the boundary line, **if the feet including toes and heels of the offensive wrestlers are the supporting points, the offensive wrestlers knee(s) must be inside the boundary, whether in contact with or above the mat.**

INBOUNDS: RULE 5-15-2c



In a pinning situation when all parts of a defensive wrestler shoulders / scapula are beyond the boundary line, **if the feet including toes and heels of the offensive wrestlers are the supporting points, the offensive wrestler's knee(s) must be inside or on the boundary, whether in contact with or above the mat.**

INBOUNDS: RULE 5-15-2a-c

- ART. 2 . . . Supporting points are the parts of the body **touching the wrestling area which may or may not bear the wrestler's weight**, other than those parts with which the wrestler is holding the opponent.
- a. When down on the mat, the usual points of support are:
 - 1. the knee(s);
 - 2. the side of the thigh;
 - 3. the buttocks;
 - 4. the hand(s);
 - 5. the head.

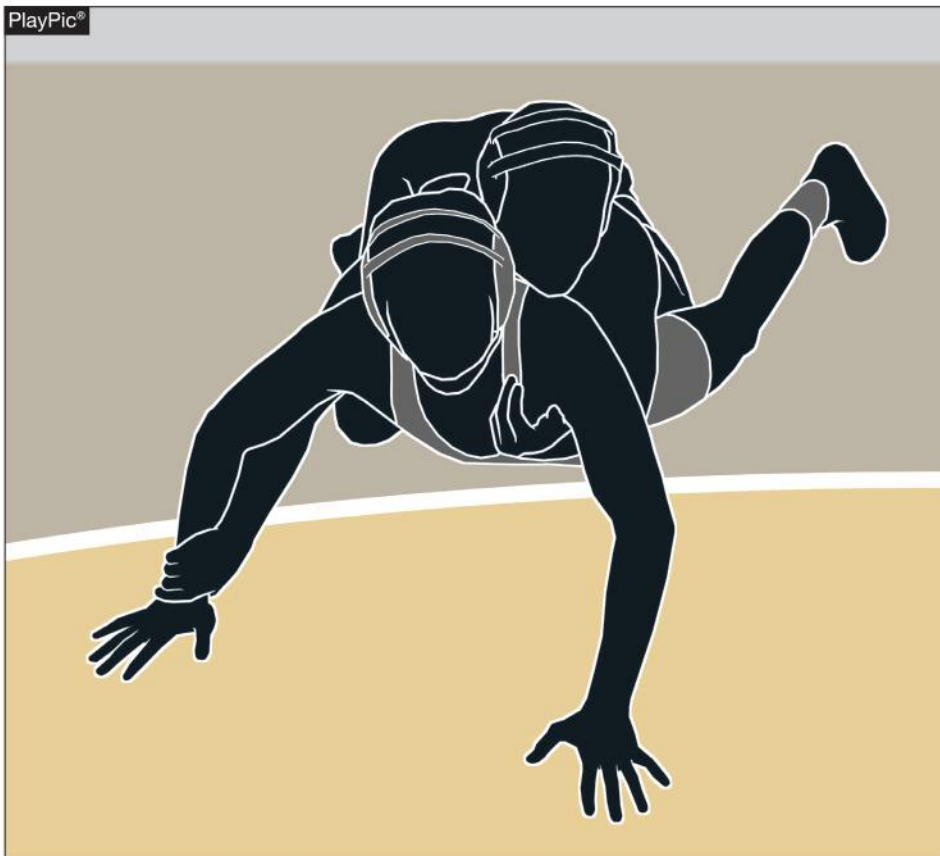


INBOUNDS: RULE 5-15-2a-c

- b. When the defensive wrestler is on their back while the supporting points of either wrestler are **inbounds wrestling shall continue**. In this situation any part of a defensive wrestler's shoulder or scapula is considered to be all the supporting points.
- c. Near-fall points or fall shall be earned only while the supporting points of either wrestler are inbounds. **In a pinning situation, when all parts of the defensive wrestler's shoulders/scapula are on the mat area beyond the boundary line, if the feet including toes and heels of the offensive wrestler are the supporting points, the offensive wrestler's knee(s) must be inside the boundary, whether in contact or above the mat.**

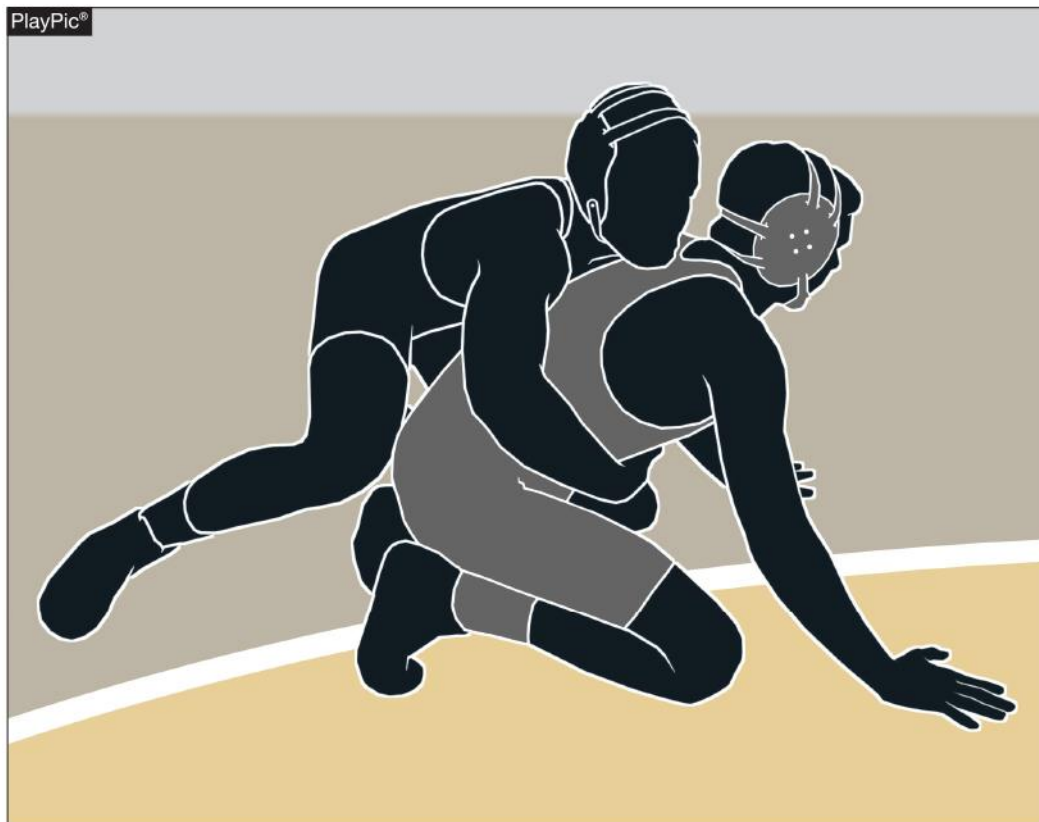


INBOUNDS: RULE 5-15-3



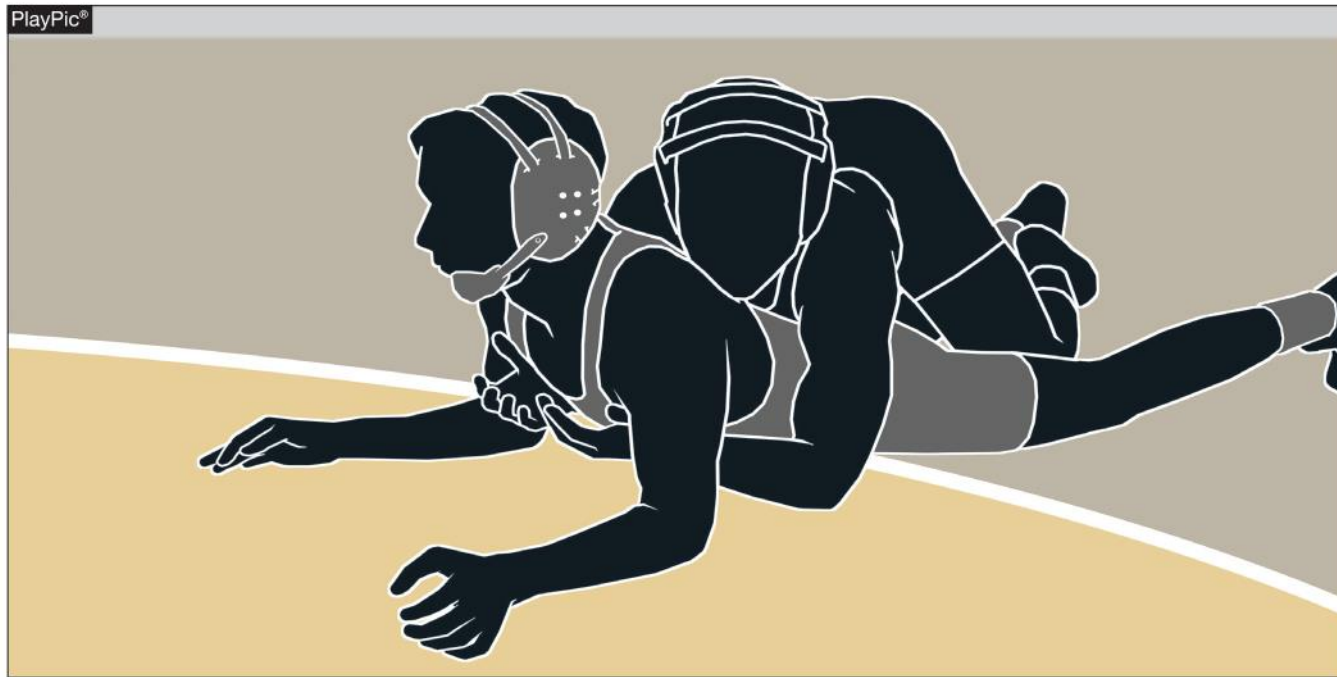
The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. **If there is no action at the edge of the mat, the referee shall stop the match.**

INBOUNDS: RULE 5-15-3



Even if the defensive wrestler has two supporting points inbounds, if there is no action at the edge of the mat, the referee shall stop the match for a restart in the center of the mat.

INBOUNDS: RULE 5-15-3



Wrestling shall continue as long as a total of two supporting points of either wrestler are inside or on the boundary lines. In this PlayPic, the wrestlers are inbounds. **The bottom wrestler's elbows and hands are the two supporting points.**

INBOUNDS: RULE 5-15-3

- **ART. 3...** Wrestling shall continue as long as a total of two supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. **If there is no action at the edge of the mat the referee shall stop the match.**



OUT OF BOUNDS: RULE 5-18



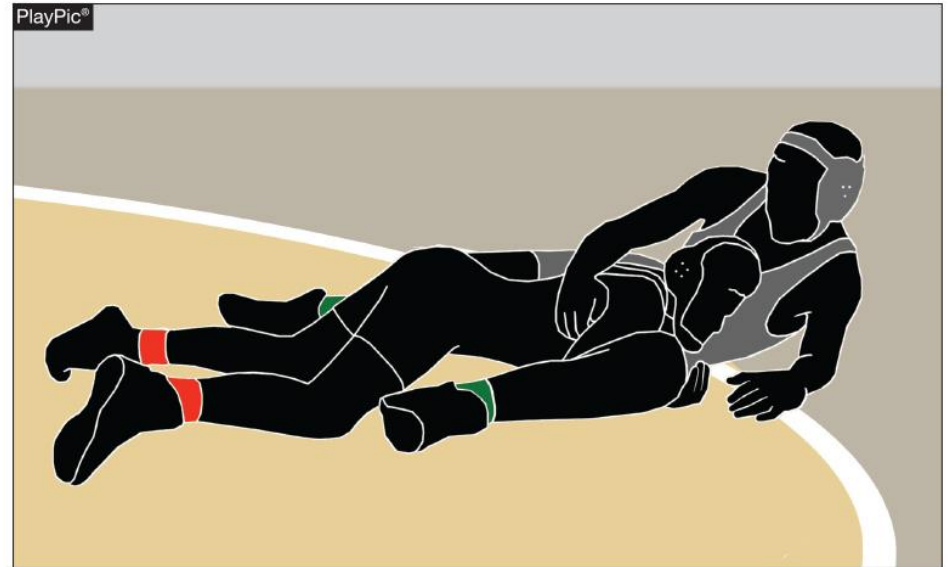
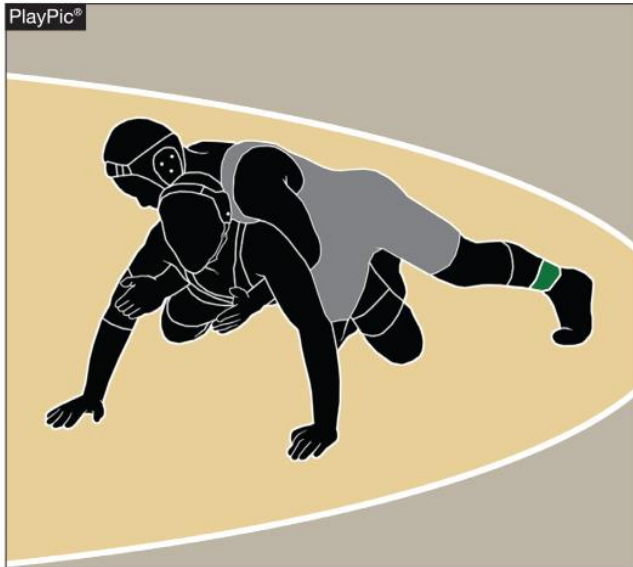
Out of bounds occurs when there are no longer two total supporting points inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line.

OUT OF BOUNDS: RULE 5-18

- Out of bounds occurs when there are no longer two total supporting points inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line. (Photo 11)



REVERSAL: RULE 5-22-1-2



In awarding a reversal at the edge of the mat, control must be established **while the total of two supporting points of each wrestler inside or on the boundary line**. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line or **while at least the feet of the scoring contestant finish down on the mat inbounds (toe down takedown)**.

REVERSAL: RULE 5-22-1

- **ART. 1 . . .** It is a reversal when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position, while the total of two supporting points are inside or on the boundary line. Two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler. **If there is no action at the edge of the mat, the referee shall stop the match. (Photos 21 & 22)**



REVERSAL: RULE 5-22-2

- **ART. 2 . . .** In awarding a reversal at the edge of the mat, control must be established while the total of two supporting points of each wrestler inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line or while at least the feet of the scoring contestant finish down on the mat inbounds.

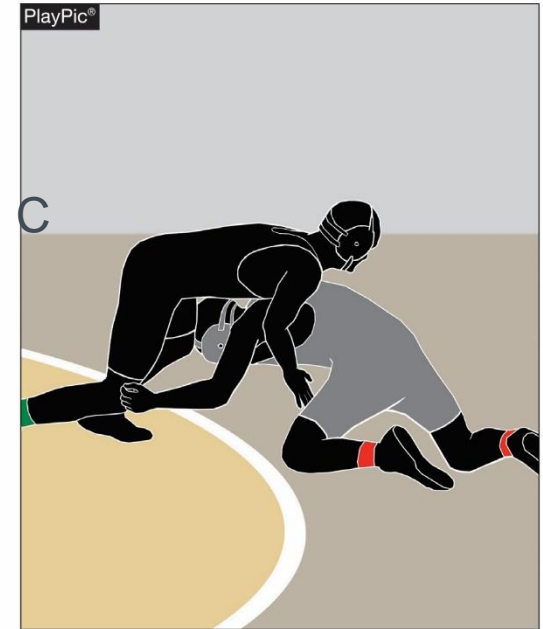
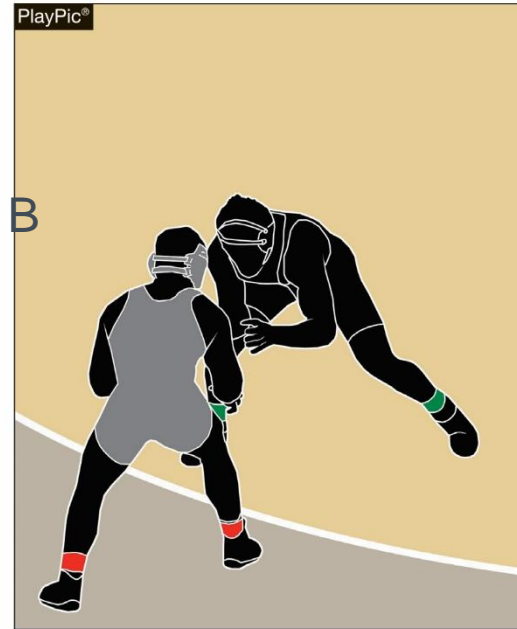
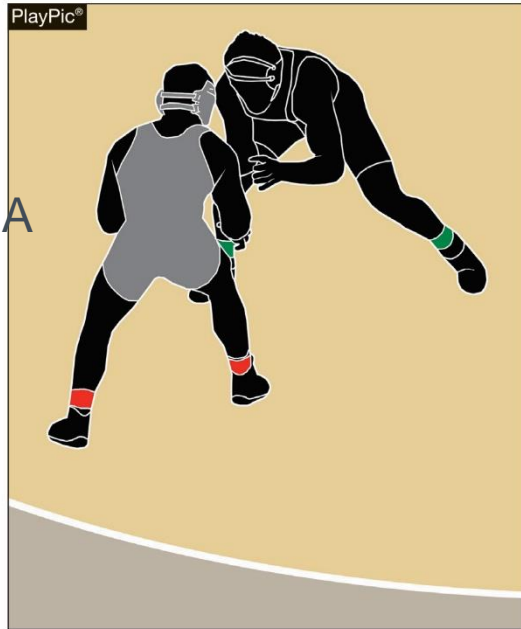


STALLING: RULE 5-24-3e, f



From a neutral position, the wrestler from behind is stalling if he/she pulls their opponent out of bounds off the mat. It is also stalling if a wrestler pushes their opponent out of bounds off the mat.

STALLING: RULE 5-24-3e



The wrestlers in PlayPic A are in a neutral position. In PlayPic B, **the wrestler in gray is backing off the mat. That is stalling. It is not stalling if the wrestler backs off the mat to pivot to get into position to execute a move (PlayPic C).**

STALLING: RULE 5-24-3e, f

- **ART. 3 . . .** It is stalling in the neutral position when a wrestler:
 - a. continuously avoids contact with the opponent;
 - b. plays the edge of the mat;
 - c. prevents the opponent from returning to or remaining inbounds; or
 - d. is not attempting to secure a takedown;
 - **e. backing off the mat, out of bounds;**
 - **f. pushing or pulling out of bounds.**



TAKEDOWN: RULE 5-25-1

- **ART. 1 . . .** It is a takedown when, from the neutral position, a wrestler gains control over the opponent down on the mat and a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds. **When the defensive wrestler's hand(s) touch the mat it is considered a supporting point(s).** (Photos 23-30)



TAKEDOWN: RULE 5-25-3



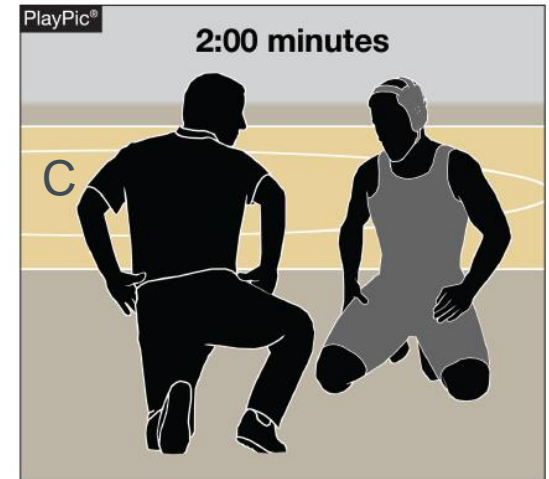
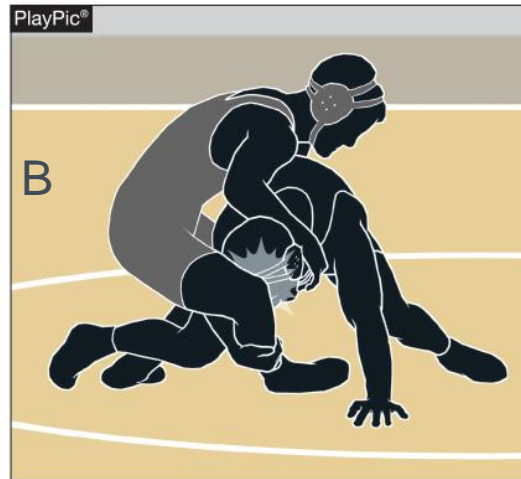
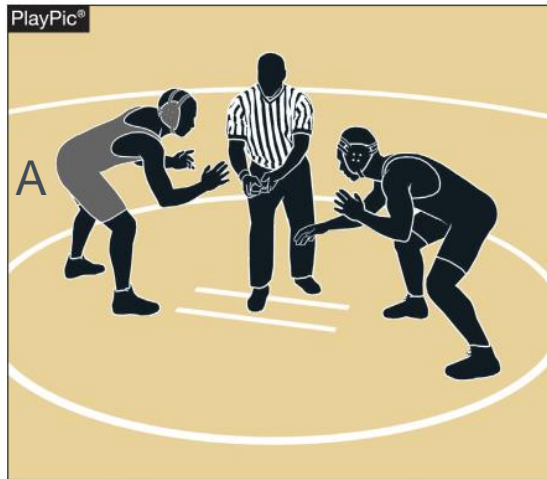
In **awarding a takedown** at the edge of the mat, **control must be established while a total of two supporting points of either wrestler are in bounds**. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds or **while at least the feet of the scoring contestant finish down on the mat inbounds (toe down TD)**.

TAKEDOWN: RULE 5-25-3

- **ART. 3 . . .** In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are in bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds. (Photos 32-34)



RECOVERY TIME: RULES 5-28-3, 8-2-2



From the **neutral position** (PlayPic A), a **wrestler false starts** (PlayPic B) causing an injury to their opponent. **The injured wrestler is allotted 2 minutes of recovery time** (PlayPic C), which is not deducted from the injured wrestler's injury time allowance. If the injury is such the injured contestant is unable to continue following a maximum of two minutes recovery time, the injured contestant shall be awarded the match by default.

RECOVERY TIME: RULES 5-28-3, 8-2-2

- ART. 3 . . . 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. (8-2-2)



RECOVERY TIME: RULE 8-2-2

- **In case of an intentional attempt to injure an opponent, the offender shall be penalized for **flagrant misconduct**.** Recovery time for injury because of an illegal hold/maneuver is not deducted from the injured contestant's injury-time allowance.
- **An injured contestant cannot take injury time immediately following recovery time. (5-28-3)**





ILLEGAL HOLD/MANEUVER

RULE 7-1-5q

- Under the Illustrations section in the back of the NFHS Wrestling Rules book. Illustration #83 "(7-1-5q) **The back bow is illegal as illustrated by application.**" ~~when the pressure is toward the head, whether the defensive wrestler is on his/her stomach or hip.~~
- **Rationale:**
In the body of Rule 7, it is denoted that the "back bow" is an illegal hold/maneuver. It does not stipulate that it is illegal conditionally if pressure is used, if it is applied, then it is illegal.



ILLEGAL HOLD/MANEUVER

RULE 7-1-5y



The nelson cradle is illegal. It is a combination made up of a half nelson on one side with a locked cradle from around the neck with the far side knee. The crotch of the knee acts as the other arm (arm pit) to complete the full nelson pressure on the neck and throat.

y. the Nelson-Cradle.

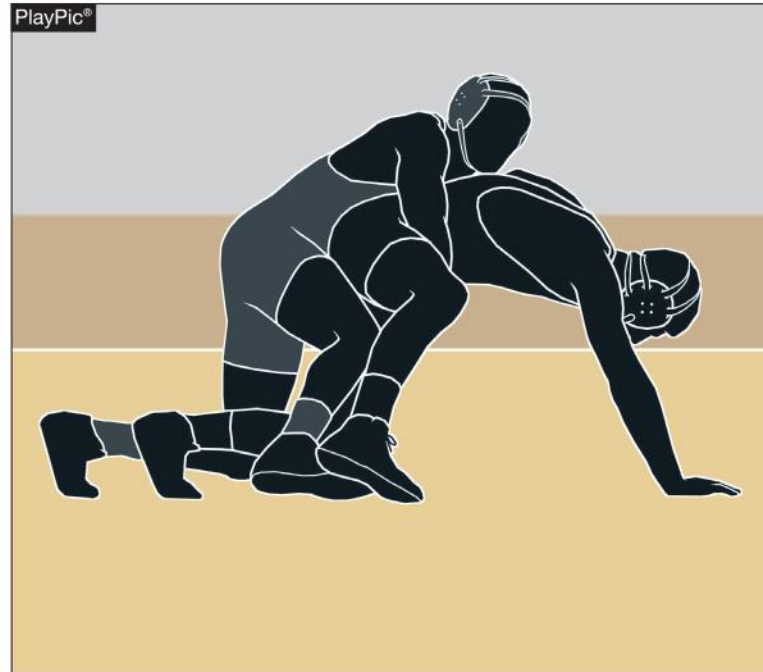
ILLEGAL HOLD/MANEUVER: RULE 7-1-5y

Rationale:

- Modified that the Nelson-Cradle is an illegal hold/maneuver. The Nelson-Cradle is a combination made up of a half nelson on one side with a locked cradle from around the neck with the far side knee. The crotch of the knee acts as the other arm (arm pit) to complete **the full nelson pressure on the neck and throat.**
- Also, the action occurring on **the lower spine as the knee is brought up near the head is dangerous.** When the move is finished the offensive wrestler can either roll it over or draw it backward.



UNSPORTSMANLIKE CONDUCT RULE 7-4-2



Repeatedly dropping to one knee or **one hand to break locked hands is to be ruled unsportsmanlike conduct.**



UNSPORTSMANLIKE CONDUCT

RULE 7-4-2

- **ART. 2 . . .** Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, **such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting and the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one knee or one hand to break locked hands, ...**



UNSPORTSMANLIKE CONDUCT

RULE 7-4-2

...indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

- **Rationale:**

Repeatedly dropping to one hand to force an opponent to break locked hands happens just as often as repeatedly dropping to one knee. There is no difference between the two acts.





POINTS OF EMPHASIS



STALLING

PlayPic®



Wrestling is an aggressive endeavor and should be coached and executed in that manner. It is expected that wrestlers stay inbounds and compete. There is no passive wrestling. There are no provisions in the rules to allow a wrestler to rest.

STALLING

- **Backing off the mat out bounds, pushing or pulling the opponent out of bounds**, hands locked around leg of an opponent without the intent of taking him or her down or preventing the opponent from scoring is considered stalling. The referee should be firm and consistent in enforcing the letter and spirit of the rule.
- **MAKE THE CALL ... DO NOT HESITATE**



SPECIAL EQUIPMENT



Knee pads are legal;
must be a complete unit



Arm and leg sleeves are
not legal equipment

SPECIAL EQUIPMENT

- Special equipment is identified in Rule 4-3-1 as any equipment that is not required by rule. **All special equipment should be presented prior to stepping on the mat to begin wrestling.**
- In fact, it is a requirement by rule that the referee will decide on the legality of such equipment.
- **Any equipment that prevents normal movement of the joints and which prevents one's opponent from applying normal holds/maneuvers should not be allowed.**
- It is reasonable for the wrestler to present his/her special equipment during the weigh-in/skin check period.





NFHS WRESTLING EDITORIAL CHANGES



RULE 4-1-1a

- **Change:**

- a. A one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. **The one-piece singlet may be worn with full-length tights with stirrups.**





RULE 4-1-1a

Any other **undergarment** worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting, ~~a single solid color, unadorned~~ and shall not extend below the knee. The one-piece singlet shall be school-issued.

- **Rationale:**

Because the new rules approve the use of school issued compression shorts to be worn under a one-piece singlet, **the wording single solid color and unadorned no longer applies.**



RULE 4-1-1c

- **Change:**

c. Full-length tights with stirrups are acceptable under a one-piece uniform. **Any other undergarment that extends beyond the inseam of a one-piece uniform shall be a tight-fitting,** ~~single solid color, unadorned~~ and shall **not extend below the knee.**

Rationale:

Because the new rules approve the use of a school issue compression short which could be multi-colored and adorned to be worn under a one-piece singlet this wording is no longer needed.



RULE 6-6-5a.2.

- 2. Errors involving the computation of match score must be corrected prior to the next match in which either wrestler competes. If the error necessitates additional wrestling it must be corrected prior to the offended contestant leaving the mat area and prior to the start of the next match on that mat.

Rationale:

The above change was approved last year and was incorrectly edited into the rulebook.





OHSAA REVIEW

- Skin Check
 - New Initiative Protocol

- Concussion
 - Ohio Law; HB 143

- Apply the spirit and intent of the Rule



DERMATOLOGIST PROTOCOL

- In Network list of Dermatologists
- Office open to quick visit for Ohio Wrestlers
- Skin form may be signed by LCN and PA
- Only from in network Dermatologist office visit

Complete list in network is found in the green book and at web cite below:

- www.ohsaa.org/Portals/0/Sports/Wrestling/ApprovedShortNoticeDermatologistPractices.pdf



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STAPH ... ABSCESSED BOIL



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CONCUSSION

National Federation of State
High School Associations



Suggested Guidelines for Management of Concussion in Sports

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to have suffered a direct blow to the head or lose consciousness (be "knocked out") to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Suggested Concussion Management:

1. No athlete should return to play (RTP) or practice on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at www.nfhs.org.

Revised and Approved October 2013

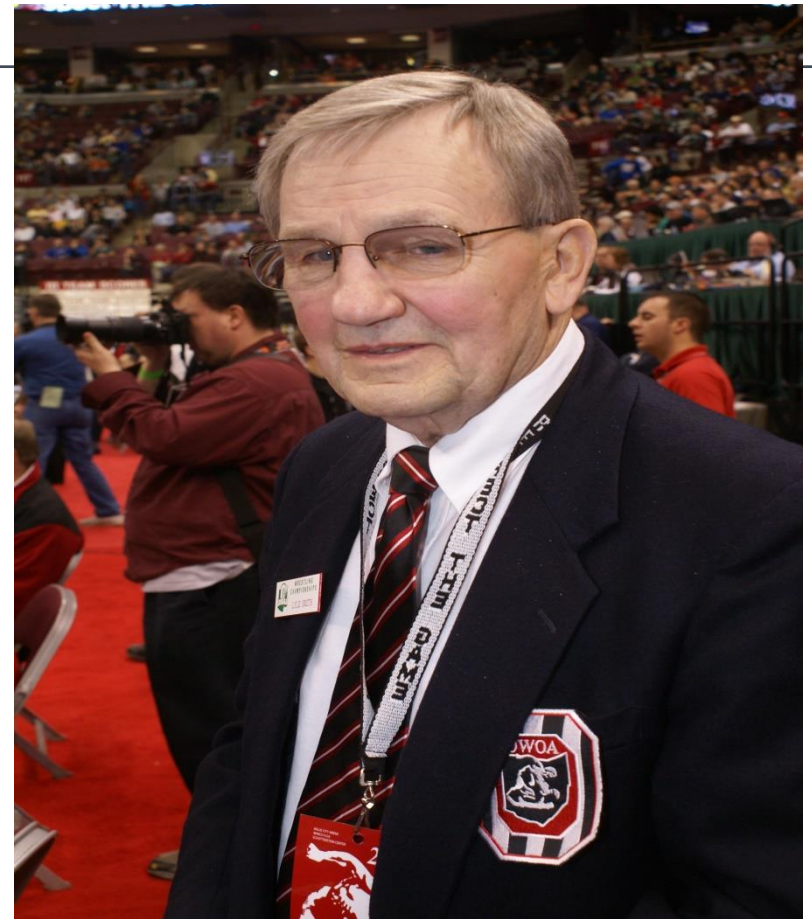
In the Appendix
in all of the
2018-19 NFHS
Rules Book
Page 85

3-year certificate
Remember:
notify OHSAA



THE WAY TO SAY THANKS ...

IS TO PAY IF FORWARD



Have a great season

