



2017-18 Wrestling State Rules Interpretation





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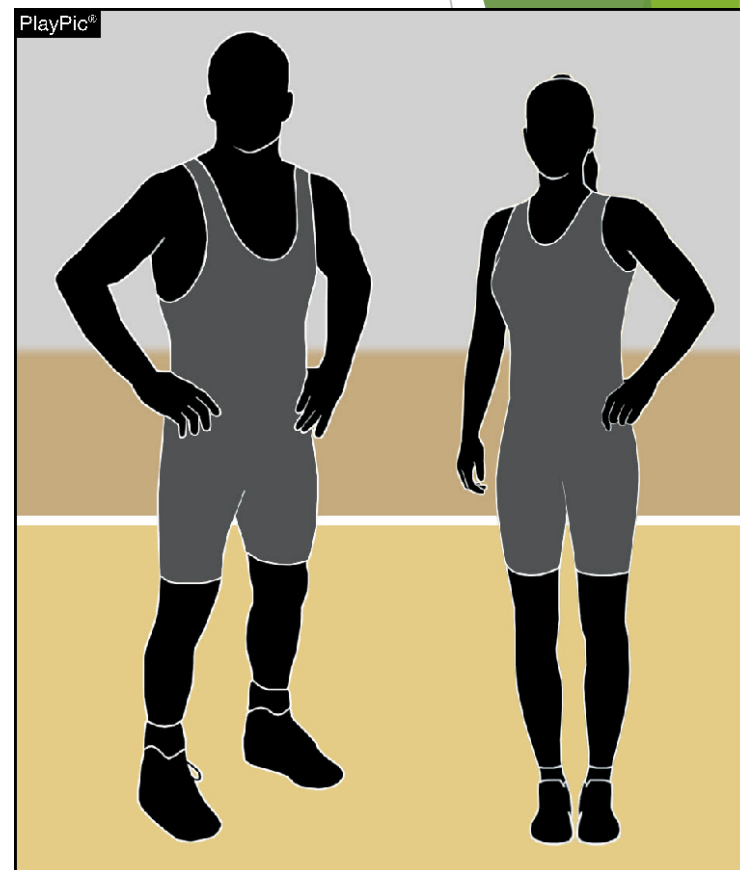
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UNIFORMS

Rule 4-1-1a-c

The traditional one-piece singlet is still legal. The uniform for **females** will have an appropriate undergarment that covers the breasts.

Ohio: a proper t-shirt

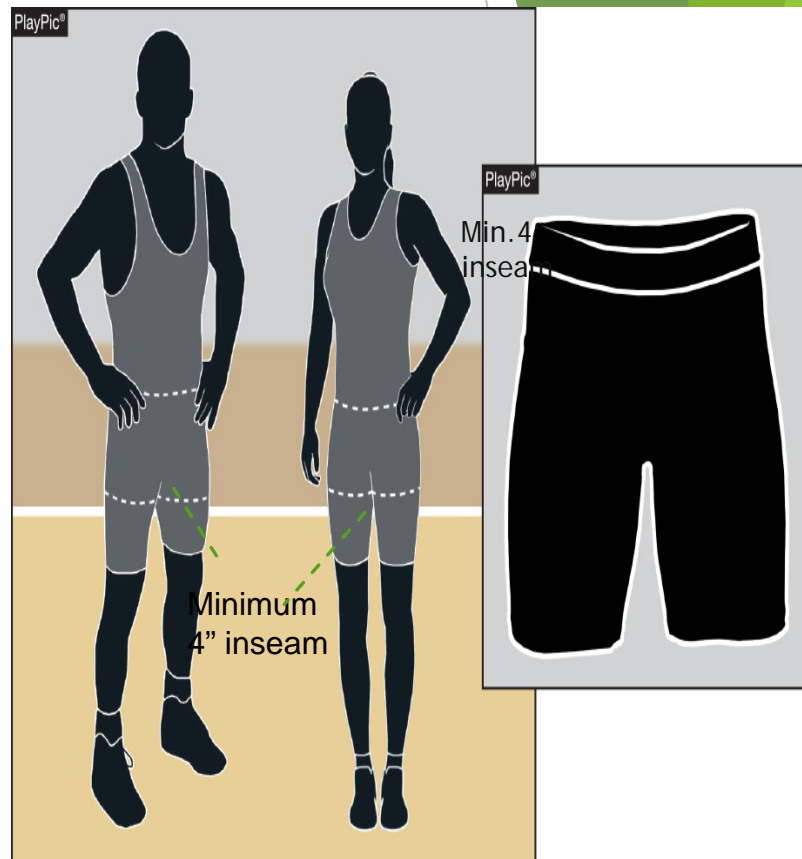


UNIFORMS

Rule 4-1-1a-c school-issued

Compression shorts or shorts designed for wrestling:

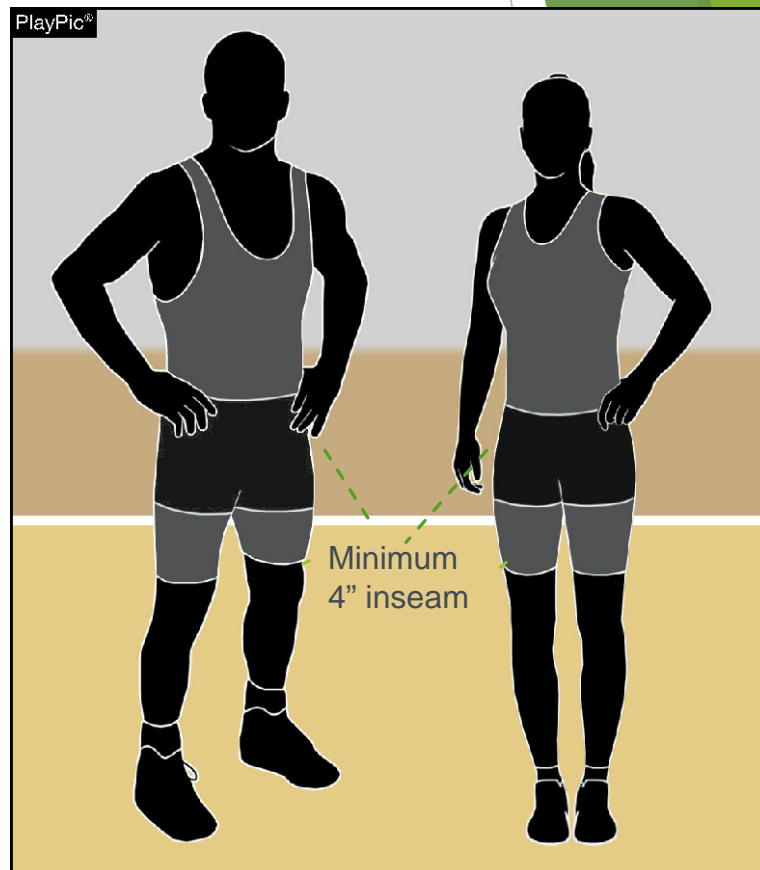
- **Minimum 4-inch inseam** that shall **not extend below the knee**.
 - Shall have an **elastic waistband**.
 - Shall **not have exposed belt loops, drawstrings, zippers, snaps, buttons, or pockets**.
- www.nfhs.org
- **Must be school-issued.**



UNIFORMS

Rule 4-1-1a-c school-issued

Shorts designed for wrestling **may be worn over the singlet** but must be **school-issued**. The **inseam** must be at least **4"** in length.



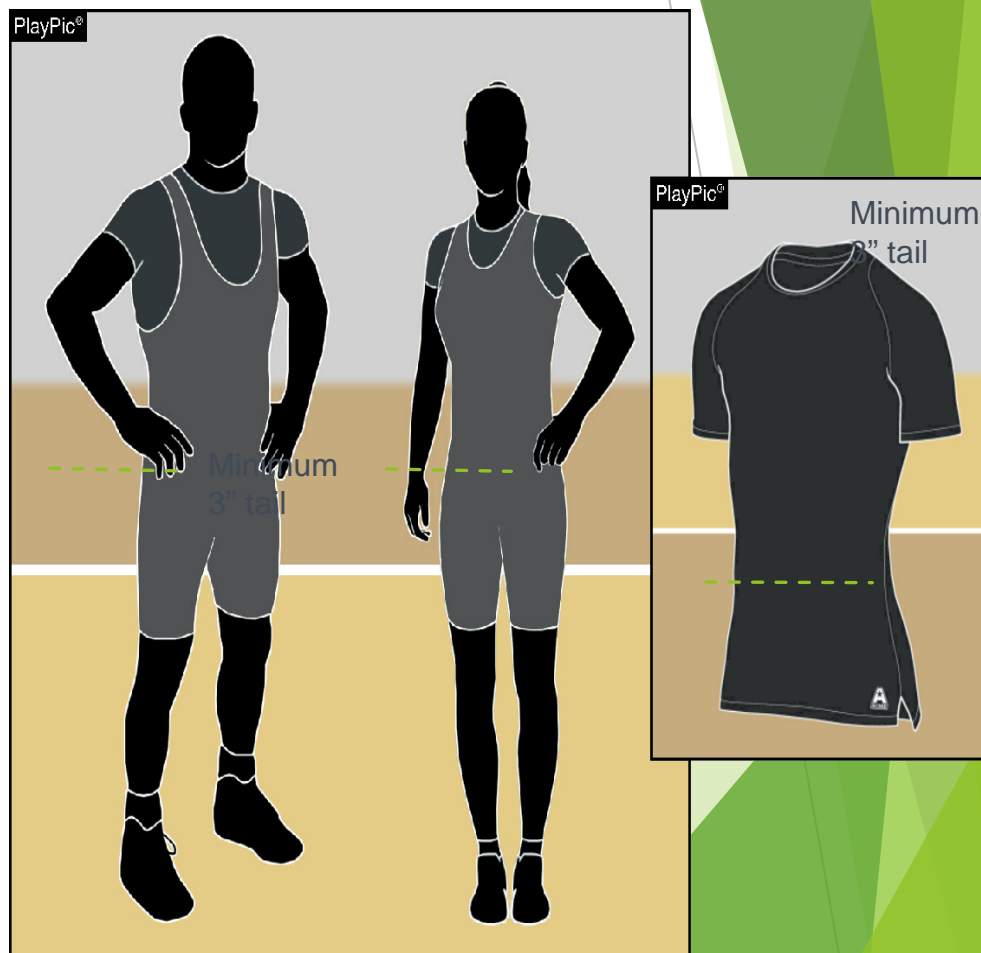
UNIFORMS

Rule 4-1-1a-c school-issued

A **form-fitted compression shirt** which shall not cover or extend below the elbow and shall have a **minimum 3-inch tail**.

The form-fitted compression shirt **may be worn under a singlet or with compression short or shorts designed for wrestling**. The form-fitted compression shirt shall be **school-issued**.

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UNIFORMS

Rule 4-1-1a-c **school-issued**

- ▶ The one-piece singlet may be worn with **full-length tights with stirrups**. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be a tight-fitting, a single solid color, unadorned and shall not extend below the knee. The one-piece singlet shall be school-issued.
- ▶ Note: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts. (**Ohio:**

UNIFORMS

Rule 4-1-1a-c school-issued

- ▶ A suitable under garment which completely covers the buttocks and groin area must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.

RULE 4-5-3

WEIGHT MANAGEMENT

Overweight

During time off the scale(s),
**activities that promote
dehydration or weight
loss are prohibited.**

Ohio may wear socks

www.nfhs.org

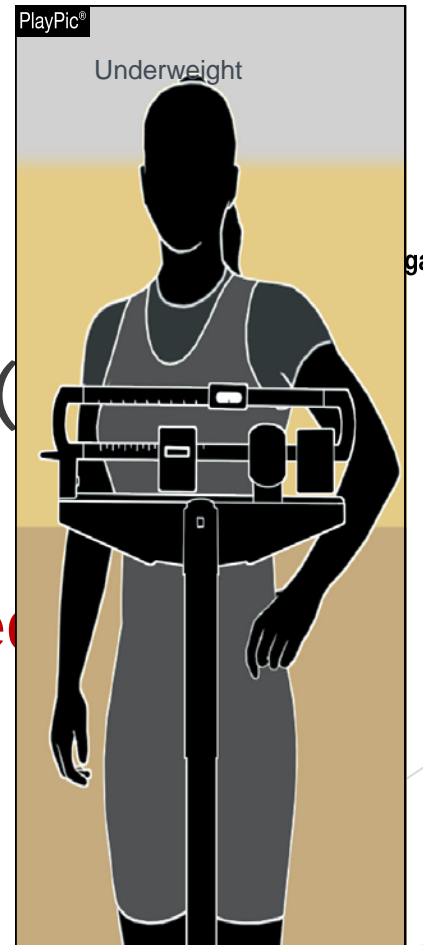
RULE 4-5-3

WEIGHT MANAGEMENT

During time off the scale ()
**activities that promote
weight gain are prohibited**

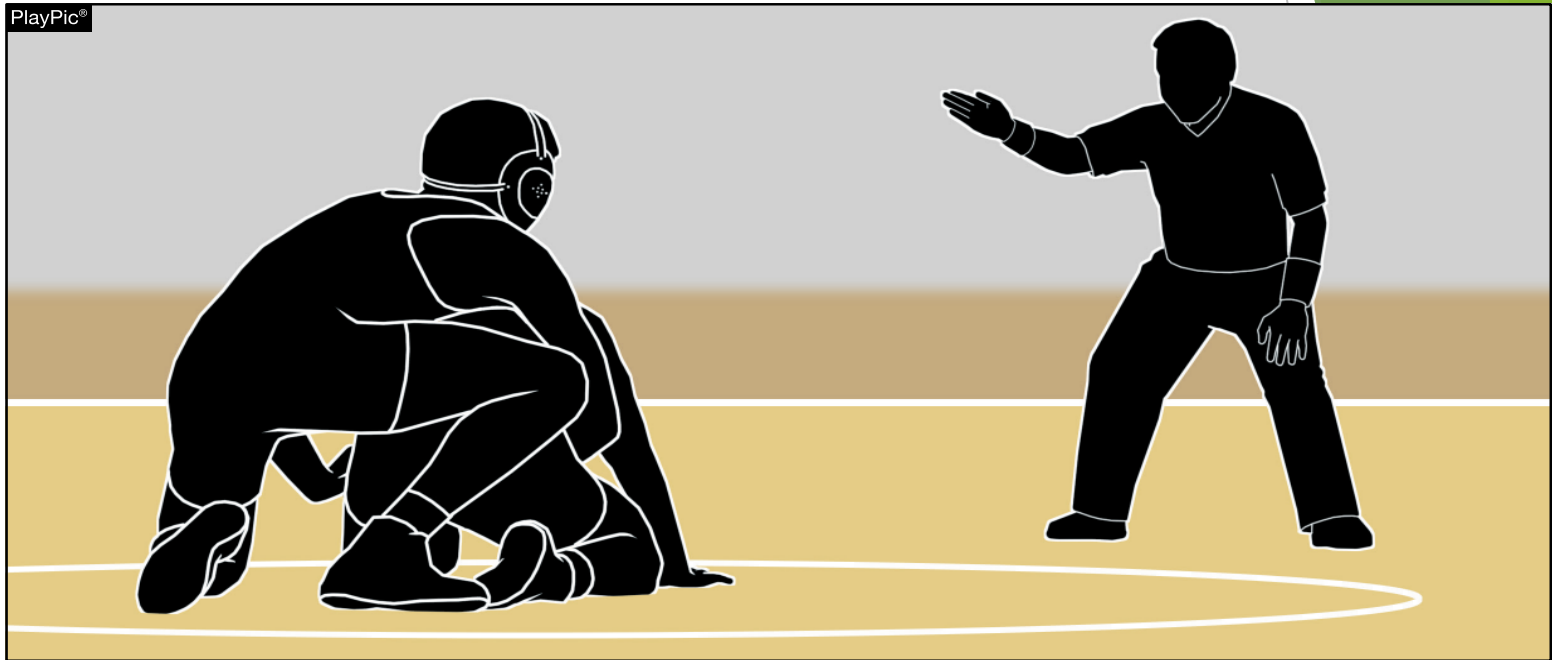
Ohio may wear socks

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RULE 5-19-10

REFEREE'S POSITIONING



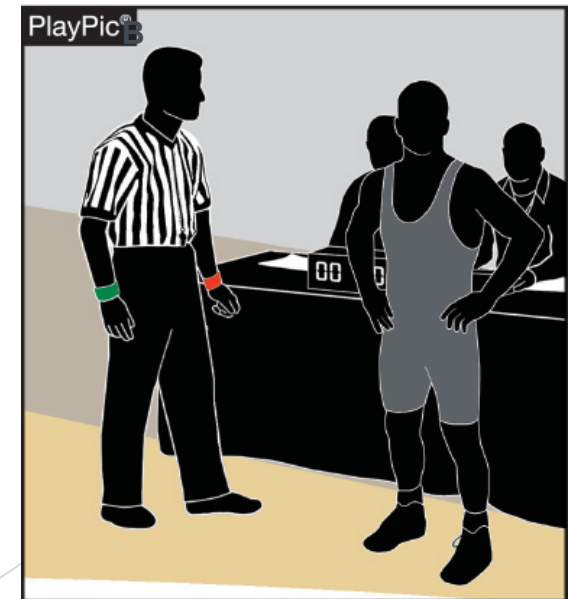
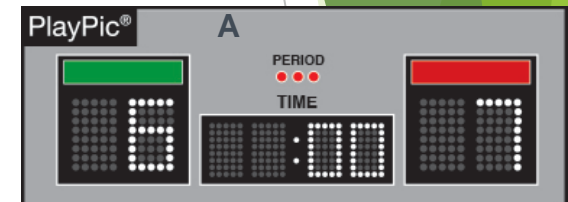
When starting the contestants from the down position, the **referee shall be in front of, stationary, and at an angle to the contestants.** The referee should **establish eye contact with the scorer's table.**

RULE 6-6-4a1

DUAL-MEET SCORING ERRORS

The score of the previous match is erroneous (PlayPic A). If the offended contestant has not left the mat area and the next match on that mat has not started (PlayPic B), the error can be corrected.

INCORRECT SCORE

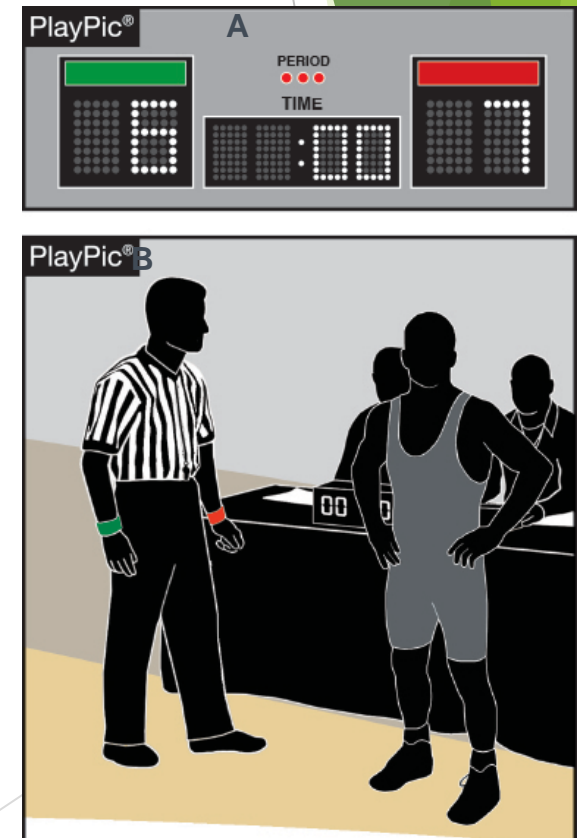


RULE 6-6-5a1

tournament SCORING ERRORS

The score of the previous match is erroneous (PlayPic A). If the **offended contestant** has not left the mat area and the next match on that mat has not started (PlayPic B), the error can be corrected.

INCORRECT SCORE

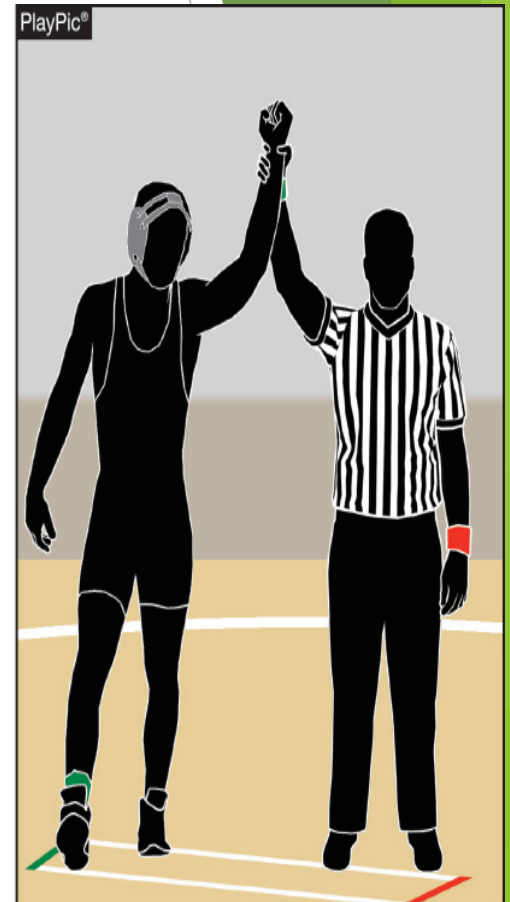


RuleS 5-11-1, 5-11-5

Fall

A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds. The shoulders or scapula must be held in continuous contact with the

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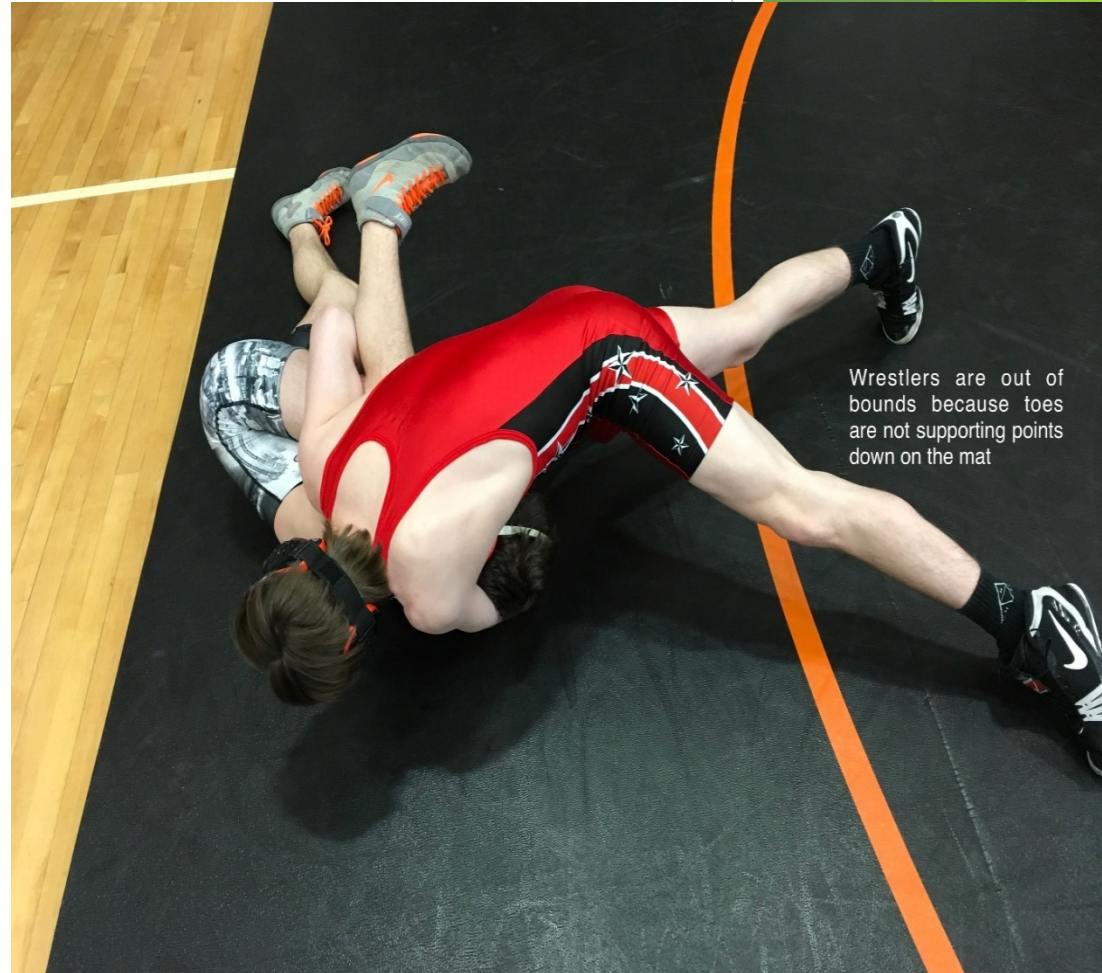
Rule 5-11-1

fall

- ▶ ART. 1 . . . A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds. The two seconds (one-thousand-one, one-thousand-two) shall be a silent count and shall start only after the referee is in position to observe if a fall is imminent. **A fall is imminent when any part of both shoulders or both scapula of either wrestler are in contact with the mat.** The shoulders or scapula must be held in continuous contact with the mat. A fall terminates wrestling.

RULE 5-15-2b, c NEAR FALL, fall

In this pinning situation, the **toes are not the supporting points.** Weight is being carried by opponent.



Wrestlers are out of bounds because toes are not supporting points down on the mat

RULE 5-15-2b, c NEAR FALL, fall

In this pinning situation, the **toes are not the supporting points**. Weight is being carried by opponent. Both knees are up.



Wrestlers are out of bounds because toes are not supporting points while down on the mat

RULE 5-15-2b, c

NEAR FALL, fall

- ▶ b. When the defensive wrestler is on his/her back while the supporting point(s) of either wrestler are inbounds, wrestling shall continue, In this situation, any part of the defensive wrestler's shoulder or scapula is considered to be all the supporting points.

Rule 5-11-5

near fall, fall

- ▶ ART. 5 . . . A fall or near fall shall not be awarded:
- ▶ a. if the wrestler being pinned is handicapped by having **any portion of the wrestler's body off the mat.**
- ▶ **On the hard floor**

RULE 5-15-2b, c

NEAR FALL, fall

b. Near-Fall points or a fall shall be earned while the supporting point(s) of either wrestler are inbounds.

**The toes may not be the
supporting points**

RULE 5-15-2b, c NEAR FALL, fall

**Buttocks is the
supporting point**



Fall or near-fall can be earned because the offensive wrestler's buttocks are down on the mat in bounds

RULE 5-15-2b, c NEAR FALL, fall

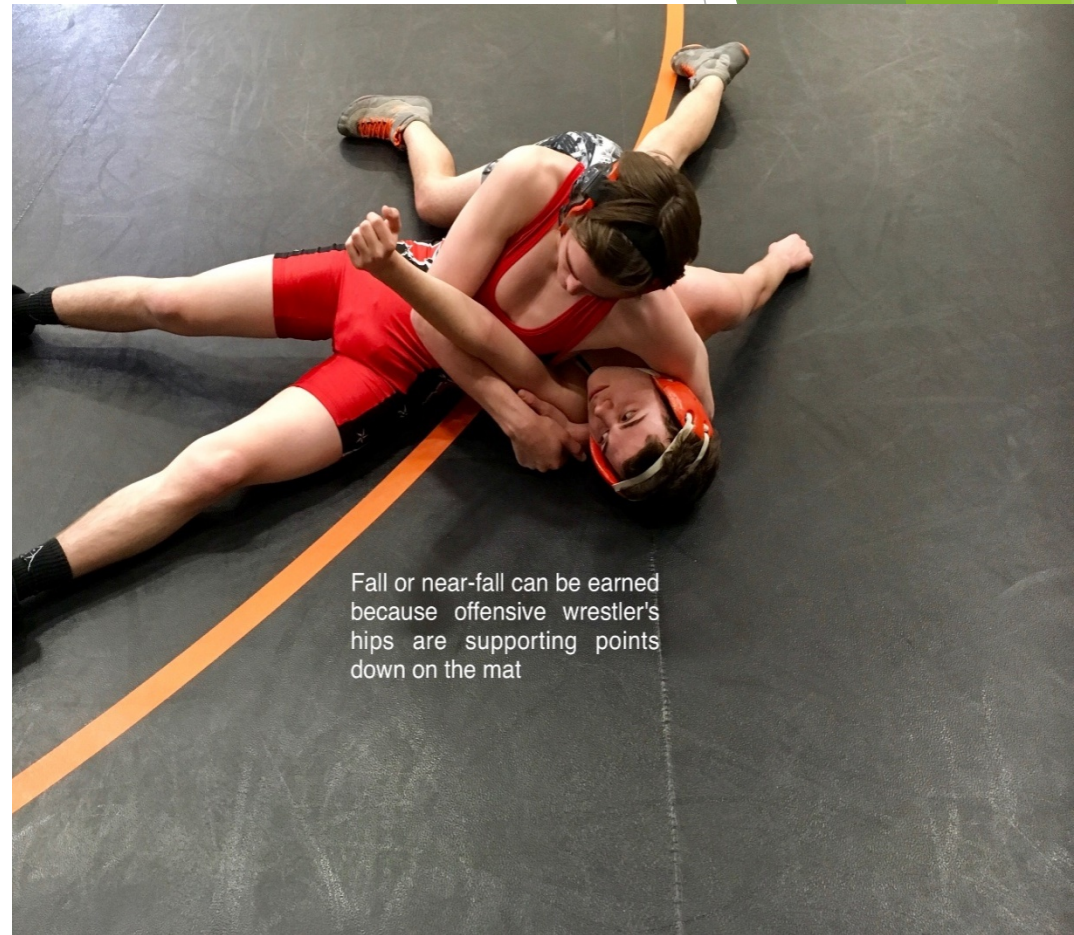
Knees are the supporting points, or a single knee.



Fall or near-fall can be earned because offensive wrestler's knees are supporting points down on the mat

RULE 5-15-2b, c NEAR FALL, fall

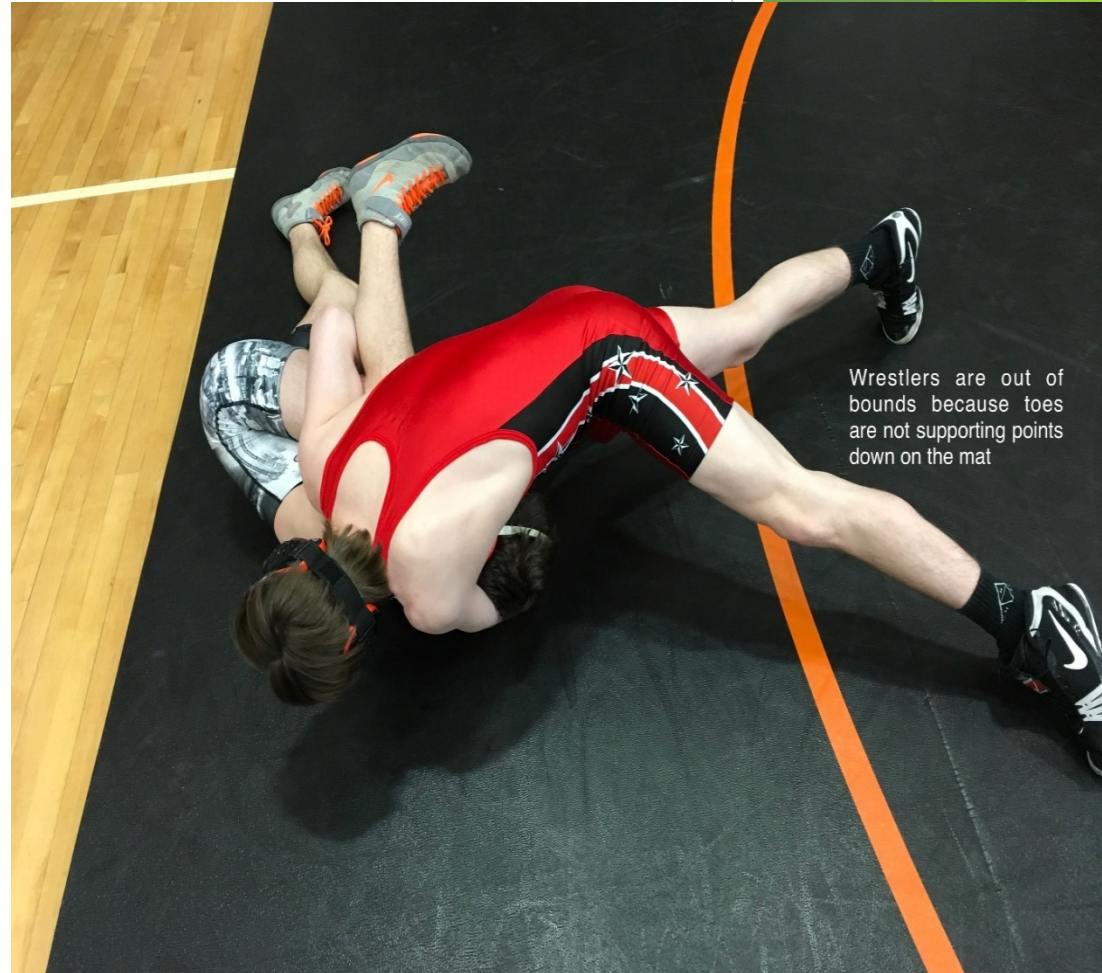
**Hip(s) are the
supporting points**



Fall or near-fall can be earned because offensive wrestler's hips are supporting points down on the mat

RULE 5-15-2b, c NEAR FALL, fall

In this pinning situation, the **toes are not the supporting points.** Weight is being carried by opponent.



Wrestlers are out of bounds because toes are not supporting points down on the mat

RULE 5-15-2b, c NEAR FALL, fall

In this pinning situation, the **toes are not the supporting points**. Weight is being carried by opponent. Both knees are up.



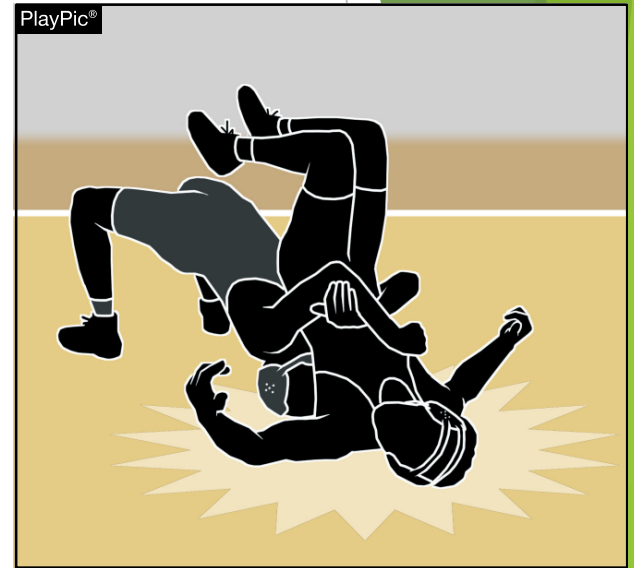
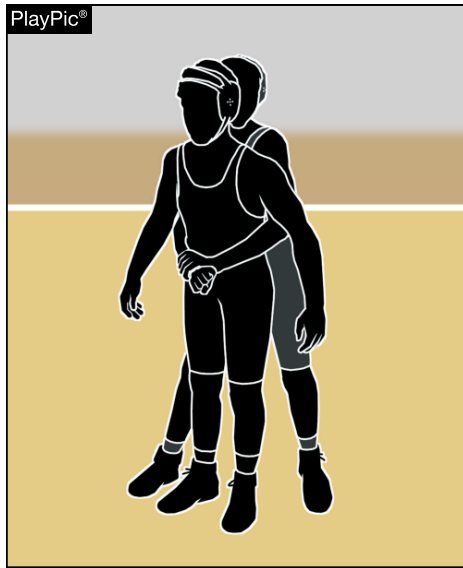
Wrestlers are out of bounds because toes are not supporting points while down on the mat

RULE 5-15-2b, c

NEAR FALL, fall

- ▶ b. When the defensive wrestler is on his/her back while the supporting point(s) of either wrestler are inbounds, wrestling shall continue, In this situation, any part of the defensive wrestler's shoulder or scapula is considered to be all the supporting points.

Rule 7-1-2 illegal maneuvers



A full, straight-back **suplay is illegal.**

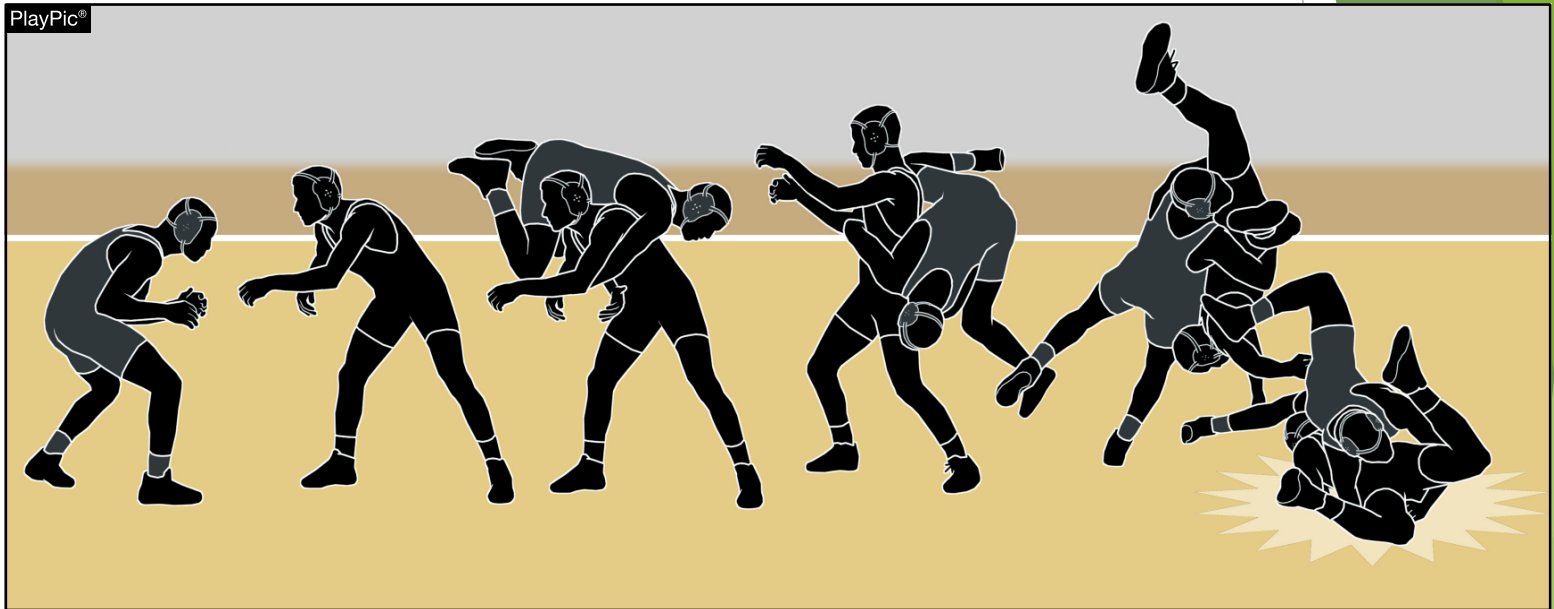
Rule 7-1-2 illegal maneuvers



The straight-back **salto is illegal.**

Rule 7-1-5w

illegal maneuvers “Squirrel”



A **front flip** and/or **front hurdle over an opponent** in the standing position is **illegal**.

Rule 7-6-4d stalling

Staying behind your opponent while on your feet, **making no attempt to bring the opponent to the mat**, is stalling.



Rule 2-1-5

- ▶ ART. 5. . .The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat where facilities permit as well as the team benches and scorer's table. The team bench...suggested configurations are located on page 10 rule 2-2-2 in the NFHS Rule Book.

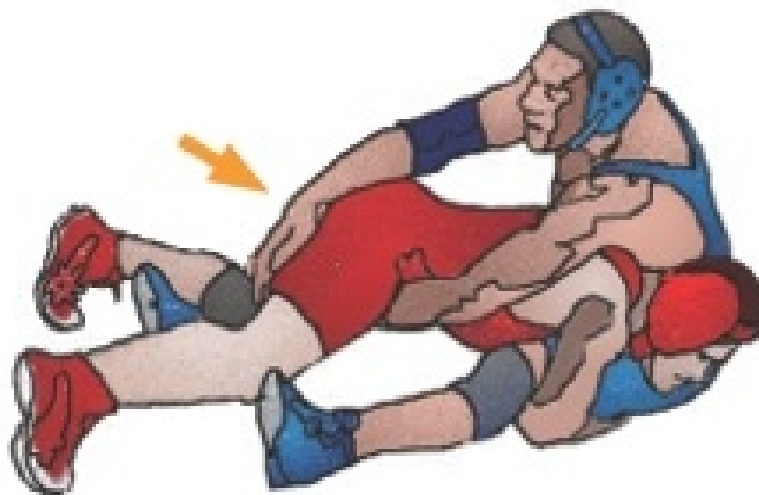
Rule 5-11-5

Mat

- ▶ **ART. 5 . . . A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestler's body off the mat area.**
- ▶ **On the hard floor**

Illustrations #25

- ▶ 25. (5-25-1) This crotch lift does not stop the takedown by the wrestler in the red uniform.



Illustrations #26

- ▶ 26. (5-25-1) This double under hook does not stop the takedown by the wrestler in the **red** uniform. (When the wrestler locks hands, it is illegal. 7-1-5k)



2017-18

NFHS WRESTLING points of emphasis

Off the scale activities

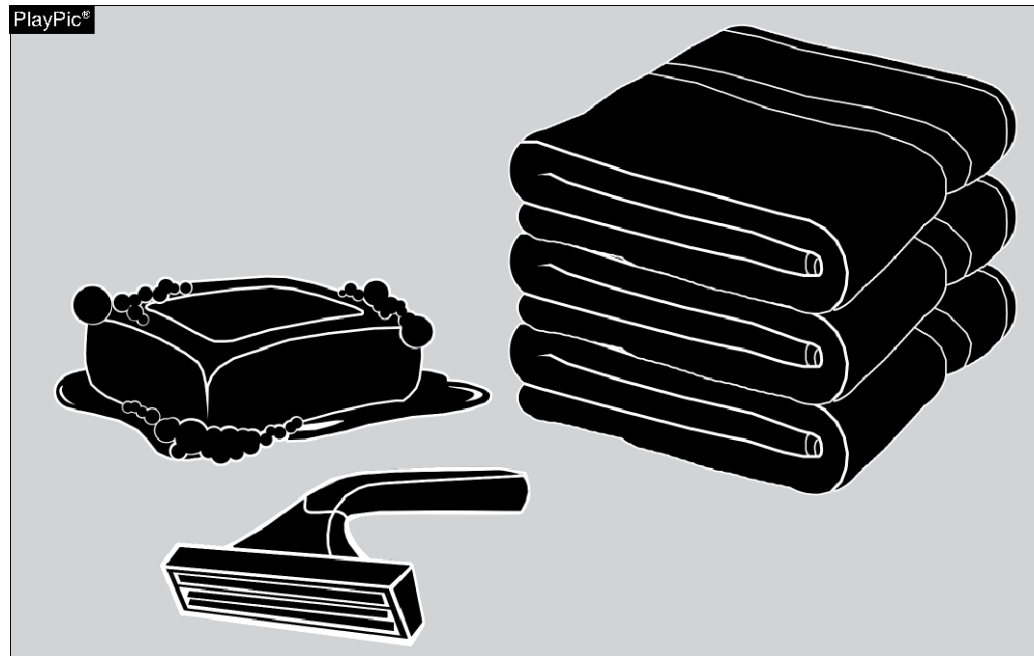
- ▶ Any activity that is conducted to either lose weight or gain weight is prohibited.
 - ▶ Modifying clothing
 - ▶ Modifying hair
 - ▶ Regurgitation
 - ▶ Drinking fluids
 - ▶ Gorging on food
- ▶ It is an unhealthy practice & is poor sportsmanship
- ▶ Wrestlers may not remove socks

Prevention of Communicable skin conditions



- ▶ One of the keys to preventing the spread of communicable skin conditions is to clean wrestling mats daily with a solution of 1:10 bleach and water or an appropriate commercial cleaner.

Communicable skin conditions and skin checks



- ▶ One of the keys to preventing the spread of communicable skin conditions is to have wrestlers refrain from sharing soap, razors or towels.

Cleanliness of uniforms and pads

- ▶ Emphasize the importance of showering with soap and water. If shower facilities are not available then use “baby wipes” to clean any exposed skin after practice and competition.
- ▶ Coaches or trainers should perform daily skin checks.

Braces that are properly padded and covered

- ▶ Equipment that does not permit normal movement of joints and prevents the wrestler's opponent from applying normal holds/maneuvers shall not be allowed.
- ▶ Not limited to: hair coverings, ear guards, face masks, braces, casts, supports, eye protection, prosthetics and socks shall fit snug against the wrestler's body
- ▶ If equipment is hard and/or abrasive, it must be covered and properly padded with a closed-cell, slow recovery foam padding **no less than 1/2 inch thick.**

Stalemate/fleeing the mat

- ▶ Occasionally wrestling contestants are **interlocked in a position** other than a pinning situation and **neither can improve the respective positions or gain an advantage.**
- ▶ When identified by the referee, he/she shall stop the match and wrestling shall continue.
- ▶ Wrestling is an aggressive

Stalemate/fleeing the mat

- ▶ **Fleeing** the mat to avoid wrestling is not permitted.
- ▶ If a wrestler flees the mat anytime during a match it is a technical violation.
- ▶ **Leaving the mat without the permission** from the referee or **intentionally forcing an opponent out of bounds** is a technical violation.

OHSAA Procedures

- ▶ Observer Responsibilities
- ▶ ACT / SAT Weigh-in
- ▶ Skin Check
- ▶ “As the Manufacturer Intended”
- ▶ Shoes & Shoe Laces
- ▶ Tooth & Mouth Protector
- ▶ Headgear compliant, Hair Cap; attached
- ▶ Assistant Referee
- ▶ Special equipment presented @ weigh-in
- ▶ Match, coach, & spectator control
- ▶ **MAY WEAR SOCKS**