



## 2017-18 WRESTLING RULES CHANGES, REVISIONS & REMINDERS

### NATIONAL FEDERATION ITEMS

#### **Weight Classes (4-4-1):**

For the 2017-18 wrestling season, Michigan will continue to use the traditional weight classes of 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285. Michigan will NOT use the NF weight classes found in 4-4-1.

#### **Rule 7-1-2: Illegal Maneuvers: ART. 2:**

A full, straight-back suplay and the straight-back salto are ILLEGAL.

#### **Rule 7-1-5w: Illegal Maneuvers:**

The attempt of a wrestler to front flip or hurdle their opponent from the neutral position is becoming more apparent. Generally, this maneuver is attempted when there is short time left in a match and a wrestler needs to secure a takedown of his opponent, who has a strong defensive neutral position, in order to either tie or take a lead in a match.

#### **Rule 5-15-2b, c: Near Fall, fall**

- Since the NFHS rule committee's intent was to allow near fall scoring on the out of bounds line similar to that of scoring a takedown, an escape or a reversal, and
- Since wrestling can continue and a takedown scored with one wrestler standing out of bounds holding a single leg while the opponent is standing on one leg in bounds, and
- If the attacking wrestler lifts his opponent with a double leg, then step out of bounds and the pair of wrestlers are both considered out of bounds ...

Then Michigan's interpretation of the out of bounds near fall will be the following;

- If the out of bounds wrestler is in near fall, wrestling will continue when either both knees are in bounds supporting his weight,
- Or, if one knee is in bounds supporting his weight with the other knee off the mat.
- Wrestling shall be stopped and the wrestlers deemed to be out of bounds when both knees are lifted off the mat, with the offensive wrestler on his toes. The weight is being carried by the offensive wrestler. The toes cannot be bearing the wrestler's weight.

We feel if we are to be consistent with respect to scoring on the out of bounds line when scoring takedowns, escapes and reversal, then we need to be consistent with respect to the supporting points of the offensive wrestler being inbounds or out of bounds. We feel our above interpretation is consistent with respect to scoring on the out of bounds line, makes common sense and follows the intent of the rule and the committee's reasoning for the new near fall rules.

#### **Wrestlers' Uniform:**

**Rule 4-1-1:** The compression shorts or shorts designed for wrestling shall be school-issued/approved and shall have a **minimum 4-inch inseam that does not extend below the knee. The form-fitted compression shirt shall not cover or extend below the elbow and shall have a minimum 3-inch tail.** The shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling.

**ART. 1.** A legal uniform consists of:

a. A one-piece singlet shall be 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. 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/approved.

**NOTE:** Female contestants wearing a one-piece singlet shall wear a suitable under garment that covers their breasts.

b. **Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons, or pockets.** 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/approved.

c. **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/approved.

**NOTE:** Female contestants wearing a form-fitted compression shirt shall wear a suitable under garment that covers their breasts.

**Sportsmanship/Good Sporting Behavior:**

- Coaches and officials need to work together.
- Each match is an opportunity to teach life lessons in conjunction with wrestling.
- Coaches who model good and appropriate behavior will send a positive message to the student wrestlers and the spectators.
- The positive values learned will serve the students long after their interscholastic wrestling careers have concluded.

**Potentially Dangerous: Arm trap (7-2-2g):**

- A potentially dangerous hold occurs when a wrestler, from a standing position, is placed in a body lock with one or both arms trapped and then is lifted and is unable to use his arm(s) to break the fall.
- In a rear-standing position with the defensive wrestler's arm(s) trapped while he/she is lifted off his feet, it should be considered potentially dangerous. There is a risk that when the wrestler is returned to the mat and has no use of their arm(s) to break the fall, a serious injury could occur.
- Returning the wrestler to the mat in a controlled fashion is one of the highest priorities for the controlling wrestler and the observing official.

**Rule 7-2-2: POTENTIALLY DANGEROUS HOLDS/MANEUVERS**

**g. when a wrestler stands, with one or both arms trapped; and**

h. other holds/maneuvers which may cause injury when used legally.

*Contestants should know the dangers of these holds/maneuvers. The referee should anticipate the dangers of injury from these holds/maneuvers and be in a position to block them before they reach the danger point. The referee shall verbally caution contestants against forcing potentially dangerous holds/maneuvers into illegal positions without interrupting action, unless it is necessary to stop the hold/maneuver in order to prevent injury.*

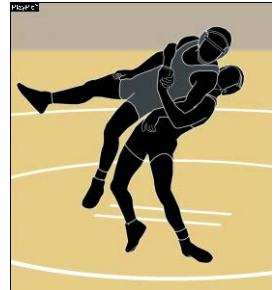
**The NFHS Wrestling Rule Book clarifies 7-2-2g-h;**

*"The committee identified another potentially dangerous hold when an arm trap is applied. From a standing position, when one wrestler is placed in a **body lock** with one or both arms trapped and then is lifted from the mat*

and is unable to use his arm(s) to break his fall – creating a potentially dangerous situation – the referee shall stop the match.”

**The NFHS Wrestling Rule Book further addresses 7-2-2g-h;**

“The rear standing position with trapped arm should be considered potentially dangerous and should be monitored very closely by the referee. Coaches, officials and competitors should be aware of the potential for injury in this situation if the defensive wrestler is returned to the mat and has no arm available to break his/her fall. Although a number of safe scoring opportunities may come from this hold, coaches, officials and competitors must work together to educate and ensure that wrestlers are returned to the mat safely. Officials should pay special attention to the wrestler who is lifted off the mat with a trapped arm. In all situations, returning a wrestler to the mat in a controlled fashion should be one of the highest priorities.”



**MHSAA Interpretation and Handling:**

It is determined that the “Arm Trap” indicated is that of the “body lock” type. When the rear standing or offensive wrestler applies a body lock around the front standing or defensive wrestler and one or both arms of the defensive wrestler are trapped, the official should be on “high alert”. The offensive wrestler is charged with safely returning the defensive wrestler to the mat through a variety of legal moves. **If the offensive wrestler begins to take actions that would indicate a lift is coming or imminent, the official shall stop the match at this point as it has become potentially dangerous.**

**MHSAA UPDATES & REMINDERS**

**Wrestlers’ Uniform:**

- Shoes shall be a light, heelless wrestling shoes reaching above the ankle and tightly secured. **Any match delay or stoppage directly related to shoelaces shall be treated as delay of match and, therefore, a stalling violation.**
- Tape is ONLY allowed to secure the LACES in place.
- NO other tape is to be over or around the shoe on the foot or sole of the shoes.

**Season Schedule Format in 2017-18:**

Practice begins Monday, **November 13**. The first day of competition will be **December 6** and the limitation for teams and individuals will be **14 DAYS of competition with no more than eight (8) of those days being tournament-type events where a wrestler competes more than twice.**

**Weight Monitoring Program:**

All elements of the Weight Monitoring Program (OPC) may be found at trackwrestling.com. Login information has been sent to schools, along with information regarding the annual nutrition meeting.

**MHSAA Handbook, Regulation II, Section 10 (C):**

In wrestling ONLY, a student may compete on two different teams on the same date in the same sport. This regulation would allow a student to wrestle a JV match, and then later during that same meet, compete in a varsity match. Know that all rules regarding the number of matches in which a wrestler may compete (maximum of 2 or 5) and required rest periods between matches (minimum of 45 minutes) remain unchanged.

Again, this affects wrestling ONLY and no other MHSAA sports.

**Team District & Team Regional Information:**

Divisions 1 & 3 will compete on **Wednesday, February 7** while Divisions 2 & 4 will compete on **Thursday, February 8**. The Team Regional draw has been conducted and the pairings for the Semifinal round at the Team Regional are the Highest District number vs. the 2<sup>nd</sup> Highest District number vs. the Lowest District number vs. the 2<sup>nd</sup> Lowest District number.

**Team Regional Hosting:**

For the **2017-2018** season, the Team District champion from the **LOWEST # Team District** in your Team Region will HOST the Team Regional.

If YOUR school is in the **LOWEST # Team District (17-18)**, check with your AD and discuss the likelihood of your school **HOSTING** the Team Regional on **Wednesday, February 14, 2018** if you are fortunate enough to win a Team District title.

SCHOOL	Team District		SAMPLE
School A	165-3	1	165-3 vs 166-3
School B	165-3	2	
School C	165-3	3	
School D	165-3	4	
School E	166-3	1	166-3 vs 167-3
School F	166-3	2	
School G	166-3	3	
School H	166-3	4	
School I	167-3	1	167-3 vs 168-3
School J	167-3	2	
School K	167-3	3	
School L	167-3	4	
School M	168-3	1	168-3 vs 169-3
School N	168-3	2	
School O	168-3	3	
School P	168-3	4	