



2019-20 WRESTLING RULES CHANGES, REVISIONS & REMINDERS

NATIONAL FEDERATION ITEMS

Weight Classes (4-4-1):

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.

Hair / Hair Cover (4-2-1):

Hair shall not extend below the top of an ordinary shirt collar in the back. On the sides, the hair shall not extend below earlobe level. And in the front, the hair shall not extend below the eyebrows.

A wrestler may either:

1. Put hair up to meet the rule
2. Wear an approved hair cover

The legal hair cover shall be attached to the ear guards. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. If a referee is not present at weigh-in, the hair cover must be checked by the meet referee upon arrival at the site.

Physical hair treatment items that are hard and /or abrasive such as (beads, bobby pins, barrettes, pins, hair clips, etc. or any other hair control device) shall not be permitted. A legal hair-controlled device such as **rubber band(s)** shall be secured so as not to come out readily during wrestling.

Uniform (4-1-1a & 1b):

1a. Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.

1b. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under shorts and or compression shorts designed for wrestling.

These rules reinforces the importance of how wrestlers should be required to be properly attired on the mat during competition, regardless of gender. Please be aware that light colored or white uniforms (when wet) may become transparent which could create a modesty concern.

Takedown (5-25-2):

A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler's legs or torso are controlled and the wrestler's hand(s) touch the mat beyond reaction time. To be consistent, we say that whenever the hand(s) touch the mat they are considered supporting point(s). To be awarded a takedown the supporting point(s) must remain beyond reaction time.

Technical Violation (5-27-1a):

If the defensive wrestler intentionally goes out of the wrestling area to avoid an imminent scoring situation, it is a technical violation. By adding this language, it will clarify that intentionally going off the mat or forcing your opponent off the mat to avoid wrestling would be stalling. If it occurred to avoid being scored upon, it would be considered a technical violation. This change would allow the referee to only apply the technical violation call of fleeing when the action is related specifically to a scoring situation. All other types of leaving the wrestling area as a means of avoiding wrestling would fall under the rule of stalling.

Warning & Penalties for Stalling (8-1-4):

Warnings and Penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart. On the 1st offense the wrestler will receive a warning. The opponent of the offender will be awarded one match point on the 2nd and 3rd offense, two match points and choice of position on the next restart for the 4th offense. A 5th offense shall result in disqualification.

Injury Time (8-2-4a, 8-2-4b-1, 8-2-4b-2, 8-2-4b-3):

- As soon as an injury is detected by the official, begin injury time.
- If no appropriate health-care professional (AHCP) is present, only injury time is available to the contestant.
- If an AHCP is present and responds to the mat and begins an evaluation of the head, neck, cervical (HNC) area or the athlete complains to the AHCP of a HNC injury, ask the AHCP if they need to "Extend" the evaluation time.
- If yes, convert to the extended time.
- If no, continue with the one minute and 30 seconds allotted.
- Note, if the extended time is taken, the initial injury time and the extended time are combined and cannot exceed 5 minutes.

Team Scoring (9-2-2f):

Upon conclusion of the dual meet competition, if teams have identical scores, a new criteria (f.) has been added to determine a winner. f. The team giving up the least number of forfeits (shall be declared the winner). The rationale behind this rule is that every weight class that has an eligible wrestler should be represented while not being penalized by the likelihood of giving up scoring events counting against them (criteria h and beyond).

MHSAA UPDATES & REMINDERS

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 wrestlers and the spectators.
- The positive values learned will serve the wrestlers long after their interscholastic wrestling careers have concluded.

Shoes & Laces:

- Shall be a light, heelless wrestling shoes reaching above the ankle and tightly secured.
- Tape is ONLY allowed to secure the LACES in place.
- Only tape allowed on the shoe is on the laces themselves, or around the upper ankle (securing the laces).
- NO other tape is to be over or around the shoe on the foot or sole of the shoes.
- ANY TIME a competitors shoelaces become unsecured during the match (even if they were properly secured to start the match), and this causes a delay in the match, this shall be a delay of match and therefore a stalling violation.
- The exception is if the laces become unsecured as caused by their opponent.

Season Schedule Format in 2019-20:

Practice begins Monday, **November 18**. The first day of competition will be **December 11** 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 wrestler may compete on two different teams on the SAME date in the SAME sport. This regulation allows a wrestler 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:

Team District - Divisions 1 & 3 will compete on **Wednesday, February 12** while Divisions 2 & 4 will compete on **Thursday, February 13**.

Team Regional: All Divisions will compete on **Wednesday, February 19**.

The Highest # Team District vs. the 2nd Highest # Team District, and the Lowest # Team District vs. the 2nd Lowest # Team District. *Example: #104 vs #103 & #102 vs #101*

Team Regional Hosting:

For the **2019-2020** season, the Team District champion from the **2nd HIGHEST # Team District** in your Team Region will HOST the Team Regional.

If YOUR school is in **2nd HIGHEST # Team District (19-20)**, check with your AD and discuss the likelihood of your school HOSTING the Team Regional on **Wednesday, February 19, 2020** if you are fortunate enough to win a Team District title.

SCHOOL	Team District		SAMPLE
School A	165-3	1	HOST 2017-2018
School B	165-3	2	
School C	165-3	3	
School D	165-3	4	
			165-3 vs 166-3
School E	166-3	1	HOST 2018-2019
School F	166-3	2	
School G	166-3	3	
School H	166-3	4	
			REG 117-3
School I	167-3	1	HOST 2019-2020
School J	167-3	2	
School K	167-3	3	
School L	167-3	4	
			167-3 vs 168-3
School M	168-3	1	HOST 2020-2021
School N	168-3	2	
School O	168-3	3	
School P	168-3	4	