



2016-17 WRESTLING RULES CHANGES, REVISIONS & REMINDERS

National Federation Items

Weight Classes (4-4-1):

For the 2016-17 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.

Wrestling Rule Clarification

We have received inquiries in regards to the rule in regards to securing laces. The rule is as follows:

Wrestlers' Uniform (4-1-3): Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If the shoes have laces, the laces shall either be taped to the shoe or secured by a locking device on the wrestling shoe in an acceptable fashion.

It has been indicated that there is an "unwritten rule" that has been in place for many years. This rule infers that laces may be secured by "double knotting" the laces. This was implemented as a cost saving measure as it was felt many could not afford a season's worth of tape to secure laces if an individual's shoes did not come with a locking device.

MHSAA Interpretation and Handling:

It is determined that laces may be secured in the following manner for the remainder of the 16-17 season:

1. Secured with a locking device that is directly attached to the shoe.
2. Secured by taping the upper ankle of the shoe, with laces secured underneath the tape.
3. Secured by "Double Knotting" the laces.

We do not want to change rules (even unwritten rules) in the middle of the season, so the three (3) possibilities above will be acceptable. The rule will be addressed in the off-season with further clarification potentially coming in the 17-18 season.

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.

We have received inquiries in regards to the new (16-17) NFHS Wrestling Rule: 7-2-2 g-h (Arm Trap), and how it is interpreted and how it will be handled from an official's perspective.

**Page 36 of the NFHS Wrestling Rule Book –
SECTION 2: POTENTIALLY DANGEROUS HOLDS/MANEUVERS**

Rule 7-2-2 . . . Potentially dangerous holds/maneuvers include:

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

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

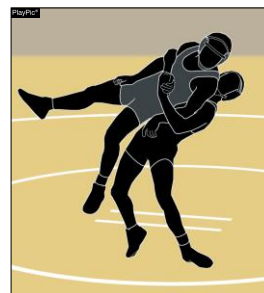
Contestants should know the dangers of these holds/maneuvers. The referee should anticipate the dangers of injury from these holds/maneuvers and be in a position to block them before they reach the danger point. The referee shall verbally caution contestants against forcing potentially dangerous holds/maneuvers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

Page 58 of 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.”*

Page 61 of 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 (as stated on page 61). **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

Season Schedule Format in 2016-17:

Practice begins Monday, **November 14**. The first day of competition will be **December 7** 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.

Team District & Team Regional Information:

Divisions 2 & 4 will compete on Wednesday, February 8 while Divisions 1 & 3 will compete on Thursday, February 9. 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 2nd Highest District number and 2nd Lowest District number vs. the Lowest District number.

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.

Legal Uniforms:

Remember that in Michigan each competitor's uniform must be the traditional one piece singlet that is school issued. The uniform may only be personalized with the wrestler's given last name and or weight class. The uniform may not be personalized, adorned or altered in any other way, shape or form. For female wrestlers to be legal wearing a traditional singlet, a tight fitting, short-sleeved or sleeveless undershirt of a single solid color (unadorned) **OR** a female style singlet (high cut) must be worn under that style singlet. A sports bra only worn under the traditional singlet with no tight fitting undershirt as described would not comply with the requirements of a legal uniform.

Weight Monitoring Program:

The NWCA has partnered with TrackWrestling and all elements of the Weight Monitoring Program may be found at trackwrestling.com. Login information has been sent to schools, along with information regarding the annual nutrition meeting.