



WRESTLING RULES CHANGES, REVISIONS & REMINDERS

NATIONAL FEDERATION ITEMS

Rule 1-4-3: Match Limitations

“No wrestler shall wrestle in more than six (6) matches (champ or cons), excluding forfeits, in any one day of a tournament conducted by the state high school association for qualification to the state high school championships or the specific state championships.”

Rule 4-1-1 & 4-5-7: Female Uniform Requirements

Changes to 4-1-1 and 4-5-7 clarified the uniform requirements for female wrestlers. Female wrestlers shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure during weigh-ins and competition. Additionally, the change also clarifies that compression shirts may be worn underneath a one-piece singlet and are not required for female wrestlers unless needed to ensure complete coverage.

Rule 4-2-1: FACIAL HAIR

Wrestlers may now have facial hair on the entire face and chin, provided a skin check can still be conducted. Previously, wrestlers were required to be clean shaven with the exception of sideburns and a neatly trimmed mustache.

Rule 4-2-1: HAIR ADORNMENTS

An additional change to Rule 4-2-1 permits wrestlers to wear hair-control devices and other adornments in the hair that are securely fastened and do not present an increased risk to the wrestler or opponents. Please refer to the 22-23 rules meeting for specific example of items that must be covered with a legal hair cover.

Rule 4-4-1 ART 7: Weigh-In (Legal Uniform)

All contestants shall weigh-in wearing a legal uniform (4-4-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a sports bra that completely covers their breasts. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

NOTE: No additional weight allowance shall be granted for weighing-in wearing a legal uniform.

NOTE: The MHSAA defines a legal uniform as the following: A school issued and approved singlet or two-piece uniform as produced by the manufacturer (unaltered) that will be worn during MHSAA competitions while representing your school.

Rule 4.4.1.: Weight Classes

Michigan will use the 14 NFHS (National Federation of State High School Associations) weight classes of:

- BOYS: **106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215 and 285**
- GIRLS: **100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190 and 235**

These girls' weights will be used for regular and post season events that are girls only events.

Rule 6-7-1: Stalling in the Ultimate Tiebreaker

Stalling by nature and by definition is something we do not reward during regulation time of a match.

The Ultimate Tiebreaker (UT) is a unique one-time situation. If no scoring occurs during the UT, the offensive wrestler is rewarded a match point during the UT for maintaining control/riding out (6-7-1c8, 9-1-8, Scoring Symbols (pg. 58)) and will ultimately win the match.

Rule 8-2-4b 1 & 2: Head, Neck & Cervical Column Evaluation Procedure

When an appropriate health-care professional (AHCP) (physician or certified athletic trainer) is present on the mat, they can evaluate the HNC area for up to five minutes. When an AHCP is not present, only injury time of up to one minute and 30 seconds can be used.

Rule 8-2-6: Coaching Allowed During Head, Neck & Cervical Time-Out

Coaching is permitted during injury time, blood time, recovery time and HNC time.

Two team attendants and appropriate health-care professional(s) may attend to either wrestler.

Rule 8-2-9 ART 9: Imminent Scoring when an Injury Occurs

When a match is stopped for an injury, including HNC, during an imminent scoring situation and the referee determines that scoring (takedown, reversal, escape, near-fall) would have been successful if the wrestling had continued, the referee shall charge an injury timeout, or if appropriate an HNC timeout, to the injured contestant and award applicable points to the non-injured wrestler.



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MHSAA UPDATES & REMINDERS

Season Schedule Format in 2022-23:

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

Alpha Weigh-Ins will be used for the **22-23** school year. All elements of the Weight Monitoring Program – Optimal Performance Calculator (**OPC**) may be found at trackwrestling.com. Login information has been sent to AD's & coaches, along with information regarding the annual nutrition meeting.

Girls Wrestling:

- Submit wrestlers in TrackWrestling for the Individual Girls Regional **FRI, February 10**.
 - Girls must CHOOSE participation in the Individual District OR the Individual Girls Regional.
 - **Girls may NOT participate in both the Individual District and the Individual Girls Regional.**
- Each school is allowed to enter fourteen (14) female wrestlers into the Individual Girls Regional tournament with no more than two (2) female wrestlers being entered in any one weight class.
 - Note: A wrestler need not have a winning record to receive seeding consideration.
- The MHSAA will post the starting weight class for all Individual Regional sites on **Monday, February 13**.
- The starting weight class for competition and weigh-in will be the same number weight class as the Regionals.
 - Example: If the starting weight class for the Individual Regional is the 215-pound weight class, that is the 13th weight class. The girls starting weight at the Girls Regional will also be the 13th weight class using NFHS girls weight classes, which is the 190-pound weight class.
- Girls Individual Regional Tournament held **SUN, February 19**. (*The day AFTER the Individual Regionals*)
 - Allows coaches to attend the Individual Regional as well as the Individual Girls Regional without having to choose which wrestlers they will coach if they were on the same day.
 - This day is the traditional day of the previously held Girls State Finals.
 - As the Individual Girls Final will now be held at the same time and location as the Boys Individual Final, this also allows approximately the same amount of time as the boys between the qualifying and Final Individual events.
 - Seeding will take place the morning of the competition (similar to Individual Districts).
 - Individual Girls Regionals will be held at four (4) schools, with 2 somewhat close to each other, and the other 2 being somewhat close to each other. Geography is a partial determining factor in regard to assignment.
 - Wrestler in the Individual Girls Regional must have a record (win, loss, forfeit). **They do NOT have to have a varsity record.** If a wrestler competes at a weight class that is below a weight class that had been made for the first time at the Individual Girls Regional, the wrestler would be required to make "scratch" weight.
 - A girl could achieve "scratch" weight at an NFHS girls' weight by the following:
 - Make weight and compete at an event that hosts a girls Division that uses NFHS girls weight classes.
 - Make weight and compete at a "traditional" weight class that is the same or below an NFHS girls weight class.
 - i.e., A girl weighs in at 113.0. This qualifies as making 113 "scratch" for the "traditional" weight class, and 115 for the NFHS girls weight class.
 - i.e., A girl weighs in at 100.0 pounds to wrestle 106 for a dual meet. This would qualify as making "scratch" at 100 pounds for the NFHS girls weight class, as well as "scratch" at the

NFHS girls 105-pound weight class. If this same girl weighs in at 101.2 for 106, they have made “scratch” for 105, but not the 100-pound weight class.

Communicable Disease Form: [LINK](#)

- The NFHS/MHSAA Communicable Disease Physician’s Evaluation Form is only REQUIRED for “contagious” lesions. Doctor’s notes shall NOT be accepted for communicable diseases.
- If the condition is a “non-contagious” affliction, the NFHS/MHSAA Communicable Disease Physician’s Evaluation Form is NOT required. Some examples of “non-contagious” lesions are: **Psoriasis, Eczema, Rosacea & Vitiligo**. Please know that a communicable disease that has BECOME non-contagious still requires the NFHS/MHSAA Communicable Disease Physician’s Evaluation Form.

Sportsmanship / Good Sporting Behavior:

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

Team District & Team Regional Information:

- Team District: Divisions **2 & 4** will compete - **WED, February 8**
- Team District: Divisions **1 & 3** will compete - **THR, February 9**
- Team Regional: All Divisions will compete - **WED, February 15**
 - 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 & #101 vs #102

Team Regional Hosting:

For the **2022-2023** season, the Team District champion from the **2nd LOWEST # Team District** in your Team Region will HOST the Team Regional.

If YOUR school is in **2nd LOWEST # Team District (22-23)**, check with your AD and discuss the likelihood of your school HOSTING the Team Regional on **WED, February 15, 2023**, if you are fortunate enough to win a Team District title.

SCHOOL	Team District		SAMPLE
School A	165-3	1	HOST: 2021-22
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: 2022-23
School F	166-3	2	
School G	166-3	3	
School H	166-3	4	
			REG 117-3
School I	167-3	1	HOST: 2023-24
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: 2024-25
School N	168-3	2	
School O	168-3	3	
School P	168-3	4	