



WRESTLING RULES CHANGES, REVISIONS & REMINDERS

NATIONAL FEDERATION ITEMS

Rule 1-4-3:

Match Limitations

ART. 3. . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than **six matches** (championship or consolation), excluding forfeits, in any one day of competition.

- The NFHS's intent of this rule is to allow **INDIVIDUAL** tournaments the opportunity to be concluded in a single day.
- The NFHS has indicated that this rule was **NOT** intended to add another round or additional dual to an event to allow all participants an opportunity to compete six times in a day.

Rule 1-4-4:

Rest Between Matches

ART. 4. . . No contestant shall wrestle in two consecutive matches with less than a **30-minute** rest between matches. The conclusion time of each match shall be recorded.

Rule 1-4-7:

Limited Competition

ART. 7. . . No contestant shall wrestle in more than **10 matches** in a two-consecutive day period.

- As stated in the slide pertaining to allowing a sixth match in a day, the rule to allow 6 matches per day was intended for meet management on one-day tournaments and is not to allow more matches in a season.
- This rule, limiting to 10 matches in a two-consecutive day period, reinforces the intent of that rule.

Rule 4-2-1:

Wrestler's Appearance & Health

Facial hair is permissible.

- The NFHS stresses that it is important to be cognizant of skin disease and to keep all involved safe.
- If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site approved healthcare professional (AHCP) if one is present.
- If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete.
- The LENGTH of the facial hair does NOT have any influence on the referee's decision.

Rules 5-13, 10-2-4, 10-2-5:

Forfeit/Med Forfeit/Entry

- It shall be considered a **medical forfeit** when the opponent fails to appear for a match due to injury or illness that occurred **during the tournament**.
- **This determination will be made by the Tournament Director.**
 - NFHS Rationale: The term medical forfeit accurately describes that the forfeit was due to injury or illness that occurred during the tournament.
- A medical forfeit would not count against the wrestler's record.
- ART. 4. . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s), and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default, or forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

- ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness that occurred during the tournament.
 - Rationale: There is confusion when choosing an injury default versus a forfeit in tournament situations.

Rule 2-1-3:

The Wrestling Mat

The 10-foot circle at the center of the mat is now **optional**.

Rules 5-10, 5-15-1, 5-15-2c, 5-15-3, 5-18, 5-22-1, 5-22-2, 5-25-1, 5-25-3, 6-4-1:

Points of Contact

In order for wrestling to continue, only **one point of contact must be inbounds** (inside or on the boundary lines).

- Points of contact include any part of the head, shoulder, elbow, hand, hip, knee and foot.
- If at any time there is no contact on the mat, on or inside the circle, the match will be stopped as the action is now out of bounds.
 - An example could be that wrestler "A" has one toe in bounds, with wrestler "B" secured in a pinning combination. If wrestler "A's" toe lifts up, even for a second, there is no longer contact in bounds and the match is stopped.
- In addition, any wrestler who **purposely attempts to leave the competition circle**, including touching off the mat on the gym floor or other out-of-bounds areas **in an attempt to avoid wrestling** would be called for **fleeing the mat**.
- **Officials should use care and caution. Even though the wrestling area has now expanded significantly, if the official feels that either wrestler is in danger due to the surrounding areas, they should stop the action appropriately.**

Rules 5-11-2g, 5-11-2h, 5-11-3, 9-1-5:

Near-Fall

Depending on how long criteria is met, a wrestler may score **two, three, or four points for a near-fall**.

- **Five-point near fall is only possible if criteria have been met for a 4-point near fall, and the match is stopped due to defensive injury or blood.*
- If the near-fall criteria are met for two continuous seconds a two-point near-fall will be earned. If near-fall criteria are met for three continuous seconds a three-point near-fall will be earned. If near-fall criteria are met for four continuous seconds a four-point near-fall will be earned.
- The wrestler in the advantage position is awarded two points when near-fall criteria are met for two seconds or if the defensive wrestler is injured, indicating an injury or bleeding occurs just prior to near-fall criteria of two seconds is met. Three points will be awarded when near-fall criteria are met for three seconds or if the defensive wrestler is injured, indicating an injury or bleeding occurs after a two-point near-fall has been earned just prior to the near-fall criteria of three seconds being met.
- Four points will be awarded when near-fall criteria are met for four seconds or if the defensive wrestler is injured, indicating an injury or bleeding occurs after the three-point near-fall has been earned just prior to the near-fall of four seconds met. Five points will be awarded if the defensive wrestler is injured, indicating an injury or bleeding occurs after the four-point near-fall has been earned. A visual hand count to determine the time shall be used when feasible.

Scoring symbols:

Near-Fall

- N2 Near-Fall 2 seconds
- N3 Near-fall 3 seconds
- N4 Near-fall 4 seconds
- N5 Near-fall (as a result of injury, indication of injury or bleeding occurs after four-points near-fall has been earned)

Rule 5-11-4:

Technical Fall

- If a takedown or reversal, straight to a near-fall criteria creates a 15-point advantage, the match shall continue **until the near-fall criteria is no longer met.**
- Conclusion of the near-fall criteria is **immediate.**

Signal Chart:

Time-Out Signal

- A signal has been added to the signal chart.
- **Tapping the chest with hands flattened indicates a referee's time-out.**
- ART. 4 . . . Referee's time-out. If the referee needs to address a situation not covered by injury, blood or recovery time, a referee's time-out shall be charged. That signal would be both hands/fingers pointing inward to the referee's chest.

Rule 9-1-2:

Takedown

- When a takedown is secured, the wrestler shall be awarded **three (3) points.**

Summary of scoring symbols:

Takedown

- Everything remains the same except that T2 is now **T3.** Takedown



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MHSAA UPDATES & REMINDERS

Season Schedule Format - 2024-25:

Practice begins **MON, NOV 11**. The first day of competition will be **WED, DEC 4**.

The limitation for teams and individuals will be **16 DAYS OF COMPETITION** with no more than **eight (8)** of those days being “tournament-type” events where a wrestler competes more than twice.

- **8** events: Wrestler may wrestle MORE than 2 times.
- **6** events: Wrestler may NOT wrestle more than 2 times.
- **2** events: Wrestler may wrestle NO more than 1 time.

Weight Monitoring Program:

- **Alpha Weigh-Ins** will be used for the **24-25** 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 ADs & coaches, along with information regarding the annual nutrition meeting.

Ineligible Wrestler (Dual Competition):

- Amend the penalty for a wrestler competing at an ineligible weight class.
- If discovered during the involved match, the match is stopped and forfeited by the opponent.
- The dual continues with six (6) team points being awarded to the offended team, plus an unsportsmanlike conduct penalty is assessed to the offending team’s head coach, which requires the deduction of one additional team point (7-point penalty).
- If discovered after the involved match, but before the completion of the dual meet, the dual continues with the team score being adjusted so that any team points earned during the match where the violation took place are removed. 6 team points are then awarded to the offended team, plus an unsportsmanlike conduct penalty is assessed to the head coach of the offending team, which requires the deduction of one additional team point (7-point penalty).
- In both cases, neither wrestler who competed in the “illegal” match may compete again during that dual meet.
- If discovered after the dual meet (the scorebook has been signed by the official, and both teams have left the mat area), the results of the dual meet will stand.

Girls Wrestling:

- All GIRLS tournaments utilizing TrackWrestling should be created only using the Girls OPC.
- If the tournament will be hosting both Varsity/JV and Girls, there should be two separate events created in track wrestling (using the appropriate OPC).
- If tournaments are copied over from the previous season this step will be missed!
- Tournaments created using the wrong OPC can't be fixed (the event must be canceled and recreated)
- During duals or varsity tournaments, if two girls wrestle each other, their match should also be added to the GIRLS OPC. You can enter the match just like you would add a Varsity or JV match, in the team season schedule.

Girls Wrestling - Individual Girls Regional:

- Submit wrestlers in TrackWrestling for the Individual Girls Regional **FRI, FEB 8**.
 - 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.
- Girls Individual Regional Tournament held **SUN, FEB 16.** (*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 (MWA) Girls State Finals.
 - As the Individual Girls Final will 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 for the Individual Girls Regional is **TBD**. It will be similar to last year, with seeding taking place “virtually” at a specific time to accommodate the multitudes of individual coaches that may only have a single entry. This system also eliminates travel. More information will be emailed to ADs and coaches as we near the post-season.
 - Tentatively, 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.
 - Wrestlers 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.

Girls Wrestling – Team Champions:

- Beginning in 24-25
- Award a “team” finals championship (& runner-up) trophy in Girl’s Wrestling based on the Individual Wrestling Finals

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, and 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, FEB 5**
- Team District: Divisions **1 & 3** will compete - **THR, FEB 6**
- Team Regional: All Divisions will compete - **WED, FEB 12**
 - 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 **2024-2025** season, the Team District champion from the **HIGHEST # Team District** in your Team Region will HOST the Team Regional.

If YOUR school is in **HIGHEST # Team District (24-25)**, check with your AD and discuss the likelihood of your school HOSTING the Team Regional on **WED, FEB 12, 2025**, 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	