

WRESTLING RULES CHANGES, REVISIONS & REMINDERS

NATIONAL FEDERATION ITEMS

Rule 1-2-2:

Dual Meet - Starting Weight

ART. 2 . . . Competition in dual meets shall be conducted by random draw of weight classes, or lowest weight to heaviest.

- The determination of using the lowest weight, or random draw will be determined by the HOST/HOME school (*for regular-season events*.)
- The decision to use the lowest weight, or the random draw may also be determined by leagues/conference bylaws or by written mutual consent prior to the regular season for all league/conference competition.
- For regular-season competition not governed by league or conference adoption the host school will specify the use of the lowest to highest weight, or the random draw order in the contractual agreements between schools.
- Schools that agree to the conditions of the competition agreement may not subsequently request a method different from the agreement.
 - **Team District, Team Regionals, and the Team Finals will use the RANDOM DRAW.**
- In multi-dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round.
- The following procedure shall be used for the optional random draws:
 - a. The random draw shall take place immediately preceding weigh-ins.
 - b. The referee or other authorized person shall supervise the random draw.
 - c. Subsequent matches will follow in sequential order.
- **Rationale:** This change allows a state flexibility to choose how to determine the starting weight class for dual meets.

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.

Rule 4-3-5:

Special Equipment – Leg Sleeve

ART. 5 . . .

- Wrestlers shall not wear wristbands, sweatbands, bicep bands or arm sleeves that do not contain a pad during a match.
- **Wrestlers may now wear leg sleeves.**
 - **Rationale:**
 - We allow wrestlers to wear tights on both legs and that is no different than a sleeve on one leg.
 - Requiring a pad on leg sleeves serves no purpose other than added equipment monitoring for officials.
 - It has no negative effect on the opponent.

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.

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.
- 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.**

Rule 7-1-5n

Illegal Holds/Maneuvers

- n. leg block (cut-back) when leaving the feet and using the foot or leg to "cut out" an opponent's leg, to include from the rear-standing position.
 - Rationale:
 - This rule change seeks to clarify language regarding the leg block or "cut-back".
 - When applied the move/maneuver can cause significant injury to the defensive wrestler lower extremities.
 - The NFHS is now aligned with other rules codes to clarify this illegal maneuver.

Word: Wrestling/ 2025-26 WR Rule Reminders for Website



WRESTLING RULES CHANGES, REVISIONS & REMINDERS

MHSAA UPDATES & REMINDERS

Season Schedule Format - 2025-26:

Practice begins **MON, NOV 17**. The first day of competition will be **WED, DEC 3**.

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 **25-26** 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 District **FRI, FEB 13**.
 - Girls Individual District: **SUN, FEB 15**.
 - Girls must CHOOSE participation in the Individual District OR the Individual Girls District.
 - **GIRLS MAY NOT PARTICIPATE IN BOTH THE INDIVIDUAL DISTRICT AND THE INDIVIDUAL GIRLS DISTRICT.**
- 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 22**. (*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 are 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 like 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:

- 24-25: Award a “team” finals champion (& runner-up) trophy in Girl’s Wrestling based on the Individual Wrestling Finals.
- 25-26: Award a “team” champion trophy in Girl’s Wrestling at the District and Regional level based on the Individual scores at each event.

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 **1 & 3** will compete - **WED, FEB 11**
- Team District: Divisions **2 & 4** will compete - **THR, FEB 12**
- Team Regional: All Divisions will compete - **WED, FEB 18**
 - 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 **2025-2026** season, the Team District champion from the **LOWEST # Team District** in your Team Region will HOST the Team Regional. Example to the right →

- **165-3**, 166-3, 167-3, and 168-3.
165-3 is the **LOWEST** # team district in this example.

If YOUR school is in **LOWEST # Team District (25-26)**, check with your AD and discuss the likelihood of your school HOSTING the Team Regional on **WED, FEB 18, 2026**, if you are fortunate enough to win a Team District title.

SCHOOL	Team District		SAMPLE
School A	165-3	1	
School B	165-3	2	HOST: 2025-26
School C	165-3	3	
School D	165-3	4	
			165-3 vs 166-3
School E	166-3	1	
School F	166-3	2	HOST: 2026-27
School G	166-3	3	
School H	166-3	4	
			REG 117-3
School I	167-3	1	
School J	167-3	2	HOST: 2027-28
School K	167-3	3	
School L	167-3	4	
			167-3 vs 168-3
School M	168-3	1	
School N	168-3	2	HOST: 2028-29
School O	168-3	3	
School P	168-3	4	

Wrestling Competition Clarification:

When building a wrestling schedule, it is important to abide by the set competition limits and the spirit of those limits which include **16** dates of competition.

Please know that **each LEVEL of your team** is allowed **16** competition dates, but you must also understand that each WRESTLER is also only allowed 16 competition dates.

- Example:
 - Huntsville Varsity "A" Team.....16 dates
 - Huntsville Varsity "B" Team.....16 dates
 - Huntsville JV Team.....16 dates
 - Huntsville Girls Team.....16 dates
 - The coach must track INDIVIDUAL participation for EACH WRESTLER.
 - If a wrestler competes on the Varsity "A" and then competes on the Varsity "B" at the next event, that wrestler has used 2 of their allowed competitions.
 - Schools are encouraged to clearly label in TrackWrestling if an event is scheduled for your Varsity A, Varsity B, JV, Girls, etc.
- These **16** dates also have limitations which are as follows:
 - **8: "Multi-Match" events**
 - Events where a team and a student have the potential to wrestle **MORE** than two times.
 - **6: "Quad/Tri" events**
 - Events where a team and a student have the potential to wrestle a maximum of 2 times.
 - **2: "Single Dual" events**
 - Events where a team and a student have the potential to wrestle a maximum of 1 time.
- If the event is scheduled as a "Multi-Match" event, this is one of your wrestler's "Multi-Match" event dates, regardless of how many times the school or the student competes.
 - EXAMPLE: School "A" attends an Individual wrestling tournament. If all of the team "A" wrestlers lose their first match and are eliminated from the tournament, they cannot then say they want to convert this to their single, dual event, as their team and kids only competed one time.
 - EXCEPTION: If this is a two-day individual event and a wrestler is eliminated on day 1, the individual wrestler eliminated or who did not participate (take a void or forfeit) on day 2 would not be charged a day of competition. The team itself is still charged with the second day of the event.

- EXCEPTION: Waivers have been provided to leagues/conference that apply, to host JV or subvarsity “Jam” events during the week. These wrestlers may have the potential to compete 3 times at the event, with the event only counting as one of the schools JV Quad/Tri Events.

“Single Dual”

- An event where only 2 schools are present.
- One dual takes place (along with each team's subvarsity competition).
- Those individuals who received a match or took a void/forfeit would count this event as one of their two allowed “Single Dual” events.
 - A school could choose to compete in more than their 2 allowed “Dual” competitions, but it would mean that they would lose that same number of Tri/Quad or Multi-Match event dates.
 - Example: If a school chooses to compete in 4 single Dual events, it now has 2 fewer events at either the Tri/Quad or Multi-Match levels.

“Tri/Quad”

- An event where only 3-4 schools are present for a Team (dual type) event.
- 1-2 duals take place (along with each team's subvarsity competition).
- 1-2 matches may only take place if it is an Individual event, such as a county meet where only two matches are potential on Friday.
- Individuals who received a match/void/forfeit would count this event as one of their 6 allowed “Single Dual” events.
 - A school could choose to do more than their 6 allowed Tri/Quad competitions, but it would mean that they would lose the same number of Multi-Match event dates.
 - Example: Schools that chose to compete in 8 Tri/Quad events now have only 6 Multi-Match events available.

“Multi-Match”

- An event where multiple schools may be present, either in an individual or team format.
- A team or individual has the potential to compete MORE than 2 times.
- Those individuals who received a match or took a void/forfeit would count this event as one of their eight allowed “Multi-Match” events.
 - A school could never choose to compete in more than the allowed 8 Multi-Match event dates.

SAMPLE SCHEDULE TO TRACK PARTICIPATION:

		MULTI	TRI/QUAD	DUAL	Varsity “A” Schedule
12/3/2025	WED		1 of 6		Tri @ Sparta (vs Sparta & GRCC)
12/6/2025	SAT	1 of 8			Grappler Gold Invitational @ Lowell
12/10/2025	WED		2 of 6		Rockford & Grandville @ Hartland
12/13/2025	SAT	2 of 8			Hartland Invitational Tournament @ Hartland
12/17/2025	WED		3 of 6		League Quad 1 (Canton & Plymouth) @ Hartland
12, 28 & 29, 2025	SUN/MON	3 & 4 of 8			Brecksville Duals (Ohio)
1/7/2026	WED		4 of 6		League Quad #2 (Howell & Salem) @ Howell
1, 9 & 10, 2026	FRI/SAT	5 & 6 of 8			Perrysburg Tournament
1/14/2026	WED		5 of 6		KLAA Quad 3 (Novi & Northville) @ Brighton
1/17/2026	SAT	7 of 8			Holt Team Tournament @ Holt
1/21/2026	WED			1 of 2	League Final Division Dual (Brighton) @ Hartland
1/28/2026	WED		6 of 6		League Crossover Quad @ TBD
2/7/2026	SAT	8 of 8			League Individual Championship @ Howell

If a team or individual exceeds the allowed 16 dates of competition, they will be excluded from all postseason competition. A team or individual who exceeds 8 Multi-Match events would be required to forfeit the events and results in which the violation took place but would not necessarily be excluded from post-season competition if they have not exceeded the maximum of 16 dates of competition.

Ineligible Participation:

Ineligible Wrestler (Dual Competition):

- Amend the penalty for a wrestler competing at an ineligible weight class.
- If discovered during the involved match (example #1), 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 (UCT) 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 (example #2), 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 (UCT) 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 (example #3).

Example #1:

Team "A" is leading in the dual meet with the score being 12-6. It is discovered that DURING the 4th match of the dual, Team "A" has a wrestler competing in a weight class for which they are not eligible. Once discovered, the 4th match of the dual is stopped and forfeited to the wrestler representing Team "B." Team "B" is awarded 6 team points. Team "A" head coach is penalized with Unsportsmanlike Conduct (UCT), and Team "A" is also deducted 1 team point. After all is said and done, the 5th match of the dual will begin, with the team score being Team "B" leading Team "A" by a score of **12-11**.

EXAMPLE #1													
Ineligible Participation				AFTER CORRECTION									
		A	B			A	B						
1	106	6	0	1	106	6	0						
2	113	6	0	2	113	6	0						
3	120	0	6	3	120	0	6						
4	126			4	126	-1	6						
5	132			5	132								
6	138			6	138								
7	144			7	144								
8	150			8	150								
9	157			9	157								
10	165			10	165								
11	175			11	175								
12	190			12	190								
13	215			13	215								
14	285			14	285								
		12	6			11	12						

Example #2:

Team "B" is leading in the dual meet with the score being 16-13 after 8 matches. It is discovered as the dual is getting ready for the 9th match that Team "B" has used an ineligible wrestler at the wrong weight in the 7th match, in which Team "B" had won a decision, earning 3 points for Team "B." Once confirmed that the wrestler from Team "B" was, in fact, at an ineligible weight class, all points earned in the 7th match where the wrestler was ineligible (3 team points) are removed from Team "B" team score. Team "B" head coach is also penalized with an Unsportsmanlike Conduct (UCT) penalty, and Team "B" is also deducted 1 team point. Team "A" is awarded 6 team points for the 7th match that took place. After all is said and done, the 9th match of the dual will begin, with the team score being Team "A" leading Team "B" by a score of 19-12.

EXAMPLE #2

Ineligible Participation		
	A	B
1	106	0
2	113	0
3	120	3
4	126	0
5	132	3
6	138	3
7	144	0
8	150	4
9	157	
10	165	
11	175	
12	190	
13	215	
14	285	
	13	16

AFTER CORRECTION		
	A	B
1	106	0
2	113	0
3	120	3
4	126	0
5	132	3
6	138	3
7	144	6
8	150	4
9	157	
10	165	
11	175	
12	190	
13	215	
14	285	
	19	12

Example #3:

In the same scenario as in Example #2, Team "B" won the dual by a score of 26-25. It is discovered AFTER the dual (*coaches have left the mat, the book has been signed*) that Team "B" used an ineligible wrestler at the wrong weight in the 7th match, in which Team "B" won a decision, earning 3 points for Team "B." As this was discovered AFTER the dual (*coaches have left the mat, the book has been signed*), the team result from the dual meet would stand. The match where participation by the ineligible wrestler would be corrected from an individual standpoint (*for seeding purposes...*) but the dual score and result would not change.

EXAMPLE #3			
Ineligible Participation			
		A	B
1	106	0	6
2	113	0	3
3	120	3	0
4	126	0	4
5	132	3	0
6	138	3	0
7	144	0	3
8	150	4	0
9	157	3	0
10	165	3	0
11	175	0	4
12	190	3	0
13	215	3	0
14	285	0	6
FINAL		25	26

Other Ineligible Participation Notes:

- At a dual tournament, any UCT (Unsportsmanlike Conduct) penalties against the head coach carry over from dual to dual during the event.
- A team will not have to forfeit a dual after the fact for a student who participated in a weight class for which they are ineligible.
 - This does not mean that a team may not have to forfeit a dual match for other items where a student may be ineligible, such as participating while academically ineligible, participating while not eligible due to the transfer rule, or even participating while in violation of the concussion protocols and procedures, etc.

Canada Wrestling Information:

- When discussing the travel rule and “contiguous” states, Ontario (Canada) is always included.
- MHSAA member schools may only compete against Ontario (Canada) schools that are members of their state (province) high school athletic association (OFSAA).
- The “grey” part is if you are competing in a Freestyle or Greco-Roman tournament in Canada (or the U.S.)
 - The MHSAA specifically indicates that Freestyle and Greco-Roman are not an MHSAA sport.
 - If an individual is going under the umbrella of it being “Freestyle,” then they have to go “unattached” (*no school uniforms, school funding, etc.*)
 - Freestyle or Greco-Roman events do not count as one of a student's 16 allowed competitions, and it also does not count as one of their 2 allowed “outside” competitions where they could compete unattached, like if they wanted to compete in a college open such as the MSU Open.

Limited Team Membership:

SECTION 12 (A)—A student who, after practicing with (including tryouts) or participating in an interscholastic scrimmage or contest as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) days of competition and a maximum of the remainder of that sport season in that school year. The following exceptions to this Section will apply:

- Ice hockey, bowling, cross country, golf, gymnastics, swimming & diving, track & field, and **wrestling shall apply the limited team membership rule from the point of a student's first participation in an interscholastic scrimmage or contest rather than practice.**
- 3. During the high school season in bowling, cross country, golf, gymnastics, alpine skiing, swimming & diving, tennis, track & field, or **wrestling, a member of the school team in that sport may participate in a maximum of two non-school meets or contests in that sport while not representing his or her school.** An event held on not more than three consecutive calendar days is considered a single meet (for the purposes of this section only).