




2016-2017 NFHS WRESTLING RULES POWERPOINT

National Federation of State High School Associations Take Part. Get Set For Life.™



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Director of Sports, Sanctioning and Student Services

NFHS RULES BOOK AS E-BOOKS



www.nfhs.org/ebooks
NFHS Rules and Code e-books: \$5.99 each
Download from iTunes or Amazon

- E-books features:
 - Searchable
 - Highlight areas of interest
 - Make notes
 - Desktop laptop availability
 - Easy navigation
 - Adjustable viewing size
 - Immediate availability

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Rule Change

GAME DAY ADMINISTRATOR

- ❖ Require game officials to obtain and record the name of the game day administrator in charge of the event.
 - ❖ If no administrator is available, the Head Coach will be designated as the game day administrator.
 - ❖ Game day administrator will assign staff to monitor thunder/lightning & security issues

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Points of Emphasis

Rule Change

TOGETHER...WE MAKE THE RIGHT CALL – SPORTSMANSHIP!

- **Zero Tolerance (all sports) -- Misconduct Penalty – loss of team point**
 - Inappropriate language/profanity
 - Unsportsmanlike conduct on the team bench – charged to the Head Coach
 - No warning – penalty issued
 - Loss of team point
 - If directed at an official – immediate ejection
 - 2-game sanction
 - Completion of NFHS “Teaching and Modeling Behavior” course before returning to coaching duties

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Rule Change

TOGETHER...WE MAKE THE RIGHT CALL – SPORTSMANSHIP!

- **Assistant coaches contesting calls**
 - Unsportsmanlike conduct on the team bench – charged to the Head Coach
 - If an individual tournament and an Assistant Coach is the only one in the corner – charged directly to the Assistant Coach
 - Loss of 1 team point
 - 1 of 2 unsportsmanlike conduct penalties charged to Head Coach
 - On 2nd offense, Head Coach is ejected (for remainder of the event/day)
 - Loss of 2 team points

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Rule Change

TOGETHER...WE MAKE THE RIGHT CALL – SPORTSMANSHIP!


- Any player displaying verbal or physical misconduct to an official
 - Loss of 1 team point
 - On 2nd offense, wrestler disqualified and loss of 2 team points
- Any physical or verbal display in a negative/demonstrative manner by school administrator
 - Stop match and warn
 - 2nd offense – Match suspended until administrator leaves the area




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Rule Change

NEAR-FALL RULE 5-11-2i



- When a defensive wrestler commits a technical violation, applies an illegal hold/maneuver, commits unnecessary roughness or unsportsmanlike act during an imminent or near fall situation (PlayPic A), the offensive wrestler shall be awarded a penalty point(s) (PlayPic C) in addition to the near fall points (PlayPic B).




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Rule Change

RULE 5-11-2i


- ART. 2 . . .** A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer (Photos 5-8)
 - a. – h. Remain the same.
 - i. in f-h, when a defensive wrestler commits a technical violation, applies an illegal hold/maneuver, commits unnecessary roughness or unsportsmanlike act during an imminent or near fall situation, the offensive wrestler shall be awarded a penalty point(s) in addition to the near fall point in accordance with f-h at the next stoppage.



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Rule Change

POTENTIALLY DANGEROUS RULE 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.

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Rule Change

RULE 7-2-2g,h

- ART. 2 . . . Potentially dangerous holds/maneuvers include:
- a. – f. Remain the same.
- g. When a wrestler stands, with one or both arms trapped; and
- h. other holds/maneuvers which may cause injury when used legally.

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**NFHS WRESTLING
EDITORIAL CHANGES**

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Editorial Change

**RULE 2-1-5
MAT AREA**

- ART. 5 . . . The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat, where facilities permit, as well as the team benches and scorer’s table. The team bench...a suggested configuration.
- **Rationale:** Clarity.




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Editorial Change

**RULE 4-1-3
WRESTLERS’ UNIFORM**

- ART. 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.
- Cannot double-tie the laces to be legal...must be covered.
- **Rationale:** Clarity.




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Editorial Change

**RULE 4-1-4
WRESTLERS’ UNIFORM**

- ART. 4 . . . Wrestlers shall wear wrestling ear guards designed by the manufacturer for the sport of wrestling that are rigid and padded, which provide:...
- NOTE: NEW WRESTLING HELMET OUT OF NEW YORK – NOT APPROVED BY THE NFHS AS ORIGINALLY TOUTED BY THE MANUFACTURER.
- **Rationale:** Clarity.



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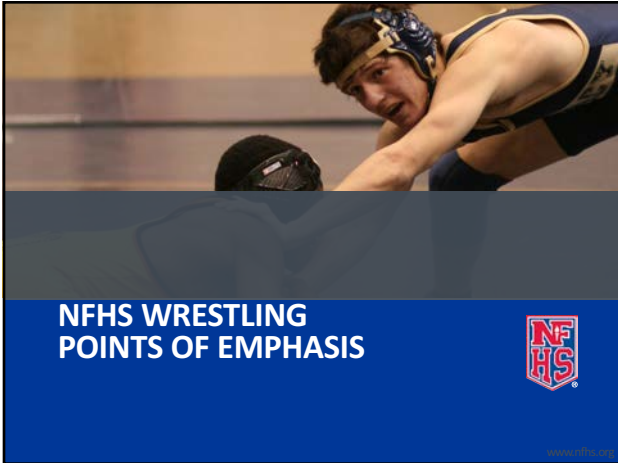
Editorial Change

RULE 5-16 MAT

- Section 16. . . The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat, where facilities permit, as well as the team benches and scorer's table.
- **Rationale:** Clarity.

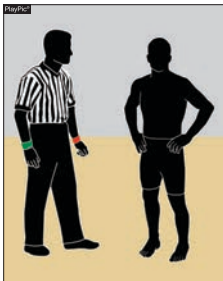


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Points of Emphasis

COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- Before the dual meet begins, the referee shall perform skin checks or verify skin checks have been performed by a designated, on-site meet, appropriate health-care professional.



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Points of Emphasis

NCHSAA REGULATION

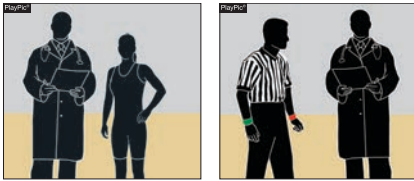
- **NCHSAA Board of Directors Regulation**
- Wrestling skin checks must be performed by a Licensed Athletic Trainer (if present)
- If an LAT is not in attendance, the First Responder and Referee should conduct the skin checks as a collaborative effort
- **First responder or official cannot conduct these alone**



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Points of Emphasis

COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



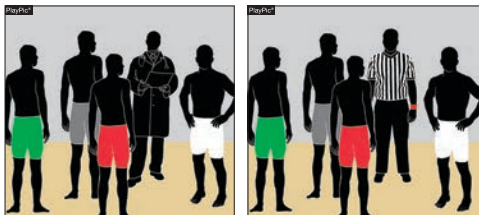
- Before a dual meet begins, a designated, on-site meet, appropriate health-care professional may perform the skin checks (PlayPic A). If so, the referee shall verify that the skin checks were performed by a designated, on-site meet, appropriate health-care professional before a dual meet begins (PlayPic B).



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Points of Emphasis

COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- Before a tournament begins each day, skin checks shall be performed by a designated, on-site meet, appropriate health-care professional (PlayPic A) or the referee (PlayPic B).




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Points of Emphasis

NCHSAA BLOOD RULE

a. RULE 8-7-7

- i. Any contestant who is bleeding will be charged with blood time. The number of time outs is FIVE (5) IN ACCORDANCE WITH NCHSAA REGULATIONS.
- ii. ***This is different from the NFHS rule code.***
- iii. If bleeding is not stopped within a cumulative time of five minutes, the match shall be terminated and the opponent shall be awarded the match by default.




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Points of Emphasis

NCHSAA BLOOD RULE

a. RULE 8-7-7

- i. If bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers, or unnecessary roughness and the bleeding contestant uses 5 minutes of blood time, the injured wrestler will be the winner of the contest by default.
- ii. Any cleanup necessary after the bleeding has been stopped is not counted against the maximum time limit of 5 minutes.



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Points of Emphasis

COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- One of the keys to preventing the spread of communicable skin conditions is to have wrestlers refrain from sharing soap, razors or towels.



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Points of Emphasis

COMMUNICABLE SKIN CONDITIONS AND SKIN CHECKS



- One of the keys to preventing the spread of communicable skin conditions is to clean wrestling mats daily with a solution of 1:100 bleach and water or an appropriate commercial cleaner.

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Points of Emphasis

CONTROL

- Is the very essence of wrestling.
- It occurs when an individual wrestler gains control of his/her opponent in such a way that he or she has restraining power over them.
- There are three phases of control.
 - Gaining
 - Losing
 - Changing
- It is important that that the official is able to recognize when each phase transitions to another phase.

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Points of Emphasis


ARM TRAP

- 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.


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Points of Emphasis

WRESTLER CONDUCT



- Coaches and referees must be at the forefront in promoting good sportsmanship, which includes eliminating profanity, among the athletes.

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Points of Emphasis

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.

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Sport Specific Information

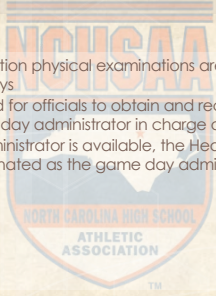
Board of directors approved items

- + Skill Development/Dead Periods
 - Fall: August 1 – September 15
 - Winter: October 31 – December 15
 - Spring: February 13 – April 1; May 8 – End of 185 day school year
- + Unlimited number of athletes allowed during skill development
 - Maximum of 1.5 hours per day
- + Dual Team Wrestling Seeding (1-year pilot)



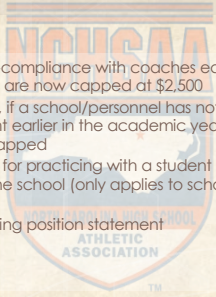
Board of directors items

- + Pre-participation physical examinations are required once every 395 days
- + Now required for officials to obtain and record the name of the game day administrator in charge of the event
 - If no administrator is available, the Head Coach will be designated as the game day administrator



Board of directors items

- + Fines for non-compliance with coaches education requirements are now capped at \$2,500
 - However, if a school/personnel has not been compliant earlier in the academic year, the fine(s) will not be capped
- + \$500 penalty for practicing with a student not currently enrolled at the school (only applies to school sponsored activities)
- + Sports wagering position statement



Dual team playoffs

- + 1A – 24 team bracket; 2A, 3A, 4A – 32 team bracket
- + Automatic qualifiers
 - 1st place in a straight conference
 - 1st place in each classification of a split conference
 - If having a dual team conference tournament, cannot have one for each classification
 - 1st place in dual team conference tournament
 - Cannot have both dual team/individual conference tournaments
- + At-large qualifiers
 - Best overall winning percentage of all non-automatic qualifiers

Dual team playoffs

- + Once the 24 or 32 teams have been determined
 - Divide into 4 groups of 6 (24) or 8 (32) based upon the longitude of the school
 - East, Mideast, Midwest, West
- + Seeding
 - Seed all conference champions by overall record
 - Then, seed all dual team conference tournament champions by overall record
 - Then, seed all at-large teams by overall record

Important dates

- + NWCA Registration October 1
- + 1st Day of Hydration Testing October 24
- + 1st Practice October 31
- + 1st Contest November 14
- + Weight Certification Date January 28
- + Regional Entries Due January 30, 3:00pm
- + Dual Team Playoffs January 31 – February 4

Important dates

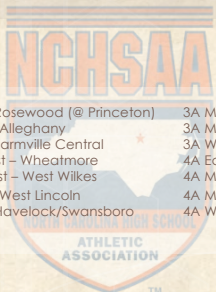
- + Dual Team Championships February 4
 - 1A/3A Championships Hosted by Western Regional Champion
 - 2A/4A Championships Hosted by Eastern Regional Champion
- + Regional Championships February 10 – 11
- + State Championships February 16 – 18



Regionals

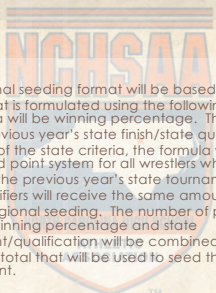
- + Hosts:

• 1A East – Rosewood (@ Princeton)	3A Midwest – Morehead
• 1A West – Alleghany	3A Midwest – Piedmont
• 2A East – Farmville Central	3A West – St. Stephens
• 2A Midwest – Wheatmore	4A East – Pinecrest
• 2A Midwest – West Wilkes	4A Midwest – TBD
• 2A West – West Lincoln	4A Midwest – SW Guilford
• 3A East – Havelock/Swansboro	4A West – Hough



Regional Seeding

- + Plan A:
 - The regional seeding format will be based on a point system that is formulated using the following criteria. The first criteria will be winning percentage. The second criteria will be previous year's state finish/state qualifier. For purposes of the state criteria, the formula will include a graduated point system for all wrestlers who placed in the top six at the previous year's state tournament. All other state qualifiers will receive the same amount of points toward regional seeding. The number of points gained through winning percentage and state placement/qualification will be combined to give each wrestler a total that will be used to seed the regional tournament.



Regional Seeding

- + Plan B:
 - Regional seeding will be done based on winning percentage as well as previous year's state and regional placement and current year's head to head wins over wrestlers who have the top five winning percentages in their current weight class. Everyone else in the region will be seeded based on winning percentage only. To be eligible for a top five seed, the wrestler must have placed in the previous year's state or regional tournament and/or have one of the five highest winning percentages in the region. The determination for seeding will take place at the regional seeding meeting held on the week of the regional tournament. Coaches will be required to enter their wrestlers previous year's state/regional placement information into Trackwrestling. They will also need to enter any wins over a wrestler who has a top five winning percentage in their weight class during the current year. During the regional seeding meeting, the coaches will determine the top five seeds. All other wrestlers will be seeded based on winning percentage using a 15 match minimum.

Regional Seeding

- + Survey
 - Each HEAD COACH must complete the survey. Only 1 submission per school
 - Duplicate submissions from schools will disqualify the selection
- + <https://www.surveymonkey.com/r/wrestlingregional>

State Individual championships

- + February 16- 18, 2017
 - Greensboro Coliseum
- + Thursday, February 16
 - 2:30pm - 2A Weigh-ins
 - 4:00pm - 2A First Round
 - 4:30pm - 3A Weigh-ins
 - 6:00pm - 3A First Round
 - 6:30pm - 4A Weigh-ins
 - 8:00pm - 4A First Round
- + Friday, February 17
 - 7:30am - 2A, 3A, 4A Weigh-ins
 - 12:30pm - 1A Weigh-ins
- + Saturday, February 18
 - 7:30am - Weigh-ins
 - 5:00pm - Parade/Finals

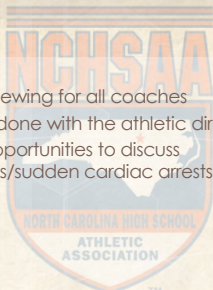
Ejection policy

- + Fighting
- + Leaving the bench area
- + Flagrant contact
- + Biting
- + Spitting at an opponent or official
- + Taunting, baiting, or spitting toward an opponent or officials
- + Profanity
- + Obscene gestures
- + Disrespectfully addressing an official



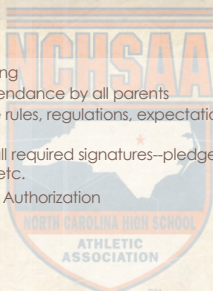
Eligibility

- PowerPoint
- + Required viewing for all coaches
 - + Should be done with the athletic director
 - + Includes opportunities to discuss concussions/sudden cardiac arrests/sickle cell, etc.



Eligibility

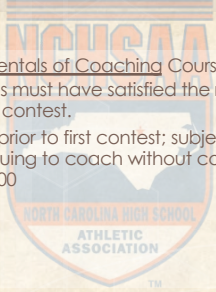
- Preseason Meeting
- + Required attendance by all parents
 - + Time to share rules, regulations, expectations, philosophy etc.
 - + Time to get all required signatures--pledges, Gfeller-Waller information, etc.
 - + Eligibility and Authorization



Coaches' Education

NFHS Fundamentals of Coaching Course

- + **All** coaches must have satisfied the requirement prior to first contest.
- + Complete prior to first contest; subject to a \$500 fine; continuing to coach without completion = another \$500



Coaches' Education

Concussion Management Certification

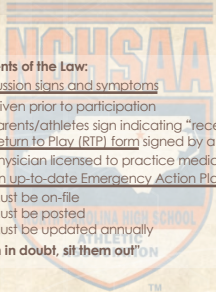
- + The **NFHS Concussion Course** (free on-line course) or an equivalent course must be completed annually by all coaches
- + **Prior to the first date of practice for that sport;** subsequently, the certificate of completion must be on file at the individual school; subject to \$500 fine



Gfeller-Waller Concussion Law

Requirements of the Law:

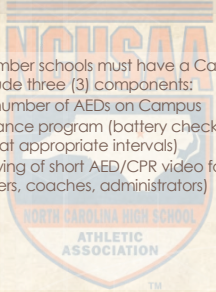
- + Concussion signs and symptoms
 - Given prior to participation
 - Parents/athletes sign indicating "receipt of" Return to Play (RTP) form signed by a physician licensed to practice medicine
 - An up-to-date Emergency Action Plan (EAP)
 - Must be on-file
 - Must be posted
 - Must be updated annually
- + "When in doubt, **sit them out**"



Cardiac Safety Program

All NCHSAA member schools must have a Cardiac Safety Program to include three (3) components:

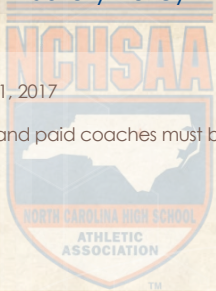
- + Appropriate number of AEDs on Campus
- + AED maintenance program (battery checks, maintain, replacement at appropriate intervals)
- + Required viewing of short AED/CPR video for all supervising adults (teachers, coaches, administrators)



Safety Policy

Effective Aug 1, 2017

That all head and paid coaches must be CPR/AED certified.



Coaches' Education

Accredited Interscholastic Coach (AIC)

- + Requires completion of 4 courses:
 - Fundamentals of Coaching
 - 1st Aid, Health & Safety for Coaches
 - Sport Specific Course or Teaching Sports Skills
 - Concussion in Sports (Free)



Coaches' Education

Certified Interscholastic Coach (CIC)

- + Completion of AIC requirements
- + Plus:
 - Teaching & Modeling Behavior
 - Engaging Effectively with Parents
 - Sportsmanship
 - Creating a Safe and Respectful Environment
 - Strength & Conditioning
 - 2 additional courses (User Choice)

Sportsmanship

- + Teaching & Modeling Behavior Course
 - Required for any coach ejected during a contest
 - Required for any coach who has player (s) ejected for fighting
- + NFHS Sportsmanship Course
 - For any ejected/disqualified player
 - Free, on-line course (nfhslern.com)
- + All certificates must be sent to NCHSAA

Transfer Policy

- + If a bona fide change of residence—no transfer waiver necessary
- + Transfer packet with forms are on-line; password protected
- + Work with athletic director to ensure students meet residence rule requirements