

GROOMING RULE

The following is a review of the “grooming rule” for wrestlers. It is the responsibility of coaches and officials to be sure wrestlers conform to this rule. **Coaches, police your wrestlers so the officials will not have to embarrass them by requiring them to cut their hair, shave, etc. Officials, enforce the rule as written. Do not add things that are not in the rule and do not overlook things covered by the rule.**

- Wrestlers shall be clean shaven
- A neatly trimmed mustache is permissible, but it cannot extend below the line of the lower lip
- Side burns shall extend no lower than earlobe level
- Hair, in its natural state:
 - shall extend no lower than the top of an ordinary shirt collar in the back
 - shall extend no lower than earlobe level on the sides
 - shall not extend below the eyebrows
- Hair that does not conform to the rule shall be contained in a legal hair covering attached to the ear guards or the wrestler shall not compete
- If an individual’s hair is as abrasive as an unshaven face the individual will be required to shave their head smooth or wear a legal head covering attached to the ear guards
- An individual with facial hair, other than a legal mustache, must wear a legal face mask

LEGAL HAIR COVERINGS

For hair coverings to be legal they must be attached to the ear guards and be of a solid material that is not abrasive. Rubberized swimming caps are not legal headwear because they will not slide on the mat and can be abrasive. That poses a disadvantage for the opponent and a risk of injury to both wrestlers. A bandana is not considered a legal hair covering.