



# 2017-2018 IHSAA & NFHS WRESTLING RULES MEETING

National Federation of State  
High School Associations



Take Part. Get Set For Life.™

Lewie Curtis, Director of Officials  
Administrator of Wrestling  
Iowa High School Athletic Association

B. Elliot Hopkins, MLD, CAA  
Director of Sports, Sanctioning and Student Services  
National Federation of State High School Associations (NFHS)



# MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES



## Concussion in Sports

 Elective Course

Student

Coach

Parent

Administrator

Official

Free!

Completions: 161023+

Beginning with the 2014-2015 school year, ALL 7-12 coaches (paid or volunteer) were required to view the NFHS course, “**Concussion in Sports**” before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.



# CONCUSSION RECOGNITION & MANAGEMENT

## Recognition and Management

If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

SYMPTOMS REPORTED BY ATHLETE
Headache
Nausea
Balance problems or dizziness
Double or fuzzy vision
Sensitivity to light or noise
Feeling sluggish
Feeling foggy or groggy
Concentration or memory problems
Confusion

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, you must be aware of the signs, symptoms and behaviors of a possible concussion, and if you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity.

SIGNS OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES
Appears dazed or stunned
Is confused about what to do
Forgets plays
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness
Shows behavior or personality changes
Can't recall events prior to hit
Can't recall events after hit

**When in doubt, sit them out!**

- Complete information on concussions can be found at [www.iahsaa.org](http://www.iahsaa.org). Click on “Information on Sports Concussions” on the IHSAA home page.





# CONCUSSIONS

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- **Coach Removal** – Iowa law requires a **student's coach who observes** signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., **to remove the student from participation immediately and the student shall not return until the coach, or school's designated representative, receives written clearance to return from a licensed health care provider.**





# CONCUSSIONS

- **Contest Official Removal** – Iowa law requires a **contest official who observes** signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., **to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return from a licensed health care provider before the student can return to participation in that contest/event**, including an event that takes place over multiple days.





2017-18

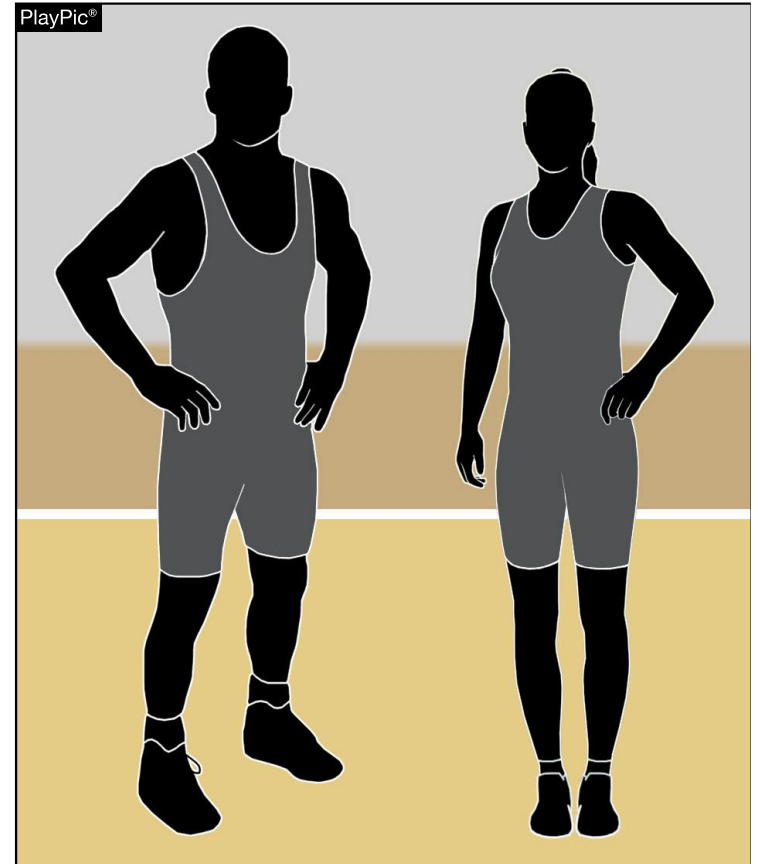
# NFHS WRESTLING RULES CHANGES



# UNIFORMS

## RULE 4-1-1a-c

The traditional one-piece singlet is still legal. The uniform for females will have an appropriate undergarment that covers the breasts.

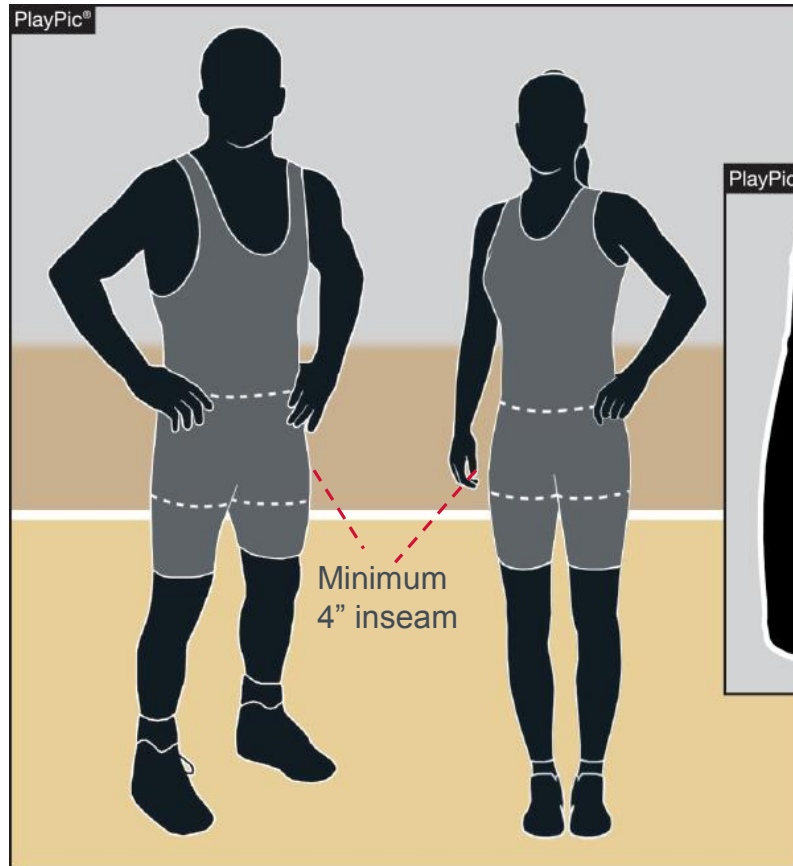


# UNIFORMS

## RULE 4-1-1a-c

Compression shorts or shorts designed for wrestling:

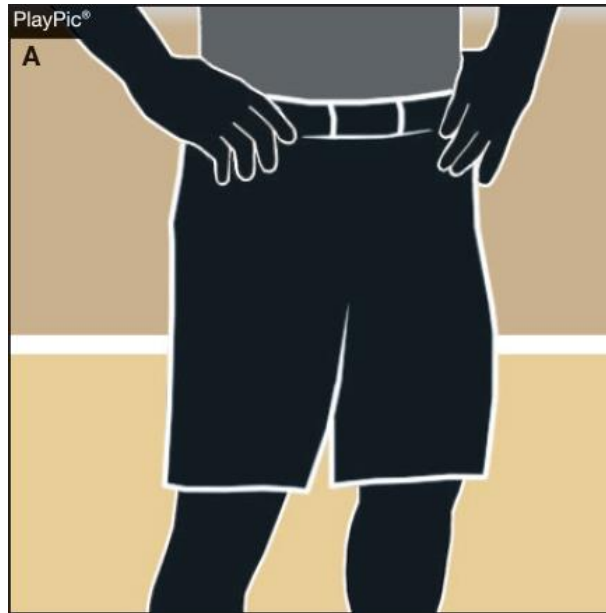
- Minimum 4-inch inseam that shall not extend below the knee.
- Shall have an elastic waistband.
- Shall not have exposed belt loops, drawstrings, zippers, snaps, buttons, or pockets.
- Must be school-issued.



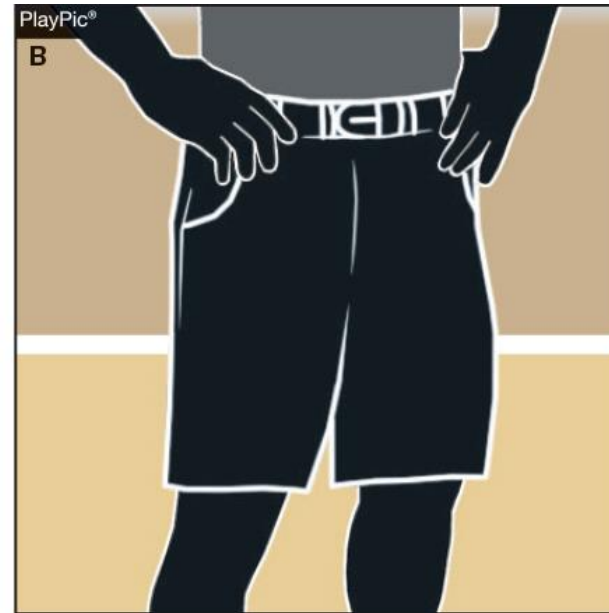




# UNIFORMS RULE 4-1-1a-c



Legal



Illegal

Board shorts (PlayPic A) are legal. Shorts with items such as belt loops, pockets and zippers (PlayPic B) are illegal.





# UNIFORMS RULE 4-1-1a-c

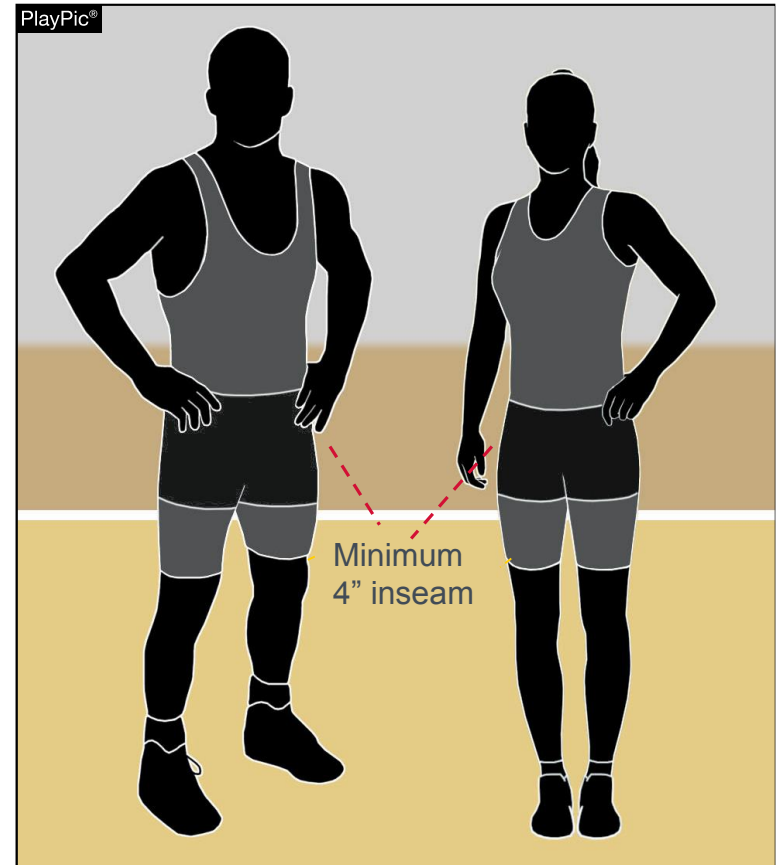


Manufacturer's logos may not be larger than 2<sup>1</sup>/<sub>4</sub>" square.

# UNIFORMS

## RULE 4-1-1a-c

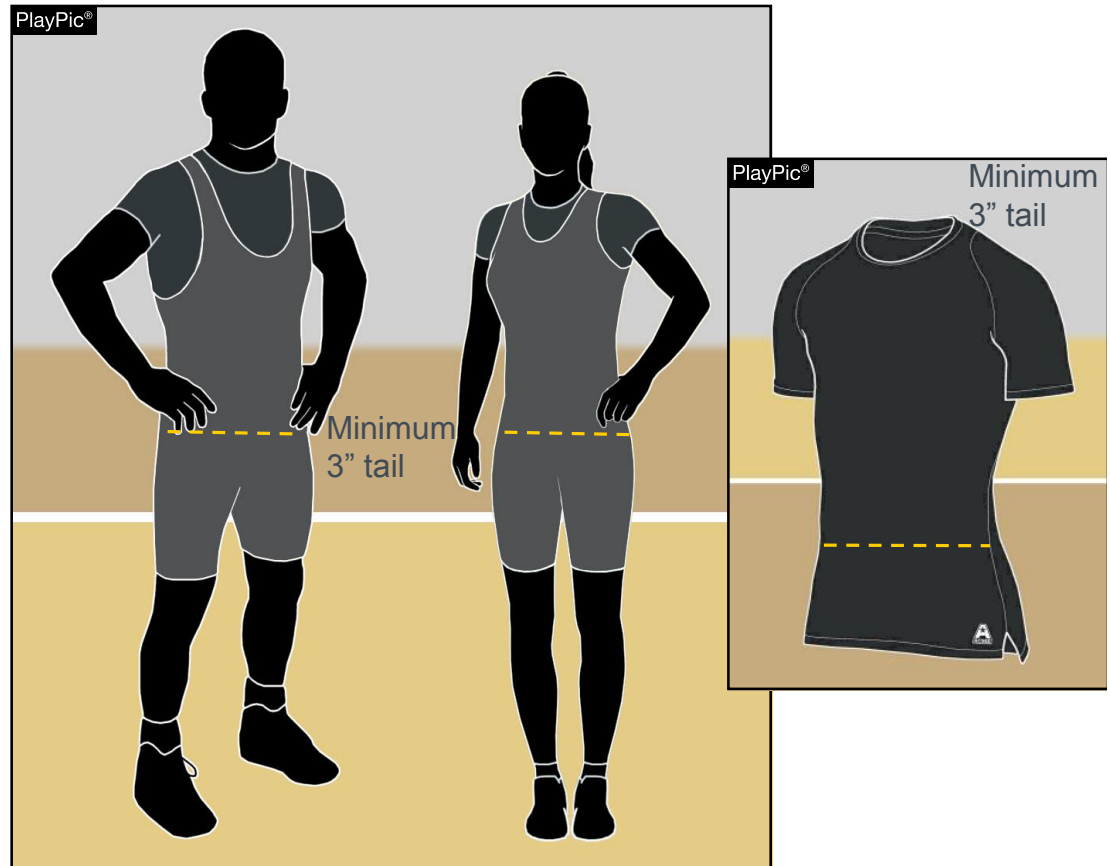
Shorts designed for wrestling may be worn over the singlet but must be school-issued. The inseam must be at least 4" in length.



# UNIFORMS

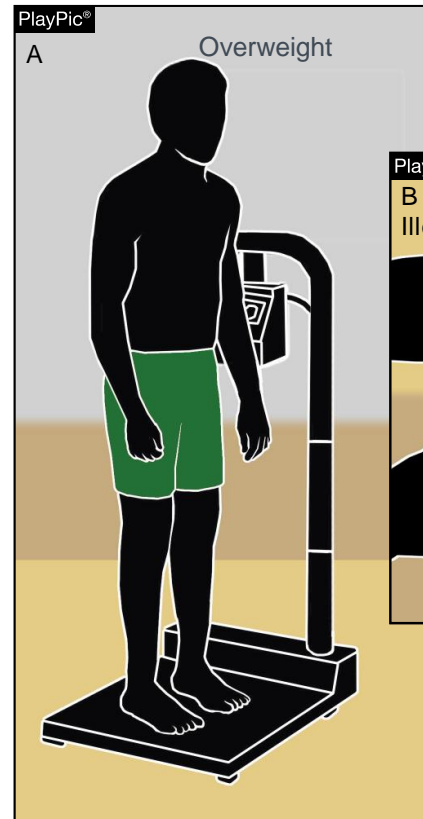
## RULE 4-1-1a-c

A form-fitted compression shirt shall not cover or extend below the elbow and shall have a minimum 3-inch tail. The form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued.



# RULE 4-5-3 WEIGHT MANAGEMENT

During time off the scale, activities that promote dehydration or weight loss are prohibited.



# RULE 4-5-3 WEIGHT MANAGEMENT

During time off the scale, activities that promote weight gain are prohibited.





## RULE 4-5-3 WEIGHT MANAGEMENT

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- **ART. 3 . . .** For any event...to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited.



## **RULE 4-5-3 WEIGHT MANAGEMENT**

- **Rationale:**

If an athlete misses weight on their first attempt on the scale, they should not be allowed to do anything (activities which promote dehydration, remove/adjust/modify clothing, cut hair, use the restroom, etc.) which might result in weight loss before they step back on the scale(s). The same should be the case for an athlete who is trying to qualify for a higher weight class and is too light. He/she should not be allowed to do anything (add clothing, drink fluids, eat, etc.) which might result in weight gain before they step back on the scale(s).





# RULES 5-11-1, 5-11-5 FALL

A fall occurs when any part of both shoulders or both scapula of either wrestler are in contact with the mat for two seconds. The shoulders or scapula must be held in continuous contact with the mat.





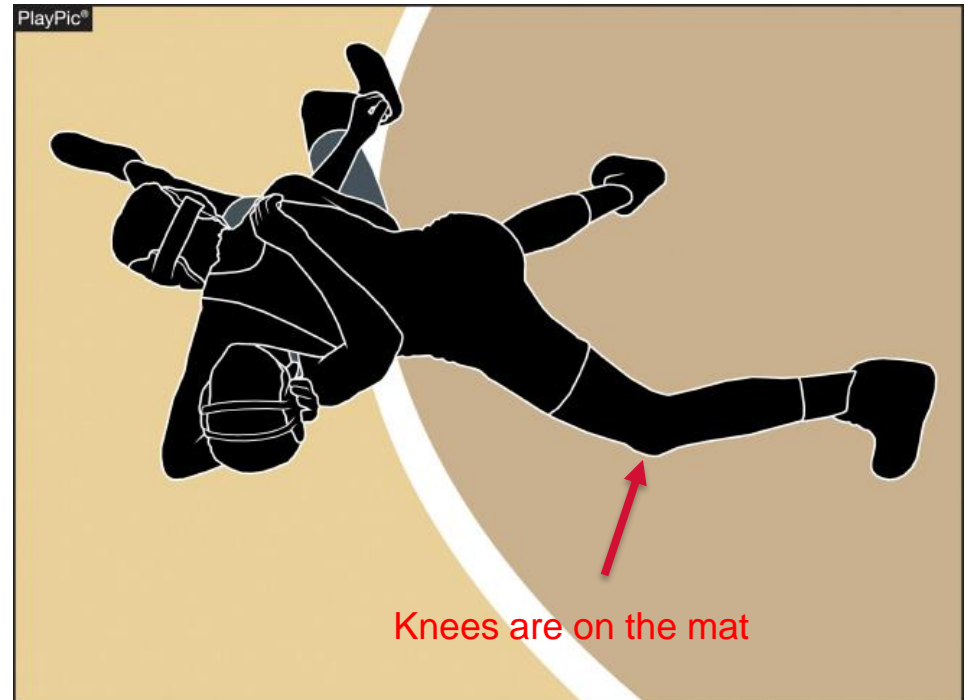
## RULE 5-15-2a-c NEAR FALL, FALL

- **ART. 2 . . .** Supporting points are part of the body...holding the opponent.
- a. When down on the mat, the usual points of support are:
  - 1. the knees;
  - 2. the side of the thigh;
  - 3. the buttocks;
  - 4. the hand(s);
  - 5. the head.



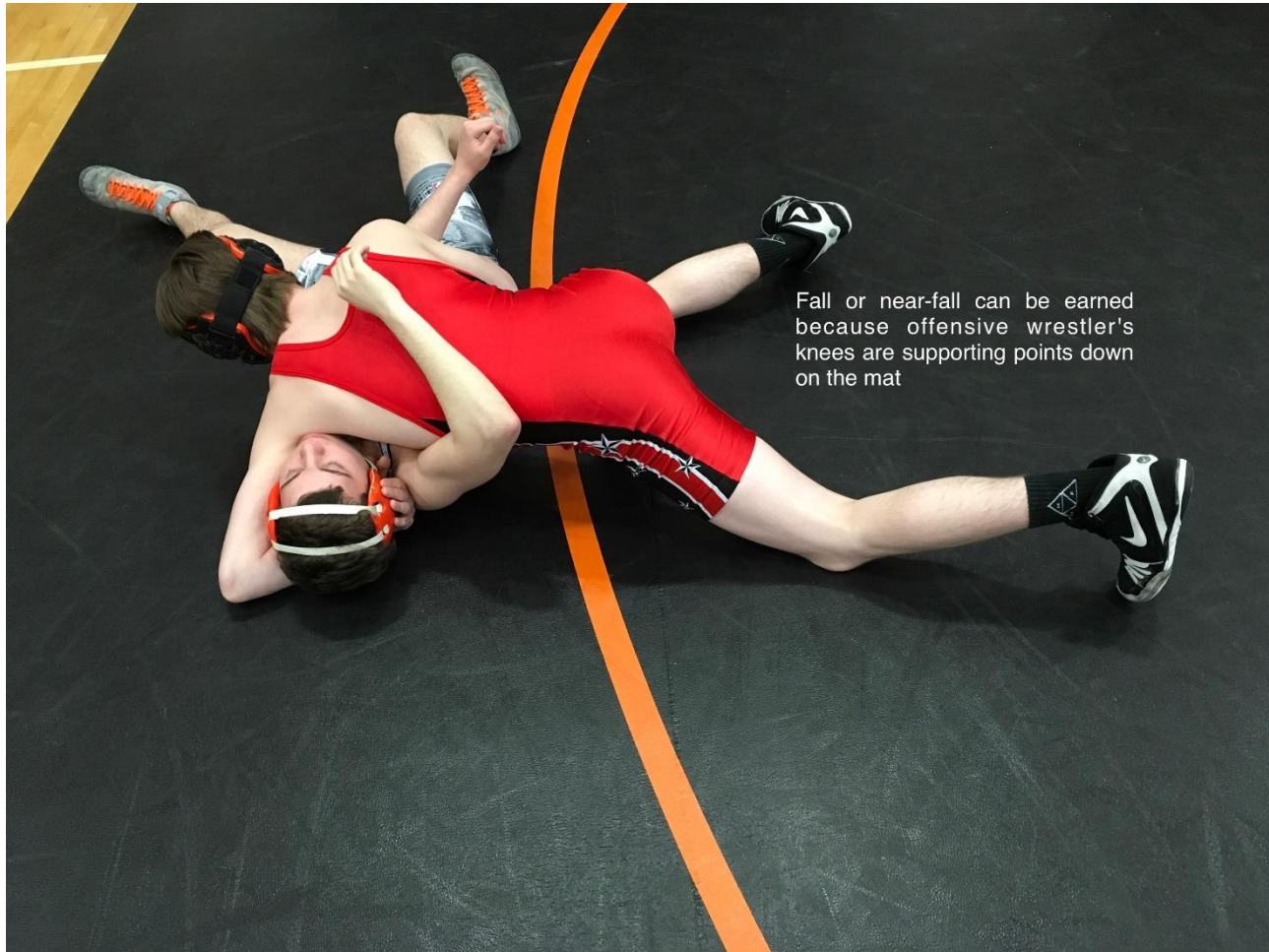
# RULE 5-15-2b, c NEAR FALL, FALL

Near-fall points or a fall shall be earned while the supporting points of either wrestler are inbounds.





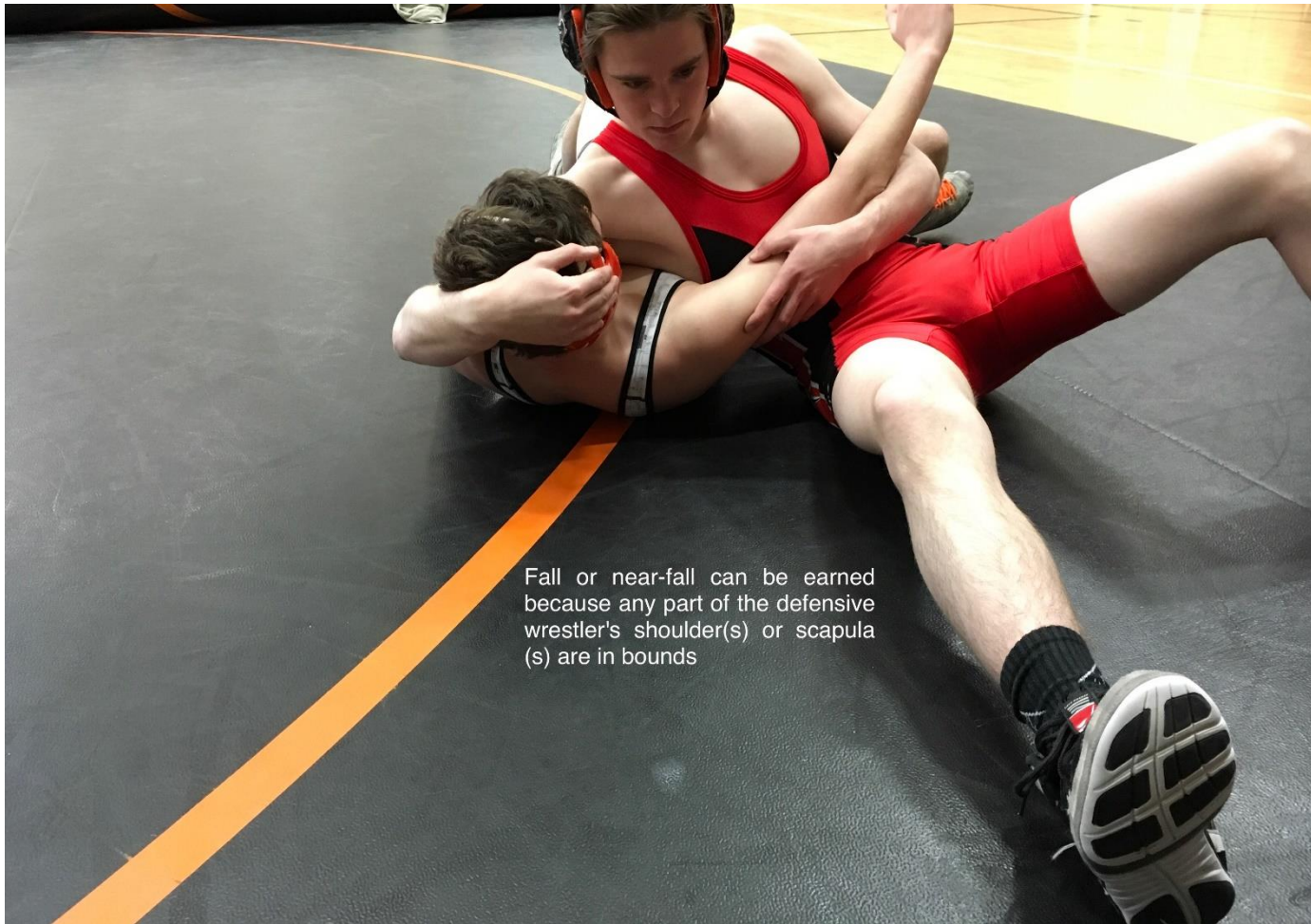
# RULE 5-15-2b, c NEAR FALL, FALL



Fall or near-fall can be earned because offensive wrestler's knees are supporting points down on the mat



# RULE 5-15-2b, c NEAR FALL, FALL

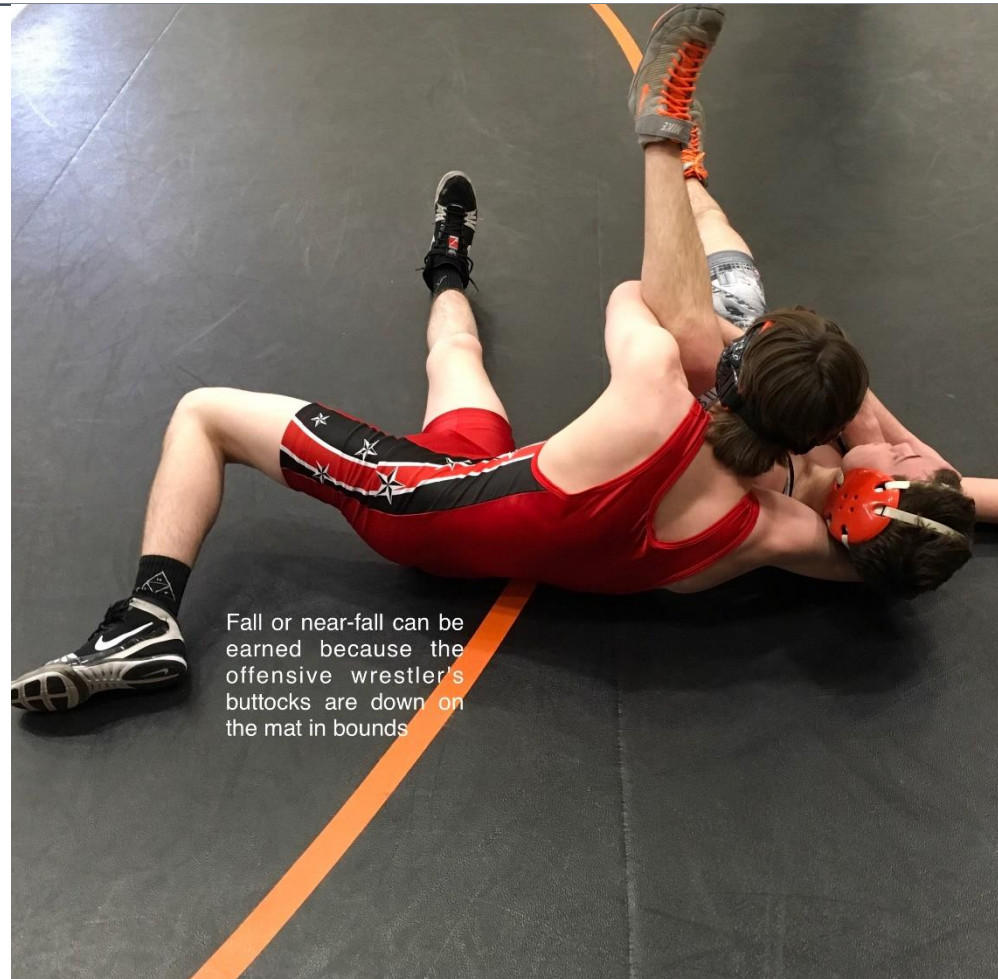


Fall or near-fall can be earned because any part of the defensive wrestler's shoulder(s) or scapula (s) are in bounds





# RULE 5-15-2b, c NEAR FALL, FALL



Fall or near-fall can be earned because the offensive wrestler's buttocks are down on the mat in bounds



# RULE 5-15-2b, c NEAR FALL, FALL





# RULE 5-15-2b, c NEAR FALL, FALL



Wrestlers are out of bounds because toes are not supporting points down on the mat





# RULE 5-15-2b, c NEAR FALL, FALL



Wrestlers are out of bounds because toes are not supporting points while down on the mat



# RULE 5-11-1 NEAR FALL, FALL

- **Rationale:**

This rule change would allow for fewer match interruptions. Provided the clock is running, a fall or near-fall should be able to be earned. Referees should establish a protocol to permit wrestling to continue as long as the offensive wrestler's supporting parts remain inbounds, as long as no body part of the defensive wrestler goes off the mat.





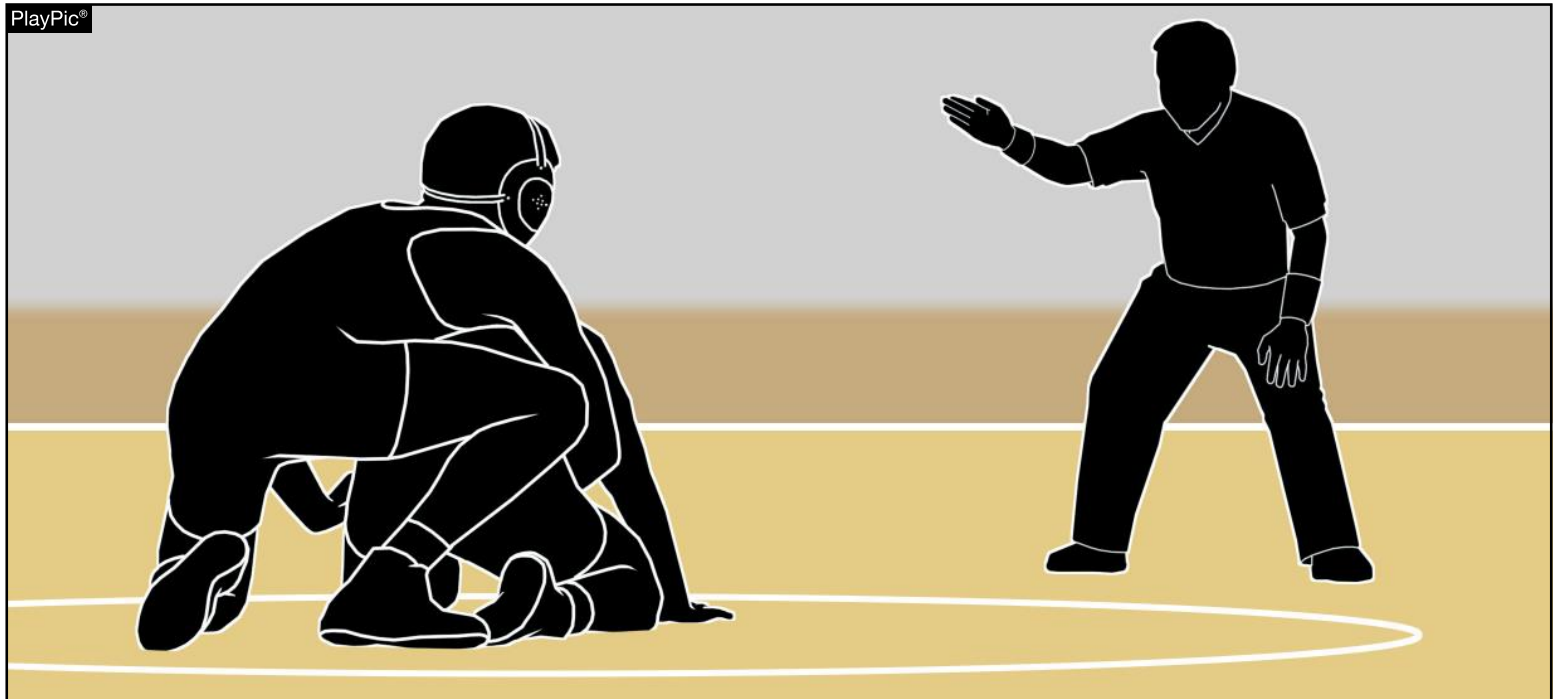
## RULE 5-11-5 NEAR FALL, FALL

- **Rationale:**

Offensive wrestling should be rewarded. If wrestling is continuing during a match, then near-fall and falls should be awarded/earned with no deference to the out of bounds line. Wrestling is continuing, as allowed by current rule, and points for escapes, reversals, etc. continues, so should the ability to earn a fall or near fall.



# RULE 5-19-10 REFEREE'S POSITIONING

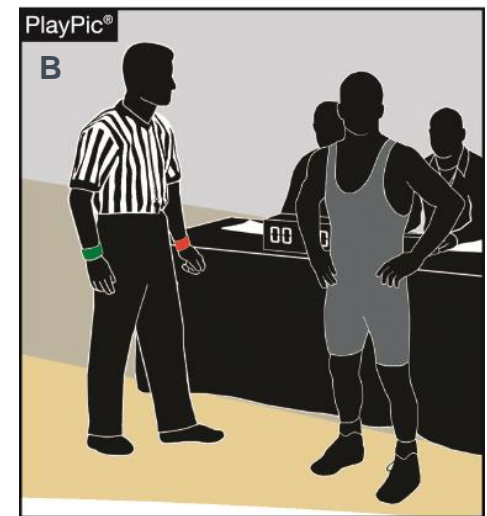


When starting the contestants from the down position, the referee shall be in front of, stationary, and at an angle to the contestants. The referee should establish eye contact with the scorer's table.

# RULE 6-6-4a1 DUAL-MEET SCORING ERRORS

The score of the previous match is erroneous (PlayPic A). If the offended contestant has not left the mat area and the next match on that mat has not started (PlayPic B), the error can be corrected.

## INCORRECT SCORE





# RULE 6-6-4a1

## DUAL-MEET SCORING ERRORS

- **ART. 4 . . .** Dual meet scoring errors by the referee or official scorer:
  - a. Match Score
  - 1. Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary.





# RULE 6-6-4a1

## DUAL-MEET SCORING ERRORS

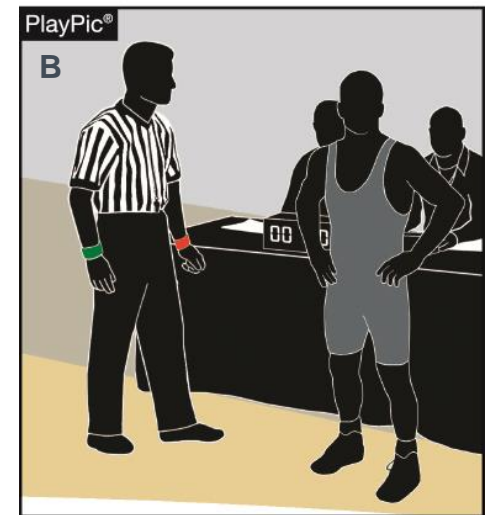
- If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.
- **Rationale:**  
The interpretation in the NFHS Casebook was somewhat ambiguous. This clears up any misinterpretation.



# RULE 6-6-5a1 TOURNAMENT SCORING ERRORS

The score of the previous match is erroneous (PlayPic A). If the offended contestant has not left the mat area and the next match on that mat has not started (PlayPic B), the error can be corrected.

## INCORRECT SCORE







# RULE 6-6-5a-1

## TOURNAMENT SCORING ERRORS

- **ART. 5 . . .** Tournament scoring errors by the referee or official scorer:
  - a. Match Score
    - 1. Errors by the timekeeper, official scorer or referee must be corrected prior to the offended contestant leaving the mat area and before the start of the next match on that mat, if additional wrestling is necessary.





# RULE 6-6-5a1

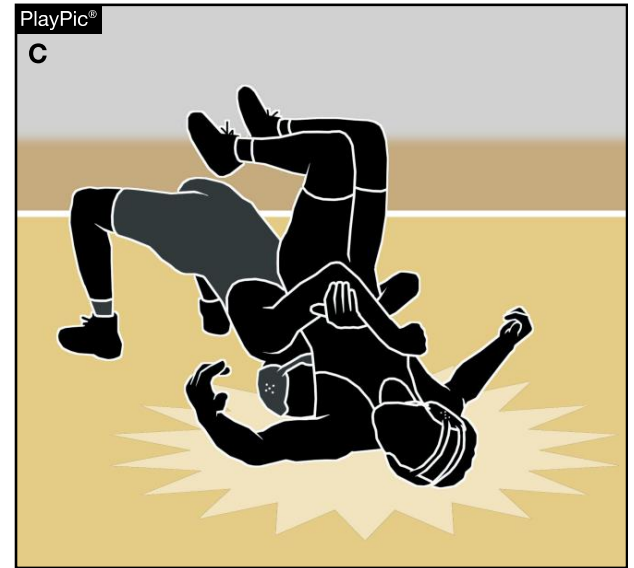
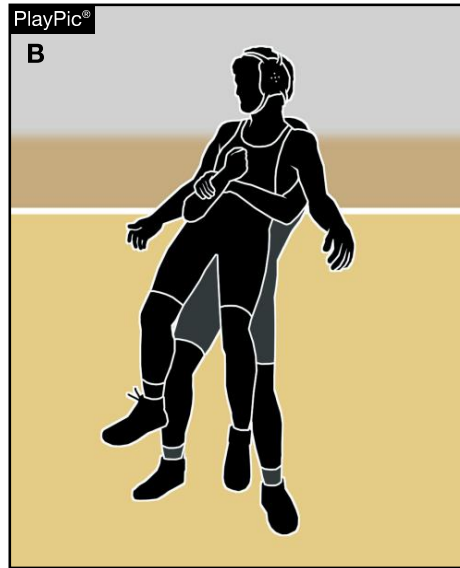
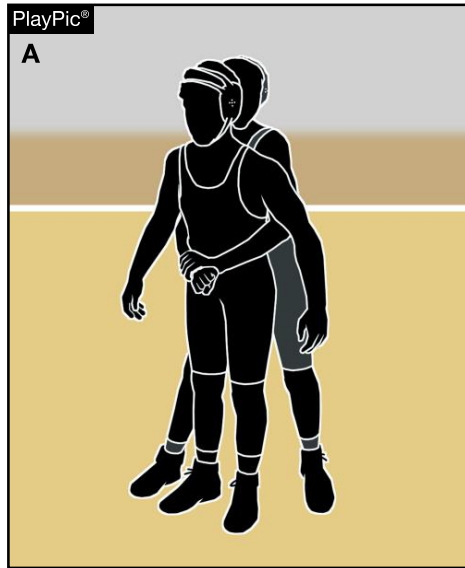
## TOURNAMENT SCORING ERRORS

- If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or coach remains in the mat area after the match has concluded and before the start of the next match on that mat.
- **Rationale:**  
The interpretation in the NFHS Casebook was somewhat ambiguous. This clears up any misinterpretation.





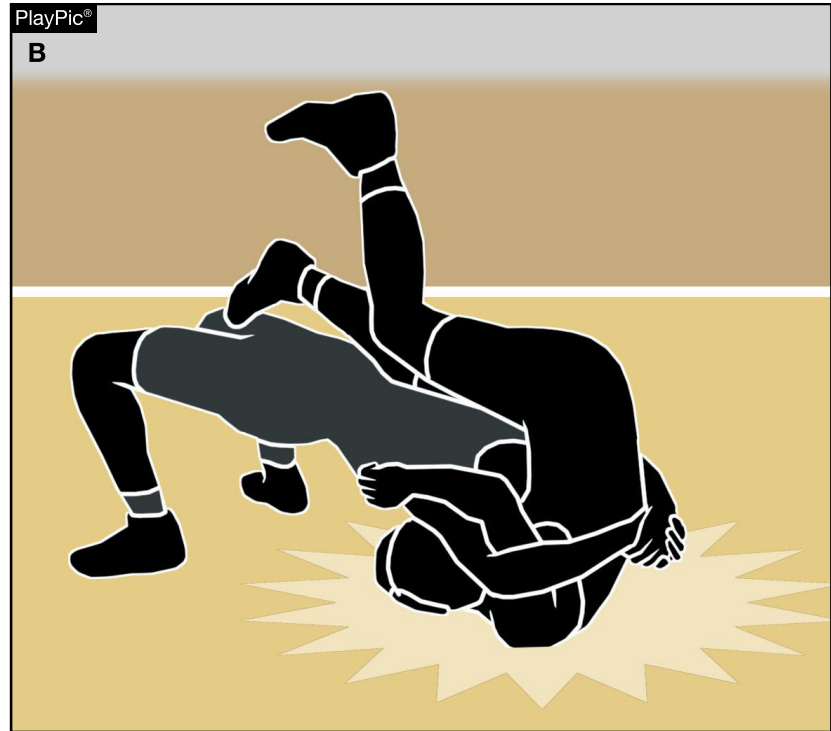
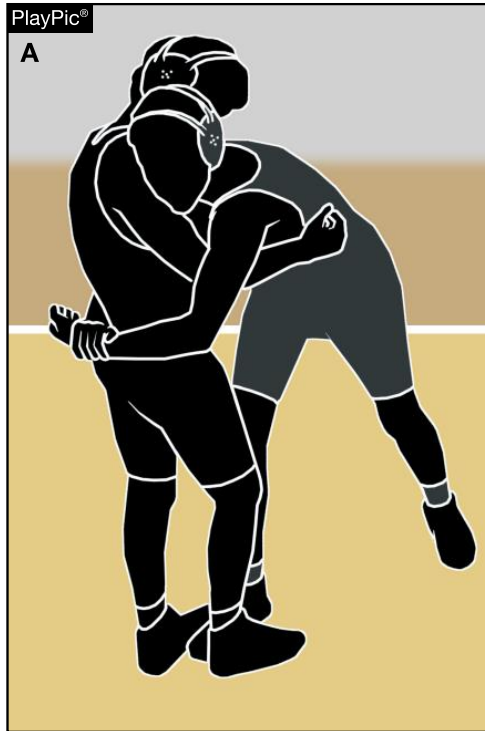
# RULE 7-1-2 ILLEGAL MANEUVERS



A full, straight-back suplay is illegal.

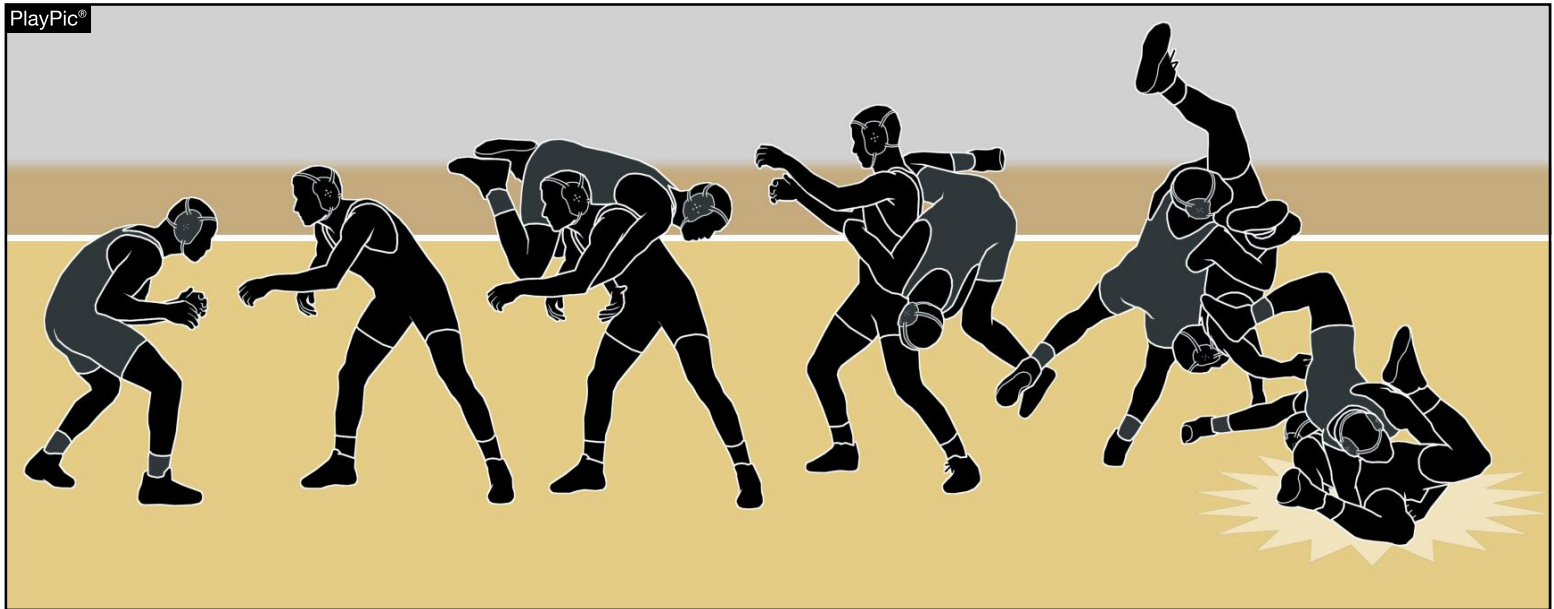


# RULE 7-1-2 ILLEGAL MANEUVERS



The straight-back salto is illegal.

# RULE 7-1-5w ILLEGAL MANEUVERS



A front flip and/or front hurdle over an opponent in the standing position is illegal.

## RULE 7-6-4d STALLING

Staying behind your opponent while on your feet, making no attempt to bring the opponent to the mat, is stalling.





# RULE 7-6-4d STALLING

- ART. 4 . . . It is stalling when the contestant in the advantage position:
  - a.-c. Same text, no changes.
  - d. Staying behind your opponent while on your feet, making no attempt to bring the opponent to the mat.

- **Rationale:**

Adding this language will enforce the rule that referees are calling based on the interpretation in the case manual.





2017-18

# NFHS WRESTLING POINTS OF EMPHASIS





## OFF THE SCALE ACTIVITIES

- Any activity that is conducted to either lose weight or gain weight is prohibited.
  - Modifying clothing
  - Modifying hair
  - Regurgitation
  - Restroom use
  - Drinking fluids
  - Gorging on food
- It is an unhealthy practice and is poor sportsmanship.

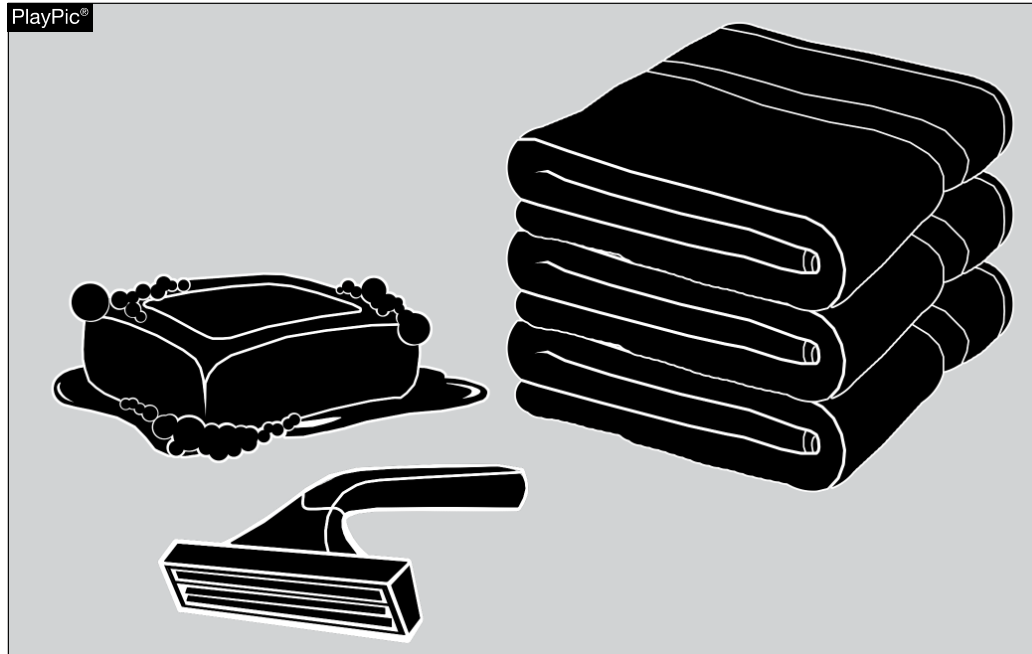


# PREVENTION OF COMMUNICABLE SKIN CONDITIONS



- One of the keys to preventing the spread of communicable skin conditions is to clean wrestling mats daily with a solution of 1:10 bleach and water or an appropriate commercial cleaner.

# 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.



# CLEANLINESS OF UNIFORMS AND PADS

- It is imperative to clean all wrestling equipment and clothing daily.
- Items such as:
  - Towels
  - Uniforms
  - Any clothing
  - Headgear
  - Shoes
  - Knee pads
  - Any bags that transport the equipment
- Coaches or trainers should perform daily skin checks.
- Wrestlers should clean hands with alcohol-base gel prior to every wrestling match to avoid bacterial loading.



## BRACES THAT ARE PROPERLY PADDED AND COVERED

- Equipment that does not permit normal movement of joints and prevents the wrestler's opponent from applying normal holds/maneuvers shall not be allowed.
- Not limited to: hair coverings, ear guards, face masks, braces, casts, supports, eye protection, prosthetics and socks shall fit snug against the wrestler's body
- If equipment is hard and/or abrasive, it must be covered and properly padded with a closed-cell, slow recovery foam padding no less than 1/2 inch thick.



## STALEMATE/FLEEING THE MAT

- Occasionally wrestling contestants are interlocked in a position other than a pinning situation and neither can improve the respective positions or gain an advantage.
- When identified by the referee, he/she shall stop the match and wrestling shall continue.
- Wrestling is an aggressive endeavor and should be coached and officiated that way.
- The new rule changes are indicative that you can score or achieve a fall anywhere on the mat.



## STALEMATE/FLEEING THE MAT

- Fleeing the mat to avoid wrestling is not permitted.
- If a wrestler flees the mat anytime during a match, he/she will be penalized. It is a technical violation.
- Leaving the mat without the permission from the referee or intentionally forcing an opponent out of bounds is a technical violation.
- Wrestlers shall make every attempt to stay inbounds and compete.



# ILLEGALITY OF STRAIGHT BACK SALTO AND SUPLAY

- Minimizing risk is the NFHS prime purpose for writing playing rules.
- New and innovative holds/maneuvers are influencing our sport from other levels of combat sport, grappling and various martial arts. We have to remain vigilant for any holds/maneuvers that endangers the lives and limbs of our students.
- Any act that exceeds typical aggressive wrestling becomes unnecessary roughness.
- The full straight back salto and suplay (regardless of which body part hits the mat) are now illegal holds.





# CONSISTENCY OF THE START OF EACH MATCH

- Consistency is important for the wrestlers, coaches, table workers and spectators.
- Uniformity is imperative.
- Knowing what to expect each and every time as a wrestler prior to the start of a match speaks to the professionalism and consistency of the referee.
- There are a tremendous number of moving parts that occurs during a match. It is the job of the referee that he/she manages everything while keeping their attention on the two wrestlers.





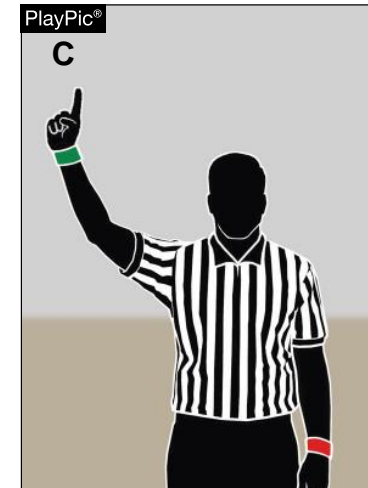
# REVIEW OF 2016-17 RULES CHANGES, TRACKWRESTLING INFO, WEIGHT MANAGEMENT



[www.iahsaa.org](http://www.iahsaa.org)

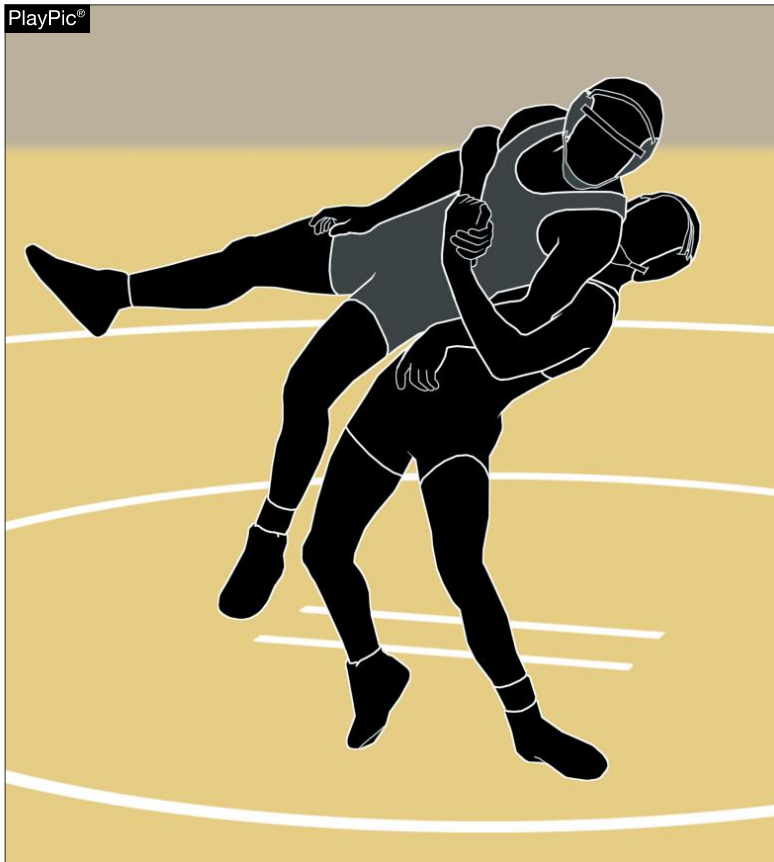
[www.nfhs.org](http://www.nfhs.org)

# NEAR-FALL RULE 5-11-2I



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

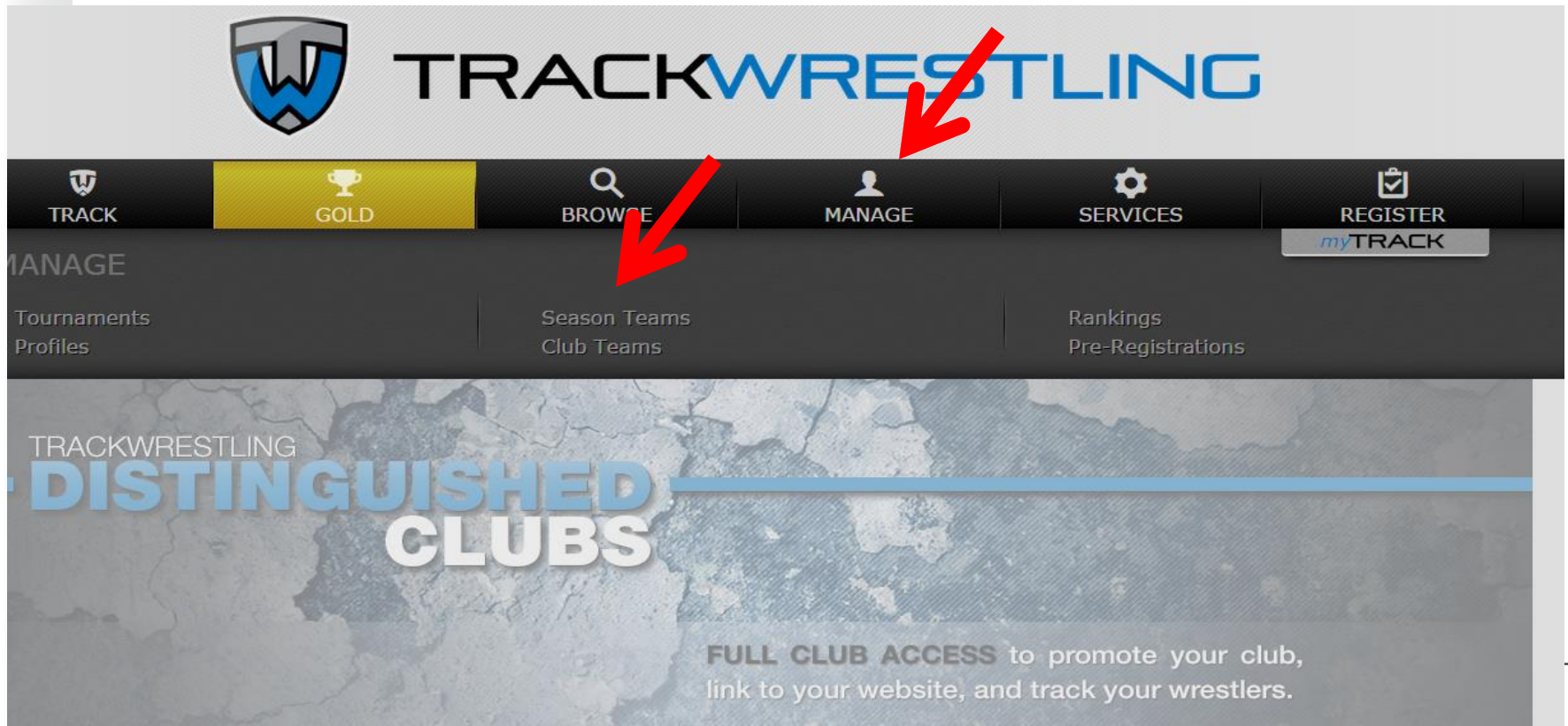
# POTENTIALLY DANGEROUS RULE 7-2-2G



- 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.

# TRACKWRESTLING

- TW will be used for all body composition assessment, weight management, and scoring.



TRACKWRESTLING

TRACK GOLD BROWSE MANAGE SERVICES REGISTER myTRACK

MANAGE

Tournaments Profiles

Season Teams Club Teams

Rankings Pre-Registrations

TRACKWRESTLING  
**DISTINGUISHED CLUBS**

FULL CLUB ACCESS to promote your club, link to your website, and track your wrestlers.



# TRACKWRESTLING INSTRUCTIONS



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ATHLETIC ASSOCIATION

SPORTS

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Discover the Iowa Hall of Pride &  
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Musco Lighting is proud to provide admission to the Iowa  
Hall of Pride for all Iowa Students in grades K-12.

Home / Wrestling / Body Composition Assessment Information for Schools & Assessors

## Body Composition Assessment Information for Schools & Assessors

Updated: August 16, 2013

- TrackWrestling Instructions for Coaches
- TrackWrestling Instructions for Assessors
- Body Composition Assessment Personnel
- Body Composition Assessment Packet for Assessors
- Body Composition Assessment Packet for Schools
- Hydration Assessment Instructions
- Tips on Passing the Hydration Assessment
- Body Composition Data Collection Form
- Body Composition Assessment Appeal Request Form
- Medical Release for Wrestlers Below 7% Body Fat

QUIK Stats



IOWA  
HALL of PRIDE



PEP RALLY PHOTO

Your Online Source for IHSAA



# GROWTH ALLOWANCE

- Wrestlers receive the 2-pound growth allowance **AFTER January 1, IF** they have certified their **Minimum Weight Class** by making scratch weight at least one time before January 1. Scratch weight is actual scale weight without any scale allowance.
- A wrestler **NEVER receives the growth allowance BEFORE January 1**, regardless of how many times they have made scratch weight before that date.





# CERTIFIED WEIGHT CLASS & GROWTH ALLOWANCE

- Once a wrestler uses the growth allowance the first time, they have declared that the lowest weight class they have weighed in at as of that date, is their certified minimum weight class.
- A wrestler **CANNOT** recertify at a lower weight class later, regardless of what their body composition assessment and/or descent plan allows, but their certified weight class also never raises regardless of where they weigh in.
- After certifying their **Minimum Weight Class**, a wrestler can use the growth allowance at any weight class at which they weigh-in, **HOWEVER**, they must be sure to not violate their descent plan as shown in the on-line system.





# COACHES' ADVISORY COMMITTEE RECOMMENDATIONS - 2017

- **MMS – Reiland & Hemann: All wrestlers at 1A/2A sectional tournaments and 3A district tournaments will be seeded and placed on a seeded line, prior to any byes. (5-0)** Currently that is left up to the discretion of each tournament director. The committee recommends that every wrestler entered the afore mentioned tournaments should be seeded, thus putting the byes on a seeded line below that of an actual participant. Because of the format of the tournament, the first-round loser is eliminated from the championship side of the bracket and cannot wrestle on to advance in the tournament series, so the importance of the first-round match is paramount. This recommendation would give the lowest seeded wrestlers a slightly better opportunity to advance with a first-round win, rather than be “drawn in” and possibly get the top-seeded wrestler in round one. It simply gives them a better chance to compete.
- **MMS – Koedam & Reiland: All High School events be required to use TrackWrestling with live scoring. (5-0)** Currently only varsity events are required. This motion would require the use in all high school events, including junior varsity tournaments, duals, etc. This makes for easier and more consistent efforts to accumulate accurate statistics for all coaches.

**CAUTION: DO NOT STOP THIS  
PRESENTATION OR CLOSE YOUR  
BROWSER**

**At the conclusion of the  
Verification page, you will be  
provided with a Certificate of  
completion.**

**COACHES – please print three (3) copies of the Verification Certificate.**

- \* One for your files**
- \* One for your Administrator**
- \* One for your Coaching Authorization renewal**

**OFFICIALS – please print one (1) copy of the Verification Certificate for your files.**

**If you have questions, please contact:  
Lewie Curtis at [lcurtis@iahsaa.org](mailto:lcurtis@iahsaa.org)**

**You may now click on the button  
to the right of your screen that  
says:**

**“I’m FINISHED Watching the  
Rules Meeting Video”**

**You will now be directed to the  
Verification screen, followed by  
the Verification Certificate.**



**THANK YOU AND  
HAVE A GREAT  
SEASON!**



[www.iahsaa.org](http://www.iahsaa.org)    [www.nfhs.org](http://www.nfhs.org)