



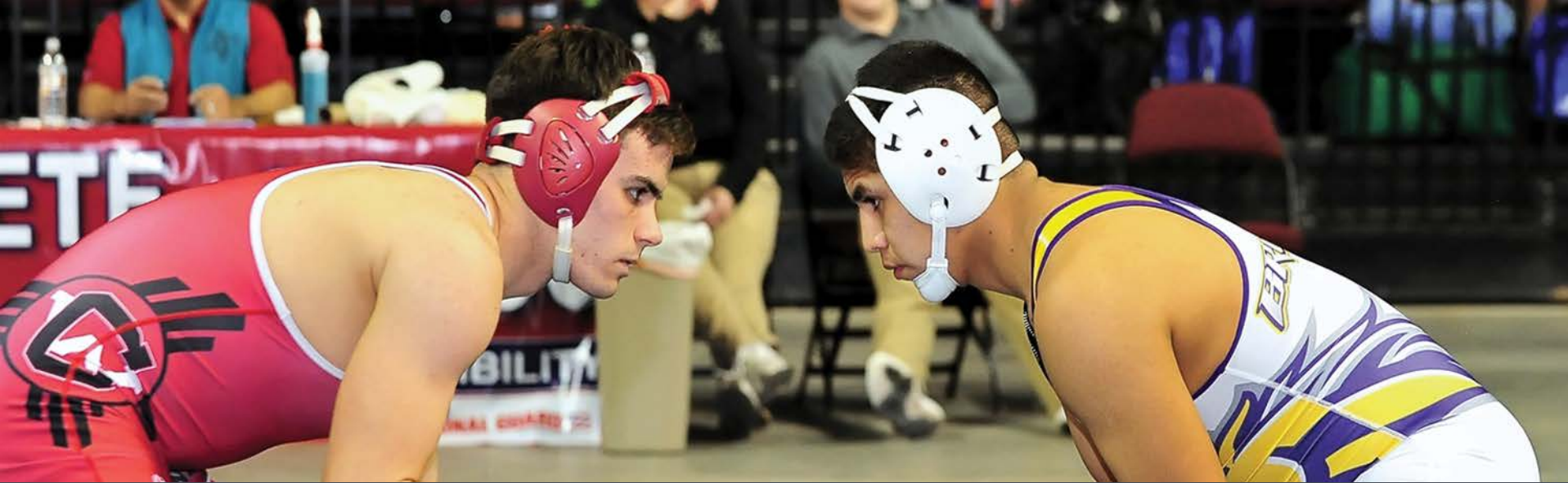
# 2017-2018 NFHS WRESTLING RULES POWERPOINT

National Federation of State  
High School Associations



Take Part. Get Set For Life.™

B. Elliot Hopkins, MLD, CAA  
Director of Sports, Sanctioning and Student Services



# NFHS WRESTLING RULES CHANGES



# Sportsmanship...Together We Make the Right Call

- Zero tolerance regarding profanity/inappropriate language.
- **“One Voice”** – Only the Head Coach has communication with the officials.
  - **Assistant Coaches will be properly penalized and the penalty also is assessed to the Head Coach**
- Positive and effective/professional communication is expected by all parties associated with the game contest.



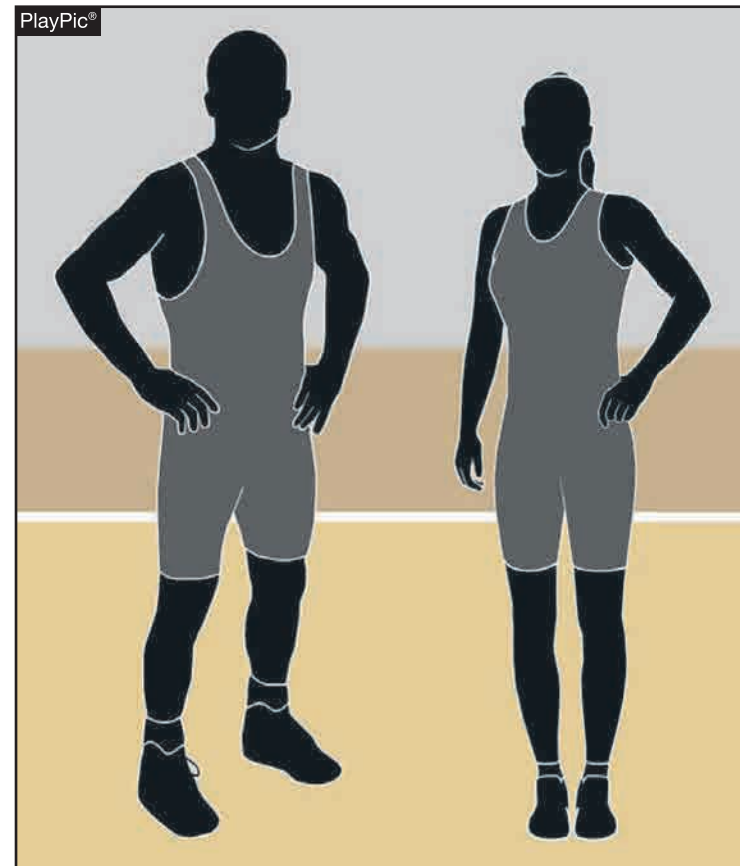
*Inspiring individuals, encouraging excellence through education-based athletics.*



# 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.

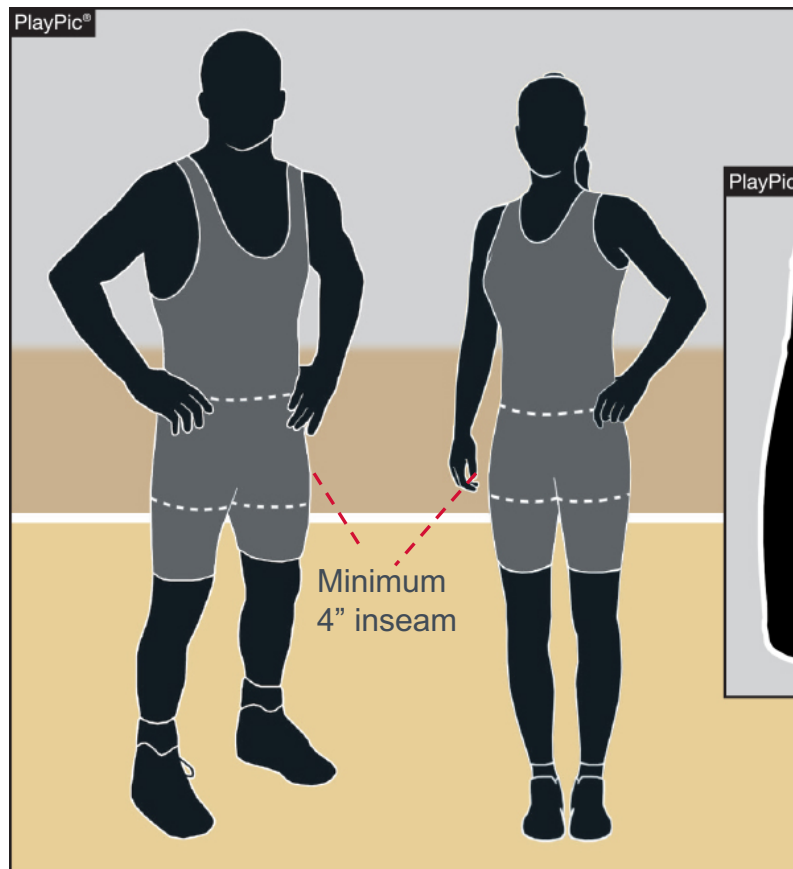


# UNIFORMS

## RULE 4-1-1a-c

Compression shorts or shorts designed for wrestling:

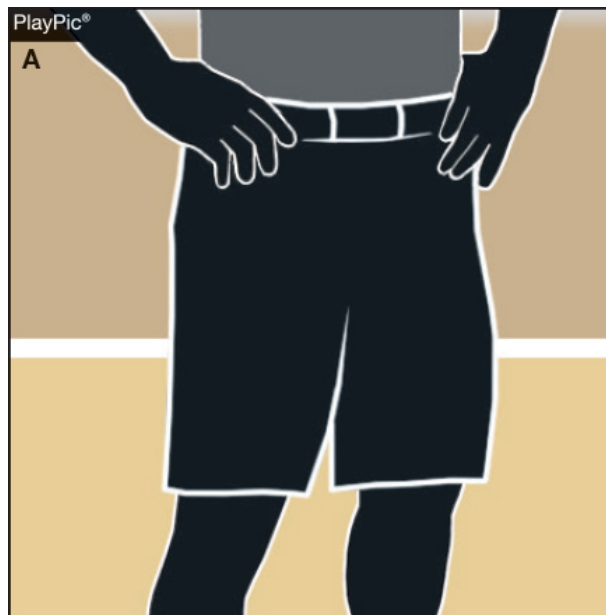
- Minimum 4-inch inseam that shall not extend below the knee.
- Shall have an elastic waistband.
- Shall not have exposed belt loops, drawstrings, zippers, snaps, buttons, or pockets.
- Must be school-issued.



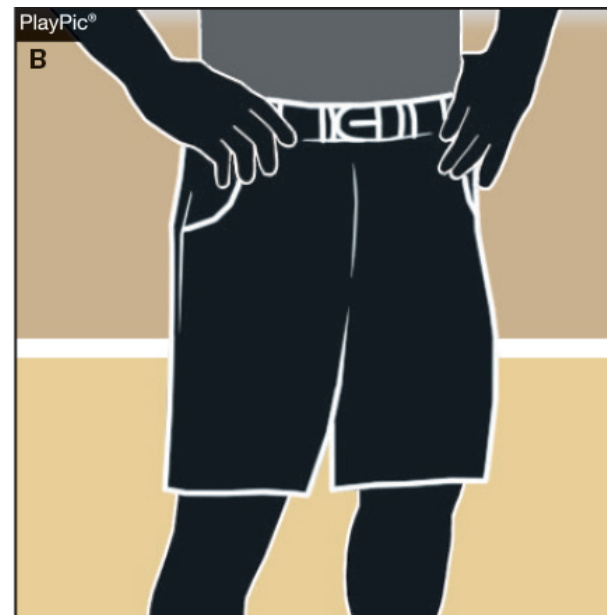


# UNIFORMS

## 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

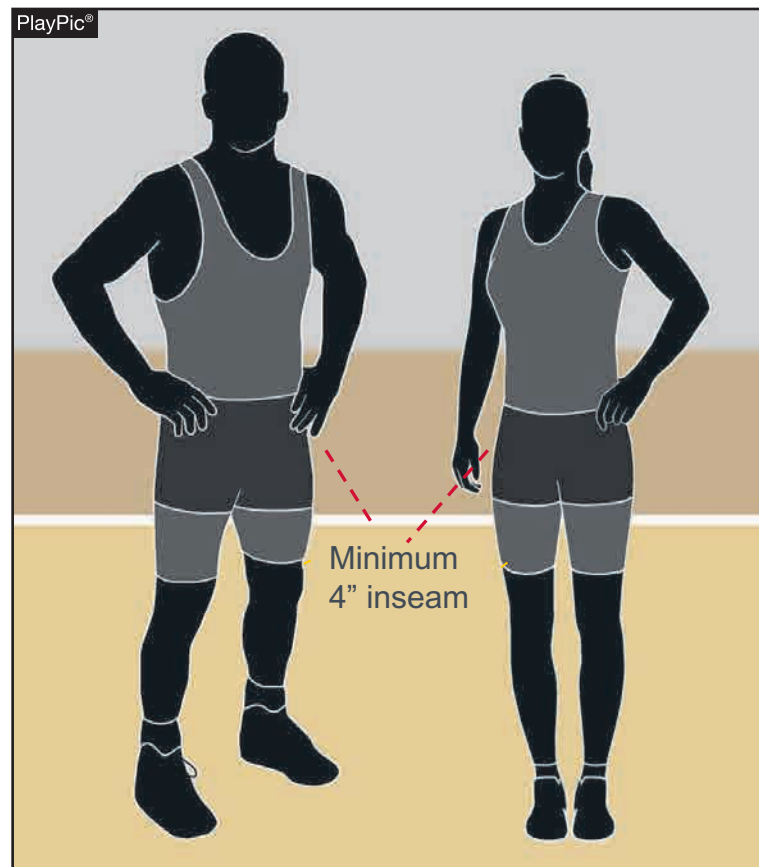


Manufacturer's logos may not be larger than 2<sup>1</sup>/<sub>4</sub>" square.

# 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.

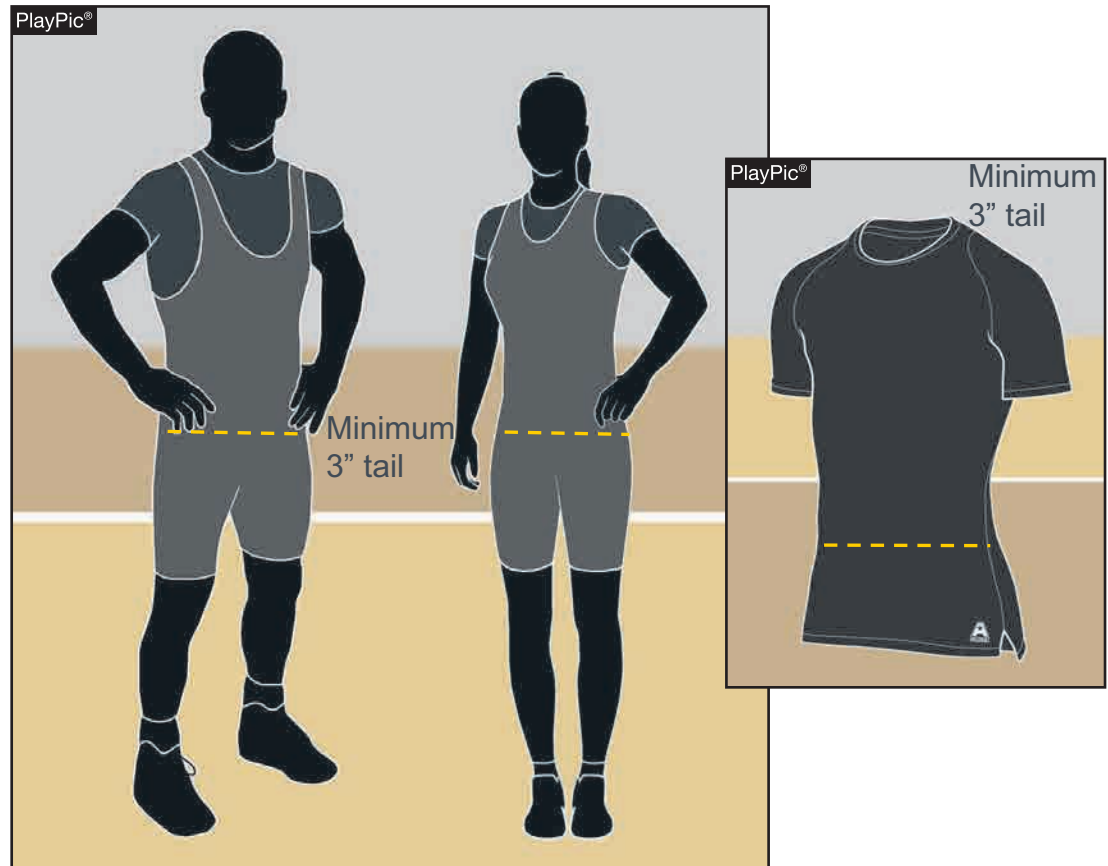




# UNIFORMS

## RULE 4-1-1a-c

A form-fitted compression shirt which 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 short or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued.





# UNIFORMS

## RULE 4-1-1a-c

- ~~ART. 1. . . Wrestlers shall wear: A legal uniform consists of:~~
- a. a one-piece singlet shall be cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. ~~If sufficient reason is determined by the referee, a tight-fitting, short-sleeved or sleeveless undershirt of a single, solid color unadorned with no more than one manufacturer's logo/trademark/reference may be worn under the one-piece singlet;~~





# UNIFORMS

## RULE 4-1-1a-c

- The one-piece singlet may be worn with full-length tights with stirrups. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be a tight-fitting, a single solid color, unadorned and shall not extend below the knee. The one-piece singlet shall be school-issued.
- Note: Female contestants wearing a one-piece singlet shall wear a suitable under garment that covers their breasts.





# UNIFORMS

## RULE 4-1-1a-c

- ~~either full length tights with stirrups, and close fitting outside short trunks or a properly cut one-piece uniform with a minimum 4-inch inseam and a maximum length of above the knee; compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; Shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps, buttons, or pockets.~~





# UNIFORMS

## RULE 4-1-1a-c

- A suitable under garment which completely covers the buttocks and groin area must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.





# UNIFORMS

## RULE 4-1-1a-c

- c. ~~a singlet with the top cut as outlined in (a) with full-length tights and stirrups.~~ a form-fitted compression shirt which 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 short or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued.
- NOTE: Female contestants wearing a form-fitted compression shirt shall wear a suitable under garment that covers their breasts.







# UNIFORMS

## RULE 4-1-1a-c

- **Rationale:**

The alternate 2-piece uniform has been added to increase participation for boys and girls. The uniform modification received favorable support on the NFHS 2016 wrestling questionnaire. However, the NFHS Rules Review Committee had initial concerns that there was not enough product to meet the need of the schools that wanted to use the 2-piece uniform and asked that the NFHS Wrestling Rules Committee seek opinion from uniform manufacturers.





# UNIFORMS

## RULE 4-1-1a-c

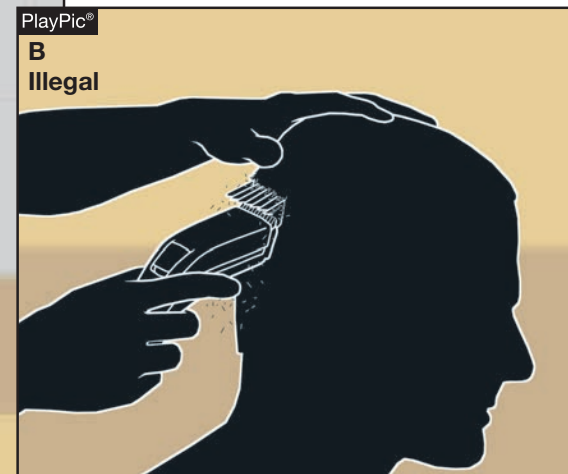
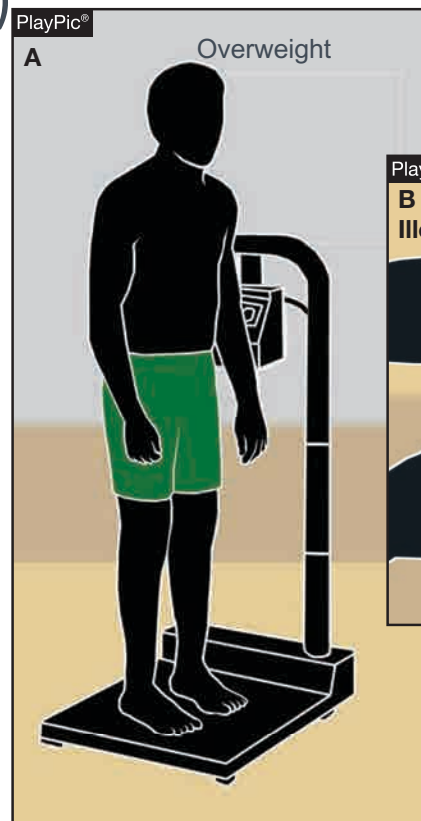
- **Rationale:** (Continued)

After meeting with every major wrestling uniform manufacturer during the 2017 NFHS Wrestling Rules Committee meeting, the committee was assured that there would be enough product available to meet our criteria. In addition, a member state association (KY) experimented with a 2-piece uniform this past 2016-17 wrestling season and received favorable results and comments from their member schools, wrestlers, coaches and referees.



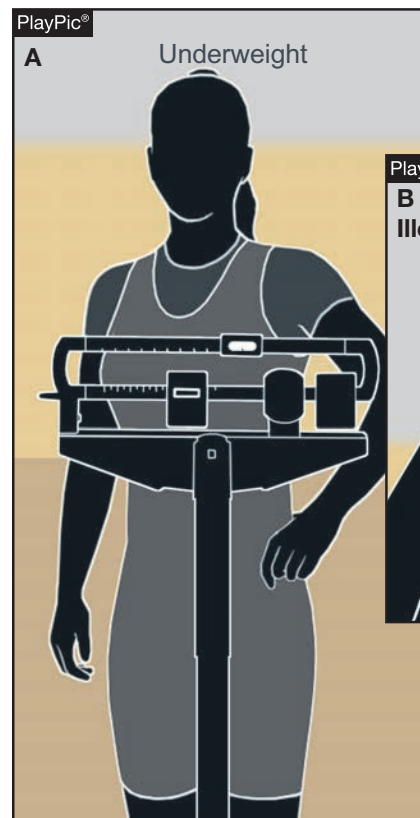
## RULE 4-5-3 WEIGHT MANAGEMENT

During time off the scale(s) activities that promote dehydration or weight loss are prohibited.



## RULE 4-5-3 WEIGHT MANAGEMENT

During time off the scale(s), 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, 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 drink fluids before getting back on the scale.





# 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 5-11-1 FALL

- **ART. 1 . . .** 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 two seconds (one-thousand-one, one-thousand-two) shall be a silent count and shall start only after the referee is in position to observe if a fall is imminent. A fall is imminent when any part of both shoulders or both scapula of either wrestler are in contact with the mat. The shoulders or scapula must be held ~~in-bounds~~ in continuous contact with the mat. A fall terminates wrestling. (Photos 5-6)





# 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

- ART. 5 . . . A fall or near fall shall not be awarded:
- ~~a. unless any part of both shoulders or both scapulae of the defensive wrestler is inbounds;~~
- ~~b. if the wrestler being pinned is handicapped by having any portion of the wrestler's body out of bounds.~~ **\*CORRECTION\*** It should read "if the wrestler being pinned is handicapped by having any portion of the wrestler's body 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 5-15-2b, 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 5-15-2a-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 5-15-2a-c NEAR FALL, FALL**

- b. When the defensive wrestler is on his/her back while the supporting points of either wrestler are inbounds, wrestling shall continue, ~~as long as, there is a possibility of the offensive wrestler bringing the opponent back into the inbounds area.~~ In this situation, any part of the defensive wrestler's shoulder or scapula is considered to be all the supporting points.





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

- ~~c. Near-Fall points or a fall shall be earned only while any part of both defensive wrestler's shoulders or scapulae are inbounds.~~
- c. 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

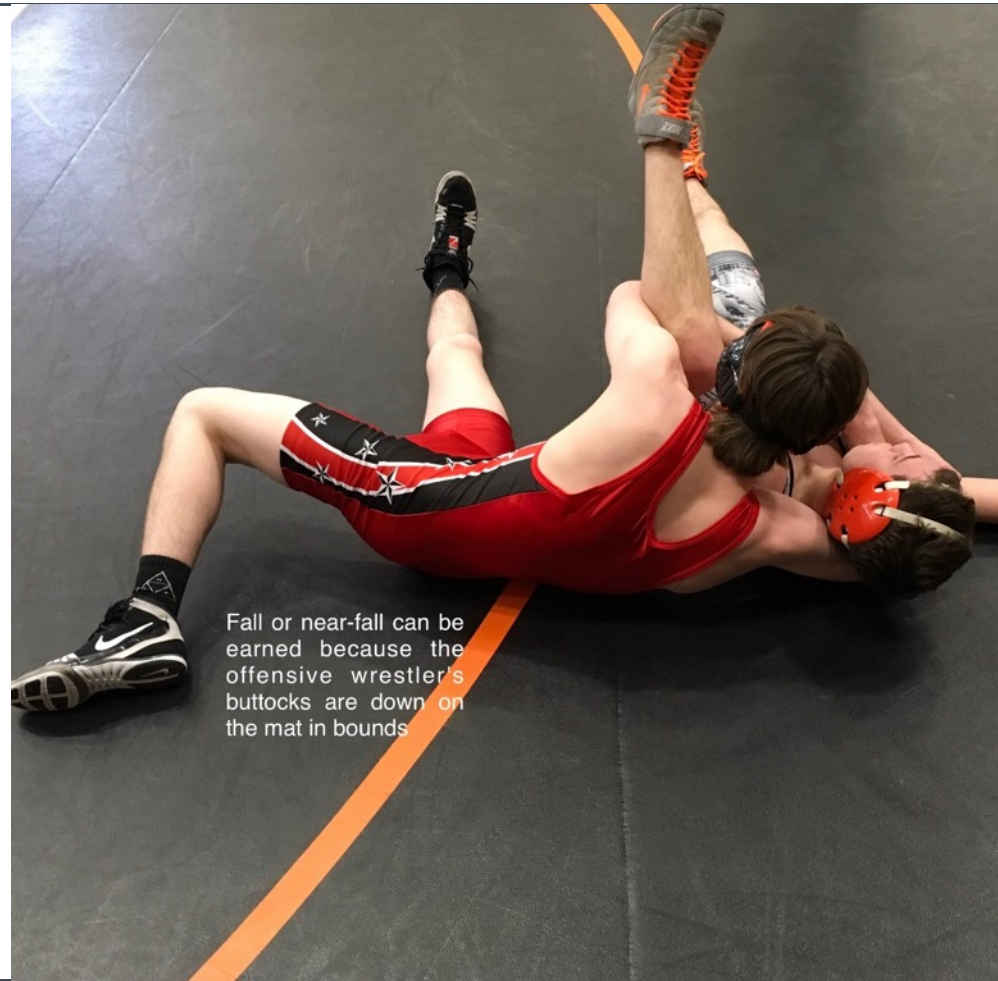


Fall or near-fall can be earned because any part of the defensive wrestler's shoulder(s) or scapula(s) are in bounds





## 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



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

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





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





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

- **Rationale:**

NFHS Wrestling rules previously allowed the scoring of escapes and reversals but not near-fall or falls, even though wrestling is continuing by our rules. 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 as long as one of the wrestlers are in bounds.





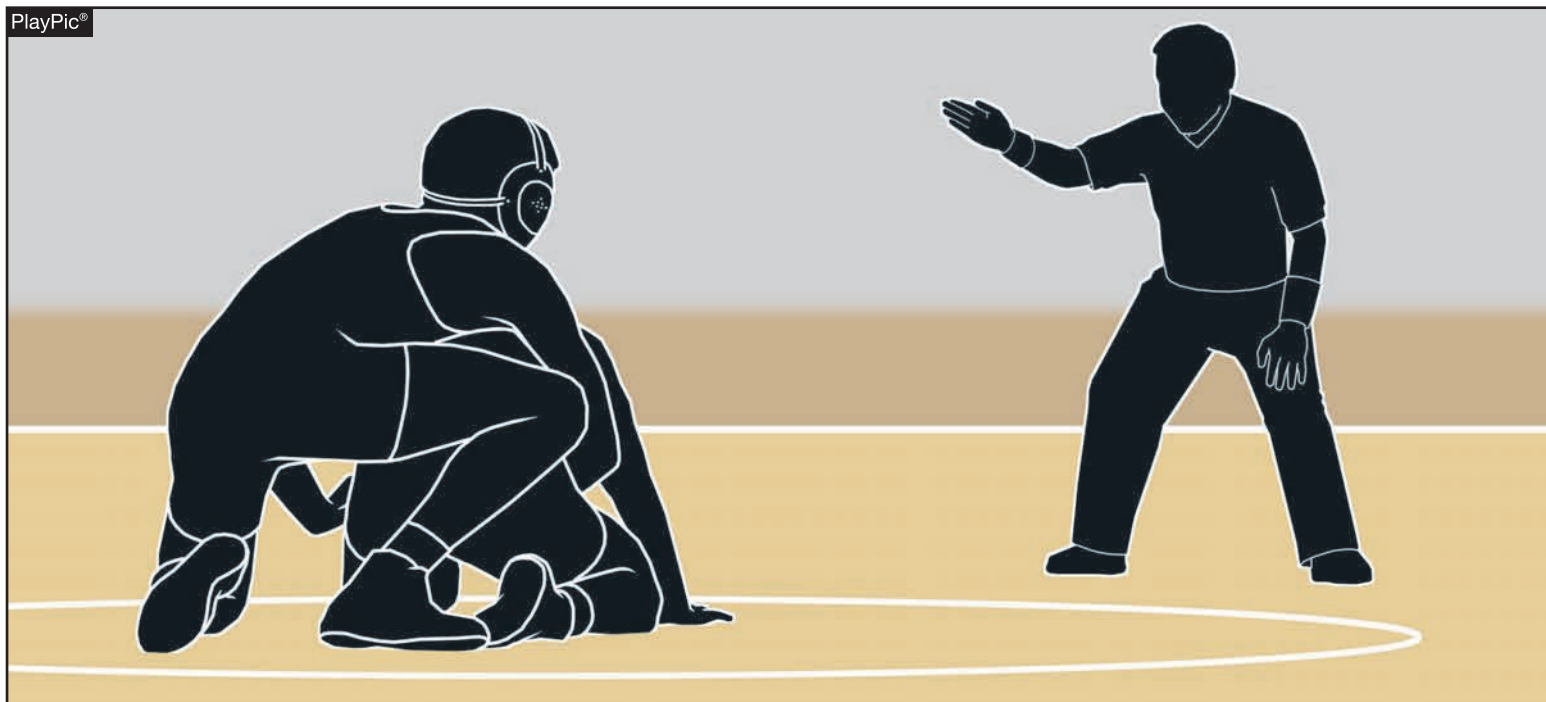
## RULE 5-15-2b, c NEAR FALL, FALL

- **Rationale:** (Continued)

If in a match, wrestling is continuing, as allowed by the modification of this rule, 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 5-19-10 REFEREE'S POSITIONING

- **ART. 10 . . .** When starting the contestants from the down position, the referee ~~may~~ shall be in front of, ~~or behind,~~ stationary, and at an angle to the contestants. The referee should establish eye contact with the scorer's table.



# RULE 5-19-10

## REFEREE'S POSITIONING

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- **Rationale:**

The current rule was a contradiction, and the same contradiction exists in the case manual. The referee cannot be behind the wrestlers and have a view of the scorer's table. When the referee starts to move to go behind the wrestlers, there is a strong tendency for one or both wrestlers to false start.







# RULE 5-19-10

## REFEREE'S POSITIONING

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- **Rationale:** (Continued)

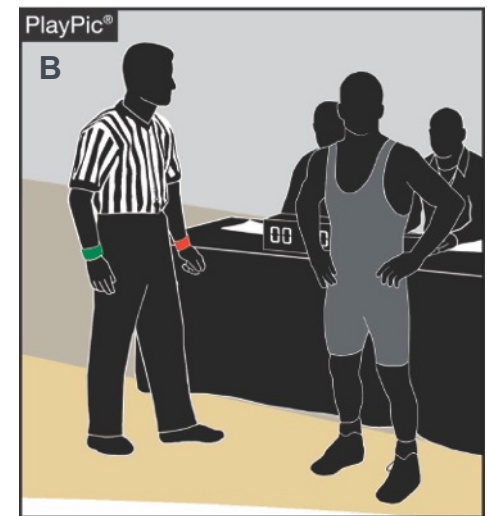
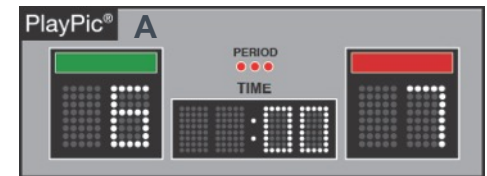
The referee should be in front so both wrestlers have a view of visual hand signals and the sound of the whistle. This is accomplished by the referee taking two or three steps to the open side as the top wrestler is starting to mount the defensive wrestler.

# 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.

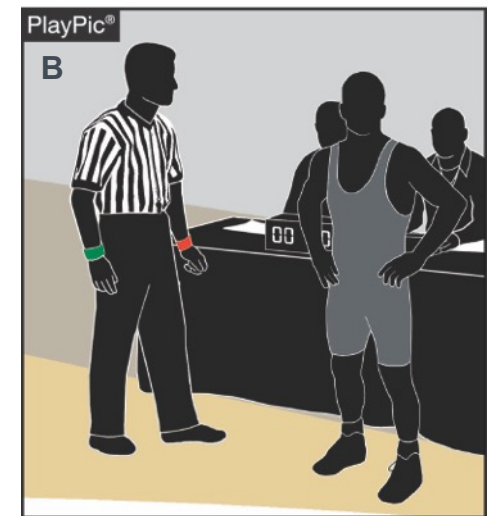
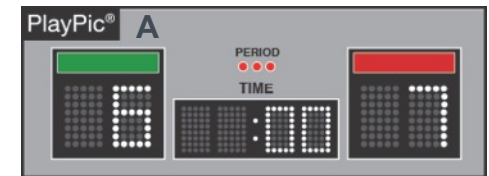


# RULE 6-6-5a1

## 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.



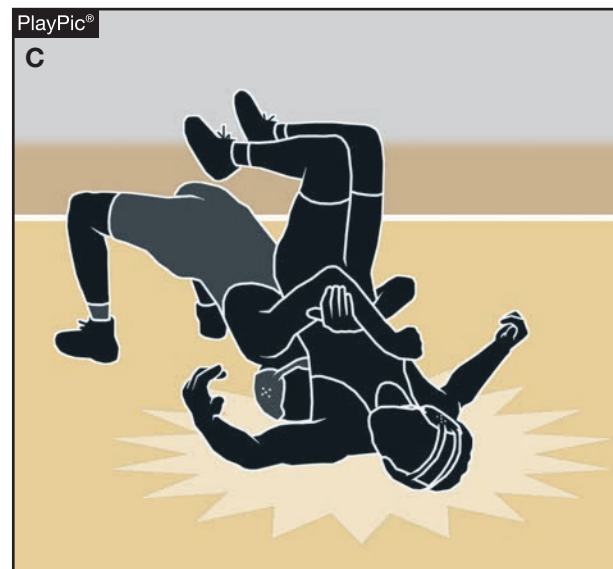
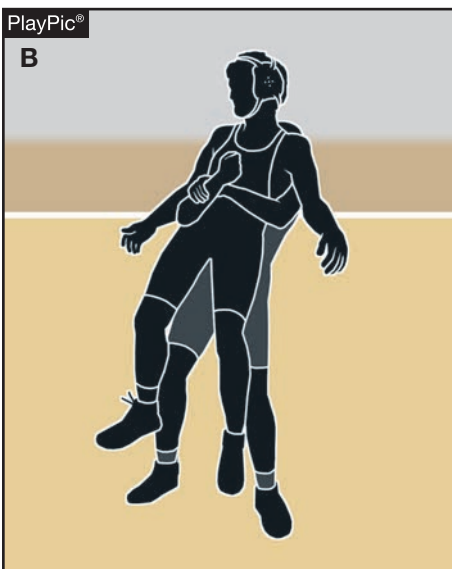
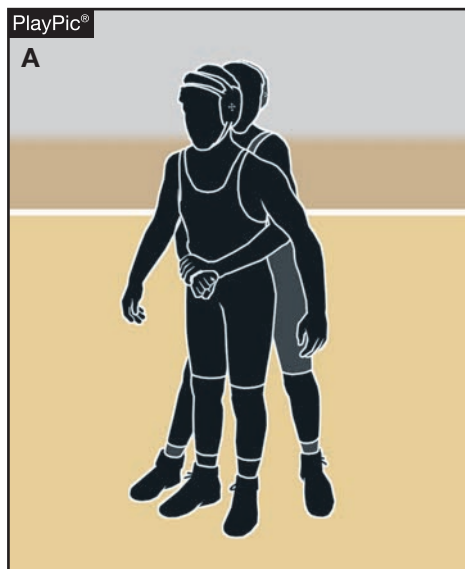
# RULE 6-6-5a1

## 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.



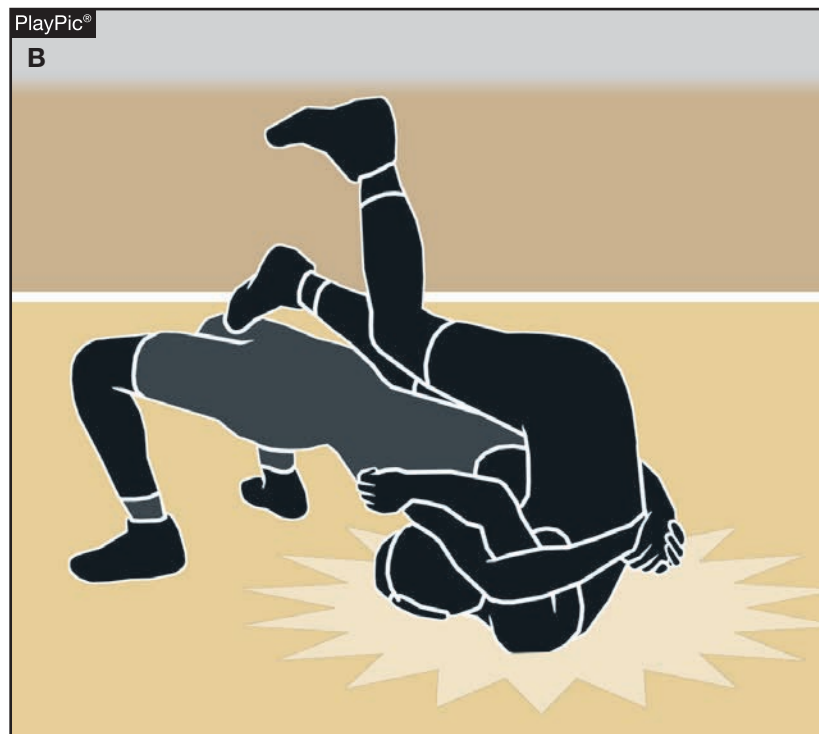
## RULE 7-1-2 ILLEGAL MANEUVERS



A full, straight-back suplay is illegal.



## RULE 7-1-2 ILLEGAL MANEUVERS



The straight-back salto is illegal.

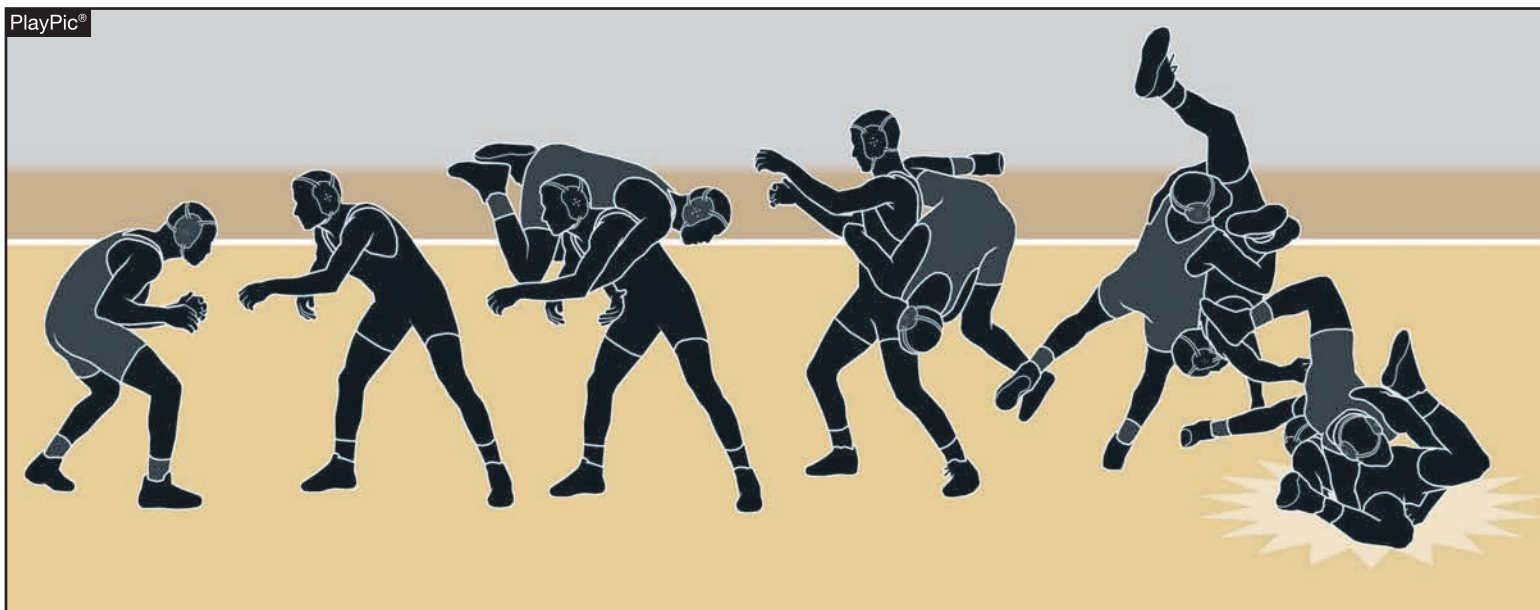


## RULE 7-1-2 ILLEGAL MANEUVERS

- ART. 2. . . A full, straight-back suplay and the straight-back salto ~~to the head~~ are illegal.
- **Rationale:** The straight-back salto in the rear standing position that brings the defensive wrestler straight back with feet in the air is intended to have the defensive wrestler's head, neck, or shoulder(s) hit the mat first and should be illegal. This is a dangerous move, regardless of which body part (head, neck, or shoulder(s)) hits the mat first.



## RULE 7-1-5w ILLEGAL MANEUVERS



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



## RULE 7-1-5w ILLEGAL MANEUVERS

- **ART. 5 . . .** Other illegal holds/maneuvers include, but are not limited to:
  - (Photos 28-90)
  - a.-v. Same text, no changes.
  - w. a back flip from the standing position; and or a front flip and/or front hurdle over an opponent in the standing position; and





# RULE 7-1-5w ILLEGAL MANEUVERS

- **Rationale:**

The attempt of a wrestler to front flip or hurdle his opponent from the neutral position is becoming more apparent. Generally, this maneuver is attempted when there is short time left in a match and a wrestler needs to secure a takedown of his opponent, who has a strong defensive neutral position, in order to either tie or take a lead in a match.





## RULE 7-1-5w ILLEGAL MANEUVERS

- **Rationale:** (Continued)

This maneuver is a last ditch effort attempt to score; however, the attempt to flip or hurdle your opponent from a neutral position is not only an elevated risk to the wrestler attempting the maneuver, it also places the opponent in a disadvantage position as they are not only left to counter the scoring attempt but they are also placed in a position of responsibility for not reacting in a manner that may cause a slam or unsafe return to the mat of the wrestler who actually initiated the maneuver.



## **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

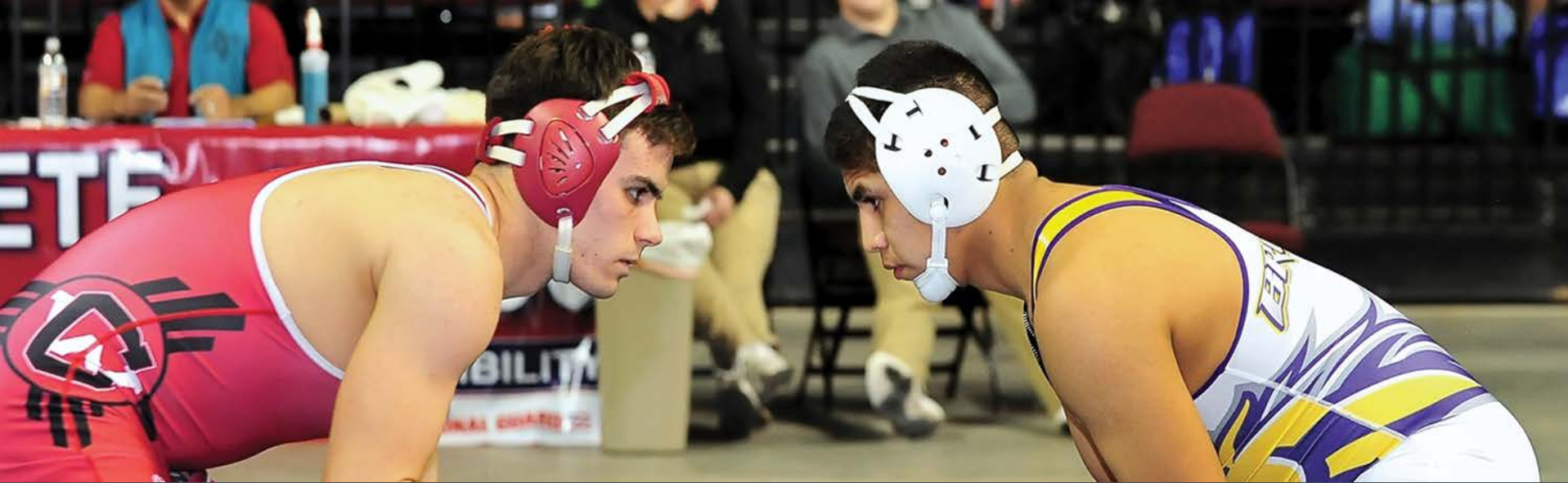
- ART. 4 . . . It is stalling when the contestant in the advantage position:
- a.-c. Same text, no changes.
- d. Staying behind your opponent while on your feet, making no attempt to bring the opponent to the mat.

- **Rationale:**

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







# NFHS WRESTLING EDITORIAL CHANGES



## RULE 2-1-5

- **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 ~~where facilities permit~~. The team bench...a suggested configuration.
- **Rationale:**  
Editorial.



## RULE 5-11-5 MAT

- **ART. 5 . . .** A fall or near fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestler's body ~~out of bounds.~~ off the mat.
- **Rationale:**  
New rule change. Correction to wording.





## RULE 5-16 MAT

- **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. ~~where facilities permit~~
- **Rationale:**  
Editorial.



## ILLUSTRATIONS #6

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- **6. (5-11-2) #6** was updated to coincide with the new rules on where near-fall/fall may be secured based on the supporting points of the offensive wrestler.
- **Rationale:**  
Clarification.





## ILLUSTRATIONS #25

- **25. (5-25-1)** This crotch lift does not stop the takedown by the wrestler in the ~~striped~~ light uniform.
- **Rationale:**  
Clarification.

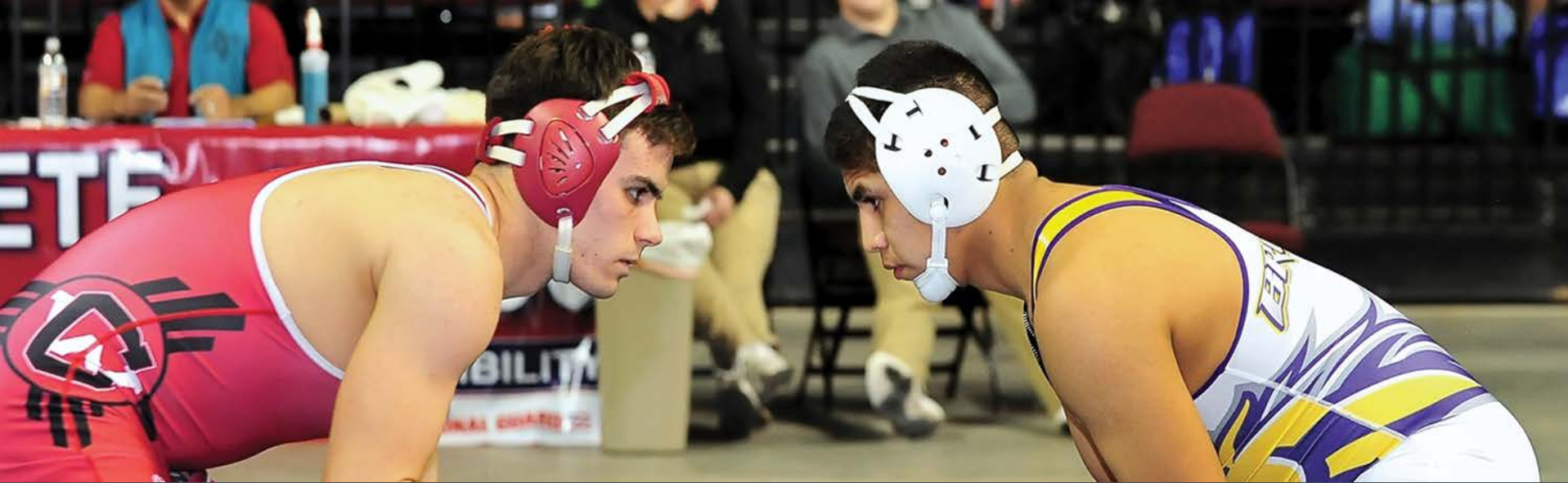


## ILLUSTRATIONS #26

- **26.** (5-25-1) This double under hook does not stop the takedown by the wrestler in the ~~striped~~light uniform. (If the wrestler locks their hands in the double under hook, it is an illegal hold/maneuver.) (7-1-5k)
- **Rationale:**  
Clarification.







# 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
  - 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.

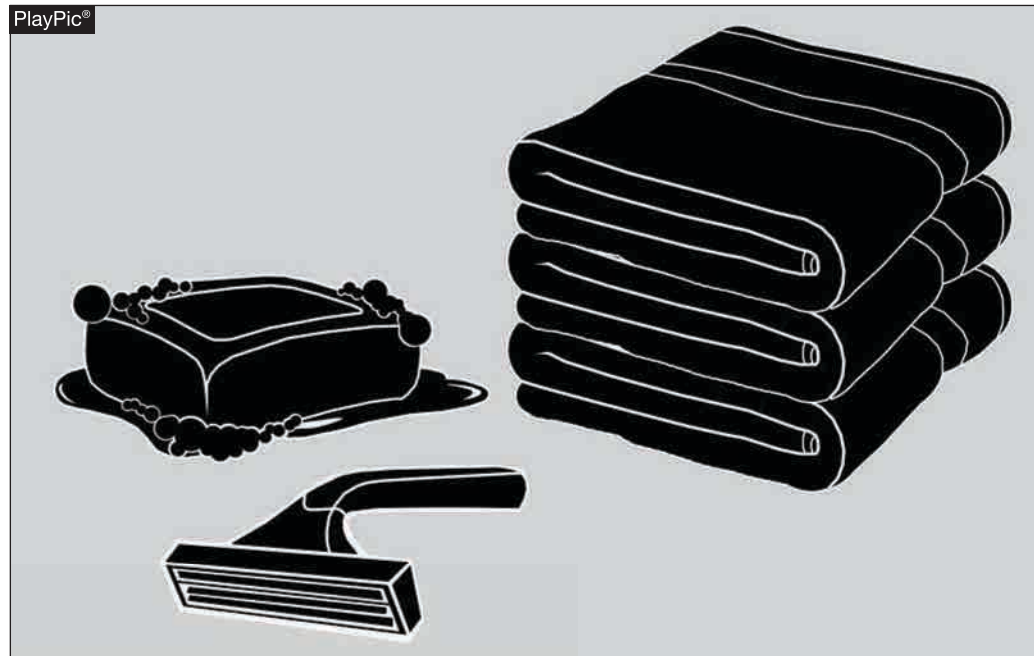


# CLEANLINESS OF UNIFORMS AND PADS

- Communicable diseases are a major concern in wrestling.
- Preventing the spread of communicable diseases is to properly clean all the mats, uniforms and pads
  - A 10% household bleach mixed in to 9 parts of water is an effective disinfectant.
  - Commercial disinfectants are also available.
    - Be sure that they are effective against viruses, fungi and bacteria.



# 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

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- 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





# CLEANLINESS OF UNIFORMS AND PADS

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- Emphasize the importance of showering with soap and water. If shower facilities are not available then use “baby wipes” to clean any exposed skin after practice and competition.
- Coaches or trainers should perform daily skin checks.





# CLEANLINESS OF UNIFORMS AND PADS

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- Wrestlers should not share practice/competition gear, towels, or any personal hygiene products.
- Wrestlers should refrain from cosmetic shaving parts of their body other than their face.
- 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 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

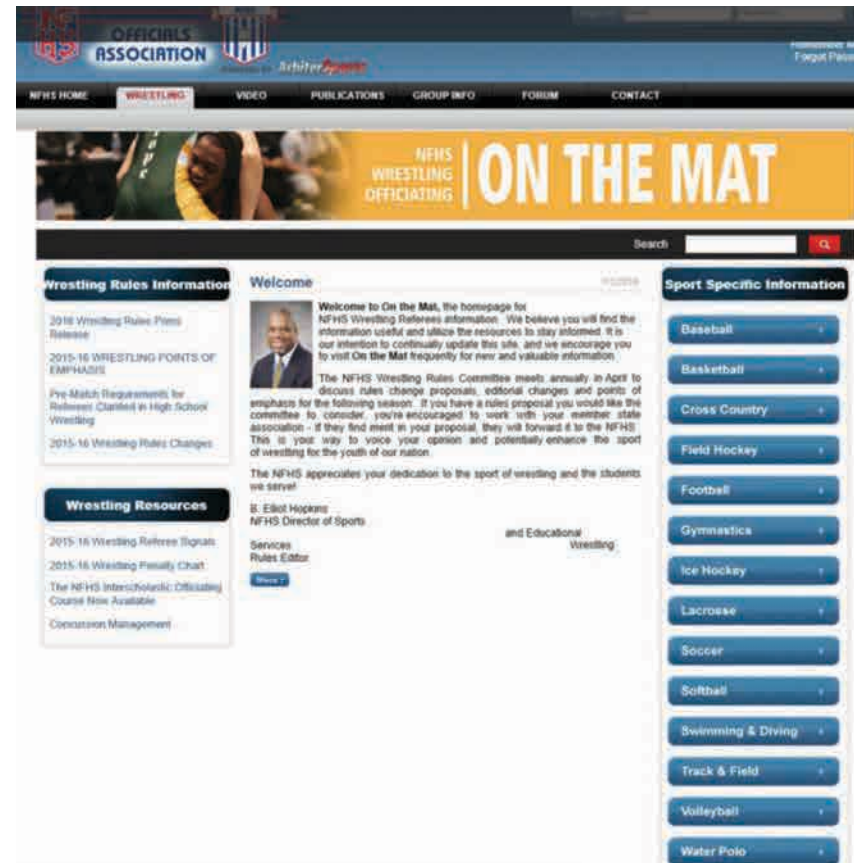
- Consistency is important for the wrestlers, coaches, table workers and spectators.
- Uniformity is imperative.
- Knowing what to expect each and every time as a wrestler prior to the start of a match speaks to the professionalism and consistency of the referee.
- There are a tremendous number of moving 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.



# NFHS OFFICIALS ASSOCIATION CENTRAL HUB

[HTTPS://NFHS-WRESTLING.ARBITERSPORTS.COM/FRONT/105418/SITE](https://nfhs-wrestling.arbitersports.com/front/105418/site)

- Contains:
  - Sport information
  - Rules information
  - Rules library
  - Searchable rules book
  - Video content on officiating sport, competition situations and interpretations



# NFHS FREE COURSES

- Concussion in Sports
- Coaching Pole Vault
- NCAA Eligibility
- Positive Sport Parenting
- Sportsmanship
- Sports Nutrition
- Heat Illness Prevention
- Introduction to Music Adjudication
- Introduction to Pitch Smart
- Learning Pro – Suite of 4 courses
- Coaching Unified Sports
- Creating a Safe and Respectful Environment
- Engaging Effectively with Parents
- Sudden Cardiac Arrest
- Captains Course
- Interscholastic Officiating



**National Coach Certification Program**





# **NCHSAA Wrestling**

## **2017-18**

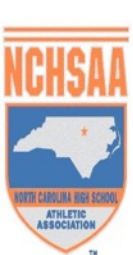
### **Tra Waters, Assistant Commissioner**



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# Important dates

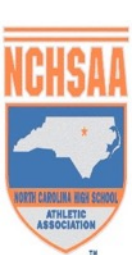
- NWCA Registration October 1
- 1<sup>st</sup> Day of Hydration Testing October 23
- 1<sup>st</sup> Practice October 30
- 1<sup>st</sup> Contest November 13
- Weight Certification Date January 27
- Regional Entries Due January 29, 3:00pm
- Dual Team Playoffs January 30 – February 3



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# Dual team playoffs

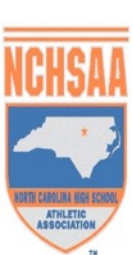
- 1A – 24 team bracket; 2A, 3A, 4A – 32 team bracket
- Back to Pre-determined brackets (No seeding)
- Number of automatic qualifiers in each conference will be determined based upon number of wrestling teams in each conference
  - Winter sports eligibility summary form



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# Important Information

- Dual Team Championships - February 3
- All state championships will be conducted at a neutral site for the 1<sup>st</sup> time in 2017-2018
- Site is TBD



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# Regionals

- Hosts:

- 1A East – Voyager Academy
- 1A West – Avery County  
Morehead
- 2A East – Croatan
- 2A Mideast – MISSING
- 2A Midwest – Mt. Pleasant
- 2A West – West Lincoln
- 3A East – West Brunswick

3A Mideast – Chapel Hill

3A Midwest –

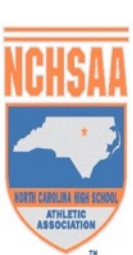
3A West – North Henderson

4A East – New Bern

4A Mideast – Cardinal Gibbons

4A Midwest – Glenn

4A West – Hough



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# Regional Seeding

- New Plan for 2017-2018 (Based upon survey results): 65% of 200+ coaches/schools surveyed – 1 year trial
- The regional seeding format will be based on a point system that uses the following formula. Points will be awarded using the wrestler's current winning percentage and their **previous year's** state placement or state qualification. A wrestler's state placement must be from an accredited state association. Independent state placers will be awarded the same points as a state qualifier from an accredited state association. An independent state qualifier will not receive any points. For purposes of the state placement points, 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. The seeding will be done through a tournament program set up by Track Wrestling.
- **Winning Percentage:** A wrestler's winning percentage will be determined by dividing the number of wins by the total number of matches wrestled. This percentage will be based on a 15 match minimum.
- *Example 1:* Wrestler A has a 15-5 record. He/she would have a .750 winning percentage which would earn them 75 points toward the regional seeding formula.
- *Example 2:* Wrestler B has an actual record of 8-2. He/she would have a .533 (8 divided by 15) winning percentage due to the minimum match rule of 15 matches. As a result, they would receive 53.3 points toward the regional seeding formula.
- **State Placement/Qualification:** A wrestler who placed in the previous year's state tournament would earn additional points based on the quality of their placement. These points would be added to the wrestler's winning percentage total. The state points would be based on the following ladder:

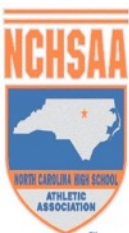
|  |    |
|--|----|
| • State Champion                           | 50 |
| • State Runner-up                          | 45 |
| • 3 <sup>rd</sup> Place                    | 40 |
| • 4 <sup>th</sup> Place                    | 35 |
| • 5 <sup>th</sup> Place                    | 30 |
| • 6 <sup>th</sup> Place                    | 25 |
| • State Qualifier/Independent State Placer | 20 |



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# State Individual championships

- February 15– 17, 2018
  - Greensboro Coliseum
- Thursday, February 15
  - 2:30pm – 3A Weigh-ins
  - 4:00pm – 3A First Round
  - 4:30pm – 4A Weigh-ins
  - 6:00pm – 4A First Round
  - 6:30pm – 2A Weigh-ins
  - 8:00pm – 2A First Round
- Friday, February 16
  - 7:30am – 2A, 3A, 4A Weigh-ins
  - 9:00am – Competition Begins
  - 12:30pm – 1A Weigh-ins
- Saturday, February 17
  - 7:30am – Weigh-ins
  - 9:00am – Competition Begins
  - 5:00pm – Parade/Finals



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# NCHSAA Board Changes 2017-18



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# Amateur Rule

- Increased allowable merchandise to be received from \$20.00 to \$250.00 per sports season
- Acceptance of money or a forbidden award will cause an athlete to lose athletic eligibility for the semester in which the violation occurred, and the following semester.



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# Senior Exceptions

- Students may be allowed to wear school uniforms, including protective equipment, in outside organization competition, so long as the student has exhausted athletic eligibility in that sport and received permission from the member school. Approval from the LEA is strongly recommended.
- Exception to the numbers restrictions for students who have exhausted their eligibility in that sport. Dead period rules will remain.



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# Transfer Rule

- Students transferring to a member school where the student's coach has relocated to within a year will be deemed ineligible for a period of 365 days LEA to LEA
- A student's first transfer after initial entry into the 9th grade is not subject to the NCHSAA transfer rule (LEA to LEA). For any transfer thereafter, the student must sit out for 2 consecutive semesters (at least 50% of the current semester + following semester) or 365-days, whichever is less.



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# Transfer Rule

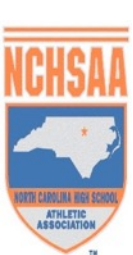
- NCHSAA Transfer Committee will be composed of the NCHSAA Executive Committee and at least one (1) non-district affiliated member.
- Modified initial entry interpretation for non-district affiliated schools (Charter and Non-Boarding Parochial) –Rule 1.2.1(a)(2): boundary criteria shall only apply after initial entry into ninth grade.
- Students who want to participate in cheerleading are not subject to the transfer policy, however all current eligibility requirements would remain applicable.



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# Residence Rule

- Separate Parents with No Court-Ordered Custody Agreement
  - Residency shall be deemed to be with the parent with whom the student begins the school year (i.e. 1st semester).
- Bona Fide Change: The change must not be solely made for athletics purposes.



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# Endowment Games

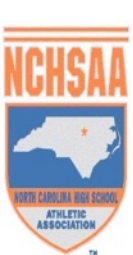
- The home team will remit twenty-five (25) percent of the gross revenue to the NCHSAA's endowment fund. If a member school plays an endowment game against a non-member school, the member school is responsible for remitting payment to the NCHSAA regardless of where the game is played.



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# Wet Bulb Globe Temperature

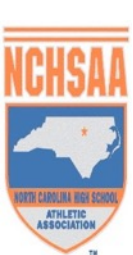
- Added language to the WBGT Index and Athletic Activity Chart in the 90 or Above category for Athletic Activity Guidelines: SUSPEND PRACTICE/MUST INCLUDE MANDATORY BREAKS AS DIRECTED BY GAMEDAY ADMINISTRATOR DURING CONTEST.



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# Facilities

- The NCHSAA has the right to require host teams to find an adequate facility based on expected game/contest attendance and/or quality of venue.



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# Coaches Education

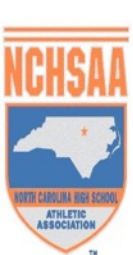
- Annual requirements must be completed after June 1, 2017 and before the first date of practice.
- NFHS Sudden Cardiac Arrest
  - To require all non-paid coaches to complete the NFHS Sudden Cardiac Arrest Course annually and prior to the first contest. Effective Date: August 1, 2017



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# Eligibility Summary Submission Dates

- Fall – September 15<sup>th</sup>
- Winter – December 15<sup>th</sup>
- Spring – April 1st



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# Skill Development/Dead Periods

- Changed In-season dead periods from 6 weeks to 3 weeks
- Added new dead period:
  - Last 10 student days of the school year
  - Effective 2017-2018



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# Eligibility & Compliance

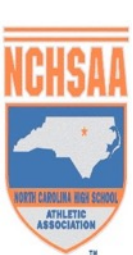


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# Eligibility

## PowerPoint

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

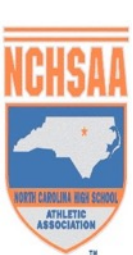


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# Eligibility

## Preseason Meeting

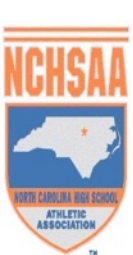
- Required attendance by all parents
- Time to share rules, regulations, expectations, philosophy etc.
- Time to get all required signatures--pledges, Gfeller-Waller information, etc.
- Eligibility and Authorization



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# Eligibility

- Eligibility Checklist
  - Use to ensure school has done its due diligence



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# Clinic Attendance

**Head** coaches in baseball, basketball, cheerleading, football, golf, lacrosse, soccer, softball, swimming, tennis, track & field, volleyball and wrestling must attend an NCHSAA approved State Rules Clinic.

- Must be completed prior to coaching in the first contest; subject to \$400 fine, in addition to a \$500 fine if he/she actually coaches in the contest
- **Athletic directors cannot satisfy this requirement by attending a rules' session in place of the head coach**



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# Coaches' Education

## NFHS Fundamentals of Coaching Course

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



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# Coaches' Education

## Concussion Management Certification

- The **NFHS Concussion in Sports Course** (free on-line course) or an equivalent course must be completed annually (*after June 1, 2017 and before the first date of practice*) 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.



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# Coaches' Education

## CPR/AED Certification

- All head and paid coaches must be CPR/AED certified

## NFHS Sudden Cardiac Arrest Course

- All non-paid coaches are required to complete the NFHS Sudden Cardiac Arrest Course annually (*after June 1, 2017 and before the first date of practice*).
  - Effective August 1, 2017



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# 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”**



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# 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)

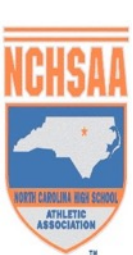


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# Coaches' Education

## Accredited Interscholastic Coach (AIC)

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

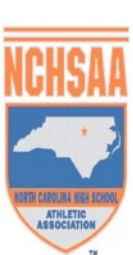


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# Coaches' Education

## 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)



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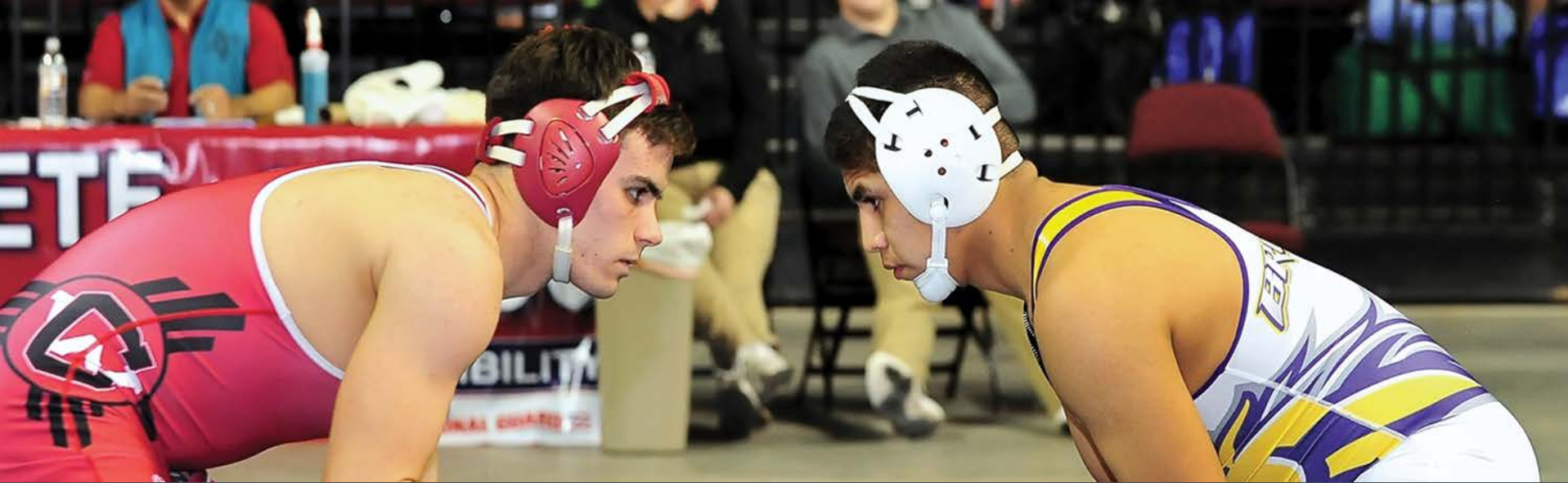
# Transfer Policy

- 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



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