



# 2018-19 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



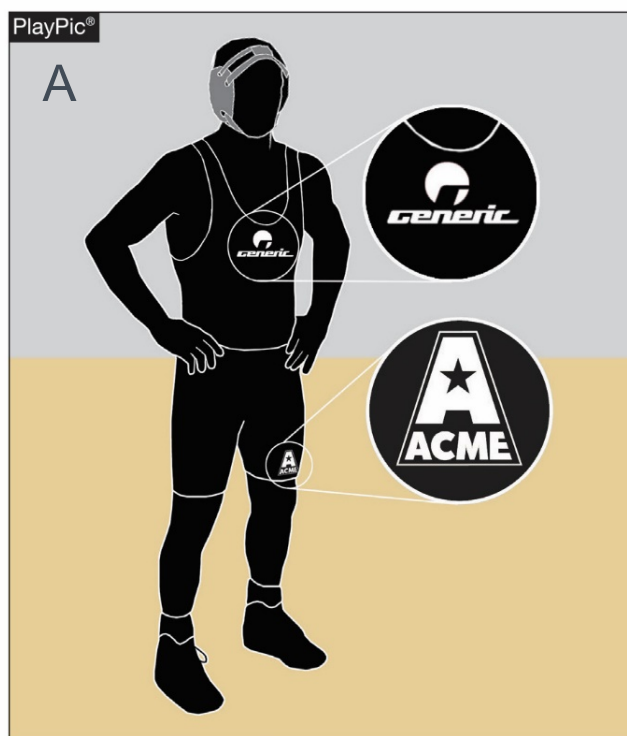
# NFHS WRESTLING RULES CHANGES





# UNIFORMS

## RULE 4-1-2



Any manufacturer's logo/trademark/reference that appears on the wrestling uniform can be no more than 2 1/4 square inches with no dimension more than 2 1/4 inches and may appear no more than once on each item of uniform apparel (PlayPic A). No additional manufacturer's logo/trademark nor a promotional reference shall be allowed on the wrestling uniform (PlayPic B).

## UNIFORMS RULE 4-1-2

- **ART. 2 . . .** Any manufacturer's logo/trademark/reference that appears on the wrestling uniform can be no more than 2 1/4 square inches with no dimension more than 2 1/4 inches and may appear no more than once on each item of uniform apparel. No additional manufacturer's logo/trademark nor a promotional reference shall be allowed on the wrestling uniform.





# UNIFORMS

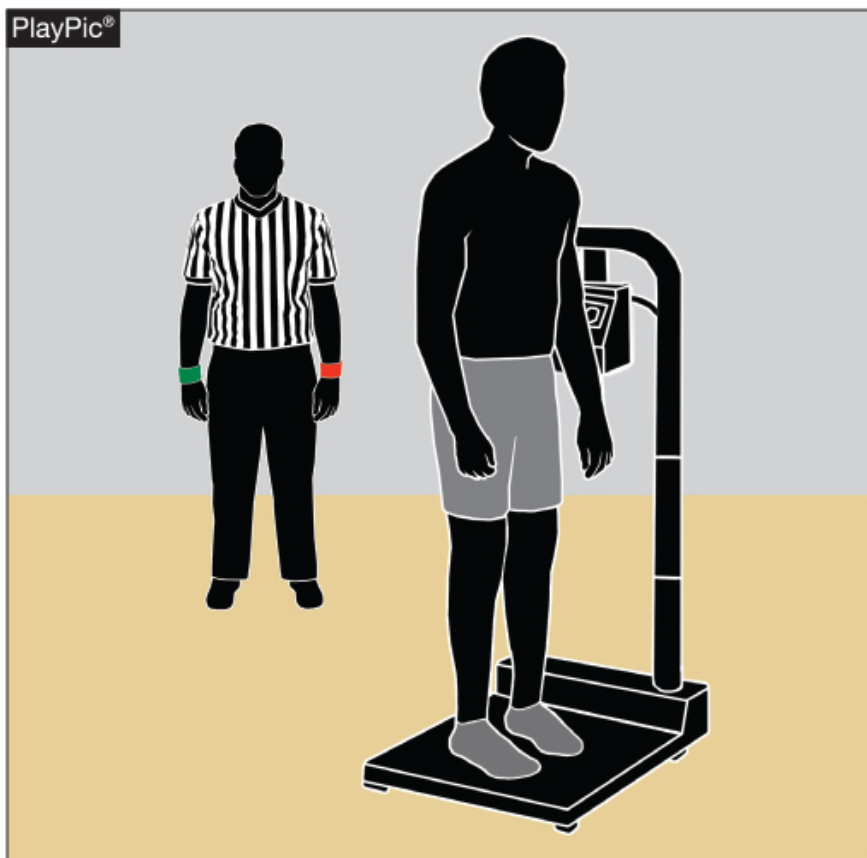
## RULE 4-1-2

- **Rationale:**

Additional logos, trademarks and promotional markings are frequently being applied to the wrestling uniform. This rule allows for minimal disruption of the sanctity of the wrestling uniform and attempts to prevent the exploitation of students.



# WEIGH-INS RULE 4-5-7



Contestants may wear low-cut socks during weigh-ins that cannot be removed or added if the wrestler does not make weight.



## WEIGH-IN RULE 4-5-7

- **ART. 7 . . .** All contestants shall weigh in wearing a suitable undergarment that completely covers the buttocks and groin area. Female contestants must also wear a suitable undergarment that covers their breasts. Contestants may wear low-cut socks that cannot be removed or added if the wrestlers do not make weight.



## WEIGH-IN RULE 4-5-7

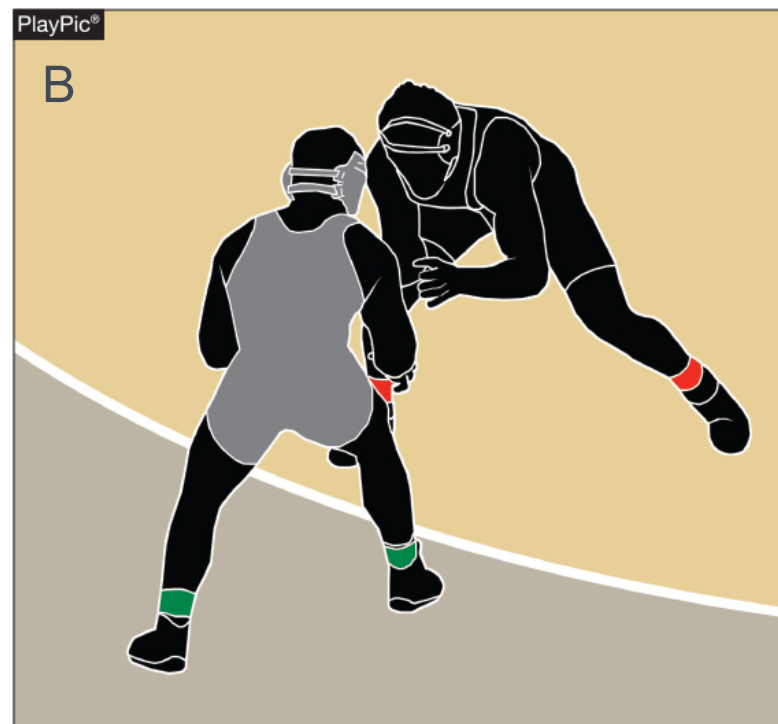
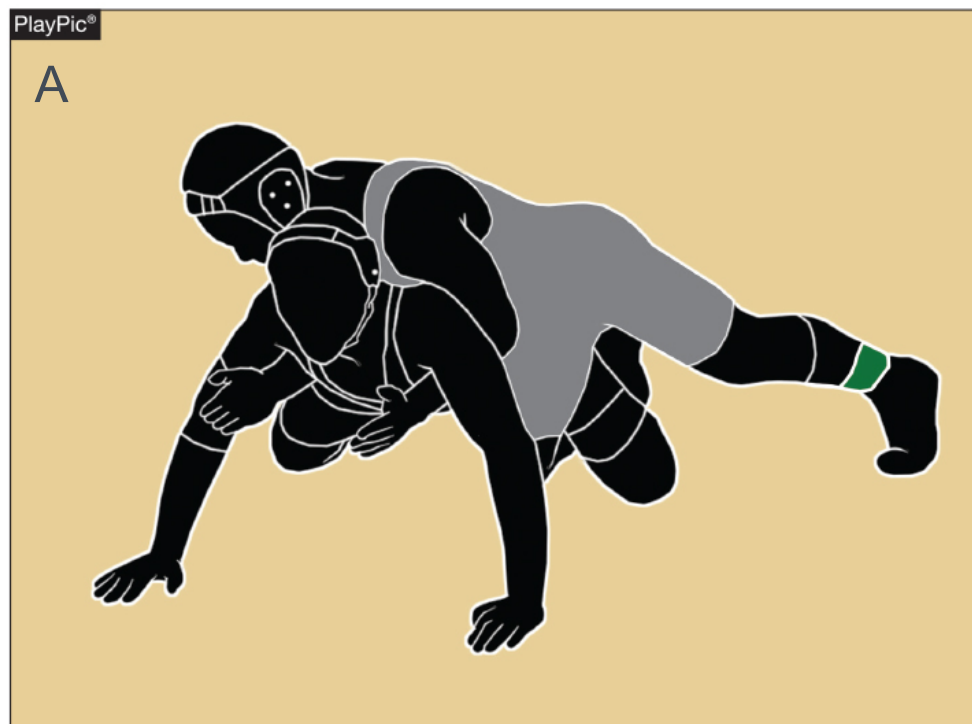
- **Rationale:**

Risk minimization. Feet are typically not inspected during a normal skin check. The wearing of low-cut socks will give contestants an option to prevent the spreading of athlete's foot and other foot infections.





# ESCAPE RULE 5-10



The defensive wrestler in PlayPic A scores an escape in PlayPic B because he/she has gained a neutral position and there are two supporting points of either wrestler inbounds.

## ESCAPE RULE 5-10

- An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler.





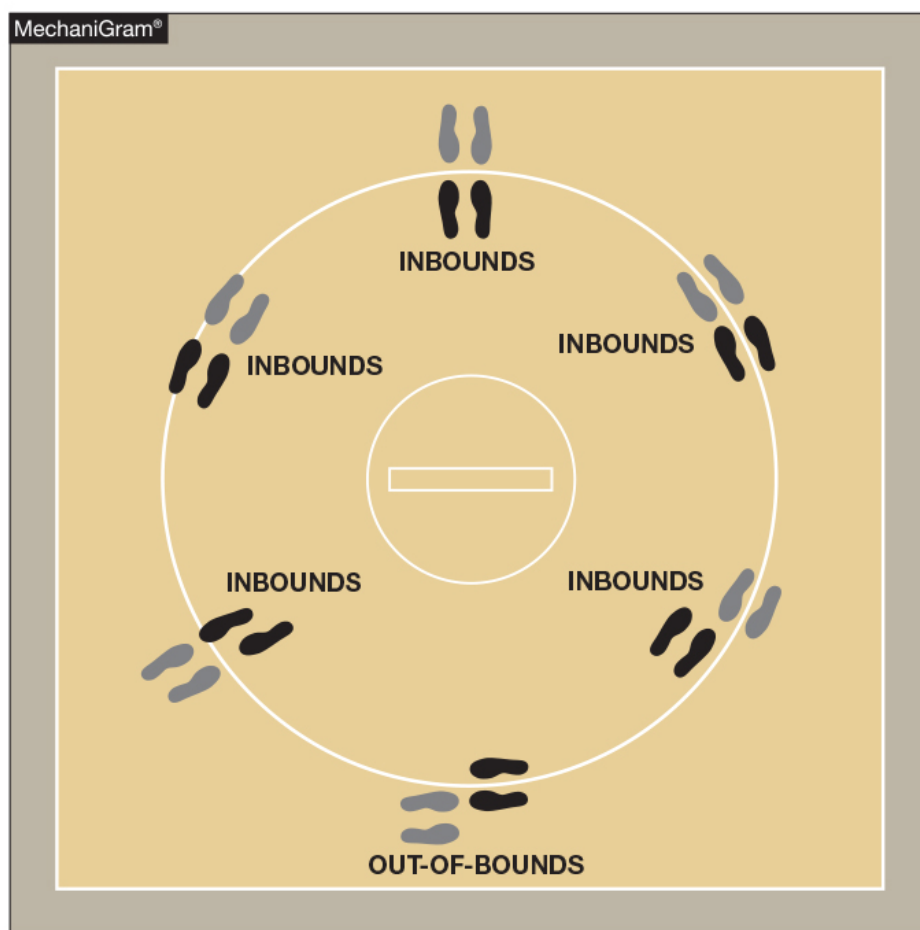
## ESCAPE RULE 5-10

- **Rationale:**

This rule defines what an escape is in conjunction with the new definition of supporting points. This simplifies the explanation with any combination of two supporting points of either wrestler is considered inbounds.



# INBOUNDS RULE 5-15-1



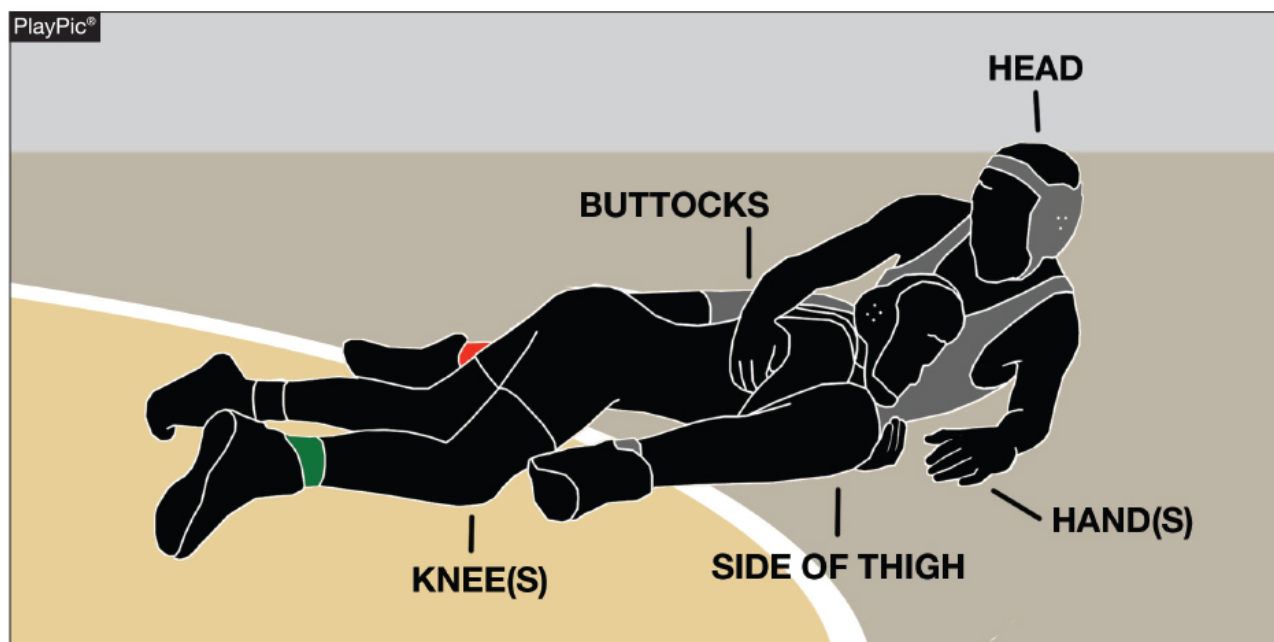
Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inside or on the boundary lines.

## INBOUNDS RULE 5-15-1

- **ART. 1 . . .** Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary lines. (Photo 11) The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inside or on the boundary lines.



## INBOUNDS RULE 5-15-2a



Supporting points are the parts of the body touching the wrestling area which bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.

# INBOUNDS RULE 5-15-2c



In a pinning situation when all parts of a defensive wrestler shoulders / scapula are beyond the boundary line, if the feet including toes and heels of the offensive wrestlers are the supporting points, the offensive wrestler's knee(s) must be inside the boundary, whether in contact with or above the mat.



# INBOUNDS RULE 5-15-2c



In a pinning situation when all parts of a defensive wrestler shoulders / scapula are beyond the boundary line, if the feet including toes and heels of the offensive wrestlers are the supporting points, the offensive wrestler's knee(s) must be inside or on the boundary, whether in contact with or above the mat.

## INBOUNDS RULE 5-15-2a-c

- **ART. 2 . . .** Supporting points are the parts of the body touching the wrestling area which may or may not bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.
- a. When down on the mat, the usual points of support are:
  - 1. the knee(s);
  - 2. the side of the thigh;
  - 3. the buttocks;



## INBOUNDS RULE 5-15-2a-c

- 4. the hand(s);
- 5. the head.
  
- b. When the defensive wrestler is on their back while the supporting points of either wrestler are inbounds wrestling shall continue. In this situation any part of a defensive wrestler's shoulder or scapula is considered to be all the supporting points.

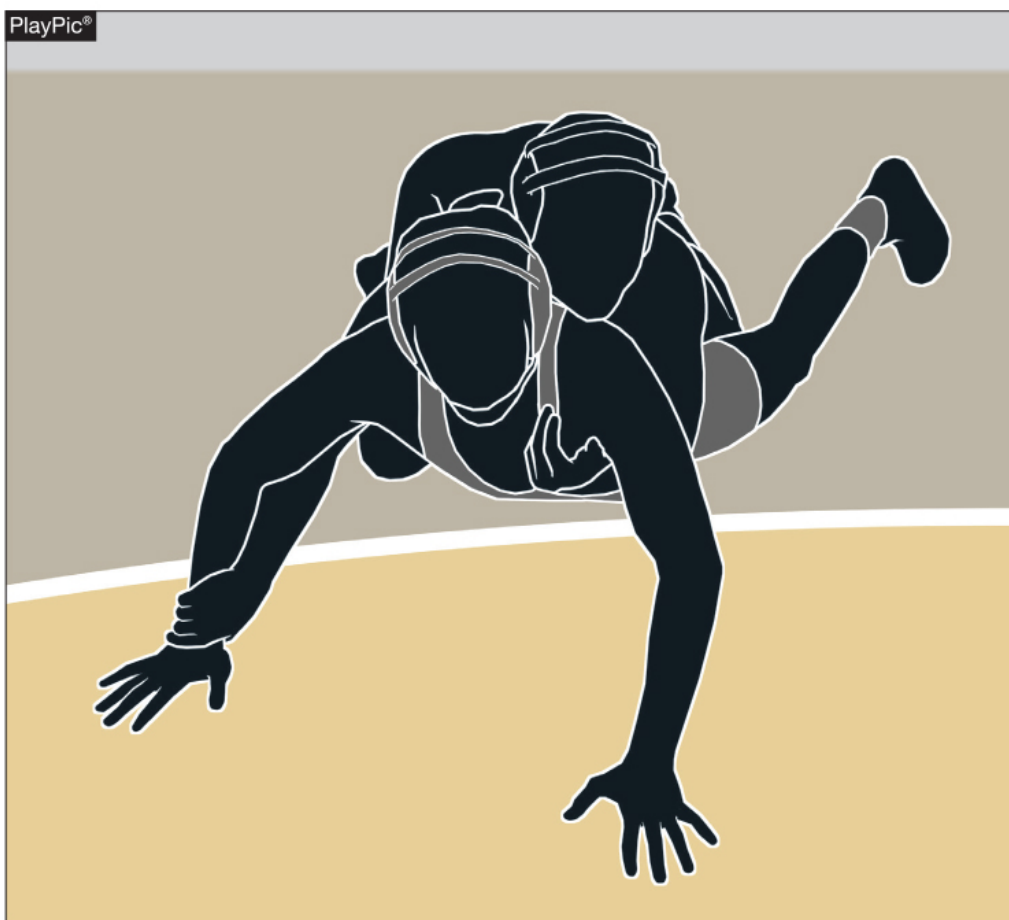


## INBOUNDS RULE 5-15-2c

- c. Near-fall points or fall shall be earned only while the supporting points of either wrestler are inbounds. In a pinning situation, when all parts of the defensive wrestler's shoulders/scapula are on the mat area beyond the boundary line, if the feet including toes and heels of the offensive wrestler are the supporting points, the offensive wrestler's knee(s) must be inside the boundary, whether in contact or above the mat.



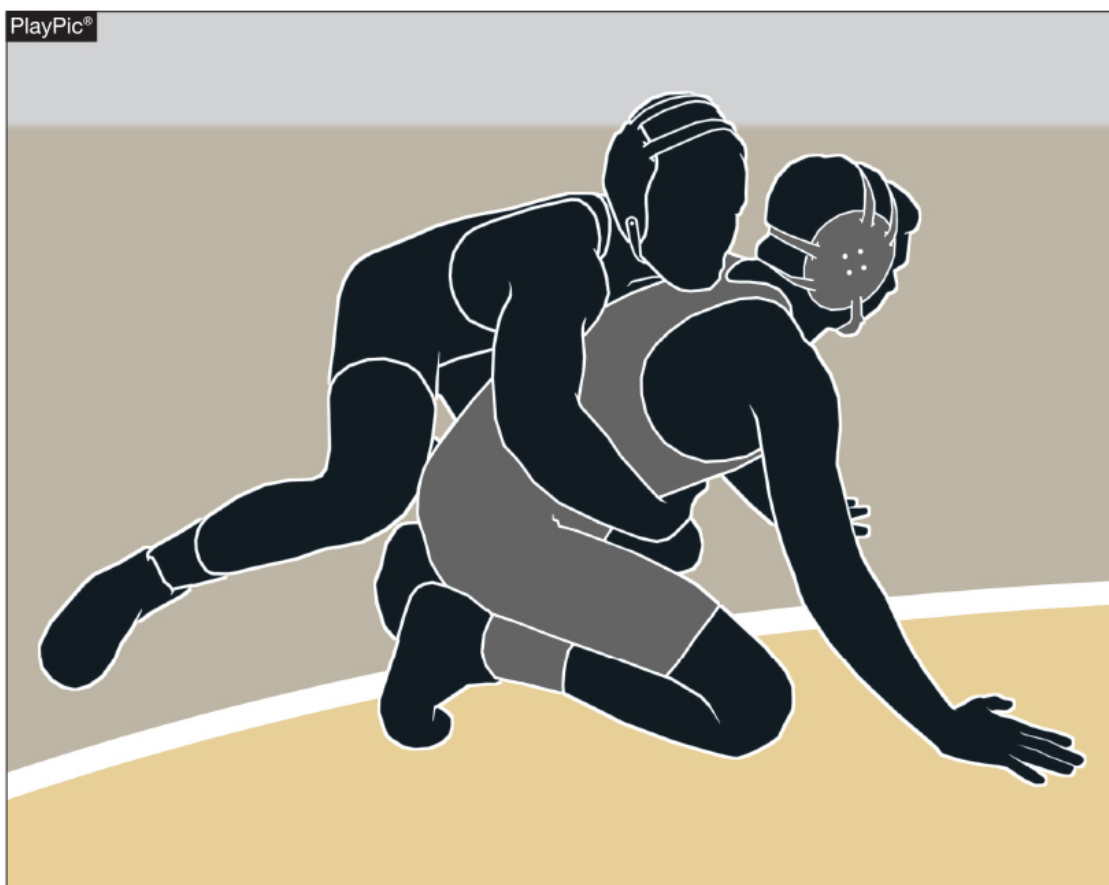
# INBOUNDS RULE 5-15-3



The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. If there is no action at the edge of the mat, the referee shall stop the match.

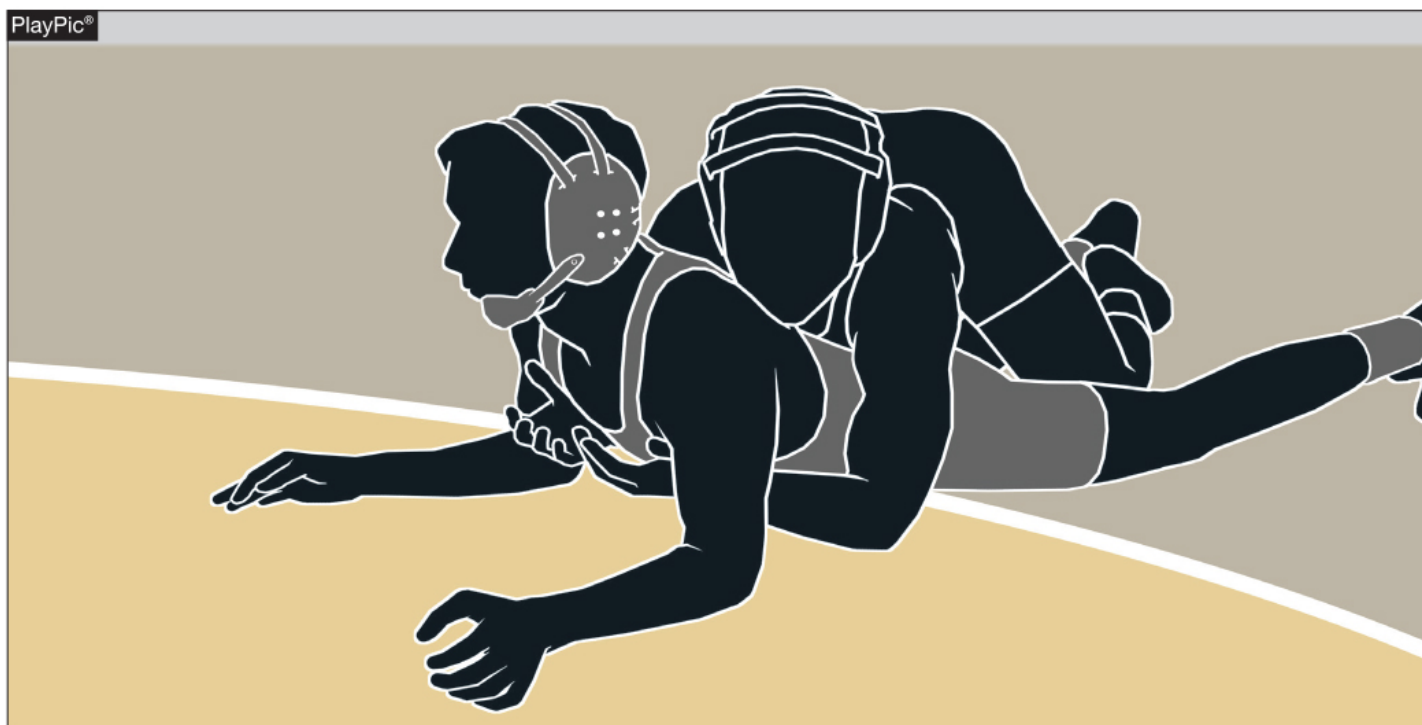


# INBOUNDS RULE 5-15-3



Even if the defensive wrestler has two supporting points inbounds, if there is no action at the edge of the mat, the referee shall stop the match for a restart in the center of the mat.

## INBOUNDS RULE 5-15-3



Wrestling shall continue as long as a total of two supporting points of either wrestler are inside or on the boundary lines. In this PlayPic, the wrestlers are inbounds. The bottom wrestler's elbows and hands are the two supporting points.

## INBOUNDS RULE 5-15-3

- **ART. 3. . .** Wrestling shall continue as long as a total of two supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. If there is no action at the edge of the mat the referee shall stop the match.



## INBOUNDS RULES 5-15-1,2 AND 3

- **Rationale:**

This rule removes the subjectivity in the out of bounds call without increasing the out of bounds area. In addition, it assists the referee's call out of bounds more consistently. Changing the knees to knee(s) is consistent with sub-article 5-15-2a4. The removal of "majority of weight" criteria will aid the referee in focusing on the supporting points that are inbounds instead of what is out of bounds.



## **INBOUNDS RULES 5-15-1,2 AND 3**

---

- This simplifies the determination with any combination of two supporting points is considered inbounds. The modification clearly defines the offensive wrestler's supporting points in a pinning situation. No wrestling action at the edge of the mat will result in the referee stopping the match.





## SUPPORTING POINTS COMMENT

- Interscholastic wrestling is uniquely different than any other type of wrestling in the world. We are challenged by a wide variety of gymnasiums and mat sizes. The NFHS Wrestling Rules Committee had a healthy discussion regarding toes, feet and heels as supporting points. There was no action taken to add toes, feet or heels as usual supporting points down on the mat. They were also not addressed as unusual supporting points.

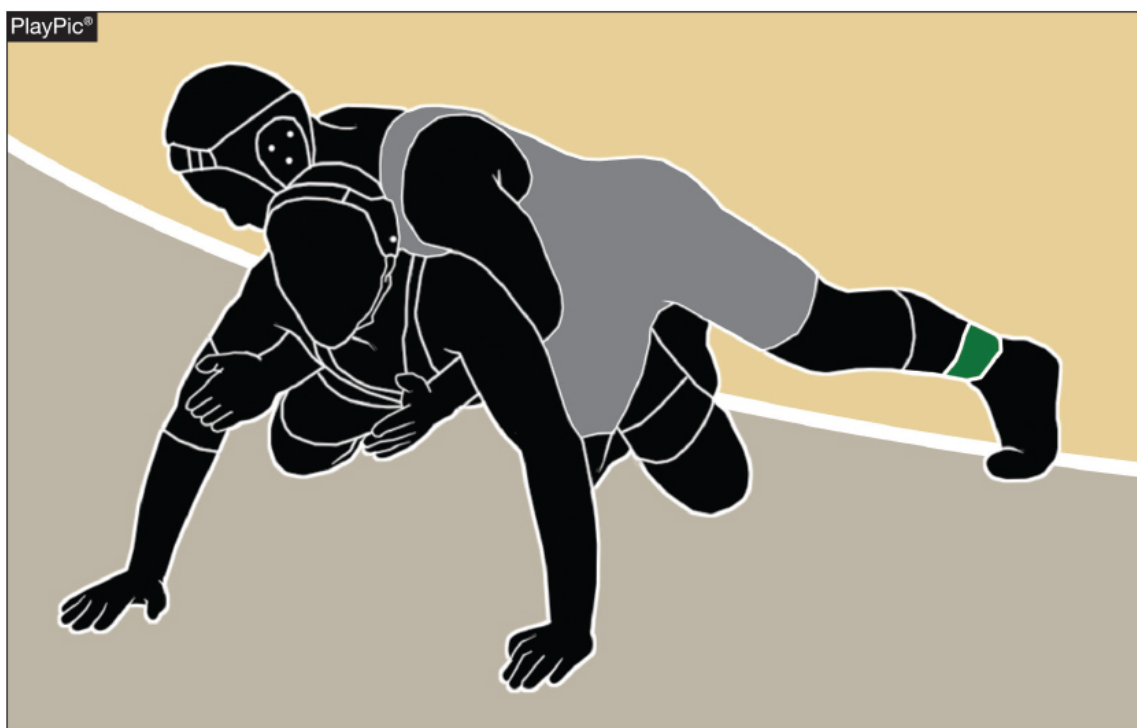


## SUPPORTING POINTS COMMENT

- Toes, feet and heels down on the mat and knees inbounds are addressed during a fall or near-fall only. (5-15-2c)
- Supporting points will apply to all positions. The only exception would be near-fall/fall out of bounds where the knees cannot go past the boundary line if the offensive wrestler's weight is on their feet, toes or heels.



# OUT OF BOUNDS RULE 5-18



Out of bounds occurs when there are no longer two total supporting points inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line.

## OUT OF BOUNDS RULE 5-18

- Out of bounds occurs when there are no longer two total supporting points inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line. (Photo 11)



## OUT OF BOUNDS RULE 5-18

- **Rationale:**

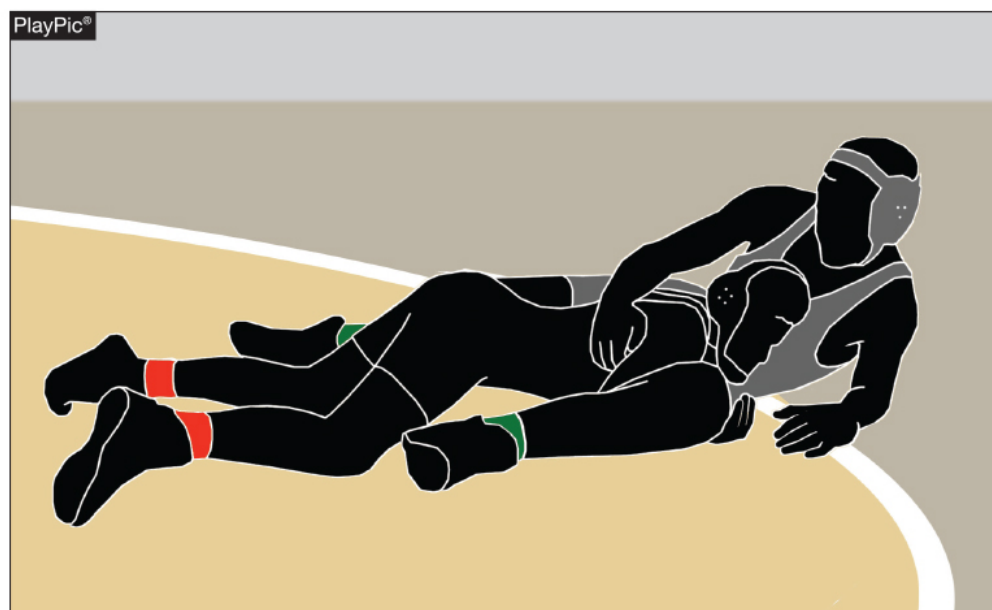
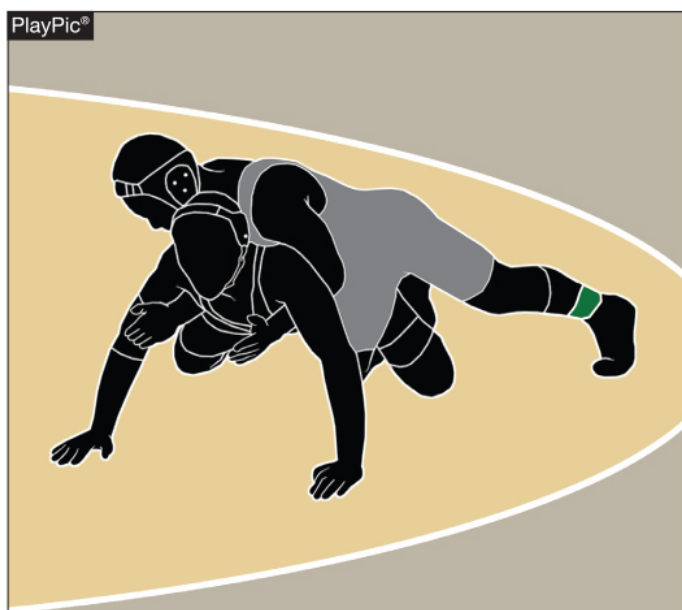
This rule would eliminate the subjectivity in the out-of-bounds call without increasing the out-of-bounds area. It also assists the referees call out of bounds more consistently. The removal of the “majority of weight” criteria will aid the referee in focusing on inbounds and out-of-bounds, rather than trying to make a judgment on weight-bearing extremities.





# REVERSAL

## RULE 5-22-1-2



In awarding a reversal at the edge of the mat, control must be established while the total of two supporting points of each wrestler inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line or while at least the feet of the scoring contestant finish down on the mat inbounds.

## REVERSAL RULE 5-22-1

- **ART. 1 . . .** It is a reversal when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position, while the total of two supporting points are inside or on the boundary line. Two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler. If there is no action at the edge of the mat, the referee shall stop the match. (Photos 21 & 22)



## REVERSAL RULE 5-22-2

- **ART. 2 . . .** In awarding a reversal at the edge of the mat, control must be established while the total of two supporting points of each wrestler inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line or while at least the feet of the scoring contestant finish down on the mat inbounds.



## REVERSAL RULE 5-22-1-2

- **Rationale:**

This rule defines what a reversal is in conjunction with the new definition of supporting points. This simplifies the explanation with any combination of two supporting points of either wrestler is considered inbounds. No wrestling action at the edge of the mat will result in the referee stopping the match.



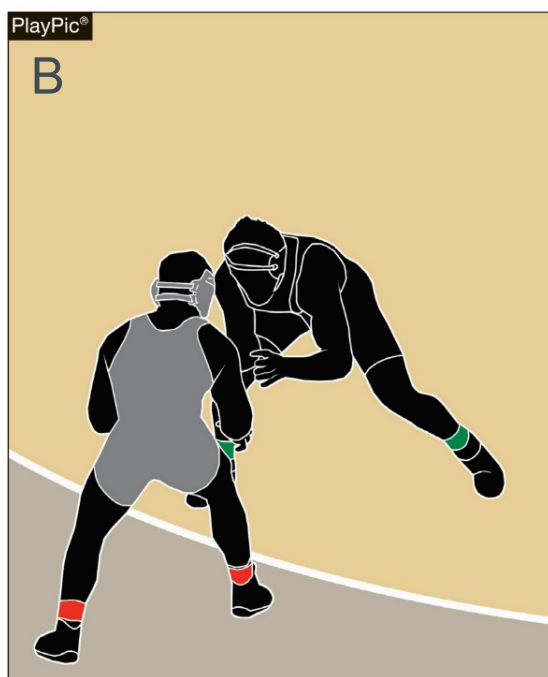
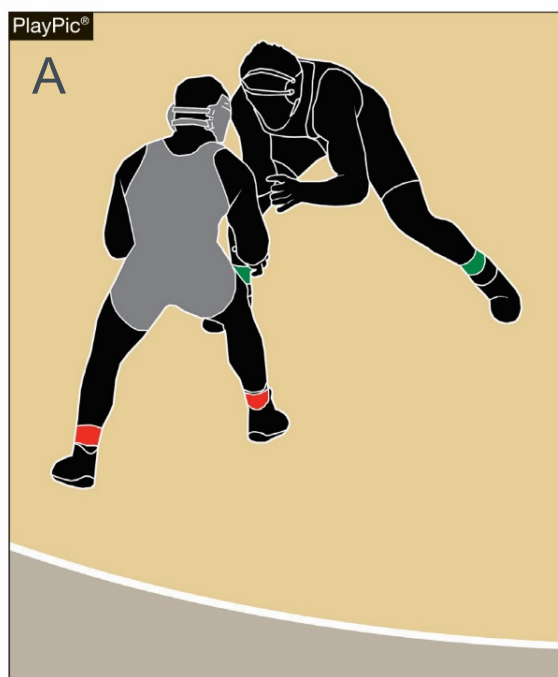
# STALLING

## RULE 5-24-3e, f



From a neutral position, the wrestler from behind is stalling if he/she pulls their opponent out of bounds off the mat. It is also stalling if a wrestler pushes their opponent out of bounds off the mat.

# STALLING RULE 5-24-3e



The wrestlers in PlayPic A are in a neutral position. In PlayPic B, the wrestler in gray is backing off the mat. That is stalling. It is not stalling if the wrestler backs off the mat to pivot to get into position to execute a move (PlayPic C).

## STALLING RULE 5-24-3e, f

- **ART. 3 . . .** It is stalling in the neutral position when a wrestler:
  - a. continuously avoids contact with the opponent;
  - b. plays the edge of the mat;
  - c. prevents the opponent from returning to or remaining inbounds; or
  - d. is not attempting to secure a takedown;
  - e. backing off the mat, out of bounds;
  - f. pushing or pulling out of bounds.





## STALLING RULE 5-24-3e, f

- **Rationale:**

The addition of these two criteria has contributed to keeping the action within the boundary lines at different positions. This modification of stalling in the neutral position has made the stalling call an easier call for the official with definitive language as a guide.



# TAKEDOWN RULE 5-25-3



In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are in bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.

## TAKEDOWN RULE 5-25-1

- **ART. 1 . . .** It is a takedown when, from the neutral position, a wrestler gains control over the opponent down on the mat and a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds. When the defensive wrestler's hand(s) touch the mat it is considered a supporting point(s). (Photos 23-30)



## TAKEDOWN RULE 5-25-3

- **ART. 3 . . .** In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are in bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds. (Photos 32-34)



## **TAKEDOWN RULE 5-25-3**

---

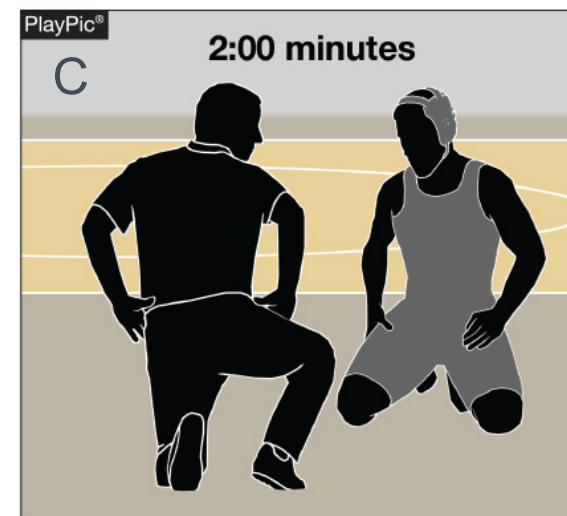
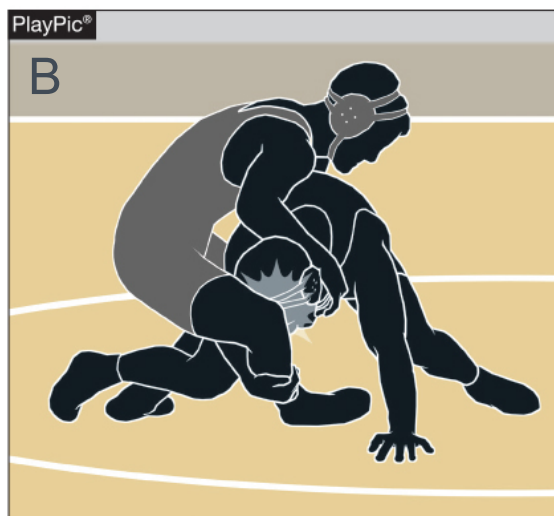
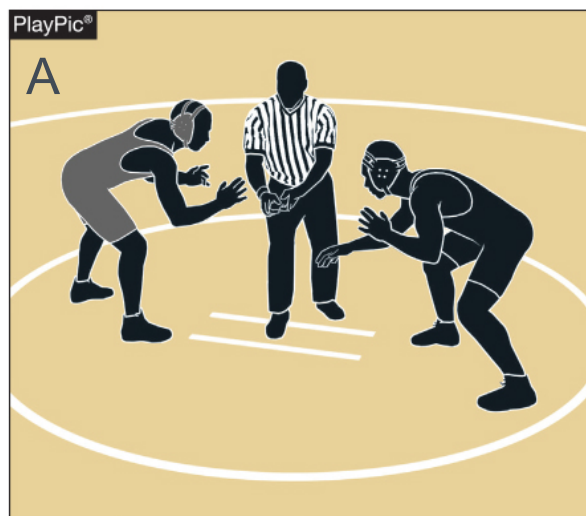
- **Rationale:**

This rule defines what a takedown is in conjunction with the new definition of supporting points. This simplifies the explanation with any combination of two supporting points of either wrestler is considered inbounds.



# RECOVERY TIME

## RULES 5-28-3, 8-2-2



From the neutral position (PlayPic A), a wrestler false starts (PlayPic B) causing an injury to their opponent. The injured wrestler is allotted 2 minutes of recovery time (PlayPic C), which is not deducted from the injured wrestler's injury time allowance. If the injury is such the injured contestant is unable to continue following a maximum of two minutes recovery time, the injured contestant shall be awarded the match by default.

## RECOVERY TIME RULES 5-28-3, 8-2-2

- **ART. 3 . . .** Recovery time, If a contestant is injured as a result of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the wrestler is entitled to two minutes of recovery time, which is not deducted from the injured wrestler's injury time allowance. (8-2-2)





## RECOVERY TIME RULE 8-2-2

- **ART. 2 . . .** If a contestant is injured as a result of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct (during the match) or the result of a false start (by the opponent) in the neutral position, to the extent the injured contestant is unable to continue following a maximum of two minutes recovery time, the injured contestant shall be awarded the match by default.



## RECOVERY TIME RULE 8-2-2

- In case of an intentional attempt to injure an opponent, the offender shall be penalized for flagrant misconduct. Recovery time for injury because of an illegal hold/maneuver is not deducted from the injured contestant's injury-time allowance. An injured contestant cannot take injury time immediately following recovery time. (5-28-3)



## RECOVERY TIME RULES 5-28-3, 8-2-2

- **Rationale:**

Clarification that if a wrestler is injured because of the opponent's false start in the neutral position, then the injured wrestler should be accommodated with recovery time as part of the existing criteria.



## ILLEGAL HOLD/MANEUVER RULE 7-1-5q

- Under the Illustrations section in the back of the NFHS Wrestling Rules book. Illustration #83 "(7-1-5q) The back bow is illegal as illustrated by application." ~~when the pressure is toward the head, whether the defensive wrestler is on his/her stomach or hip.~~

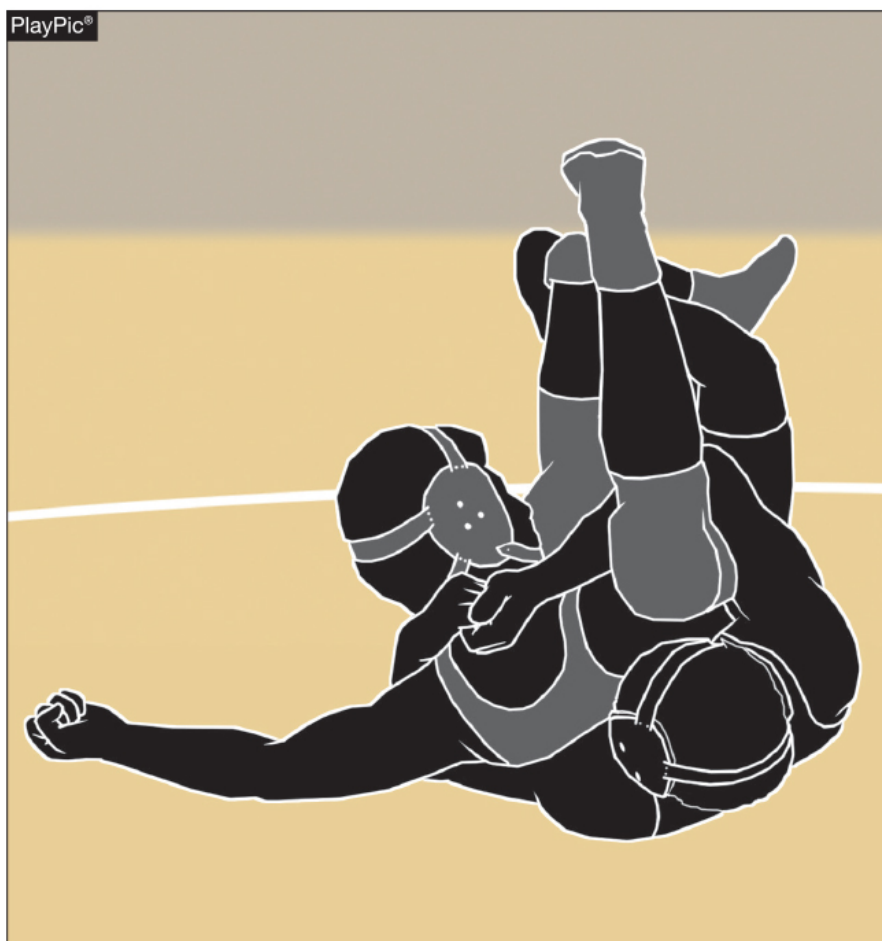
- **Rationale:**

In the body of Rule 7, it is denoted that the "back bow" is an illegal hold/maneuver. It does not stipulate that it is illegal conditionally if pressure is used, if it is applied, then it is illegal.



# ILLEGAL HOLD/MANEUVER

## RULE 7-1-5y



The nelson cradle is illegal. It is a combination made up of a half nelson on one side with a locked cradle from around the neck with the far side knee. The crotch of the knee acts as the other arm (arm pit) to complete the full nelson pressure on the neck and throat.

# ILLEGAL HOLD/MANEUVER

## RULE 7-1-5y

- y. the Nelson-Cradle.

- **Rationale:**

Modified that the Nelson-Cradle is an illegal hold/maneuver. The Nelson-Cradle is a combination made up of a half nelson on one side with a locked cradle from around the neck with the far side knee. The crotch of the knee acts as the other arm (arm pit) to complete the full nelson pressure on the neck and throat.



## **ILLEGAL HOLD/MANEUVER** **RULE 7-1-5y**

---

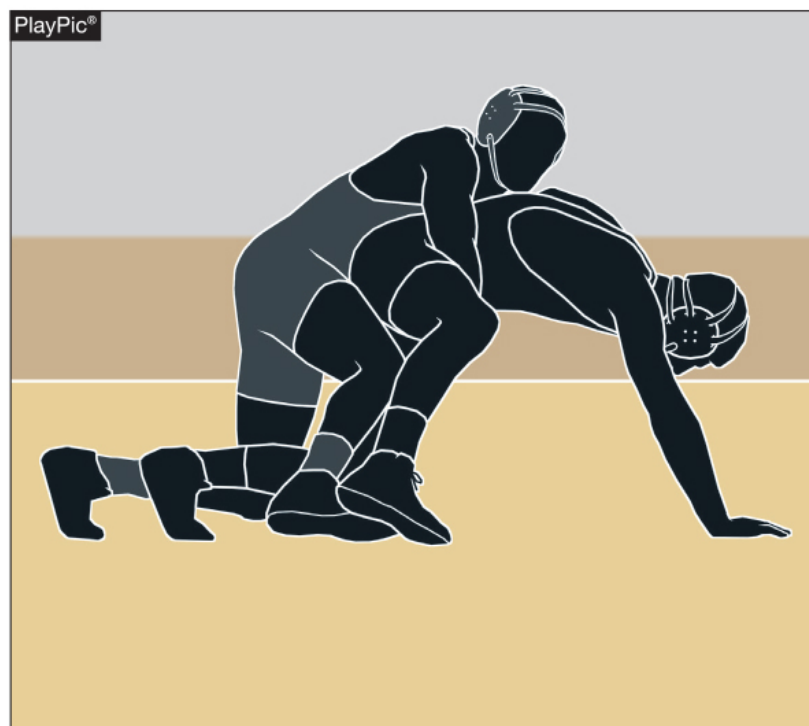
- Also, the action occurring on the lower spine as the knee is brought up near the head is dangerous. When the move is finished the offensive wrestler can either roll it over or draw it backward.





# UNSPORTSMANLIKE CONDUCT

## RULE 7-4-2



Repeatedly dropping to one knee or one hand to break locked hands is to be ruled unsportsmanlike conduct.

# UNSPORTSMANLIKE CONDUCT

## RULE 7-4-2

- **ART. 2 . . .** Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the referee, pushing, shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting and the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one knee or one hand to break locked hands, ...



# UNSPORTSMANLIKE CONDUCT

## RULE 7-4-2

...indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

### ■ Rationale:

Repeatedly dropping to one hand to force an opponent to break locked hands happens just as often as repeatedly dropping to one knee. There is no difference between the two acts.



# UNSPORTSMANLIKE CONDUCT

## RULE 7-4-2

- This has been enforced by many officials without proper rule coverage. This conduct is now being addressed in the rules book.





# POINTS OF EMPHASIS



## CLEANLINESS



Among the ways to prevent the spread of communicable skin diseases:

- Clean wrestling mats daily with a solution of 10:100 bleach and water or an appropriate commercial cleaner.
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.
- Clean all workout gear after each practice including towels, clothing, headgear, shoes, knee pads, etc.
- Require each wrestler to shower after each practice and competition with an antibacterial soap. Do not share bars of soap. Use individual soap dispensers.



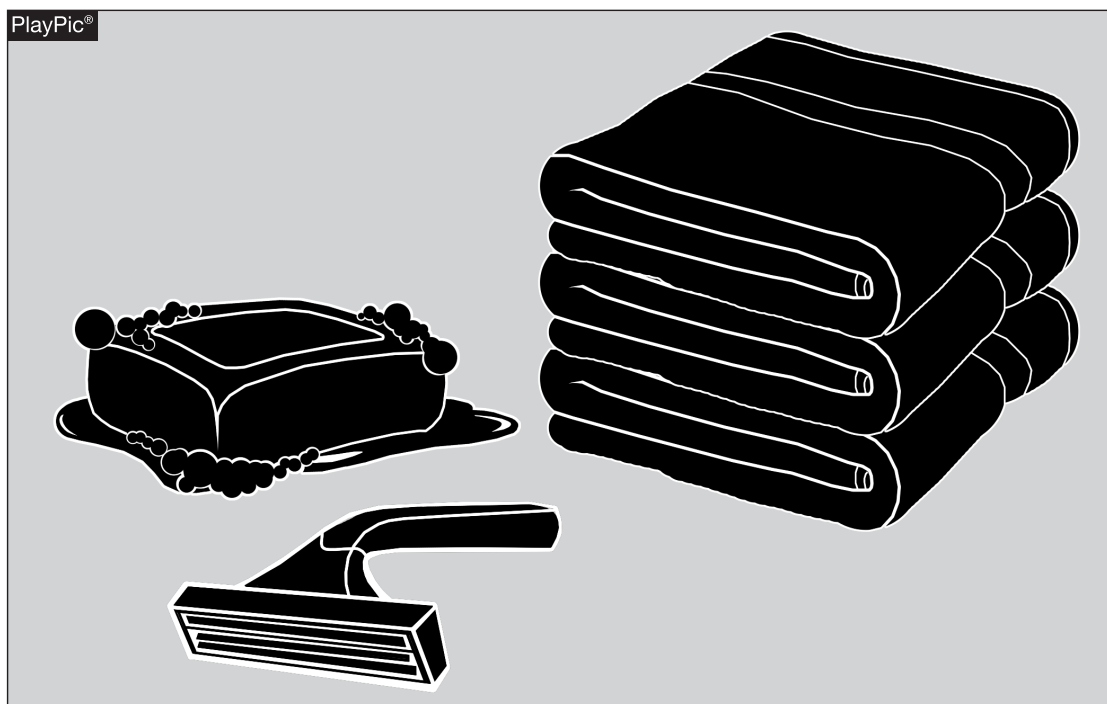
## CLEANLINESS OF UNIFORMS AND PADS

- 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 10 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

- 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

---

- 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

- 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.



# STALLING



## STALLING

- Wrestling is an aggressive endeavor and should be coached and executed in that manner. It is expected that wrestlers stay inbounds and compete. There is no passive wrestling. There are no provisions in the rules to allow a wrestler to rest.



## STALLING

- Backing off the mat out bounds, pushing or pulling the opponent out of bounds, hands locked around leg of an opponent without the intent of taking him or her down or preventing the opponent from scoring is considered stalling. The referee should be firm and consistent in enforcing the letter and spirit of the rule.



# SPECIAL EQUIPMENT





## SPECIAL EQUIPMENT

- Special equipment is identified in Rule 4-3-1 as any equipment that is not required by rule. All special equipment should be presented prior to stepping on the mat to begin wrestling.
- In fact, it is a requirement by rule that the referee will decide on the legality of such equipment.



## SPECIAL EQUIPMENT

---

- Any equipment that prevents normal movement of the joints and which prevents one's opponent from applying normal holds/maneuvers should not be allowed.
- It is reasonable for the wrestler to present his/her special equipment during the weigh-in/skin check period.

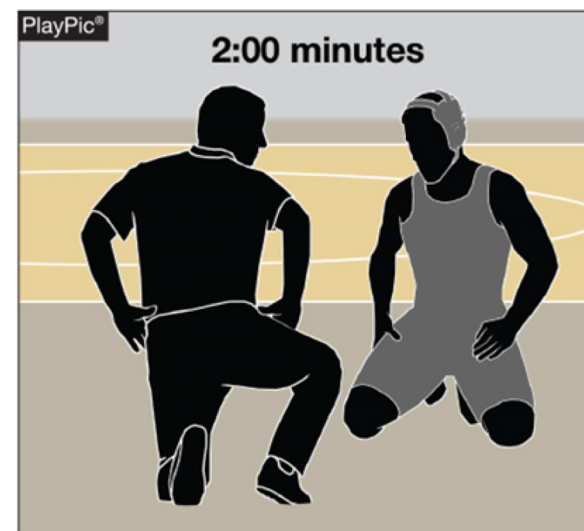
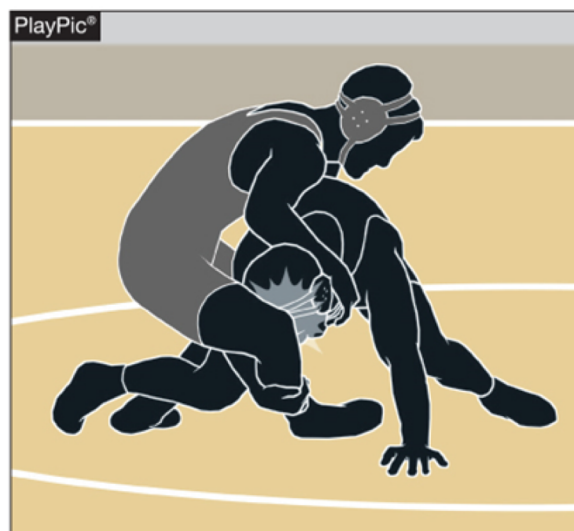


## SPECIAL EQUIPMENT

- The piece of equipment to the left is a knee pad. The piece of equipment to the right is a leg sleeve.
- It is the up to the discretion of each high school state association to decide if they allow the leg sleeve that are presented in their state.



# PREVENTING INJURIES FROM FALSE STARTS IN THE NEUTRAL POSITION



# PREVENTING INJURIES FROM FALSE STARTS IN THE NEUTRAL POSITION

- A number of injuries are occurring due to false starts in the neutral position. This is a preventable injury.
- It is imperative that the official use proper mechanics to prevent neutral false starts.
- When starting the match in the neutral position, the official shall position themselves between the wrestlers to prevent a false start.
- The official shall blow their whistle as they step back from between the wrestlers.



# PREVENTING INJURIES FROM FALSE STARTS IN THE NEUTRAL POSITION

- This mechanic should be a visible reminder to wrestlers that we are concerned about unnecessary injuries that can be alleviated with attention to false starts.







# NFHS WRESTLING EDITORIAL CHANGES



## **RULE 4-1-1a**

---

- **Change:**
  - a. A one-piece singlet 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. The one-piece singlet may be worn with full-length tights with stirrups.





## RULE 4-1-1a

Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting, ~~a single solid color, unadorned~~ and shall not extend below the knee. The one-piece singlet shall be school-issued.

■ **Rationale:**

Because the new rules approve the use of school issued compression shorts to be worn under a one-piece singlet, the wording single solid color and unadorned no longer applies.



## RULE 4-1-1c

- **Change:**

c. Full-length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be a tight-fitting, ~~single solid color, unadorned~~ and shall not extend below the knee.

**Rationale:**

Because the new rules approve the use of a school issue compression short which could be multi-colored and adorned to be worn under a one-piece singlet this wording is no longer needed.



## RULE 6-6-5a.2.

- **Change:**

- a. Match Score

- ~~■ Errors involving the computation of match score must be corrected within 30 minutes after the conclusion of the dual meet. If the error necessitates additional wrestling, it must be corrected prior to the next match.~~



## RULE 6-6-5a.2.

- 2. Errors involving the computation of match score must be corrected prior to the next match in which either wrestler competes. If the error necessitates additional wrestling it must be corrected prior to the offended contestant leaving the mat area and prior to the start of the next match on that mat.

### **Rationale:**

The above change was approved last year and was incorrectly edited into the rulebook.





# NFHS WRESTLING RULE CORRECTION



## RULE 6-4-1

- **ART. 1 . . .** When there is no longer a total of two supporting points of either wrestler on or inside the boundary line, wrestling shall be stopped and wrestlers returned to the center of the mat and started according to the position of each at the time they went out of bounds.



## RULE 6-4-1

- The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line. If the wrestlers go out of bounds in the neutral position, the match shall be resumed with each wrestler at the designated green or red area.
- **Rationale:**  
Rule change was not given proper acknowledgement within the NFHS Wrestling Comments of the 2018-19 Rule Changes.





# **NCHSAA Updates**

## **2018-19**



# Important dates

- |  |                         |
|--|-------------------------|
| • NWCA/TrackWrestling Registration         | October 1               |
| • 1 <sup>st</sup> Day of Hydration Testing | October 22              |
| • 1 <sup>st</sup> Practice                 | October 31              |
| • 1 <sup>st</sup> Contest                  | November 14             |
| • Weight Certification Date                | January 26              |
| • Regional Entries Due                     | January 28, 3:00pm      |
| • Dual Team Playoffs                       | January 29 – February 2 |

# Dual team playoffs

- 1A – 24 team bracket; 2A, 3A, 4A – 32 team bracket
- Pre-determined brackets
  - Will rotate conference match-ups in bracket
  - Number of automatic qualifiers in each conference will be determined based upon number of wrestling teams in each conference
    - Winter sports eligibility summary form

# Important Information

- Dual Team Championships - February 2
- All state championships will be conducted at a neutral site time again in 2018-2019
- Site is “The Fieldhouse” at the Greensboro Coliseum

# Regionals

- Hosts:

- 1A East – Rosewood
- 1A West – Robbinsville
- 2A East – Croatan
- 2A Mideast – Walkertown
- 2A Midwest – Lexington
- 2A West – West Lincoln
- 3A East – Cleveland

3A Mideast – SE Guilford  
3A Midwest – Piedmont  
3A West – N. Henderson  
4A East – New Bern  
4A Mideast – C. Gibbons  
4A Midwest – Davie Co.  
4A West – Mooresville

# Regional Seeding

- 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	10
- Example 1:* Wrestler C has a 40 -1 record and placed third in the previous year's state tournament. He/she would gain 97.6 points due to their winning percentage and an additional 40 points for placing 3<sup>rd</sup> in the previous year's state tournament. The total points used for seeding Wrestler C would be 137.6.
- Tiebreaking criteria:** All ties will be broken with the same criteria as in past years. The first criteria is head to head, then total number of matches, followed by a coin flip.

# State Individual Championships

- February 14– 16, 2019
  - Greensboro Coliseum
- Thursday, February 14
  - 2:30pm – 4A Weigh-ins
  - 4:00pm – 4A First Round
  - 4:30pm – 2A Weigh-ins
  - 6:00pm – 2A First Round
  - 6:30pm – 3A Weigh-ins
  - 8:00pm – 3A First Round
- Friday, February 15
  - 7:30am – 2A, 3A, 4A Weigh-ins
  - 9:00am – Competition Begins
  - 12:30pm – 1A Weigh-ins
- Saturday, February 16
  - 7:30am – Weigh-ins
  - 9:00am – Competition Begins
  - 4:30pm – Parade/Finals

# 2-Pound Allowance

- **ALL** wrestlers receive the two pound growth allowance on December 25th. This eliminates:
- The need of a wrestler to meet scratch weight at an official weigh-in prior to being able to use the allowance.
- The rule that stated once you used the allowance at a weight class, you could not descend to a lower weight class.
- The need for a coach to select which wrestlers will or will not receive the allowance at a given match.
- 
- **\*\*Important Reminder\*\***
- A wrestler cannot use the allowance to descend to a weight class lower than the established MWC on his weight loss plan. For example:
- If a wrestler's minimum wrestling weight is 107.5 for the year and his MWC for the year is 113, he/she cannot use the two pound allowance to descend down to 106/108 because that wrestler was never eligible for that weight class based upon their initial assessment.

# Skill Development

- On a given day, an athlete is limited to 1.5 hours of skill development or weight training/conditioning during the academic school year calendar; inclusive of all weekends, holidays, work days, etc. Skill development sessions are not to exceed 1.5 hours in duration including flex time (stretching), meetings, video review and breaks.



# Dead Periods

Summer 2018	July 2 - 8 and July 16 - 22
Fall 2018	July 30 through August 19
Spring 2019	February 13 through March 5 & Last 10 student days of 2 <sup>nd</sup> semester
Summer 2019	July 1 - 7 and July 15 - 21

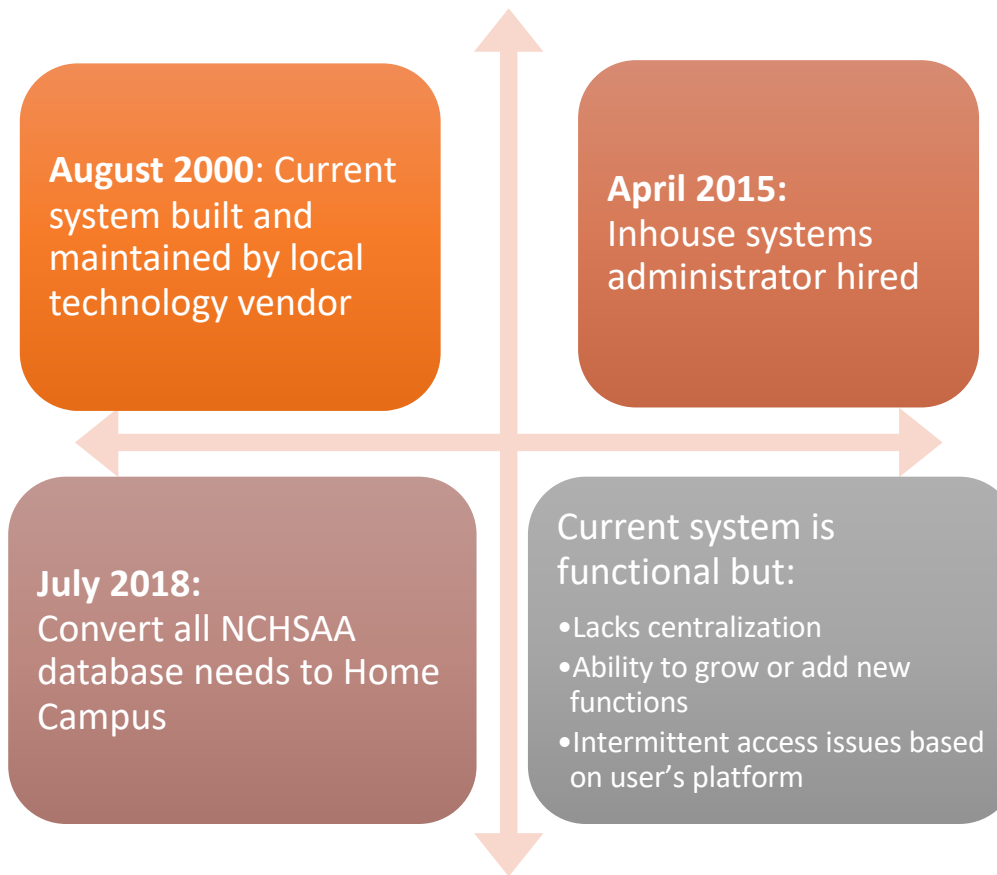
# General Changes

## Dual Team Playoffs

- Wild-Cards
  - 4.1.18(e)(1): Teams in their classification will be selected to fill the remaining slots in the bracket based upon **conference finish**, then overall record.
    - Conferences are pre-assigned into the east/west region and are only eligible for wildcard positions in those regions.
- Under no circumstance may a team “leap-frog” a higher finishing team in its own conference.

# General Changes

- **Home Campus Background and Description**



# General Changes

- **Home Campus Scope**

- The following are 2017-2022 NCHSAA Strategic plans items that will be accomplished by this conversion:
  - **1.1.3** Update the current systems for reporting violations and infractions.
  - **1.2.3.3** Create an interactive tool on the NCHSAA website to help students and parents determine athletic eligibility
  - **2.2.3** Evaluate stakeholder information delivery systems.
  - **2.3.1** Monitor trends in the digital media space, including live video/streaming and social media, and find ways to benefit schools through new technologies.

# General Changes

- **Home Campus Phase 1 – Existing**

- The new system will include the following current database functions:
  - Membership data information (coaches, school information, etc.)
  - LEA data information
  - Regional Supervisors data information and clinic scheduling
  - Sport clinic attendance for coaches
  - Eligibility summary data entry for each sport season
  - Endowment games
  - Transfers
  - Violations
  - Sanctions
  - Ejections/Disqualifications
  - Seeding for baseball, basketball, golf (regionals), football, lacrosse, tennis (dual team and regionals), volleyball, softball, and wrestling (dual team)

# General Changes

- **Home Campus Phase 1 – New**
  - The new system will also add the following:
    - Ability for system athletic directors to search the membership directory as well as monitor the schools in their LEA for compliance.
    - Ability to have games, rosters and records entered in MaxPreps to be auto-populated in the school's database.
    - Ability to have NFHS Learn coach education auto-populated in the school's database.
    - Ability to digitize all financial forms such as playoff and endowment game forms.
    - Ability to export search results to an Excel document for off-line use.
    - Home Campus also offers many additional features that will be rolled out following stakeholder needs assessments.

# General Changes

## Ticket Prices

- Increased ticket prices for state championship finals only, for 2018 winter and spring sports
- Increased playoff and fall state championship ticket prices across most sports effective July 1, 2018.
- Wrestling ticket prices will remain the same at all levels for 2018-2019

# North Carolina High School Athletic Association

## General Changes

Sport	1 <sup>st</sup> Round	2 <sup>nd</sup> Round	3 <sup>rd</sup> Round	4 <sup>th</sup> Round	Regional	State
<b>FALL</b>						
Cheerleading						\$10.00
Cross Country						\$6.00 + parking
Football	\$8.00	\$8.00	\$8.00		\$10.00	\$15.00
Men's Soccer	\$7.00	\$7.00	\$7.00	\$7.00	\$8.00	\$10.00
Volleyball	\$7.00	\$7.00	\$7.00	\$7.00	\$8.00	\$10.00
<b>WINTER</b>						
Basketball	\$7.00 (1 game) \$8.00 (2 games)	\$7.00 (1 game) \$8.00 (2 games)	\$7.00 (1 game) \$8.00 (2 games)	\$8.00 (1 game) \$9.00 (2 games)	\$10.00	\$15.00
Indoor Track						\$10.00
Swimming & Diving					\$6.00	\$7.00/session \$10.00/all day
Wrestling, Dual	\$6.00	\$6.00	\$6.00		\$6.00	\$8.00
Wrestling, Ind.					\$8.00 Friday \$10.00 Saturday \$15.00 Full-Tournament \$6.00 Champs only	\$5.00 Thursday \$15.00 Friday or Saturday \$25.00 Friday & Saturday \$7.00 Champs only
<b>SPRING</b>						
Baseball	\$7.00	\$7.00	\$7.00	\$7.00	\$7.00/game	\$8.00 G1 or G3 only \$12.00 G2 & G3
Softball	\$7.00	\$7.00	\$7.00	\$7.00	\$7.00/game	\$8.00 G1 or G3 only \$12.00 G2 & G3
Lacrosse	\$7.00 (1 game) \$8.00 (2 games)	\$7.00 (1 game) \$8.00 (2 games)	\$7.00 (1 game) \$8.00 (2 games)	\$7.00 (1 game) \$8.00 (2 games)	\$7.00 (1 game) \$8.00 (2 games)	\$10.00
Track & Field					\$7.00	\$10.00
Women's Soccer	\$7.00	\$7.00	\$7.00	\$7.00	\$8.00	\$10.00

*Inspiring individuals, encouraging excellence through education-*



# General Changes

## Transfer Policy

- Added language to the Transfer Policy allowing Staff to review all Transfer Certification requests.
  - “Absent mutual agreement, and in consideration of the above, exceptions for immediate athletic eligibility for transfers from one LEA to a different LEA will first be considered by the NCHSAA Staff, then by the NCHSAA Transfer Committee, if necessary.”

# General Changes

## Amateur Rule

- Acceptance of money or a forbidden award will cause an athlete to lose athletic eligibility in all sports for 365 days.

# General Changes

## **Sportsmanship/Ejection Policy**

- Added language to 2.4.2 (f)
  - “The NCHSAA will have zero tolerance within the confines of an NCHSAA event for the following: profanity of any kind, inappropriate language, racial or ethnic slurs, sexist or homophobic language”.

# General Changes

## Sportsmanship/Ejection Policy Penalties

- Added “coaches” to 2.4.3 (c)
  - “Players or coaches receiving two ejections for unacceptable behavior as defined above will be suspended from all sports for the remainder of that sport season.”

# General Changes

## Scrimmages/Ejections Report

- Ejections in pre-season scrimmages now requires:
  - Coach/player suspended from the remainder of the scrimmage – inclusive of multiple scrimmage events on same day (jamboree)
  - Player must complete the NFHS “Sportsmanship” course before being eligible to compete in next scrimmage/contest
  - Head Coach must complete the NFHS “Teaching and Modeling Behavior” course for any

# General Changes

## Video Review for Ejections

- When available, NCHSAA staff may utilize video to invoke ejections/sanctions not reported by game officials.
- Video clips to be presented for committee review within two (2) business days of the contest.

# General Changes

## Officiating Regulations

- Added language to **3.3.2(e)(1)**
  - “Schools are to use only NCHSAA-registered officials working through an approved NCHSAA officials association for varsity, junior varsity and ninth grade football, soccer, baseball, volleyball, basketball, wrestling, swimming and lacrosse at events hosted by or contested at the member school.”

# General Changes

## Return To Play Form

- If a student participating in an interscholastic athletic activity exhibits signs or symptoms consistent with concussion, the student shall be removed from the activity at that time and shall not be allowed to return to play or practice that day. The student shall not return to play or practice on a subsequent day until the student is evaluated by and receives written clearance for such participation from (i) a **physician** licensed under Article 1 of Chapter 90 of the General Statutes with training in concussion management, (ii) a **neuropsychologist** licensed under Article 18A of Chapter 90 of the General Statutes with training in concussion management and working in consultation with a physician licensed under Article 1 of Chapter 90 of the General Statutes, (iii) an **athletic trainer** licensed under Article 34 of Chapter 90 of the General Statutes, (iv) a **physician assistant**, consistent with the limitations of G.S. 90-18.1, or (v) a **nurse practitioner**, consistent with the limitations of G.S. 90-18.2.



# General Changes

## Return To Play Form

- NCHSAA recommends a medical physician!

# Important Information

## Sportsmanship

- The quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials and teammates.
  - Wholesome athletic environment
  - Good Sportsmanship > Victory
  - Modest in victory, gracious in defeat
  - Respecting judgment and integrity of game officials
  - Role modeling good behavior

# Important Information

## Ejection Policy

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

# Important Information

## Ejection Follow-Up

- 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 ([nfhslearn.com](http://nfhslearn.com))

# Eligibility and Compliance

## Eligibility Video

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

# Eligibility and Compliance

## 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

# Eligibility and Compliance

## 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.

# Eligibility and Compliance

## 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, 2018 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.



# Eligibility and Compliance

## 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, 2018 and before the first date of practice*).

# Eligibility and Compliance

## Gfeller-Waller Concussion Law

- Requirements
  - 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, posted and updated annually
  - **“When in doubt, sit them out”**

# Eligibility and Compliance

## Coaches Education

- Accredited Interscholastic Coach (AIC) (6<sup>th</sup> Nationally)
  - 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)

# Eligibility and Compliance

## Coaches Education

- Certified Interscholastic Coach (CIC) (3<sup>rd</sup> Nationally)
  - 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)

# Thank You!

- Get involved with student services
- Visit the NCHSAA website often