



NFHS WRESTLING POINTS OF EMPHASIS



WRESTLER'S EQUIPMENT

The head coach has the obligation to ensure that each wrestler is properly equipped and in proper uniform. Furthermore, he or she is the adult who is responsible that each wrestler's skin, nails and hair are suitable and compliant for competition. Regarding the uniform and wrestler's appearance, we are experiencing modesty challenges which reflect negatively on the sport. Both genders shall wear suitable undergarments that completely covers their buttocks and groin area.



WRESTLER'S EQUIPMENT

Especially, when the school-issued uniform is light-colored or white; once it becomes wet from perspiration, the uniform can become transparent and without the proper undergarment, it makes the wrestler feel self-conscious and anyone around the area feeling uncomfortable. We are encouraged that wrestling is inviting to so many girls, however, we have to ensure that their breasts are completely covered and supported for the vigorous rigors of interscholastic wrestling.



STALLING



Forcing an opponent off the mat (PlayPic A) or fleeing the mat to avoid wrestling (PlayPic B) are considered stalling and must be penalized.

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.

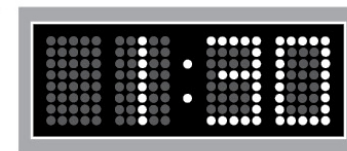
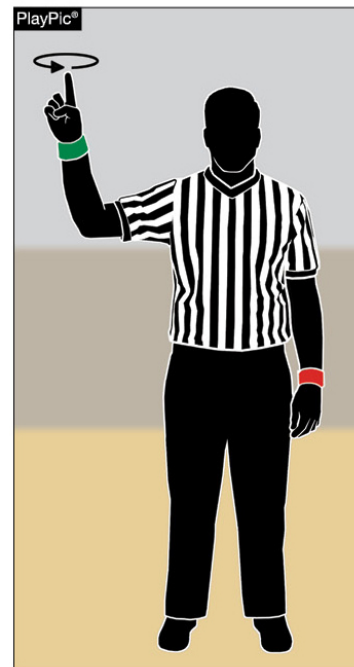
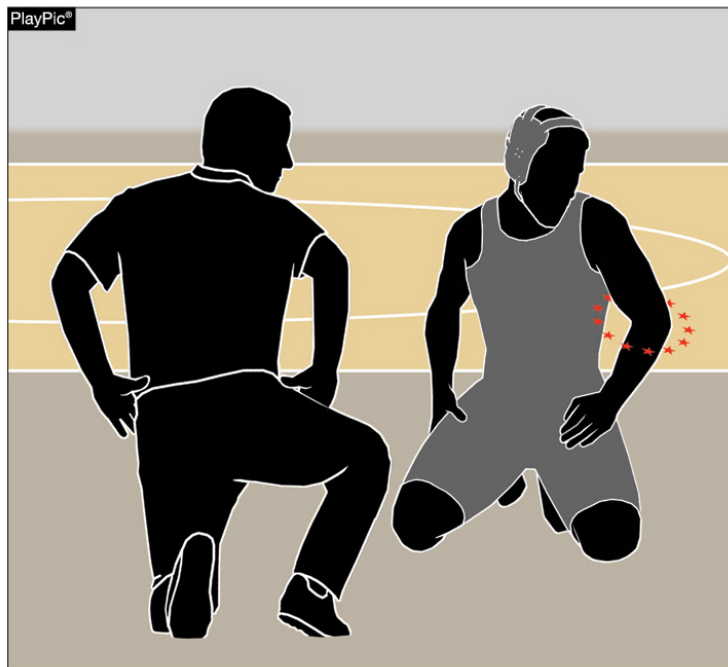


STALLING

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.

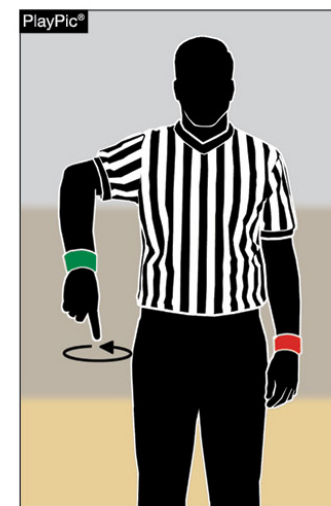
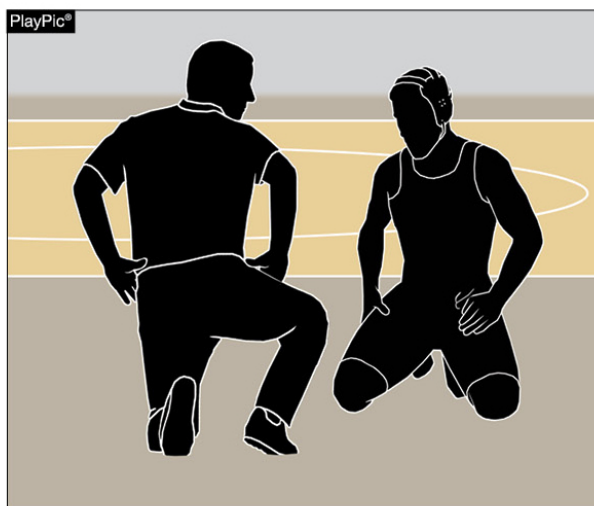
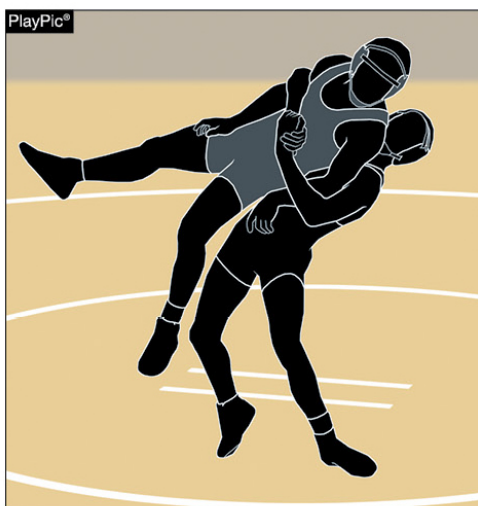


INJURY TIME RULE 8-2-1



Two injury time-outs that do not exceed one minute, 30 seconds are allowed per match.

INJURY TIME RULE 8-2-2



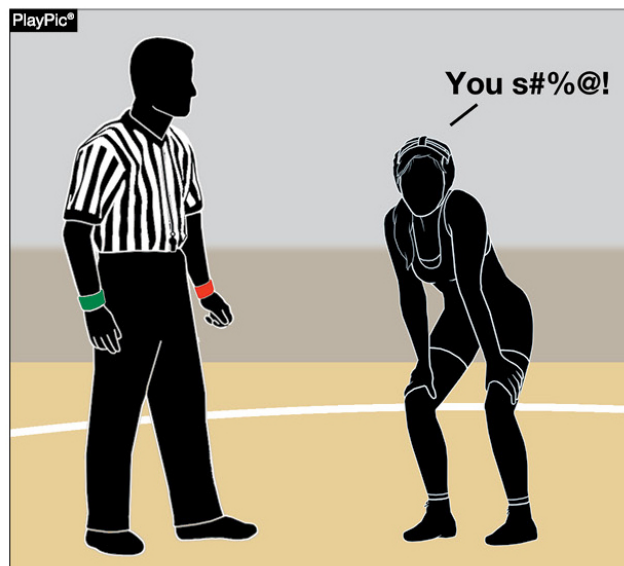
If a contestant is injured as a result of an illegal hold/maneuver such as a slam, recovery time is not deducted from the injured contestant's injury-time allowance.

INJURY TIME RULE 8-2-2

- **Concussion Evaluation Time Extension**
- We have modified the injury time-out to incorporate more time to evaluate any head, neck, cervical column and/or nervous system. When an appropriate health-care professional is present, they have the authorization to extend the time to evaluate the wrestler's condition to a maximum time limit of five (5) minutes. If a subsequent similar injury occurs during the same match, then the injured wrestler shall default the match. When this provision is use, the time consumed for evaluation of the injury shall not affect time used or available for other types of injuries. Recovery and blood time are not extended under this new rule.



SPORTING BEHAVIOR



Contestants are expected to exhibit proper sporting behavior before, during and after matches, whether engaging with referees or opponents. Referees must penalize improper behavior.



SPORTING BEHAVIOR

- **Sportsmanship Enforcement**
- Education-based athletics plays a tremendous role in the development of our young people. Each person associated with high school wrestling is responsible to teach, model, support and administer good sportsmanship. Without good sportsmanship, we lose everything we are trying to accomplish, and the young person is failed and let down by the very same adults that he/she trusts. Coaches should promote good sportsmanship in their coaching method and being an appropriate role model. The referee shall enforce our sportsmanship rules, from opening handshakes to make stalling or fleeing the mat calls.

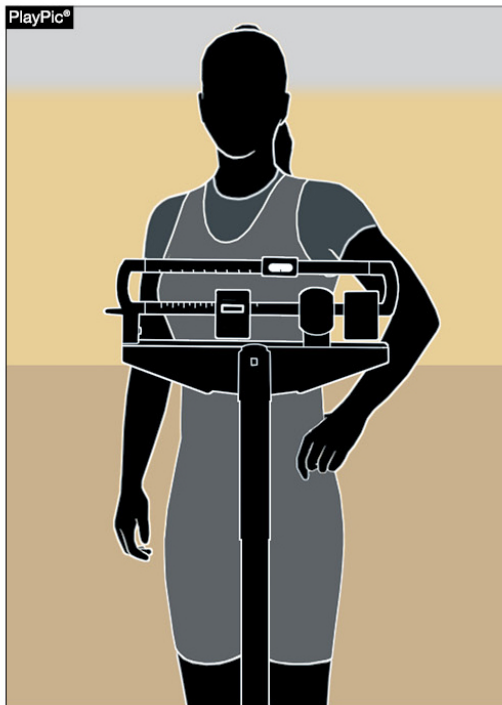


SPORTING BEHAVIOR

The lessons learned on the competition mat are the supports and underpinnings of developing a young person into a conscientious and responsible adult. Finally, the wrestler is ultimately responsible for his or her behavior and decorum. To gain a victory by using poor sportsmanlike moves or techniques only masks the temporary exhilaration of the win. The success becomes hollow and you will eventually lose the joy of competing; which is not the purpose of high school athletics. Working collectively by promoting good sportsmanship, we can increase the number of opportunities for more people to participate in the sport at various levels of engagement.



HYDRATION



Proper hydration prevents a wrestler from being weighed in at a “lower than normal” weight and will thus certified to wrestle at a potentially unsafe weight.

HYDRATION

- **Importance of Hydration with body fat assessment**
- Assessing hydration status prior to body composition testing is the cornerstone of establishing body fat percentage, fat free mass, and a healthy minimum wrestling weight. Studies show that dehydration may significantly overestimate the percentage of body fat when assessing with skin calipers, bioelectrical impedance, and the BodPod.



HYDRATION

- There is also no evidence regarding the accuracy of ultrasound testing when determining body composition in dehydrated individuals. In addition to concerns regarding reliability of body fat percentage measurements, it is essential to weigh the wrestler in a well-hydrated state to ensure that you are beginning your minimum weight calculation from a safe and healthy weight.
- If the wrestler is dehydrated when weighed, then that wrestler is starting from a “lower than normal” weight and will thus be certified to wrestle at a potentially unsafe weight. While it is recognized that there may be some difficulties in obtaining a urine sample, hydration testing prior to weight certification is vital to the health and safety of the wrestler.

