

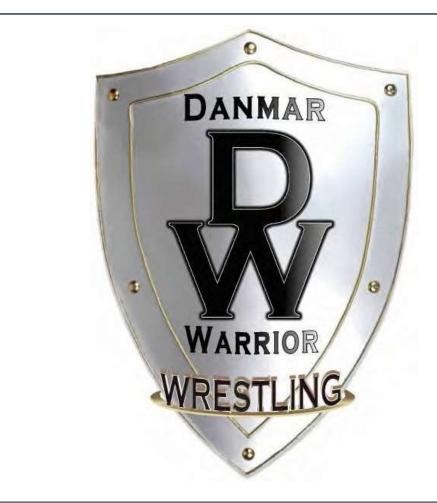
2018-19 NFHS WRESTLING RULES POWERPOINT

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 CORPORATE PARTNER





NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs.
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.





www.nfhs.org

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

Membership = 50 member state associations and D.C.
 NFHS reaches more than 19,000 high schools and 12 million participants in high school activity programs, including more than 7.8 million in high school sports.





NFHS RULES REVIEW COMMITTEE

The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions will be evaluated by the Rules Review Committee.















Soccer





Lindsey Atkinson Volleyball

Bob Colgate Football and Sports Medicine

Sandy Searcy Softball and Swimming & Diving

Elliot Hopkins Baseball and Wrestling

Julie Cochran Cross Country, Gymnastics, Field Hockey and Track & Field

James W eaver Boys and Girls Lacrosse and Spirit

Theresia Wynns Basketball and

Dan Schuster Ice Hockey

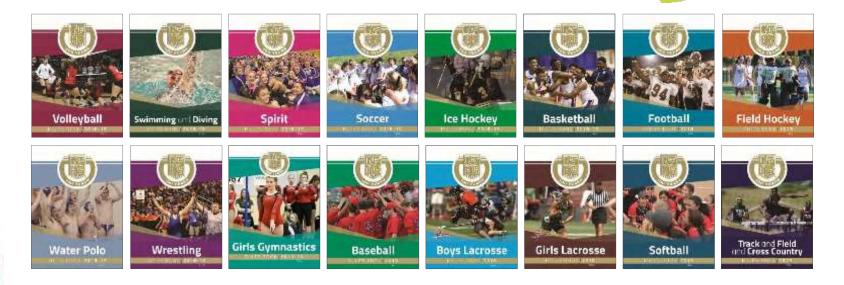


www.nfhs.org

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The NFHS writes playing rules for 17 sports for boys and girls at the high school level.

• Publishes 4 million pieces of materials annually.





NFHS RULES BOOK AS E-BOOKS



National Federation of State High School Amination

Have you been without your printed rules book and needed to find an obscure rule guickly, make a note or highlight a rule?

E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
 Easy Navigation
- Adjustable Viewing Size
- Immediate Availability



www.nfhs.org/ebooks NFHS Rules and Case e-books for \$6.99 each

Download from iTunes or Amazon

- E-books features:
 - Searchable
 - Highlight areas of interest
 - Make notes
 - Desktop laptop availability
 - Easy navigation
 - Adjustable viewing size
 - Immediate availability



GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS



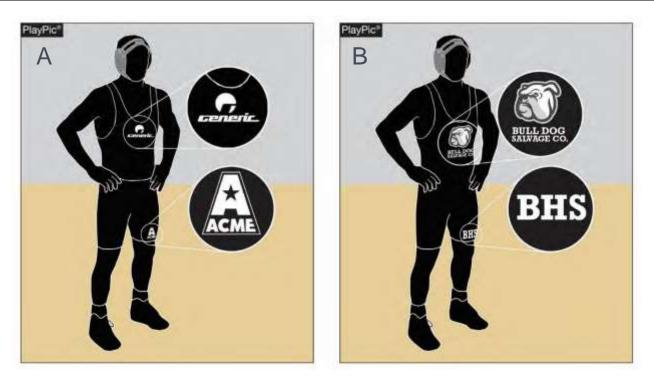




NFHS WRESTLING RULES CHANGES



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 that 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 that 2 1/4 inches and may appear no more than once on each item of uniform apparel. <u>No additional</u> <u>manufacturer's logo/trademark nor a promotional</u> reference shall be allowed on the wrestling <u>uniform.</u>



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.







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. <u>Contestants may wear low-cut socks that</u> <u>cannot be removed or added if the wrestlers do not</u> <u>make weight.</u>



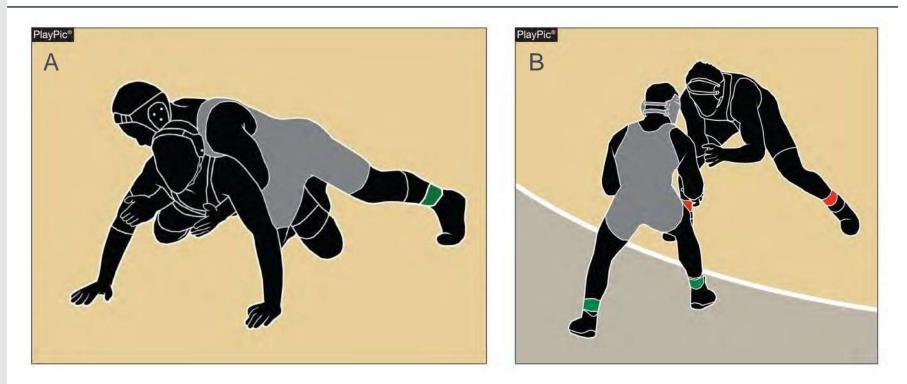
WEIGH-IN RULE 4-5-7

?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.









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 <u>a total of two</u> supporting points of either wrestler are inbounds. <u>The total of</u> <u>two supporting points could be two supporting points</u> <u>of one wrestler or one supporting point of each</u> <u>wrestler.</u>



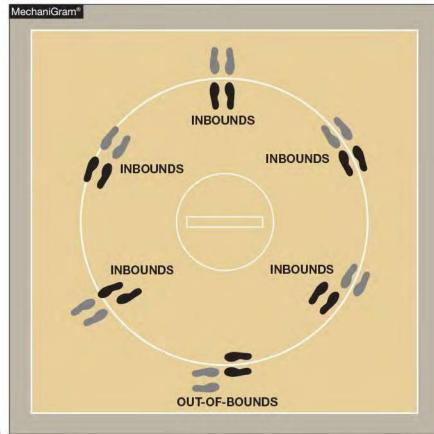
ESCAPE RULE 5-10

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.

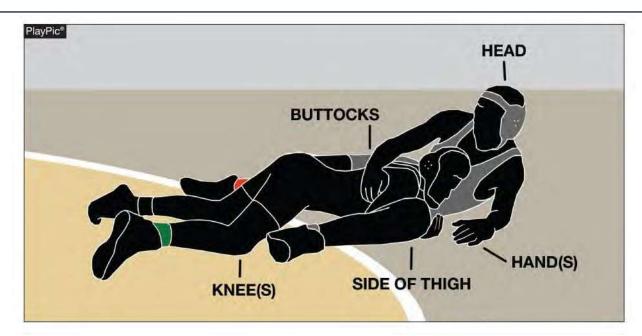


INBOUNDS RULE 5-15-1

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



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 wrestlers 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 <u>may or may not</u> 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 <u>knee(s)</u>;
- 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.

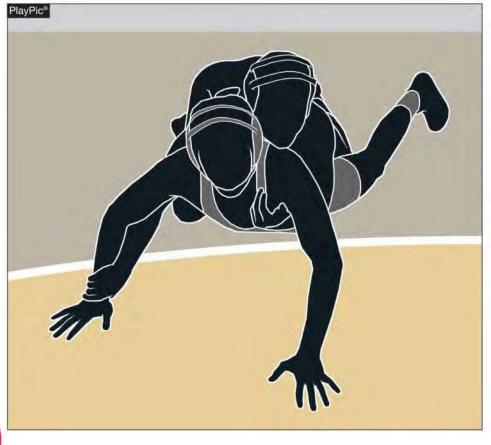


INBOUNDS RULE 5-15-2c

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.



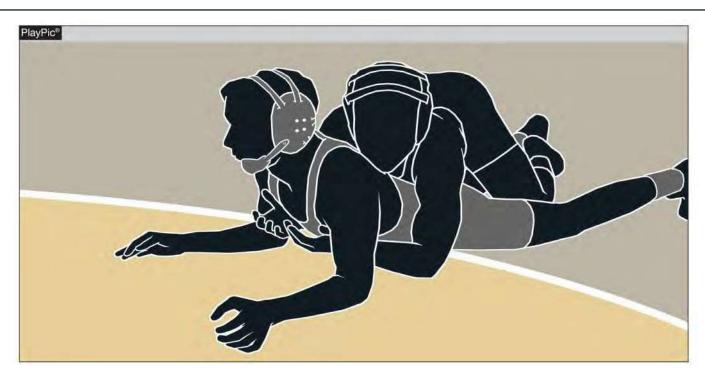
INBOUNDS RULE 5-15-3

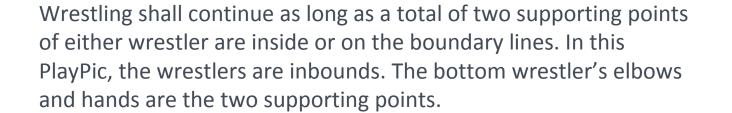


Even if the defensive wrestler has two supporting points inbounds, if there is no action at the edge of the mat, the referee shall stop the match for a restart in the center of the mat.



INBOUNDS RULE 5-15-3







INBOUNDS RULE 5-15-3

ART. 3... Wrestling shall continue as long as <u>a total of two supporting</u> points of either wrestler <u>are inside or on the boundary lines</u>. The total of two supporting points could be two supporting points of one wrestler <u>or one supporting point of each</u> wrestler <u>that</u> remain inbounds. If there is no action at the edge of the mat the referee <u>shall</u> 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. <u>There was no action taken to add</u> <u>toes, feet or heels as usual supporting points down on</u> <u>the mat.</u> They were also not addressed as unusual supporting points.

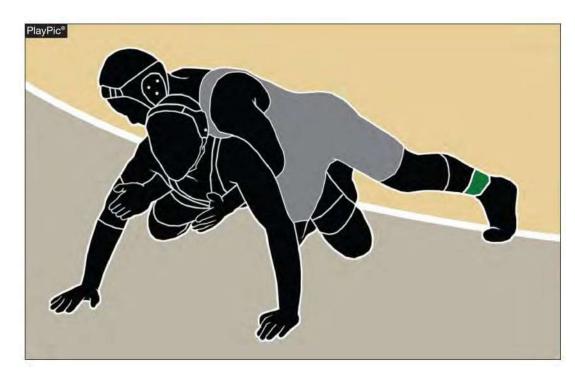


SUPPORTING POINTS COMMENT

- 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 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)



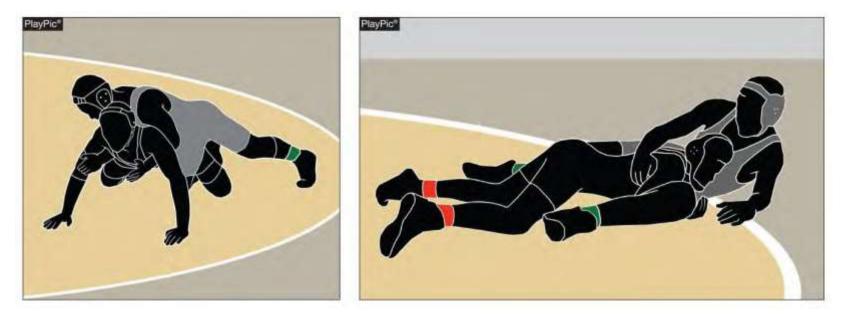
OUT OF BOUNDS RULE 5-18

Rationale:

This rule would eliminate the subjectivity in the out-ofbounds 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 <u>the total of two supporting points of each wrestler inside or on the boundary line</u>. The total of two supporting points <u>could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line</u> 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.



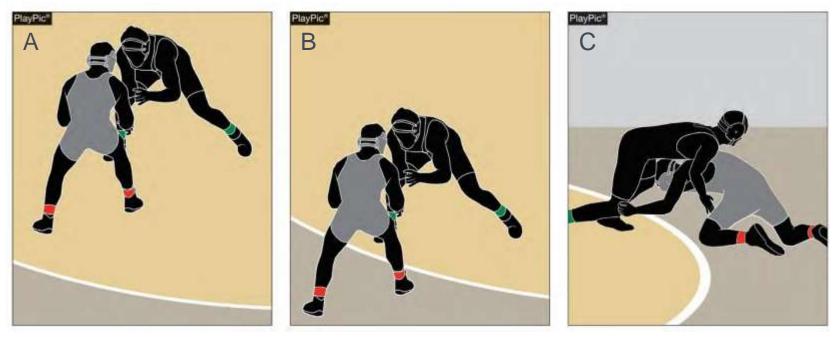
STALLING RULE 5-24-3e, f



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.







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;
- <u>e. backing off the mat, out of bounds;</u>
- f. pushing or pulling out of bounds.



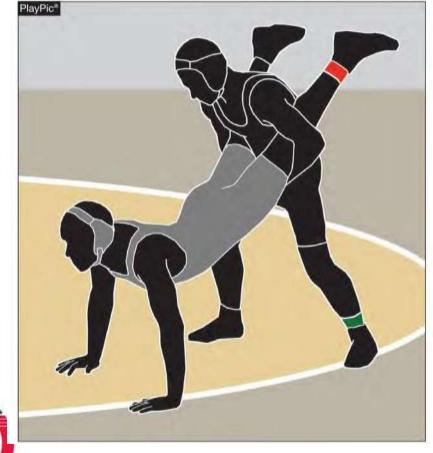
STALLING RULE 5-24-3e, f

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 <u>a total of two</u> supporting points of either wrestler are inbounds. <u>The total of two</u> <u>supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds</u>. When the defensive wrestler's hand(s) <u>touch the mat</u> 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 <u>a total of two</u> supporting points of either wrestler are in bounds. <u>The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds</u> or while at least the feet of the scoring contestant finish down on the mat inbounds. (Photos 32-34)



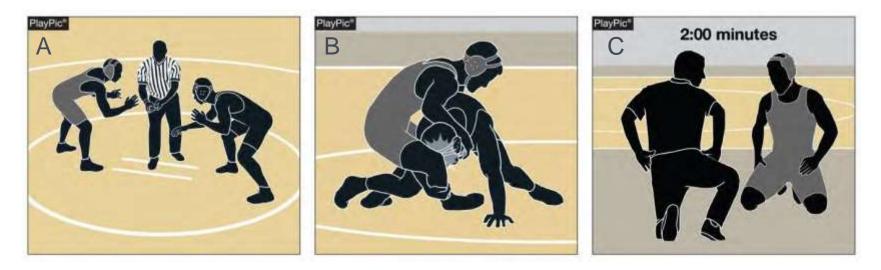
TAKEDOWN RULE 5-25-3

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

]<u>y. the Nelson-Cradle</u>.

?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 <u>one</u> <u>hand</u> 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



Points of Emphasis

CLEANLINESS



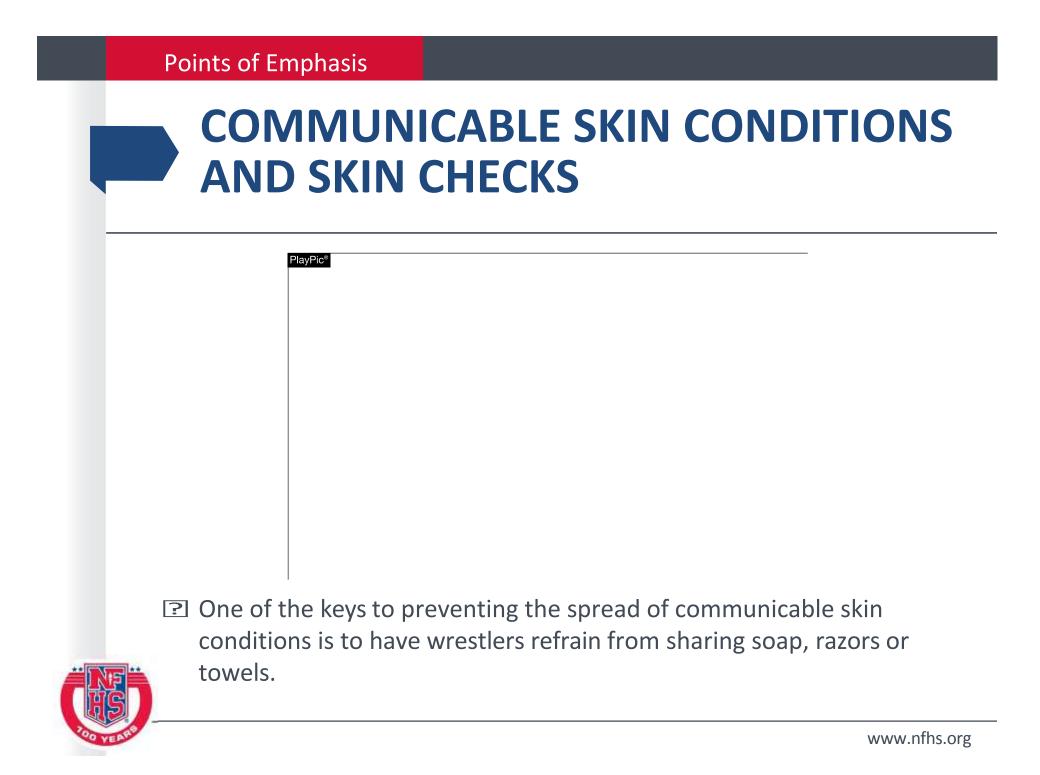
Among the ways to prevent the spread of communicable skin diseases:

- 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.

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.





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



 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.

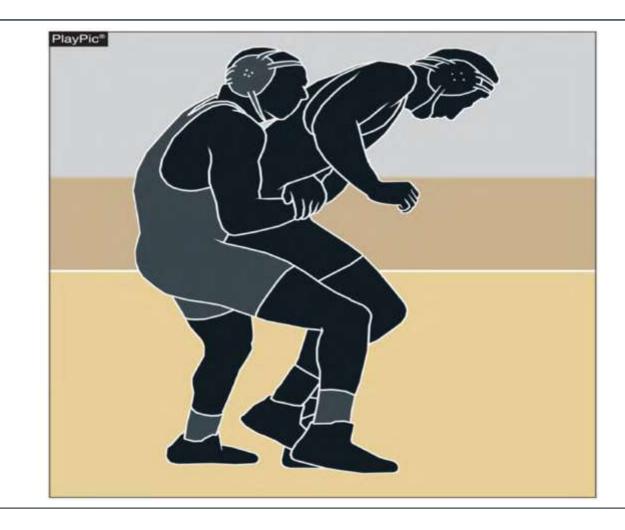


Wrestlers should not share practice/competition gear, towels, or any personal hygiene products.
 Wrestlers should refrain from cosmetic shaving parts of their body other than their face.
 Wrestlers should clean hands with alcohol-base gel prior to every wrestling match to avoid bacterial loading.



Points of Emphasis

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 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 <u>requirement by rule</u> that the referee will decide on the legality of such 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.

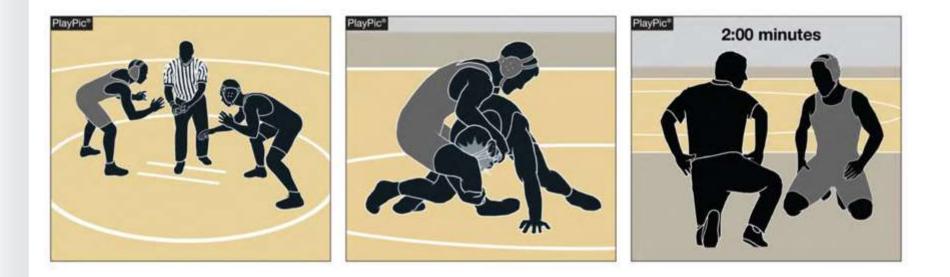


 The piece of equipment to the left is a knee pad. The piece of equipment to the right is a leg sleeve.
 It is the up to the discretion of each high school state association to decide if they allow the leg sleeve that are presented in their state.



Points of Emphasis

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 <u>preventable</u> 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.



Points of Emphasis

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 tightfitting, 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 <u>either</u> wrestler <u>on or inside the</u> <u>boundary line</u>, 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.





NFHS OFFICIALS ASSOCIATION CENTRAL HUB



NFHS OFFICIALS ASSOCIATION CENTRAL HUB

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 OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials
 Association members, non-members
 fee is \$20

evscholastic Officiati

Mechanics: Nuances why sport offers specific ma

P NFHSLearn.com

- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials





NFHS LEARNING CENTER



THE NFHS LEARNING CENTER

Mission: Provide ongoing professional development for Coaches, Administrators, Students, Parents and Officials on the role they play within interscholastic athletics and activities.





www.nfhslearn.com

WWW.NFHSLEARN.COM

 Register on
 NFHSLearn.com and receive the following great benefits:



- Immediate access to all 18 NFHS free courses
- Opportunity to receive email updates on your sport, upcoming courses and much more
- Access coursework 24/7/365
- Access completion certificates 24/7/365





COACHING WRESTLING Sport Specific Course Please SelectYour state \$ Order Course

NFHSLeam FOR YOU

v

COURSES

Course Details





Related Courses







HELP

USERLOOKUP

NFHS FREE COURSES

- Concussion in Sports
- Coaching Pole Vault
- **NCAA Eligibility**
- Positive Sport Parenting
- **Sportsmanship**
- **Sports Nutrition**
- P 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



www.nfhslearn.com



NFHS NETWORK



NFHS NETWORK

- By 2020, every high school sporting event in America will be streamed live.
- The NFHS Network will be THE DESTINATION for fans to view these broadcasts.

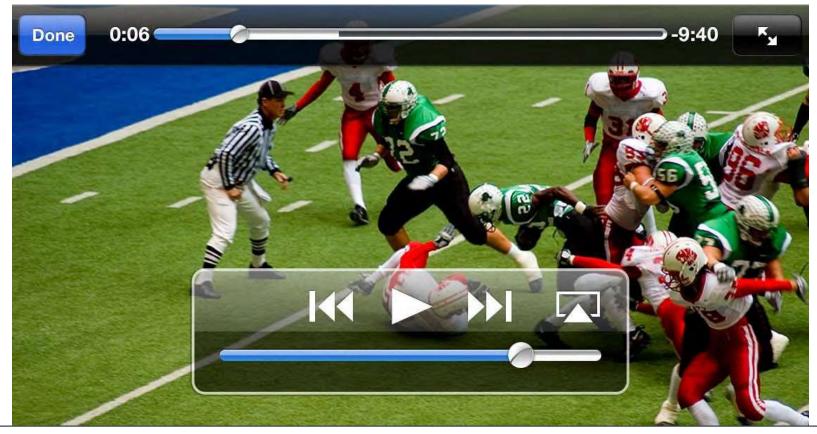




27 DIFFERENT SPORTS AND ACTIVITIES

NFHS NETWORK

• View from mobile...





www.NFHSnetwork.com



THANK YOU AND HAVE A GREAT WRESTLING SEASON! www.nfhs.org

