2018-19 IHSAA & NFHS WRESTLING RULES MEETING

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

B. Elliot Hopkins, MLD, CAA
Director of Sports, Sanctioning and Student Services
National Federation of State High School Associations (NFHS)
Beginning with the 2014-2015 school year, ALL 7-12 coaches (paid or volunteer) were required to view the NFHS course, “Concussion in Sports” before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.
CONCUSSION RECOGNITION & MANAGEMENT

Recognition and Management

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

SYMPTOMS REPORTED BY ATHLETE

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

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

SIGN OBSERVED BY PARENTS, FRIENDS, TEACHERS OR COACHES

- Appears dazed or stunned
- Is confused about what to do
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit

When in doubt, sit them out!

Complete information on concussions can be found at www.iahsaa.org. Click on “Information on Sports Concussions” on the IHSAA home page.
CONCUSSIONS

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

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

2018-19
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).
Contestants may wear low-cut socks during weigh-ins that cannot be removed or added if the wrestler does not make weight.
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.
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.
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.
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.
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.
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.
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.
Rule Change

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.
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 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.
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.
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.
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.
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).
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.
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.
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.
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.
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.
Repeatedly dropping to one knee or one hand to break locked hands is to be ruled unsportsmanlike conduct.
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.
SPECIAL EQUIPMENT
PREVENTING INJURIES FROM FALSE STARTS IN THE NEUTRAL POSITION
REVIEW OF 2017-18 RULES
CHANGES, TRACKWRESTLING
INFO, WEIGHT MANAGEMENT
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.
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

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

RULE 4-5-3
WEIGHT MANAGEMENT

- **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.
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.
A full, straight-back suplay is illegal.
Rule Change

RULE 7-1-2
ILLEGAL MANEUVERS

The straight-back salto is illegal.
RULE 7-1-5w
ILLEGAL MANEUVERS

A front flip and/or front hurdle over an opponent in the standing position is illegal.
Staying behind your opponent while on your feet, making no attempt to bring the opponent to the mat, is stalling.
TW will be used for all body composition assessment, weight management, and scoring.
Body Composition Assessment Information for Schools & Assessors

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

Updated: August 16, 2013
Wrestlers receive the 2-pound growth allowance **AFTER January 1, IF** they have certified their **Minimum Weight Class** by making scratch weight at least one time before January 1. Scratch weight is actual scale weight without any scale allowance.

A wrestler **NEVER receives the growth allowance BEFORE January 1**, regardless of how many times they have made scratch weight before that date.
CERTIFIED WEIGHT CLASS & GROWTH ALLOWANCE

- Once a wrestler uses the growth allowance the **first time**, they have declared that the lowest weight class they have weighed in at as of that date, is their certified minimum weight class.
- A wrestler **CANNOT** recertify at a lower weight class later, regardless of what their body composition assessment and/or descent plan allows, but their certified weight class also never raises regardless of where they weigh in.
- After certifying their **Minimum Weight Class**, a wrestler can use the growth allowance at any weight class at which they weigh-in, **HOWEVER**, they must be sure to not violate their descent plan as shown in the on-line system.
MMS – Reiland & Hemann: After the eight State Dual teams per class are determined, those coaches will submit their own rankings to determine the seeds for the state dual tournament. (5-0) A teleconference will take place on the morning following the completion of that class’s Regional duals. During that teleconference, coaches will be directed to submit their top seven schools, in order, not voting for themselves. Those submissions will be used to seed the tournament. Previously the IWCOA rankings #3 was used to determine the State Dual seeds.

MMS – Reiland & Lundgren: Using the TrackWrestling system, the state individual tournament will be seeded for wrestlers #1-8, with a random draw for #9-16, using criteria to include head to head competition, common opponents, state place winner, and state qualifier (5-0) The current system includes a random draw component as well as matching district champions with district runners-up. By seeding the tournament, those wrestlers who have established criteria would be placed on the appropriate lines.
CAUTION: DO NOT STOP THIS PRESENTATION OR CLOSE YOUR BROWSER

At the conclusion of the Verification page, you will be provided with a Certificate of completion.
COACHES – please print three (3) copies of the Verification Certificate.
  * One for your files
  * One for your Administrator
  * One for your Coaching Authorization renewal

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

If you have questions, please contact: Lewie Curtis at lcurtis@iahsaa.org
You may now click on the button to the right of your screen that says:

“I’m FINISHED Watching the Rules Meeting Video”

You will now be directed to the Verification screen, followed by the Verification Certificate.
Thank you and have a great wrestling season!

LCURTIS@IAHSAA.ORG