

GROOMING RULE

The following is a review of the “grooming rule” for wrestlers. It is the responsibility of coaches and officials to be sure wrestlers conform to this rule. **Coaches, police your wrestlers so the officials will not have to embarrass them by requiring them to cut their hair, shave, etc. Officials, enforce the rule as written. Do not add things that are not in the rule and do not overlook things covered by the rule.**

- During competition all wrestlers shall be clean shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well groomed.
- The hair, in its natural state, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows.
- A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible.
- A legal hair cover is required to satisfy the hair rule when the individual's hair is longer than allowed by rule, braided, abrasive, rolled, or has extensions. The legal hair cover shall be attached to the ear guards. A bandanna is not considered a legal hair cover. Braided hair, regardless of its length, is potentially unsafe as well as not being in its natural state, which requires a legal hair cover to be used. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming by the referee with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed. If a referee is not present at weigh-ins, the hair cover, and all other special equipment, must be identified/presented by the head coach to the referee for inspection and approval upon arrival at the site. (Rule 1-2-4, 1-3-5)
- If an individual has facial hair it shall be covered with a face mask. All legal hair covers and face masks will be considered as special equipment. If an individual's hair is as abrasive as an unshaved face, the individual shall be required to shave the head as smooth as a face is required or wear a legal hair cover.