



NFHS

Expanded Explanations


2020–21 Rules Presentation



Shoes & Shoe Laces

- ▶ Each wrestler is to appear properly equipped and ready to wrestle at the scorer's table.
- ▶ Shoes secured on feet. Laced to the top eyelet is preferred, with laces secured:
 - Double knotted;
 - Velcro /zipper pouch/flap;
 - Taped around ankle or individual laces.
- ▶ It is stalling if the laces become unsecured.
- ▶ It is a technical violation if a shoe comes off.
- ▶ If the shoe comes off, the individual cannot score until penalty point(s) are awarded.

Weigh-Ins

- ▶ All wrestlers shall weigh-in together regardless of gender ... all wearing a legal uniform and suitable undergarment(s).
 - ▶ Skin check is a separate procedure and is conducted with the same requirement of all wearing a legal uniform and suitable undergarment(s).
 - ▶ Wrestlers may wear low cut socks, may not remove socks once worn for 1st attempt to weigh-in.
 - ▶ Referee or other authorized person shall supervise the weigh-ins regardless of gender.
 - ▶ Dehydration or rehydration is disallowed, wrestler will be disqualified from weigh-ins.
 - ▶ No additional weight allowance shall be made for wearing uniform and undergarment(s).
- 

Head-Neck-Cervical (HNC) Extension of Injury Time

- ▶ Referee starts (90 sec.) injury time (IT) 1st time out.
- ▶ After Appropriate Health Care Professional (AHCP) arrives, asks for extended time to examine wrestler.
- ▶ Injury time is recorded to that point, then HNC is continued to the five-minute mark, if necessary.
- ▶ Once the wrestler is cleared to continue, any remaining injury time is available for a subsequent non-HNC second injury.
- ▶ One HNC extension is granted to a wrestler during a match. If a second injury occurs to the HNC area the wrestler must default the match.

HNC Situation A

- ▶ **Wrestler A** injures his neck, referee starts Injury Time (IT)
- ▶ After 20 seconds of IT, the trainer asks for extended time to assess **wrestler A** for Head/Neck/Cervical (HNC) injury.
- ▶ Referee instructs the scorer to record 0:20 for the 1st IT, as the clock continues to run with the remainder of the five minutes available for HNC extended time.
- ▶ At 4:15 of HNC the trainer clears **wrestler A** to continue competition. The scorer is instructed to record HNC time has been completed.
- ▶ **Wrestler A** returns to wrestle then kneels down and grabs his neck ... referee starts the 2nd IT, the trainer determines that the injury is another HNC. The referee terminates the match with **wrestler A** defaulting.

HNC Situation B

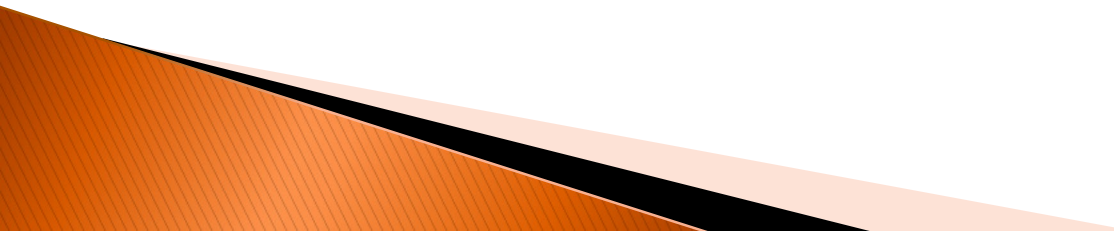
- ▶ **Wrestler B** sustains a head injury, referee starts 1st Injury Time (IT). After 35 seconds of IT, the trainer asks for extended time to assess **wrestler B** for Head/Neck/Cervical (HNC) injury.
- ▶ Referee instructs the scorer to record 0:35 for the 1st IT, as the clock continues to run with the remainder of the five minutes available for HNC extended time.
- ▶ At 4:10 of HNC the trainer clears **wrestler B** to continue competition. The scorer is instructed to record HNC time has been completed.
- ▶ **Wrestler B** continues thru the third period and injures her ankle ... referee starts injury time for **wrestler B** as she has 55 seconds of her 2nd IT remaining.

Modified Hair Rule

- ▶ Hair length is no longer restricted.
 - No minimum for hair in back.
 - No minimum for hair in front.
 - No minimum for hair on the side.
- ▶ Legal hair cover is optional.
- ▶ Legal hair control device(s) is optional.
- ▶ Facial hair still has restrictions.

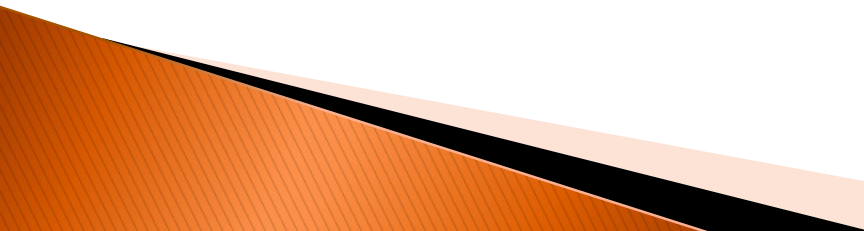
Rule 7-3-1 and 8-1-4

Fleeing/Stalling

- ▶ Fleeing the mat not awarded if takedown, escape, or reversal is earned.
 - ▶ Fleeing the mat not awarded if near fall is earned.
 - ▶ The match will be stopped when a two-point stall penalty has been awarded.
- 

Rule 8-2-9

Imminent Scoring with injury

- ▶ What is Imminent?
 - ▶ “Imminent” means about to happen.
 - ▶ What is imminent scoring during a takedown?
Judgement of the official
 - ▶ What is imminent scoring during an escape?
Judgement of the official
 - ▶ What is imminent scoring during a reversal?
Judgement of the official
 - ▶ Only the offensive wrestler can earn imminent points.
- 

Imminent Scoring Situations

- ▶ **Wrestler A** indicates to the referee that she is injured during a takedown attempt by **Wrestler B**. The referee will stop the match and award **Wrestler B** two points for the takedown if deemed to be imminent and begin the injury time-out.
- ▶ **Wrestler B** is in the process of reversing **Wrestler A**. Before the reversal is completed **Wrestler A** indicates to the referee that he is injured. The referee will stop the match and award a two-point reversal to **Wrestler B** if deemed to be imminent and begin the injury time-out .
- ▶ **Wrestler A** indicates that she is injured during an escape attempt by **Wrestler B**. The referee stops the match and awards one-point escape to **Wrestler B** if deemed to be imminent and begins the injury time-out.