



# 2025 - 2026 NFHS Wrestling Rules Interpretation PowerPoint

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# MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES



ALL 7-12 coaches (paid or volunteer) are 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.



# Concussions



*Iowa Code Section 280.13C states, in part,*

“**Annually**, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.

The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school **prior to the student’s participation in any interscholastic activity for grades seven through twelve.**”



# Concussion Form

- Required to be completed annually.
- Must be in school possession, signed by both athlete & parent, before athlete can start participating.



## A FACT SHEET FOR PARENTS AND STUDENTS HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:  
"Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.  
"Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

### What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

### What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.
  - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
  - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

### What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

### STUDENTS:

If you think you have a concussion:

- Tell your coaches & parents – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- Get a medical check-up – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- Give yourself time to heal – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

### Signs Reported by Students:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### PARENTS:

#### How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

### Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)

### IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

**IMPORTANT:** Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians: must sign the acknowledgment below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports."

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

Student's Printed Name \_\_\_\_\_

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

Student's School \_\_\_\_\_

# Concussions



*Iowa Code Section 280.13C continued –*

“If a student’s coach, contest official, or licensed health care provider or an emergency medical care provider observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, **the student shall be immediately removed from participation.**”

A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and **the student has received written clearance to return to participation from the health care provider.**”



# 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.**



# 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, then he or she must be immediately removed from all physical activity.

SIGNS 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!**

- Information on concussions can be found at [www.iahsaa.org](http://www.iahsaa.org). Click on “Health and Safety” under “Resources” on the IHSAA home page.





# 2025-26 IHSAA Important Dates

- First Legal Practice Date – Monday, November 17
- First Competition Date – Monday, December 1
- Regional Duals – Tuesday, February 3
- State Team Duals – Saturday, February 7
- Districts – Saturday, February 14
- State Individual Tournament – February 18-21



# 2025-26 IGHSAU Important Dates



- First Legal Practice Date – November 3, 2025
- First Competition Date – November 17, 2025
- Regional Date – January 30, 2026
- State Tournament – February 5-6, 2026



# 2025-26 IHSAA Approved Advisory Committee Recommendations



- We have three implementations for the 2025-26 season that were brought to us by our wrestling advisory committee this past spring and approved by our board.
  - Schools will have an official weigh in on site for all levels to ensure consecutive day allowance for all levels is utilized, regardless of numbers.
  - Schools will be unable to create a 2<sup>nd</sup> weigh-in form until the previous weigh-in sheet is entered and committed in TrackWrestling from the last event.
  - Allow hosts to determine number of mats used (2 or 3) based on their facility for the first 2 rounds of districts only. Two mats only after first two rounds due to time constraints.



# 2026 Traditional State Tournament Schedule @ Casey's Center



## 2026 IHSAA STATE WRESTLING TOURNAMENT & WEIGH-IN SCHEDULE

February 18-21, 2026  
Casey's Center, Des Moines, IA

### WEDNESDAY, FEBRUARY 18

**SESSION 1** (8 Mats) - 4:00PM-8:30PM (Weigh-in for Session 1: 2:00PM)

Class 3A - 1st Round  
Class 3A - 2nd Round & 1st Consolations (Byes)  
Class 3A - 2nd Round Consolations

### THURSDAY, FEBRUARY 19

**SESSION 2** (8 Mats) - 9:00AM-1:30PM (Weigh-in for Session 2: 7:00AM)

Class 1A - 1st Round  
Class 1A - 2nd Round & 1st Consolations (Byes)  
Class 1A - 2nd Round Consolations

**SESSION 3** (8 Mats) - 2:30PM-10:00PM (Weigh-in for Session 3: 2A@ 12:30PM; 3A@ 1:00PM)

Class 2A - 1st Round  
Class 2A - 2nd Round & 1st Consolations (Byes)  
Class 2A - 2nd Round Consolations  
Class 3A - Quarterfinals & 3rd Round Consolations  
Class 3A - 4th Round Consolations  
(No Breaks between classes)

### FRIDAY, FEBRUARY 20

**SESSION 4** (8 Mats) - 9:00AM-3:00PM (Weigh-in for Session 4: 7:00AM)

Class 1A - Quarterfinals & 3rd Round Consolations  
Class 1A - 4th Round Consolations  
Class 2A - Quarterfinals & 3rd Round Consolations  
Class 2A - 4th Round Consolations  
(No Breaks between classes)

**SESSION 5** (8 Mats) - 5:00PM-9:00PM (Weigh-in for Session 5: 3:00PM - 3A Only)

Class 1A - Semifinals & 5th Round Consolations  
Class 2A - Semifinals & 5th Round Consolations  
Class 3A - Semifinals & 5th Round Consolations  
(No Breaks between classes)

### SATURDAY, FEBRUARY 21

**SESSION 6** (6 mats) 9:00am - 2:15pm

Class 1A, 2A, 3A cons. semifinals then cons. finals  
(Consolation semifinal matches will be wrestled to completion on the first open mat with no break between classes. Consolation finals will then take place first available by weight)

**Weigh-in for Sessions 6 & 7**      **7:00am**

**SESSION 7** (3 mats)

5:15

IWCOA, IHSADA & IHSAA Awards

5:30

Grand March & Finals for all classes



# 2026 IGHSAU State Wrestling Schedule



## 2026 IGHSAU STATE WRESTLING TOURNAMENT & WEIGH-IN SCHEDULE

February 5th and 6th, 2026

Xtream Arena, Coralville, IA

(All matches, championship & consolation, will consist of 3, 2-minute periods)  
(Mat Assignments will be made - up, on-deck, in-the-hole - for sessions 1-3)

### THURSDAY, FEBRUARY 5TH, 2026

**SESSION 1** (8 mats) 10:00AM-2:30PM (Weigh-in for Session 1: 8:00AM)  
**Class 1A** 1st Round, Quarterfinals & 1st Round Consolations, 2nd Round Consolations

**SESSION 2** (8 mats) 4:30PM-9:00PM (Weigh-in for Session 2: 2:30PM)  
**Class 2A** 1st Round, Quarterfinals & 1st Round Consolations, 2nd Round Consolations

### FRIDAY, FEBRUARY 6TH, 2026

**SESSION 3** (8 mats) 9:00AM-11:30AM (Weigh-in for Session 3 & 5 (1A): 7:00AM)  
**Class 1A**

Championship Semifinals & 3rd Round Consolations

Consolation Semifinals, 3rd-7th Place Matches

*(Round Order: Semifinals (Middle Mats) and 3rd Round Consolation (Outside Mats),  
Consolation Semifinals, 7th Place Matches, 5th Place Matches, 3rd Place Matches)*

**SESSION 4** (8 mats) 1:00PM-3:30PM (Weigh-in for Session 4 & 5 (2A): 11:00AM)  
**Class 2A**

Championship Semifinals & 3rd Round Consolations

Consolation Semifinals, 3rd-7th Place Matches

*(Round Order: Semifinals (Middle Mats) and 3rd Round Consolation (Outside Mats),  
Consolation Semifinals, 7th Place Matches, 5th Place Matches, 3rd Place Matches)*

**SESSION 5** (2 mats) 6:30PM-9:30PM  
**Class 1A/2A** Finals

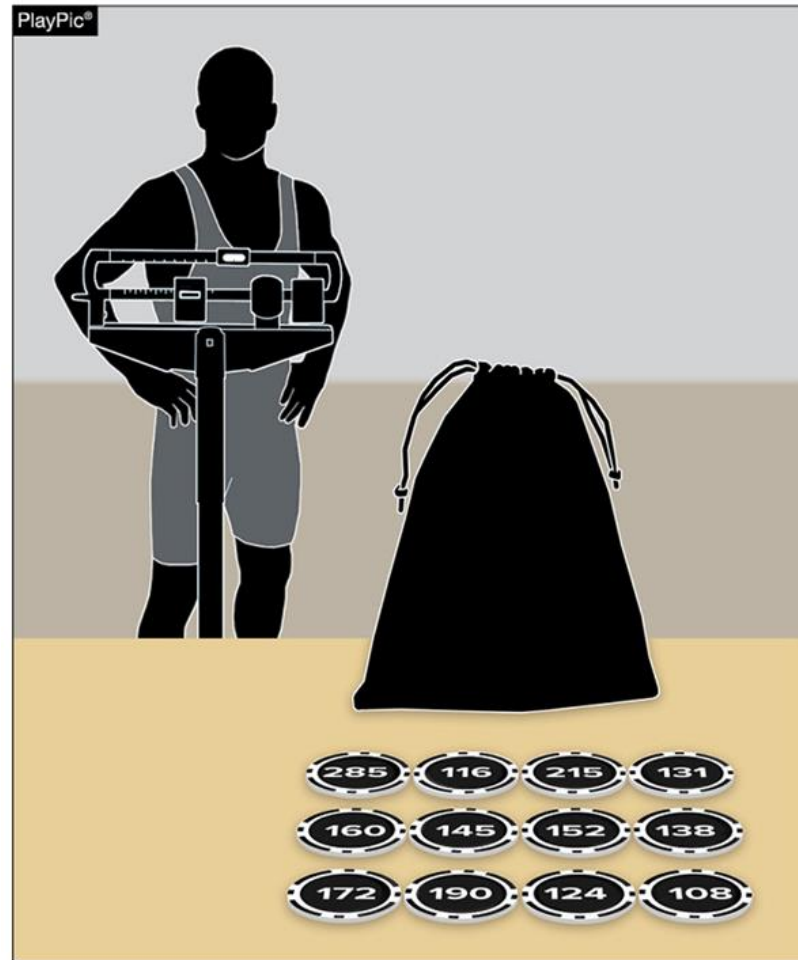




# 2025 - 2026 NFHS Wrestling Rules Changes



# RULE 1-2-2 DUAL MEET





# RULE 1-2-2 DUAL MEET

- **ART. 2 . . .** Competition in dual meets shall be conducted by random draw of weight classes, or lowest weight to heaviest. In multi-dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. The following procedure shall be used for the optional random draws:
  - a. The random draw shall take place immediately preceding weigh-ins.
  - b. The referee or other authorized person shall supervise the random draw.
  - c. Subsequent matches will follow in sequential order.





# RULE 1-2-2 DUAL MEET

## Rationale:

This change allows a state flexibility to choose how to determine the starting weight class for dual meets.





# RULE 1-2-2 DUAL MEET

- Teams must agree, in advance of weigh ins, if they are going to start at the lowest weight for a dual match, triangular, etc.
  - If teams are unable to agree to start at lowest weight, the random draw will be conducted as in past years.
  - If starting at lowest weight, will do so for every dual meet for that event if hosting multiple teams.
  - If random draw is conducted, the subsequent dual meet shall begin one weight class beyond starting weight class of the previous round.
- Regional & State Duals will start at 106 for every round.



# RULE 4-1-2 WRESTLERS' UNIFORM





# RULE 4-1-2 WRESTLERS' UNIFORM

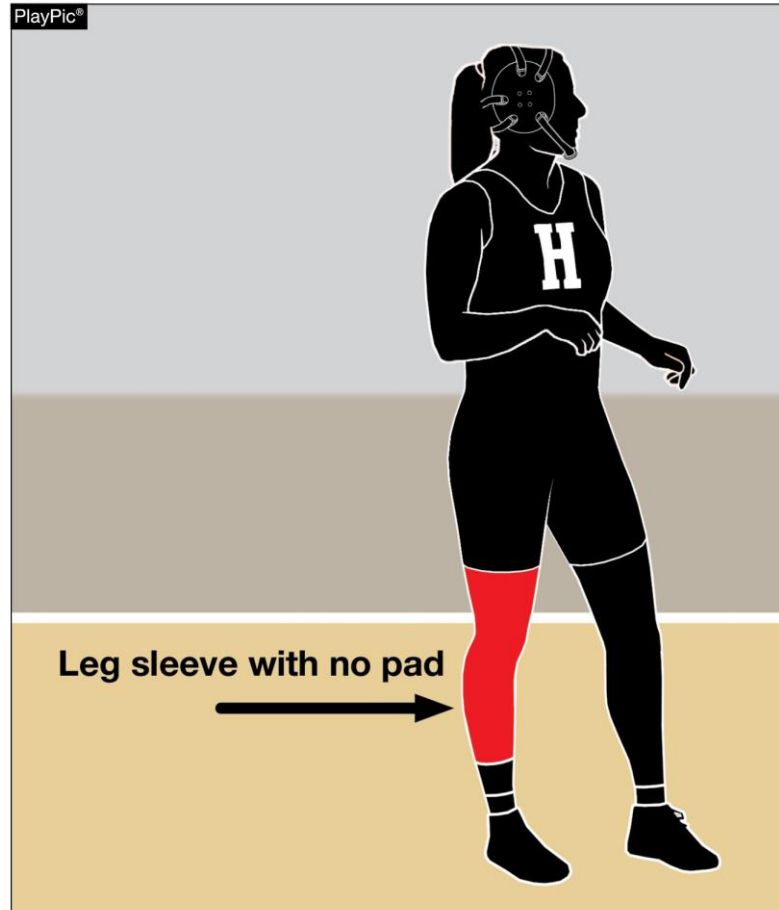
- **ART. 2 . .** The school's name, school nickname, school logo, school mascot, weight classification and/or the wrestler's name are permitted on the uniform top and/or bottom. Any manufacturer logo/trademark/reference that appears on the wrestling uniform, including legal hair covering can be no more than 2 1/4 square inches with no dimension more than 2 1/4 inches and may appear no more than once on each item of uniform apparel. No additional manufacturer's logo/trademark/or promotional reference shall be allowed on the wrestling uniform.

## Rationale:

This is a universal rule adaptation by every NFHS Rules Committee to be uniformed for every NFHS rule publication.



# RULE 4-3-5 SPECIAL EQUIPMENT





# RULE 4-3-5 SPECIAL EQUIPMENT

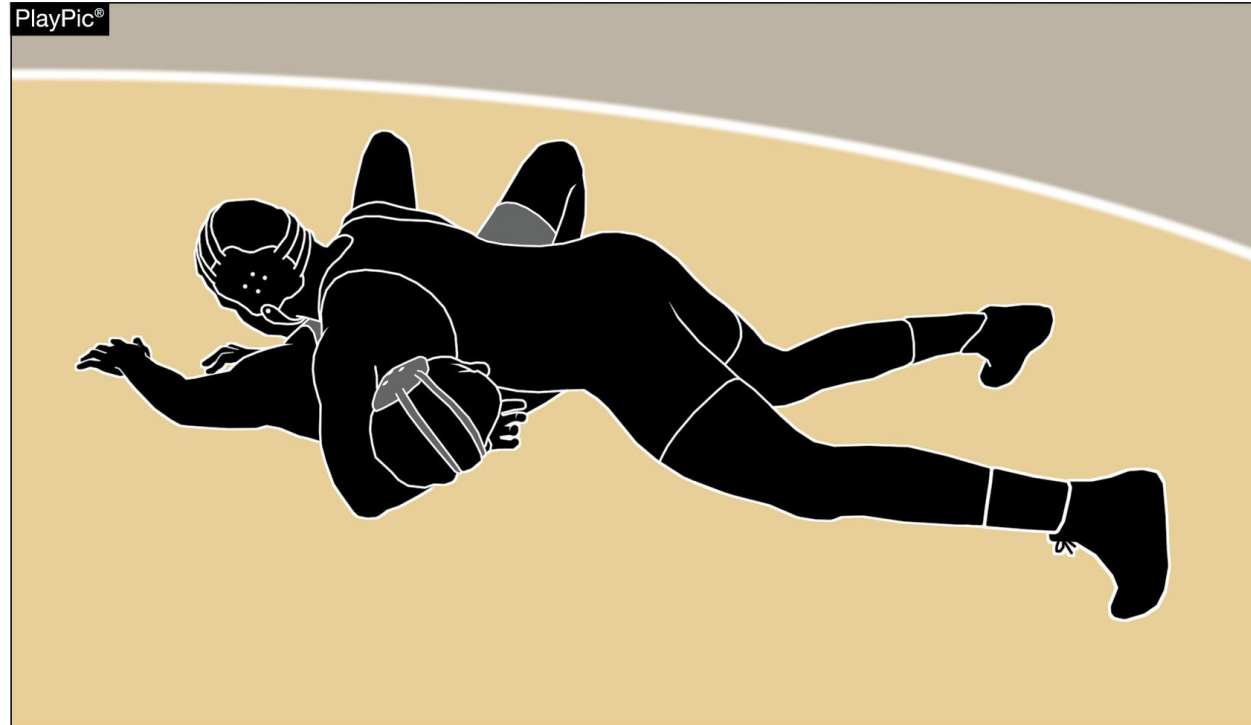
- **ART. 5 . . .** Wrestlers shall not wear wristbands, sweatbands, bicep bands or leg or arm sleeves that do not contain a pad during a match.

## Rationale:

We allow wrestlers to wear tights on both legs and that is no different than a sleeve on one leg. Requiring a pad on these sleeves serves no purpose other than additional equipment monitoring for the officials. It has no negative effect on the opponent.



# RULE 5-11-2c, 5-11-4b FALL, NEAR FALL & TECHNICAL FALL





# RULE 5-11-2c, 5-11-4b FALL, NEAR FALL & TECHNICAL FALL

- **ART. 2 . . .** A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer. (Photos 5-6)
  - a.- b. Remain the same.
  - c. A near fall is ended when the defensive wrestler gets out of a pinning situation. The referee must not signal the score for a near fall until the situation is ended and only one near fall shall be scored in each pinning situation, regardless of number of times the offensive wrestler places an opponent in the near-fall ~~position~~ criteria during the pinning situation. If the near-fall creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.
  - d.- i. Remain the same.



# RULE 5-11-2c, 5-11-4b FALL, NEAR FALL & TECHNICAL FALL



## Rationale:

This rule change would define when a technical fall shall be awarded and eliminate any confusion between a pinning situation and near-fall criteria.





# RULE 5-11-2c, 5-11-4b FALL, NEAR FALL & TECHNICAL FALL

- **ART. 4 . . .** A technical fall occurs when a wrestler has earned a 15-point advantage over the opponent, however;
  - a. if a takedown or reversal, straight to a near-fall criteria creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.
  - b. once the technical fall has been earned, the offensive wrestler cannot lose the match. If a near-fall creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.



# RULE 5-11-2c, 5-11-4b FALL, NEAR FALL & TECHNICAL FALL



## Rationale:

This rule change will clarify when a match shall be stopped to award the technical fall. By adding the near-fall to this rule it will make consistent with the takedown or reversal that creates the 15-point advantage.



# ILLEGAL HOLDS/MANEUVERS

## 7-1-5n





# RULE 7-1-5n ILLEGAL HOLDS/MANEUVERS

- n. leg block (cut-back) when leaving the feet and using the foot or leg to "cut out" an opponent's leg, to include from the rear-standing position.

## Rationale:

This rule change seeks to clarify language regarding the leg block or "cut-back". When applied the move/maneuver can cause significant injury to the defensive wrestler lower extremities. The NFHS is now aligned with other rules codes to clarify this illegal maneuver.

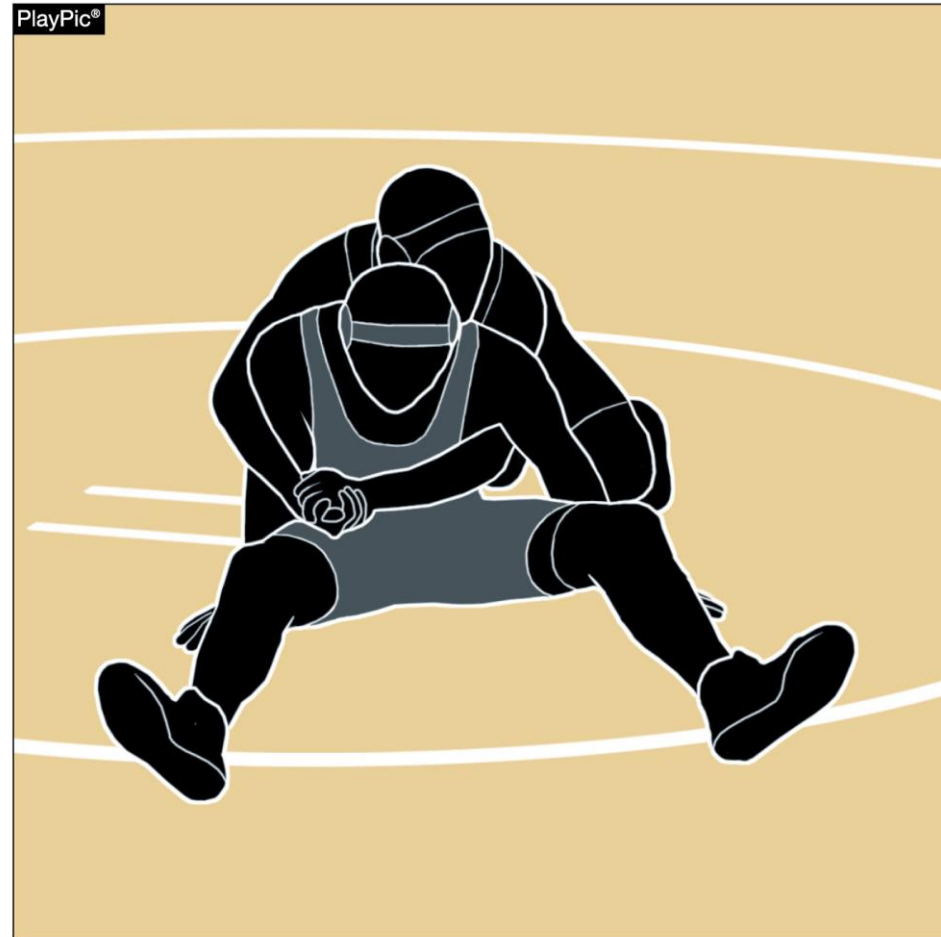


# Example of Leg Block (cut-back)



# TECHNICAL VIOLATIONS

## 7-3-3



# RULE 7-3-3 TECHNICAL VIOLATIONS



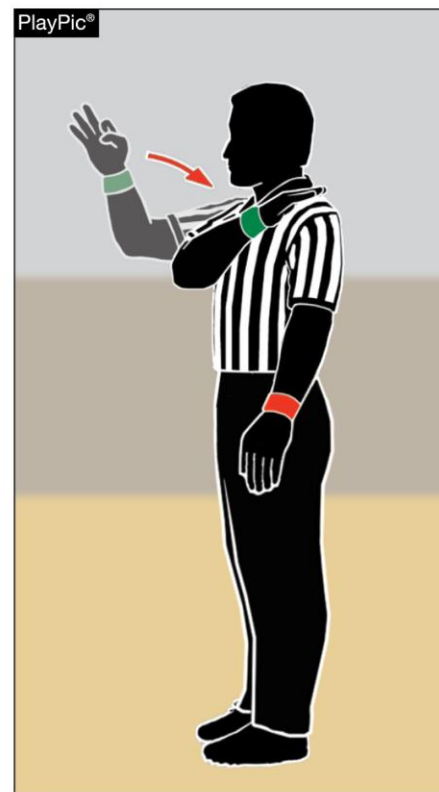
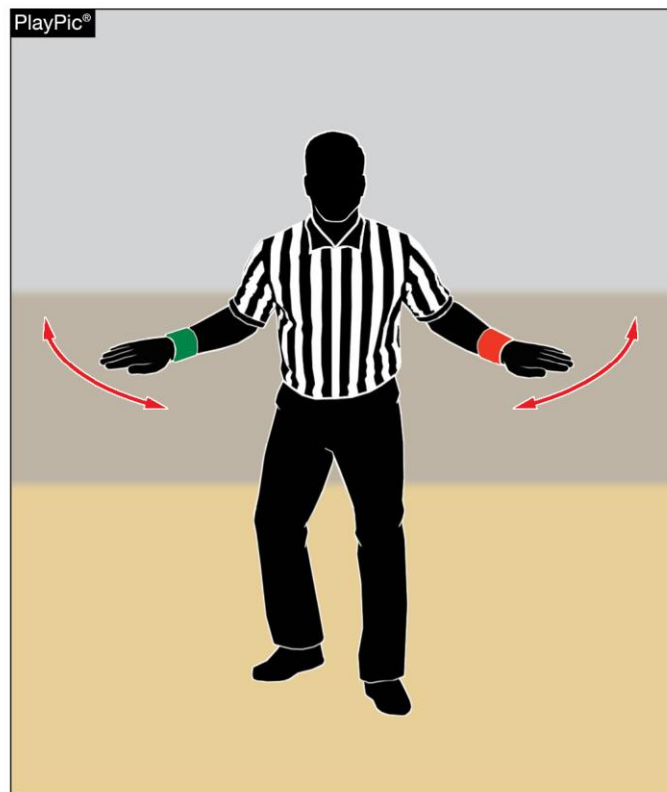
- **ART. 3 . . .** Interlocking or overlapping the hands, fingers or arms around the opponent's body (with or without an extremity ~~arm~~ included) or both legs by a wrestler in the advantage position, unless the opponent has all the weight supported entirely by the feet or has lifted the opponent off the mat or the opponent has met near-fall criteria, is a technical violation and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.) (Photos 103-106)

## Rationale:

Locking hands and including a leg in the clasp around the trunk of the body is the same as locking hands with an arm included.



# OFFICIAL WRESTLING SIGNALS



- The former signal No. 3 (Officials Timeout) has been removed.
- Signal No. 9 (No Control) has been modified to move the hands left to right instead of circular.
- Signal No. 21 (Near Fall) has been modified so the number three is signaled as if making the “OK” sign.





# OFFICIAL WRESTLING SIGNALS

- (#3) Remove Officials' Time-out signal.

## Rationale:

It is an irrelevant signal, that the high school wrestling community does utilize to signal time-out.

- (#9) Change direction of arrows in Indicate No Control to left and right instead of circular.

## Rationale:

Clarification. The circular motion is incorrect.





# OFFICIAL WRESTLING SIGNALS

- (#21) Modify the existing three-finger in the near-fall signal – the three fingers should be signaled like the "OK" sign.

## Rationale:

This was the recommendation from the NFHS Wrestling Committee Officials Sub-Committee. The goal was to remove signals that are no longer used and clarify the proper signal mechanics being used nationwide.



# GROWTH ALLOWANCE AND SCRATCH WEIGHT



**All wrestlers will receive the 2-pound growth allowance on their designated date.  
(Girls – December 16 and Boys – January 1)**



**Wrestler do not need to make scratch weight prior to receiving the 2-pound growth allowance.**

**Coaches will not need to accept the 2-pound growth allowance on the weigh-in report.**

**The wrestlers Minimum Weight Class (MWC) does not change because of the 2-pound growth allowance! A wrestler cannot move to a lower weight class than their descent plan allows for after the body composition assessment by using the growth allowance. (Example: Minimum Weight Class (MWC) is 126. Minimum Wrestling Weight (MWW) is 121. This wrestler cannot go to the 120-pound weight class for the entire season!**



# Information from the IHSAA wrestling coaches advisory committee meeting



We have three implementations for the 2025-26 season that were brought to us by our wrestling advisory committee this past spring and approved by our board.

- Schools will have an official weigh in on site for all levels to ensure consecutive day allowance for all levels is utilized, regardless of numbers.
- Schools will be unable to create a 2<sup>nd</sup> weigh-in form until the previous weigh-in sheet is entered and committed in TrackWrestling from the last event.
- Allow hosts to determine number of mats used (2 or 3) based on their facility for the first 2 rounds of districts only. Two mats only after first two rounds due to time constraints.





# 2025 NFHS Wrestling Points of Emphasis





# USE AND NECESSITY OF NFHS SKIN LESION FORM

National Federation of State High School Associations  
Sports Medicine Advisory Committee (SMAC)

**MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Name (Must Be Legible): \_\_\_\_\_ Date of Exam: \_\_\_\_/\_\_\_\_/\_\_\_\_

Diagnosis: \_\_\_\_\_

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s): \_\_\_\_\_

Medication(s) Used to Treat Lesion(s): \_\_\_\_\_

Date Treatment Started: \_\_\_\_/\_\_\_\_/\_\_\_\_ Time: \_\_\_\_\_

Form Expiration Date for this Lesion (Note on Diagram(s)): \_\_\_\_/\_\_\_\_/\_\_\_\_

Earliest Date the Wrestler May Return to Participation: \_\_\_\_/\_\_\_\_/\_\_\_\_

Provider Signature: \_\_\_\_\_ Office Phone #: \_\_\_\_\_

Provider Name (Must Be Legible): \_\_\_\_\_

Office Address: \_\_\_\_\_

**Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:**

**Bacterial Diseases (Impetigo, boils):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for 72 hours is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorium):** To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 72 hours. For a first episode of Herpes Gladiatorium, wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment before return to wrestling should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm on scalp or skin):** Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis (Pink Eye):** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** Upon treatment with curettage and hyfrecator, may cover with bioocclusive and wrestle immediately.

**Note to Appropriate Health-Care Professionals:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

**ART. 3 . . .** If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet, appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

**ART. 4 . . .** If a designated, on-site meet, appropriate health-care professional (AHCP) is present, the AHCP may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

**ART. 5 . . .** A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is considered non-contagious, it may be covered to allow participation.

**DISCLAIMER:** The National Federation of State High School Associations (NFHS) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.

Approved by NFHS SMAC – April 2024

- The NFHS Wrestling Skin Lesion Form is a critical document designed to promote student safety and prevent the spread of infectious skin diseases in wrestling.
- This form provides standardized medical documentation that allows licensed medical professionals to evaluate skin lesions and determine whether an athlete is medically cleared to compete.
- By requiring this form prior to participation, schools and state associations can ensure consistent, evidence-based decision-making while minimizing health risks to all competitors.





# USE AND NECESSITY OF NFHS SKIN LESION FORM

The **NFHS Wrestling Skin Lesion Form** is a critical document designed to promote student safety and prevent the spread of infectious skin diseases in wrestling. Given the high-contact nature of the sport, wrestlers are particularly vulnerable to conditions such as ringworm, impetigo, and herpes simplex. This form provides **standardized medical documentation** that allows licensed medical professionals to evaluate skin lesions and determine whether an athlete is medically cleared to compete.



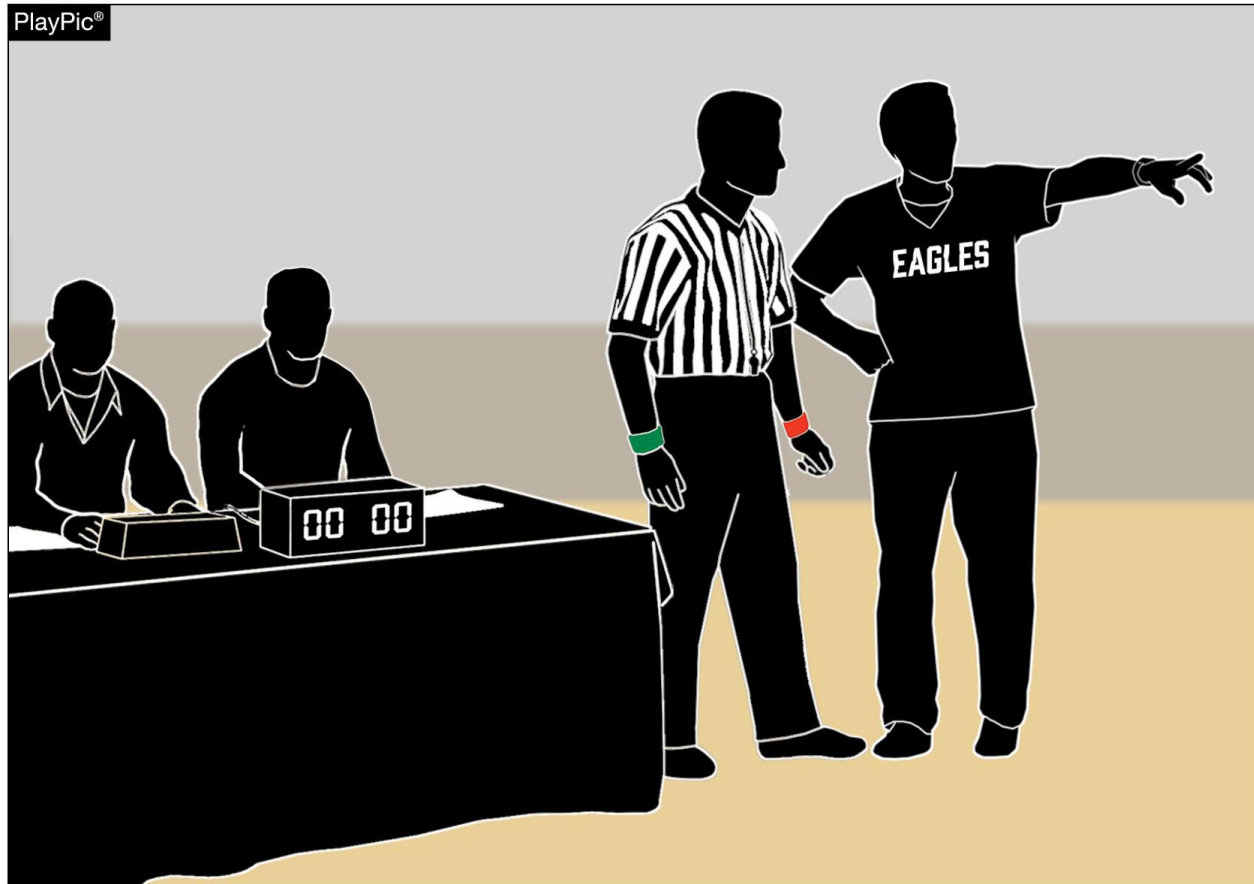


# USE AND NECESSITY OF NFHS SKIN LESION FORM

By requiring this form prior to participation, schools and state associations can ensure **consistent, evidence-based decision-making** while minimizing health risks to all competitors. Its use is not only a matter of compliance with national guidelines but a crucial component of maintaining local **public health and personal integrity** within competitive wrestling. The NFHS Skin Lesion form is a (.pdf) and is made available to the public for free on the NFHS website ([www.nfhs.org](http://www.nfhs.org)) under the Wrestling Resources area.



# COACH MISCONDUCT PENALTY — CONSEQUENCES



# COACH MISCONDUCT PENALTY — CONSEQUENCES



At face value, coach misconduct occurs when a coach improperly questions the referee at the scorer's table. Whether questioning a possible misapplication of a rule or the judgment of the referee it will result in the head coach receiving a misconduct penalty. What the coach is not always aware of are the consequences of the penalty.

The consequences are that whenever you improperly question the referee, you do so at your own peril because each offense has its own penalty...and they are cumulative from a warning to one team point, plus two team points for a total of 3 team point deductions and removal of the head coach for the remainder of the day. Beside the punitive effects of coaching misconduct, there are other environmental impacts.



# COACH MISCONDUCT PENALTY — CONSEQUENCES



## 1. Team Morale

- Wrestlers may become distracted or demoralized during a match if they see their coach penalized or ejected.
- It can lead to a loss of composure among athletes who look to coaches for leadership and emotional regulation during intense moments.

## 2. Competitive Disadvantage

- Misconduct penalties can accumulate and result in team point deductions, which can significantly affect dual meet or tournament outcomes.
- In tight competitions, a single point deduction could be the difference between advancing or elimination.



# COACH MISCONDUCT PENALTY — CONSEQUENCES



## 3. Reputation and Credibility Loss

- Coaches may develop a reputation for poor sportsmanship, which can impact:
  - Parental respect and trust
  - Collegial relationships with other coaches,
  - School and community trust.

## 4. Administrative and Disciplinary Ramifications

- Repeat offenses may trigger school or state athletic association reviews, leading to suspension or formal reprimand.
- It can affect job evaluations, or the potential for rehiring, especially if the coach is a teacher or staff member.



# COACH MISCONDUCT PENALTY — CONSEQUENCES



## 5. Negative Role Modeling

- High school sports are education-based. A coach penalized for misconduct can inadvertently model poor behavior for their wrestlers.
- This undermines core values like respect, accountability, and sportsmanship. Which are the very underpinnings of high school sports and activities.



# NFHS OFFICIAL WRESTLING SIGNALS — OUT OF BOUNDS





# NFHS OFFICIAL WRESTLING SIGNALS — OUT OF BOUNDS

The role of the referee is an integral part of the sport of wrestling. They communicate all of the action on the mat and surrounding areas to the wrestlers, fans, coaches and team personnel. Using clear wrestling official signals is essential for ensuring consistent communication, maintaining the integrity of the match, and enhancing the overall spectator experience.

Wrestling is a fast-paced and technical sport where split-second decisions by officials can significantly impact the outcome. When officials use standardized, visible, and unmistakable signals, it reduces confusion among coaches, athletes, scorers, and fans. Clear signals also promote fairness and transparency, allowing everyone to understand infractions, points awarded, or match-ending calls in real-time.





# NFHS OFFICIAL WRESTLING SIGNALS — OUT OF BOUNDS

The out of bounds signal is crucial because of the opportunity to score right before a wrestler has gone out of bounds. The correct mechanic is sounding the referee's whistle while using a sweeping motion of both arms to express that a wrestler has gone out of bounds. That motion alone does not require that the referee stopping action first then signaling out of bounds.

Consistent use of these and all the other official wrestling signals reinforces uniformity across all skill levels of high school competition, helping students and coaches to better understand expectations no matter where or with whom they compete against on the mat.



# You're ALMOST FINISHED NEED TO VERIFY HOW MEETING ENDS



**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 records**  
**One for your administrator**  
**One for your coaching authorization renewal**



**Officials – please print one copy of the verification certificate for your files**

**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 be directed to the verification screen followed by the verification certificate**

