



WRESTLING RULES CHANGES, REVISIONS & REMINDERS

NATIONAL FEDERATION ITEMS

Rule 1-4-3: Match Limitations

ART. 3 . . . No wrestler shall represent the school in more than one weight class in any meet or wrestle in more than **six matches** (championship or consolation), excluding forfeits, in any one day of competition.

- The NFHS's intent of this rule is to allow INDIVIDUAL tournaments the opportunity to be concluded in a single day.
- The NFHS has indicated that this rule was NOT intended to add another round or additional dual to an event to allow all participants an opportunity to compete six times in a day.

Rule 1-4-4: Rest Between Matches

ART. 4 . . . No contestant shall wrestle in two consecutive matches with less than a **30-minute** rest between matches. The conclusion time of each match shall be recorded.

Rule 1-4-7: Limited Competition

ART. 7 . . . No contestant shall wrestle in more than **10 matches** in a **two-consecutive day period**.

- As stated in the slide pertaining to allowing a sixth match in a day, the rule to allow 6 matches per day was intended for meet management on one-day tournaments and is not to allow more matches in a season.
- This rule, limiting to 10 matches in a two-consecutive day period, reinforces the intent of that rule.

Rule 3-1-1: Referee's Uniform

ART. 1 . . . Shoes with **white or gray trim** are allowed.

The NFHS's rationale for allowing the referee's shoes to have trim gives them more options and opportunities to find more comfortable shoes and does not hinder the appearance of the official.

Rule 4-1-1a & 4-1-1b: Uniforms

Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting and shall not extend below the knee.

- The one-piece singlet may be worn with full-length form-fitted tights.
- This states that **tights no longer require stirrups to be legal**.
- This still does NOT allow wrestlers to wear leg sleeves.

Rule 4-1-1a & 4-1-1b: Uniforms

- **NOTE:** Female contestants wearing a one-piece singlet shall wear a sports bra that completely covers their breasts and minimizes the risk of exposure.
- Compression shirts worn underneath a one-piece singlet are permitted **but not required** for female contestants unless needed to ensure complete coverage.
- Compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed.

Rule 4-2-1: Wrestler's Appearance & Health

Facial hair is permissible.

- The NFHS stresses that it is important to be cognizant of skin disease and to keep all involved safe.
- If there are any questionable areas on or around the face, we would inquire with the wrestler about a physician's note or get input from the on-site approved healthcare professional (AHCP) if one is present.

- If there is no on-site AHCP and no note, then we would deny the wrestler the opportunity to compete.
- The LENGTH of the facial hair does NOT have any influence on the referee's decision.

Rules 5-13, 10-2-4, 10-2-5: Forfeit/Med Forfeit/Entry

- It shall be considered a **medical forfeit** when the opponent fails to appear for a match due to injury or illness that occurred **during the tournament**.
- **This determination will be made by the Tournament Director.**
 - NFHS Rationale: The term medical forfeit accurately describes that the forfeit was due to injury or illness that occurred during the tournament.
- A medical forfeit would not count against the wrestler's record.
- ART. 4 . . . In case of injury or illness after verification of entries, the tournament director, in consultation with the designated, on-site meet, appropriate health-care professional(s), and the coach of the injured or ill contestant, shall determine the contestant's ability to continue. Extenuating circumstances concerning the injury or illness as it relates to default, or forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.
- ART. 5 . . . A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is deemed a medical forfeit because of an injury or illness that occurred during the tournament.
 - Rationale: There is confusion when choosing an injury default versus a forfeit in tournament situations.

Rule 5-15-2a: Supporting Points

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
 4. the hand(s)
 5. the head **6. foot/feet**
 - NFHS Rationale: Feet are regularly supporting the wrestler's weight during the match while on the mat.
- By adding it to the list of usual supporting points on the mat it will provide clarity and consistency for the wrestlers, coaches, and officials.
 - **NOTE: this pertains to control of the opponent, NOT as it pertains to pinning situations.**
There is NO CHANGE or clarification as it pertains to supporting points during a pinning situation.
 - Including the toes as supporting points did not alter the rule for near-falls and falls. The knees still must be inside, on/or above the boundary line in these situations. The toes provide one more point of support for control. If it is not a fall or near-fall situation, wrestling can continue if it is safe.

Rule 6-5-2: End-of-Match Procedure

ART. 2 . . . The wrestlers shall shake hands, and the referee shall declare the winner by raising the winning wrestler's hand **or raise the color wristband of the winning wrestler on their (referee's) arm or have the winning wrestler raise their own arm.**

- The NFHS's rationale is that wrestling remains the only sport where it is required for the official to touch the student-athlete as part of the post-match/game procedure.
- This end-of-match procedure would still indicate the winner and alleviate the requirement of the official from touching the athlete.



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MHSAA UPDATES & REMINDERS

Season Schedule Format - 2023-24:

Practice begins **MON, NOV 13**. The first day of competition will be **WED, DEC 6**.

The limitation for teams and individuals will be **16 DAYS OF COMPETITION** with no more than **eight (8)** of those days being “tournament-type” events where a wrestler competes more than twice.

- 8 events: Wrestler may wrestle MORE than 2 times.
- 6 events: Wrestler may NOT wrestle more than 2 times.
- 2 events: Wrestler may wrestle NO more than 1 time.

Weight Monitoring Program:

Alpha Weigh-Ins will be used for the **23-24** school year. All elements of the Weight Monitoring Program – **Optimal Performance Calculator (OPC)** may be found at trackwrestling.com.

Login information has been sent to ADs & coaches, along with information regarding the annual nutrition meeting.

Individual Girls Regional:

- Submit wrestlers in TrackWrestling for the Individual Girls Regional **FRI, FEB 9**.
 - Girls must CHOOSE participation in the Individual District OR the Individual Girls Regional.
 - **GIRLS MAY NOT PARTICIPATE IN BOTH THE INDIVIDUAL DISTRICT AND THE INDIVIDUAL GIRLS REGIONAL.**
- Each school is allowed to enter fourteen (14) female wrestlers into the Individual Girls Regional tournament with no more than two (2) female wrestlers being entered in any one weight class.
 - Note: A wrestler need not have a winning record to receive seeding consideration.
- The MHSAA will post the starting weight class for all Individual Regional sites on **MON, FEB 12**.
- The starting weight class for competition and weigh-in will be the same number weight class as the Regionals.
 - Example: If the starting weight class for the Individual Regional is the 215-pound weight class, that is the 13th weight class. The girls' starting weight at the Girls Regional will also be the 13th weight class using NFHS girls weight classes, which is the 190-pound weight class.
- Girls Individual Regional Tournament held **SUN, FEB 18**. (*The day AFTER the Individual Regionals*)
 - Allows coaches to attend the Individual Regional as well as the Individual Girls Regional without having to choose which wrestlers they will coach if they were on the same day.
 - This day is the traditional day of the previously held (MWA) Girls State Finals.
 - As the Individual Girls Final will held at the same time and location as the Boys Individual Final, this also allows approximately the same amount of time as the boys between the qualifying and Final Individual events.
 - Seeding for the Individual Girls Regional is **TBD**. It will be similar to last year, with seeding taking place “virtually” at a specific time to accommodate the multitudes of individual coaches that may only have a single entry. This system also eliminates travel. More information will be emailed to ADs and coaches as we near the post-season.
 - Tentatively, Individual Girls Regionals will be held at four (4) schools, with 2 somewhat close to each other, and the other 2 being somewhat close to each other. Geography is a partial determining factor.
 - Wrestlers in the Individual Girls Regional must have a record (win, loss, forfeit). **THEY DO NOT HAVE TO HAVE A VARSITY RECORD**. If a wrestler competes at a weight class that is below a weight class that had been made for the first time at the Individual Girls Regional, the wrestler would be required to make “scratch” weight.
 - A girl could achieve “scratch” weight at an NFHS girls’ weight by the following:
 - Make weight and compete at an event that hosts a girls Division that uses NFHS girls weight classes.

- Make weight and compete at a “traditional” weight class that is the same or below an NFHS girls weight class.
 - i.e., A girl weighs in at 113.0. This qualifies as making 113 “scratch” for the “traditional” weight class, and 115 for the NFHS girls weight class.
 - i.e., A girl weighs in at 100.0 pounds to wrestle 106 for a dual meet. This would qualify as making “scratch” at 100 pounds for the NFHS girls weight class, as well as “scratch” at the NFHS girls 105-pound weight class. If this same girl weighs in at 101.2 for 106, they have made “scratch” for 105, but not the 100-pound weight class.

Communicable Disease Form: [LINK](#)

- The NFHS/MHSAA Communicable Disease Physician’s Evaluation Form is only REQUIRED for “contagious” lesions. Doctor’s notes shall NOT be accepted for communicable diseases.
- If the condition is a “non-contagious” affliction, the NFHS/MHSAA Communicable Disease Physician’s Evaluation Form is NOT required.
 - Some examples of “non-contagious” lesions are **Psoriasis, Eczema, Rosacea, and vitiligo**. Please know that a communicable disease that has BECOME non-contagious STILL requires the NFHS/MHSAA Communicable Disease Physician’s Evaluation Form.

Sportsmanship / Good Sporting Behavior:

- Coaches and officials MUST work together!
- Each match is an opportunity to teach life lessons in conjunction with wrestling.
- Coaches who model appropriate behavior will send a positive message to the wrestlers and the spectators.
- The positive values learned will serve the wrestlers long after their wrestling careers have concluded.

Team District & Team Regional Information:

- Team District: Divisions **1 & 3** will compete - **WED, FEB 7**
- Team District: Divisions **2 & 4** will compete - **THR, FEB 8**
- Team Regional: All Divisions will compete - **WED, FEB 14**
 - The Highest # Team District vs. the 2nd Highest # Team District, and the Lowest # Team District vs. the 2nd Lowest # Team District.
 - Example: #104 vs #103 & #101 vs #102

Team Regional Hosting:

For the **2023-2024** season, the Team District champion from the **2nd HIGHEST # Team District** in your Team Region will HOST the Team Regional.

If YOUR school is in **2nd HIGHEST # Team District (23-24)**, check with your AD and discuss the likelihood of your school HOSTING the Team Regional on **WED, FEB 14, 2024**, if you are fortunate enough to win a Team District title.

SCHOOL	Team District		SAMPLE
School A	165-3	1	HOST: 2021-22
School B	165-3	2	
School C	165-3	3	
School D	165-3	4	
			165-3 vs 166-3
School E	166-3	1	HOST: 2022-23
School F	166-3	2	
School G	166-3	3	
School H	166-3	4	
			REG 117-3
School I	167-3	1	HOST: 2023-24
School J	167-3	2	
School K	167-3	3	
School L	167-3	4	
			167-3 vs 168-3
School M	168-3	1	HOST: 2024-25
School N	168-3	2	
School O	168-3	3	
School P	168-3	4	