

Wrestling Comments on the Rules - 2022-23

By NFHS on October 26, 2022 [wrestling](#)

Clarified what a female wrestler shall wear as an undergarment when wearing a one-piece singlet (4-1-1a NOTE) – To provide clarity as to what a female wrestler shall wear in addition to their sports bra under a one-piece singlet. The use of a compression shirt for additional coverage to minimize exposure is optional and at the discretion of the wrestler, her parent(s)/guardian(s) or coach.

Clarified what a female wrestler shall wear as an optional additional undergarment when wearing a one-piece singlet or a two-piece uniform to ensure complete coverage (4-1-1c NOTE) – To provide clarity as to what additional undergarment is required for female wrestlers. It is not mandatory that all female wrestlers wear a compression shirt. It is optional at the discretion of the wrestler, her parent(s)/guardian(s) or coach.

Clarified the penalty if shoelaces become untied and/or if the shoe(s) comes off (4-1-3) – The penalty to issue a technical violation and use one of two injury time-outs is too punitive for shoelaces that become untied and/or the shoe(s) come off. An appropriate penalty would be correcting the infraction by issuing a stalling call.

Clarified what required undergarment(s) a female wrestler shall wear during weigh-in (4-5-7) – Clarification of the legal uniform and any optional compression shirt being worn as it pertains to females during the weigh-in period.

Modified that facial hair is allowed (4-2-1) – Facial hair is permitted as long as the skin is visible for the referee or the designated onsite appropriate health-care professional to conduct a skin-check, if not, the wrestler would have to trim the facial hair or wear a mask. In addition, clarity was provided with hair control devices and hair adornments.

Clarified the penalty if shoelaces become untied and/or if the shoe(s) comes off (5-24-6d) – Clarified the definition of stalling and when it is to be called if shoelaces become untied and/or the shoe(s) come off.

Modified the various types of technical violations (5-27-1e, f) – Modified when shoelaces become untied and/or shoe(s) that come off are not subject to a technical violation.

Clarified what constitutes a technical violation when reporting to the table (7-3-5) – Modified when shoelaces become untied and/or shoe(s) that come off are not subject to a technical violation after the match has started.

Clarified the penalty if shoelaces become untied and/or if the shoe(s) comes off (7-6-6d) – Clarified when stalling is called based upon the various actions of either wrestler.

Clarified the penalty if shoelaces become untied and/or if the shoe(s) comes off (8-1-1) – Clarified when a wrestler would be penalized for stalling for shoelaces that become untied and/or shoe(s) that come off after the match has started.

Clarified when the referee would not stop the match when indicating an infraction (8-1-2g Exception) – Selected stall calls including two-point stall call during the match, would not require the match to be stopped to warn or penalize the offending wrestler if the stall call is for shoelaces that become untied and/or shoe(s) that come off.

Modified how warnings and penalties are awarded for stalling (8-1-4) – As an exception, when related stall calls including the two-point stall call is made during the match, the match would not be stopped to warn or penalize for stalling if the stalling is for any shoelaces that become untied and/or shoe(s) that come off during any significant action or imminent scoring situations.

Clarified when a match would not be stopped (Stalling Penalty Chart) – If shoelaces become untied and/or if the shoe(s) come off, the match would not be stopped, including the two-point stall call during any significant action or imminent scoring situations.