

# Wrestling Rules Changes - 2019-20

By NFHS on September 10, 2019

## wrestling

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**4-1-1a** - Clarified that a suitable undergarment that provides maximum coverage shall be worn under a one-piece singlet.

**4-1-1b** - Clarified that a suitable undergarment that provides maximum coverage shall be worn under a short designed for wrestling and under compression shorts.

**4-1-1c Note** – Clarified that female wrestlers wear an undergarment that completely covers their breast and that all wrestlers wear suitable undergarments that completely covers parts of their body.

**4-1-3** – Clarified how wrestling shoelaces shall be secured in an acceptable fashion.

**4-1-4** – Clarified what can be displayed on wrestling ear guards.

**4-2-1** – Modified the hair rule and identified inappropriate hair control items.

**4-3-5** – Clarified what a wrestler shall not wear during a match.

**4-5-7** – Clarified what item(s) a female wrestler shall wear at weigh-in.

**5-25-2** – Clarified the definition of a takedown.

**5-27-1a** – Modified the definition of a technical violation.

**7-3-1** – Clarified the application of a technical violation.

**7-6-6d** – Modified the definition of stalling.

**8-1-3** – Modified the administration of the stalling penalty.

**8-1-4** - Modified the administration of the stalling penalty.

**8-1-5** - Modified the administration of the stalling penalty.

8-1-6 - Modified the administration of the stalling penalty.

8-1-7 - Modified the administration of the stalling penalty.

**Penalty Chart** – Modified to reflect the administration of the new stalling penalty.

8-2-4a, b(1), (2), (3) – Modified the rule to extend time to evaluate head, neck and cervical column injuries.

9-2-2f – Modified the tie-breaking criteria in a dual-meet competition.

**Official's Signal** – Modified new signal to indicate that additional time has begun to evaluate head, neck and cervical column injury.

## 2019-20 Wrestling Points of Emphasis

### 1. Wrestler's Equipment

- Verification
- Inspection
- Compliance
- Appearance/Uniform

### 2. Stalling

### 3. Concussion Evaluation Time Extension

### 4. Sportsmanship Enforcement

### 5. Importance of Hydration with body fat assessment