

Wrestling Rules Changes - 2016-17

By NFHS on August 24, 2016

wrestling

5-11-2i: Clarified when a wrestler shall be awarded penalty point(s).

7-2-2g,h: Clarified an additional potentially dangerous hold when an arm trap is applied.

2016-17 Points of Emphasis

1. Communicable Skin Conditions and Skin Checks
2. Control
3. Arm Trap
4. Sportsmanship/Good Sporting Behavior

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