



2024-25 Wrestling Rules Interpretations

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SITUATION 1: Is the 10-foot circle in the center of the wrestling mat required?

RULING: No, the 10-foot circle in the center of the wrestling mat is now optional. (2-1-3)

SITUATION 2: Can each team in a tournament bring its own scales to weigh-in its contestants?

RULING: No, the home management shall provide scales for weighing-in contestants. (2-4-1)

SITUATION 3: Is the referee required to meet with the head coaches before the start of a dual meet or tournament?

RULING: Yes, the referee is required to meet with the coaches to verify that the team is groomed, properly equipped and ready to wrestle, including shoelaces being secured. In a dual meet, the referee also meets with the head coaches to explain to them about good sportsmanship throughout the contest. (3-1-4, 3-1-5)

SITUATION 4: Can a wrestler wearing tights remove one leg of the form-fitted tights?

RULING: No, the form-fitted tights cannot be modified; both legs must be intact. (4-1-1a, b)

SITUATION 5: Can a tournament manager or dual meet host create “blocked weights” for the contestants to use for competition?

RULING: No, wrestlers must compete in the weight classification selected by their state association. (4-4-1)

SITUATION 6: Does awarding an escape require two points of contact of either wrestler or one point of contact of both wrestlers to be inbounds?

RULING: No, an escape can be awarded while one point of contact of either wrestler is in-bounds. (5-10)

SITUATION 7: Can the referee award a five-point near fall?

RULING: Yes, if the four-point near fall is earned and during the near-fall situation the defensive wrestler is injured, indicates an injury or the defensive wrestler starts to bleed or the defensive wrestler commits a violation. (5-11-2h, i)

SITUATION 8: Is a technical fall awarded when the pinning situation ends or at the conclusion of the near-fall criteria?

RULING: The technical fall is awarded when near-fall criteria are no longer met. (5-11-4)

SITUATION 9: Does a point of contact have to bear weight?

RULING: No, the point of contact may or may not bear the wrestler's weight. (5-15-2)

SITUATION 10: Can a defensive wrestler be pinned while the shoulder or scapula are out of bounds?

RULING: Yes, near-fall points or fall shall be earned while a point of contact of either wrestler is in-bounds. (Rule 5-15-2c)

SITUATION 11: Can a reversal be awarded if either wrestler only has one foot inbounds?

RULING: Yes, a reversal at the edge of the mat can be awarded with one point of contact of either wrestler inbounds. (5-22-2)

SITUATION 12: If the wrestling mat doesn't contain a 10-foot circle, can either wrestler be called for stalling for not wrestling aggressively in the middle of the mat?

RULING: Yes, each wrestler is required to make an honest attempt to stay in the center of the mat and wrestle aggressively. (5-24-1)

SITUATION 13: How many points will be awarded for a takedown at the edge of the mat?

RULING: Three points will be awarded for each secured takedown. (9-1-2)

SITUATION 14: If a wrestler presents written documentation as defined by the NFHS or respective state association from an appropriate health-care professional stating that the wrestler can compete with the communicable condition as long as the condition is covered, is this acceptable?

RULING: No, covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate. (4-2-3)

SITUATION 15: Can a wrestler accept a forfeit in one weight class and then wrestle a match one weight class above the wrestler's scratch weight?

RULING: A wrestler cannot accept a forfeit in one weight class and compete in another class in the same meet. (1-4-5)

SITUATION 16: Are satellite weigh-ins permissible?

RULING: No, contestants shall have the opportunity to weigh in, shoulder-to-shoulder for dual meets and tournaments. (4-5-1, 4-5-2)

SITUATION 17: Can a wrestler who properly reports for a weight class in a dual meet be withdrawn and used to wrestle at the next weight class?

RULING: No, if Wrestler A properly reports to the scorer's table in a dual meet and is withdrawn, Wrestler A would be disqualified from that dual meet. (5-8)

SITUATION 18: Who is responsible for the removal of a spectator who has been ejected by the referee?

RULING: The home team administration is responsible to ensure the spectator is removed when directed by the referee. (5-30-3)

SITUATION 19: If one point of contact of either wrestler is inside or on the boundary line, can the referee stop the match?

RULING: Yes, the referee can stop the match if there is no action at the edge of the mat. (5-15-3)

SITUATION 20: When can the referee use the referee's time-out?

RULING: The referee can use the referee time-out to address a situation not covered by any other time-out. (5-28-4)