

NATIONAL FEDERATION OF STATE
HIGH SCHOOL ASSOCIATIONS



2023-24 Wrestling Comments On The Rules

Modified the number of matches in any one day of competition (1-4-3) — Increased the number of matches from five to six per day. The rule was changed to allow six matches in post-season events after successful experiments by member state associations last season and there were no reported increase of injuries. It is a natural progression to allow six matches during the regular season and it will be monitored throughout the season.

Modified the rest time between matches (1-4-4) — The sentiment is that reducing the recovery time from 45 minutes to 30 minutes between matches is appropriate.

Modified the number of matches in two-consecutive days of competition NEW (1-4-7) — This is a new rule change. The modified rule change (1-4-4) to allow six matches in a day was for meet management during one-day tournaments only. This rule change is not to encourage more matches in a season.

Modified the referee's uniform (3-1-1) — Allowing the referee's shoes to have white or grey trim gives them more options and opportunity to find more comfortable shoes and does not hinder the appearance of the official.

Modified what a wrestler can wear underneath the singlet uniform (4-1-1a) — The tights worn by wrestlers today are compressed and form-fitted reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent.

Modified what a wrestler can wear underneath the two-piece uniform (4-1-1b) — The tights worn by wrestlers today are compressed and form-fitted reaching just above the ankles. These tights do not ride up the wrestler's leg causing a disadvantage to the opponent.

Modified that facial hair is allowed (4-2-1) — Facial hair is permitted regardless of the thickness and length. Individuals should always be observant regarding skin disease and work to minimize risk for all involved. If there are any questionable areas on or around the face, an inquiry would be made with the wrestler about a physician's note or get a determination from the on-site approved health-care professional (AHCP) if one is present. If there is no on-site AHCP and no note, then the wrestler would be denied the opportunity to compete.

Modified the definition of forfeits (5-13, 10-2-4, 10-2-5) — By having a medical forfeit option available, it will clearly define that the wrestler was not able to report to the match due to injury or illness that occurred during the tournament. The determination will be made by the tournament director after

consultation with the injured or ill wrestler's coach and the on-site approved health-care professional (AHCP). Like regular forfeits the wrestler would not take a loss on their record.

Modified the usual points of support (5-15-2a) — Feet are regularly supporting the wrestler's weight during the match while on the mat. A wrestler's feet are allowed to be considered supporting points while in a near-fall situation. By adding it to the list of usual supporting points on the mat it will create more clarity and consistency for the wrestlers, coaches, and officials.

Modified the end-of-match procedure (6-5-2) — Modified the various methods the referee can indicate who won the match.