



*2006
WRESTLING
RULES
CLINIC*



WELCOME
SIGN-IN AT
CONCLUSION OF
MEETING



KHSAA Bylaw Reminders

- Bylaw 6
 - Beginning in 2007-2008, students who have represented a high school at any level while not yet enrolled in grade 9 who then do not enroll at that particular high school are ineligible for one year.
- Bylaw 9
 - Make certain you know that students who are not eligible to play in next game cannot practice (exception: sportsmanship)



KHSAA Bylaw Reminders

- Bylaw 10
 - Refer ALL students and/or parents to school administration. Coaches, do not give tours, walk throughs, information, etc. to unenrolled students.
 - Restrictions also apply to current parents of players and other boosters. .



KHSAA Bylaw Reminders

- ❖ **Bylaw 25**
 - Know the scrimmage restrictions. Two three-hour periods after first day of practice (October 15)
 - Limit of seventeen (17) matches as a school for the year. Multiple session meets/matches/tournaments count as one against the limit.



KHSAA Bylaws Reminders

- **Bylaw 27**
- All coaches must have 64 hours college credit unless employed in a district which has an emergency exception to the substitution requirements through EPSB.
- Not a new rule, actually came into place in early 1990s. Often ignored or not applied. Extreme Liability for schools.



KHSAA General Reminders

- **Disqualifications**
 - Must be reported within 24 hours (anything grades 9-12)
 - Web site only reporting
 - Schools request reinstatement after officials' report



KHSAA General Reminders

- **Postseason Changes for Officials**
 - **Must have been licensed on time to do postseason (rounds 2 through 5)**
 - **Must score 80 on Part II exam**
 - **Part II exam dates will be in December (by mail)**
- **Pay Scale for Officials**



KHSAA WEIGHT MANAGEMENT PROGRAM REMINDERS



REGULATIONS

❖ Time Periods for Measurements

Skin fold measuring may begin on **the first date of practice**. All wrestlers, including those coming out late, must have their minimum weight established prior to any competition.

Skin fold measuring must be completed by the first competition. Athletes coming out after that time must be tested, but their alpha weight is now their minimum weight.

Results of measurements will be posted on the KHSAA web site.



REGULATIONS

❖ Responsibilities of Schools in the Measurement Process

- It is the school's responsibility to contact an approved KHSAA skin fold tester. Each school may designate their own assessor and a current list will be maintained on the KHSAA web site.
- The school must make sure the assessor has available at the time of the skin fold measuring: 1) a system for measuring the athlete's hydration; 2) a scale, 3) skin fold measurement equipment.
- The school shall see that all charges for skin fold measuring are paid. (KHSAA certified skin fold measurers may charge up to \$5.00 per wrestler measured.)
- The school will be sent a form to submit to the KHSAA the name of the person(s) that will be trained to do body fat testing. An updated form is required for the 2006-2007 school year from all schools.



Weight Management Rule 1-3



Effective 2006-07

***Hydration level -- not to exceed 1.025**

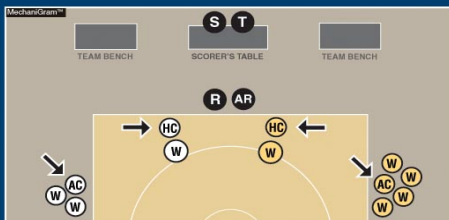
***Body Fat -- not lower than 7% males; 12% females**

***Weight loss -- not to exceed 1 1/2% per week**

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Rule 3-1-4e Referee

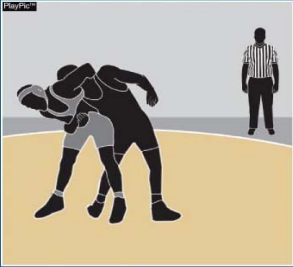


Referees meet with the *head coaches* and captains and explain to them that they are to make certain everyone exhibits good sportsmanship...

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TR-1


NFHS Assistant Referee Rule 3-2-2a **REFeree**



Constant verbal communication between the referee and assistant referee is necessary... concerning stalling, line calls, *technical violations, potentially dangerous holds...*

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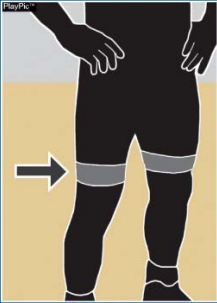
NFHS Assistant Referee Rule 3-2-2f **REFeree**



When necessary, the referee and assistant referee shall meet briefly on the edge of the mat away from wrestlers and coaches, *away from the scorer's table to discuss...*

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NFHS Wrestler's Uniform Rule 4-1-1c **REFeree**



Full length tights with stirrups are acceptable under a one-piece uniform. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be a tight fitting, single solid color, unadorned and shall not extend below the knee.

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NFHS Weight Classifications Rule 4-4-1 **REFeree**



285.0

Increased the 275-pound weight class to 285 pounds.

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NFHS Fall, Near Fall and Technical Fall Rule 5-11-2f thru i **REFeree**



The award of near-fall points in bleeding/injury situations has not been clearly communicated. The entire section was re-written.

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NFHS Match Rule 5-18-2 **REFeree**

IMPROPER WRESTLER PROPER WRESTLER

A match begins when the proper wrestler reports to the scorer's table in dual matches and tournaments until the conclusion of wrestling.

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Starting the Match
Rule 6-2-2

The wrestler to be sent to the scorer's table first, who then cannot be withdrawn or replaced without being disqualified *and the weight class being forfeited*, shall be determined by the premeet disk toss.

TR-11

Correction of Error
Rule 6-6-4a 1 (NEW)
Rule 6-6-5a 1 (NEW)

VISIBLE SCOREBOARD

Coaches and their scorekeepers have the responsibility to recognize scoring errors as they occur.

TR-12

Overtime
Rule 6-7-1

Three Periods of Wrestling

OVERTIME	Sudden Victory	(one minute)
	Tiebreaker I	(30-sec)
	Tiebreaker II	(30-sec)
	Ultimate Tiebreaker	(30-sec)

TR-13



NFHS

Wrestling Overtime 2006 - 2007

- ❖ Quickly verify that overtime is needed.
- ❖ Remember that all penalties, cautions, warnings, time-out and injury time are cumulative throughout the regular match and the overtime period.
- ❖ A fall or disqualification terminates any of the overtime periods, match is over.
- ❖ No rest between regulation match and sudden victory period.
- ❖ In sudden victory one minute period, wrestling starts in the neutral position. (Note: the only thing that could change this would be the second injury timeout)
- ❖ The wrestler that scores the first points in the sudden victory period is declared the winner



Two thirty second tie-breakers

- ❖ If no winner is declared at the end of the sudden victory period, then two 30 second tie-breaker periods will be wrestled.
- ❖ Both periods will be wrestled unless, disqualification or a fall occurs.
- ❖ The referee shall flip the disk to determine choice for the starting position of the first tie-breaker period. Choice may be top, bottom or defer. NO NEUTRAL!



Two thirty second tie-breakers

- ❖ At the conclusion of the first tie-breaker period the opponent will have the choice of top or bottom.
- ❖ Whichever wrestler has scored the most points in the two 30 second tie-breaker periods will be declared the winner.
- ❖ Remember if a fall or disqualification occurs in either of the 30 second tie-breaker periods the match is over.



Ultimate tie-breaker

- ❖ Should the score be tied at the end of the two 30 second tie-breaker periods, one ultimate 30 second tie-breaker period will be wrestled.
- ❖ Choice for position in the 30 second ultimate tie-breaker period will be given to the wrestler that scored first point(s) in the 6 minute **regulation match**. Double stalling points or simultaneous penalties shall be considered as no points for the purpose of choice in the ultimate tie-breaker.
- ❖ **If no points were scored, choice will be determined by a flip of the disk.** They must choose top, bottom or defer.



Ultimate tie-breaker

- ❖ The wrestler who scores the first point(s) during the ultimate tie-breaker will be declared the winner.
- ❖ If no points are scored in the ultimate tie-breaker period, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.
- ❖ Remember a fall or disqualification terminates any of the overtime periods.



Ultimate tie-breaker period

- ❖ Remember that the Ultimate tie-breaker period is different than the rest of the match.
- ❖ The goal of the wrestler is to control the bottom wrestler and the goal of the bottom wrestler is to get away or score.
- ❖ Controlled wrestling should not be confused as stalling in this situation.
- ❖ There would be times when the top wrestler could be considered stalling, like grabbing a leg an hanging on. Each state should review this situation with their officials and coaches.

Illegal Holds
Rule 7-1-4





GRASPING





PULLING BACK

Pulling back *as opposed to grasping* the thumb or 1, 2, or 3 fingers.

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Illegal Holds
Rule 7-1-5s, t (NEW)





s. *Chicken wing with pressure toward the shoulder, parallel to the long axis of the body*

t. *Hand(s) in the eye(s) or raking the eye(s)*

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Technical Violations
Rule 7-3-1







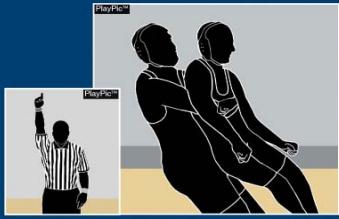
Fleeing the Mat

When the referee feels that either wrestler has failed to make every effort to stay inbounds, the offending wrestler shall be penalized. *There can be no technical violation of fleeing the mat if near fall points have been earned.*

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Penalty Administration
Rule 8-1-2c



When indicating an infraction, the referee shall stop the match with the following exceptions: warning *or penalizing* the offensive wrestler when the defensive wrestler is on his feet.

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TR-18

2006-2007 Points of Emphasis





Iowa HSAA Injury Data

- ❖ Ringworm = 59%
- ❖ Impetigo = 23%
- ❖ Herpes = 7%
- ❖ Boils = 2%
- ❖ Other (unknown) = 9%



New Communicable Skin Concern

- ❖ **MRSA - Methicillin Resistant Staphylococcal Aureus**
 - Aggressive bacteria that spreads quickly
 - Usually starts looking like a boil or small abscess
 - Can cause serious skin and muscle damage
 - Rarely spreads to the lungs and causes respiratory damage



Precautions to prevent MRSA, and other skin conditions

- ❖ Clean clothes, clean athletes, clean equipment and clean wrestling mats
- ❖ **Never share towels or equipment**
- ❖ Treat and cover all abrasions
- ❖ **Remove individuals with suspect skin conditions from practice and competition**
- ❖ **Seek medical intervention**



Point of Emphasis for 2006-07 Proper Procedures for Handling Apparent Concussions

(Information provided by the Department of Health and Human Services Centers for Disease Control and Prevention.)

Action Plan

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow the athlete to return to play only with permission from an appropriate health care professional.



*Point of Emphasis for 2006-07
Proper Procedures for
Handling Apparent Concussions*

Signs and Symptoms

These signs and symptoms may indicate that a concussion has occurred.

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit

Symptoms Reported by Athlete

- Headache
- Nausea
- Balance problems or dizziness
- Double vision or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion



Illegal Holds Rule 7-1-1



A slam is lifting and returning an opponent to the mat with unnecessary force.

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TR-14



Illegal Holds (5-14-1)

- ❖ Any hold used in such a way as to endanger life and limb is illegal.
- ❖ Holds are illegal when a body part is forced beyond limit of normal range of movement,
- ❖ Or, when unnecessary force is applied to an opponent.



Unnecessary Roughness

- ❖ Involves physical acts that occur during wrestling.
- ❖ Includes any act which exceeds normal aggressiveness.
 - Forceful crossface.
 - Knee or forehead used in a punishing way.



Forceful trip to the mat.

Use of elbow to back of head or spine in a punishing way.





Elbow in the back used in a punishing way.



Hands to the face or eyes, or covering the mouth or nose.

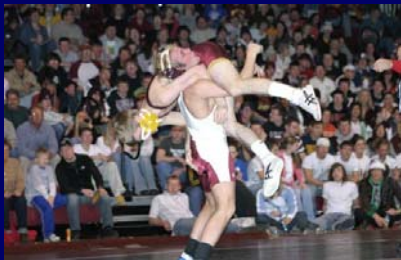


Officiating Tips

- ❖ Officials must focus on the degree of force applied.
- ❖ Caution or penalize the wrestler when the action goes beyond normal aggressiveness.
- ❖ Continued acts of unnecessary roughness may be construed to be flagrant misconduct.



Slams (Rule 7-1-1,3)





A slam is lifting and returning the opponent to the mat with unnecessary force.





If an opponent is lifted off the mat, he must be returned safely.





A slam may be committed by a wrestler in the offensive, defensive, or neutral positions.



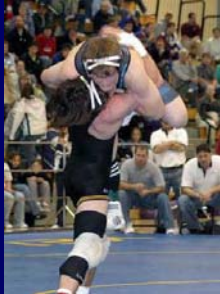


Defensive Slam

- ❖ An intentional drill or forceful fall back is illegal.
- ❖ Usually occurs when the defensive wrestler, from a standing position goes forcibly to the mat while the offensive wrestler has a scissors or cross body ride.



Officiating Tips
A slam must be called without hesitation.





A slam does not have to result in an injury to be called illegal.





Penalty Administration

- ❖ Referee shall immediately stop the match when indicating an infraction of slam or unnecessary roughness.
- ❖ Penalties for unnecessary roughness and slams follow the progression on the penalty chart.
 - 1st violation- 1 pt.
 - 2nd violation- 1 pt
 - 3rd violation- 2 pt.
 - 4th violation- Disqualification



Flagrant Misconduct

- ❖ Continuing acts of unnecessary roughness may be construed as flagrant misconduct.
 - Results in disqualification.
 - Deduction of 3 team points.
 - Immediate removal from premises.



Recovery Time

- ❖ If an illegal hold, unnecessary roughness, slam results in an injury to offended wrestler, he is entitled to 2 minutes recovery time.
- ❖ If unable to continue wrestling following recovery time, offended wrestler will win the match on default.



Officiating Tips

- ❖ Recovery time used due to unnecessary roughness or slams is not deducted from injury time.
- ❖ Injured wrestler cannot take injury time immediately following recovery time.

NFHS POINT OF EXPANSION REFeree

Weighing In Rule 4-5-3

All contestants shall be present in - and remain in - the designated weigh-in area at the time established by meet administration.

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NFHS POINT OF EXPANSION REFeree

Wrestler's Uniform Rule 4-1-1a

The singlet is to be at least as high as half the distance between the armpit and the belt line.

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NFHS **Rule 4-1-1**

This is an example of a LEGAL UNIFORM.

This view shows the 4-inch inseam requirement without tights.

The maximum length is above the knee.



Wrestlers' Uniform Rule 4-1-1a

REFeree

Legal

Illegal

A shirt worn under the sleeveless uniform shirt must be tight-fitting and short-sleeved.

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KHSAA

UNIFORM ALERT
(4-1-1c)

- ❖ The NCAA has permitted an additional style of uniform again this season.
- ❖ **The NFHS has not approved or discussed this style.**
- ❖ The following alert was circulated last season:



UNIFORM ALERT (Cont.)

- ❖ It has come to the attention of the National Federation of State High School Associations (NFHS) that erroneous information regarding wrestling uniforms is being distributed by individuals not associated with the NFHS. The NFHS Wrestling Rules Committee **has not approved** a new uniform style for use at the high school level such as was recently approved by the NCAA for use at the college level.
- ❖ **Rule 4-1-1** has not been changed for the 2006-07 season. The timeframe for discussion of any uniform changes in high school wrestling would be at the committee's next regularly scheduled meeting in April 2007.






RULE 7-3-6

- ❖ Reporting to the mat, not properly equipped, or not ready to wrestle **or any equipment that is detected as being illegal after the match has started** is a technical violation.





 ***EAR GUARDS***
(4-1-4)

- **ALL** wrestlers must wear ear guards-
- Must provide adequate ear protection-
- No injury hazard to the opponent-
- Must have an adjustable locking device to prevent it from coming off or turning on the wrestler's head-



*SPECIAL EQUIPMENT
(Rule 4-3)*

- Any equipment worn that is not required by rule-
- Any equipment which does not permit normal movement of the joints and which prevents one's opponent from applying normal holds shall not be permitted-
- Any equipment which is hard or abrasive must be covered and padded-
- Electronic communication equipment-illegal-



SPECIAL EQUIPMENT

- Includes but is not limited to:
 - Hair Coverings-
 - Face Masks-
 - Braces-
 - Supports-
 - Eye Protection
- Each state association may authorize the use of artificial limbs- *as long as it is not a danger to the opponent and not a disadvantage-*



SPECIAL EQUIPMENT

- **ALL** parts of a pad must fit snug against a wrestler's body.
- Loose pads are prohibited-
- Taping or strapping which substantially restricts the normal movement of a joint shall be prohibited. The taping of fingers or thumb is not a violation.



KHSAA

THROWING EQUIPMENT (7-4-2)

- Throwing ear guards or any other equipment-
- **UNSPORTSMANLIKE CONDUCT-**
- Most referees have been penalizing-
- Gives rule backing-

Casebook: 7.4.2 Situation D

NFHS **POINT OF EMPHASIS** **Special Equipment Rules 4-3-1, 3-1-5** **REFeree**

Officials have the authority to deal with loose-fitting equipment that may put the opponent at a competitive disadvantage.

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WRESTLING RULES REMINDERS





RULE 4-5-5

- ❖ When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds.
- ❖ In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s).



RULES 2-2-1 & 2-2-2

***NFHS Rule 2-2-1:** For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area which is at least 10 feet from the edge of the mat.

***NFHS Rule 2-2-2:** During tournament competition, a maximum of two team personnel (coaches and/or non-participating contestants) will be permitted on chairs at the edge of the mat.



RULES 7-5-2 & 7-5-3

***NFHS Rule 7-5-2:** Coaches and other team personnel are restricted to the bench/chairs while the clock is running and during normal out of bounds and resumption of wrestling. The coach may move towards the mat only during a charged time-out or at the end of the match. (See Rule 2-2)

***NFHS Rule 7-5-3:** Unsportsmanlike conduct – is called on coaches or other team personnel who violate the bench decorum rule (7-5-2).



MECHANICS



Thank You
