



Wrestling Meeting Folder

2024-2025

Steve Dalberth, New York State Rules Interpreter

**** REVISED 10/20/24 ****

Center Circle is now Optional

The 10' circle will now be optional. Wrestlers will be encouraged to “stay in the center of the mat” instead of “within the 10' circle”.

5-24-1: Now states “each wrestler is required to make an honest attempt to stay in the center of the mat”.

6-5-1: If the referee goes to the table to verify the score or for a conference with a coach, the wrestlers will be directed to remain in the center of the mat.

Supporting Points Modified

5-15-1: Contestants are considered to be inbounds if one point of contact of either wrestler is inside or on the boundary line.

Out of Bounds: We will be following NFHS rules which requires point of contact and will be interpreted as follows:

In a pinning situation the defensive wrestler’s shoulders or scapula are considered to be a point of contact and in this position any part of the shoulder or scapula can be considered a point of contact whether on the mat or above the mat, on or inside the boundary line. While on their back the knee(s), side of the thigh, buttocks, hand(s), head or foot(feet) as well as the shoulders and scapula may be considered a point of contact whether on or above the mat inside the wrestling area.

Double Leg Tackle Takedown facing your opponent or facing away: Position and restraint down at the ankles may be considered a takedown. If wrestler B is out of bounds as shown in Illustration 32, no take down will be awarded unless the scoring contestant finishes with one foot down on the mat inside or on the boundary line within reaction time. A takedown or reversal could be awarded in the positions illustrated in photos 33 and 34 and wrestling will be allowed to continue. (It is only necessary for one point of contact to remain on or inside the out of bounds line for wrestling to continue. It is not necessary to have both feet down as illustrated in photos 33 and 34.) A takedown can be awarded and wrestling may continue providing there is adequate mat space to accommodate the action. If either wrestler makes contact with the floor or any other obstacle, the match will be stopped even if out of bounds criteria has not been met.

When scoring on the edge of the mat and the foot or any other body part finishes down on the mat inbounds and the requirement for contact of a single body part has been satisfied, if the last point of contact is lifted off the mat wrestling may continue, providing the point of contact remains inside the wrestling area on or above the mat.

This interpretation assumes that there is adequate space at the edge of the mat to safely allow the action to continue. For safety reasons it will sometimes be necessary for the referee to stop the match prior to the out of bounds criteria being met.

Rationale: The wrestler's distance to the floor or any obstacle remains the same whether the body part is in contact or is lifted off the mat to make adjustments to their position. It is unrealistic to expect the referee to be constantly watching the point of contact while there are many other aspects of the match that must be observed. Therefore, any body part of either wrestler that remains inside the wrestling area can be considered a point of contact whether on the mat or above the mat. This interpretation can be applied without increasing risk to either wrestler and eliminates the subjectivity of the out of bounds call.

NYS Interpretation: When wrestling on the edge of the mat and one wrestler scores points while a body part of either wrestler remains in contact with the mat inside the circle and any part of either wrestler touches the floor the match will be stopped for out of bounds. In this situation, if in the judgment of the referee the wrestler was in no way handicapped by having touched the floor and it was inconsequential to the takedown or reversal the points maybe awarded. If either wrestler makes contact with any obstacle other than the floor which would include but not limited to a chair, coach, referee, clock, table, etc. an out of bounds call will be made and no points will be awarded.

Near Fall Points

5-11-3: Two points will be awarded when near-fall criteria are held for two seconds, three points for three seconds, four points for four seconds and five points if the defensive wrestler is injured, indicates an injury or bleeding occurs after the four-point near-fall has been earned.

3-1-7: Advises referees not to use their thumb when signaling points. However, it will be necessary to use the thumb when indicating a 5 point near-fall.

5-11-2f,g,h: "The scream rule" will still be in effect.

Three Point Takedowns

A takedown will result in three points being awarded to the offensive wrestler.

The NFHS recommends this be signaled with the three middle fingers.

Note: The rules committee is aware that some may not feel comfortable or will be incapable of using that signal and will be allowed to use some other modification of the three finger signal that better suits them. This should not reflect negatively on the referee or affect their ratings. The referee should not use their thumb with the exception of awarding a five point near-fall.

Technical Fall Rule has been Altered

5-11-4a: If a takedown or reversal, straight to a near-fall criteria creates a 15 point advantage, the match shall continue until the near-fall criteria is no longer met. In the past the match would have been allowed to continue until the conclusion of the near-fall situation Under this new rule the match will be stopped at the moment in which near-fall criteria is no longer being met. To be consistent this same ruling will apply to takedowns in the sudden victory period that go directly into near-fall criteria and reversals in the ultimate tie breaker that go directly into near-fall criteria.

It is important to remember that this rule only applies if the points for a takedown or reversal create a 15 point advantage (Tech Fall).

When the takedown or reversal that goes directly into criteria create a 14 point or less advantage and near-fall points are earned the match will be allowed to continue until the conclusion of the **pinning situation**.

Rule Book Correction

On page 29 of the NFHS Rules Book under rule 5-22-2 in the last sentence change the word each to either.

New Signal

A new signal has been added for an official's time out, both hands fingers pointing inward towards the referee's chest. See signal chart signal #3 in the back of the Rules Book.

Rule 4-1-1a,b: Full length form fitted tights must be non-modified and have both legs intact.

Flash Back Rule

Wrestlers may now compete in up to six matches in one day in tournament competition. No contestant shall compete in more than ten matches in a 2-consecutive day period.

Medical Forfeit

When indicating the match results on the bout sheet or scorebook it is imperative to use the correct terminology.

It is a forfeit when the opponent, for any reason, fails to appear for a match.

A default is awarded when one of the competitors is unable to continue wrestling for any reason.

A medical forfeit is when the opponent fails to appear for a match due to injury or illness that occurred during the tournament. This determination will be made by the tournament director.

Wrestler's Appearance

In addition to the removal of the hair length rule it is now permissible for a wrestler to have facial hair regardless of the thickness and length.

End of Mat Procedure

Option 1: The referee will raise the winner's arm.

Option 2: The referee may indicate the winner by raising the color wrist band that corresponds to the ankle band of the winning wrestler.

Option 3: Having the winning wrestler raise their own arm.

Additional Changes to the Green Book

Page 8: Added item 10. If an electronic scoreboard is not being used make sure the home management provides some means of visual score keeping. This applies to both individual score and team score.

Page 10: NYSPHSAA requires the original copy of the current season skin form. Photocopies, **photos and faxed copies are not acceptable.**

Page 13: Prior to the weigh-in a random draw of weight classes will be conducted by the referee, coaches or other authorized personnel.

Suggested procedure: The coaches or official (if the official is conducting the weigh-in) will conduct a random draw to determine the starting weight class. Once the starting weight is drawn the first wrestlers to weigh-in will be the ones participating in the starting weight class.

Example: 285 is drawn as the starting weight class the weigh-ins will begin at 285 followed by 101, 108, etc.

Page 20: Beginning in 2024-2025 wrestlers certify to a weight (not a weight class)

The wrestler's (Weight Loss Plan) WLP shows their (Eligible Wrestling Weight) EWW for each event. The Growth Allowance is built into the system. Coaches will adjust weigh-in sheets in Track for any events that have extra pound(s). So long as the wrestler's EWW for the day of the event is equal to or below the weight class for the day of the event, they may participate at that weight class. Track will also show the (Eligible Wrestling Wt Class) EWC for each event and this shall be the lowest class the wrestler can compete at for that event.

Situation 1: Prior to December 25th a wrestler that is certified at 139.0 lbs. cannot wrestle at the 138 lb. weight class and must move up to the 145 lb. weight class.

Situation 2: A wrestler is certified at 139 lbs. Due to back-to-back competitions an extra pound is granted for a contest. They may now wrestle at the $138+1=139$ lb. weight class.

Situation 3: A wrestler is certified at 139 lbs. After the 2 lb. growth allowance on 12/25 they can now wrestle at the $138+2=140$ lb. weight class.

Situation 4: After the 2 lb. growth allowance on 12/25 a wrestler that is certified at 141 lbs. may not compete in the 140 lb. weight class on day one, but could compete on day 2 in the $140 \text{ lb.} + 1=141$ lb. If one pound has been added for back-to-back competition. (2024-2025 Wrestling Program Booklet)

Page 41: Added a section addressing the sportsmanship of spectators.

Page 56: Under modified wrestling.

There must be a 30 minute rest period between bouts.

With Section approval, when the contestants are tied at the end of the three regular periods, they may wrestle overtime. Overtime will first consist of one 30 second sudden victory period in which the wrestlers will start in the neutral position, and if the score is still tied after this sudden victory overtime period wrestlers may use another 30-second ultimate ride out tiebreaker using the NFHS game rules for overtime. (July 2023)

Pages 58-60: Girls Wrestling Officials "Pathways" Document. Adopted by NYSWOA 05/16/2024

Preseason Review

1. **Technical Violation 7-3-1** Fleeing the mat can only be called if it is done as a means of avoiding an imminent scoring situation and results in a match stoppage. There can be no violation of fleeing the mat if near-fall or takedown points have been earned.
2. **Stalling** in the rear standing position will be called if the wrestler stays behind their opponent while on their feet, making no attempt to bring their opponent to the mat. It is not necessary to successfully return the opponent to the mat. All that is necessary is an honest attempt. This rule is based on the assumption that the person has the ability to make the attempt. If the opponent's hips are extended far away from the rear standing wrestler or is controlling one of the hands it would unlikely warrant a stall call, until the hips are brought back under control or the use of the hand is regained.

Cut back and leg blocks

Wrestlers may use their arm or hand to block the leg and then sit back to take the opponent to the mat.

Wrestlers are not allowed to use their leg to execute a cut back, regardless of whether the hand is being used.

Wrestlers shall not leave their feet and cut their opponents leg out with a kick.

A modified version has been developed where the wrestler leaves the mat briefly for momentum and returns the heel of the free foot to the mat, sliding it along the mat and pulls the opponent to the mat using the free leg to trip the opponent. This should not be misconstrued as an illegal cut back as the leg is not being kicked out as described in illustration 73.

3. HNC Time outs

If there is a designated onsite health care professional (DHCP) and a coach makes a request to have their wrestler examined during an injury timeout the referee will stop the injury clock until the DHCP arrives at mat side. If DHCP request additional time to evaluate an injury to the head, neck, cervical column or nervous system the injury time that had previously been used will be converted to a HNC time out and subtracted from the 5 minutes allowed for this evaluation. The wrestler's injury time will be reinstated.

4. Skin Checks

When a referee determines that a wrestler is ineligible to participate due to a skin issue, the official and the coach will notify the opposing coach prior to the start of the dual meet and the name of the wrestler shall be crossed off the team's weigh-in sheet. The weigh-in will not count for that wrestler. The ineligible wrestler shall not participate in the warmups or introductions.

If a wrestler who has been disqualified due to a skin issue does participate in the warmups or introductions the penalty would be unsportsmanlike conduct against the **head coach**.

Clarification: For a wrestler to be eligible to wrestle JV or Varsity, they must be skin checked by either the JV or Varsity official. If they are not checked off on the weigh-in sheet, they would be declared an ineligible wrestler.

For Sections that wrestle JV prior to Varsity (where a separate JV ref is being used), the coach shall be required to make two separate copies of the weigh-in sheet (one for the JV ref's pre-meet check, and one for the Varsity ref's pre-meet check). When the pre-meet skin check is concluded, both sheets should be sent to the scorer's table. So long as a wrestler was checked off by the JV ref, they are eligible to wrestle in the Varsity meet.

They do not have to be checked by both the JV and Varsity official. All officials should indicate on the weigh-in sheets any wrestler that had a proper skin form that was accepted.

5. Referees are reminded in tournament competition to check the corner and make sure an adult coach is available before starting the match.

6. **Proper Mechanics**

There has been an increased emphasis on referees using the appropriate signals as shown in the back of the Rules Book. Referees must provide clear, concise signals to everyone. An official who gives sloppy, half hearted signals is telling fans, coaches, players and fellow referees they aren't willing to put forth a good effort. Good mechanics will make you a better official.