2022-23 NFHS WRESTLING RULES INTERPRETATIONS

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SITUATION 1: Are female contestants wearing a one-piece singlet required to wear a sports bra? **RULING:** Yes, all female contestants must wear a sports bra under a one-piece singlet. (4-1-1a NOTE)

SITUATION 2: Are female contestants wearing a form-fitted compression shirt required to wear a sports bra? **RULING:** Yes, all female contestants are required to wear a sports bra under a form-fitted compression shirt. (4-1-1c NOTE)

SITUATION 3: A wrestler appears at weigh-in with a beard. Is this wrestler allowed to compete with facial hair? **RULING:** The wrestler would be allowed to compete with the beard if the skin is visible enough under the beard for a proper skin check or if the facial hair is trimmed to allow a proper skin check. (4-2-1)

SITUATION 4: A wrestler appears at weigh-in with a beard that won't allow a proper skin check. Can the wrestler compete? **RULING:** Yes, this wrestler will be allowed to compete by wearing a face mask. (4-2-1)

SITUATION 5: After July 1, 2023, can a state association select all six weight classes to be used during its season? **RULING:** No, state associations shall select one set of weight classes when girls wrestle girls and one set for when boys wrestle boys. (4-4-1)

SITUATION 6: During weigh-ins, are female contestants required to wear a sports bra under their legal uniform? **RULING:** Yes, a sports bra must be worn under the legal uniform during weigh-ins because the sports bra is part of a legal uniform. (4-1-1, 4-2-7)

SITUATION 7: If a female contestant does not make weight, can an allowance be made for the additional weight of her sports bra because of the legal uniform requirements? **RULING:** No, additional weight allowance cannot be granted for weighing-in while wearing a legal uniform. (4-1-1, 4-2-7 NOTE)

SITUATION 8: During wrestling competition, a wrestler's shoe comes off. What penalty will this wrestler receive? **RULING:** The wrestler will be charge with stalling. (5-24-6d)

SITUATION 9: A school orders and receives a new wrestling mat. During the referee's inspection of the wrestling area, it is noticed that the mat doesn't contain a 10-foot circle in the middle of the mat. Can this mat be used for competition? **RULING:** No, the 10-foot circle is required for the mat to be legal. (2-1-3)

SITUATION 10: During the match a wrestler's shoelace becomes untied. Will the wrestler be charged with a technical violation and injury time to re-tie the shoe? **RULING:** No, once the match has started, any shoe or shoelace violation will be charged as stalling. (5-24-6d, 8-1-1, 8-1-2 EXCEPTION 2)

SITUATION 11: During the match, the referee notices that a wrestler's shoe has come off. Will the wrestler be charge injury time to put the shoe back on? **RULING:** No, injury time will be charged for a shoe or shoelace violation once the match has started. (5-24-6d, 8-1-1, 8-1-2 EXCEPTION 2)

SITUATION 12: A wrestler reports to the scorer's table to start the match. The referee notices that the wrestler's shoelaces are not properly secured. Is this a stalling penalty? **RULING:** No, the wrestler will be charged with a technical violation and injury time to correct the violation. (8-1-1)

SITUATION 13: Wrestler's B shoe comes off while defending a takedown attempt by Wrestler A. This will be the fourth stalling violation for Wrestler B. Should the referee immediately stop the match to penalize Wrestler B? **RULING:** No, the match should not be stopped for any shoe or shoelace violation during any significant action or imminent scoring situation. (5-24-6d, 8-1-2 EXCEPTION 2, 8-1-4 EXCEPTION)

SITUATION 14: In the third period, the Red team's head coach realizes that the team's wrestler should have been given choice of position after the opponent took a second injury timeout during the second period. Can this error be corrected? **RULING:** No, bad time errors must be corrected prior to the start of subsequent period. (5-1-4)

SITUATION 15: A wrestler reports to the mat and has two 2¼-square-inch manufacturer's logos on the ear guards. Should the referee require the wrestler to obtain a different ear guard? **RULING:** No, this would be legal as long as each ear cup only contains one legal manufacturer's logo. (4-1-4)

SITUATION 16: How long does the coach have to report a dual team computation error? **RULING:** The coach must report the error within 30 minutes of the dual meet conclusion. (6-6-4b)

SITUATION 17: How long does the coach have to report a tournament team scoring computation error? **RULING:** The coach must report the error within 30 minutes of the official posting of team scores. (6-6-5b)

SITUATION 18: At the conclusion of the match, a wrestler lowers the shoulder straps while still on the mat. Is this a violation? **RULING:** Yes, the wrestler will be charged with unsportsmanlike conduct for failure to keep the shoulder straps up while on the mat. (7-4-2)

SITUATION 19: Wrestler A is slammed to the mat by Wrestler B during a takedown attempt. The referee penalizes Wrestler B for the slam and starts the recovery time clock. The appropriate health-care professional (AHCP) begins to exam Wrestler A. During the exam the appropriate health-care professional requests HNC time to do a concussion exam. Is this allowed? **RULING:** No, recovery time cannot be extended using an HNC time-out. (5-28-3)

SITUATION 20: If a wrestler is hurt or becomes ill during the match and cannot continue, does the opponent receive a forfeit? **RULING:** No, the opponent would receive a default because the match has started and one of the wrestlers is unable to continue wrestling for any reason. (5-7) A forfeit occurs when the opponent, for any reason, fails to appear for a match. (5-13)