



NEWS RELEASE

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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Weight-management program headlines wrestling rules revisions FOR IMMEDIATE RELEASE

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INDIANAPOLIS, IN (April 22, 2005) — Rules addressing weight-management headlined the 15 rules approved by the National Federation of State High School Associations (NFHS) Wrestling Rules Committee April 10-11 at its annual meeting in Indianapolis. The rules subsequently were approved by the NFHS Board of Directors.

The most significant rule change is the complete rewriting of Rule 1-3, which outlines a weight-management program. Under the revised rule, beginning in 2006-07, stronger guidelines discouraging rapid weight loss will take effect. The revised rule includes a hydration level not to exceed 1.025, a body fat assessment no lower than 7 percent (males)/12 percent (females) and a monitored, weekly weight loss plan not to exceed 1.5 percent a week.

“The weight management rule change effective 2006-07 is certainly monumental,” said Dave Carlsrud, assistant to executive secretary of the North Dakota High School Activities Association and chairperson of the NFHS Wrestling Rules Committee. “While weight management has been researched for many years and may have been passed earlier, a number of our states needed time to prepare for an effective implementation.”

Another rule revision that involves the weight issue is Rule 4-5-5, which decreases the amount of weight a wrestler is able to acquire during days of consecutive competition. In the past, wrestlers could

gain a pound for each day of consecutive competition. However, under the new rule, a maximum of two pounds will be allowed, regardless of how many consecutive days are spent in competition.

“In the spirit of good weight management, the committee addressed the issue of the additional pound allowance for consecutive days of competition,” Carlsrud said. “Now there will be a maximum of two pounds allowed regardless of the number of consecutive days teams may be competing.”

Other rules that address the issue of risk minimization are Rules 4-3-3 and 7-1-2. Under the change to 4-3-3, all pads worn by wrestlers must fit snugly against the wrestler’s body, in order to prevent a hand getting between the pad and the wrestler. This rule would include equipment that has lost its elasticity, as well as new products that leave a gap. Rule 7-1-2 addresses two moves that will be made illegal – the straight-back suplay and the straight-back salto to the head. Although the moves are seldom used, they present a high level of risk when performed, either standing or on the mat.

The remaining 11 rules changes are indicated in the attached listing of 2005-06 NFHS wrestling rules changes.

Lastly, the major Point of Emphasis for 2005-06 is communicable skin conditions, which was a Point of Emphasis in 2002-03 as well. Among the suggested practices that coaches and athletes should take are the daily disinfecting of all mats, immediate showering and washing of clothes and towels after practice, use of antibacterial or deodorant soap when showering, use of detergent with bleach or drying clothes on “high” setting, use of clean practice and match wear which should be separated from dirty clothing when taken to and from school, consistent trimming of fingernails, and daily disinfecting of all gear including head gear, shoes and neoprene sleeves.

Wrestling is the sixth-most popular sport for boys at the high school level, with 238,700 participants, according to the 2003-04 High School Athletics Participation Survey conducted by the NFHS. It also ranks eighth in school sponsorship for boys with 9,526 high schools offering the sport.

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NFHS 2005-06 Wrestling Rules Changes

- 1-1-2** When multi-dual meet competition is held, the first weight class to be competed in for the subsequent dual shall be one greater than the starting weight class from the previous round.
- 1-3** Beginning in 2006-07, each state association shall develop and utilize a weight-management program that includes a specific gravity not to exceed 1.025; a body fat assessment no lower than 7% males/12% females and a monitored weekly weight loss plan not to exceed 1.5% a week.
- 3-1-1** Tournament administration may provide a common shirt for officials that must be worn at this particular event.
- 4-1-1a** The definition of a shirt worn under the sleeveless uniform shirt has been more clearly defined by adding that the shirt must be tight-fitting and short-sleeved.
- 4-1-1c** The language requiring a suitable undergarment if no tights are worn has been deleted.
- 4-3-3** When a pad(s) is worn, it shall fit snugly against the wrestler's body.
- 4-5-5** Competitors are now restricted to a maximum of 2 pounds for consecutive days of competition.
- Rule 5** The definitions for a Bye, Caution and Stalling, has been duplicated and placed in Rule 5.
- 5-1-4** The definition for Bad Time has been expanded to include any errors in match scoring.
- 7-1-2** A full, straight-back suplay and the straight-back salto to the head are illegal.
- 8-1-2c** An exception has been added indicating that the match will not be stopped when warning the offensive wrestler when the defensive wrestler has come to the standing position.
- 8-1-6** The penalty for flagrant misconduct has been increased from two team points to three.
- 8-2-1** During the Tiebreaker, the wrestler who has the choice of position following the opponent's second injury time-out is restricted to the offensive, defensive or defer choices.
- Signal Chart** A signal has been added to indicate Coach's Misconduct.

Points of Emphasis

1. Communicable Skin Conditions
2. Pre-Meet Duties: Ear Guards and Other Special Equipment
3. Officiating the Tiebreaker
4. Mat Set-Up
5. Use of the Assistant Referee