

Major Rules Changes for 2017-18 Wrestling Season

Near Fall and Falls

Rule 5.15.2

If the defensive wrestler is out of bounds and as long as the offensive wrestler has the supporting points, as defined on page 24 of the rule book;

ART. 2 . . . Supporting points are the parts of the body touching the wrestling area which bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.

a. When down on the mat, the usual points of support are:

1. the knees;
2. the side of the thigh;
3. the buttocks;
4. the hand(s);
5. the head.

b. When the defensive wrestler is on their back while the supporting points of either wrestler are inbounds, wrestling shall continue as long as there is a possibility of the offensive wrestler bringing the opponent back into the inbounds area. In this situation, any part of a defensive wrestler's shoulder or scapula is considered to be all the supporting points.

c. Near-fall points or a fall shall be earned only while **the supporting points of either wrestler are inbounds.**

The offensive wrestler shall be allowed to earn near fall or a fall. **It has been clarified that the feet of the offensive wrestler are a supporting point. As with a takedown, both feet of the offensive wrestler shall remain in bounds for the pinning situation to continue.**



Legal NF and Fall
Knees on mat and
in bounds

OFFENSIVE WRESTLER IN BOUNDS



Legal NF and FALL
Offensive Wrestlers
FEET IN BOUNDS

OFFENSIVE WRESTLER IN BOUNDS



Legal NF and Fall
Buttocks on mat
in bounds

OFFENSIVE WRESTLER IN BOUNDS



Legal NF and Fall
Offensive Wrestlers FEET
IN BOUNDS

OFFENSIVE WRESTLER IN BOUNDS



Control Established
Offensive Wrestler
Pulling Defensive
Wrestler Back In
Offensive Has
One knee One Foot
IN BOUNDS

OFFENSIVE WRESTLER IN BOUNDS



NF/Fall Situation
Offensive Wrestler
Only has 1 foot in.
OUT OF BOUNDS

**OUT OF BOUNDS Offensive Wrestler
Has Only 1 Foot In**

BOTH earguards are LEGAL

Both the LDR and Mercado earguards are now legal.



LEGAL ear guards (LDR)

<http://www.leaderheadgear.com>



LEGAL ear guards (Mercado)

<http://batstoi.com>

New Competition Uniform

ART. 1 . . . A legal uniform consists of:

a. a one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. The one-piece singlet may be worn with full-length tights with stirrups. Any other undergarment worn under the one-piece singlet which extends beyond the inseam shall be tight-fitting, a single solid color, unadorned and shall not extend below the knee. The one-piece singlet shall be school-issued.

NOTE: Female contestants wearing a one-piece singlet shall wear a suitable undergarment that covers their breasts.

b. compression shorts or shorts designed for wrestling shall have a minimum 4-inch inseam that shall not extend below the knee; shorts designed for wrestling shall have an elastic waistband and a drawstring that is not exposed. Compression shorts or shorts designed for wrestling shall not have exposed drawstrings, belt loops, zippers, snaps,

buttons or pockets. A suitable undergarment, which completely covers the buttocks and groin area, must be worn under shorts designed for wrestling. Shorts designed for wrestling may be worn over the singlet. Compression shorts or shorts designed for wrestling may be worn with a form-fitted compression shirt. Compression shorts or shorts designed for wrestling shall be school-issued.

c. a form-fitted compression shirt which shall not cover or extend below the elbow and shall have a minimum 3-inch tail; the form-fitted compression shirt may be worn under a singlet or with compression shorts or shorts designed for wrestling. The form-fitted compression shirt shall be school-issued. (Photo 1)

NOTE: Female contestants wearing a form-fitted compression shirt shall wear a suitable undergarment that covers their breasts.

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.

Please read and understand what the LEGAL definition of the school issued uniforms shall be. Undergarments shall meet the required NFHS rules for both male and female competitors.

LEGAL SCHOOL ISSUED UNIFORM COMBINATIONS MALE AND FEMALE

ALL CONTESTANTS SHALL WEAR LEGAL UNDERGARMENTS

1. Singlet
2. Singlet with LEGAL Full Length Tights
3. Singlet with Compression Shorts
4. Singlet, Compression Shorts and Wrestling Shorts
5. Singlet, Full Length Tights and Wrestling Shorts
6. Singlet, Compression Shorts, Full Length Tights, and Wrestling Shorts
7. Singlet, Compression Shorts, Full Length Tights, Wrestling Shorts AND Compression Shirt **UNDER** the Singlet.

ILLEGAL UNIFORM COMBINATIONS MALE AND FEMALE

1. Compression Shirt OVER the Singlet
2. Compression Shirt NOT TUCKED INTO Wrestling Shorts or Compression Shorts

Basically, all singlet, compression short, wrestling short, full length tights with stirrups combinations are LEGAL. The compression shirt must be form fitting and be worn under the singlet. If the compression shirt is worn without the singlet, it must be tucked into the compression shorts or wrestling shorts. If the compression shirt comes untucked during wrestling, it shall be treated as earguards coming undone.

Have a great wrestling season. If you have any questions please feel free to contact me.

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