

Wrestling SRI Bulletin December 2017-18

Tournament weigh-ins, 5 scales being used. Wrestler A fails to make weight on first scale. Challenges other 4 scales. When getting on 5th scale, battery dies. Can the scale be plugged in and wrestler "re-challenges" scale?

Rule 4-5-3

ART. 3 . . . For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the random draw selected weight class, continue through the weight classes, wrap around to the 106-pound weight class and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. Tournament weigh-in may proceed by team(s) with the lowest weight class to the Page 19 [2017-18 NFHS Wrestling Rules Rule 4-5](#) highest and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for **mechanical inconsistencies in the scale**. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration, weight loss or weight gain are prohibited.

SRI Note: If we allow, by rule, mechanical inconsistencies for one scale, we will allow them for all scales being used at the tournament.

I had a quick clarification question. If a wrestler has hair in corn rows (male or female) do they still have to use a hair covering?

Rule 4-2-1

If an individual has hair longer than allowed by rule, it may be **braided or rolled if it is contained in a cover** so that the hair rule is satisfied.

SRI Note: If a wrestler chooses to have a "man bun", he/she shall have a legal hair cover to contain it in.

I've heard that Oregon is an experimental state as far as the foot being a supporting point, and that Washington is keeping the original interpretation (of the foot NOT being a supporting point) along with pretty much everybody else. Is this true?

1) Offensive wrestler has guy on his back outside the boundry line, toes are planted in, while still keeping his toes on the mat offensive wrestler drops to his knees, still in or is he now out?

2) Offensive wrestler has guy on his back say in a head and arm, heels inside the boundry line, buttocks drops to the mat outside the boundry line, while his heels are on or inside the boundry line, still in or is he now out?

SRI Note: SRI Scott Hall and OSAA Assistant Director Brad Garrett have agreed that the offensive wrestlers FEET are supporting points while a defensive wrestler is in near fall criteria outside the out of bounds line.

As long as BOTH feet of the offensive wrestler are "in bounds ON THE MAT" near fall or a pin of the defensive wrestler can occur. If another body part offensive wrestler is on the mat "out of bounds" while both offensive feet are "in bounds ON THE MAT" the pinning situation will continue. Both feet of the OFFENSIVE wrestler must be on the mat "in bounds."

Oregon, along with a majority of the Western United States are on the same page as how this is being interpreted. If you, as an official, work in another state that has a different interpretation, then "when in Rome" applies.

The High Schools around here have all agreed to go from the lightest to heaviest weight in duals, pretending they "drew" it that way. Are you OK with this? It seems to be a league decision.

Rule 4-5-3

ART. 3 . . . For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. Dual meet weigh-in shall proceed through the weight classes beginning with the **random draw selected weight class**, continue through the weight classes, wrap around to the 106-pound weight class and end immediately upon the completion of the highest weight class preceding the random draw selected weight class. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed.

Rule 1-2-1

ART. 2 . . . Competition in dual meets shall be conducted by **random draw of weight classes**. In multi-dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition; the subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. The following procedure shall be used for all random draws:

- a. The random draw shall take place immediately preceding weigh-ins.
- b. The referee or other authorized person shall supervise the random draw.
- c. Subsequent matches will follow in sequential order.

In a cradle situation when the offensive wrestler tries to take the defensive wrestler over the top and fails, I was told as long as the offensive wrestler keeps their hands locked, it remains in cradle criteria. A defensive fall could occur, but no reversal.

My question is, if the defensive wrestler is now pulled on top of the offensive wrestler, pulls out their hand from the cradle and post it on the mat over the top of the offensive wrestler, are we still in cradle criteria? At this point even though the offensive wrestler still has their hands locked,

hasn't control changed? They can no longer roll the defensive wrestler to their back and are themselves placed in near fall position.

Rule 5-6-1

ART. 1 . . . Control occurs when an individual has gained restraining power over an opponent. A wrestler who has control of an opponent is in a position of advantage.

Rule 5-22-1,2

ART. 1 . . . It is a reversal when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position, while all the supporting points of either wrestler are inbounds. (Photots 21 and 22)

ART. 2 . . . In awarding a reversal at the edge of the mat, control must be established while all the supporting points of either wrestler are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.

SRI Note: In the above mentioned situation, the wrestler initiating the cradle is still in control. This is indicated by the hands being locked around the defensive wrestler in the cradle situation. Once the offensive wrestler's hands come unlocked in the cradle situation, the defensive wrestler may gain a reversal or escape. Yes, even though the offensive wrestler is "in control", he/she may be pinned in the above situation.

I also found the question that XXX had about saying set and blowing the whistle. Rule 5-20 Art 9 says that Once the offensive wrestler has assumed a legal starting position and is stationary, the referee shall verbally say "set" and then pause momentarily before starting wrestling. I am not disagreeing that a quick whistle after the "set" is the right thing to do but the rule book does say to "pause momentarily". I have found that when I pause there are more cautions given so I do not pause. Also I believe it is exactly the same for college as it is for High school and from what I have observed most of us are doing this the pretty close to the same way even officials I have seen in other areas.

Rule 5.19.9

ART. 9 . . . The referee shall direct the offensive wrestler to assume a legal starting position once the defensive wrestler is stationary in a legal starting position. Once the offensive wrestler has assumed a legal starting position and is stationary, the referee shall verbally say "set" and then pause momentarily before starting wrestling.

SRI note: I feel it is a good habit to say "SET" in all starting positions. When neutral, "set", whistle. In referee position, bottom man "set", top man **cover legal**, "set", slight pause, whistle. I have seen many referees be the cause of false starts. A hard "SET" is usually the cause, along with movement by the official before they blow the whistle. In reality the word "set" does not have to be heard by the whole gym. I have found that "mouthing" the word "set" works just fine.

From the stands it was clear that some wrestlers, from the neutral position, were interlacing fingers. There was a great deal of confusion on this move, from the parents in the stand, the coaches on the mat, and the wrestlers seated nearby. Most felt the move falls into one of three categories:

- 1. Stalling. There is nothing the initiating wrestler can do from this position**
- 2. Technical violation**
- 3. Potentially dangerous as this is a really easy way to break someone's fingers**

While most coaches, wrestlers and fans viewed it as such, it was not something that was enforced by the officials, which leads me to believe we may not understand the rule.

Rule 7.1.4

ART. 4. . . . Pulling back as opposed to grasping the thumb or 1, 2 or 3 fingers of an opponent's hand.

SRI note: In the above mentioned situation, this would be considered stalling. The fingers are not being pulled back, just grasped in a way to prevent a scoring attempt. A good proactive way to "caution" wrestlers from doing this, is saying "fingers" to the athletes. This could be covered in your pre meet talk with the teams. If it continues, then a stall call would be warranted.

They also asked about weigh-ins, they want to run a bunch of scales, is it ok for a tournament worker or a coach to write down the weights as refs are doing skin checks? I told them I would want 2 at each scale one to call out the weight and one to write it down, is that ok?

Rule 4.5.4

ART. 4. . . . The referee, or other authorized person of the **same gender**, shall supervise the weigh-ins

SRI note: The referee SHALL conduct skin and grooming checks, unless it is on athletes of the opposite gender of the referee. Female athletes SHALL have a person of the same gender conduct skin checks and weigh ins. It is the duty of the official to educate the same gender weigh in/skin check person of the proper protocols and procedures.

Teams A & B wrestle Thursday. Teams C & D wrestle Friday. Teams A,B,C, & D wrestle each other on Saturday. Does anybody get a weight allowance for Saturday's competition?

Rule 4.5.5

ART. 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). The acceptable person(s) to receive that notice shall be the head coach, principal or athletic director. Competitions that are postponed for one calendar day or more, for reasons beyond the control of the participating school(s), or practices that cannot be held in these situations due to school policy shall be treated the same as competitions when there are consecutive days of competition in terms of the 1-pound allowance, with the exception of the required 48-hour notice.

SRI note: In the above situation, Teams A & B practiced on Friday. Therefore, all teams were granted a one pound weight allowance on Saturday.

Below are examples of what is legal and illegal. Please be proactive and educate the wrestlers and coaches during pre-meet duties. The goal is to be properly equipped and ready to wrestle. We want to avoid any unnecessary match stoppages for something that does not affect the wrestling.



Illegal-Sanitation Reasons



Illegal- Laces Not Taped to Shoe



Legal- Laces Secured by a Locking Device on Shoe



Legal-Laces Taped to Shoe



Legal



Legal



Illegal



LEGAL ear guards (LDR)



LEGAL ear guards (Mercado)



LEGAL (Gamebreaker)

There is a new wrestling “helmet” approved for use by the NFHS. It is the Gamebreaker model pictured on the right. They have two models. One has laces on the back to tighten it up. This model would be illegal. The “Pro” version of this has a solid back, like the Mercado and would be legal to use.

North Bend HS has a freshman heavyweight wrestler with size 17 feet. No manufacturer makes wrestling shoes this big. He has been allowed to compete wearing basketball shoes. We want to encourage athletes to participate in this sport. It would not be right to penalize the athlete for something that is beyond his/her control.

David Douglas has a female wrestler who has permission by Brad Garrett, OSAA, and Scott Hall, SRI, to compete wearing a long sleeve, form fitting compression shirt, under her singlet. She has acquired an exception from the OSAA and will present the form to the officials. Remember, all athletes wearing a form fitted compression shirt, SHALL meet the NFHS rule requirement, unless they have an exception from the OSAA.

Rule 4.1.1c

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)

Is it unsportsmanlike conduct if the offensive wrestler is pinning the defensive wrestler and lets him/her out of the pinning situation?

Is it unsportsmanlike conduct if the offensive wrestler repeatedly scores a takedown and lets the defensive wrestler score an escape?

In both situations, the offensive wrestler can work for a tech fall and shall not be penalized.

When doing groom checks, hair must meet the NFHS rule of “in its natural state.” There have been some concerns from coaches about what is “natural.” The current concern is the hair below the eyebrows. Athletes are using hair product to sweep the hair up. When a earguard is worn, the straps push the hair down beyond the eyebrows.

Rule 4.2.1

The hair, **in its natural state**, shall not extend below the top of an ordinary shirt collar in the back; and on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. (Photos 2 and 3)

If an athlete chooses to have hair longer than what does not meet the NFHS rule, they can choose to follow NFHS Rule 4.2.1 which also states;

If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied. (Photo 4) The legal hair cover shall be attached to the ear guards. A bandanna is not considered a legal hair cover. The legal hair cover must be of a solid material and be nonabrasive. The wrestler opting to wear a legal hair cover must wear it to the weigh-in procedure and be checked for grooming with it on. The legal hair cover must be removed prior to the wrestler stepping on the scale to be weighed.

With girls wrestling gaining popularity, it is imperative that all the officials follow **NFHS RULE 4.5** Again, “when in Rome” applies to this rule. Washington’s rule is different than Oregon’s. **Never** has it been said that we will allow officials of opposite gender, skin check or weigh in student athletes. It is up to the official to educate a same gender person on the protocol and procedure of weigh ins and skin check. “I didn’t know” would not be a good response to the lawyer. Below are three rules in the rulebook that state “same gender.”

ART. 1 . . . Contestants of the **same gender** shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet, or a team's first competition each day in a multiple dual-meet event is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.

ART. 2 . . . Contestants of the **same gender** shall have the opportunity to weigh in shoulder-to-shoulder or by team(s) at the tournament site a maximum of two hours before the first session of each day.

ART. 4 . . . The referee, or other authorized person of the **same gender**, shall supervise the weigh-ins.

A quick shout out to a job well done by Floyd Paye and the Central Oregon association. I was over there during winter break and watched a kids tournament officiated by their youth officials.

Central Oregon has done a good job in recruiting young officials and mentoring them to become better. Great job guys!!!

Please keep emailing me questions. As you can see, I used a lot of rules questions for this SRI bulletin. Remember, regionals start next month, so please keep working on using proper signals and rule applications. Thanks and have a great 2018!

Scott Hall

Wrestling SRI