



2019-20 WRESTLING RULES CHANGES, REVISIONS & REMINDERS

NATIONAL FEDERATION ITEMS

Weight Classes (4.4.1):

Michigan will continue to use the traditional weight classes of 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285. Michigan will NOT use the NF weight classes found in 4-4-1.

Hair / Hair Cover (4.2.1):

Hair shall not extend below the top of an ordinary shirt collar in the back. On the sides, the hair shall not extend below earlobe level. And in the front, the hair shall not extend below the eyebrows.

A wrestler may either:

1. Put hair up to meet the rule
2. Wear an approved hair cover

The legal hair cover shall be attached to the ear guards. 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. If a referee is not present at weigh-in, the hair cover must be checked by the meet referee upon arrival at the site.

Physical hair treatment items that are hard and /or abrasive such as (beads, bobby pins, barrettes, pins, hair clips, etc. or any other hair control device) shall not be permitted. A legal hair-controlled device such as **rubber band(s)** shall be secured so as not to come out readily during wrestling.

Uniform (4.1.1a & 1b):

1a. Female contestants wearing a one-piece singlet (*the NFHS does not discern between a regular cut singlet or a female cut singlet*) shall also wear a form-fitted compression suitable undergarment that completely covers their breasts. ***(This could include a form fitting compression t-shirt, OR a sports bra that meets this same criteria).***

1b. A suitable undergarment, which completely covers the buttocks and groin area, shall be worn under shorts and or compression shorts designed for wrestling.

These rules reinforces the importance of how wrestlers should be required to be properly attired on the mat during competition, regardless of gender. Please be aware that light colored or white uniforms (when wet) may become transparent which could create a modesty concern.

Stalling (5.24.3c):

It is expected that wrestlers stay inbounds and compete. Backing off the mat out bounds, pushing or pulling the opponent out of bounds, hands locked around leg of an opponent without the intent of taking him or her down or "prevents the opponent from returning to or remaining inbounds"

Takedown (5.25.2):

A takedown shall be awarded when one or both knees of the defensive wrestler are touching the mat beyond reaction time or when the defensive wrestler's legs or torso are controlled and the wrestler's hand(s) touch the mat beyond reaction time. To be consistent, we say that whenever the hand(s) touch the mat they are considered supporting point(s). To be awarded a takedown the supporting point(s) must remain beyond reaction time.

Technical Violation (5.27.1a):

If the defensive wrestler intentionally goes out of the wrestling area to avoid an imminent scoring situation, it is a technical violation. By adding this language, it will clarify that intentionally going off the mat or forcing your opponent off the mat to avoid wrestling would be stalling. If it occurred to avoid being scored upon, it would be considered a technical violation. This change would allow the referee to only apply the technical violation call of fleeing when the action is related specifically to a scoring situation. All other types of leaving the wrestling area as a means of avoiding wrestling would fall under the rule of stalling.

Warning & Penalties for Stalling (8.1.4):

Warnings and Penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart. On the 1st offense the wrestler will receive a warning. The opponent of the offender will be awarded one match point on the 2nd and 3rd offense, two match points and choice of position on the next restart for the 4th offense. A 5th offense shall result in disqualification.

Injury Time (8.2.4a, 8.2.4b.1, 8.2.4b.2, 8.2.4b.3):

- As soon as an injury is detected by the official, begin injury time.
- If no appropriate health-care professional (AHCP) is present, only injury time is available to the contestant.
- If an AHCP is present and responds to the mat and begins an evaluation of the head, neck, cervical (HNC) area or the athlete complains to the AHCP of a HNC injury, ask the AHCP if they need to "Extend" the evaluation time.
- If yes, covert to the extended time.
- If no, continue with the one minute and 30 seconds allotted.
- Note, if the extended time is taken, the initial injury time and the extended time are combined and cannot exceed 5 minutes.

Team Scoring (9.2.2f):

Upon conclusion of the dual meet competition, if teams have identical scores, a new criteria (f.) has been added to determine a winner. f. The team giving up the least number of forfeits (shall be declared the winner). The rationale behind this rule is that every weight class that has an eligible wrestler should be represented while not being penalized by the likelihood of giving up scoring events counting against them (criteria h and beyond).

MHSAA UPDATES & REMINDERS

Sportsmanship/Good Sporting Behavior:

- Coaches and officials need to work together.
- Each match is an opportunity to teach life lessons in conjunction with wrestling.
- Coaches who model good and appropriate behavior will send a positive message to the wrestlers and the spectators.
- The positive values learned will serve the wrestlers long after their interscholastic wrestling careers have concluded.

Shoes & Laces:

- Shall be a light, heelless wrestling shoes reaching above the ankle and tightly secured.
- Tape is ONLY allowed to secure the LACES in place.
- Only tape allowed on the shoe is on the laces themselves, or around the upper ankle (securing the laces).
- NO other tape is to be over or around the shoe on the foot or sole of the shoes.
- ANY TIME a competitors shoelaces become unsecured during the match (even if they were properly secured to start the match), and this causes a delay in the match, this shall be a delay of match and therefore a stalling violation.
- The exception is if the laces become unsecured as caused by their opponent.

Season Schedule Format in 2019-20:

Practice begins Monday, **November 18**. The first day of competition will be **December 11** and the limitation for teams and individuals will be **14 DAYS of competition** with no more than **eight (8)** of those days being tournament-type events where a wrestler competes more than twice.

Weight Monitoring Program:

All elements of the Weight Monitoring Program (OPC) may be found at trackwrestling.com. Login information has been sent to schools, along with information regarding the annual nutrition meeting.

MHSAA Handbook, Regulation II, Section 10 (C):

In wrestling ONLY, a wrestler may compete on two different teams on the SAME date in the SAME sport. This regulation allows a wrestler to wrestle a JV match, and then later during that same meet, compete in a varsity match. Know that all rules regarding the number of matches in which a wrestler may compete (maximum of 2 or 5) and required rest periods between matches (minimum of 45 minutes) remain unchanged. Again, this affects **wrestling ONLY** and no other MHSAA sports.

Team District & Team Regional Information:

Team District - Divisions 1 & 3 will compete on **Wednesday, February 12** while Divisions 2 & 4 will compete on **Thursday, February 13**.

Team Regional: All Divisions will compete on **Wednesday, February 19**.

The Highest # Team District vs. the 2nd Highest # Team District, and the Lowest # Team District vs. the 2nd Lowest # Team District. *Example: #104 vs #103 & #102 vs #101*

Team Regional Hosting:

For the **2019-2020** season, the Team District champion from the **2nd HIGHEST # Team District** in your Team Region will HOST the Team Regional.

If YOUR school is in **2nd HIGHEST # Team District (19-20)**, check with your AD and discuss the likelihood of your school HOSTING the Team Regional on **Wednesday, February 19, 2020** if you are fortunate enough to win a Team District title.

SCHOOL	Team District		SAMPLE
School A	165-3	1	HOST 2017-2018
School B	165-3	2	
School C	165-3	3	
School D	165-3	4	
			165-3 vs 166-3
School E	166-3	1	HOST 2018-2019
School F	166-3	2	
School G	166-3	3	
School H	166-3	4	
			REG 117-3
School I	167-3	1	HOST 2019-2020
School J	167-3	2	
School K	167-3	3	
School L	167-3	4	
			167-3 vs 168-3
School M	168-3	1	HOST 2020-2021
School N	168-3	2	
School O	168-3	3	
School P	168-3	4	

MHSAA FREQUENTLY ASKED QUESTIONS ON HAIR & HNC

1. If a wrestler has hair longer than allowed by rule and they choose not to secure it in a hair cover/cap attached to the headgear, what other legal hair control device can they use to be compliant?

They may **only** use a standard rubber band. The wrestler(s) may not use hair ties, scrunchies, or bands that contain metal or hard plastic.

2. If the rubber band breaks or repeatedly comes out during wrestling, how should this be handled?

It should be handled the same way as you would with any legal equipment that becomes illegal as a result of action. A referee's timeout should be taken to correct the issue. The referee should use their discretion to determine when and if the equipment is causing a disruption in the flow of the match and if an alternative solution to the hair issue is required.

3. The play picture on the rules meeting slide states the **Head, Neck & Cervical** (HNC) evaluation time can only be used if an **Appropriate Health-Care Professional** (AHCP) is present. Does this mean that if no AHCP is present, the coach will only have the normal injury time to determine if the wrestler can continue?

CORRECT. If NO AHCP present, the athlete gets one minute and 30 seconds of injury time. Per NFHS rules, an AHCP is a physician or certified athletic trainer.

4. What does it mean for the AHCP to be "present"?

The AHCP physically be on the mat with the injured contestant and in a position to render aid.

5. Does the five minute evaluation time have to be called right away after the wrestler is possibly injured in head/neck/cervical column area?

As soon as the injury is detected by the official, normal injury time starts. The AHCP responds to the mat and either begins an evaluation of the HNC area, or the athlete complains to the AHCP of a HNC injury, the AHCP has the option to inform the official that they need to **Extend** the evaluation time. Injury time is then rolled into HNC time and extended. If the AHCP does not request extended time, continue with the one minute 30 seconds allotted. Note: The initial injury time and the extended time are combined and cannot exceed five minutes.

6. In the absence of an AHCP, can the coach or assistant coach request the extension of injury time?

NO. The NFHS or the MHSAA have not made provisions for the coach to perform the HNC evaluation or to request the extended time. Extended time is the strict province of the AHCP, upon their request to the official. In the absence of the AHCP, utilization of injury time is the correct and supported call.

7. Wrestler "A" is injured. Referee starts injury time. Twenty seconds of injury time is used when the AHCP shows up. The AHCP says they need HNC evaluation time. If the evaluation time is used, does the first 20 seconds of injury time get counted towards the total five minutes allowed for evaluation time? Or do we stop the injury time and start a new evaluation time?

The time used for the initial injury and the extended time requested by the AHCP are counted as one injury timeout and cannot exceed a total of five minutes.

8. Later in the same match, wrestler A hurts their ankle. When injury time is started, does it start back at zero seconds or at 20 seconds? And does wrestler "B" gets choice of restart because of the second injury timeout for wrestler "A"?

The second injury timeout in this scenario would give wrestler "A" the entire 90 seconds, if needed. Wrestler "B" would be given choice upon the restart.

9. What happens if the wrestler sustains a second injury where HNC time is requested in that same match?

The injured wrestler is required to default the match.

10. Is it a part of the official's duties to meet with the AHCP prior to competition to make sure he or she understands the rule and how it should be applied if additional time is needed for the HNC injury?

YES. In order to carry out your duty, officials shall meet with the event administrator to identify the designated AHCP(s). Each school may or may not have their own AHCP. A decision should be made at the meeting

with the event administrator as to the approved role of each school's AHCP and how their role relates to athletes from other competing schools.

11. If a person from the stands comes to the mat and says that they are medical personnel, can they request "extended time" to evaluate the injured wrestler?

NO. The only person(s) who has the authority to request "extended time" are those that have been previously identified and designated by the meet administration.

12. What is the call if wrestler "A" is on HNC time for any amount of time, short of the five minutes, and the official observes that wrestler "B" is bleeding?

The official would stop the HNC time for "A" and begin blood time for "B". Once blood is under control for "B", the official would restart HNC time for "A" from the point at which it was initially stopped. Wrestler "A" would then be allowed to use the time remaining on the five minute "extended time" clock. This is because **the official** stopped the HNC time, and was not instructed to do so by the AHCP.

13. Wrestler is injured as a result of an illegal hold/maneuver and recovery time is started. If the designated AHCP responds to the mat and says that extended time is need to evaluate for HNC, is the extended time given.

NO. "If a contestant is injured as a result of an illegal hold/maneuver....., to the extent that the injured contestant is unable to continue following a maximum of two minutes recovery time, the injured contestant shall be awarded the match by default". The injured wrestler would not be given extended time to determine whether a concussion has occurred or whether other HNC issues are present. The exhausted recovery time ends the match. The designated AHCP may continue to evaluate the injured contestant, but not to determine if the injured contestant is allowed to continue in that match.

14. Visiting school wrestler "A" sustains an injury and the host school's AHCP assesses the contestant under HNC extended time. The designated AHCP does NOT conclude that the wrestler is concussed. Can wrestler "A's" coach permit the wrestler to continue to participate in that match?

If the designated AHCP does NOT conclude that the wrestler has been concussed, the coach may elect to have the wrestler continue to participate in that match.

15. If the HNC injury occurs and the wrestler cannot continue the match after 5 minutes, are they disqualified from competition for the rest of the day?

NO (*UNLESS it was stopped because of the MHSAA concussion protocol*). Unlike the concussion protocol, the HNC injured wrestler only defaults the match in which the injury was sustained.

The HNC rule allows the AHCP (if present) extended time to initially assess the student on the mat and determine if a concussion presentation exists. If the student's presentation is determined to be concussive or needing further assessment at the conclusion of the HNC time, the student would be subject to current NFHS/MHSAA concussion protocol. Even if an AHCP is not present, in accordance with MHSAA Concussion Protocol any contestant who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the match and shall not return to competition **THAT DAY** and until cleared by an appropriate health-care professional (AHCP). Further steps for when a student can return to participation are outlined in the MHSAA Concussion Protocol.