CIF Wrestling Rules Interpreter Meeting 2026-27

CIF Rules Interpreter

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2026 - 2027 NFHS Wrestling Rules Interpretation PowerPoint

B. Elliot Hopkins, MLD, CAA
Director of Sports, Sanctioning and Student Services

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CIF Registration

Before you can be assigned by your local association and section/state contests you must register at this link:

https://app.arbitersports.com/registration/official/register/5749?org=9529&role=3

- All officials in California must be signed up through the CIF Portal
- Must get a background check
- Must pass the Wrestling Exam 70% or better on Arbiter
- This includes insurance coverage

CWOARULES.COM

NFHS PLAY

CALIFORNIA WRESTLING
OFFICIALS ASSOCIATION RULES

ABOUT NEW RULES PRESENTATIONS RESOURCES NEWS

2026-27 CIF WRESTLING SEASON

2026-27 CIF WRESTLING SEASON

NEW – CIF WRESTLING VIDEO NIGHTS

Join us for an exclusive training experience designed for wrestling officials of all levels. In this interactive program, veteran officials break down real match footage, highlight key moments, and provide expert commentary on positioning, mechanics, rules application, and match management.

READ MORE

CIF Video Nights begin Monday November 30th

Date	Start Time	Presenter	zoom link
November 30, 2026	6pm	Duane Morgan	https://us02web.zoom.us/j/86521784342
December 7, 2026	6pm	Conner Nessler	https://us02web.zoom.us/j/85784254605
December 14, 2025	6pm	Makr Hayes	https://us02web.zoom.us/j/89111120446
January 4, 2027	6pm	Bob Edmonds	https://us02web.zoom.us/j/87911356012
January 11, 2027	6pm	Matt Winn	https://us02web.zoom.us/j/83136614345
January 18, 2027	6pm	Abram Ross	https://us02web.zoom.us/j/86218204393
Jnauary 25, 2027	6pm	Ken Gaudreau	https://us02web.zoom.us/j/89282149275
February 1, 2027	6pm	Edgar Carrasco	https://us02web.zoom.us/j/86714052430
February 8, 2027	6pm	Don Valdez	https://us02web.zoom.us/j/85417227420

2026 CIF Wrestling Officials

CIF State Championship nomination forms have been sent to each Section Commissioner on October 2nd .

- They will send them to each official association.
- These nomination forms can also be found on cwoarules.com
- Return completed forms to the section commissioner
- Section commissioner will forward these forms to
- Duane Morgan at duanemorgan6@icloud.com
- Due Date Friday December 4, 2026

SPECIAL NOTE: NOMINATIONS WILL ONLY BE ACCEPTED FROM A SECTION COMMISSIONER

Golden Whistle Award

2026 Recipient

Max Calehuff

Contact Bob Edmonds for future nominees:
bedmonds74@yahoo.com

CIF Registration 2026-27

**Make sure to watch in Slideshow mode to be able to click the links that are embedded. **

Registration

- New to Arbiter and Registration click HERE to register or visit the CIF Central Hub then click on the **Registration** Tab
- You can also scan the QR code to the right

Currently in CIF State Group (111820):

- Sign into **arbiter.io** using your Arbiter account.
- Go to the **Eligibility** tab
- Click on the **Registration** tab
- You will see the **2026-27 CIF Officials Registration** option click on "Register"

or Click Here

CIF Registration

Includes:

- Background check
- Insurance
- Sport specific tests

NFHS EXAMS

send me an email and will send them to you

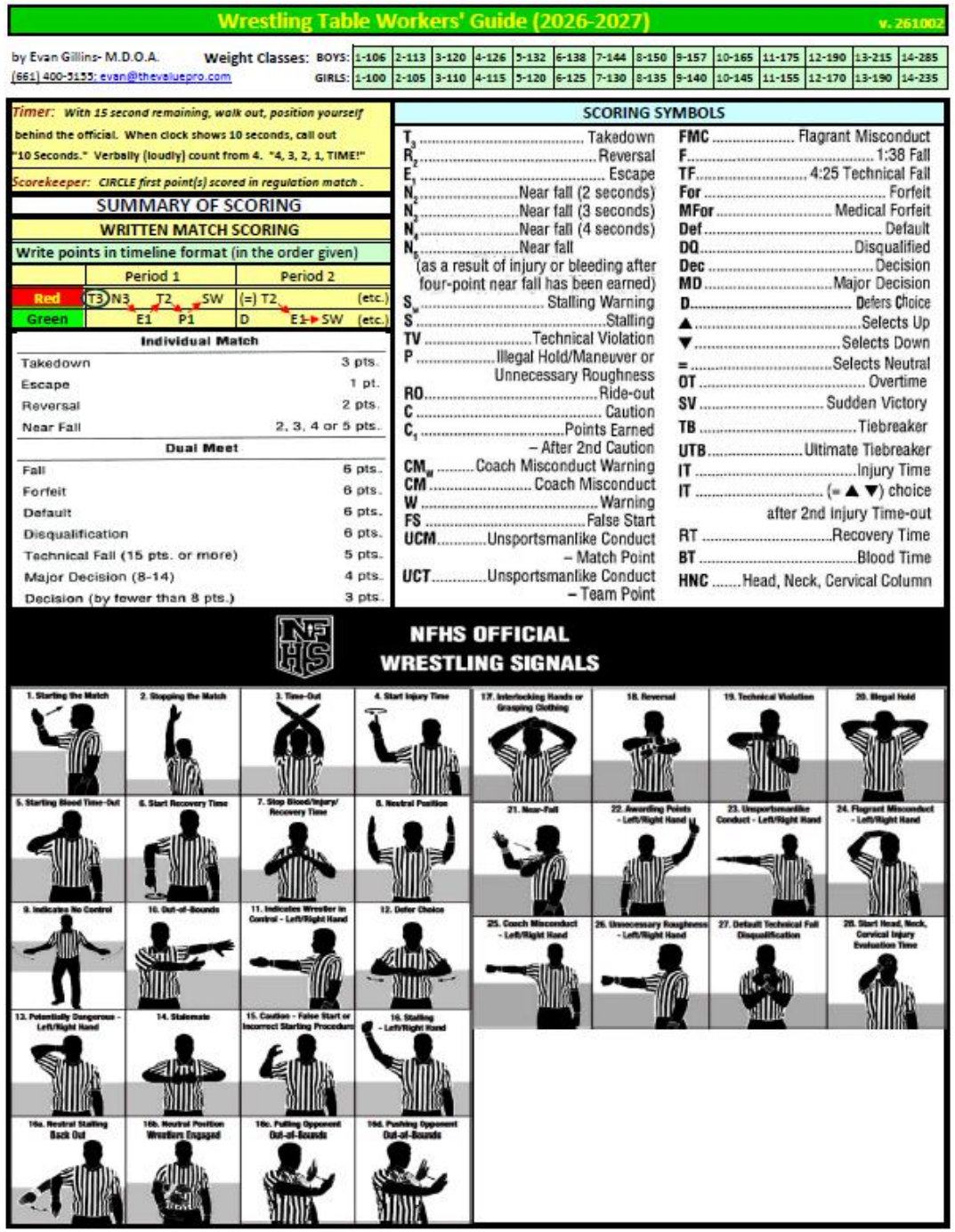
duanemorgan6@icloud.com

2026-27 NFHS Wrestling Exam Part I

1. A match is a competition between two wrestlers who are:
   A. The same age.
   B. The same grade in school.
   C. Nearly equal weight as possible.
   D. None of the above

Table Workers Guide

GET GUIDE NOW



Wrestling Table Workers' Guide (2026-2027)

v. 261002

by Evan Gillins- M.D.O.A.
(661) 400-3133; evan@thevaluepro.com

Weight Classes:

BOYS:	1-106	2-113	3-120	4-126	5-132	6-138	7-144	8-150	9-157	10-165	11-175	12-190	13-215	14-285
GIRLS:	1-100	2-105	3-110	4-115	5-120	6-125	7-130	8-135	9-140	10-145	11-155	12-170	13-190	14-235

Timer: *With 15 second remaining, walk out, position yourself behind the official. When clock shows 10 seconds, call out "10 Seconds." Verbally (loudly) count from 4. "4, 3, 2, 1, TIME!"*

Scorekeeper: *CIRCLE first point(s) scored in regulation match .*

SUMMARY OF SCORING

WRITTEN MATCH SCORING

Write points in timeline format (in the order given)

	Period 1	Period 2
Red	(T3) N3 T2 SW	(=) T2 (etc.)
Green	E1 P1	D E1 ▶ SW (etc.)

Individual Match

Takedown	3 pts.
Escape	1 pt.
Reversal	2 pts.
Near Fall	2, 3, 4 or 5 pts.

Dual Meet

Fall	6 pts.
Forfeit	6 pts.
Default	6 pts.
Disqualification	6 pts.
Technical Fall (15 pts. or more)	5 pts.
Major Decision (8-14)	4 pts.
Decision (by fewer than 8 pts.)	3 pts.

SCORING SYMBOLS

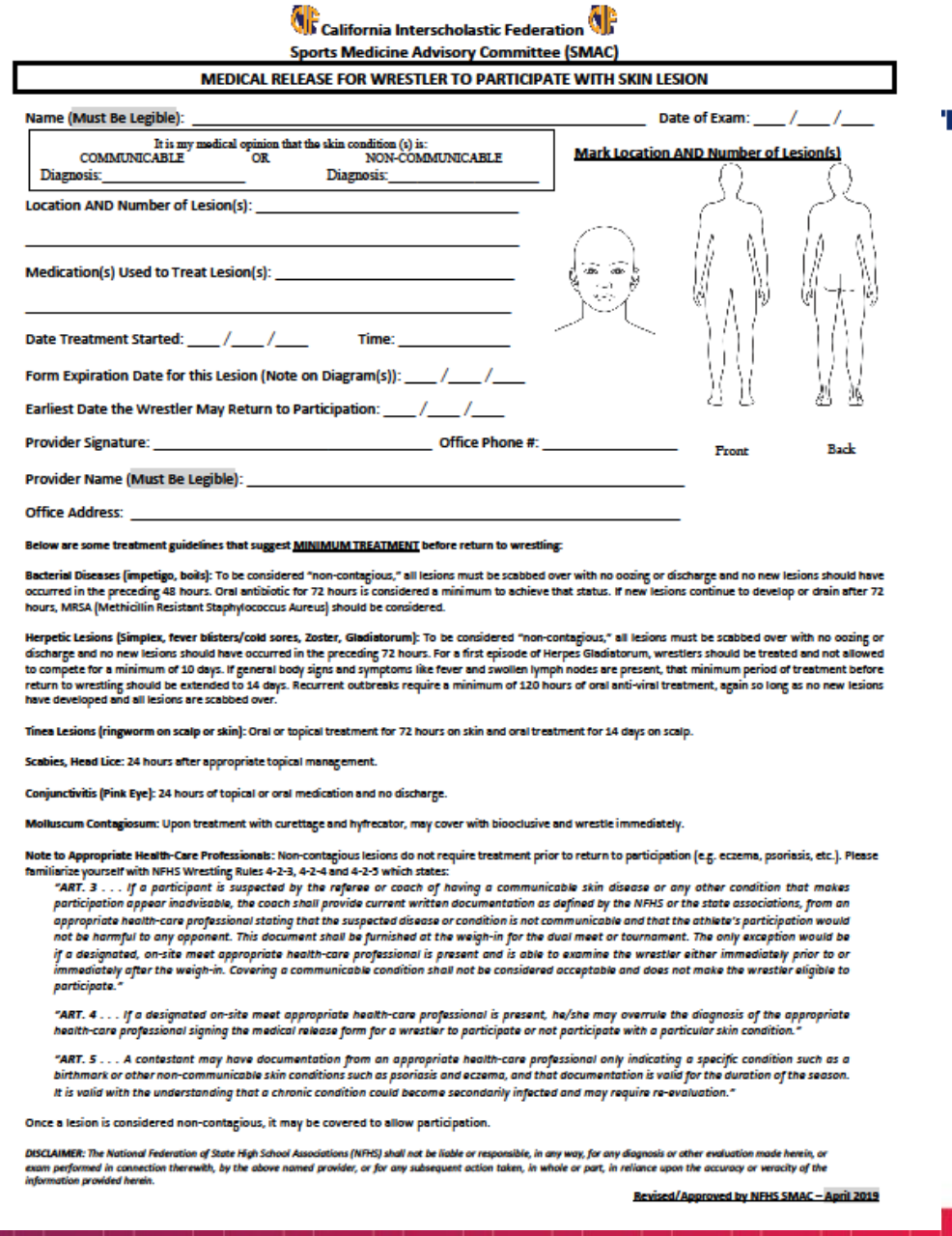
- T_3 ..... Takedown
- R_2 ..... Reversal
- E_1 ..... Escape
- N_2 ..... Near fall (2 seconds)
- N_3 ..... Near fall (3 seconds)
- N_4 ..... Near fall (4 seconds)
- N_5 ..... Near fall (as a result of injury or bleeding after four-point near fall has been earned)
- S_w ..... Stalling Warning
- S ..... Stalling
- TV ..... Technical Violation
- P ..... Illegal Hold/Maneuver or Unnecessary Roughness
- RO ..... Ride-out
- C ..... Caution
- C_1 ..... Points Earned – After 2nd Caution
- CM_w ..... Coach Misconduct Warning
- CM ..... Coach Misconduct
- W ..... Warning
- FS ..... False Start
- UCM ..... Unsportsmanlike Conduct – Match Point
- UCT ..... Unsportsmanlike Conduct – Team Point
- FMC ..... Flagrant Misconduct
- F ..... 1:38 Fall
- TF ..... 4:25 Technical Fall
- For ..... Forfeit
- MFor ..... Medical Forfeit
- Def ..... Default
- DQ ..... Disqualified
- Dec ..... Decision
- MD ..... Major Decision
- D ..... Defers Choice
- ▲ ..... Selects Up
- ▼ ..... Selects Down
- = ... Selects Neutral
- OT ..... Overtime
- SV ..... Sudden Victory
- TB ..... Tiebreaker
- UTB ..... Ultimate Tiebreaker
- IT ..... Injury Time
- IT ..... (= ▲ ▼) choice after 2nd Injury Time-out
- RT ..... Recovery Time
- BT ..... Blood Time
- HNC ..... Head, Neck, Cervical Column

NFHS OFFICIAL WRESTLING SIGNALS

1. Starting the Match
2. Stopping the Match
3. Time-Out
4. Start Injury Time
5. Starting Blood Time-Out
6. Start Recovery Time
7. Stop Blood/Injury/ Recovery Time
8. Neutral Position
9. Indicates No Control
10. Out-of-Bounds
11. Indicates Wrestler in Control - Left/Right Hand
12. Defer Choice
13. Potentially Dangerous - Left/Right Hand
14. Stalemate
15. Caution - False Start or Incorrect Starting Procedure
16. Stalling - Left/Right Hand
16a. Neutral Stalling Back Out
16b. Neutral Position Wrestlers Engaged
16c. Pulling Opponent Out-of-Bounds
16d. Pushing Opponent Out-of-Bounds
17. Interlocking Hands or Grasping Clothing
18. Reversal
19. Technical Violation
20. Illegal Hold
21. Near-Fall
22. Awarding Points - Left/Right Hand
23. Unsportsmanlike Conduct - Left/Right Hand
24. Flagrant Misconduct - Left/Right Hand
25. Coach Misconduct - Left/Right Hand
26. Unnecessary Roughness - Left/Right Hand
27. Default Technical Fall Disqualification
28. Start Head, Neck, Cervical Injury Evaluation Time

This is the only CIF allowable form when there is a potential contagious/non-contagious skin condition

CIF Wrestling Skin Lesion Form - California Interscholastic Federation (cifstate.org)



California Interscholastic Federation
Sports Medicine Advisory Committee (SMAC)

MEDICAL RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION

Name (Must Be Legible): _____ Date of Exam: ___/___/___

It is my medical opinion that the skin condition (s) is:
COMMUNICABLE OR NON-COMMUNICABLE
Diagnosis:_____ Diagnosis:_____

Mark Location AND Number of Lesion(s)

Front Back

Location AND Number of Lesion(s): _____

_____

Medication(s) Used to Treat Lesion(s): _____

_____

Date Treatment Started: ___/___/___ Time: _____

Form Expiration Date for this Lesion (Note on Diagram(s)): ___/___/___

Earliest Date the Wrestler May Return to Participation: ___/___/___

Provider Signature: _____ Office Phone #: _____

Provider Name (Must Be Legible): _____

Office Address: _____

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling:

Bacterial Diseases (impetigo, boils): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for 72 hours is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, MRSA (Methicillin Resistant Staphylococcus Aureus) should be considered.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): To be considered "non-contagious," all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 72 hours. For a first episode of Herpes Gladiatorum, wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment before return to wrestling should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

Tinea Lesions (ringworm on scalp or skin): Oral or topical treatment for 72 hours on skin and oral treatment for 14 days on scalp.

Scabies, Head Lice: 24 hours after appropriate topical management.

Conjunctivitis (Pink Eye): 24 hours of topical or oral medication and no discharge.

Molluscum Contagiosum: Upon treatment with curettage and hyfrecator, may cover with biooclusive and wrestle immediately.

Note to Appropriate Health-Care Professionals: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Wrestling Rules 4-2-3, 4-2-4 and 4-2-5 which states:

"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from an appropriate health-care professional stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in for the dual meet or tournament. The only exception would be if a designated, on-site meet appropriate health-care professional is present and is able to examine the wrestler either immediately prior to or immediately after the weigh-in. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

"ART. 4 . . . If a designated on-site meet appropriate health-care professional is present, he/she may overrule the diagnosis of the appropriate health-care professional signing the medical release form for a wrestler to participate or not participate with a particular skin condition."

"ART. 5 . . . A contestant may have documentation from an appropriate health-care professional only indicating a specific condition such as a birthmark or other non-communicable skin conditions such as psoriasis and eczema, and that documentation is valid for the duration of the season. It is valid with the understanding that a chronic condition could become secondarily infected and may require re-evaluation."

Once a lesion is considered non-contagious, it may be covered to allow participation.

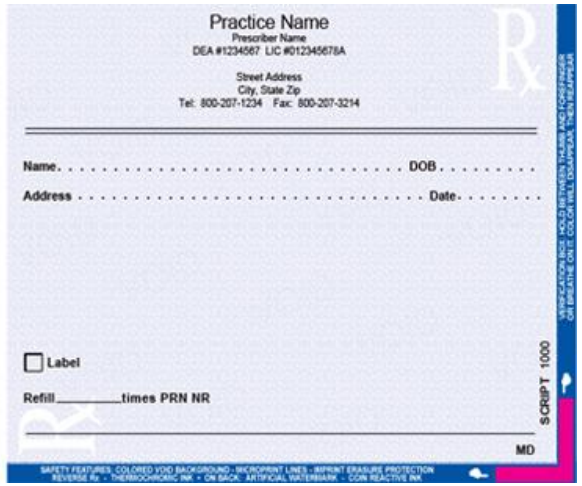
***DISCLAIMER:** The National Federation of State High School Associations (NFHS) shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named provider, or for any subsequent action taken, in whole or part, in reliance upon the accuracy or veracity of the information provided herein.*

Revised/Approved by NFHS SMAC – April 2019

There must be an

<u>Appropriate Health Care Professional AHCP</u>

signature or stamp on the CIF form verifying that it is not contagious or contagious and must marked on the pictogram where the condition is located.


Practice Name
Prescriber Name
DEA #1234567 LIC #012345678A
Street Address
City, State Zip
Tel: 800-207-1234 Fax: 800-207-3214
Name. . . . . DOB. . . . . .
Address . . . . . Date. . . . . .
Label
Refill_____times PRN NR
MD
SCRIPT 1000

<u>This note by itself is not acceptable</u>

Who Qualifies as a Appropriate Health Care Professional AHCP

- Doctors
- Nurses
- Physician Assistants
- Athletic Trainers
- Paramedics

Any of these on-site AHCP can overrule a diagnosis for a wrestler to compete or not to compete.

Concealment of a communicable skin condition

- **Covering a communicable skin disease with either make-up or other methods is in direct conflict with our rules of fairness and risk minimization.**
- **Concealing or hiding a communicable skin disease is unsporting behavior and in violation of the NFHS Communicable Disease Procedures and makes the wrestler ineligible to participate per rule**.

Officials proper Grooming and Skin checks

Mandated

1. Every dual and tournament all athletes need to be skin and groom checked from the Pre-Match weigh in form
2. You need to sign the bottom of the form verifying you did the skin & Groom check.
3. No hand written wrestlers names on the form
4. No name on form=no wrestling

Weigh-ins/Groom checks

- BOYS AND GIRLS together
- WEIGH IN & Groom check WITH SCHOOL ISSUED SINGLETS/uniform ON AND STRAPS UP or FULL 2 PIECE UNIFORM ON
- MUST HAVE UNDERGARMENTS ON
- NO WEIGHT ALLOWANCE FOR SINGLET or UNIFORM

Make sure the coaches are with you at groom check and weigh-ins with you

SKIN CHECK PROCEDURES

- Choose a spot not in public view-preferably locker room or wrestling room
- Bring head coach with the boy/girl team along with pre-match weighin form
- In competition uniform and in place
- Call athletes by name from the pre-match weighin form
- Check fingernails
- Have athletes put arms out parallel to ground
- Scan face-behind ears, under chin on neck, upper torso, under arm, front of legs and thighs
- Have them spin around with arms still parallel to ground
- Scan upper back and under the armpits
- Scan back of the legs in the knee joint

- Flashlight as a tool

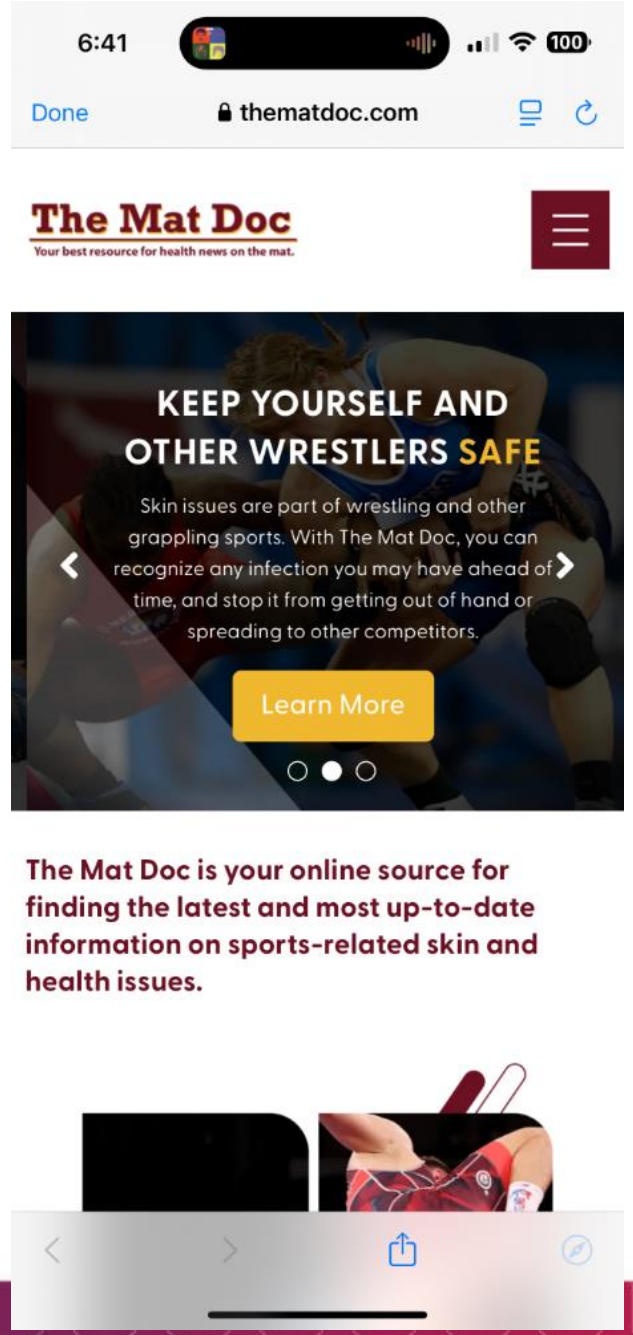
Herpes Gladitorium

Herpes Gladitorium

Herpes Gladitorium

Resource
The MAT DOC

For Coaches-Trainers-Doctors-Parents-Athletes



NFHS PLAY. PERFORM. COMPETE. TOGETHER.

Updates and Emphasis

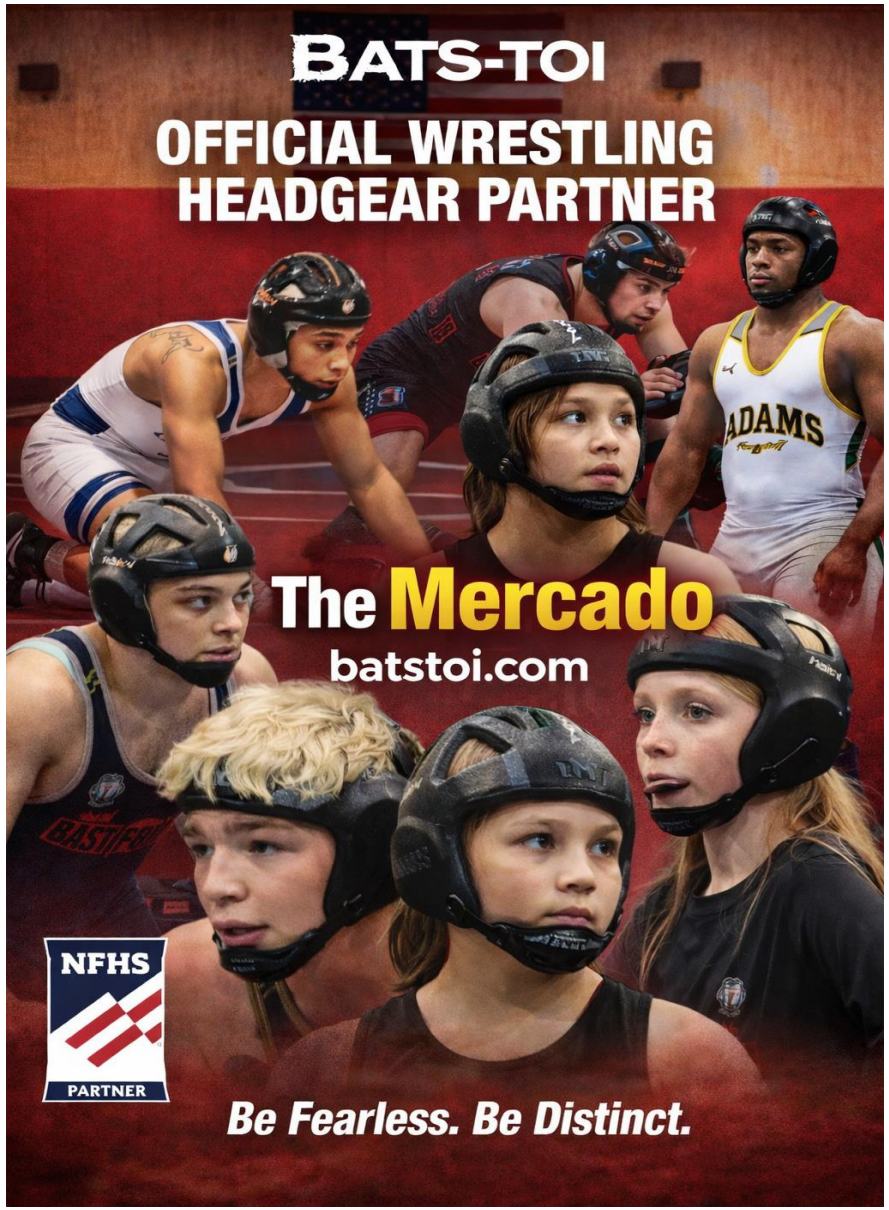
- **<u>UNIFORMS</u>**
- All athletes competing must wear their ***<u>school issued</u>*** high school uniform. Uniforms of all team members must be identical. Unless specifically approved by tournament management, the wearing ***<u>of NFHS required equipment or special equipment</u>*** including sweatsuits, t-shirts, or any clothing representing any organization, corporation or business, college or university is strictly prohibited and may result in disqualification.

NFHS 4-2 & CIF Championships Handbook

Can a wrestler have their name on the back of their uniform?

Can a wrestler have their nickname on the back of their uniform?

Headgear
What do you think?



NFHS
PLAY. PERFORM. COMPETE. TOGETHER.

Updates and Emphasis

Dual Meets: Can girls wrestle on boy's dual meet team?

Depends:

- If there is a separate boys dual meet and a separate girls dual meet-the girl cannot wrestle on the boy's team. Same site/date/time.

- If there is no separate boys and girl's dual meet then girls can wrestle on the boy's team.

Updates and Emphasis

DEAF WRESTLER ACCOMODATIONS

A single sign language interpreter would be permitted to be present at all matches involving a deaf or hearing-impaired wrestler. Furthermore, the single interpreter would be allowed 360-degree access around the 28-foot active wrestling circle on the mat, which demarcates the in-bounds area within which wrestlers must stay during their matches.

Any other accommodations beyond this would need CIF Section Commissioner permission.

Updates and Emphasis

DEAF WRESTLER ACCOMODATIONS

Referee should:

- Be made aware of the situation before the match starts
- Over emphasis the hand signals
- Work a little closer to the action-so they can see the hand signals
- Be prepared to intervene when necessary

Updates and Emphasis

Headsets for training and Assisting

These can be used effectively as a training tool for beginning officials

Also, they are a great tool for referee & AR combination-increasing communication to get the right call made without impeding the flow of the match

Headsets
Amazon

- SYNCO XTalk X2 2.4GHz Wireless Intercom Headset System (2 PCS)

Headsets
Amazon

- Referee Headset 2 Referees Full Duplex Football Wireless Comunicador Football Headsets Referee Communication
- Brand: Maxquall

Updates and Emphasis

Imminent Scoring

- Rule 8-2-ART. 9 . . . When a match is stopped for an injury, including HNC, during an imminent scoring situation and the referee determines that scoring (takedown, reversal, escape, and near-fall) would have been successful if the wrestling had continued, the referee shall charge an injury time-out, or if appropriate an HNC time-out, to the injured contestant and award applicable points to the non-injured

(Whirley Bird)

Video Slide Holder

- Slide 36
- 190 lbs Quarterfinal - Onyi Oragwam, Centennial (CS) vs Aubreyelle Baeza, San Dimas (SS)
  - Whirly bird
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

Updates and Emphasis

Eye Protection

- No glass
- Secured in the back
- No sharp edges
- Fit under the headgear

Last Years Major Changes
2025 - 2026 NFHS Wrestling Rules Changes

RULE 5-11-2c, 5-11-4b FALL, NEAR FALL & TECHNICAL FALL

- **ART. 2 . . .** A near fall occurs when the offensive wrestler has control of the opponent in a pinning situation and near-fall criteria are met for a period of two seconds or longer. (Photos 5-6)

- a.- b. Remain the same.

- c. A near fall is ended when the defensive wrestler gets out of a pinning situation. The referee must not signal the score for a near fall until the situation is ended and only one near fall shall be scored in each pinning situation, regardless of number of times the offensive wrestler places an opponent in the near-fall ~~position~~ criteria during the pinning situation. If the near-fall creates a 15-point advantage, the match shall continue until the near-fall criteria is no longer met. Conclusion of the near-fall criteria is immediate.

- d.- i. Remain the same.

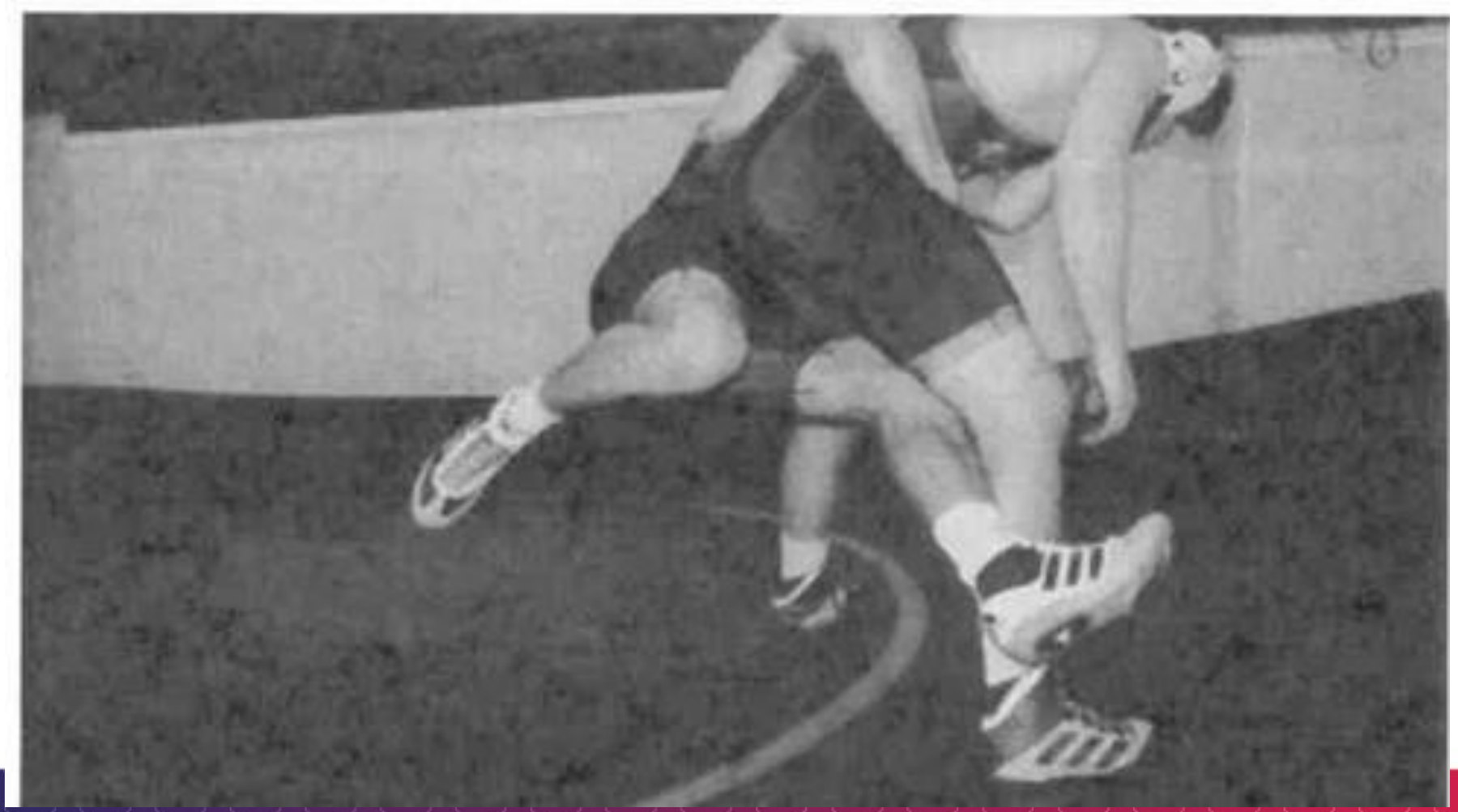
RULE 7-1-5n ILLEGAL HOLDS/MANEUVERS

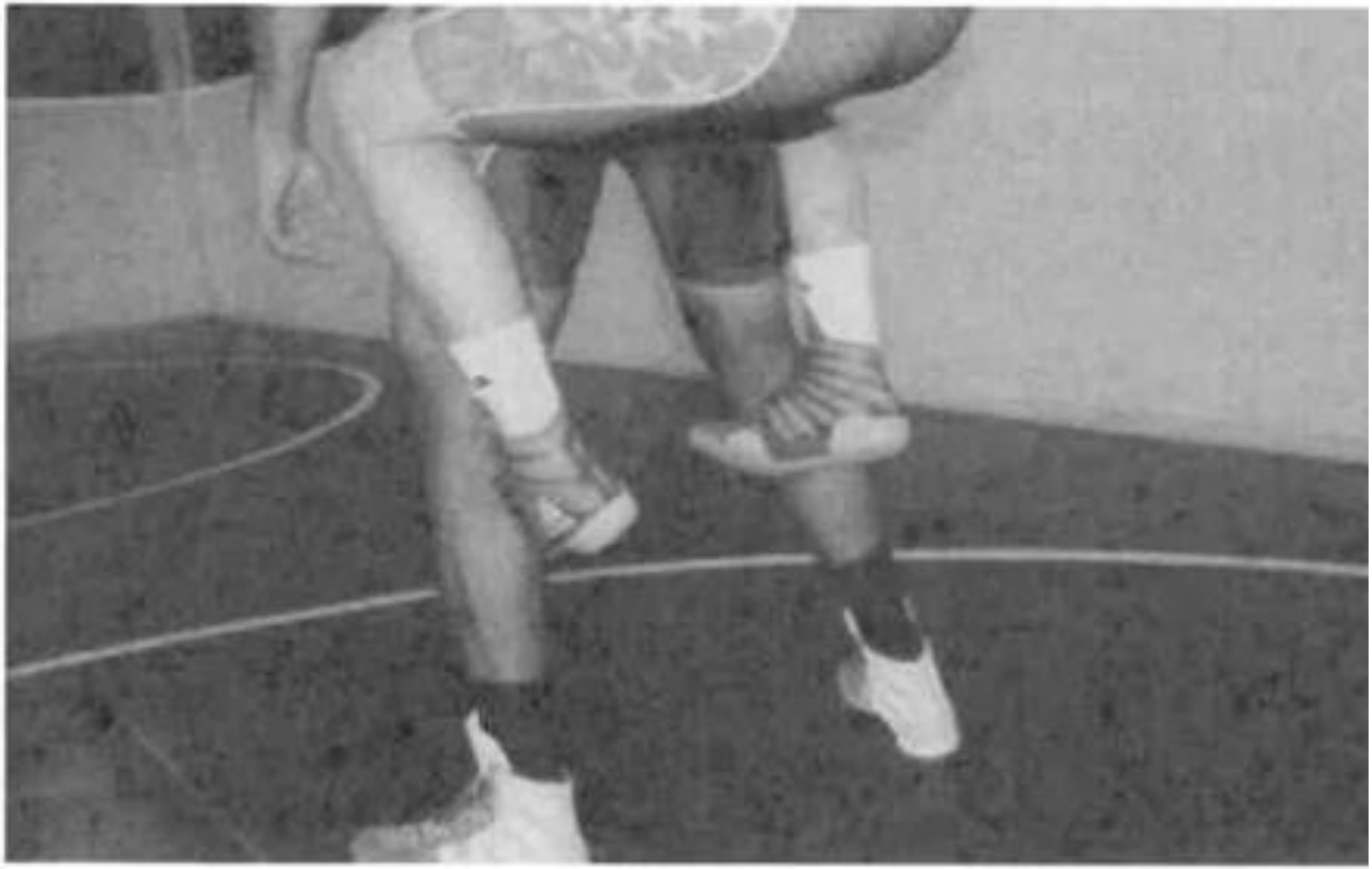
- n. leg block (cut-back) when leaving the feet and using the foot or leg to "cut out" an opponent's leg, to include from the rear-standing position.

Rationale:

This rule change seeks to clarify language regarding the leg block or "cut-back". When applied the move/maneuver can cause significant injury to the defensive wrestler lower extremities. The NFHS is now aligned with other rules codes to clarify this illegal maneuver.

Illegal





Video Slide Holder

- Slide 44
- Cut Back Example
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

VIDEO NIGHTS

Video review is on of the best tools to share and learn.

I will be setting up Monday nights to review and discuss close calls and will invite guests to present.

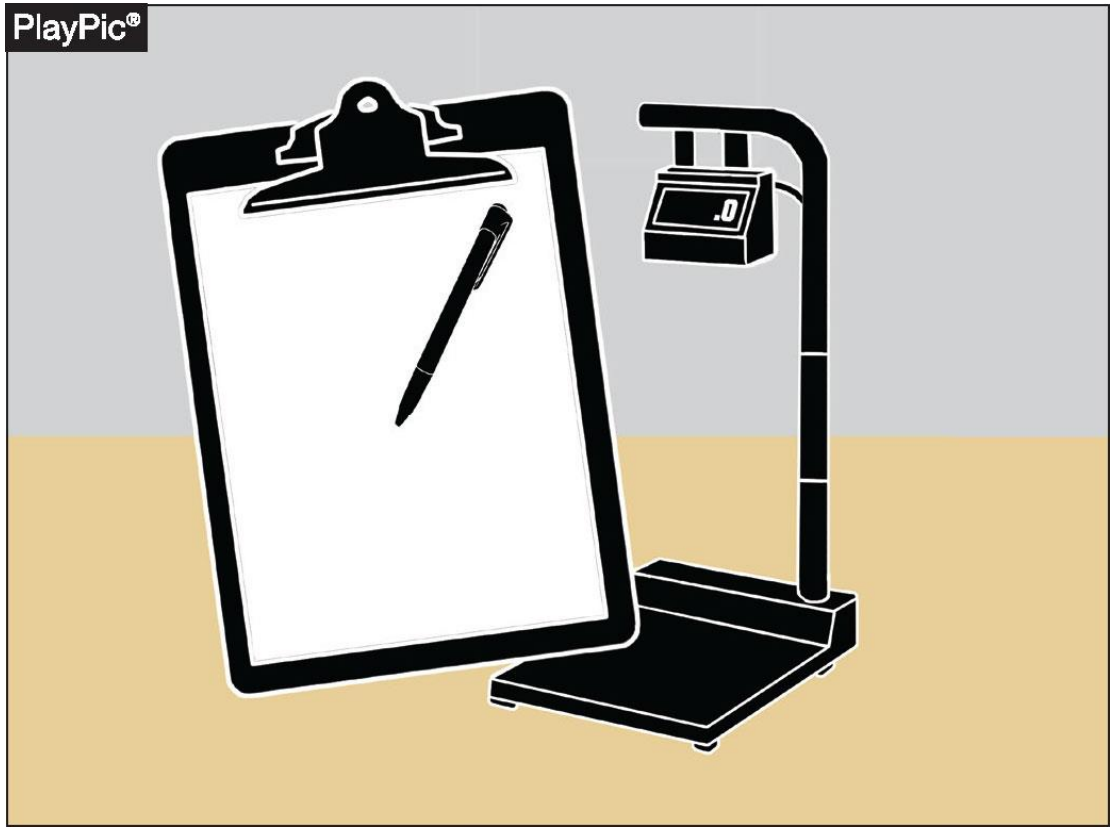
https://cwoarules.com/cif-wrestling-video-nights/

- Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

2026 - 2027 NFHS Wrestling Rules Changes

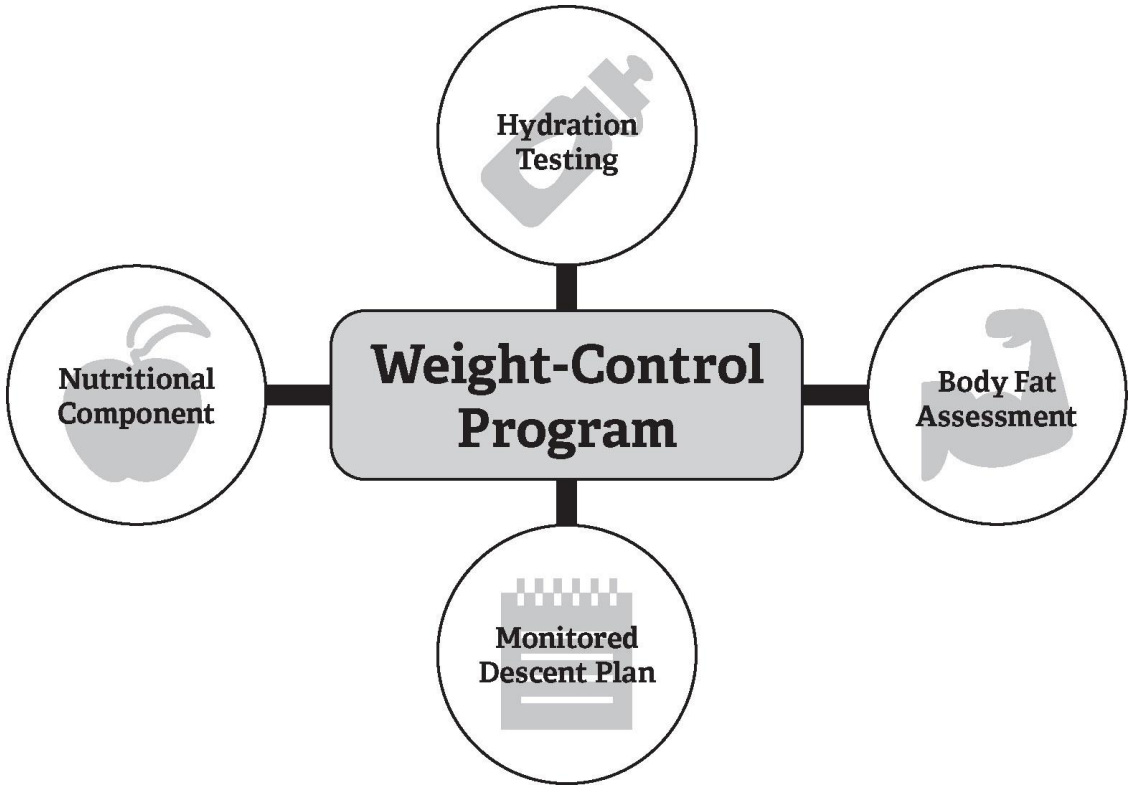
RULES 1-5-1 & 1-5-2
MINIMUM BODY FAT PERCENTAGE

- Minimum body fat percentage for females increases from **12% to 19%**
- Minimum body fat percentage for males remains **7%**
- Any wrestler below the minimum must have a medical release
- Medical release does not allow competition below the certified minimum weight class
- Monitored descent plan remains part of the weight-control program
- Average weight loss remains limited to **1.5% per week**



RULES 1-5-1 & 1-5-2 WEIGHT CONTROL PROGRAM REMINDERS

- Each state association develops and administers its own weight-control program
- The program should involve:
  - Wrestler
  - Parents/guardians
  - Appropriate health-care professionals
  - Coach
- An ideal program includes:
  - Hydration testing
  - Body fat assessment
  - Monitored descent plan
  - Nutritional component
- Hydration testing must immediately precede body fat assessment
- Specific gravity may not be greater than **1.025**



RULE 1-5-1 WEIGHT CONTROL PROGRAM

ART. 1 . . . Each individual state high school association shall develop and utilize a specified weight-control program which will discourage excessive weight reduction and/or wide variations in weight, because this may be harmful to the competitor. Such a program should be planned to involve the wrestler, as well as the parents/guardians, appropriate health-care professionals and coach in establishing the minimum certified weight class. An ideal program would be one where an appropriate health-care professional would assist in establishing a minimum weight class through hydration testing, body fat assessment and a monitored descent plan. Minimum body fat should not be lower than seven percent for males or 19 percent for females.

RULE 1-5-1 WEIGHT CONTROL PROGRAM

Rationale:

Based upon peer-review research data, increasing the body fat percentage for high school girls establishes a safer margin for minimal wrestling weight for those intent on achieving a lower weight class.

RULE 1-5-2 WEIGHT CONTROL PROGRAM

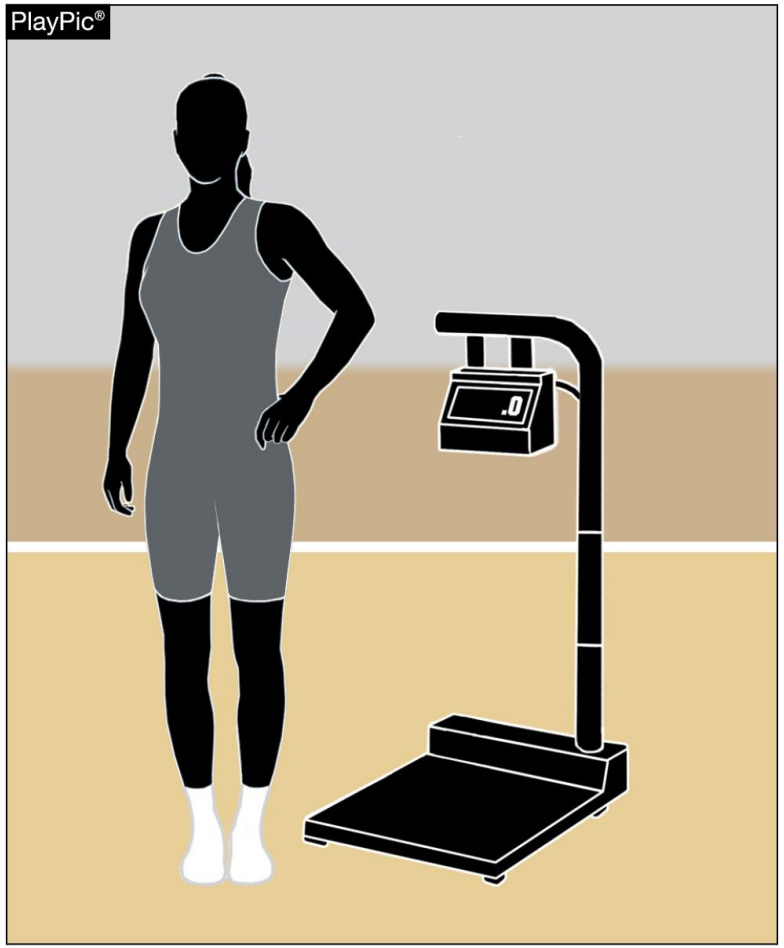
ART. 2 . . . For health and safety reasons, the state's weight control program shall require hydration testing with a specific gravity not greater than 1.025, which immediately precedes the body fat assessment. A minimum weight class will be determined by a body fat assessment. Any wrestler's assessment that is below seven percent for males and 19 percent for females shall have a medical release to participate signed by an appropriate health-care professional. This release shall not allow a wrestler to participate at a weight class below that for which the initial assessment allows. A program to monitor an average weight loss of 1.5 percent a week, with descent, may use the minimum weight determined by the body fat testing as the lowest weight class a wrestler may wrestle. This weight management plan should also involve a nutritional component developed at the local level.

RULE 1-5-2 WEIGHT CONTROL PROGRAM

Rationale:

Based upon peer-review research data, increasing the body fat percentage for high school girls establishes a safer margin for minimal wrestling weight for those intent on achieving a lower weight class.

RULE 4-5-1 WRESTLERS' APPEARANCE AND HEALTH



RULE 4-5-1 WRESTLERS' APPEARANCE AND HEALTH

ART. 1 . . . Contestants shall have the opportunity to weigh in, shoulder to shoulder or by team(s) first competition at the start of a dual meet or a team's first competition each day a multiple-dual 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.

RULE 4-5-1 WRESTLERS' APPEARANCE AND HEALTH

Rationale:

Creates consistency between individual and team format events, while providing the option to weigh in by team to the host if it is more practical and efficient to do so. This option is also helpful if entering weights live into weight management systems.

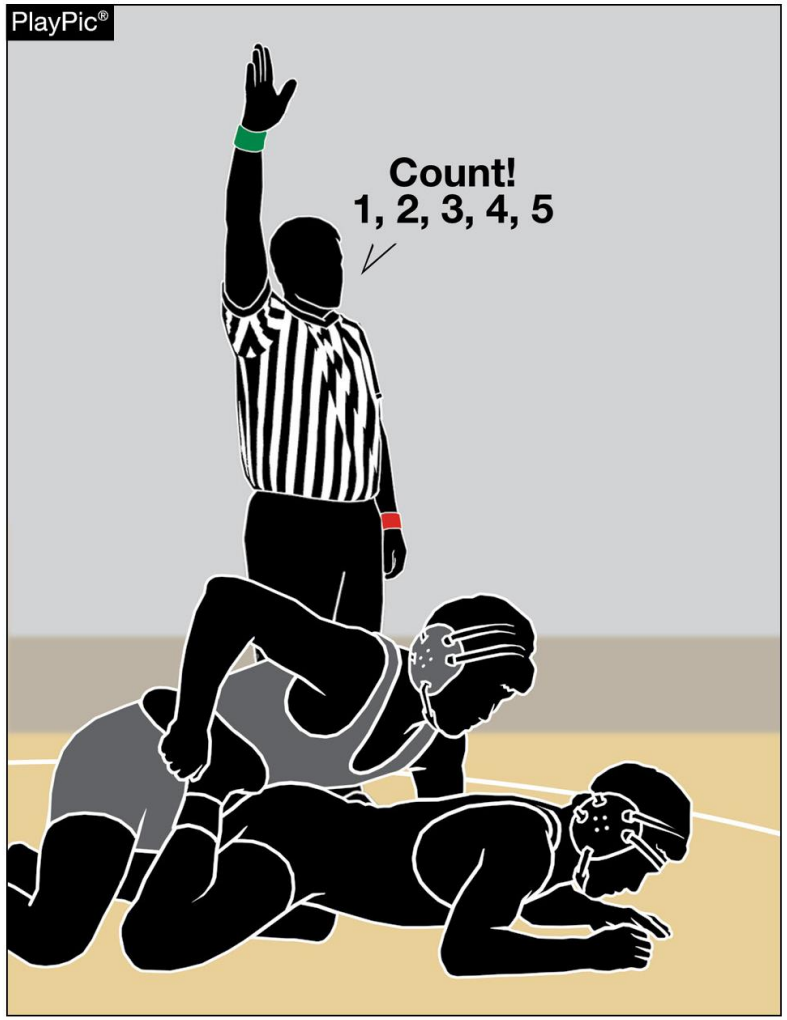
RULE 5-24-4b DEFINITION STALLING

ART. 4 . . .

a. Remains the same.

b. legally holds the heel to the buttocks while the defensive wrestler is broken down on the mat for more than five seconds. The referee shall signal and vocalize a five - second count; or

RULE 5-24-4b DEFINITION STALLING

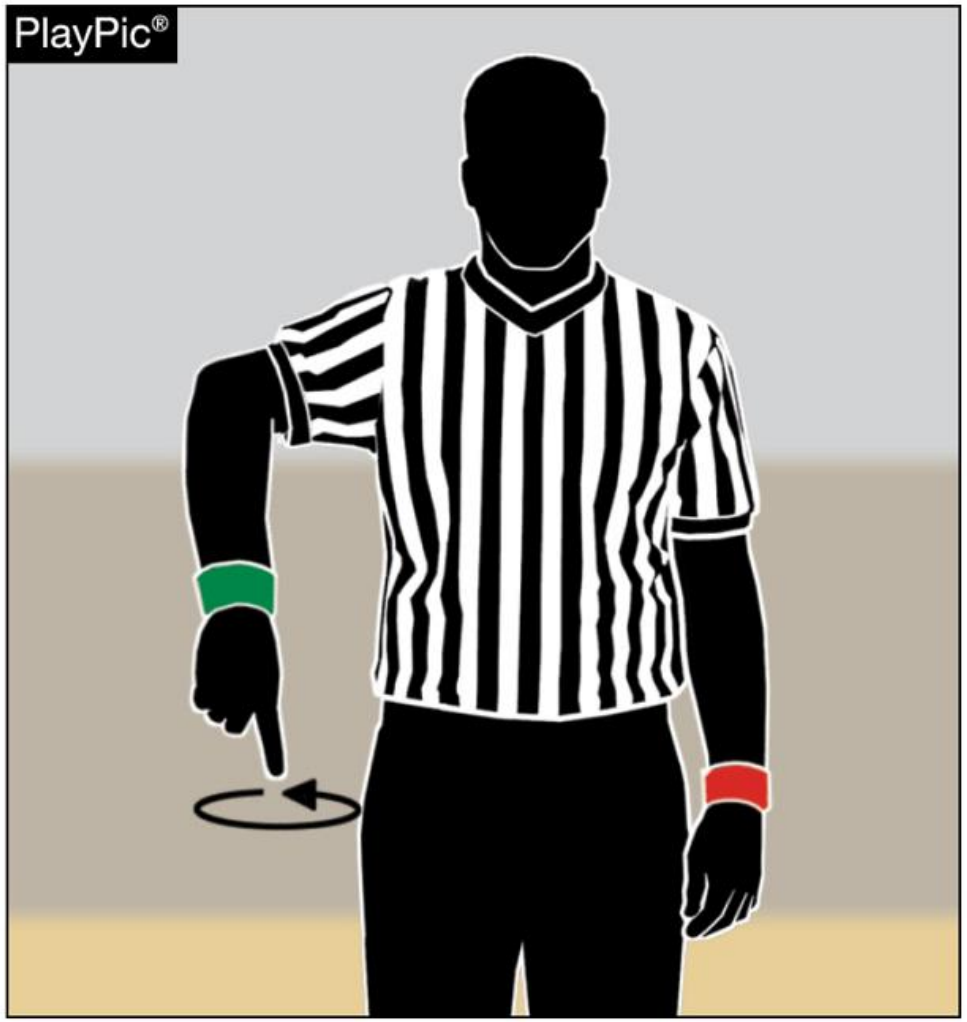


RULE 5-24-4b DEFINITION STALLING

Rationale:

This makes the wrestlers, coaches, and fans aware of the potential stalling situation.

RULE 5-28-3b DEFINITION TIME-OUT



RULE 5-28-3b DEFINITION TIME-OUT

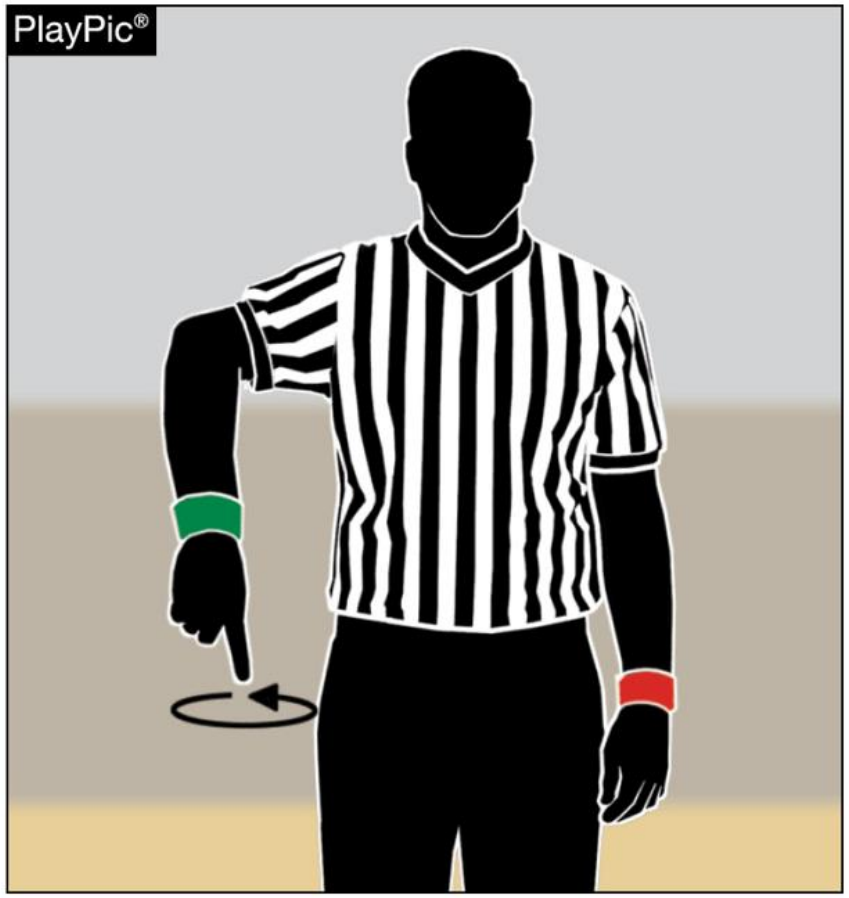
ART. 3 . . . Recovery time. If a contestant is injured or bleeding as a result of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the wrestler is entitled to two minutes of recovery time, which is not deducted from the injured wrestler's injury time allowance nor shall it constitute an HNC time-out. (8-2-2)

RULE 5-28-3b DEFINITION TIME-OUT

Rationale:

A wrestler who is injured/bleeding because of an illegal hold/maneuver, unnecessary roughness, or unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position **is allowed two minutes to recover before winning the match by default.** A bleeding contestant should not have to bleed for five minutes before being declared the winner if injured because of an illegal hold/maneuver, unnecessary roughness, or unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position. Blood time is not deducted from the bleeding wrestler's blood time allowance.

RULE 8-2-7 INJURY



Bleeding Occurs

Was bleeding caused by illegal action, unnecessary roughness, unsportsmanlike conduct or an opponent's neutral-position false start?

No

Use Blood Time

Time-outs remain at referee discretion

If bleeding is not stopped within cumulative 5:00, terminate match

Yes

Use Recovery Time

Wrestler receives 2:00 recovery time

Not charged to blood time

**Cleanup after bleeding is stopped does not count against blood time.*

RULE 8-2-7 INJURY

ART. 7 . . . Any contestant who is bleeding will be charged blood time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not stopped within a cumulative time of five minutes, the match shall be terminated and the opponent shall be awarded the match by default. If bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers, unnecessary roughness, or a false start (by the opponent) in the neutral position, and the bleeding contestant uses 2 minutes of recovery time, the injured wrestler will be the winner of the contest by default.

Any cleanup necessary after the bleeding has been stopped is not counted against the maximum time limit of 5 minutes.

RULE 8-2-7 INJURY

Rationale:

A wrestler who is injured as the result of unsportsmanlike conduct, illegal hold/maneuvers or unnecessary roughness or the result of a false start (by the opponent) in the neutral position has two minutes of recovery time before winning by default. A bleeding wrestler should not have to bleed for 5 minutes before winning the match by default. Blood time is not deducted from the bleeding wrestler's blood time allowance.

RULE 7-6-3g INFRACTIONS STALLING

ART. 3 . . . Sub-articles a-f remain the same.

g. When wrestling is stopped is stopped for going out of bounds in the neutral position, one of the following four calls should be made (See Referee's signals):

i. Stalling by one of the wrestlers for leaving the wrestling areas.

ii. Stalling by pushing or pulling the opponent out of bounds.

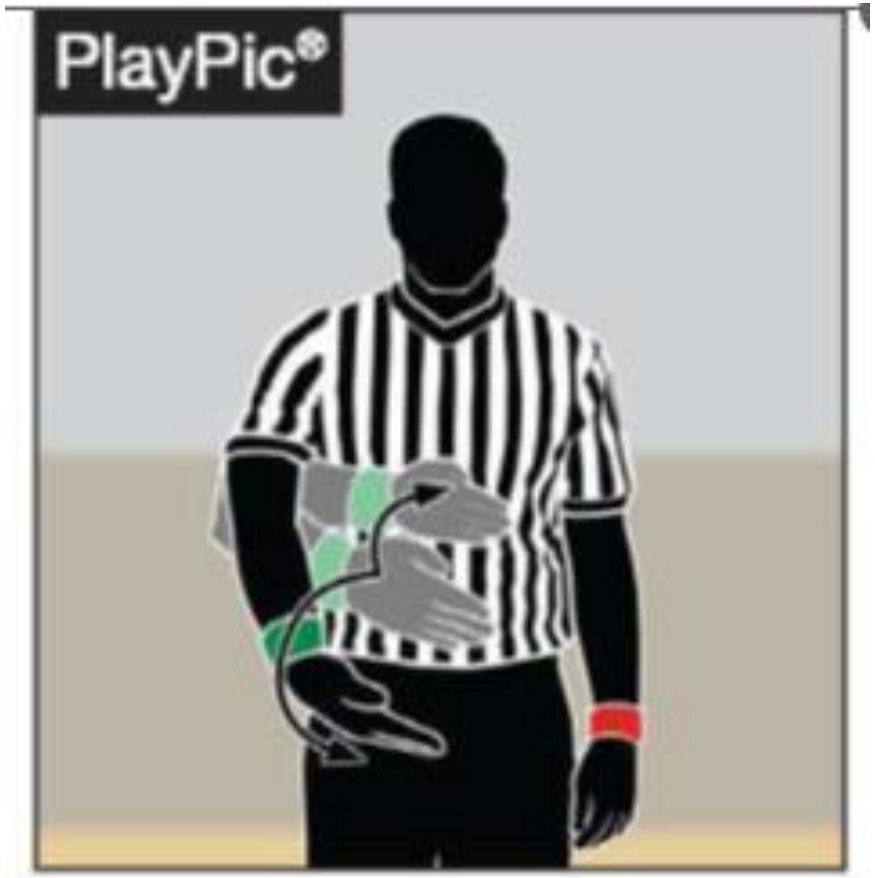
iii. Stalling by backing out of the wrestling area; or

iv. Wrestling action is taking place.

OFFICIAL WRESTLING SIGNALS

16a. Neutral Stalling
Back Out

OFFICIAL WRESTLING SIGNALS

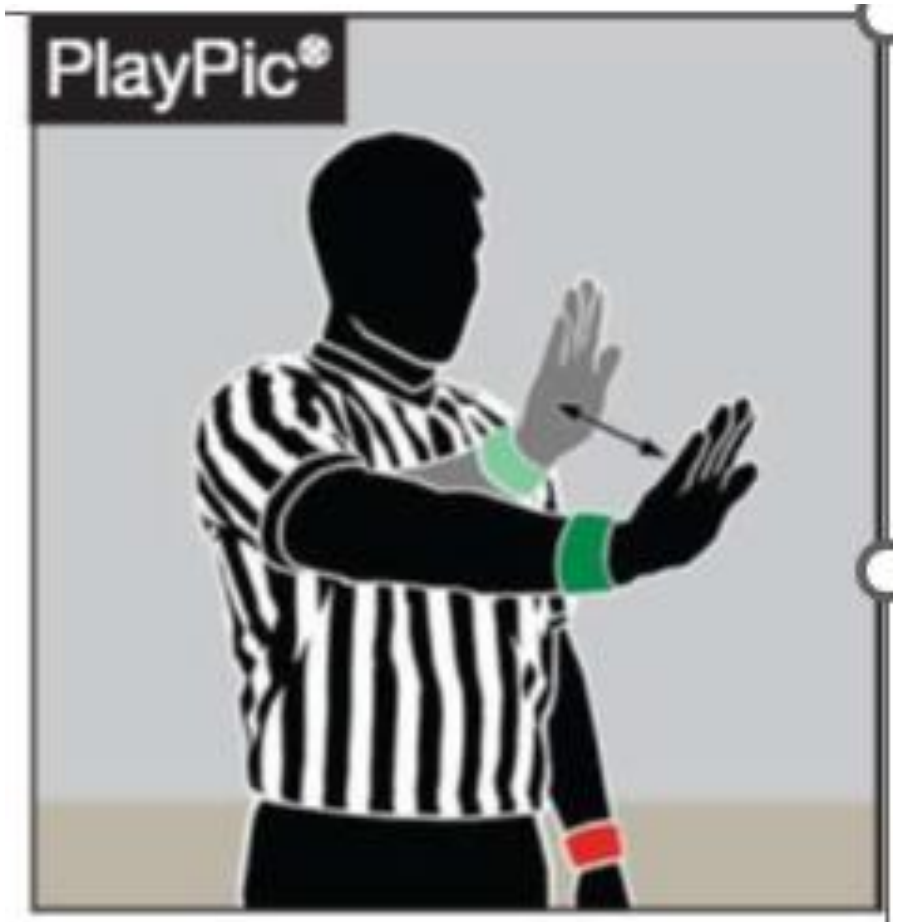


16b. Neutral Position
Wrestlers Engaged

OFFICIAL WRESTLING SIGNALS

16c. Pulling Opponent Out-of-Bounds

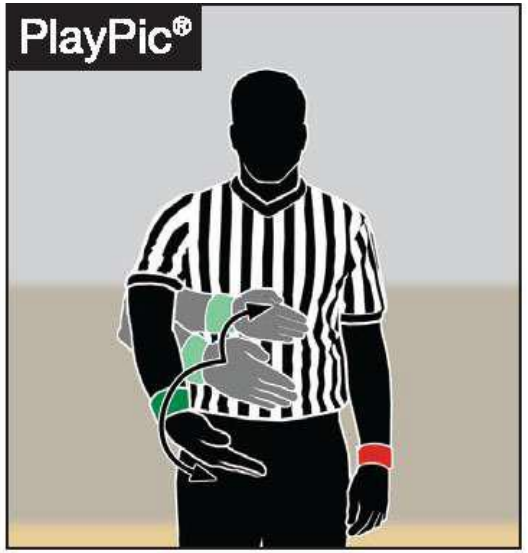
OFFICIAL WRESTLING SIGNALS



16d. Pushing Opponent Out-of-Bounds

RULE 7-6-3g INFRACTIONS STALLING

16a. Neutral Stalling Back Out



16b. Neutral Position Wrestlers Engaged

16c. Pulling Opponent Out-of-Bounds

16d. Pushing Opponent Out-of-Bounds

RULE 7-6-3g INFRACTIONS STALLING

Rationale:

This rule change allows more clarification to the wrestlers, coaches, and fans when calling stalling on the edge of the mat vs. traditional stalling.

- Neutral only and both wrestlers need to be out of bounds

Situations

Defensive Wrestler A, who is attempting to escape, cuts back and faces Wrestler B while going completely out of bounds Wrestler B is entirely in bounds

The referee awards an escape to Wrestler A. Should the referee use the neutral out of bounds stalling rule to call a stalling violation on Wrestler A for going out of bounds?

Situations

- Is it a mandatory stall call when a wrestler kicks out of bounds from a lower leg hold?
- Remember: Regular stalling is still in place, count shots, watch feet, square stance, head down, blocking with arms, etc.
- Use the terms: Contact, Center, Action
- Fleeing the mat is still in the books-use this call if applicable

Stalling vs. Fleeing

ART. 1 . . . Going out of the wrestling area or forcing an opponent out of the wrestling area, by either wrestler at any time as a means of avoiding an imminent scoring situation, is a technical violation for fleeing the mat. Both wrestlers should make every effort to remain inbounds. When the referee feels that either wrestler has failed to make every effort to stay inbounds during an imminent scoring situation, the offending wrestler shall be penalized for fleeing the mat. There can be no technical violation of fleeing the mat if near-fall or takedown points have been earned.

Video Slide Holder

- Slide 75
- Stall, neutral, push out
- Video Link
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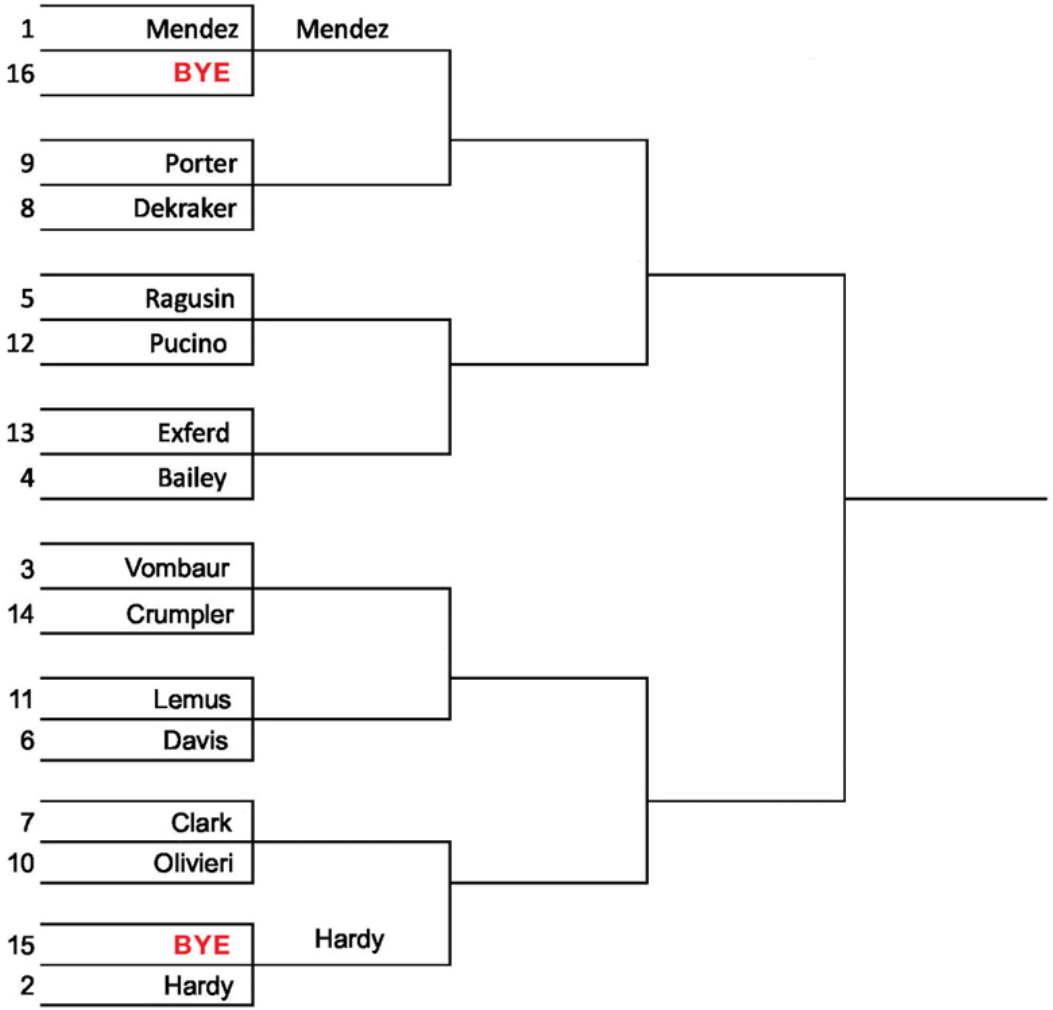
Video Slide Holder

- Slide 76
- Stall, Referee position , Top wrestler push out
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

Video Slide Holder

- Slide 77
- Stall,
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

RULE 5-3-1 DEFINITION BYES



RULE 5-3-1 DEFINITION BYES

ART. 1 . . . When the number of competitors is not a power of 2, that is 4, 8, 16, 32 and 64, there shall be byes.~~in the first round~~ The number of byes shall be equal to the difference between the number of competitors and the next higher power of two.

Rationale:

With the use of tournament management software systems (Trackwrestling, USA Bracketing, etc.), the reality is that byes do exist after the first round and are scored as such on both championship and consolation sides of the bracket. The addition of more scramble style tournaments, where wrestlers are placed in round robin pools and then advance to a bracket for placement, requires byes to exist after the first round, thus making this wording obsolete in the current form of wrestling.

RULE 5-3-2 DEFINITION BYES

ART. 2 . . . Byes do not count as a match and are not counted towards the maximum number of six matches per day or ten matches over a two-day event. Byes also do not count towards a wrestler's match record.

Rationale:

Same as 5-3-1.

RULE 5-3-3 DEFINITION BYES

ART. 3 . . . When byes are required ~~for the first round~~, individuals receiving byes shall be placed by mutual consent or drawn so they are distributed evenly throughout the bracket.

Rationale:

Same as 5-3-1.

RULE 5-3-4 DEFINITION BYES

ART. 4 . . . No quarter bracket, half bracket or round robin pool, shall have more than one bye in excess of its paired bracket or pool.

Rationale:

With the significant increase in scramble events that divide wrestlers into round robin pools instead of placing them on traditional brackets, adding this language will clarify and give more guidance on this type of individual tournament.

RULE 5-3-5 DEFINITION BYES

ART. 5 . . . After seeded wrestlers have been placed in the bracket or pool and the byes have been placed or drawn, remaining wrestlers shall be placed by draw.

Rationale:

With the significant increase in scramble events that divide wrestlers into round robin pools instead of placing them on traditional brackets, adding this language will clarify and give more guidance on this type of individual tournament.

RULE 10-3-1 TOURNAMENT BYES

ART. 1 . . . When the number of competitors is not a power of 2, that is 4, 8, 16, 32 and 64, there shall be byes. ~~in the first round.~~ The number of byes shall be equal to the difference between the number of competitors and the next higher power of two.

Rationale:

With the use of tournament management software systems (Trackwrestling, USA Bracketing, etc.), the reality is that byes do exist after the first round and are scored as such on both championship and consolation sides of the bracket. The addition of more scramble style tournaments, where wrestlers are placed in round robin pools and then advance to a bracket for placement, requires byes to exist after the first round, thus making this wording obsolete in the current form of wrestling.

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Rationale:

Same as 10-3-1.

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Video Slide Holder

- Slide 89
- Accidental headbutt to knee in the face!
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

Video Slide Holder

- Slide 90
- Hold for Video Night
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

Video Slide Holder

- Slide 91
- No takedown. Good call
- Watch more on Video Night
- Video Link
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Video Slide Holder

- Slide 92
- Whirlybird
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

Video Slide Holder

- Slide 93
- Headbutt
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

Video Slide Holder

- Slide 94
- Locking hands, possible not enough reaction time
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

Video Slide Holder

- Slide 95
- Coach puts hands on wrestler
- Video Link
  - Use Ctrl + Left Click (Command (⌘) + Left Click on Mac) to Open a New Tab

Video Slide Holder

- Slide 96
- Tough call: take down or not?
- Video Link
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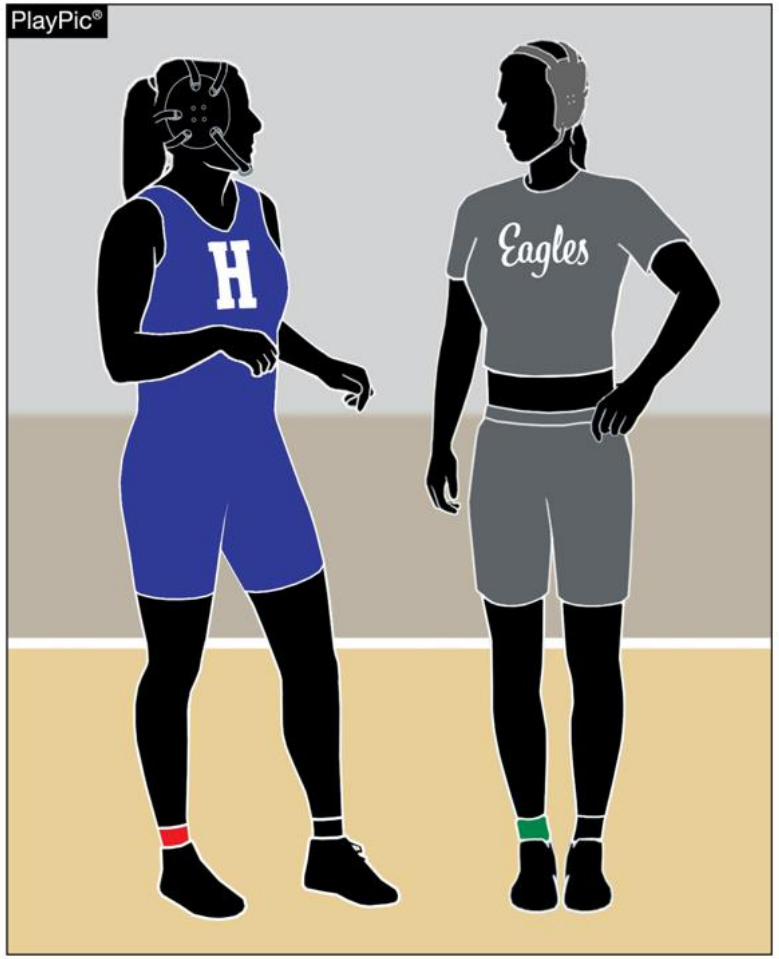
2026 NFHS Wrestling Points of Emphasis

PROPERLY FITTED FEMALE WRESTLER UNIFORMS



PROPERLY FITTED FEMALE WRESTLER UNIFORMS

The continued growth of girls wrestling places an increased responsibility on schools and coaches to ensure that female wrestlers are provided with **properly fitted, sport-appropriate uniforms.** Appropriate uniform fit is essential to support **safety, performance, and the overall student experience.**

Uniforms shall be worn in a manner that allows for **full range of motion**, remain secure during all phases of competition, and eliminates the need for frequent adjustment. Ill-fitting uniforms whether too loose or too restrictive may create unnecessary distractions and potential safety concerns.

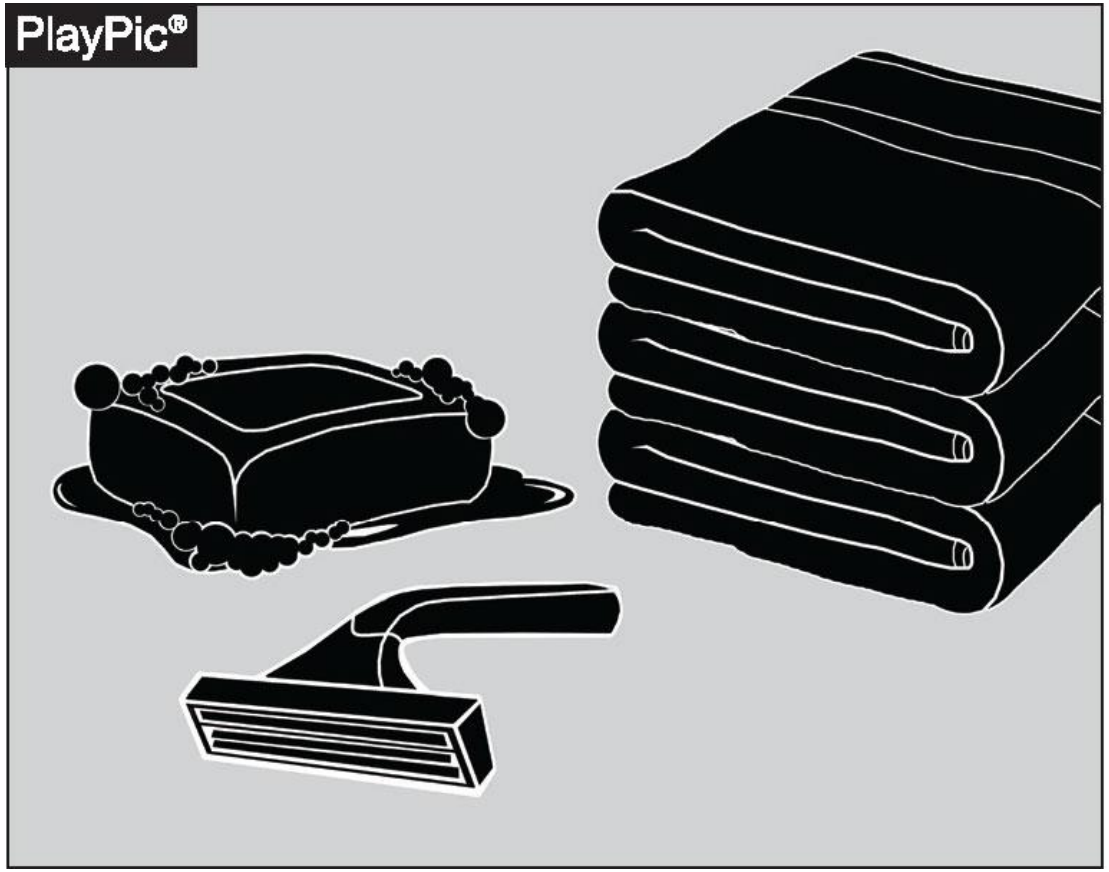
It is also imperative that uniforms provide **appropriate coverage and comfort,** recognizing the physical demands of the sport. When female athletes are confident in the fit and function of their uniform, they are better positioned to focus on competition and perform at their highest level.

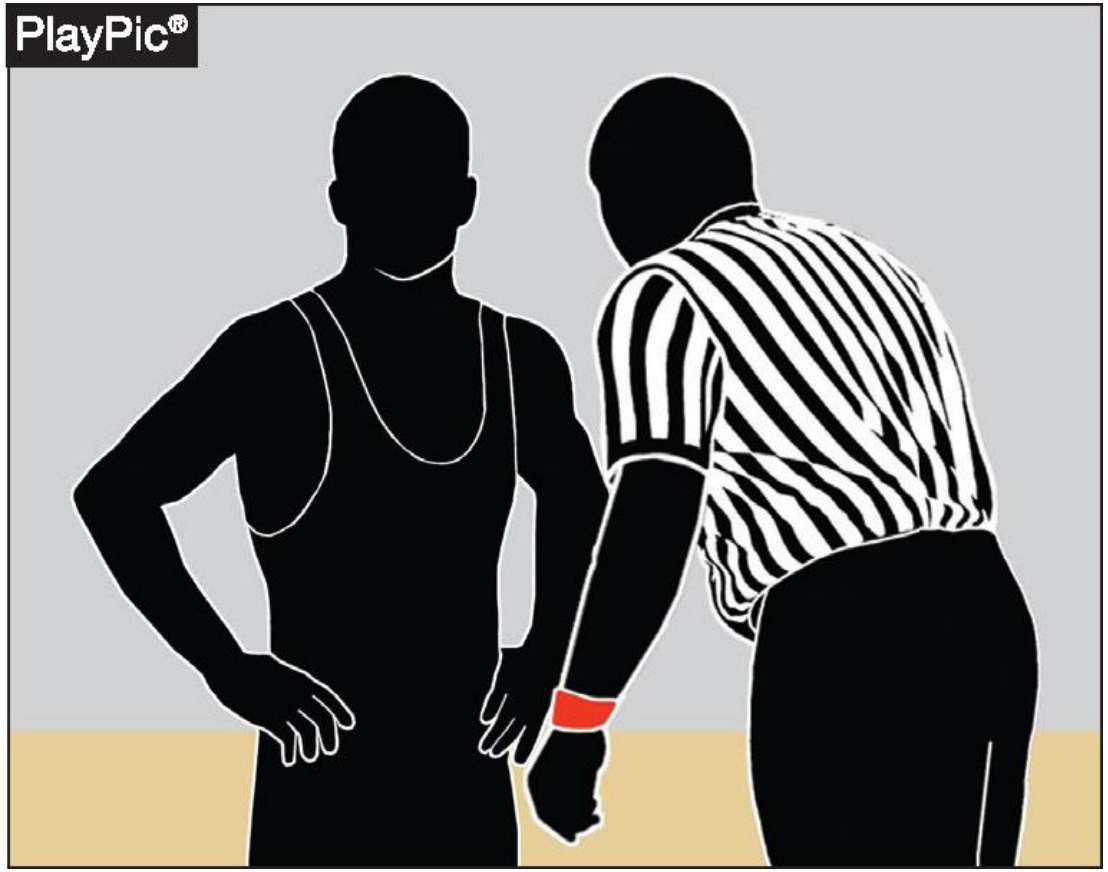
PROPERLY FITTED FEMALE WRESTLER UNIFORMS

Schools, parents and coaches are expected to be proactive in addressing uniform needs by ensuring access to a **range of sizes and appropriate uniform options**, including legal undergarments. This approach reflects a commitment to **equity, inclusion, and respect for all participants.** Girls' participation growth is making wrestling one of the fastest growing sports.

Attention to proper uniform fit is not only a matter of compliance with NFHS rules, but also a demonstration of our shared responsibility to provide a **safe, respectful, and supportive environment** for the continued growth of girls wrestling.

IMPORTANCE OF PROPER HYGIENE





IMPORTANCE OF PROPER HYGIENE

The prevention of communicable skin conditions remains a **critical priority in interscholastic wrestling.** Due to the nature of close physical contact inherent in the sport, proper hygiene practices are essential to protect the health and safety of all participants.

Students are expected to maintain **high standards of personal hygiene**, including showering immediately after practices and competitions, washing and wearing clean practice and competition gear, and avoiding the sharing of personal items such as towels, clothing, and equipment. These measures significantly reduce the risk of transmitting skin infections.

IMPORTANCE OF PROPER HYGIENE

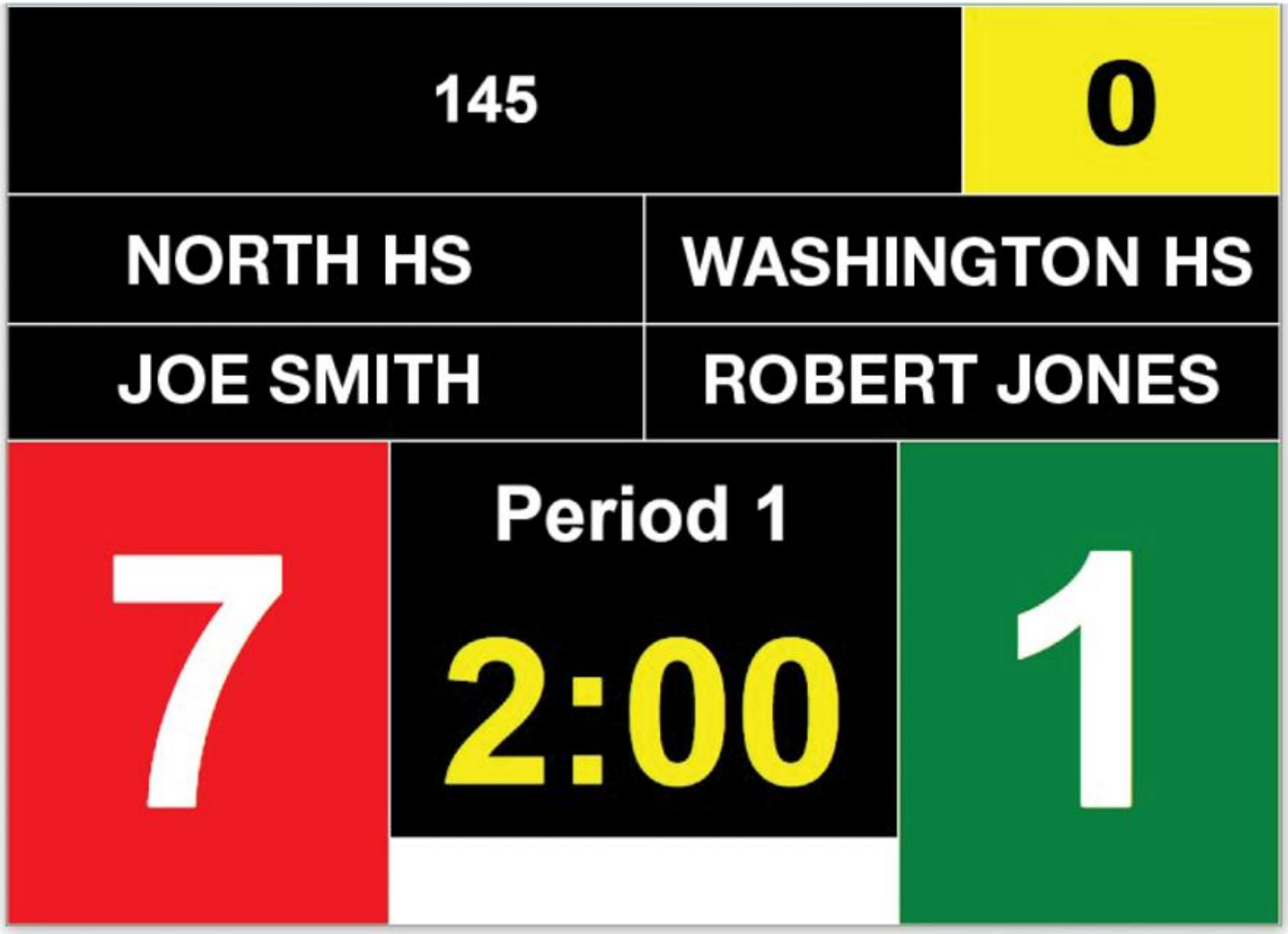
Coaches and school personnel play a vital role in reinforcing these expectations by promoting daily hygiene routines and monitoring athletes for any visible skin concerns. **Regular skin checks** should be conducted, and any suspicious lesions must be properly evaluated and managed in accordance with NFHS rules and state association guidelines before participation is permitted.

IMPORTANCE OF PROPER HYGIENE

In addition, schools must ensure that **wrestling mats and equipment are cleaned and disinfected regularly,** particularly before and after use. Maintaining a clean environment is a shared responsibility and a key component in minimizing exposure to infectious conditions.

Failure to adhere to proper hygiene protocols may result in increased transmission of skin conditions, negatively impacting both individual athletes and team participation. A proactive and consistent approach to hygiene helps ensure a **safe, healthy, and competitive environment.**

COMPLETE UNDERSTANDING OF BAD TIME



BAD TIME

ART. 1 . . . Bad time is wrestled with the wrestlers in the wrong position, or the wrong wrestler being given choice of position:

a. at the start of the third period.

b. at the start of the second 30-second tiebreaker.

c. at the start of the ultimate tiebreaker.

d. after opponent has taken a second injury time-out.

ART. 2 . . . Bad time involves time that occurs when:

a. a clock should have been stopped at the end of a period; or

b. wrestling has been allowed to continue following a violation when the match should have been stopped.

BAD TIME
(continued)

- **ART. 3 . . . Any points, penalties, or injury time that occurred during bad time shall be voided with the following exceptions:**
- a. flagrant misconduct;
- b. unsportsmanlike conduct;
- c. unnecessary roughness;
- d. illegal holds/maneuvers; and
- e. blood time.
- f. Head/Neck/Cervical Column (HNC) injury time.

BAD TIME
(continued)

- ART. 4 . . . Errors requiring bad time to be re-wrestled **must be corrected prior to the start of any subsequent period**. If the wrong wrestler is given the choice of position at the start of the second period or at the start of the first 30-second tiebreaker in overtime, no re-wrestling is necessary. The opponent may be given the choice at the start of the third period or at the start of the second 30- second tiebreaker in overtime.

COMPLETE UNDERSTANDING OF "BAD TIME"

- The accurate administration of match time and scoring is essential to the integrity of interscholastic wrestling. Situations involving "bad time", when time is incorrectly started, stopped, or allowed to run require a clear understanding by officials, coaches, and table personnel to ensure that matches are conducted fairly and within NFHS rules.
- Bad time may occur due to errors such as the clock running during a stoppage, failing to start the clock when action resumes, or allowing wrestling to continue beyond the allotted period. When identified, these situations must be corrected in a timely and appropriate manner in accordance with NFHS rules.

COMPLETE UNDERSTANDING OF “BAD “TIME

Officials are responsible for recognizing and correcting bad time, including:

- Adjusting the match clock to reflect the correct amount of time remaining.
- Reconstructing match situations as accurately as possible for fairness and accuracy.
- Ensuring that neither wrestler gains an unfair advantage due to timing errors.

Table personnel and coaches also play an important role by remaining attentive and communicating potential timing discrepancies immediately. Prompt recognition and communication are critical to minimizing the impact of bad time on match outcomes.

COMPLETE UNDERSTANDING OF “BAD “TIME

A consistent understanding of bad time procedures helps preserve competitive equity, match flow, and confidence in officiating. All participants are encouraged to review and apply NFHS rules related to match timing to ensure that contests are administered accurately and professionally.

Editorial Changes

RULE 1-4-3

ART. 3 . . .

No wrestler shall represent the school in more than one weight class in any meet or wrestler in more than six matches (championship or consolation), excluding forfeits, byes in anyone day of competition.

Rationale:

Editorial.

RULE 8-1-2g

ART. 2 . . .

Sub articles a-f remain the same.

g. Related to stall calls including the two-point stall call, as shown in items a-f above. The match would not be stopped to warn or penalize for stalling, including a two-point stall. If the stalling is for any shoes or shoelace violations, during any significant action or imminent scoring situations.

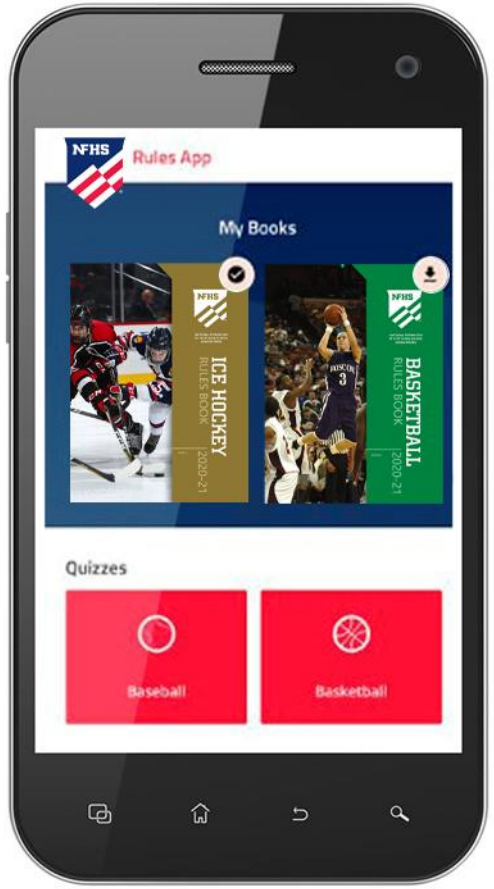
Rationale:

Editorial.

National Federation of State High School Associations

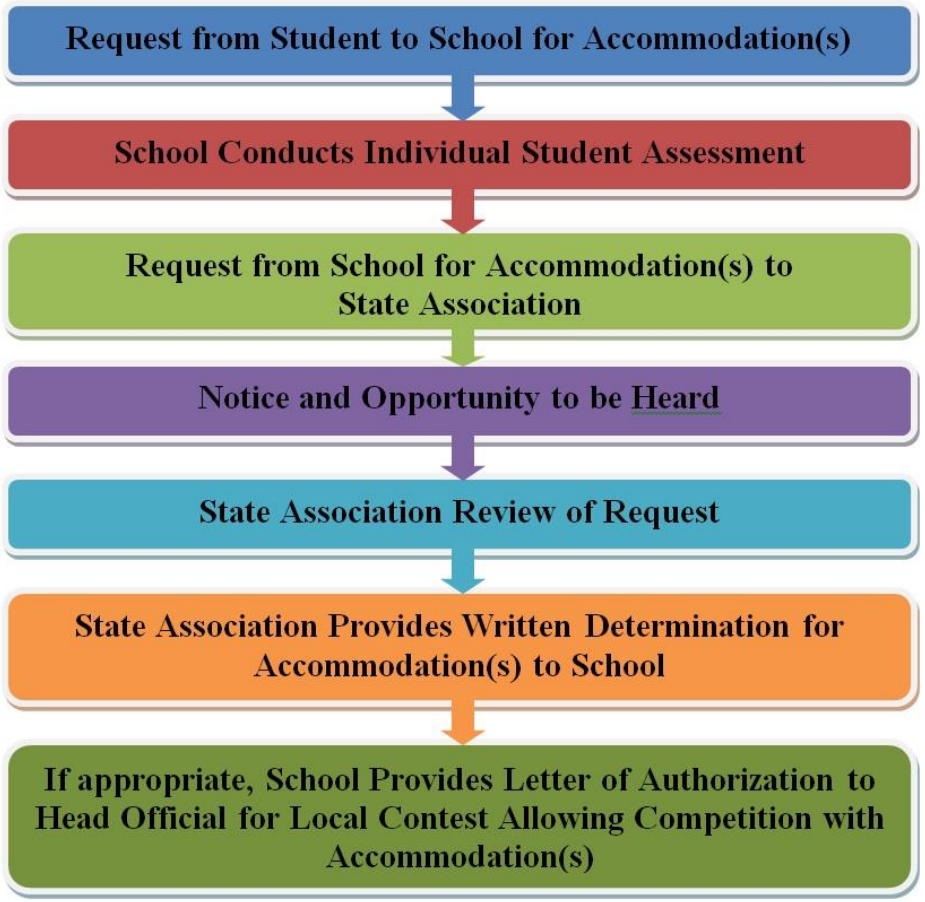
- The NFHS writes playing rules for 18 sports for boys and girls at the high school level.
  - Publishes 4 million pieces of materials annually.

NEW NFHS Rules App



- Rules App features:
  - Searchable
  - Highlight notes
  - Bookmarks
  - Easy navigation
  - Immediate availability
  - Free to paid members of the NFHS Coaches and Officials Associations
  - https://support.nfhsdigital.org/ for more information

Guidelines for Schools and state associations for consideration of accommodations



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- Performing Arts

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NFHS SCHOOL LEVEL 2 — SOUTH CENTRAL HIGH SCHOOL — 2020-21

NFHS SCHOOL LEVEL 3 — SOUTH CENTRAL HIGH SCHOOL — 2020-21

SCHOOL HONOR ROLL

LEVEL 1 COURSES

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- *Concussion in Sports*
- *Sudden Cardiac Arrest*
- *Protecting Students from Abuse*

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Thank you. Have a wonderful season!

National Federation of State High School Associations

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