

# Wrestling Rules Interpretations - 2024-25

BY NFHS ON October 14, 2024 | RULES, WRESTLING

## [Download a PDF version.](#)

**Publisher's Note:** The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2024

**SITUATION 1:** Is the 10-foot circle in the center of the wrestling mat required? **RULING:** No, the 10-foot circle in the center of the wrestling mat is now optional. (2-1-3)

**SITUATION 2:** Can each team in a tournament bring its own scales to weigh-in its contestants? **RULING:** No, the home management shall provide scales for weighing-in contestants. (2-4-1)

**SITUATION 3:** Is the referee required to meet with the head coaches before the start of a dual meet or tournament? **RULING:** Yes, the referee is required to meet with the coaches to verify that the team is groomed, properly equipped and ready to wrestle, including shoelaces being secured. In a dual meet, the referee also meets with the head coaches to explain to them about good sportsmanship throughout the contest. (3-1-4, 3-1-5)

**SITUATION 4:** Can a wrestler wearing tights remove one leg of the form-fitted tights? **RULING:** No, the form-fitted tights cannot be modified; both legs must be intact. (4-1-1a, b)

**SITUATION 5:** Can a tournament manager or dual meet host create "blocked weights" for the contestants to use for competition? **RULING:** No, wrestlers must compete in the weight classification selected by their state association. (4-4-1)

**SITUATION 6:** Does awarding an escape require two points of contact of either wrestler or one point of contact of both wrestlers to be inbounds? **RULING:** No, an escape can be awarded while one point of contact of either wrestler is inbounds. (5-10)

**SITUATION 7:** Can the referee award a five-point near fall? **RULING:** Yes, if the four-point near fall is earned and during the near-fall situation the defensive wrestler is injured, indicates an injury or the defensive wrestler starts to bleed or the defensive wrestler commits a violation. (5-11-2h, i)

**SITUATION 8:** Is a technical fall awarded when the pinning situation ends or at the conclusion of the near-fall criteria? **RULING:** The technical fall is awarded when near-fall criteria are no longer met. (5-11-4)

**SITUATION 9:** Does a point of contact have to bear weight? **RULING:** No, the point of contact may or may not bear the wrestler's weight. (5-15-2)

**SITUATION 10:** Can a defensive wrestler be pinned while the shoulder or scapula are out of bounds? **RULING:** Yes, near-fall points or fall shall be earned while a point of contact of either

wrestler is inbounds. (Rule 5-15-2c)

**SITUATION 11:** Can a reversal be awarded if either wrestler only has one foot inbounds?

**RULING:** Yes, a reversal at the edge of the mat can be awarded with one point of contact of either wrestler inbounds. (5-22-2)

**SITUATION 12:** If the wrestling mat doesn't contain a 10-foot circle, can either wrestler be called for stalling for not wrestling aggressively in the middle of the mat? **RULING:** Yes, each wrestler is required to make an honest attempt to stay in the center of the mat and wrestle aggressively. (5-24-1)

**SITUATION 13:** How many points will be awarded for a takedown at the edge of the mat?

**RULING:** Three points will be awarded for each secured takedown. (9-1-2)

**SITUATION 14:** If a wrestler presents written documentation as defined by the NFHS or respective state association from an appropriate health-care professional stating that the wrestler can compete with the communicable condition as long as the condition is covered, is this acceptable? **RULING:** No, covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate. (4-2-3)

**SITUATION 15:** Can a wrestler accept a forfeit in one weight class and then wrestle a match one weight class above the wrestler's scratch weight? **RULING:** A wrestler cannot accept a forfeit in one weight class and compete in another class in the same meet. (1-4-5)

**SITUATION 16:** Are satellite weigh-ins permissible? **RULING:** No, contestants shall have the opportunity to weigh in, shoulder-to-shoulder for dual meets and tournaments. (4-5-1, 4-5-2)

**SITUATION 17:** Can a wrestler who properly reports for a weight class in a dual meet be withdrawn and used to wrestle at the next weight class? **RULING:** No, if Wrestler A properly reports to the scorer's table in a dual meet and is withdrawn, Wrestler A would be disqualified from that dual meet. (5-8)

**SITUATION 18:** Who is responsible for the removal of a spectator who has been ejected by the referee? **RULING:** The home team administration is responsible to ensure the spectator is removed when directed by the referee. (5-30-3)

**SITUATION 19:** If one point of contact of either wrestler is inside or on the boundary line, can the referee stop the match? **RULING:** Yes, the referee can stop the match if there is no action at the edge of the mat. (5-15-3)

**SITUATION 20:** When can the referee use the referee's time-out? **RULING:** The referee can use the referee time-out to address a situation not covered by any other time-out. (5-28-4)