

NFHS 2005-06 Wrestling Rules Changes

- 1-1-2** When multi-dual meet competition is held, the first weight class to be competed in for the subsequent dual shall be one greater than the starting weight class from the previous round.
- 1-3** Beginning in 2006-07, each state association shall develop and utilize a weight-management program that includes a specific gravity not to exceed 1.025; a body fat assessment no lower than 7% males/12% females and a monitored weekly weight loss plan not to exceed 1.5% a week.
- 3-1-1** Tournament administration may provide a common shirt for officials that must be worn at this particular event.
- 4-1-1a** The definition of a shirt worn under the sleeveless uniform shirt has been more clearly defined by adding that the shirt must be tight-fitting and short-sleeved.
- 4-1-1c** The language requiring a suitable undergarment if no tights are worn has been deleted.
- 4-3-3** When a pad(s) is worn, it shall fit snugly against the wrestler's body.
- 4-5-5** Competitors are now restricted to a maximum of 2 pounds for consecutive days of competition.
- Rule 5** The definitions for a Bye, Caution and Stalling, has been duplicated and placed in Rule 5.
- 5-1-4** The definition for Bad Time has been expanded to include any errors in match scoring.
- 7-1-2** A full, straight-back suplay and the straight-back salto to the head are illegal.
- 8-1-2c** An exception has been added indicating that the match will not be stopped when warning the offensive wrestler when the defensive wrestler has come to the standing position.
- 8-1-6** The penalty for flagrant misconduct has been increased from two team points to three.
- 8-2-1** During the Tiebreaker, the wrestler who has the choice of position following the opponent's second injury time-out is restricted to the offensive, defensive or defer choices.
- Signal Chart** A signal has been added to indicate Coach's Misconduct.

Points of Emphasis

1. Communicable Skin Conditions
2. Pre-Meet Duties: Ear Guards and Other Special Equipment
3. Officiating the Tiebreaker
4. Mat Set-Up
5. Use of the Assistant Referee

NFHS 2005-06 Wrestling Rules Changes (Cont.)