

## **Undergarments 4-1-1a, 4-1-1b and 4-1-1c Note**

This rule now has additional language to clarify that a female contestant wearing a one piece singlet and/or a form-fitted compression shirt shall wear a suitable undergarment that completely covers their breast.

A suitable undergarment, which completely covers the buttocks and groin area, must be worn under a one-piece singlet. Any other undergarment worn under the one-piece singlet which extends beyond the inseam must be tight-fitting and shall not extend below the knee. Female contestants wearing a one-piece singlet shall also wear a form-fitted compression suitable undergarment that completely covers their breasts.

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

**Rule 4-5-7** At weigh in, female contestants shall wear a suitable form fitted compression undergarment that completely covers their breasts.

## **Technical Violation if Shoe Comes Off**

**Rule 4-1-3** NFHS 2020-2021 Wrestling Rules Book has been updated to include an interpretation from last year specifying the penalty for a shoe coming off during competition. In order to curtail participants from intentionally lacing their shoes too loosely to cause a stoppage in the action and potentially thwart an opponent's scoring opportunity, a technical violation will be called, appropriate point(s) awarded and the injury clock will be started to correct the situation.

In reporting to the scorer's table properly equipped to wrestle, it is assumed that the shoes are laced to the top as the manufacturer intended. A wrestling shoe that is properly laced will not come off. Some wrestlers do not lace to the top or loosely lace shoes so that they easily come off during the match. This causes match delay and often causes the loss of scoring opportunity by the opposing wrestler. Instead of a takedown or maintaining control, opposing wrestlers are left with a shoe in their hands.

When a shoe comes off the match will be stopped with some exceptions such as Rule 8-1-2d in a pinning situation, to penalize a defensive wrestler when the situation has concluded, the referee shall stop the match, signal and verbally announce the infraction and award points earned. If the shoe comes off while the opponent is attempting to score the referee will allow the match to continue until the scoring attempt is completed unless it becomes obvious that the scoring attempt is unsuccessful.

If the shoe comes off during an attempted reversal or takedown where the wrestler with the missing shoe goes directly to their back the match will continue until the pinning situation has concluded. (On their back is defined as the shoulders or scapula breaking 90 degrees.)

Note: The wrestler whose shoe comes off can never benefit and the opponent shall never lose an opportunity to score.

Example: During a pinning situation the offensive wrestler has earned a 3 point nearfall and the shoe of the defensive wrestler comes off, wrestling will continue. If the defensive wrestler fights off their back and the pinning situation has concluded the referee will stop the match, award a 4 point nearfall (5-11-2i "Scream Rule") penalize for the technical violation and charge the defensive wrestler with an injury timeout to correct the situation. Any time the defensive wrestler commits an infraction during a pinning situation, that wrestler can not score any offensive points until the match has been stopped.

## Logos 4-1-4

Effective July 1, 2022, any manufacturer's logo/trademark/reference that appears on the wrestling ear guards, including legal hair covering, can be no more than 2-1/4 square inches with no dimension more than 2-1/4 inches. Such item may appear no more than once on ear guards. No additional manufacturer's logo/trademark/reference, promotional or *advocacy references* shall be allowed on the wrestling ear guards.

The NFHS has determined that ear guards displaying Super Hero symbols and college logos will not be allowed.

## Hair Rules

Rule 4-2-1 previously stated that a wrestler's hair could not "extend below the top of an ordinary shirt collar in the back, below earlobe level on the sides or below the eyebrows in the front".

Those confinements, along with the requirement that a hair cover be used for hair that exceeded said limitations, were deleted. Long hair does not pose a risk to either wrestler, nor does it create a disadvantage for the opponents of wrestlers with long hair. Allowing wrestlers to wear their hair the way they want to during competition eliminates a potential unnecessary participation barrier.

While the hair-length restriction has been removed, wrestlers must still be clean shaven with sideburns trimmed no lower than earlobe level. A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible. Physical hair treatment items that are hard and or abrasive such as beads, bobby pins, barrettes, pins, hair clips etc. shall not be permitted. A legal hair control device such as rubber band(s), yarn or ribbon shall be secured not to come out readily during wrestling.

Wearing a legal hair cover that is attached to the ear guard is still an option.

## Weigh-in Rules

**Rule 4-5-1, 4-5-2, 4-5-7:** These rules now require all contestants to weigh-in shoulder to shoulder regardless of gender.

Following an amendment to the legal uniform laid out in Rule 4-1-1c, which now permits female wrestlers to wear a form-fitted compression shirt that completely covers their breasts in addition to a one-piece singlet and a suitable undergarment, Rule 4-5-7 was rewritten to require that a legal uniform be worn during weigh-in and that no additional weight allowance be granted. An additional clause prohibiting shoes and ear guards during weigh-in was also written into 4-5-7.

Weighing-in with a legal uniform allowed the committee to break down more gender barriers with subsequent changes to Rules 4-5-1, 4-5-2 and 4-5-4. Previously, weigh-ins consisted of shoulder-to-shoulder lineups of each contestant that were separated by gender (4-5-2), took place a maximum of one hour prior to competition (4-5-1) and required supervision by a referee of each respective gender (4-5-4).

As more females and transgender students wrestle, the weigh-in process is simplified for meet managers and officials by having all contestants in the same area while wearing a legal uniform. This change will address modesty and gender issues. Skin checks can now be performed for all wrestlers before or immediately after the weigh-in.

With the institution of the legal uniform (one-piece singlet or two-piece), male and female wrestlers are now able to weigh-in together in the same lineup, allowing gender-specific language to be removed from all three rules. Additionally, the form-fitted compression shirt offers females a more suitable uniform for post-weigh-in skin checks, which are typically done by male officials.

The change to the weighing-in process is remarkably timely, as schools have struggled in the past to identify adult females to weigh-in the female wrestlers. This action accommodates transgender children as well; it respects their rights and dignity and addresses any modesty concerns for any affected children. We anticipate that the entire weigh-in process will be expedited and more efficient.

**Rule 4-5-4:** The referee, or other authorized person, shall supervise the weigh-ins. This rule is no longer gender specific.

**Rule 5-24-4d:** Has additional language to provide rulebook support for a stalling call to be made when a wrestler stays behind their opponent while on their feet, making no attempt to bring their opponent to the mat.

**Rule 5-28-6:** Has added last year's rule change for extended time outs when a wrestler has an injury to the head, neck, cervical column, or central nervous system.

**Rule 5-29-1:** This rule now includes pulling an opponent's hair as unnecessary roughness. This does not include hair that is caught in a legal maneuver, including but not limited to: a headlock, cradle, half-nelson, etc.

### **Match Will be Stopped for Fourth Stalling Penalty**

**Rule 6-4-1, 8-1-4:** A match will now automatically be stopped and restarted in the event a wrestler commits a fourth stalling violation. Previously, if the offender was called for a fourth stall of the match while in the defensive or neutral position, there was no guarantee the opponent would be awarded choice of position through a restart if the violation occurred during the third period.

### **Fleeing the Mat**

**Rule 7-3-1:** When the referee feels that either wrestler has failed to make every effort to stay inbounds during an imminent scoring situation, the offending wrestler is penalized for fleeing the mat.

Fleeing is an automatic point while stalling may be a warning on the first violation and a point on the second violation. With last year's change, the referee may 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 will fall under the rule of stalling.

The change to this rule is that if a wrestler is attempting to flee the mat but their opponent successfully completes a takedown, no penalty points will be awarded. The existing rule that stated fleeing the mat will not be called when nearfall points are earned now extends to other scoring situations.

## **Imminent Scoring**

**Rule 8-2-9:** There have been many recent examples of a wrestler in jeopardy "twirling the finger" to request injury time in an effort to prevent their opponent from scoring. Referees who see that occurring feel they are obligated to err on the side of caution and stop the match as requested.

This rule has been created to discourage wrestlers from requesting injury time from the referee as an attempt to stop an opponent from scoring.

When a match is stopped for an injury during a scoring situation (for example, takedown, reversal, escape) and the referee determines that scoring would have been successful if the wrestling had continued, the referee shall charge an injury time-out to the injured contestant and award applicable points to the non-injured wrestler.

## **Inbounds**

The rules book illustration 11 has been modified to reflect a change in philosophy when determining when a wrestler is still inbounds. It is no longer necessary for the supporting point to be completely inbounds. If any part remains inbounds wrestling may continue barring any safety concerns.

## **Flashback: 2019-20 NFHS Wrestling Rule Changes**

Here is a review of rule changes passed by the NFHS Wrestling Rules Committee that went into effect for the 2019-20 season and are still applicable this season.

### **Head-Neck Injury Time 8-2-4**

Additional time is given to evaluate head and neck injuries when an appropriate health-care professional is present at a match.

In addition to the 1-1/2 minutes of injury time allotted for each wrestler, an appropriate health-care professional has a maximum of five minutes to evaluate injuries to the head and neck involving the cervical column and/or nervous systems. At that point, the wrestler would have to continue or default the match. The five minutes allotted includes the 1-1/2 minutes.

A second injury to the head and neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match. If an appropriate health-care professional is not present, all injuries to the head and neck are covered by the same timeframe as other injuries. If the five minutes expires, the athlete is required to prepare without delay for continuation or default the match in an injury time out.

When the new provision is used in an injury time out, it will count as one of the two injury time outs allowed for the athlete but the time consumed for the injury will in no way affect time used, or available, for other types of injuries. Using any part of the five minutes is equivalent to using all of it; the time cannot be "banked."

If the appropriate health care professional decides the athlete may continue, the coach may overrule that decision. But the opposite is not true; the coach may not overrule the health care professional's decision that the athlete may not continue.

In the case of a wrestler exhibiting signs of a concussion, the individual is removed from the match and cannot return to competition in the absence of an appropriate health-care professional.

In the absence of an appropriate health care provider, all injuries to the head and neck involving the head, neck, and/or cervical column are covered in 1-1/2 minutes like all other injuries.

It is not up to the official to determine if the additional time is needed. It is part of the official's job to meet with the appropriate health care provider prior to competition to make sure he or she understands the rule and how it should be applied.

In order to alert timers that the rule is in force, a new signal was adopted: The referee places a fist against the forehead.

### **Takedown 5-25-2**

A takedown is 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.

### **Stalling 8-1-4**

Stalling was removed from the progressive penalty chart and is now penalized separately.

The first penalty for stalling will be a warning. The opponent will be awarded one match point on the second and third offenses, two match points and choice of position on the next restart for the fourth offense.

A fifth offense for stalling will result in disqualification.

## **Headlocks**

Front headlocks, as well as all headlocks, have been legal as long as an arm or leg is included. Referees have always been encouraged to look closely at all headlock situations. However, there has been growing concern over the way some competitors have been using that particular hold that may temporarily cause loss of consciousness for their opponent. Rule 7 speaks, in no uncertain terms, about cautioning competitors and instructing referees to be very cautious when utilizing and officiating those situations.

### **Wrestlers are admonished not to:**

- Apply any hold or maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation; and
  - Turn a potentially dangerous hold or maneuver into an illegal hold or maneuver.
- The rule also states that wrestlers should know the dangers of hold or maneuver. There is an obligation placed on the coach not to teach or condone a hold or move that may injure either wrestler. Wrestling moves and maneuvers executed properly and legally increase an athlete's chance at victory. It is not ethically acceptable to teach or use a hold/move that has a risk of injury, which sometimes may cause permanent damage. There is no place for that in wrestling.

### **Referees must:**

- Recognize and anticipate any hold or maneuver, especially a front headlock, as it can become illegal quickly.
- Stop any hold or maneuver that becomes illegal immediately.
- Utilize the potentially dangerous hold or maneuver call without hesitation to protect the wrestler. If a mistake is made, it is far better to "err on the side of safety" when it comes to a wrestler's health.
- In front headlock situations, move to a position where the pressure can be seen; and
- not let the hold or maneuver run without additional action taking place. That only allows the offensive wrestler more time to tighten the hold or maneuver and greatly increase the potential for injury.

The following are clues that referees and coaches might use to evaluate the front headlock situation. If the defensive wrestler demonstrates:

- Redness in the face.
- Being up on the toes to avoid pressure.
- A trapped arm being limp.

Any one of those clues should give rise to a concern that pressure is being applied and the action should more than likely cease.

Again, a front headlock situation is not a hold or maneuver that needs to run for a period of time. The offensive wrestler needs to continue with action beyond the lock up and progress with the attempt at a takedown or other control.

## Rule Changes to the New York State Wrestling Interpretation Handbook 2020-2022 “Green Book”

- 1.) 3-1-1 Veteran Officials may wear the red and green armbands on either wrist. (Green on the right is preferred)

New Officials will be required to wear their green arm band on their right wrist to be consistent with the National Federation.

Black socks are no longer optional.

- 2.) 4-1-3 When a shoe comes off the match will be stopped to penalize for a technical violation, with some exceptions; in a pinning situation to penalize the defensive wrestler. The referee shall stop the match as soon as the pinning situation ends, any nearfall points earned will be awarded, rule 5-11-2i will be applied (extra nearfall points the same as a “scream rule”), the technical violation will be penalized rule 7-3-5 and an injury timeout will be charged.

- 3.) 4. Check for physical hair treatment items that are hard/or abrasive such as (beads, bobby pins, barrettes, pins, hair clips, etc.), facial hair, nails, jewelry, special equipment and skin condition. This should not be done at mat side. Referees should inspect wrestlers outside the view of spectators. Wrestlers will be inspected in the uniform in which they will compete. Warm ups and head gear must be removed; however, it is not necessary to lower shoulder straps unless the referee has specific concerns.

Note: Legal hair control devices such as rubber bands, hair ribbons or yarn shall be secured so as not to come out readily during wrestling.

- 4.) Clarification: For a wrestler to be eligible to wrestle JV or Varsity, they must be skin checked by either the JV or Varsity official. If they are not checked off on the weigh-in sheet, they would be declared an ineligible wrestler.

For Sections that wrestle JV prior to Varsity (where a separate JV ref is being used), the coach shall be required to make two separate copies of the weigh-in sheet (one for the JV ref’s pre-meet check, and one for the Varsity ref’s pre-meet check). When the pre-meet skin check is concluded, both sheets should be sent to the scorer’s table. So long as a wrestler was checked off by the JV ref, they are eligible to wrestle in the Varsity meet. They do not have to be checked by both the JV and Varsity official. All officials should indicate on the weigh-in sheets any wrestler that had a proper skin form that was accepted.

- 5.) Honor Weigh-ins for non-school day, dual meet wrestling matches are not allowed. Honor Weigh-ins are not allowed for any Tournament. With one exception, if a JV event (that is not a dual meet) is held on a school day, an honor weigh-in can be done at each teams’ home school. The weigh-in sheets can then be sent to the tournament director (so that the bouts can be set up prior the teams arriving). No additional weigh-in will be required at the site of the event since the results of these events will not count on any participant's varsity record, these weigh-ins will not count for the 50% rule. The event will count as a tournament and 2 points.

6.) WEIGH-IN'S: DUAL MEETS

Contestants will have the opportunity to weigh-in, shoulder-to- shoulder, wearing a legal uniform and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall wear a suitable form-fitted compression under-garment that completely covers their breast, contestants may wear low cut socks. In NYS contestants will be allowed to remove their socks. (This would not be allowed by NFHS rules) a maximum of 1 hour and a minimum of half hour before the time a dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, the 30 minute weigh-in period for the second meet may, by mutual consent, precede the preliminary meet. The weigh-in period shall extend no longer than 30 minutes and shall be conducted at the dual meet site. The referee or other authorized person shall supervise the weigh-ins.

7.) WEIGH-INS: TOURNAMENTS

In NYS contestants shall weigh-in at the tournament site wearing a legal uniform and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall wear a suitable form-fitted compression under-garment that completely covers their breast, contestants may wear low cut socks. In NYS contestants will be allowed to remove their socks. (This would not be allowed by NFHS rules) a maximum of two hours and a minimum of half hour before the first session. The tournament manager shall establish the weigh-in time within the maximum and minimum time period. The referee or other authorized person shall supervise the weigh-ins. Weigh-ins for the second day of a tournament must be conducted on the second day, following the same time limits and uniform and undergarment requirements of the first day. Weigh-ins at the conclusion of the first day are not allowed. When a dual meet tournament lasts 2 days, the weigh-in will be treated the same as a regular tournament. The weigh-in on day one locks a wrestler into a weight class. (Therefore, a wrestler must weigh-in on day one to be able to wrestle on day two) A wrestler who does not make weight on day two with the 1 lb. allowance for back to back competitions, may not move up to the next weight class, and is scratched from the tournament.

8.) In New York State the following weight classes will be in effect beginning in the 2020-2021 season.

Prior to 12/25, a wrestler may only wrestle at these weight classes  
102, 110, 118, 126, 132, 138, 145, 152, 160, 172, 189, 215, 285

After 12/25 Growth Allowance, now a wrestler may only wrestle at these weight classes:

104, 112, 120, 128, 134, 140, 147, 154, 162, 174, 191, 217, 287

9.) Minimum weights are only required for Athletic Placement Process (APP) wrestlers. A wrestler must weigh-in excess of 94 for the 102 lb. weight class, 100 for 110, 180 for 215, and 210 for 285. These minimum weights do not increase when the 12/25 Growth Allowances take place. Minimum Weights MUST be met and RECORDED at the matside weigh-in. If the wrestler does not make the minimum weight at the morning honor weigh-in, the morning weight should not be recorded. The minimum weight must be exceeded at the matside weigh-in for the match to count toward the 50% rule. A wrestler who exceeds the minimum weight at the honor weigh-in, is not eligible if they don't exceed it again at the matside weigh-in. Students in grades 9th thru 12th do not have to make minimum weights in the weight classes in which NYSPHSAA has specified minimum weights.



- 10.) Exhibition: A wrestler who has been eliminated from an Individual tournament has most likely had at least two matches and has used 2 points for the tournament. They are still technically in the tournament (even though they have been eliminated from it and cannot enter another tournament until this tournament is concluded). They are permitted to wrestle one or more exhibition matches with others who were eliminated from the tournament, so long as they do not exceed 5 total matches for the day. They will not be charged any additional points for each exhibition match they participate in.

Exhibition bouts will not count for NYSPHSAA won/loss records (Sections have the option as to how they want to handle them for sectional seeding criteria).

If a wrestler "taps out" or twirls their finger indicating an injury time request, this will be considered as an indication of an injury; therefore if nearfall criteria are imminent or are being met, the "scream rule" will be applied and the wrestler will be charged an injury time out. If in the referee's judgment, the wrestler "tapped out" just to get out of a pinning situation, unsportsmanlike conduct may be called.

- 11.) NFHS has approved the use of protective sports eyewear. The eyewear must be of a soft pliable impact resistant material and have an adjustable strap to secure it.

If the eyewear become displaced it will be treated the same as a displaced ear guard.

- 12.) 6-4-1 NYS Interpretation for inbounds and out of bounds; Contestants are considered to be inbounds if a
- 5-15 total of two supporting points of either wrestler are inside or on the boundary line. The total of two
- 5-18 supporting point could be two supporting points of one wrestler or one supporting point of each wrestler. Supporting points are the parts of the body touching the mat which may or may not bear the wrestler's weight, other than those part with which the wrestler is holding their opponent. When standing the supporting parts would be the foot or feet and sometimes the hands. As illustrated in photos 24, 36 and 74. When the wrestler(s) are down on the mat the usual points of support are; the knee(s), the side of the thigh, buttocks, hand(s) and the head.

When the defensive wrestler is on their back while the supporting points of either wrestler are inbounds wrestling shall continue.

When the defensive wrestler is on their back any part of the shoulder or scapula is considered to be all the supporting points. In NYS the definition of "on their back" is when the shoulders are less than 90 degrees to the mat. Once the shoulders break 90 degrees the shoulders and scapula of the defensive wrestler will be considered all of their supporting points, whether in contact with the mat or above the mat. (they do not need to be touching to be considered supporting points)

NFHS Rules Book states "When all the parts of the defensive wrestlers shoulder or scapula are on the mat beyond the boundary line, if the feet including the toes and heels of the offensive wrestler are the supporting points, the offensive wrestler's knee(s) must be inside the boundary, whether in contact with or above the mat."

NYS Interpretation: The rational for the above ruling was to not allow wrestling to continue until the feet of the offensive wrestler went out of bounds because of the potential safety hazard. There are several examples in wrestling of when similar positions occur that would be equally hazardous. In the interest of safety and consistency, when the wrestlers are down on the mat, the feet including the toes and heels will not be considered supporting points. In the following photos the feet of the offensive wrestler will not be considered the supporting points. Photos 6, 7, 8, 9, 21, 22.

Exception: When down on the mat the feet could be considered supporting points when they are being used in a manner typically associated with attempting to stand as illustrated in photos 14, 52, and 71.

Beginning 2020-2021 season based on illustration #11 in NFHS Rules Book, if any part of the supporting point remains on or inside the boundary wrestling may continue.

NYS Interpretation: When wrestling on the edge of the mat and one wrestler scores points while the toes finish down on the mat inbounds and any part of their opponent touches the floor the match will be stopped for out of bounds. In this situation if in the judgment of the referee the wrestler was in no way handicapped by having touched the floor and it was inconsequential to the takedown or reversal the points may be awarded.

When wrestling on the edge of the mat if either wrestler makes contact with any obstacle other than the floor which would include but not be limited to a chair, coach, referee, clock table, etc. an out of bounds call will be made and no points will be awarded.

- 13.) Leg Block: This maneuver is illegal if applied by either wrestler in the top, bottom, or neutral position. Leaving the mat and using a leg (or legs) with force against your opponent's leg(s) is illegal. (Illustration 88)

If they are in the position illustrated in photo 73 the opponent's leg can not be "cut out" by a kick.

- 14.) 7-6-3e It is stalling in the neutral position when a wrestler backs off the mat, out of bounds.

If a wrestler backs toward the boundary line and steps one foot completely out of bounds and is not defending a takedown, an automatic stalling call will be made 7-3-6e (assuming the opponent is not pushing them out). If a wrestler backs toward the boundary line and before stepping out the opponent makes a takedown attempt this will not be an automatic stalling call, but will be covered by 7-6-3b. If done repeatedly it would be considered stalling (playing the edge).

- 15.) National Federation recommends only using approved signals, however it will be acceptable to use the college wrestling official hand signal of rotating your hand to indicate that there was significant action so that coaches and spectators will be aware of why a stalling call was not being made.

- 16.) 7-6-6d NYS Interpretation: When a shoe becomes untied while the clock is running, the 4-1-3 referee will not stop the match until there is no significant action. (Follow the same guidelines as when an ear guard becomes displaced). The automatic stalling penalty for laces coming undone will only be assessed once the match is stopped and the clock is off.

Example 1; Defensive wrestler shoe becomes untied and the offensive wrestler has an arm bar and is attempting to turn their opponent, the match will not be interrupted until there is no significant action.

Example 2; During a pinning situation the referee notices the laces of the offensive wrestler's shoe has come untied. The match will not be interrupted until the pinning situation has concluded and there is no significant action. If the offensive wrestler pins their opponent prior to the match being interrupted the undone laces will be disregarded

Rationale: The intent of this rule was to prevent a wrestler from taking unnecessary time outs to retie their shoe which disrupted the orderly flow of the match, gave an unwarranted rest period and delayed the restart of the match. For that reason the infraction will not be penalized when the lace(s) become untied, it will be penalized while the match is being delayed to retie the shoe.

- 17.) Extended injury time evaluation only applies to injuries to the head, neck, cervical column or nervous system will be handled in one of the following three ways;
1. Tournament designates medical personal for the tournament (Physician, Physician's Assistant, Certified Athletic Trainer, Registered Nurse, Nurse Practitioner, EMT). The athlete may be granted extended time.  
  
Example; All teams in attendance can use the designated medical person for extended time.  
  
Example; Tournament does not designate a medical person, but some teams bring their own medical personnel as listed above. Only the teams who have their own medical personnel can be granted an extended concussion evaluation time and only for wrestlers belonging to their school.
  2. No designated medical personal but the school has brought their own appointed medical personnel the athlete may be given extended time.  
  
Example; The home team designates their trainer as the designated on site medical personnel. If the away team did not bring a medical personnel the designated trainer (medical personnel) may be used and given extended time for concussion evaluation for both home and away teams.  
  
Example; The home team does not have any medical personnel to designate but the away team did bring their own medical personnel that person can be used for extended time but only for the away team.
  3. If there is no designated medical personnel or school appointed medical personnel, the athlete is not given extended time.

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