



Wrestling Meeting Folder

2023-2024

Steve Dalberth, New York State Rules Interpreter

Rule Changes 2023-2024 Season

Rule 1-4-3: Modified the number of matches in any one day of competition. This rule has been changed to increase the number of matches from five to six per day, excluding forfeits.

Note: NYPHSAA Handbook still limits the number of dual meets to four per day but will allow up to six matches per day in tournament competition.

Rule 1-4-7: Has been added which limits the number of matches in two consecutive days. No wrestler shall wrestle in more than ten matches in a 2-consecutive day period. This rule change is to allow six matches in a day during one day tournaments only and is not to encourage more matches in a season.

Rule 1-4-4: Has lowered the required rest period between matches from 45 minutes to 30 minutes.

Rule 3-1-1: Allows the referee's shoes to have white or gray trim.

Rule 4-1-1a, b: The requirement for full length tights to have stirrups has been removed. The rule now allows full length form-fitted tights to be worn under a singlet, compression shorts or shorts designed for wrestling.

Wearing full length tights that have one leg removed will not be allowed. An exception can be made under Rule 1-1-2 for participants with disabilities and or special needs.

Rule 4-2-1: Facial Hair is permissible regardless of the thickness and length. Referees will no longer touch the face or shaved head of competitors to check for abrasiveness or to examine the skin.

Beard stubble when used to inflict pain on your opponent will be considered unnecessary roughness.

If there are any questionable areas on or around the face, the participant must provide a current skin form or be examined by the designated onsite health care professional immediately before or immediately following the weigh-in.

Rule 5-13, 10-2-4 and 10-2-5: Have been changed to allow for a medical forfeit instead of a conventional forfeit.

It shall be considered a medical forfeit when the opponent fails to appear for a match due to an injury or illness that occurred during the tournament. This determination will be made by the tournament director.

The coach of the injured or ill wrestler should notify the head table and tournament director if their wrestler is going to take a medical forfeit.

A conventional forfeit shall eliminate a contestant from further competition in a tournament. A wrestler who takes a medical forfeit would be allowed to continue wrestling in the tournament. The tournament director in consultation with the designated onsite health care professional(s) and the coach of the injured or ill contestant shall determine the contestants ability to continue wrestling. Extenuating circumstances concerning the injury or illness as it relates to default, forfeit or medical forfeit for scoring purposes, shall be considered by the tournament director.

A non-injured wrestler that does not want to wrestle a match but would like to remain the tournament would be required to report for the match and announce that they want to default the match to their opponent. This would give them a loss on their record but would not eliminate them from further competition.

Rule 5-15-2a: Added foot (feet) to the list of usual points of support.

With the addition of foot/feet it will now be possible for wrestling to continue in a pinning situation as long as the feet remain on or inside the boundary line (providing that the action can continue safely).

When the wrestlers are down on the mat the feet are considered supporting points only if the wrestlers are in a pinning situation. All other positions, the knees, hip, buttocks, head and hands will be considered supporting points.

If while attempting a takedown or reversal at the boundary line, the wrestlers land on the mat with control in a pinning situation with only the feet of the scoring contestant remaining on or inside the boundary line, the feet must finish down on the mat within reaction time. Once the requirement for the feet to finish down on the mat has been met, the feet will continue to be considered the supporting points whether on the mat or above the mat inside the cylinder.

As always, safety is paramount. There will be situations that require the match to be interrupted prior to the out of bounds criteria being met.

It will be necessary to disregard and cross out the information in the Rules Book under 5-15-2c as it is no longer correct and is in direct conflict with the new information that has been provided on page 62. We must also disregard and cross out Case Book 5-15-2, situation A, page 29, ruling (b) is incorrect.

NYS Interpretation of supporting points: To be considered one of the two supporting points the body parts must be on separate appendages.

Example: All that remains in bounds are the right knee and the right foot or the right hand and the right elbow.

Ruling: In either situation that would be considered as one support inbounds because they are on the same appendage.

Rule 6-5-2: Referees now have 3 options for the end of match procedure.

1. Raising the winning wrestler's hand.
2. The Referee raising their arm with the appropriate colored wristband of the winning wrestler
3. Have the winning wrestler raise their own arm.

NY State Interpretations

Steve Dalberth NYS Wrestling Rule Interpreter

This information is being provided to help bring clarity to the rules limiting the number and size of manufacturers logo/trademark/reference, promotional or advocacy references allowed on the wrestler's ear guards. In order to enforce this aspect of the rules it is essential to understand not only the specific language in the Rules and Casebooks but also to consider what is in the spirit of the rule as well as the original intent of the Rules Committee.

EAR GUARDS

Item 1: Rule 4-1-2 puts a limit on the number and size of manufacturer's logo/trademark/reference that can appear on each item of uniform apparel, including a legal hair cover and ear guards (1 on each ear cup). An additional note allows for one American flag not to exceed 2" x 3" to be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches not to exceed 4 sq. inches may be worn on the uniform without compromising its integrity.

The ear guards have an additional standard that must be met: promotional or advocacy references are not allowed.

The 2023-2024 Casebook and Manual provide the following situation 4.3.1 situation D: Wrestler A reports to the table and goes to the center of the mat. The official notices that Wrestler A is wearing; (a) non-offensive stickers on the headgear; (b) celebration stickers for pins earned; (c) a commemorative sticker honoring the loss of a loved one.

Ruling: Illegal in (a) and (b). Stickers are not allowed on the head gear. In (c), Commemorative stickers can be allowed if approved by the State Association.

The first part banning promotional items is to eliminate any emblem, symbol, character, or language that could provide any protentional monetary benefit to any company or entity, turning the ear guard into an advertising opportunity.

Note: NFHS editor stated "we don't want high school sports to resemble NASCAR.

The second part dealing with advocacy references is in place to prevent the ear guard from becoming a platform for political, social, or personal commentary and to protect the integrity of high school sports.

One additional area of the rule is that taping is not allowed. The rationale for not allowing tape on the head gear is that the tape could be abrasive, unsanitary, and unsightly.

Note: NYSHPA has provided a wavier to allow for taping the **straps** but not the ear cups.

The rationale for promotional items not being allowed is provided in my earlier NASCAR reference. Promotional items would include but not be limited to; professional or college sports teams, super heroes, cartoon characters, soft drinks, fast food, local businesses, etc.

Note: This limitation does not apply to special equipment as illustrated in the Casebook and Manuel page 18, 4.3.1 situation E, that allows for adornment on special equipment, as long as the adornment is not intended to taunt or intimidate your opponent.

The last and most difficult to address is the Casebook situation 4.3.1 situation D, that defines stickers as illegal even if non-offensive but does allow commemorative stickers with State Association approval.

It would be beyond the authority of the NYSWOA or any rules interpreter to make ruling of any kind that would make wrestling less safe. However, since the stickers could be allowed with State Association approval it would be fair to assume that the restriction on stickers is philosophical and not safety related.

In the spirit of good sportsmanship the following interpretation will be in effect immediately: If the wrestling ear guard has a sticker(s) the subject matter of which is not covered by the earlier mentioned provision of being a logo/trademark/reference/promotional item or advocacy reference and does not appear to the referee to be unsafe, it or they will be allowed.

Example: The Furman Eagles have a large F, an Eagle, or the words Furman on their ear guard this would not be a violation.

To avoid having officials making calls on the legality of logos on ear guards during a match, the following procedures should be followed:

1. During the pre-meet check, all wrestlers should have the ear guards they will be using and the official will check any markings at that time for legality. The wrestler and coach will be told if the ear guards do not comply and that will be indicated on the weigh in sheet and they will be told that legal ear guards are required when the wrestler reports to the table.
2. The referee should check when the wrestlers report and if a wrestler appears at the table with ear guards that do not comply, the wrestler will be charged with a technical violation and an injury time out for not being properly equipped.
3. Should there be a situation where an improper marking is discovered during a match, there will be no penalty. That would be an error by the referee who did not diligently check prior to the match.

SHOE VIOLATIONS

Item 2: When a shoe violation occurs, the match will not be stopped until there is no significant action. When the referee observes that shoe has come untied or been displaced no signal will be given. Wait until the match has stopped to signal and to penalize. This penalty will always be made while the clock is off. When a situation occurs that creates a fall, technical fall, disqualification, default, or when the time expires at the end of the third period, the end of the two 30 second tie breakers, or the ultimate tiebreaker and a winner has been determined the shoe violation will be disregarded.

Example 1: In the third period with the score tied 6 to 6 (B) already has been penalized with a 2 point stalling call and is in a scramble with (A) attempting a takedown. If (B's) shoe comes off during the scramble but the takedown attempt by B is successful and the time expires before the significant action has concluded the score would become (B) 8 (A) 6 and the shoe violation disregarded.

In the above scenario after the takedown by (B) if the clock did not expire, and now there is no longer significant action or the referee stopped the match for any other reason, the takedown would be awarded making the score (B) 8, (A) 6 and now that the clock is off the shoe violation would be enforced, which would be the 5th stalling violation on (B) and (B) would be disqualified in accordance with the penalty chart. (1w-1s-1s-2s-disqualification)

Example 2: In a one-minute sudden victory period while in a scramble for a takedown (B) who has a warning for stalling has a shoe come untied but because of significant action the match is not stopped and (B) completes the takedown.

Ruling: Because the 1 minute is sudden victory the 2-point takedown would be awarded and the shoe violation would be disregarded, making (B) the winner.

If at any time during the sudden victory period there was no longer significant action or the match was stopped for any reason including the end of the period, the one-point stalling penalty against (B) would be awarded and (A) would be the winner.

The original intent of this rule was to eliminate wrestlers delaying the match by having to re-tie or replace a shoe and to prevent them from gaining an undeserved rest period.

The violation does not occur when the laces become undone or the shoe becomes displaced. It occurs when the match is being delayed to re-tie or replace the shoe. Even if the interruption is brief, the penalty will be assessed.

Blair

The use of a wrestling maneuver that is being called “The Blair”, “Blair Ride” or the “Blair Spiral Lock”.

Videos of this maneuver can be seen on You Tube by a number of experienced clinicians and coaches. I strongly recommend that you view these videos to familiarize yourself with this move. This maneuver can be illegal when used because it applies pressure on the shoulder parallel to the long axis of the opponent’s body. In New York State our position has been to watch this move carefully and be prepared to stop the match as potentially dangerous if necessary or illegal if appropriate. The first time this maneuver is used the match will be stopped as potentially dangerous or illegal if appropriate. The wrestler will be cautioned against using it again. If the hold is applied a second time it will be penalized in accordance with the penalty chart.

When the official sees the Gable bar position with the opponent’s fist being pressed into the ribs or armpit and then is being blocked with either leg a verbal command should be given to “keep it legal”. When the wrestler applying the hold blocks the arm with their leg and applies a half nelson to the far side there is concern that it could become illegal by creating the same torque on the shoulder typically associated with a chicken wing.

It has been brought to my attention by Elliot Hopkins NFHS Rules Book Editor, that an alternative version known as the “Blair Backside Tip” is being used. Please view the attached illustrations. When this hold is being applied officials must adjust their position to the back side to see the view that is shown in the middle illustration and watch for the arm to go beyond 90 degrees or the hold to become an illegal twisting hammer lock.

Certified Scales

If it is discovered that the scales being provided by the home management for weigh-ins are not certified or the annual certification has expired the official will continue with the weigh-in and officiate the contest and then will be required to notify their sectional chairman so that appropriate action can be taken to make the scale rule compliant.

Back Bow

See illustrations labeled Far Side Back Bow and Legal Cross Face Far Ankle to an Illegal Back Bow.

It is legal to grasp the foot/ankle to post it to the mat. Pulling the foot/ankle toward the head places undue pressure on the spine and is illegal.

It is common to hear coaches and clinicians instruct their wrestler to put the “foot in his ear”. This technique is no longer acceptable.

In illustration Far Side Back Bow #2 the position shown will usually result in the heel to the buttocks which is not illegal but could be considered stalling if it exceeds five seconds. It is more likely that the red wrestler will be stepping over to the far side with their right leg and grasping the foot with the inside elbow. This is illegal and should be start immediately.

Waist Walk

In the illustrations provided labeled Waist Walk, a key element is to watch for the defensive wrestler's arm to be twisted so that the palm is facing up. This action locks the elbow so that the arm cannot move within the normal range of motion. (Potentially Dangerous)

When the arm is twisted palm up and the offensive wrestler runs their hip parallel to the opponent's body straight over the top it becomes illegal.

Assassin

See attached illustrations the key in determining illegality is when the position shown in illustration #6, is applied which places the forearm of the offensive wrestler on the neck and throat of the defensive wrestler and the offensive wrestler's hip places the defensive wrestler's arm across the other side of the neck or throat, causing it to become a choke hold.

Supporting Points

In NYS the illustration in frame #5 has been amended. In that position the feet will not be considered the supporting points. Once the defensive wrestler's shoulders break 90 degrees they will be considered the supporting points, whether on the mat or above the mat. NFHS Rule 5-15-2b, when the defensive wrestler is on their back while supporting points of either wrestler are inbounds wrestling shall continue. In this situation any part of the defensive wrestler's shoulder or scapula is considered to be all the supporting points. In NY that statement will apply whether the shoulders are in contact with the mat or above the mat as long as they remain inside the cylinder.

Locked Hands in a False Cradle

NFHS has suggested that the position shown below would be a locked hands violation. (TV 7-3-3) Because a locked hands violation is defined by interlocking or overlapping the hands, fingers or arms around the opponents body (with or without arms included) or both legs by a wrestler in the advantage position. The position being illustrated in this photo has the hands locked around one leg not both legs and the rule states with or without arms included and makes no mention of the inclusion of a leg. Therefore the position shown will not be considered a technical violation for locked hands in NYS.



Slam

When you lift your opponent from the mat you are responsible for their safe return. If you lift them and drop them accidentally or return them to the mat with unnecessary force a slam will be called.

If the wrestler being lifted attempts a maneuver such as a standing Granby or Funk Roll that causes unsafe impact with the mat, this will not be penalized, because the impact was self-inflicted.

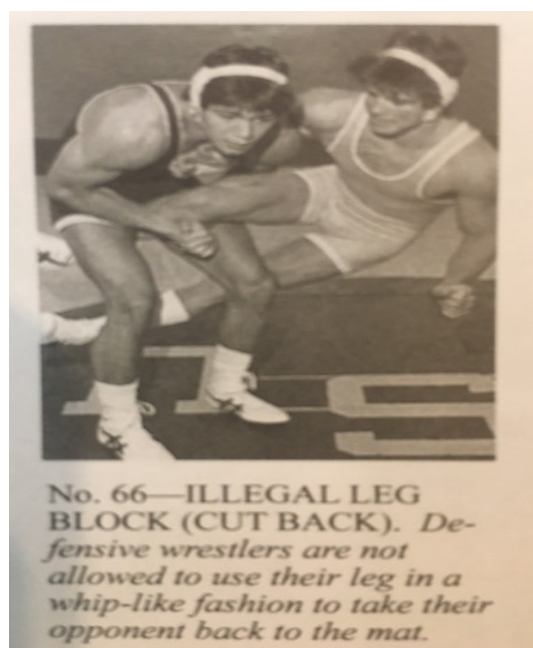
Full Nelson

To be considered a full nelson the hands or fingers must be on the back of the head. If the fingers are on the side of the head, it could be considered potentially dangerous, but is not illegal.

Single Leg Cut Back

This maneuver is illegal if the opponent's leg is being "cut out" by a kick or the leg is being used in a whip like fashion to take their opponent back to the mat, see photo.

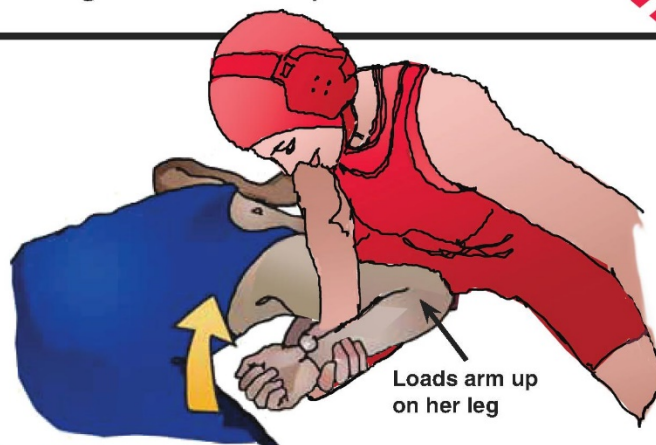
Jumping up and sliding the free leg behind the opponent to block the feet and then pulling the opponent to the mat is not illegal. It is legal to block with the arm as shown in Rules Book Photo 73, so it is clear that the return to the mat is not the safety concern, it is the kicking action that make the maneuver illegal.



Half Nelson Chicken Wing

When a wrestler has a chicken wing with a half nelson and puts their body to the same side of their opponent on which the half nelson is being applied and begins to turn their opponent to their back, if the chicken wing hand slides up into the armpit it is not considered an illegal chicken wing.

Blair Backside Tip (Hammerlock/Twisting Hammerlock)

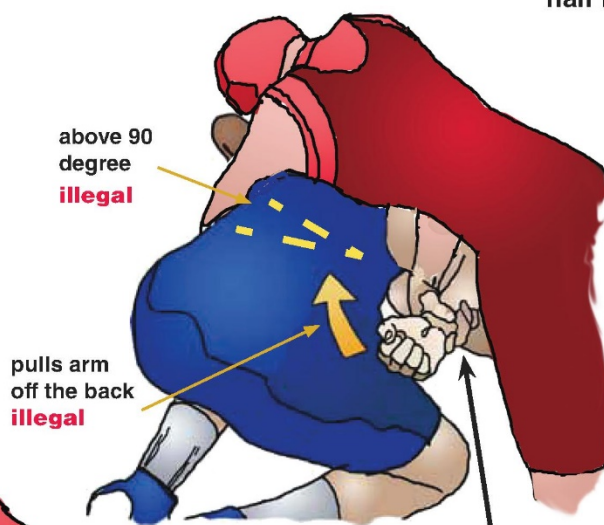


Set-up 1A. **Wrestle A** pulls arm out from under **wrestler B**, loads up on her leg.

1B. **Wrestle A** pulls **wrestler B's** arm up and across his back, she reaches for a backside half nelson.

This situation may become potentially dangerous. The official must be in position to see the arm of **wrestler B**. The elbow and shoulder may be injured.

CONCERN! If the official is out of position, **he/she** will miss the moment this becomes potentially dangerous, and more importantly when this becomes illegal.



If the arm of **wrestler B** moves up the back beyond 90 degrees-**rule 7-1-5b** describes a hammer lock. if the elbow is pulled away from the back-**rule 7-1-5c** explains a twisting hammerlock, both are **illegal**.



NOTE: Officials must adjust their position to see the belly side of **wrestler A** to see the position of **Wrestler B's** arm.

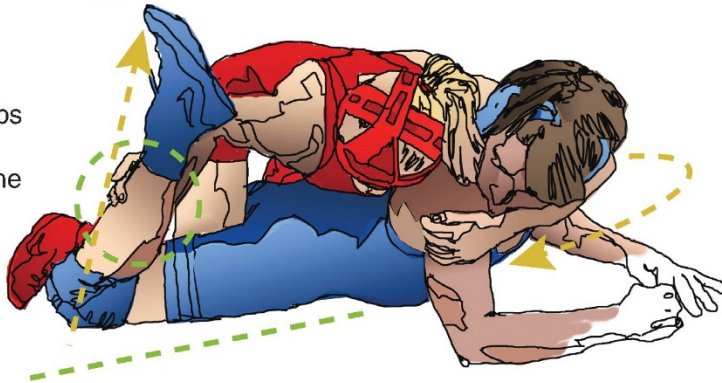
Farside Back Bow

A

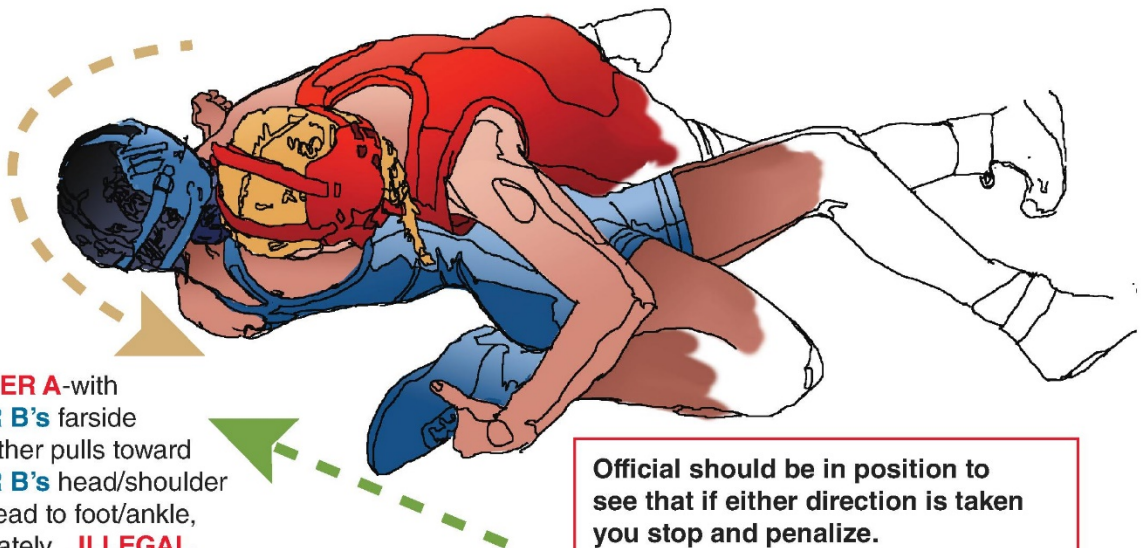


#1 Set-up **WRESTLER A**-straddling
WRESTLER B's nearside hip & thigh
is **LEGAL**.

#2 **WRESTLER A**-reaches back grabs
WRESTLER B's farside foot/ankle.
Grabbing foot/ankle not illegal, but the
Lifting of foot/ankle is **ILLEGAL**.



#3 **WRESTLER A**-with
WRESTLER B's farside
foot/ankle either pulls toward
WRESTLER B's head/shoulder
or pushes head to foot/ankle,
stop immediately... **ILLEGAL**
Back Bow.



Official should be in position to
see that if either direction is taken
you stop and penalize.
This maneuver should not get
this far.

Legal Crossface Far ankle to a **"Illegal"** Back bow

1 Set up: Wrestler "A" has broken wrestler "B" down and has a cross face to far shoulder.

LEGAL



Wrestler "A" drives with his chest to turn "B" he reaches back to grab either ankle. He may hold (post) the ankle to the mat. This takes away "B" ability to bridge. **LEGAL**, but official must watch this and may be potentially dangerous.



Posts ankle
does not move
forward .
Legal

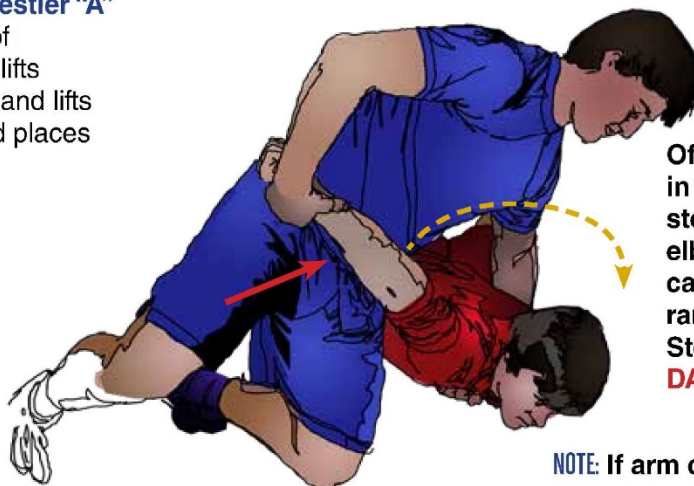
When it becomes **Illegal!**

Wrestler "A" now pulls "B"'s foot up toward the head, or while pressing the cross face around to the foot. **This has become a back bow and is ILLEGAL.**

Waist Walk ... Illegal/Legal

#1 Set up: Wrestler "A"

traps far arm of
Wrestler "B", lifts
near side arm and lifts
straight up and places
on hip.

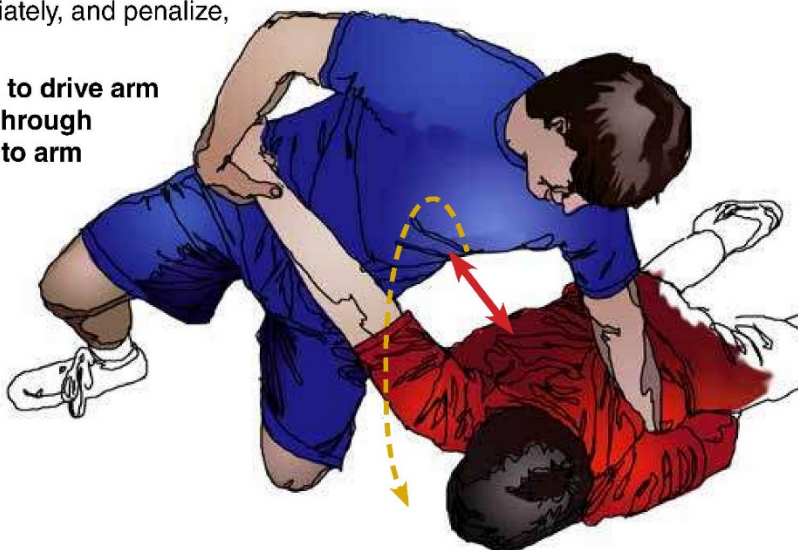


Official should be moving
in on this move and
stopping when it
elbow is locked and
cannot have normal
range of motion.
Stop for **POTENTIALLY
DANGEROUS**

NOTE: If arm can bend at elbow and
when taken across the body...
LEGAL

#2 **Wrestler "A"**, with arm on hip starts
walking forward, towards **Wrestler "B"**'s
head. Stop immediately, and penalize,
ILLEGAL.

NOTE: It is **ILLEGAL** to drive arm
straight forward through
shoulder, similar to arm
bar situation.



The Assassin (A Kolat Variation) Potentially Dangerous Which May Become Illegal



1. Set-up- **Wrestler A** reaches over head and under shoulder w/ far side arm to lock & vice hands in side of **wrestler B's** neck .



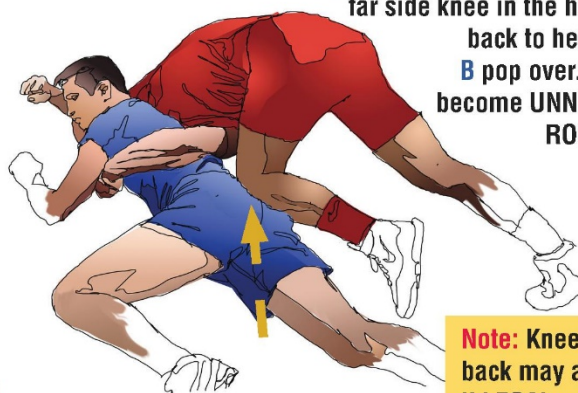
2. **Wrestler A** crunches & pulls **wrestler B** into his knee as **wrestler B** breaks down to mat.

Note: THE OFFICIAL'S POSITION IS CRITICAL TO SEE DANGEROUS POINTS.

3. **Wrestler A** steps across w/ far leg (a sit out step) pulling across **wrestler B's** head, neck and throat to his back. This may become **ILLEGAL** if across the throat.



Note: Head and upper body will rotate due to pressure caused by locked hands



4. **Wrestler A** may plant his far side knee in the hip or lower back to help **wrestler B** pop over. This may become **UNNECESSARY ROUGHNESS**.

Note: Knee in lower back may also be **ILLEGAL**

5. As **wrestler A** turns **wrestler B**, he will keep his hips parallel to mat and tight against **wrestler B's** hip.



Note: Pressure across the throat



6. As **wrestler A** finishes the move, notice **wrestler B's** head propped up by **wrestler A's** arm pit and upper arm forcing the chin to be pinched against the arm across the throat. This has definitely become a choke hold ... **ILLEGAL**.

Supporting Points in Near Fall

