



# Wrestling Meeting Folder

2025-2026

Steve Dalberth, New York State Rules Interpreter

## COMMENTS ON THE 2025-26 RULES CHANGES

**Modified an optional random draw (1-2-2).** This change aligns with flexibility and allowing states to choose how to determine the starting weight class for dual meets. They have the option to start duals at the lowest weight class and proceed sequentially or the random draw of weight classes.

Teams now have the option to conduct a random draw prior to the weigh-in or wrestle the matches in weight class order beginning with 103 and ending with 285. This decision will be made by the home team or host management. (Elliott Hopkins 2025) Some sections don't have the referees supervise the weigh-ins; therefore the coach can be considered authorized to conduct the random draw if they elect to use that process. Disregard Case Book Rule 1-2-2, Situation A.

In dual meet tournaments if the host management opts for the lightest to heaviest option it is not required for each subsequent round to begin one weight class beyond the starting weight class of the previous round. All matches will start at 103 and end with 285.

**Modified how the school name and other associated school markings can be applied on the uniform (4-1-2).** This is a universal rule change approved for all NFHS rules publications and applies to all high school sports.

The school's name, school nickname, school logo, school mascot weight classification and/or the player's name are permitted on the uniform top and/or bottom.

**Casebook 4-1-2, Situation A:** A wrestler shows up to the mat in a uniform with the school's name and the athlete's nickname. **Ruling:** This would be considered an illegal uniform as the wrestler's nickname is not permitted on the uniform.

**NYS Interpretation:** If an official or opposing coach feels that a student's name is illegal or non-compliant with this rule, they should report that to the coach and their league but continue the contest.

**Modified the restriction on leg sleeve(s) (4-3-5)** This change permits wrestlers to wear a leg sleeve without built-in pad.

**Casebook 4-3-5, Situation B:** Wrestler C shows up to skin check wearing a leg sleeve without a pad.

**Ruling:** While leg sleeves that do not contain a pad are not a technical violation and are legal, they must be removed for skin checks.

**Note:** Wrestlers who choose to weigh-in wearing full length tights will not be required to remove them, because they are part of a legal uniform.

**Clarified how a Technical fall is scored (5-11-2c, 5-11-4)** This rule change defines when a technical fall shall be awarded and eliminates any confusion between a pinning situation and near-fall criteria. This rule change will also clarify when a match shall be stopped to award the technical fall. By adding the near fall to this rule it will make the near fall consistent with the takedown or reversal that creates the 15-point advantage.

This same procedure will apply to a takedown in the sudden victory period that goes directly into criteria and to a reversal in the ultimate tie breaker that goes directly into near-fall criteria.

Last year the points that created the technical fall had to come from a takedown or reversal that went directly into near-fall criteria. This year if the **near-fall** creates a 15 point advantage the match will continue until the near-fall criteria is no longer met.

**Example 1:** Wrestler A is leading by a score 10 – 0, and executes a reversal that goes directly into near-fall criteria and the referee gets to a 3 count, at this point the defensive wrestler raises their shoulder so that it is no longer at a 45 degree or less angle.

**Ruling:** Wrestling A will be awarded 2 points for the reversal and 3 points for the near-fall points that were earned while criteria was still being met. The match will be stopped immediately.

**Example 2:** Wrestler A is leading 10-0 from a neutral position and executes a takedown directly into near-fall criteria. The referee gets a 4 count and is holding a 4 point near-fall and watching for a fall, when suddenly the defensive wrestler turns that their shoulders are no longer meeting criteria for a near-fall.

**Ruling:** The match will be stopped immediately, 3 points will be awarded for the takedown and 4 points for the near-fall, final score 17-0.

**Modified an illegal hold/maneuver (7-1-5n)** This rule change seeks to clarify language regarding the leg block or cut-back. When applied, the hold/maneuver can cause significant injury to the defensive wrestler's lower extremities.

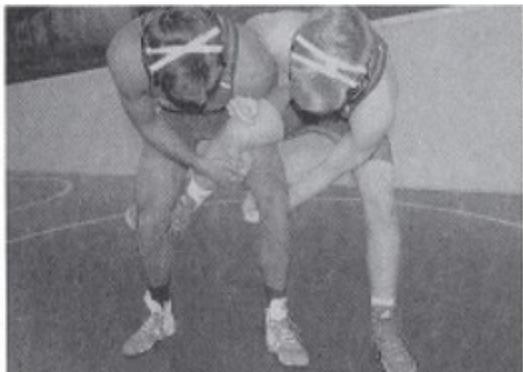


Photo #1

This is a legal leg block. The arm is used to block the leg prior to going to the mat.



Photo #2

Rule 7-1-5n This is an illegal “cut back”.

Jumping up and using the foot or leg to kick out their opponent’s leg is illegal. If the wrestler applying this maneuver leaves their foot on the mat or returns their foot to the mat and pulls their opponent down by a trip it will be legal.

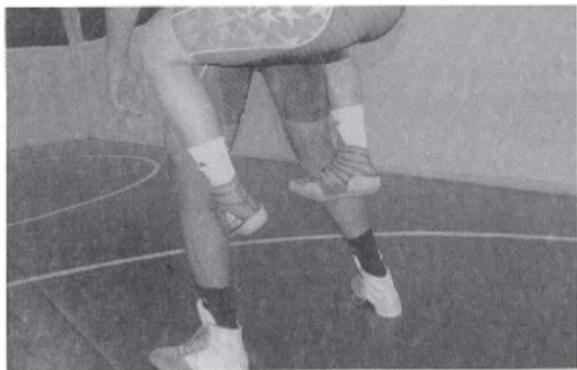


Photo #3

Rule 7-5-1x

Illegal rear-standing, double-knee kick back. The wrestler shall not use this maneuver in an attempt to bring their opponent to the mat.

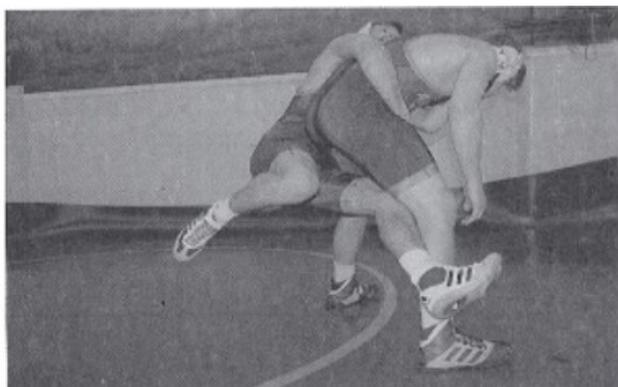


Photo #4

Rule 7-1-5n

Another example of an illegal leg block (cut-back)

When leaving the mat when using the foot or leg to kick or “cut out” an opponent’s leg, to include from the rear standing position.

**Locked Hands Ruling; (7-3-3)** Locking hands and including a leg in the clasp around the trunk of the body is the same as locking hands with an arm included.

The language in the rule book has been changed from “with or without arms included” to “with or without an extremity included”.



### Clarified some Official Wrestling Signals.

Deleted one of the signals for the Referee's Time-Out and adjusted two other signals (No Control and Near Fall).



## **Editorial Changes to the Wrestling Interpretation Handbook 2024-2026 “The Green Book”**

1. In New York State beginning with the 2025 season there are 14 weight classes for boys or mixed competition. The weight classes are;  
103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215 and 285.

Minimum weights for 7<sup>th</sup> and 8<sup>th</sup> grade wrestlers in the athletic placement process;

- a. To wrestle at the 103 lb weight class must weigh in excess of 95 lbs.
- b. To wrestle at the 110 lb weight class must weigh in excess of 100 lbs.
- c. To wrestle at the 215 lb weight class must weigh in excess of 180 lbs.
- d. To wrestle at the 285 lb weight class must weigh in excess of 210 lbs.

**Note: Reference to girl’s weight classes has been eliminated. All information for girl’s wrestling is now listed in the NYPHSAA Handbook. 2025-2026, Page 112-114.**

2. All references to weight classes have been adjusted to align with the new weight class listed above.
3. The NYSPHAA Physician Release for Wrestlers to participate with skin lesions is the same form as last year with an amended date. It now reads “For Use During the 2025-2026 Season”.
4. Removed the requirement for padding on leg sleeve.
5. Inbounds/Out of bounds Rule 5-15 and 5-18.  
The NFHS states “out of bounds occurs when there is not a point of contact of either wrestler inside or on the boundary line.

NFHS also states “contestants are considered to be inbounds if one point of contact or either wrestler is inside or on the boundary lines. Points of contact are parts of the body touching the wrestling area which may or may not bare the wrestler’s weight, other than those parts with which the wrestler is holding the opponent.

Beginning with the 2025-2026 season, NY will define point of contact as any single body part of either wrestler that remains inside the boundary of an imaginary cylinder surrounding and extending above the wrestling area, other than those parts with which the wrestler is holding the opponent  
When wrestlers are standing, a point of contact is a foot inside the cylinder.

When the wrestlers are down on the mat, wrestling will be allowed to continue as long as there is a single body part of either wrestler inside the cylinder, other than those parts with which the wrestler is holding the opponent.

This is the same interpretation as 2024-2025 except it is no longer a requirement for the final point of contact to return to the mat within reaction time. When attempting to score on the boundary line and the wrestlers land safely with only a foot or other body part inside the cylinder a takedown or reversal can be awarded and wrestling can continue as long as the foot or any other body part remains inside the cylinder, providing there is adequate mat space to accommodate the action. If either wrestler makes contact with the floor and any other obstacle, the match will be stopped even if out of bounds criteria has not been met.

The above interpretation assumes that there is adequate space at the edge of the mat to safely allow the action to continue. For safety reasons it will sometimes be necessary to stop the match prior to the out of bounds criteria being met.

**Rationale:** The wrestler's distance to the floor or any obstacle remains the same whether the body part is touching the mat or is lifted off the mat while making adjustments to their position. It is unrealistic to expect the referee to constantly monitor continuous uninterrupted contact with the mat, while there are many other aspects of the match that must be observed to assure safety and accuracy of calls.

This interpretation also eliminates the coaches and spectators shouting that the "point of contact" is off the mat in an effort to distract the referee, especially during the pinning situation.

Therefore, this interpretation can be applied without increasing risk to either wrestler and eliminates the subjectivity of the out of bounds call.

When wrestling on the edge of the mat and one wrestler is attempting scores while a body part of either wrestler remains inside the cylinder, and any part of either wrestler touches the floor, the match will be stopped for out of bounds. 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. If either wrestler makes contact with any obstacle other than the floor which would include but not limited to a chair, coach, referee, clock, table, etc. an out of bounds call will be made and no points awarded.

6. Under Rule 2-1-3, Officials pre-match techniques in the locker room: Item 4 has been edited, it no longer states "wrestlers will be inspected in the uniform in which they will compete". It now states that "wrestlers will be inspected in a legal uniform".
7. An additional change to the appeals process for all NY State Championship Tournaments to allow the use of video review for the blood round and placement rounds in addition to the semi-finals and finals. This change is pending approval of the NYSPHSAA.

8. In any time-out situation where a wrestler is bleeding, that wrestler will be put on the blood clock first, before the injury or recovery time clock is started.

**Blood trumps everything.**

If both wrestlers are injured simultaneously injury time will be charged to both wrestlers. When one wrestler is prepared to continue their injury time will end and the clock will continue to run for their opponent until they are ready to continue.

NYS will we run the clocks simultaneously when necessary.

**Example:** Two wrestlers collide and both indicate that they are injured. The referee noticed that Wrestler A is bleeding and Wrestler B has a bump on the head but he is not bleeding.

**Ruling:** Wrestler A will be put on the blood clock and Wrestler B will be put on the injury time clock. This interpretation renders casebook 8-2-7 situation A, not accurate.