NEW YORK STATE

WRESTLING INTERPRETATION HANDBOOK 2026-2027

"The Green Book"

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INTRODUCTION

The New York State Wrestling Interpretation Handbook was developed in 1977 when many NYSWOA members saw a need to put in writing the periodic National Federation interpretations and clarifications that were not specifically written in the annual editions of the Wrestling Rules Book. Some of this information came from the installments published by the National Federation and others came as responses from the National Federation to questions submitted by the NYSWOA interpreter. Having a written record of interpretations was especially important because for many years, the NYSWOA President served as the N.Y.S. Wrestling Rules interpreter and a new person was in that position every two years.

In 1982, the NYSWOA decided that a State Wrestling Rules interpreter would handle that task instead of the NYSWOA President and the state interpreter would continue to serve through successive administrations. Prior to that, NYSWOA Presidents Pat Phillips, Bob Jacobson, Bob Hartman, Leo Bernabi, Lou Pettinelli, Bill Tschirhart, Jim Scandura, Bob Ames, Frank Marotta, Bob Bagnall and Dan Johnson had the responsibility to attend the annual National Federation meeting and to serve as the State interpreter during their terms of office. During several of those administrations, the idea of printing a New York State Wrestling Handbook was developed and Don Wishart (Section 6) was chairman of the committee which put together the first edition in 1977 using the records and notes from those previous interpreters. The NYSWOA Executive Committee appointed Lon Coven (Section 8) as the N.Y. State interpreter and he also was given the responsibility of editing the N. Y.S. Wrestling interpretation Handbook (referred to as the "green book" by most people).

The present N. Y.S. Wrestling Rules interpreter, Steve Dalberth was appointed in 1993 and he now has the responsibility for editing the "green book". In order to help officials and coaches, the book has been expanded to include rules and regulations from the NYSPHSAA (such as the weight control program, sportsmanship rules, and the modified program) that are unique to New York State as well as information from the Wrestling Program Booklet which has been provided by the NYSPHSAA as an addendum to their handbook. Most officials and many coaches do not read the NYSPHAA Handbook or the minutes of the State Wrestling Committee meetings so the inclusion in the "green book" of important information from those sources provides a valuable service. The "Green book" also includes many examples of situations as well as guidelines for officials so that consistent calls will be made throughout the state. The book has become an important reference for coaches and officials because its contents cannot be found in writing in any single publication.

In summary, it should be noted that the content of the "green book" is not a set of separate N. Y. State rules unilaterally decided by any state interpreter. Instead, it is a compilation of NYSPHSAA rules and regulations, National Federation interpretations and guidelines for making calls, which came from the National Federation and from the combined expertise of the state interpreter and state interpretation committee.

This Handbook attempts to bring together all currently standing New York State interpretations and deviations from National Federation Rules. In some instances, it cross-references to lesser known Federation interpretations. In all instances it supersedes existing and past interpretations from any sources that are in conflict with its text, until such time that revisions are necessary. It should be used in conjunction with the National Federation Rules Book and Manual. It is the responsibility of every New York State Wrestling Official to familiarize themselves with all three texts and also be aware of the information in the current Wrestling Program Booklet and the sections of the NYSPHSAA Handbook relating to the sport of wrestling.

All references to illustrations are referring to the illustrations in the 2026-2027 National Federation Rules Book.
Information in this book is for boys or mixed competition wrestling following NFHS rules.
Other rules may apply to girls' competition and can be found in the NYSPHSAA Handbook.

NYSPHSAA WAVIERS OF NFHS WRESTLING RULES
For Boys and Mixed Competition

1. **A wavier to rule 4-1-5 to allow tape on the chin straps and straps on the top of the head gear. (Jan 2012)**
2. **A wavier of the uniform rule during the month of February to permit pink ribbon(s) on the uniform in recognition of Breast Cancer Awareness initiatives. (Jan 2012)**
3. **A wavier of the NFHS weigh-in procedures for dual meets and tournaments. (Oct 2009)**
4. **A wavier of the NFHS Rule 7-4-2, in tournaments only, straps may be taken down outside of the wrestling circle. (July 2020)**
5. **A waiver of NFHS Rule 4-5, wrestlers are not allowed a one-pound allowance for meets or tournaments following a Sunday or school holiday. (July 2020)**
6. **A waiver of rule 1-2-2; The coaches will have the option of doing either the random draw or by mutual consent going in weight class order as per NFHS rules. If they cannot agree, then the random draw must be used. With respect to dual meet tournaments, if any team does not agree to going in weight class order, then it must go to a random draw. (If all teams in the dual meet tournament agree to go in weight class order, then every round will go in weight class order) Each section can decide how they want to handle their section dual meet tournaments. The NYSPHSAA Dual Meet Championship will use the random draw.**

1-2-2 Following the optional random draw, the first weight class to be contested would be the odd match. No matter what order is used, the choice is not altered in case of fall, default, forfeit or disqualification. A double forfeit of a weight class does not alter the odd-even numbering of matches.

CLARIFICATION OF MAXIMUM NUMBER OF CONTESTS AND POINTS:

NYSPHSAA: A wrestler may participate in up to 6 full-length bouts per day in dual meet competition (series of matches in which 1 point is assessed). A wrestler may participate in 6 bouts per day in any type of tournament competition (where 2 points are allowed toward a maximum of 20 points). The maximum number of points a wrestler will be permitted is established by the NYSPHSAA. Currently, the maximum points permitted shall be 20 points. A contestant **may not exceed** the maximum number of points during the regular season.

Participation as a contestant or in any exhibition match in any meet shall count as a contest and only six tournaments shall be permitted within the 20 point limitation. **No contestant shall wrestle in more than 10 matches in a 2-consecutive day period.**

The following examples will assist in understanding how points are assessed in a variety of circumstances.

Wrestling Twice in a Dual Meet: A wrestler may compete two times in a regular two-team dual meet in the following situations. There must be a 30 minute rest between matches (with the exception of a wrestler who has earned a forfeit) and the wrestler may only wrestle in the weight class they qualified for or one weight class higher. If both wrestlers receive a forfeit, no rest is required. Only one match can count for team scoring the other could only be an exhibition.

Forfeits: A wrestler from Team A accepts a forfeit from Team B. The Team A wrestler may wrestle an exhibition match with a Team B member.

Points: Individual Wrestler Team A: One point for the forfeit and one point for the exhibition match. Points: Individual Wrestler Team B: One point for the exhibition match.

Extra wrestlers:
A wrestler from Team A wrestles a match vs. Team B. Team B has a second wrestler weighed in at this weight (or one weight class higher). The Team A wrestler may wrestle an exhibition match with the other Team B wrestler, **following a 30 minute rest**. In the event the first match is a forfeit the 30 minute rest period is waived.

Points: Individual Wrestler Team A: One point for the first match and one point for the exhibition match.
Points: Individual Wrestler Team B: One point for the exhibition match.

Multiple Exhibition Matches:
Each participant will be charged one point for each exhibition match.

Wrestling Forfeitures:
The NYSPHSAA Wrestling Program Booklet, explains situations regarding forfeits and the recording of wins and losses in New York State. Coaches and administrators should refer to that publication.

Note: Forfeits are not considered as matches wrestled, as it applies to the 6 matches in one day limit in tournaments and in dual meets.

National Federation Casebook: When wrestler **(A)** has wrestled in 6 matches in a given day, that wrestler cannot wrestle any additional matches. (Forfeits do not count toward the 6 match limit.) If their next opponent **(B)** has wrestled only 5 matches, **(B)** would be declared the winner by forfeit. **(A)** would not appear on the mat, nor would **(A)** be given a loss on their record. There was no match. When scoring the tournament, **(B)** would receive the placement points for that match and 2 points for the forfeit. If it was the match for third place and both wrestlers had been in 6 matches, then they would both receive points for fourth place. There would be no third-place finisher. The same procedure would apply for other places.

A wrestler may not wrestle JV and Varsity against the same team on any one day. The wrestler may wrestle Varsity against one team and JV against another in a double-dual meet.

RULE 2 - EQUIPMENT

2-1-1 **Lighting the Mat:** The wrestling mat should be uniformly and adequately lighted so that the referee can see the wrestlers down on the mat as well as in the standing position. A single spotlight that is not designed for overhead mat lighting may cause problems. The referee should have this corrected if unable to see adequately. (National Federation Interpretation)

2-1-2 The Safety Area of the mat surrounding the wrestling area (approximately 5 feet wide) shall be present **where facilities will permit.** Safety mats shall be adequately secured to prevent any injury hazard.

RULE 3 - OFFICIALS AND THEIR DUTIES

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.

For safety reasons, no visible jewelry shall be worn except a wedding band, medical ID or timing device. The authorized NYSWOA, Inc. official's patch shall be worn on the shirt on the left sleeve with the top 1" from the shoulder seam. A local wrestling association patch may be worn. An American flag patch, approximately 2 1/2" by 3 1/2" in size shall be worn on the center back of the shirt, with the top of the patch 1" to 2" from the collar seam. No other emblems, patches, numbers, etc. are permitted as part of or on the officiating uniform unless specifically authorized by the NYSWOA, Inc. Executive Committee. (NYSWOA Constitution March 2008)

Black socks are required.

2-1-3 **Officials pre-match techniques in the Locker Room:**

1. Obtain Official weigh-in sheets.
2. Obtain current NYSPHSAA Wrestling Communicable Skin Disease forms from coaches.
3. Count the number of wrestlers and double check weigh-in sheet to see that all are present.
4. Check to be sure that hair control devices comply with National Federation Rules. Check fingernails, 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 a legal uniform. Warmups, head gear and knee sleeves must be removed; however, it is not necessary to lower shoulder straps.

   Note: Legal hair control devices and other adornments in the hair must be securely fastened and not present an increased risk to the wrestler, teammates, or opponents.

   Some questions have come up regarding hair beads. Who determines if the beads are “secure or safe”?

   > NYSPHSAA official response: If an official or opposing coach feels that a student’s beads look unsafe, they should report that to the coach and their league but continue the contest. The official and the opposing coach always have the right to refuse to officiate the contest or to pull their team if the situation is that “unsafe” at no time should an official address the student with hair beads directly.

5. Get coaches verification that all wrestlers will be in proper uniform, properly groomed, properly equipped (including shoes that are adequately secured so they do not come off or come untied during competition) and ready to wrestle.
6. Remind wrestlers of correct starting positions.
7. Ask wrestlers and coaches if they have any questions on the new rule changes or signals.
8. Ask wrestlers and coaches if there is a move that they use that you should know about or be aware of (so they know how you will call it).
9. Tell wrestlers to;
   - watch you for referee's position adjustments;
   - listen to you carefully for hints regarding chicken wings, stay in center of the mat etc.
   - start and stop on your whistle.
   - to return to center of mat right away after going out of bounds.

10. Give your rating cards to coaches at this time (if used in your section).
11. Read NYSPHSAA Sportsmanship Card to wrestlers and coaches.
12. Indicate on the weigh-in sheet any wrestlers that have a valid skin form.

Inspecting the mat area and other duties of the official prior to competition.

1. Check mat area for any possible safety concerns.

2. Go over with scorers what you expect from them regarding choices in the second and third periods. Also remind the official score keeper to circle the first points scored.

3. Go over with scorers and the timekeeper how you wish to handle a technical fall.

4. Make sure the supervised weigh-in sheet for the contest for each team is at the head table before you start the match.

5. If there is a mistake regarding signaling red or green, tell scorers not to panic, or stop match right away. Check it during time-out or a lull in the match.

6. Explain how to get your attention by use of the clock horn. **This should be done only during time outs.**

7. Remind the timekeeper that when a visual clock is not available, the minutes must be called to the referee, contestants and spectators and visual cards must be displayed with the number of seconds remaining in the last minute of the period at 15 second intervals

8. Check for adequate equipment to maintain proper sanitary conditions after illness or injury, e.g. paper towels, spray disinfectant, plastic disposal bags, rubber gloves.

9. Meet with head coaches and captains and explain to them that they are to make certain everyone exhibits good sportsmanship throughout the contest and then conduct the pre-meet disk toss. The winner of disk toss (red or green) will have choice of odd or even. Anytime the referee conducts a disk toss, the disk must fall unimpeded to the floor. (NYSWOA 2018)

10. If an electric scoreboard is not being used, make sure that the home management provides some means of visual score keeping. This applies to both individual score and team score.

3-1-5 The number and duration of time-outs required to correct legal equipment that has become illegal or inoperative through use is at the discretion of the referee. Repeated time-outs may require use of the injury clock. Use good judgment i.e. 2 or 3 time-outs of short duration or 1 or 2 time-outs of longer duration should represent the limit prior to starting the clock.

8-2-1 Time required to recover or replace a contact lens may be charged against a contestant's injury time and count as an injury time-out **only** if the referee determines that this disrupts the flow of the match. Using the above paragraph as a guideline, it would be unlikely that a wrestler would be charged a time out the first time a contact lens needs to be replaced. If a wrestler wishes to take a time-out to **search** for a contact lens, an injury time-out will be charged. Coaches may be given an opportunity to rinse off the contact lens prior to reinsertion due to potential health risk.

3-2-1i The use of a "tapper" to inform the referee when time has expired has been authorized in New York.

RULE 4 - WRESTLERS' CLASSIFICATION AND WEIGH-IN

4-1-3 Wrestling shoes that have been cut back so they do not extend above the ankle have been determined to be illegal by the National Federation.

4-1-4 Headgear and other equipment (e.g. tooth and mouth protector to cover braces) required for competition must also be worn in practice. Effective January 2012, the NYSPHSAA Executive Committee granted a waiver to the headgear taping rule. Straps and chinstraps may be taped to allow for better fit to the headgear; however, no taping is allowed on the ear section of the headgear. (Wrestling Program Booklet)

4-2-6

Only wrestling headgear will be allowed. Boxing, Martial Arts, Rugby helmets or any other substitute headgear will be illegal. The Wolverine Vinyl All-Purpose Helmet, Morgan and Tornado headgear are allowed, as well as the Mercado by Bats-Toi. (National Federation 2017)

4-2-2 All articles referring to appearance, health and weight shall be enforced for all competition including exhibitions.

3-1-4b In the interest of safety, no jewelry (which includes visible body piercing objects) shall be worn in wrestling. Any piece of jewelry that is visible at the start of or during a contest is a technical violation (Rule 7-3-5). Soft, pliable barrettes are permissible, body gems are not.

4-2-3 Skin Disease: NFHS requires current written document to be furnished at the beginning of the weigh-in. If the referees are not conducting or supervising the weigh-in this documentation must be provided to the official **just prior** to conducting the pre-meet inspection of contestants.

NYSPHSAA requires the **original** copy of the current season NYSPHSAA approved two-sided form entitled Wrestling Communicable Skin Disease Form. NYS Health Care Provider Release for Wrestlers to participate with skin lesion(s). This form must be signed by an M.D., Physician's Assistant or Nurse Practitioner for the wrestler to be eligible to participate. Photocopies, photos and faxes are not acceptable. In situations where the section requires that all skin forms are to be filed with the Sectional Chairman or their designee, the Chairman/designee should receive a copy of the form. The original is to stay with the coach. Current forms should only be downloaded from www.nysphsaa.org.

In tournament situations, skin checks are to be performed on each day of wrestling competition.

Cold sores are to be treated as a communicable skin condition. (NFHS Rules Book, points of emphasis *2017)*

When a wrester has been diagnosed with Molluscum Contagiosum, the physician must verify on the current skin form that the wrestler has been treated with curettage and hyfrecator and then the area must be covered with a bioclusive bandage to be allowed to compete. (Memo NYSPHSAA)

When a referee determines that a wrestler is ineligible to participate due to a skin issue, the official and the coach will notify the opposing coach prior to the start of the dual meet and the name of the wrestler shall be crossed off the team's weigh-in sheet. The weigh-in will not count for that wrestler. The ineligible wrestler shall not participate in the warmups or introductions.

If a wrestler who has been disqualified due to a skin issue does participate in the warmups or introductions the penalty would be unsportsmanlike conduct against the **head coach**.

Clarification: For a wrestler to be eligible to wrestle JV or Varsity, they must be skin checked by either the JV or Varsity official (assuming there is no designated onsite meet appropriate health care professional). 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.

4-1-1a
4-1-1b
4-1-1c
4-1-2 The only items of uniform apparel affected by the Federation rule limiting the number and size of manufacturer's logo/trademark/reference/promotional or advocacy reference are the singlet, compression shorts, compression shirt, full length form fitted tights, shorts designed for wrestling, ear guards (logo can appear once on each ear cup) and the legal hair cover. (Hair covers are considered special equipment by rule 4-3-la but still must comply with the rule limiting manufacturer's logos Rule 4-1-2.) (National Federation Rules Book)

4-3-1 The legal uniform, headgear and wrestling shoes are required equipment. Anything else worn by a wrestler such as hair covers, kneepads, socks, face mask, mouth guards, leg sleeves, etc. will be considered special equipment. (National Federation Rules Book) No additional manufacturer's logo/trademark/reference, promotional or advocacy references including stickers shall be allowed on the wrestling ear guards. The rule book no longer requires special equipment to be **unadorned.** Adornments such as flames on a face mask, skull and cross bones or anything that would be offensive to most people or might tend to taunt or intimidate your opponent are not allowed. Any wrestler reporting to the mat with this type of equipment will be charged with an injury time out to correct and will be penalized in accordance with the penalty chart for a technical violation, 7-3-5 (National Federation and NYSPHSAA).

The NYSPHSAA has granted a waiver of the uniform rule during the month of February to permit pink ribbon(s) on the uniform in recognition of Breast Cancer Awareness initiative. (Jan. 2012) NYSPHSAA

4-3-3 Taping of fingers to treat an existing injury is permissible. Taping of individual fingers to improve one's grip is not permissible. (National Federation Letter)

Artificial Limbs: Coach must have a letter of authorization from proper State Authorities (NYSPHSAA) to be presented to the referee. It is suggested that an authorized photograph of the wrestler wearing the approved limb be available.

4-4-3 **Weight Reduction:** At any time, the use of sweat boxes, hot showers, whirlpools, rubber, vinyl and plastic-type suits or similar artificial heating devices, diuretics, or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. Violation of this article must be witnessed by the official. If prior to competition (tournament or dual meet), the wrestler is declared ineligible and can be replaced with no deduction of points. If after competition has started, the penalty will be Flagrant Misconduct assessed against the contestant. PENALTY CHART.

WEIGH-INS: DUAL MEETS

Contestants will have the opportunity to weigh-in, shoulder-to- shoulder ***or by team(s)*** 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 wearing a one-piece singlet shall wear a sports bra that completely covers their breast and minimizes the risk of exposure. Compression shirts worn underneath a one-piece singlet are permitted, but not required for female contestants unless needed to ensure complete coverage. Contestants may wear socks. In NYS contestants will be allowed to remove their socks. (This would not be allowed by NFHS rules.) Weigh-in period is a maximum of 1 hour and a minimum of a 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.

Prior to the weigh-in an optional random draw of weight classes may be conducted by the referee, coaches or other authorized personnel.

Suggested procedure, if the optional random draw is used, the coaches or official (if the official is conducting the weigh-in) will use a random draw method to determine the starting weight class. Once the starting weight is drawn, the first wrestlers to weigh-in will be the ones participating in the starting weight class.

Example: 285 is drawn as the starting weight class. The weigh-in order will be: 285, 103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285.

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 wearing a one-piece singlet shall wear a sports bra that completely covers their breast and minimizes the risk of exposure. Compression shirts worn under a one-piece singlet are permitted, but not required unless needed to ensure complete coverage. Contestants may wear 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 a 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 and skin checks 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.

Note: A wrestler cannot be pulled from a 2-day contest to enter a separate contest on the second day (even if the wrestler was eliminated on the first day of the 2-day contest). Example: If a team has a 2-day tournament and a dual meet scheduled on the same day as the second day of the 2-day tournament, a wrestler cannot be pulled from day 2 of the 2-day tournament to wrestle in the dual meet on the second day as they will not have a day of rest between the two contests. The contest for a wrestler concludes upon the completion of the finals, not when the wrestler is eliminated from the tournament. (Wrestling Program Booklet)

Coaches must collect a copy of the original tournament weigh-in sheet (signed by the Tournament Director or their designee) before leaving the tournament, to have on file for post-seasons verifications.

MINIMUM WEIGHTS 2026-2027

Restrictions for Competition: A minimum weight is required for APP. Students in grades 9-12 do not have to make minimum weight (Aug 2011).

a. To compete at the 103 lb. class a wrestler MUST weigh in excess of 95 lbs. to be eligible.

b. To compete at the 110 lb. class a wrestler MUST weigh in excess of 100 lbs. to be eligible.

c. To compete at the 215 lb. class a wrestler MUST weigh in excess of 180 lbs. to be eligible.

d. To compete at the 285 lb. class a wrestler MUST weigh in excess of 210 lbs. to be eligible.

The minimum required weight for the 103 lb., 110 lb., 215 lb., and 285lb., weight class MUST be met and RECORDED. (NYSPHSAA HANDBOOK)

With respect to 7/8th graders who must make a minimum weight:

On day one: if they weigh between 95.1 and 103 they lock into the 103 lb. weight class for day one. If they are in excess of 100 (which is the minimum weight for 110), they could be allowed to move up to 110 for day one. If they are exactly 100 or below, they cannot move up to 110.

To be consistent with how the other weight classes are treated: Assuming they were not in excess of 100 on day one: If on day 2: they now weigh between 100.1 and 104, they must remain at 104 (103 + 1). Even though they are now in excess of 95 for 103 and also in excess of 100 for 110, they cannot wrestle at either 104 (103 + 1) or 111 (110 +1) and can only wrestle at 104 (103 + 1) as the weigh-in on the first day was not in excess of 100 and that locked them into 103 lb. weight class for the tournament. (Wrestling Program Booklet)

ADDITIONAL POUNDS

Under no circumstances may coaches or school administrators agree to grant an extra pound(s) with the following exceptions:

a. A 1 lb. allowance is granted when schools have back to back competitions. In tournament situations if just one team in the tournament has back to back competitions, then all teams in the tournament get the extra pound. 48 hours notice is required to get the extra pound. The acceptable person(s) to receive that notice shall be the Head Coach, Principal or Athletic Director. NFHS-Rule 4-5-5.

b. A 1 lb. allowance is granted when a competition is postponed for one calendar day for reasons beyond the control of the participating school(s) or if one team's practice (the day before a competition) is cancelled due to school policy. (Example: Superintendent cancels after school activities due to weather). In these situations, the other school should be made aware of the extra pound as soon as the first school learns of the cancellation, 48 hours notice is not required.

Note: Recommended that this be done by text or email for verification purposes.

Note: A school being closed for budget concerns does not give the teams an additional pound. The following examples do not allow for extra pounds: Most schools do not wrestle Monday dual meets as most schools are not allowed access to their buildings to practice on Sunday. No additional pounds are allowed for Monday dual meets. The same holds for a school not being able to practice on a Holiday Monday for a Tuesday dual meet. No additional pound is allowed.

Suggestion: The day prior to a dual meet, all coaches should check the status of "After school activities" for their next day opponent's school (on the radio or internet) to keep this situation from occurring. If they learn their opponent is leaving school they should contact their opponent to confirm the extra pound(s) and not necessarily wait for their opponent to contact them.

In the case of a tournament, a tournament director grants all the teams in the tournament an extra pound because one of the teams entered is wrestling a dual the day before the tournament. The dual the day before the tournament is cancelled (bad weather, etc.). All teams in the tournament still get the extra pound. NFHS-Rule 4-5-5.

c. The maximum allowance to be granted is two (2) lbs. A third consecutive day of competition would grant this 2 lb. allowance to the schools involved. A fourth and fifth consecutive day would require the 2 lb. allowance to carry over. The allowance would never go to 3 lbs.

Example: After December 25 the 2 lb. growth allowance is in effect.
Dual Meet Tuesday: 144+2= 146 lbs.
Dual Meet Wednesday: 146+1= 147 lbs.
Dual Meet Thursday: 147+1= 148 lbs.
Tournament Friday: All weights remain the same as on Thursday.

Back to back matches (example):

Tuesday: Regularly scheduled Dual Meet Team A vs Team B: +0 for the dual meet.

Wednesday: Regularly scheduled Dual Meet Team A vs Team C: +1 for the dual meet.

Thursday: Regularly scheduled Dual Meet: Team C vs Team D:+2 for the dual meet.

The weigh-in on the first day would count as an official weigh-in, even if the wrestler does not participate as the wrestler made weight and was eligible to wrestle.

Post-season wrestling tournaments: (namely Class and Sectional competitions that are involved in the process of selection of competitors for championship competition) do not allow for the extra pound on the first day (if a team happened to wrestle the day before). If a post season tournament is a two-day event the extra pound will be given for the second day.

Example: First day must be 144+2 (for the growth allowance on December 25) = 146 lbs. (can never start at 147 lbs.) Second day would be 146+ 1= 147 lbs. (can never be 148 lbs.)

PROCEDURE FOR WEIGH-INS (Wrestling Program Booklet)

1. Entering a 2-day: Dual Meet Tournament: 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 the wrestler into a weight class. If the wrestler does not make weight on day two, the wrestler may not move up to the next weight class. The wrestler is scratched from the tournament.

2. Entering a 2-day: Individual Tournament: When an individual tournament lasts 2 days the weight class the wrestler weighs in at, on the NYS weigh-in form, shall be the weight counted as the official weigh-in. The wrestler may wrestle at that weight or move up one weight class. Should the wrestler opt to go up one weight class, the wrestler would not have to make weight at the lower weight class shown on the weigh-in sheet on the second day because they are not entered at that weight.

As with the 2-day dual meet tournament (above), the weight class weighed-in at on the NYS weigh-in form on the first day of a tournament counts as the official weigh-in.

Individual Points:

If an individual enters a combined 2-day tournament (where some weight classes are pooled, and some are bracketed), this will count as one of their two 2-day tournaments, even if their individual weight class is bracketed and not pooled.

Back to back tournaments are allowed. A minimum of one night's rest is required between tournaments. A tournament ends the day the finals are contested (not the day a wrestler is eliminated from it).

Example: If a wrestler is entered in a 2-day tournament on Friday and Saturday and is eliminated from it on Friday, they cannot compete in another tournament on Saturday. The original tournament finals were held on Saturday, so one night's rest (Saturday) is required before the next tournament can be entered.

Wrestling exhibition in a Dual Meet Tournament:

A wrestler from Team A has the ability to wrestle an exhibition match in a dual meet tournament (provided it will not put them over the 6-bout limit). Forfeits do not count towards the 6-bout limit.

Points: Once a wrestler wrestles one match in a dual meet tournament they are considered entered in the tournament. Even if they only wrestle one bout (either Varsity or Exhibition) they will be charged 2 points and be counted as one of their 6 tournaments. It would be suggested that if the wrestler gets one bout, they attempt to find a second, so as to not waste the two points assigned. No additional points will be charged for the extra exhibition bouts.

Wrestling exhibition in an Individual tournament:

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 6 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).

DUAL MEET TOURNAMENTS:

Each individual is charged 2 points toward the maximum number of points permitted. Once a wrestler competes in one bout of a dual meet tournament they are charged 2 points, even if they only wrestle once.

In the event that a dual meet tournament ends up with only 3 teams (due to last minute cancellations), the event can be wrestled as a Triangular meet. Each contestant will be charged one point for each match wrestled. The event will no longer count as one of the six allotted tournaments

Withdrawing from a 2-day Dual Meet Tournament:

If a team withdraws from a 2-day Dual Meet Tournament that is not the fault of the wrestlers:

Example: The school administration does not allow a team to enter Day 1 of a Two- day Dual meet tournament but does allow the team to compete the second day.

The tournament will count as one of the two allowed 2-day dual meet tournaments.

They will be allowed the 1 lb. weight allowance that the other teams are being granted and the Day 2 weigh-in will count.

Teams that do not show up for a dual meet tournament:

For all duals the team was scheduled to wrestle on Day 1, each meet will be treated as a "forfeit" A win and a loss is added to each team's record. As per NFHS interpretation: Since no matches were contested no individual records would be affected. The dual meet will be recorded as a 1-0 team score (but Track Wrestling will show the team score to be 84-0 based on 14 weight classes at 6 points each).

When the team joins the tournament on Day 2, they will continue with their original spot on the bracket sheet, pool, or round robin.

Note: The team that could not attend Day 1 has the right to decide not to go on Day 2 (even if allowed) if they do not want it to count as one of their 2-Day contests.

Note: A team cannot join a 2-Day tournament on the second day, if they were not originally scheduled to be a participant in the tournament.

Information on the procedures for weigh-ins are listed in the Wrestling Program Booklet.

In New York State beginning in the 2025 season the following **14 weight classes** will be in effect for boys or mixed competition. Prior to 12/25,

103, 110, 118, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

After 12/25 Growth Allowance, the weight classes will be:

105, 112, 120, 128, 134, 140, 146, 152, 159, 167, 177, 192, 217, 287

Wrestlers Certify to a Weight (Not A Weight Class)
The wrestler's (Weight Loss Plan) WLP shows their (Eligible Wrestling Weight) EWW for each event. The Growth Allowance is built into the system. Coaches will adjust weigh-in sheets in Track for any events that have extra pound(s). So long as the wrestler's EWW for the day of the event is equal to or below the weight class for the day of the event, they may participate at that weight class. Track will also show the (Eligible Wrestling Wt Class) EWC for each event and this shall be the lowest class the wrestler can compete at for that event.

Situation 1: Prior to December 25th a wrestler that is certified at 139.0 lbs. cannot wrestle at the 138 lb. weight class and must move up to the 145 lb. weight class.

Situation 2: A wrestler is certified at 139 lbs. Due to back-to-back competitions an extra pound is granted for a contest. They may now wrestle at the 138+1=139 lb. weight class.

Situation 3: A wrestler is certified at 139 lbs. After the 2 lb. growth allowance on 12/25 they can now wrestle at the 138+2=140 lb. weight class.

Situation 4: After the 2 lb. growth allowance on 12/25 a wrestler that is certified at 141 lbs. may not compete in the 140 lb. weight class on day one, but could compete on day 2 in the 140 lb. + 1=141 lb. If one pound has been added for back-to-back competition. (2024-2025 Wrestling Program Booklet)

Weight allowances could prohibit a wrestler from being able to go up one weight class from the weigh-in weight:

When a wrestler's certified weight is in-between the Growth Allowance Weight and the weight class being contested that day (due to additional pound(s)), and their actual weight is less than their certified weight, they are prohibited from going up one weight class from the weigh-in weight.

Ineligible Weight Class (Wrestling Program Booklet):

After a dual meet is wrestled, it is found out that a team used a wrestler at a weight lower than their certified weight (or at a weight below the State minimum weight):

Example: 8th grader weighing 85 pounds wrestles at 103 and does not meet the 95.1 pound minimum, the team forfeits the dual meet and the wrestler takes a loss on their record. The win/loss records of the other wrestlers who wrestled in the dual meet are not affected and the results of their individual bouts stand.

If, while a dual meet is in progress, it is discovered that an ineligible wrestler has competed, the dual meet becomes a forfeit. However, the meet will be wrestled to its conclusion so that the win/loss records of the other wrestlers who competed in the dual meet are not affected.

RULE - 5 DEFINITIONS

5-11-2f
5-11-2g
5-11-2h

Injury prior to near fall: This rule is specifically aimed at the defensive wrestler being injured, giving an indication of injury, or bleeding when a near fall is imminent. It does not apply to potentially dangerous situations stopped by the referee.

The referee always has the authority to stop the match if they feel there is an injury hazard. No points are awarded in this type of situation. **SEE RULE 7-2-4 IN THIS REGARD.** The rule is intended to remove the judgment of the referee in these instances as to whether there is truly an injury. Once nearfall points have been earned, if the match is stopped as a result of an injury, indication of an injury or bleeding, the additional points will be awarded as described in rule 5-11-2f, g, h, even if criteria is no longer being met.

Example: **A** cradles **B** and has earned a 4 point nearfall. **B** works out of criteria, but **A** still maintains the cradle so the referee has not awarded the nearfall points. If **B** were to bleed, sustain an injury or give an indication of an injury at this point, the match would be stopped and a 5 point nearfall would be awarded.

When the referee stops the match to award nearfall points in a "scream rule" situation, the defensive wrestler is not automatically charged with an injury time out if they are prepared to go back to wrestling immediately. If not, an injury time out **will** have to be taken.

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" (5-11-2f, g, h) 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.

National Federation defines imminent nearfall as the defensive wrestler's shoulders or scapula at less than 90 degrees to the mat. (NHFS email Jan. 2006)

5-25-1

Advantage Position: When a wrestler is off their base and the opponent is hip-to-hip with control of 2 of 3 supports, a reversal or takedown may be awarded, (Illustrations 27 and 28) even when the opponent has locked hands around one of their opponent's legs **on** or above the knee. Off their base means on the hip, side of thigh or belly (i.e. knees are not support). Two arms are considered one support of the three possible either by direct control or immobilization through position (i.e. one arm tied up and the other unable to be used for support or attack). (National Federation)

The **off their base** criteria may be waived when the wrestler attempting a reversal or takedown is hip to hip and is controlling both legs of their opponent and the far arm or applies a cross body or figure 4 to the near leg "trapping" the opponent's arm.

5-10
5-22
5-25

Individual Scoring Maneuvers: Understanding control and restraining power as defined by the wrestling rules is paramount to understanding these sections. Control and restraining power intimate the ability to manipulate your opponent i.e. change your method of attack. If control is merely "hanging-on", it is very questionable in a takedown or reversal situation. A brief period of "proper position" only as opposed to true control is another example. Control is not only defined by position, it must also be demonstrated.

Reaction Time is defined by the Federation as a **maximum** of 2 seconds but can be less, especially in regard to section 7-3-3 (interlocking or overlapping). The amount of reaction time will vary depending on the circumstances. When a wrestler is behind their opponent in a standing position with their hands locked around their opponent's chest, they have reaction time to release locked hands after taking the opponent to the mat. If the defensive wrestler executes a sit-out on the mat and the offensive wrestler locks hands to block the move, even if only momentarily, the offensive wrestler shall be penalized for the technical violation of locking hands. There is no allowable reaction time in this situation.

5-19-2

Defensive Starting Position: The kneepad shall be considered as part of the knee in reference to starting position.

NOTE: The line of demarcation for the "near-side" is the heel of the defensive wrestler's hand to their knee. This is especially important when the defensive wrestler assumes an exaggerated position with their lower legs.

5-19-4

Neutral Starting Position: There shall be no contact between the wrestlers nor shall they make contact with the mat in front of the lead foot.

The rules require both contestants to be stationary.

No exaggerated position allowing an unfair advantage to either wrestler is permitted. Assume a vertical plane separating the wrestlers and do not allow exaggerated stances beyond it. (National Federation).

Visually Impaired Wrestler

Rule 1-1-2 Authorizes exceptions to the NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and or special needs, as well as those individuals with unique and extenuating circumstances. The accommodation shall not fundamentally alter the sport, heighten risk to the athlete or place the opponent at a disadvantage.

Rule 6-2-4 states that in matches involving wrestlers with visual impairments, the finger touch method shall be used in the neutral position and initial contact shall be made from the front. Contact is to be maintained throughout the match.

In New York State the following protocol will be used when using the finger touch start. The wrestler with the visual impairment will establish a legal starting position with one palm facing up and the other palm facing down. Then the opponent will establish their own position, placing their fingers over their opponent's fingers. Their fingers shall not extend over the palm. Once the match begins the wrestlers do not have to remain in the finger touch position. When the whistle sounds either wrestler can change to any legal tie up that they choose provided they maintain contact. Every time the contact is broken in the neutral position the match will be stopped and restarted using the finger touch method.
Referees should be aware that each time the match is stopped they may need to guide the visually impaired wrestler back to the starting line.
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 becomes displaced it will be treated the same as a displaced ear guard.

Hearing Impaired Wrestler

If an American Sign Language (ASL) interpreter is being used the following protocol will be in effect.

- ***Wrestlers who wish to have an interpreter be granted this mobility must have their school's Athletic Director contact the NYSPHSAA Office and request a "Special Accommodations Form".***
- ***This form will then need to be submitted to the referee(s) at each event. Failure to present this form will result in the Sign Language Interpreter being required to remain as one of the two coaches allowed in the corner.***
- ***Once NYSPHAA has granted the request, the following procedures should be used.***
- ***The interpreter is allowed to move around the outside of the wrestling mat but must be at least 6 feet from the minimum 28' circle at all times. The interpreter is not allowed to step on the wrestling mat except during time outs.***
- ***Coaches must remain on the team bench or corner seat in a tournament to coach the wrestler.***
- ***In the event that multiple mats are used, the hearing impaired wrestler will be assigned to wrestle on a perimeter mat where the interpreter can have unimpeded movement and will not interfere with adjoining mats. If necessary, wrestling will be shut down on the adjacent mat to allow such movement.***
- ***Prior to the start of the event the coaches from both teams and the interpreter shall meet with the official(s) to review the approved protocol. It is recommended that the head official meet with the tournament director to make them aware of the situation.***
- ***In the event that the interpreter is non-compliant with this protocol (comes on to the mat proper) they will be subject to the rules governing unsportsmanlike conduct. This penalty will be assessed against the head coach.***

INDIVIDUAL SCORING MANEUVER EXAMPLES

Double Leg Tackle Takedown facing your opponent or facing away: Position and restraint down at the ankles may be considered a takedown. If wrestler B is out of bounds as shown in Illustration 32, a takedown will be awarded if the scoring contestant finishes with one foot inside the cylinder on or above the mat. Additional information on out of bounds criteria see page 14 of this document. A takedown or reversal could be awarded in the positions illustrated in photos 33 and 34 and wrestling will be allowed to continue. (It is only necessary for one point of contact to remain on or inside the out of bounds line for wrestling to continue. It is not necessary to have both feet down as illustrated in photos 33 and 34.) A takedown can be awarded and wrestling may continue providing there is adequate mat space to accommodate the action. If either wrestler makes contact with the floor or any other obstacle, the match will be stopped even if out of bounds criteria has not been met.

When the positions shown in illustrations 23, 25 and 26 are attained, it will be up to the judgment of the official whether control has been established or not. Double underhooks, over and under, body locks and other types of upper body counters will not prevent the takedown from being awarded unless the wrestler sitting on their buttocks has a strong functional elevator which is being used.

Note: The referee should let the wrestlers know when the takedown has been awarded to avoid complicating the situation with a locked hands call.

Rule 5: Control in a Headlock. (National Federation)

When determining control for a takedown or reversal in a headlock situation the following guidelines should be used:

1. Watch the hips of the wrestler in the headlock. If the wrestler keeps their pelvis down and the buttocks facing up, there is probably no control.
2. Look for the wrestler in the headlock to place an elbow, hand or foot on the mat to prevent shoulder exposure beyond reaction time. If this occurs, control is established.
3. If the wrestler in the headlock has their pelvis down and suddenly attempts to roll though and in doing so momentarily touches an elbow, hand or foot and realizes that they can't rollout and returns to the pelvis down position, there is still no control.
4. If the position described in item #3 should occur a second time and an elbow, hand or foot touches again, even if only momentarily, control has been established.
5. The above guidelines are useful in most situations. However, some wrestlers are so flexible that they can fight their pelvis down in a "Safe" position and their shoulders or scapula are meeting near fall criteria. In this situation the referee must use good judgment to determine control. If the referee is convinced that the shoulders or scapula are being held in criteria and that the defensive wrestler can't rollout, a takedown or reversal can be awarded.

Standing Merkle: When the position shown in illustrations 29 and 30 "wrong leg in" is established beyond reaction time, but the wrestlers are standing, this will be considered a rear standing position and a reversal has been earned. (National Federation 2016) If this position is attained and the wrestlers immediately go out of bounds or the period ends before reaction time has occurred a 1 point escape has been earned. The key to gaining control with the wrong leg in is the scoring contestant being under the near arm.

Granby (Shoulder Roll, Peterson) Takedown or Reversal: Major criterion is the offensive wrestler (or the wrestler being taken down) concerned about back exposure.

a) Arm and Lower Leg: Look for a posting of the arm in the crotch of the wrestler executing the move and solid leg control. If this is accomplished (with or without the opponent's concern for back exposure) there is probably control.

b) Arm (or head) and the upper leg: Look for the posting of the arm in the crotch of the person executing the move and back concern of the opponent. This position is much harder to demonstrate control than "a" above. (See Illustrations 21 and 22)

Neutral (Escape) Situation: Judgment must be used not to make neutral calls too quickly when a reversal is the proper decision. Only when satisfied that a reversal is not imminent, and control is lost should this point be awarded. This call can be made after the buzzer or after out-of-bounds when the referee is waiting to determine reversal possibility. In almost every reversal situation there is a neutral "condition" although it should not be called until the move is completed. In some instances, a reversal attempt may be interrupted by the buzzer or out-of-bounds and the neutral must be awarded. Judgment on the part of the referee is critical in these situations. The referee must be very careful not to award neutrals where they do not belong. A good example would be a switch/re- switch situation interrupted by the buzzer or out-of-bounds. As long as the re-switch is implanted, a neutral cannot be awarded regardless of interruption. There are many other similar examples. Loss of the ability to counter effectively is a good guideline to be used. Many times, wrestlers will be hopelessly entangled at the buzzer or going out-of- bounds. In these cases, it is almost impossible to determine if there is the ability to counter or not and therefore, an escape should not be awarded as it cannot be "assumed".

Example: In the overhead (front) cradle situation. If the defensive wrestler **(B)** comes from underneath and applies a front cradle, **(B)** may or may not have earned a reversal. If the offensive wrestler **(A)** fights to remain on all fours and continues to turn in on **(B)** (the person applying the cradle), or has the ability to use their arm or arms to prevent **(B)** from getting behind, a reversal cannot be awarded until **(B)** breaks their opponent down to a hip or is able to get past the opponent's arm.

If the defensive wrestler **(B)** comes from underneath and gets into a position in which the offensive wrestler **(A)** has lost complete control but **(B)** has not gained sufficient control to be awarded a reversal, this is a delayed call. This would include, but is not limited to, the following examples:

Both wrestlers start down on the mat with (**A)** in control and;

1. **(B)** turns in and is able to pick up (**A's)** leg.
2. **(B)** comes from underneath and applies a quarter nelson on (**A)**.
3. **(B)** comes from underneath and applies an overhead (front) cradle on (**A)**.
4. **(B)** comes from underneath and applies a front headlock on (**A).**

In these situations, if **(B)** breaks contact from **(A)** and **(A)** is in a position to defend themselves **(B)** will be awarded 1 point for an escape. If contact is maintained and any of these situations are interrupted by the buzzer, out of bounds or the referee stopping the match for any other reason (e.g. bleeding, stopping to penalize etc.), **(B)** will be awarded 1 point for an escape, or if **(A)** manages to regain a "shred of control", no escape points will be awarded to **(B).**

In the above statement the term "shred of control" has been used to illustrate that once you establish control and are considered the wrestler in the advantage position the amount of control you must maintain is minimal.

RULE 6 - CONDUCT OF MATCHES

6-2-1 **Intentional Delay:** This rule only applies to intentional delay when teams are present. The outcome of a contest influenced by the absence of one or both teams due to any other circumstance (e.g. weather, breakdown, etc.) is a league problem not to be dealt with by the referee. In the event of intentional delay, if a team has been penalized accordingly, there is no time allotted for warm-ups or team introductions after the established starting time.

In an individual bracketed tournament, a school coach must be in the wrestler's corner before the match is allowed to start. A wrestler should not attempt to start wrestling until a member of their coaching staff is present.

Note: Referees check to see that there is a coach present before starting each match. Wrestling a match without a coach present is not a correctible error; therefore, referees must be diligent.

6-2-2 In dual meet competition, wrestlers report directly to the scorer's table. The team who is obligated to report first based on the results of the pre-meet disk toss will have the choice at the beginning of the second period. (top, bottom, neutral or defer)

Once the obligated wrestler properly reports they may not be withdrawn or replaced without being disqualified.

Once both wrestlers have properly reported neither wrestler can be withdrawn or replaced without being disqualified and the weight class being forfeited. (NFHS 2006)

An exception can be made for an honest mistake by a contestant who reports for the wrong match, i.e. an ineligible wrestler for a weight class. The referee's judgment is final in this type of situation.

Once wrestling has started this exception does not apply. In the above situation it can only be considered an honest mistake if the wrestler reporting was not eligible to wrestle in that weight class.

6-2-3 NYS: The wrestler having the choice of position can change their mind only up until the referee announces the choice to the scorer's table.

The referee is advised to properly confirm the choice before announcing it to avoid unnecessary confusion.

Out of Bounds: We will be following NFHS rules which requires point of contact and will be interpreted as follows:

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 (other than those parts with witch the wrestler is holding the opponent) remains inside the cylinder, providing there is adequate mat space to accommodate the action. If either wrestler makes contact with the floor or 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 matt 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 to score 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.

In a pinning situation the defensive wrestler's shoulders***, head*** or scapula are considered to be a point of contact and in this position any part of the shoulder or scapula can be considered a point of contact whether on the mat or above the mat, on or inside the boundary line. While on their back the knee(s), side of the thigh, buttocks, hand(s), head or foot(feet) as well as the shoulders and scapula may be considered a point of contact whether on or above the mat inside the wrestling area.

These interpretations 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 for the referee to stop the match prior to the out of bounds criteria being met.

6-4-2 **Stalemate:** Add to part (b) "hands locked around one leg of their opponent or their own leg to prevent opponent from scoring".

RULE 7 - INFRACTIONS

7-1-1 **Slam:** Returning an opponent to the mat with unnecessary force shall include unintentional loss of control causing unsafe impact and/or risk to head, neck or other body parts of the opponent.

NOTE: Regardless of who hits the mat first or if a knee touches first a slam may be called.

When a wrestler lifts their opponent off the mat, that wrestler is responsible for their opponent's safe return to the mat. Force is the determining factor.

Suplay and Salto: A full back Suplay (belly to back) and straight-back Salto (belly to belly with or without arms tied-up) are illegal when performed correctly (to the head, neck or shoulders of either wrestler). This is true regardless of the force involved in view of potential injury to either wrestler. When these holds are performed incorrectly, they become variations of body throws and could be subject to the slam rule or possibly unnecessary roughness.

7-1-5 **Other Illegal Holds:**

Full Nelson: The accidental touching in transfer of hands is not illegal.

It is not an illegal full nelson unless the finger(s) of each hand are on the back of the head. (NYS)

Many times, with the half nelson and one-on-one tie-up, the offensive wrestler approaches a full nelson condition with their own hand and the hand of their opponent. The referee should caution the wrestler to avoid full nelson type pressure and will stop the match only if they feel there is danger to the bottom wrestler. Do not call this a full nelson (NYS).

Reinforced Headlock (with or without arm encircled): Locking on your own leg (inner thigh) is legal **but** potentially dangerous, **(like all other legal headlocks).** Grasping of your own uniform is a technical violation. (National Federation)

Reinforced Crossface and Head Pry are legal.(Illustration 58) Pressure must be below the shoulder. However, if it is used beyond normal aggressiveness, unnecessary roughness could be called.

Functional Headlock: Pressure against the head is not illegal. (Illustrations 45, 57, *63 and 64)* Pressure around the head is illegal unless an arm is encircled at or above the elbow or a leg is included. (Illustrations 44, 46, 49, 50, 51, 55 and 56) (National Federation).

EXAMPLES:

1. In a double grapevine (belly to belly on the mat) it is permissible to lock hands around the head (to break a bridge) (Illustration 57) as long as pressure is unidirectional. If the offensive wrestler pulls up and then applies pressure around the head it could be illegal.
2. The defensive wrestler reaches back and clasps the head of the offensive wrestler and applies pressure against the head (unidirectional). (See Illustration 45) This is legal. If however, the wrestler reaches back with one arm and locks up around the head (without an arm encircled at or above the elbow) it is illegal. (See Illustration 44)

   The Federation seems to be implying that a circular or turning motion around the head is the primary concern in a headlock. Use this guideline accordingly

Headlock in the Guillotine: It is permissible to have the hands locked (without encircling an arm, elbow or above) once near fall criteria have been met and until the situation has ended. In NYS this will be allowed as long as the wrestlers move in and out of criteria on a continuing basis. If in the referee's judgment the situation moves out of criteria in such a position as to eliminate the possibility of a return to criteria the referee shall notify the offensive wrestler verbally that their opponent is "out of criteria" and allow reaction time for the **hold to be released** or stopped as potentially dangerous. If, through action the wrestlers come to their knees (and stabilize) the referee will stop the match and cause the hold to be released as potentially dangerous. This should not be called illegal because the situation was created by the defensive wrestler. Only when the offensive wrestler commits an action which in the referee's judgment is an intentional act to injure their opponent, will a penalty point(s) be awarded in the guillotine situation (unnecessary roughness). Once again, reaction time is the guideline; however, the referee is reminded that reaction time is defined as a maximum of 2 seconds and can be less if appropriate (especially in this case where there is a danger of injury).

Neck Wrench: These situations should be broken where possible or stopped if necessary, as potentially dangerous. Not all holds on the chin are potentially dangerous as potential neck wrenches. The potential to twist against the motion of the body is the key factor. Illustrations in the Rule Book show this difference. (See Illustrations 54, 70, 71and 72) If there is a twisting motion against the direction of the body this is an illegal neck wrench. If a wrestler repeatedly applies a neck wrench type of hold (potentially dangerous stage) in order to stop the match and frustrate an attempted takedown, reversal or breakdown by their opponent, the wrestler may be penalized under the rules governing stalling.

A figure four is defined as when the foot is directly behind the knee. If the foot is in front of the knee or anywhere below the knee, it will be considered a scissors. (National Federation)

Note: Occasionally when an offensive wrestler is applying a body scissors the actions of the defensive wrestler forces the foot off the calf into a figure four position. When this occurs, the offensive wrestler should not be penalized. This should be considered potentially dangerous.

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, this includes from a rear standing position. (Illustration 88)

Cut Back: Rule 7-1-5n If the free leg returns to the mat and is used to trip the opponent backwards this will be legal.

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

7-2 Potentially Dangerous Holds:

Chicken Wing: Pressure is the key word. Look for parallel pressure.

1. Arm is 90 degrees, chicken wing is legal
2. Arm gets to 45 degrees, referee should caution wrestler to keep it legal.
3. Arm gets parallel, referee will stop match and call potentially dangerous.
4. Arm gets parallel and pressure is applied, referee will stop the match and award a penalty point(s).

Reinforced Chicken Wing: This is legal, but potentially dangerous. (To be observed) It occurs when a wrestler applies a chicken wing and at the same time has control of the opponent's arm or wrist on the same side as the chicken wing and holds the arm or wrist under the opponent's body. In this situation, when parallel pressure is applied, it is impossible to create a twisting hammerlock.

Double and Single Arm Tie-Ups Rear Standing Position: Any time the wrestlers are standing and there is a double arm bar the match is to be stopped as potentially dangerous. A body lock with one or both arms trapped becomes potentially dangerous when the wrestler is lifted from the mat. (Illustration 103) In other rear standing positions such as the arm bar/tight waist and the arm bar with a half nelson the match is to be stopped as potentially dangerous only if the referee feels there is a potential for injury. Any time the wrestlers are standing and there is a single arm tie-up, if the wrestler applying the hold positions to execute a trip, stop the match as potentially dangerous.

All standing single arm tie-ups prior to a trip situation should be treated as potentially dangerous to be observed as discussed in the Rule Book under 7- 2-2g. (See Illustrations 101, 102 and 103)

Leg Wrestling (National Federation)

The attached information has been compiled after lengthy, in-depth review of materials provided at various National Rules Meetings, assorted articles, and discussions with experienced coaches and officials. The information contained should serve as a guide for coaches to teach aggressive tactics and for officials to recognize when a wrestler is not being aggressive in leg wrestling.

When a wrestler applies a cross body ride or a parallel leg ride, it is the offensive wrestler's responsibility to attempt to secure a fall or score points. Over the years leg wrestling has had its place in mat wrestling and still can be used as an effective means to score points or a fall. However, there is a tendency to allow the leg series to be used as a ride, which creates little or no action and brings the wrestling match to a dull state. For that reason, the burden to wrestle aggressively and score with the legs is generally put on the offensive wrestler.

While using the legs series the top wrestler must try to turn the bottom wrestler. The key to power in using the legs is to keep the hips above your opponent's hips. If the hips are below the opponent's hips, the wrestler has very little chance to turn their opponent and chances are they are only riding or will be locked up in a position where they are unable to score or progress the action. A stalemate would be called and charged to the offensive wrestler, assuming that the defensive wrestler has not caused the stalemate. If this situation occurs repeatedly (2 or more times), stalling will be charged against the offensive wrestler.

It is not the intention of the Rules Committee to eliminate leg wrestling altogether and it would be unrealistic for officials to allow a leg wrestler only one attempt to use leg techniques; therefore, at least two stalemates should be charged before warning or penalizing for stalling. Again, this is assuming that the defensive wrestler did not create the stalemate by clamping down on the offensive wrestler's arm. In this situation a stalemate is charge against the defensive wrestler using the same guidelines listed earlier.

NOTE: If the defensive wrestler simply covers up and refuses to wrestle, they will be subject to the rules governing stalling. A wrestler who is **clearly** stalling must be warned and penalized. There is no intention in these guidelines to allow blatant stalling to occur during leg wrestling by either wrestler.

The following information came directly from a National Federation publication

Example 1: Legs are in and the offensive wrestler can't improve.

1st stoppage = Stalemate, Offensive wrestler

2nd stoppage = Stalemate, Offensive wrestler

3rd stoppage = Stalemate + Warning Stalling, Offensive wrestler

4th stoppage = Stalemate + Stalling Penalty, Offensive wrestler

Example 2: Legs are in and the defensive wrestler clamps down on one arm of their opponent.

1st stoppage = Stalemate, Defensive wrestler

2nd stoppage = Stalemate, Defensive wrestler

3rd stoppage = Stalemate + Warning Stalling, Defensive wrestler

4th stoppage = Stalemate + Stalling Penalty, Defensive wrestler

The first example indicates legs are in and the offensive wrestler **(A)** can't improve. It is assumed that **(A)** is attempting to improve but can't do so and that is the reason for the stalemate. If **(A)** can't improve and a third stalemate is called, it is stalling. If **(A's)** hips are high and **(A)** is just hanging on and not attempting to improve, it is stalling. The key is whether **(A)** is really attempting to improve. If **(A)** is not attempting, no matter when, it is stalling. The offensive wrestler cannot use the leg series to merely ride the opponent.

In the second example, the defensive wrestler **(B)** clamps down because that is the counter to being turned and pinned. This should be obvious to the official and a very quick stalemate would be called. Repeatedly causing a stalemate, is considered stalling. If the wrestler simply covers up and refuses to wrestle, it is not a stalemate. This is stalling and should be called.

Stalemate: The offensive wrestler applies a grapevine and is unable to turn the defensive wrestler. The referee will stop the match as soon as possible after recognizing the stalemate. If used repeatedly (generally means 2 or 3 times), it results in stalling. (NF Casebook 2010)

Example 3: Stalemates: 6-4-2, Situation A: This covers the 3/4 Nelson situation, but it is comparable because the wrestler is effectively countering the 3/4 Nelson by bracing the chin with their elbows on the mat. It is an effective counter and creates a stalemate in the same way that the defensive wrestler creates a stalemate by clamping down on their opponent's arm in a leg situation.

Example 4: Grapevine and standing: It is not necessary to stop the match if the offensive wrestler has a free leg bobbing on and off the mat on a continuous basis.

If the defensive wrestler stands and the offensive wrestler applies a leg ride and jumps up to create a potentially dangerous situation, this may be considered stalling on the first offense. The referee shall use good judgment in determining what the offensive wrestler's intent was.

Example 5: Down on the mat with legs in and the defensive wrestler stands to create a potentially dangerous situation.

1st stoppage = Potentially Dangerous, Defensive Wrestler

2nd stoppage =Potentially Dangerous, Defensive Wrestler

3rd stoppage =Potentially Dangerous + Warning Stalling, Defensive Wrestler (assuming there was no prior warning).

4th stoppage = Potentially Dangerous + Stalling Penalty, Defensive Wrestler

Example 6: Defensive wrestler stands up and the offensive wrestler applies a leg ride and then jumps on their opponent's back in an obvious attempt to create a potentially dangerous situation.

1st stoppage: Potentially Dangerous + Warning Stalling, Offensive Wrestler

2nd stoppage: Potentially Dangerous + Stalling Penalty, Offensive Wrestler

7-2-2 **Stack (Pump handle) and Front Bridge:** When the top wrestler applies a stack and the bottom wrestler goes into a front bridge, treat as follows:

a) If the bottom wrestler's feet are off the mat it is potentially dangerous - to be stopped. (See Illustrations 94 and 95)
b) If the bottom wrestler goes into a front bridge on their toes, it will be considered potentially dangerous - to be observed similarly to the headlock situation.
c) If the bottom wrestler stays on their knees and uses their head as additional support, this is a front bridge and it is not a potentially dangerous situation.

Note: Anytime the neck is "flexed" awkwardly (to the limit of normal range of movement), the referee must be aware of the injury hazard and be prepared to stop the match. Special attention should be paid to the situation in which the head of the defensive wrestler is posted by the offensive wrestler applying the pump handle. The referee should try to be in a position to stop the match as soon as the offensive wrestler applies "lifting" pressure to the offensive wrestler's body while the head is posted to the mat. (See Illustrations 94 and 95)

Mills Series: This style from the advantage position of a half nelson and far arm tie-up (of many types) coupled with the spiral ride and "extensions" for additional pressure creates potentially dangerous situations. Any time the defensive wrestler cannot turn because of the far arm tie-up. (e.g. chicken wing, half nelson), this should be called potentially dangerous and stopped. If pressure becomes parallel instead of perpendicular the referee should be ready to stop the match as potentially dangerous or illegal if appropriate.

7-1-5p **Gable Bar:** In this maneuver the offensive wrestler **(A)** has the defensive wrestler **(B)** on their stomach on the mat **(A)** then applies a one-on-one or two- on-one straight arm pry, executes a high leg maneuver sitting on their own butt thereby posting the near shoulder of **(B)** with their own upper body. Now **(A)** takes **(B's)** wrist and rotates it inward so that the palm of the hand faces up. This effectively locks **(B's)** shoulder to the mat and is potentially dangerous. The match need not be stopped at this point, however, the referee should position themself at **(B's)** head to block the lifting of the arm if necessary.

a) Now **(A)** lifts the arm toward **(B's)** head with **(B's)** head facing away from **(A)**. The match should be stopped. If not stopped in time and the move is executed, it would be illegal. See illustration 80.

b) However, if **(A)** releases the posting of **(B's)** shoulder, allows movement and **(B)** looks towards **(A)**, **(A)** can drive perpendicular across **(B's)** back into a pinning situation. This move is legal. (See illustration 79)

7-4-2 Failure to keep shoulder straps up while on the mat is unsportsmanlike conduct. In NYS in dual meets a penalty will be called if both straps are down while any part of the wrestler is on the mat. If the wrestler is completely off the mat on the hardwood floor, the straps can be dropped without penalty. It is common in both individual and dual meet tournaments to have mats together and coaches chairs on the mats, New York State Wrestling Committee felt that wrestlers should not be penalized for taking shoulder straps down while in their corners dressing before or after their match. In tournaments a penalty will be called if both straps are down while any part of the wrestler is inside the minimum 28 foot circle. If the wrestler is completely outside the circle, the straps can be dropped without penalty. (New York State Wrestling Committee 2014)

SPORTSMANSHIP

Note: Failure to comply with end-of-match procedure is always a team point deduction.

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play. *(NYSPHSAA Handbook)*

As of July 1, 2013, the Dignity for All Students Act (Dignity Act-Section 52.2, Part 80 and 57-4) is to provide all public-school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through the promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs.

a. Coach:

Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports a multi- day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site.

Note: "Not being physically present at the site" means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.

Any coach that does not serve the penalty for violating the sportsmanship standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the section for further action. If the coach is involved in the NYSPHSAA play-offs, the matter will be referred to the Executive Director of NYSPHSAA.

Any coach:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the disqualification penalty takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.
4. The section athletic council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility can not exceed 1 year from the date of the disqualification.
5. A coach who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

b. Player:

Any member of a squad disqualified by a sport official for unsportsmanlike conduct, including taunting, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation.

Any Player:

1. Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
2. Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
3. Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest

of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.

4. The section athletic council will have the authority to extend the period of ineligibility in those cases where the action of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility can not exceed one year from the date of disqualification.

5. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate an official shall be expelled from the game immediately and banned from further participation in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

Note: Member of the squad includes player, manager, score keepers, timers, and statisticians.

c. Spectator:

1. Expectation Statement: Officials, just like student athletes and coaches, are critical to interscholastic sports programs. Without officials, NYSPHSAA and its member schools would not be able to provide interscholastic sports in the manner that is desired and expected by student athletes, coaches, and parents. Spectators are expected to "Be Loud, Be Proud, and Be Positive." Negative comments and inappropriate behaviors by spectators are required to be addressed by all and any school supervisors and administrators, as a member of NYSPHSAA. Spectators may be prohibited from attending current and future interscholastic contests based on their behavior. (Oct. 2022)

2. Spectator Regulation: Any negative, inappropriate, derogatory comments or actions that draw the direct attention of a supervisor or school administrator by a spectator or group of spectators are required to be addressed by the host school, Sectional or NYSPHSAA representative in the following non-sequential order depending on the comments or behavior:

- First warning – Directing the spectator or group of spectators to refrain from any negative comments or actions.
- Second warning – A personal discussion with the spectators or group of spectators on the above NYSPHSAA expectations and reminding the spectators or group of spectators of the next step, removal from the game or event, will be utilized if the behavior continues.
- Removal from the contest – The spectator or group of spectators will be directed to leave the facility for the remainder of the game or event. If spectators or group of spectators refuse to leave the game or event, play will be stopped until they vacate the premise.

Penalty for being removed from a game or event: Any spectator removed from a game or event will have a minimum penalty of completing the NFHS Parent Credential course (NFHS Course - https://nfhslearn.com/home/parents) or a one game suspension before they are allowed to attend any interscholastic event. Once the course is completed the spectator will provide a certificate of completion to the athletic department office. Schools are required to communicate with the offending spectator on the NYSPHSAA Sportsmanship Spectator Expectations.

• Depending on the severity of the behavior/comments or future disqualifications by the offending spectator NYSPHSAA and the Section may get directly involved in the situation. (May 2023)

d. Official:

Unprofessional conduct on the part of the official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator form the aggrieved school to the Section Executive Director. A request will be made to the appropriate sport official's chapter to investigate the incidence and to report their action to the section in a timely manner.

Taunting: Includes, but is not limited to, any actions or comments by coaches or players which are intended to bait, anger, embarrass, ridicule or demean other players, coaches or game officials. Included in this is conduct that berates, needles, intimidates or threatens based on gender, ethnic origin or background and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matter. Examples of taunting that would lead to ejection include, but are not limited to, physical and verbal intimidation outside the spirit of the game ("trash talk") reference to sexual orientation, "in the face confrontation" by one player to another, standing over, straddling a tackled or fallen player, etc. (NYSPHSAA Handbook)

Excessive Celebration: Actions such as, back flips, front flips or cartwheels done in celebration will be considered unsportsmanlike conduct. (NFHS)

5-2-1
5-2-2 **Intentional biting** is flagrant misconduct and may be called even if it is not observed by the referee. The referee must have cause to believe that it occurred during the match and was not "staged" prior to the match The rule states that if in the opinion of the referee, a wrestler bites the opponent, this will be deemed intentional biting and will be called flagrant misconduct. When the referee makes this call, it must be an occurrence that is brought to the referee's **immediate attention.** As an example, something that occurred in a previous period would not be given consideration. (NF Case Book)

7-5-5 **Flagrant Misconduct of Coach:** If a coach is removed from the premises for any reason and there is no qualified person present to take responsibility for the team, the meet becomes a forfeit regardless of time or score. A qualified person means a Certified Coach trained to handle emergency situations related to injury. The person does not have to have specific wrestling training but must have training such as First Aid and must have the proper certification in this regard.

9-2-1e A team forfeit is scored 1-0 and is counted as such. If the offended team is ahead, the score will stand.

7-6 **Stalling in the Advantage Position:** Add to part (c) that repeatedly grasping or interlocking around one leg of their opponent or their own leg to prevent them from scoring is stalling. The offensive wrestler trapping the heel to the buttocks is stalling. The heel to the buttocks is defined as a position. If the defensive wrestler is broken down off their base and the leg is trapped at less than a 45 degree angle (from heel to buttocks) the referee will apply the 5 second automatic stalling criteria. ***The referee shall signal and vocalize the 5 second count.*** The key is the trapped position for the purpose of riding with no attempt to work for a fall. These criteria should not be applied where the offensive wrestler ties up a leg while attempting to secure a fall from a perpendicular position. It should be noted that tying up a leg repeatedly regardless of length of time can be construed as stalling and should be penalized accordingly.

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

If a wrester 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 7-6-3e (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).

7-6-6d
4-1-1 NYS Interpretation: When a shoe comes off or becomes untied the 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 becoming undone or a shoe coming off will be accessed once the match is stopped to allow the offender to replace or retie the shoe.

Example 1: Defensive wrestler's shoe comes off or 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 shoe has come off or the laces untied of the offensive wrestler's shoe. The match will not be interrupted until the pinning situation has concluded and there is no significant action. If the match is terminated by a fall, the displaced shoe or untied laces will be disregarded.

Example 3: During an attempted takedown the wrestler attempting to score has a shoe come off. The match will not be interrupted, and the now shoeless wrestler may score a takedown.

If the shoe comes off or becomes untied and the automatic stalling violation would be a 2 point penalty or lead to disqualification the match will not be interrupted until there is no significant action.

Note: Treat these violations as though they don't occur when the shoe comes off or untied. The violation occurs when the match has been interrupted to replace or retie the shoe.

Exception: If either wrestler has benefitted from the shoe coming off during an attempted escape, reversal or takedown, the match will be stopped, and no points will be awarded. The wrestler may not profit from the shoe coming off.

If the match is stopped for any reason, injury time, blood time, etc. and the official discovers that the wrestler's shoe has come untied the stalling violation will still be in effect. However, if the wrestler wants to make adjustments to their laces during a timeout they may do so without penalty. Adjusting legal equipment during a timeout is not a violation. **Casebook situation 8-41D is not accurate by NYS interpretation.**

Rationale: The intent of this rule was to prevent a wrestler from taking unnecessary time outs to retie or replace 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) comes untied or the shoe comes off, it will be penalized while the match is being delayed to retie or replace the shoe.

Stalling During The Ultimate Tiebreaker

The ultimate tie breaker presents a different format when it comes to stalling. The referee should take into account that the offensive wrestler does not have to score to win and can win by controlling the defensive wrestler for 30 seconds. If the defensive wrestler scores the match is concluded. This could be by an escape, reversal or through a penalty point(s). If the offensive wrestler scores the match is also concluded. If neither wrestler scores, the offensive wrestler will be awarded one point and declared the winner. To ensure that the offensive wrestler does not take advantage of the 30 seconds by just grabbing onto a body part(s) and holding on, a stalemate should be called immediately. After determining that the offensive wrestler has grabbed onto a body part(s) solely in an effort to prevent the defensive wrestler from scoring, the offensive wrestler will be given one quick stalemate. Following the quick stalemate wrestling will resume from the offensive starting position on the mat. If the offensive wrestler uses any tactic designed to "freeze wrestling" or any of the tactics listed below stalling shall be called. The obligation to attempt to secure a fall goes away during the ultimate tiebreaker but the offensive wrestler is still obligated to wrestle.

If the offensive wrestler immediately grasps an ankle and is simply hanging on, or drops to both ankles (watch for locked hands), jumps into a side head lock with no attempt to improve or lifts the opponent off the mat with no attempt to bring them back down, one quick stalemate will be called. If the offensive wrestler continues any of these or similar maneuvers, stalling will be called.

If the offensive wrestler is holding a leg in the air from a standing position or is in a rear standing position, they must attempt to return their opponent to the mat just as they would in the regulation match.

Note: Once the offensive wrestler successfully returns their opponent to the mat there is no obligation to attempt to pin. It is acceptable to ride their opponent and remain parallel. Controlled wrestling examples would include but not be limited to: cradle, arm bar, chicken wing, spiral ride, half nelson, two on one, heal to the butt, leg rides etc. There is no obligation to come out to the side and get off the opponent's hips. (2015-16 NFHS Pre-Season Guide)

8-1-3 **Incorrect Starting Position and False Starts:** 5-4-1
5-4-2

NYS: When either wrestler assumes an incorrect starting position, the referee will issue a verbal correction, not a caution. Assuming an incorrect starting position will be penalized when, in the judgment of the referee, a wrestler assumes an incorrect starting position:

a) Repeatedly.

b) To gain a distinct advantage over their opponent.

c) To demonstrate obvious disregard for the referee's instructions or the rules.

This rule variation applies only to incorrect starting positions. False starts will be penalized in accordance with the National Federation penalty chart.

NOTE: Historically, by Federation interpretation, the term repeatedly has meant TWO OR MORE TIMES. This applies to creating potentially dangerous situations, causing stalemates, etc. In this rule modification, the phrase TWO OR MORE means allow for two corrections at a minimum, unless you feel there is disregard for your instructions or intent to gain unfair advantage. The third time should carry a caution or penalty, but the referee has the option to continue to correct using good judgment.

8-1-7 **NYS NOTES:** A wrestler disqualified for Flagrant Misconduct in a dual meet tournament cannot compete in other dual meets during that tournament regardless of length of time to complete the tournament. The penalized wrestler's team can insert another wrestler in the vacant weight class who has been properly qualified as to weigh-in and other tournament procedures (except for the meet in which the incident occurred). Removal of points earned will not be retroactive in these cases due to the complications of team scoring.

8-2 **Injured Contestant:** In the event of injury to a contestant the referee has the authority to terminate a match whenever they feel that the contestant would be in danger of further injury if they were to continue to wrestle. Coach, parent, trainer or a person who is a medical doctor or claims to be a medical doctor and is not the attending physician cannot override the referee's decision.

The designated on site physician who states that an injured contestant can continue wrestling does bear the responsibility for any further injury to that contestant. The referee can override the attending physician in this case and not allow the wrestler to continue.

UNDER NO CIRCUMSTANCES CAN THE DECISION OF THE DESIGNATED ON SITE PHYSICAN THAT A CONTESTANT NOT CONTINUE BE OVERRULED BY ANYONE INCLUDING THE REFEREE.

If a physician is present, who is not officially the attending (on site) physician, and recommends the wrestler not continue, the referee shall not override this decision.

During an injury time out if a designated-on site medical person is available and the coach makes a request to have their wrestler examined, the referee will stop the injury clock and it will only be restarted once the appropriate medical personnel arrive at mat side. (Only the appropriate medical person can request the additional HNC time out.

HNC (extended injury time) evaluation only applies to injuries to the head, neck, cervical column or nervous system and 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. All teams in attendance can use the designated medical person for extended time.

   If a 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 HNC time out and only for wrestlers belonging to their school.

2. In dual meets, if there are no appointed medical personnel, but the school has brought their own appointed medical personnel, the athlete may be given an HNC time out.

   Example 1: The home team designates their trainer as the designated on-site medical personnel. If the visiting team did not bring medical personnel, the designated on-site medical personnel provided by the home management may be used and given extended time for concussion evaluation (HNC) for both teams.

   Example 2: The home team does not have any medical personnel to designate but the visiting team did bring their own medical personnel that person can be used for extended time (HNC) but only for the away team.

3. If there are no designated medical personnel or school appointed medical personnel, the athlete is not given extended time. Only an appropriate health care professional as listed under item 1 above can request an HNC time out. Coaches and referees are not allowed to request an HNC time out, but they can request to have their wrestler examined by the appropriate medical personnel if available.

When a request is made to have a wrestler examined by a designated onsite health care professional, the injury clock will be shut off and will be restarted when the designated health care professional arrives at matside.

NYSPHSAA (Revised 8/19/10) NFHS Concussion Rule

This memo is to serve as a clarification of the NFHS Concussion Rule, effective for the 2010-2011 school year, for the sports that use the NFHS rules.

The NFHS Concussion Rule states, "Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headaches, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional". The NFHS emphasizes in the concussion rule that **coaches and officials are NOT expected to "diagnose" a concussion**. This is the responsibility of the appropriate health- care professional.

The responsibility for observing signs, symptoms, and behaviors that are consistent with a concussion is shared by both sport officials and school officials. The following protocol should be followed if any signs, symptoms or behaviors are observed.

Sport official: Remove the athlete from the contest. The official is NOT responsible for the sideline evaluation or the management of the athlete once they have been removed from the game. The official does not have to receive any paperwork clearing the player to return to the game.

School official: The athlete needs to be assessed by an appropriate health care professional. School health personnel are considered appropriate health care professionals. School health personnel include the Chief School Medical Officer, school nurse, physician, certified athletic trainer or an EMT that is a member of the on-site EMS squad. If the appropriate health care professional suspects a concussion, the student athlete MAY NOT return to the contest. The athlete MAY NOT return if an appropriate health care professional is not available. The NFHS and NYSPHSAA recommend that any athlete that suffers a concussion should not return to play the day of the injury. A student athlete that has been diagnosed with a concussion MUST be cleared by the Chief School Medical Officer.

The NFHS and NYSPHSAA have developed many resources to help school officials, sport officials, parents, and students learn more about concussion management. A concussion DVD, sideline cards, and other useful materials can be found on the NYSPHSAA website (www.nysphsaa.org). A cost-free concussion management course can be found on the NFHS website (www.nfhslearn.com).

We have included a list of possible signs, symptoms, and behaviors that can be observed by sport officials and school officials. We have also included for school officials a recommended return to play protocol. We encourage anyone that has questions or concerns to contact the NYSPHSAA office or the Section Concussion Management Team.

SIGNS, SYMPTOMS, AND BEHAVIORS OF A POSSIBLE HEAD TRAUMA

1. **Problems in Brain Function**
   a. **Confused state —** Dazed look, vacant stare, confusion about what happened or is happening.
   b. **Memory problems —** Can't remember assignment on play, opponent, score of game, or period of the game. Can't remember how or with whom he or she traveled to the game, what he or she is wearing, what was eaten for breakfast etc.
   c. **Symptoms reported by athlete —** Headache, nausea, or vomiting, blurred or double vision, oversensitivity to sound, light or touch, ringing in the ears, feeling foggy or groggy.
   d. **Lack of sustained attention —** Difficulty sustaining focus adequately to complete a task or a coherent thought or conversation.
2. **Speed of Brain Function:** Slow response to questions, slow slurred speech, incoherent speech, slow body movements, slow reaction time.
3. **Unusual Behaviors:** Behaving in a combative, aggressive or very silly manner, or just atypical for the individual. Repeatedly asking the same question over and over. Restless and irritable behavior with constant motion and attempts to return to play or leave. Reactions that seem out of proportion and inappropriate. Changing position frequently and having trouble resting or finding a comfortable position. These can be manifestations of post-head trauma difficulties.
4. **Problems with Balance and Coordination:** Dizzy, slow, clumsy movements, inability to walk a straight line or balance on one foot with eyes closed.

8-2-7 **Blood:** The 5 minute blood time is cumulative throughout the- match and overtime. Five minutes is the maximum amount. The referee has the authority to terminate the match prior to the wrestler using their entire 5 minutes, if in the referee's judgment the bleeding is so severe as to be a health hazard or if it is putting either wrestler at a distinct disadvantage.

Anytime a wrestler is bleeding, the bleeding must first be controlled and then, if necessary, injury time may be used. If, however, bleeding is not controlled in five minutes (or the remaining amount of the maximum of 5 minutes "blood time" remaining), the match shall be terminated. Injury time cannot be used to control bleeding after the five minutes cumulative time has expired.

In any injury timeout situation other than ***recovery time***, when a wrestler is bleeding, that wrestler will be put on the blood clock first, before the injury time clock is started.

Recovery time. If a contestant is injured or bleeding as a result of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the wrestler is entitled to two minutes of recovery time, which is not deducted from the injured wrestler's injury time allowance nor shall it constitute an HNC time-out. (8-2-2)

Blood trumps everything ***except recovery time.***

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 we will run the clocks simultaneously when necessary.

Rubber gloves on both hands are mandated for blood clean up. (NYSPHSAA) Violation of this rule is **not** penalized by the official.

RULE 9 - SCORING

Fall, Near Fall and Technical Fall (5-11-2c)

If a near fall creates a 15 point advantage, the match shall continue until the near fall criteria is no longer met. Conclusion of the near fall criteria is immediate. Once a near fall has been earned and the number of points earned create a 15 point advantage. The match will continue until near fall criteria is no longer met even though the near fall points have not been awarded.

The above interpretation will also apply to a takedown in the one-minute Sudden Victory period that goes directly into near fall criteria or a reversal that goes directly into near fall criteria during the ultimate tie breaker.

In a situation where the wrestler winning by a technical fall as described above commits a flagrant misconduct violation there will be no winner.

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 so 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.

9-2-lb If the defensive wrestler commits an act that must be penalized (other than flagrant misconduct), wrestling shall continue as described under Rule 8-1-2d. If the offensive wrestler commits an act that must be penalized, wrestling shall be terminated, but the technical fall will not be negated. Only flagrant misconduct by the offensive wrestler will negate the technical fall. Flagrant misconduct by either wrestler will terminate wrestling prior to the situation ending.

If a wrestler with a 15 point advantage is holding their opponent in near fall criteria and commits an unsportsmanlike act the match will be terminated, the penalty will be the deduction of one team point.

Tournament Scoring (New York State):

If multiple entries are permitted in tournaments the Tournament Director must declare that either all individuals will be scored, or team scores will not be tallied.

9-2-3 **Tournament Scoring (National Federation):**

When there are only 2 entries in a weight class, the winner of the match would get first place points, and the loser would get second place points. If you were scoring six places, the winner would get 16 points plus any points earned for a fall, etc., and the loser would get 12 points. There would be no advancement points from a prior round. If there were 3 contestants in the weight class, one would get a bye and would receive the appropriate advancement points for the bye only if the wrestler is the winner of the final match.

9-2-3ab There must be a bout competed in a round in order that those who received byes have the opportunity to earn advancement point(s). Many times a bracket is not full and all competitors receive so-called byes. Actually, these are not byes as there were no bouts in that round. This eliminates inflated team scores by receiving points that were not earned.

RULE 10 - CONDUCT OF TOURNAMENTS

In individual tournament competition the winning wrestler is required to sign the bout sheet after verifying the results. (NYSPHSAA Wrestling Committee meeting 5/12/06 minutes)

In tournaments being scored electronically the winning wrestler must still report to the scorer's table to verify the match results.

N.Y. STATE TOURNAMENT APPEALS

The NYSPHSAA adopted an Appeals Procedure for use at NY State Wrestling Tournaments. It is limited ONLY to misapplication of a rule or rule interpretation and includes a waiver that allows for a possible video review only for the State Tournament Semifinals, ***Blood Round, Placement Rounds*** and Finals. It does NOT allow for the review of takedowns, control, etc. and is not the same system used by the NCAA where the coach throws out the brick to question a call.
Beginning 2025-26: Officials only may request a video review to determine if a scoring situation occurred after time expired at the end of a period.

APPEALS PROCEDURE FOR NY STATE WRESTLING TOURNAMENT

1. The Appeals Committee shall be the NYSWOA President, NYSWOA Past President and the NY State Rules Interpreter. The NY State Wrestling Chairman will oversee the operation and participate in the process but will not be a voting member of the committee.

2. What Qualifies for Appeal and what procedures are followed

- **a.** The ONLY appeals that will be honored and ruled on by the Appeals Committee must involve a misapplication of a rule or a rule interpretation. As usual, calls involving judgment cannot be questioned nor can they be appealed.
- **b.** The coach must first follow the procedures in the Rulebook (Rule 6-6-6). The coach must tell the mat official that he wants to appeal the referee's application of the rule or interpretation as soon as possible and prior to the start of the subsequent period.
  1. If the appeal is at the end of the match, only the offended wrestler must remain on the mat, but the mat official shall instruct the other wrestler to remain in the mat area.
  2. The Appeals Committee shall be summoned. The coach has two (2) minutes to state their case, but the Committee may want to question him additionally. Videotape will, NOT be submitted as evidence, nor shall the Appeals Committee review any tape prior to making their decision. The referee and assistant shall explain the call and the rationale for it. The NYSPHSAA has granted a waiver of National Federation Rule 3-1-9 and will allow video review for ONLY the NY State Wrestling Tournament Semifinals and Finals only if the Appeals Committee requests it (no coach can request the video replay) and only video from State Tournament supplied cameras will be used. (Waiver approved 2021)
  3. The Appeals Committee shall meet alone where they can be free from any interference and once they present their decision, it is FINAL. The NYSWOA President will inform both coaches of the committee's decision.
     - **a.** If a rule or interpretation has been misapplied, any penalties for misconduct levied against the coach because of his protest, shall be removed. The situation shall be corrected and bad time re-wrestled, if necessary.
     - **b.** If the appeals Committee rules that it is judgment being questioned, the coach shall be penalized for misconduct according to the rulebook only if the coach has not already been penalized during the match for questioning the same judgment call.
     - **c.** If the Appeals committee rules that the referee's decision was correct, the coach will be penalized for misconduct in accordance with the penalty chart. However, the coach may be penalized for any unsportsmanlike actions after the decision has been rendered.

These are some guidelines for the Appeals process:

Examples of what might be appealed:

- Official awarded 2 sets of NF points in cradle situation.
- Wrestlers started in the wrong position after re-start from out of bounds or at start of third period.
- Incorrect scoring: Points not recorded or cumulative penalty points not awarded properly.
- Points incorrectly awarded during bad time.

Examples of what <u>cannot</u> be appealed:

- Takedowns, control, number of NF points awarded
- Out of bounds calls
- Stalling
- Slam or Unnecessary roughness
- Any judgment call

Procedures:

- If there is a question, only the official and assistant confer. The call is determined and stands. If coach insists on appeal, the NYSWOA President will be summoned and the NYWWOA President will initiate the process which will be followed specifically as written in the Appeals Procedure. There will be no separate discussions between members of the Appeals Committee and the coaches or officials.
- If the Appeals Committee determines the appeal did not meet the criteria for appeal, the match official will assess the misconduct penalty.
- A waiver allows for video review for the ***blood round, placement rounds,*** semifinals and finals only when the Appeals Committee determines it is absolutely necessary and video will be viewed only by the Appeals Committee and the officials involved.
- During the Appeals Procedure, wrestlers will be allowed to return to their corners.

MODIFIED WRESTLING

Detailed information about Modified Wrestling is found in the NYSPHSAA Handbook on the NYSPHSAA website. The requirement for head gear, hair covers and tooth and mouth covers has not been waived.

Rule 2-1-1 has not been waived; therefore, all modified wrestling matches shall use National Federation Rules which require a minimum 28 foot circular wrestling area.

Game Conditions

1. A contestant (or team) may participate in competitions not to exceed 14 points during their season. Points assessed to competitions are as follows:
   a) 1 Point meets are any competitions where a wrestler or wrestlers compete in one or two bouts.
   b) 2 Point meets are any competitions where a wrestler or wrestlers compete in three or four bouts.
2. No contestant (or team) can accumulate more than 10 points out of the maximum 14 points allowed via 2 point contests.
3. No contestant (or team) can accumulate more than 4 points per week.
4. There shall be no competition between wrestlers with an age difference of more than 24 months.
5. At least 2 nights shall elapse between contests. ***So long as Modified teams abide by their weekly points rule then only 1 night's rest is required.***
6. The time periods for bouts shall be as follows:
   a. If a contestant competes in only one bout per contest, the time periods are:
      - Program 1: Three 1 and 1/2 minute periods
      - Program 2: 1st Period 1 minute, 2nd and 3rd Periods 1 and 1/2 minutes
   b. If a contestant competes in two, three or four bouts per contest, the time periods will be either:
      - Three 1 minute periods, or
      - 1st Period: 1 minute, 2nd and 3rd Periods: 1 1/2 minutes.

   There must be a ***20***-minute rest period between bouts.
   c. With Section approval, When the contestants are tied at the end of the three regular periods, they may wrestle overtime. Overtime will first consist of one 30 second sudden victory period in which the wrestlers will start in the neutral position, and if the score is still tied after this sudden victory overtime period wrestlers may use another 30-second ultimate ride out tiebreaker using the NFHS game rules for overtime. (July 2023)
7. Weight Control:
   a. The Physical Education Director shall establish each wrestler's weight class prior to the first match. A contestant may not wrestle out of this established weight class except as indicated under (b).
   b. No attempt at weight reduction before the official weigh-in is permitted except on written permission from the parents and a written recommendation of a physician. Once a wrestler is established in a weight class, weight reduction and participation in a lower weight class is permitted only under a doctor's authorization and with the parent's permission.
   c. A squad list, indicating the established weight classes for each team member as well as birth dates and ages, shall be sent to all opposing schools.
   d. Wrestlers participating in the Modified Program may progress in weight in their individual classes at the same pound and date allowance as high school wrestlers.
8. Weigh-ins on the day of a dual meet shall be established by the Section Athletic Council.
9. For multi-school contests, refer to General Eligibility Rule #10.
10. With Section/League approval, wrestlers shall have the option of wearing an alternative to the traditional singlet. Uniform must include a form-fitting compression shirt and compression shorts, or a form-fitting compression shirt under the school uniform singlet.

Game Rules (Program 1)

1. Weight Classes: the official weight classes for competition are: 80, 86, 92, 98, 104, 110, 116, 122, 128, 134, 140, 148. For schools having only 7th and 8th grade students a 155 pound weight class may be optional. Optional classes may be 74, 165 and unlimited classes with contestants competing weighing within 10 pounds of each other. Minimum weight for the 74 lb. weight class is 67 lbs.
2. Honor Weigh-in: The procedures described in the Wrestling Weight Control Plan shall be followed. (NYSPHSAA Handbook)
3. There is no limit to the total team bouts in a contest.
4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count number of bouts won or a combination of both. All bouts to count in team scoring.

Game Rules (Program 2)

1. Weights: Wrestlers may wrestle each other within a 10 1b. variance.
2. Matching Wrestlers: Both coaches will get together and match their wrestlers. All safety measures on the squad roster form are to be used to equalize competition, namely, experience, physical strength and maturity
3. There is no limit to the total team bouts in a contest.
4. Scoring: Use regular scoring system with teams receiving zero points for tied bouts or count the number of bouts won or a combination of both. All bouts to count in team scoring.

Officiating: (NYSPHSAA Handbook) Proper officiating is a most important safety factor. The following policies should be in effect:

1. The use of the "fast whistle" is mandatory when participant safety is questionable.
2. Strict enforcement of all rules violations will inculcate the proper playing habits and attitudes.
3. Special attention should be made to determine "potentially dangerous" holds in wrestling and to eliminate them.

Certified officials conduct contests whenever possible.

New York State Wrestling Officials Association
Girls Wrestling Officials "Pathways" document
Adopted by NYSWOA 05/16/24

This document groups together 4 types of individuals who may be interested in officiating girls freestyle wrestling and identifies the requirements/pathways for them to become certified to officiate NYSPHSAA girls freestyle wrestling events. The 4 groups are comprised of individuals who are: (1) current NYSWOA members who are in good standing and are USA Wrestling (USAW) certified, (2) current NYSWOA members who are in good standing and are not USAW certified, (3) individuals who are not a member of the NYSWOA and are USAW certified, and (4) individuals who are not a member of the NYSWOA and are not currently USAW certified.

1. Current NYSWOA Folkstyle Varsity Official, current USAW Certification

- NYSWOA boys varsity official who is a member in good standing of a local NYSWOA chapter (passed NFHS exam, met NYSPHSAA 5-point program, met financial obligations, etc.)
- Take and pass a Freestyle written exam annually.
- Qualified to officiate freestyle wrestling by USAW at the M3, M2, M1C, or M1 level, and has current USAW Leader Member Certification.
    - An active varsity folkstyle official who is a M3 level freestyle official may officiate girls wrestling events at the local level during the regular season.
- The Girls Wrestling Rules Interpreter designated by the NYSWOA will submit the names of those qualified officials to the NYSWOA Secretary by October 1st of each year. The NYSWOA secretary will send those names to the local chapters and those chapter's assigners will assign all girls freestyle contests to any officials in their chapter who have USAW girls freestyle certification.

2. Current NYSWOA Folkstyle Varsity Official, not USAW Certified

- NYSWOA boys varsity official who is a member in good standing of a local NYSWOA chapter (passed NFHS exam, met NYSPHSAA 5-point program, met financial obligations, etc.)
- Take and pass a Freestyle written exam annually
- Attend USAW clinic(s) and become qualified to officiate girls freestyle wrestling by USAW at the M3, M2, M1C, or M1 level and obtain USAW Leader Member Certification.
    - An active varsity folkstyle official who is a M3 level freestyle official may officiate girls wrestling events at the local level during the regular season.
- The Girls Wrestling Rules Interpreter designated by the NYSWOA will submit the names of those qualified officials to the NYSWOA Secretary by October 1st of each year. The NYSWOA secretary will send those names to the local chapters and those chapter's assigners will assign all girls freestyle contests to any officials in their chapter who have USAW girls freestyle certification.

3. Current USAW Certification, not a member of NYSWOA

- Join a NYSWOA chapter, pay all dues (including insurance), pass background/fingerprinting, meet all other requirements of the local chapter to be in good standing.
- Take and pass a Freestyle written exam annually.
- Meet requirements for the 5-point program. This may include NYSWOA and/or chapter business meetings and specific girls freestyle meetings or clinics set up by the girls freestyle chapter interpreter, regional interpreter or state interpreter, or USAW. Attendance at those meetings must be documented in writing to the chapter secretary.
- Will only be eligible to officiate NYSPHSAA girls freestyle events. If member also wants to officiate boys/mixed competition wrestling they will need to meet the requirements of the local chapter to be eligible.
- Certified to officiate girls freestyle wrestling by USAW at the M3, M2, M1C, or M1 level, and has current USAW Leader Member Certification.
    - An active varsity folkstyle official who is a M3 level freestyle official may officiate girls wrestling events at the local level during the regular season.

4. <u>Not a member of NYSWOA, not USAW certified</u>

- Join a NYSWOA chapter, pay dues, pass background/fingerprinting, meet any other requirements of the local chapter to be in good standing.
- Take and pass a Freestyle written exam annually.
- Meet requirements for the 5-point program. This may include NYSWOA and/or chapter business meetings and specific freestyle meetings or clinics set up by the girls freestyle chapter interpreter, regional interpreter or state interpreter, or USAW. Attendance at those meetings must be documented in writing to the chapter secretary.
- Will only be eligible to officiate NYSPHSAA girls freestyle events. If member also wants to officiate boys/mixed competition wrestling they will need to meet the requirements of the local chapter to be eligible.
- Minimum of 2 consecutive years of freestyle officiating to be eligible to officiate girls freestyle varsity matches
- Certified to officiate girls freestyle wrestling by USAW at the M3, M2, M1C, or M1 level, and has current USAW Leader Member Certification.
    - An active varsity folkstyle official who is a M3 level freestyle official may officiate girls wrestling events at the local level during the regular season.

5. **<u>Other Items</u>**

- Officials assigned to sectional or regional wrestling events and to the Girls State Tournament shall be at the M2, M1C, or M1 level, and have current USAW Leader Member Certification.
- Two officials per mat shall be used in individual State Tournaments.
- Officials who are refereeing both NYSPHSAA folkstyle and freestyle events can meet the 5 point plan through a combination of folkstyle and freestyle meetings and clinics. Officials who are refereeing both styles will need to pass a written exam for each style annually.

<u>NYSPHSAA Definition of "Approved Official" and "Five Point Program":</u>

"Officials shall qualify through completion of the **Officials' Five Point Program.** Each approved official shall:

1. Observe the constitutions and bylaws of their local and state officials' organization.
2. Attend interpretation meetings and clinics of the local organization each year.
3. Give satisfactory evidence of proficiency in the mechanics of officiating and of competent performance related to the specific sport.
4. Pass the National Federation, State, or other approved rules examination.
5. Are listed with the NYSPHSAA, Inc. Executive Director"

NYSPHSAA Handbook (rev. 08/23)
ByLaws and Eligibility Standards, Section 4, "Approved Officials", (Page 29)