

NFHS 2006-07 Wrestling Rules Changes

- 1-3-1** Each state association shall develop and utilize a weight-management program that includes a specific gravity not to exceed 1.025; a body fat assessment no lower than seven percent for males/12 percent for females and a monitored weekly weight loss plan not to exceed 1.5 percent a week.
- 3-1-4e** Head coaches and captains are required to meet with the referee prior to each dual meet.
- 3-2-2a** Technical violations and potentially dangerous holds have been added to the list of items that must be verbally communicated to the referee when an assistant referee system is used.
- 3-2-2f** When the referee and assistant referee meet to confer, the meeting shall take place away from the scorer's table.
- 4-1-1c** The restriction for a garment extending below the singlet has been modified to allow a tight-fitting, single-solid color, unadorned product that does not extend below the knee.
- 4-4-4** The 275-pound class has been increased to 285 pounds.
- 5-11-2f-i** The determination of when to award additional near-fall points for acts by the defensive wrestler has been clarified.
- 5-18-2** A match begins when the proper wrestler reports to the scorer's table in dual matches.
- 6-2-2** A wrestler who properly reports to the scorer's table for a dual match cannot be withdrawn or replaced without causing the individual to be disqualified and the weight class forfeited.
- 6-6-4a1 & 6-6-5a1** Any error, other than bad time (Art. 1) or positioning (Art. 2), shall be corrected prior to the start of the next period, regulation or overtime. For the correction to be made during the last period, it must be corrected prior to the wrestler/coach leaving the mat area.
- 6-7-1** The Overtime shall consist of a one-minute Sudden Victory period; if no scoring occurs, two 30-second tiebreakers shall be utilized; and if the score remains tied a 30-second Ultimate Tiebreaker will be completed.
- 7-1-4** The penalty for pulling back the fingers has been clarified to indicate the act of grasping is not an automatic violation.
- 7-1-5** Hand(s) to the face and/or raking the eyes have been added to the listing of illegal holds.
- 7-3-2** The term "fleeing" has been added to the rule.
- 8-1-2c** An exception has been added indicating that the match will not be stopped to penalize the offensive wrestler for stalling when the defensive wrestler has come to the standing position.

Points of Emphasis

1. Concussions
2. Unnecessary Roughness and Slams
3. Weigh-in Procedures
4. Uniform Requirements
5. Socks and Other Special Equipment Use