

Wrestling is an excellent sport. It has many excellent athletes who excel at the sport. However, just as every athlete could improve, so can the sport in itself. With the proper rule changes wrestling could become even better.

The first thing that could help is to make the rules for high school wrestling more like the rules for collegiate wrestling. The officials should handle stalling in high school the same way they do in college, counting off the five seconds out loud and then hitting the guilty man with the stalling warning or point. This rule change could significantly increase the amount of action on the mat and make the sport even more exciting to watch. Another rule change that could benefit high school wrestling is the out of bounds rule. Again, if the rule was more like college rules, the action on the mat would be more exciting. It would be harder for the wrestlers to dive out of bounds to save themselves from giving up points. Only one point of contact is needed in the lines to continue the action. A lot of college wrestlers get into really good scrambles on the edge of mat. The guy who came out on top with a takedown or reversal was not always the guy who looked like would win the position. The N.C.A.A. National Championship was some of the most exciting wrestling of the entire 2015 to 2016 season. There were plenty if scrambles on the edge of the mat. With these rule changes high school wrestling could be drastically improved.

In addition to the rule changes, wrestling could be improved by changing the way weight certification is done. The system in itself is good. However, it is very difficult to make a desired weight without having any practices. If teams were allowed to practice one or two weeks before weight certification it would be a lot easier for these athletes to make their desired weights and remain hydrated. Not only would making weight be easier, but it would also make it healthier. The weight would be sweated off from practices which, in turn, may reduce the amount of voluntary starvation and dehydration. With more weight coming off naturally by burning calories and sweating, the need to reduce or completely stop calorie and water intake will be reduced.