



Girls wrestling rules clarification:

All NFHS rules for wrestling will be used **except following a takedown, technical falls, at the start of the second, third and overtime periods and starting/stopping clock.**

- Weigh procedures, uniform, hair coverings, penalties, nearfall criteria, unsportsmanlike conduct, flagrant misconduct, etc. will all follow the NFHS rules.

Conduct of the match

- The match will be three 2-minute periods. The clock will run continuously for each 2-minute period.
- Wrestlers will start in the neutral position for all three periods.
- Once a takedown is scored the wrestlers will be brought back to a neutral standing start and wrestling will be resumed, unless the back of the wrestler being taken down is exposed to the mat.

- If a takedown is scored resulting in a near fall or fall situation, wrestling on the mat will continue with nearfall points being scored.
- If a wrestler has their back exposed to the mat and they roll the other wrestler with their back exposed to the mat the match will continue with reversal and possibly nearfall points being scored
- Overtime will continue until one wrestler scores, either by takedown or penalty point.
- A technical fall will occur when there is a 10 point difference in the match score

Situations

Situation: Wrestler A checks in at the scorer's table with hair not meeting the NFHS rule 4.2.1 and not wearing a legal haircovering.

Ruling: Wrestler A would be penalized a technical violation for appearing to the mat not properly equipped, will be charged with their first timeout and given 1 ½ minutes to become properly equipped. If they are not properly equipped within the 1 ½ minutes they will default the match.

Situation: Wrestler A takes wrestler B down on the mat with wrestler B in the referees position.

Ruling: The official will signal two points for the takedown, blow their whistle, have the wrestlers stand up where they are, stand

between them and blow whistle for them to begin wrestling again. *Note the clock will not be stopped when the referee blows their whistle after the takedown.

Situation: Both wrestlers go out of bounds

Ruling: The referee will blow their whistle, have the wrestlers move about 10 feet inbounds, stand between them and blow whistle for them to begin wrestling again. *Note the clock will not be stopped when the referee blows their whistle when the wrestler went out of bounds.

Situation: Wrestler A takes wrestler B down with wrestler B's back exposed to the mat. Wrestler B can be on their side with back exposed, on their lower back with back exposed, or in nearfall criteria.

Ruling: The referee will allow wrestling to continue giving wrestler A the ability to get wrestler B into nearfall criteria to earn nearfall or a fall. If wrestler B gets to their stomach or base the referee will award any nearfall points earned, blow their whistle, have the wrestlers stand up where they are, stand between them and blow whistle for them to begin wrestling again.

Situation: Wrestler A takes wrestler B down with wrestler B's back exposed to the mat. Wrestler B rolls wrestler A through with wrestler A's back now being exposed to the mat.

Ruling: The referee will allow wrestling to continue giving wrestler B the ability to get wrestler A into nearfall criteria to

earn nearfall or a fall. If wrestler A gets to their stomach or base the referee will award the reversal and any nearfall points earned, blow their whistle, have the wrestlers stand up where they are, stand between them and blow whistle for them to begin wrestling again.

Situation: The scored is tied at the end of the third period.

Ruling: The referee will start the wrestlers in the neutral position and wrestling will continue until one wrestler scores by takedown or penalty point. The timer does NOT need to run the clock.

Situation: Two girl wrestlers match up during a standard team dual meet or tournament.

Ruling: The girls will NOT use the modified girls rules, unless it is a designated girls dual meet or tournament.