

WISCONSIN INTERSCHOLASTIC ATHLETIC ASSOCIATION
2025-26 NFHS Wrestling Rules Book
(PLEASE KEEP WITH YOUR RULES BOOK)

WISCONSIN ADAPTATIONS TO NATIONAL FEDERATION RULES

- a. A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete game or meet) at the same level of competition as the disqualification.
- b. An athlete who is ineligible for participation due to flagrant/unsportsmanlike conduct, athletic and/or academic code violations or is ineligible for any other reason shall not be allowed in uniform or to participate in pre-meet warm-ups or any pre-meet activity, including weigh-ins, during the period of ineligibility. Violation of this provision will result in the deletion of all individual and team points for that weight class and the wrestler will be subject to suspension as outlined in B (above). Exception: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that meet/event.
- c. Coaches are required to provide the referee a written line-up prior to weigh-ins. All actual weights are to be recorded by the referee on the line-up form provided and once recorded cannot be changed or deleted even if the wrestler does not compete. Anyone for whom an actual weight is not recorded is not eligible to wrestle. Coaches are required to enter all official weigh-in weights into the Trackwrestling Weight Management Plan after each competition at any level. All data entry must be completed prior to creating the next official weigh-in form.
- d. Growth allowance will be 2 lbs. on December 25 and one additional pound on both the date of the girls regional, boys sectional tournament and March 1.
- e. It shall be considered unsportsmanlike to attempt to conceal a contagious skin condition. Any wrestler involved in such attempts shall not be allowed to wrestle that day.
- f. Covering a communicable skin condition is not acceptable and does not make the wrestler eligible to participate. An on-site meet physician may override the diagnosis of the physician, PA (physician assistant) or an APNP (advance practice nurse prescriber) that has signed the physician's release form for a wrestler to participate. Also, an on site LAT (licensed athletic trainer) may make the final determination if a wrestler can or cannot wrestle, even if the wrestler presents a skin form signed by one of the above. A LAT cannot diagnose, but can determine if the condition is contagious.
- g. The on-mat official for varsity competition shall make the final determination relative to skin condition concerns for varsity matches. The on-mat official for sub-varsity competition shall make the final determination relative to skin condition concerns for sub-varsity matches.
- h. Seeding meetings shall not begin until weigh-ins are completed and all entries are identified by weight class.
- i. Nonvarsity Teams with only grade 9 studnets:
 - The determination of weight classes for Grade 9 competition shall be left to the discretion of participating schools, and it is strongly recommended there be as many matches as available contestants.
- j. Nonvarsity teams shall be allowed to wear old varsity uniforms which are now unapproved because of a recent National Federation uniform rule change provided participant safety is not jeopardized. Note: Female wrestlers shall wear a female-cut singlet or a legal male singlet with a tight-fitting, short sleeved t-shirt in accordance with NFHS rules.
- k. Schools are required to follow the clean uniform rule. Along with school names and/or mascots, all uniforms may be allowed to include the first and/or last name(s) of the athlete one time on the uniform. Names must be displayed in a sportsmanlike manner and location. In addition, no sayings, cliches, advertisements, etc., of any kind will be allowed on the uniform. Manufacturer's logos and commemorative patches will be allowed as described by Rule 4-1-2 in the NFHS Wrestling Rules Book. All commemorative patches must be approved by the WIAA and meet appropriate size restrictions. Middle school wrestlers may wear gym shorts and a t-shirt. This can be worn over the top of their singlet or worn with compression shorts or a tight-fitting undergarment. If gym shorts are worn, they must be fastened around the wrestler's waist and t-shirts must be tight fitting.