



Memorandum

To: State Association Wrestling Liaisons and NFHS Wrestling Rules Committee

From: B. Elliot Hopkins, MLD, CAA, NFHS Director of Sports, Sanctioning and Student Services

Subject: Weekly Wrestling Interpretations #1

Date: October 22, 2025

We begin this school year's wrestling pre-season with our weekly interpretations. Our first installment is all about preparation. As the wrestlers and coaches are getting ready for the upcoming season, we are submitting items that you should consider. We believe that the Top-Ten list for referees is a jumping-off point to make sure that you are prepared for the season. Everything from your uniform and equipment check to rules knowledge, and conditioning encouragement. We are also providing some guidelines regarding the topic of girls' sports bras and how (if needed) to have that conversation with the athlete's coach. The feedback that we received last season was positive and encouraging. Thank you for your support this season.

We hope that the illustrations are helpful and timely for your wrestling referees to discuss and use as talking points during their officials' chapter/board meetings this season and post-season. We are attaching the illustrations as separate documents for your use and for ease of distribution. Have a wonderful start of the wrestling season.

BEH/kjr

enclosure