



November 26, 2025

NFHS Wrestling Weekly Rule Interpretations

Congratulations!! The 2025-26 high school season is here! This week's interpretation discusses a very important topic that deals with using a potentially dangerous hold/maneuver which may cause injury. We will discuss illegal moves (in depth) later this season, but when these holds/maneuvers are applied, they may force a body part to the limit of the normal range of movement which renders them dangerous. The illustrations depict Potential Dangerous. It is important that as referees, we understand how a move starts off legal can transition quickly to a potential dangerous one. Having a solid working knowledge of the various types of potentially dangerous holds/maneuvers will assist the newer official. The feedback that we are receiving is positive and encouraging. Thank you for your ongoing 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. These resources are excellent conversation starters for first year and seasoned referees! Have a wonderful start of the wrestling season.