

**2018-19 NATIONAL FEDERATION  
WRESTLING RULES BOOK  
(For Reference Purposes)**

**PLEASE CLIP AND PLACE ON THE INSIDE  
COVER OF YOUR RULES BOOK**

**2018-19 WIS. ADAPTATIONS TO NATIONAL FEDERATION RULES**

- A. Weigh-in must be conducted shoulder-to-shoulder, within the specified weigh-in period by a WIAA licensed wrestling referee. Note: When weighing in a female wrestler, the referee or other authorized person of the same gender, shall supervise the weigh-in. Female wrestlers shall be weighed in first at all dual and/or tournament competitions.
- B. 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).
- C. 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.
- D. A maximum of 1 lb. allowance shall be granted for successive days of wrestling regardless of the number of successive events, or number of schools involved. The WIAA three day State Tournament will be the only exception.
- E. 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.
- F. Growth allowance will be 2 lbs. on December 25 and one additional pound on both the date of the regional tournament and March 1.
- G. 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.
- H. 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. An LAT cannot diagnose, but can determine if the condition is contagious.
- I. 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.
- J. Seeding meetings shall not begin until weigh-ins are completed and all entries are identified by weight class.

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- K. The following modifications to injury time-outs will be used in all competition regarding injuries to the head and neck involving cervical column and/or nervous system:
1. In the absence of certified medical personnel (physician and/or certified trainer), injuries to the head and neck involving cervical column and/or nervous system will be covered by the same time frame as other injuries.
  2. When certified medical personnel are present, they have jurisdiction to extend the allowed time limit to a maximum of four minutes for evaluation of injuries to the head and neck involving cervical column and/or nervous system only, at which time the athlete would be required to prepare without delay for continuation or default the match.
  3. A second occurrence of injury to the head and neck involving cervical column and/or central nervous system injuries in the same match shall require the wrestler to default the match.
- L. Teams with ONLY Grade 9 students:
- 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.
  - The maximum weight differential, regardless of the weight classes used, shall be: (a) 10 pounds for all classes through 145 pounds, (b) 12 pounds for all weight classes over 145 pounds through 190 pounds, and (c) 30 pounds for any two wrestlers weighing more than 190 pounds. If the weight differential prevents a match over 190 pounds, there are no forfeit points involved.
  - Conferences may adopt a twice-a-season weigh-in procedure in place of shoulder-to-shoulder weigh-ins prior to each match. This procedure does not apply to nonconference matches.
  - First period is one minute long and second and third periods two minutes long each. The second and third periods may be shortened in (a) dual competition by mutual consent, and (b) multiple-school meets by a majority sentiment.
- M. 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.
- N. 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.
- O. There is no penalty associated with lowering of shoulder straps.