2018-19 WRESTLING WEIGHT MANAGEMENT & RULES

Denis Tallini
337-298-7119 c
706-647-5048 h
dtallini@windstream.net
WEIGHT MANAGEMENT: OPTIMAL PERFORMANCE CALculator (OPC)

- Login email sent on 9/27 (coach and AD)
  - Activating account (tab in email)
  - Logging in
  - OPC access (online -$31; mail to NWCA-$30; statistics program is optional)
  - Updating rosters: importing/adding new wrestlers
  - General Instructions: track wrestling site/Coach Handbook
  - FAQ’s
WEIGHT MANAGEMENT: OPC INSTRUCTIONS

- www.trackwrestling.com
- OPC tab
- 2018-19 High School Boys: login & password
- Acknowledge messages, if any
- My Account: change login/password (save)
WEIGHT MANAGEMENT: COACH HANDBOOK

- GISA website
- The GISA does not advocate that a wrestlers’ established minimum weight is the athletes’ best weight, but simply the lowest weight at which the athlete will be allowed to compete.
- GISA wrestlers will follow a weight control program which is based on the National Federation of State High School Associations (NFHS) Rule 1-5. This program includes:
  a) Establishment of a minimum weight class through hydration testing & body fat assessment
  b) a monitored weekly weight loss plan

www.nfhs.org
WEIGHT MANAGEMENT: COACH HANDBOOK

- Mandatory: any athlete competing on JV/Varsity
- Assessment done before competing
- Test dates: 10/13/18 - 12/15/18
- Schedule assessments with testing site
- Assessment Fee: $10/athlete; payable at time of test
- Weight descent plan: 1.5% per week
- Weight descent plan ends: 1/26/19
- Growth allowances: 2 lbs. on 12/25/18; one additional pound on 1/24/19
- Growth allowances cannot be used to achieve a lower certified weight class
WEIGHT MANAGEMENT: COACH HANDBOOK

- Physician Clearance: <7% or 12%; Form 4
- Weight Appeal: Form 5
- Weigh In roster/ posting weigh ins
- Consecutive days of competition
- Descent plan recalculation
- Alpha Roster/Weight descent plans
- Scale certification
## WEIGHT ASSESSMENT ASSIGNMENTS

### 2018-19 GISA Wrestling Assessment Site Assignments

<table>
<thead>
<tr>
<th>School</th>
<th>University</th>
<th>Coach</th>
<th>Phone Numbers</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brandon Hall School</td>
<td>Blessed Trinity</td>
<td>Preston</td>
<td>678-618-1209</td>
<td><a href="mailto:coachbaze@gmail.com">coachbaze@gmail.com</a></td>
</tr>
<tr>
<td>Bulloch Academy</td>
<td>East Georgia State</td>
<td>Walt Mason</td>
<td>478-299-0233 478-289-2091</td>
<td><a href="mailto:wmason@ega.edu">wmason@ega.edu</a></td>
</tr>
<tr>
<td>Creekside Christian Academy</td>
<td>CHOA - Henry County</td>
<td>Tiffany Swales</td>
<td>678-234-4350 404-785-3805 678-618-1209</td>
<td><a href="mailto:tiffany.swales@choa.org">tiffany.swales@choa.org</a></td>
</tr>
<tr>
<td>Crisp Academy</td>
<td>Albany State University</td>
<td>Becky Borer</td>
<td>229-886-2268 229-317-6549 229-886-2268</td>
<td><a href="mailto:rebecca.borer@asurams.edu">rebecca.borer@asurams.edu</a></td>
</tr>
<tr>
<td>Deerfield-Windsor</td>
<td>Albany State University</td>
<td>Becky Borer</td>
<td>229-886-2268 229-317-6549 229-886-2268</td>
<td><a href="mailto:rebecca.borer@asurams.edu">rebecca.borer@asurams.edu</a></td>
</tr>
<tr>
<td>Gatewood</td>
<td>Piedmont Sports Medicine</td>
<td>Heath Mills</td>
<td>478-256-3111 478-474-0240 478-256-3111</td>
<td><a href="mailto:mills11@windstream.net">mills11@windstream.net</a></td>
</tr>
<tr>
<td>John Milledge Academy</td>
<td>Piedmont Sports Medicine</td>
<td>Heath Mills</td>
<td>478-256-3111 478-474-0240 478-256-3111</td>
<td><a href="mailto:mills11@windstream.net">mills11@windstream.net</a></td>
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<tr>
<td>Mill Springs Academy</td>
<td>Blessed Trinity</td>
<td>Preston</td>
<td>678-618-1209</td>
<td><a href="mailto:coachbaze@gmail.com">coachbaze@gmail.com</a></td>
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<td><a href="mailto:mills11@windstream.net">mills11@windstream.net</a></td>
</tr>
<tr>
<td>Pinewood Christian Academy</td>
<td>East Georgia State</td>
<td>Walt Mason</td>
<td>478-299-0233 478-289-2091 478-299-0233</td>
<td><a href="mailto:wmason@ega.edu">wmason@ega.edu</a></td>
</tr>
<tr>
<td>Robert Toombs Christian</td>
<td>Meadows Regional Med</td>
<td>Stephanie Moody</td>
<td>478-998-1423 912-277-2035</td>
<td><a href="mailto:slmoody@meadowsregional.org">slmoody@meadowsregional.org</a></td>
</tr>
<tr>
<td>Southland Academy</td>
<td>Albany State University</td>
<td>Becky Borer</td>
<td>229-886-2268 229-317-6549 229-886-2268</td>
<td><a href="mailto:rebecca.borer@asurams.edu">rebecca.borer@asurams.edu</a></td>
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<tr>
<td>Terrell Academy</td>
<td>Albany State University</td>
<td>Becky Borer</td>
<td>229-886-2268 229-317-6549 229-886-2268</td>
<td><a href="mailto:rebecca.borer@asurams.edu">rebecca.borer@asurams.edu</a></td>
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<td><a href="mailto:rebecca.borer@asurams.edu">rebecca.borer@asurams.edu</a></td>
</tr>
<tr>
<td>Trinity Christian</td>
<td>Meadows Regional Med</td>
<td>Stephanie Moody</td>
<td>478-998-1423 912-277-2035</td>
<td><a href="mailto:slmoody@meadowsregional.org">slmoody@meadowsregional.org</a></td>
</tr>
<tr>
<td>Twiggs Academy</td>
<td>Piedmont Sports Medicine</td>
<td>Heath Mills</td>
<td>478-256-3111 478-474-0240 478-256-3111</td>
<td><a href="mailto:mills11@windstream.net">mills11@windstream.net</a></td>
</tr>
<tr>
<td>Valwood School</td>
<td>Lowndes HS</td>
<td>Philip Pieplow</td>
<td>229-563-7786</td>
<td><a href="mailto:ppieplow@lowndes.k12.ga.us">ppieplow@lowndes.k12.ga.us</a></td>
</tr>
<tr>
<td>Westfield School</td>
<td>Piedmont Sports Medicine</td>
<td>Heath Mills</td>
<td>478-256-3111 478-474-0240 478-256-3111</td>
<td><a href="mailto:mills11@windstream.net">mills11@windstream.net</a></td>
</tr>
<tr>
<td>William &amp; Reed Academy</td>
<td>Blessed Trinity</td>
<td>Preston</td>
<td>678-618-1209</td>
<td><a href="mailto:coachbaze@gmail.com">coachbaze@gmail.com</a></td>
</tr>
<tr>
<td>Windsor Academy</td>
<td>Piedmont Sports Medicine</td>
<td>Heath Mills</td>
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<td><a href="mailto:mills11@windstream.net">mills11@windstream.net</a></td>
</tr>
</tbody>
</table>
BLESSED TRINITY CATHOLIC SCHOOL

11320 Woodstock Road
Roswell
Preston Bazemore
coachbaze@gmail.com
678-618-1209

- Brandon Hall School
- Mill Springs Academy
- William & Reed Academy
LOWNDES HIGH SCHOOL

1606 Norman Drive
Valdosta
Philip Pieplow
ppieplow@lowndes.k12.ga.us
229-563-7786

- Valwood School

www.nfhs.org
MEADOWS REGIONAL MEDICAL CENTER

101 Harris Industrial Blvd.
Vidalia
Stephanie Moody
slmoody@meadowsregional.org
478-998-1423
912-277-2035

- Robert Toombs Christian
- Trinity Christian
EAST GEORGIA COLLEGE

131 College Circle
Swainsboro
Walt Mason
wmason@ega.edu
478-299-0233
478-289-2091

- Bulloch Academy
- Pinewood Christian Academy

www.nfhs.org
ALBANY STATE UNIVERSITY

2400 Gillionville Road
Albany
Rebecca Mohl-Borer
rebecca.borer@asurams.edu
229-886-2268
229-317-6549

- Crisp Academy
- Deerfield-Windsor Academy
- Southland Christian Academy
- Terrell Academy
- Tiftarea Academy

www.nfhs.org
PIEDMONT SPORTS MEDICINE

4660 Riverside Park Blvd.
Macon
Heath Mills
mills11@windstream.net
478-256-3111
478-474-0240

- Gatewood
- John Milledge Academy
- Piedmont Academy
- Twiggs Academy
- Westfield School
- Windsor Academy

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CHILDREN’S HEALTHCARE OF ATLANTA

1001 Johnson Ferry Road
MOB #300
Atlanta
Tiffany Swales
tiffany.swales@choa.org
678-234-4350
404-785-3805

- Creekside Christian Academy
The NFHS Rules Review Committee is chaired by the chief operating officer and composed of all rules editors. After each committee concludes its deliberations and has adopted its recommended changes for the subsequent year, such revisions are evaluated by the full Rules Review Committee before final approval is given.
NFHS RULES BOOK AS E-BOOKS

- E-books features:
  - Searchable
  - Highlight areas of interest
  - Make notes
  - Desktop laptop availability
  - Easy navigation
  - Adjustable viewing size
  - Immediate availability

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GUIDELINES FOR SCHOOLS AND STATE ASSOCIATIONS FOR CONSIDERATION OF ACCOMMODATIONS

1. Request from Student to School for Accommodation(s)
2. School Conducts Individual Student Assessment
3. Request from School for Accommodation(s) to State Association
4. Notice and Opportunity to be Heard
5. State Association Review of Request
6. State Association Provides Written Determination for Accommodation(s) to School
7. If appropriate, School Provides Letter of Authorization to Head Official for Local Contest Allowing Competition with Accommodation(s)
NFHS WRESTLING RULES CHANGES
Any manufacturer's logo/trademark/reference that appears on the wrestling uniform can be no more than 2 1/4 square inches with no dimension more that 2 1/4 inches and may appear no more than once on each item of uniform apparel (Pic A-a two piece uniform). In Pic B (singlet), no additional manufacturer’s logo/trademark nor a promotional reference shall be allowed on the wrestling uniform.
Contestants may now wear low-cut socks when weighing in, however, these cannot be removed or added if the wrestler does not make weight.
1. The deadline for completing the online rule clinic is November 9th.
2. It is ok for a coach to bring an electronic rule book to the table.
3. The referee may view video to help with making a rule interpretation.
4. There can only be one manufacturer’s logo/trademark/reference appearing on a traditional wrestling singlet.
5. An athlete may wear low cut socks at weigh in.
6. If an athlete wears low cut socks when he/she steps on the scale at weigh-in and is overweight, the socks may be removed and another attempt to make weight will be allowed.
Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary line.

Out of bounds occurs when there are no longer two total supporting points inside or on the boundary line.

The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line.

The removal of “the majority of weight” criteria shifts the focus away from weight bearing extremities and puts it on in bounds and out of bounds.
In the neutral position, contestants are considered to be inbounds if **a total of two supporting points of either wrestler are inside or on the boundary line**. The total of two supporting points could be **two supporting points of one wrestler or one supporting point of each wrestler** inside or on the boundary line.

*Note*: In order for the situation at the bottom left of the diagram to be inbounds, the toe must not extend beyond the line.
Supporting points are the parts of the body touching the wrestling area which may or may not bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.

a. **When down on the mat**, the usual points of support are:
   1. the knee(s);
   2. the side of the thigh;
   3. the buttocks;
INBOUNDS RULE 5-15-2a-c

- 4. the hand(s);
- 5. the head.

b. **When the defensive wrestler is on their back** while the supporting points of either wrestler are inbounds wrestling shall continue. In this situation any part of a defensive wrestler's shoulder or scapula is considered to be all the supporting points.
Interscholastic wrestling is challenged by a wide variety of gymnasiums and mat sizes. The NFHS Wrestling Rules Committee had a healthy discussion regarding toes, feet and heels as supporting points. There was no action taken to add toes, feet or heels as usual supporting points down on the mat. They were also not addressed as unusual supporting points.
When down on the mat, supporting points are the parts of the body touching the wrestling area which bear the wrestler's weight, other than those parts with which the wrestler is holding the opponent.
Wrestling shall continue as long as a total of two supporting points of either wrestler are inside or on the boundary line. In this PlayPic, the wrestlers are inbounds. The bottom wrestler’s elbows and hands are the two supporting points.
The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remains inbounds. If there is no action at the edge of the mat, the referee shall stop the match.
Rule Change

INBOUNDS RULE 5-15-3

Even if the defensive wrestler has two supporting points inbounds, if there is no action at the edge of the mat, the referee shall stop the match for a restart in the center of the mat.
In this situation, the defensive man is completely out of bounds. The offensive man is also out of bounds because his left toe is beyond the boundary line.
An escape is when the defensive wrestler gains a neutral position and the opponent has lost control, beyond reaction time, while a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler.
The defensive wrestler in PlayPic A scores an escape in PlayPic B because he/she has gained a neutral position and there are two supporting points of either wrestler inbounds.
REVERSAL
RULE 5-22-1

- **ART. 1** . . . It is a reversal when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position, while the total of two supporting points are inside or on the boundary line. Two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler. If there is no action at the edge of the mat, the referee shall stop the match.
Rule Change

REVERSAL RULE 5-22-2

- Rule Book Correction: Article 2, pg 27...
  - In awarding a reversal at the edge of the mat, control must be established while a total of two supporting points of each wrestler are inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line or while at least the feet of the scoring contestant finish down on the mat inbounds.
In awarding a reversal at the edge of the mat, control must be established while the total of two supporting points are inside or on the boundary line. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line or while at least the feet of the scoring contestant finish down on the mat inbounds.
ART. 1 . . . It is a takedown when, from the neutral position, a wrestler gains control over the opponent down on the mat and a total of two supporting points of either wrestler are inbounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inbounds. When the defensive wrestler’s hand(s) touch the mat it is considered a supporting point(s).
ART. 3 . . . In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are in bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.
In awarding a takedown at the edge of the mat, control must be established while a total of two supporting points of either wrestler are in bounds. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that are inbounds or while at least the feet of the scoring contestant finish down on the mat inbounds.
Rule Change

QUIZ #2

1. Contestants are considered to be inbounds if a total of two supporting points of either wrestler are inside or on the boundary line.
2. When determining whether there is a takedown, reversal or escape, the total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler inside or on the boundary line.
3. From the neutral position, when the defensive wrestler’s hand touches the mat it is considered a supporting point and a takedown may be earned.
Rule Change

PINNING SITUATIONS
RULE 5-15-2c

- c. Near-fall points or a fall shall be earned only while the supporting points of either wrestler are inbounds. In a pinning situation, when all parts of the defensive wrestler’s shoulders/scapula are on the mat area beyond the boundary line, if the feet including toes or heels of the offensive wrestler are the supporting points, the offensive wrestler’s knee(s) must be inside the boundary, whether in contact with or above the mat.
SUPPORTING POINTS COMMENT

- Toes, feet and heels down on the mat and knees inbounds are addressed during a fall or near-fall only. (5-15-2c)
- Supporting points will apply to all positions. The only exception would be near-fall/fall out of bounds where the knees cannot go past the boundary line if the offensive wrestler’s weight is on their feet, toes or heels.
In a pinning situation when all parts of a defensive wrestler shoulders / scapula are beyond the boundary line, if the feet including toes or heels of the offensive wrestlers are the supporting points, the offensive wrestlers knee(s) must be inside the boundary, whether in contact with or above the mat.
In a pinning situation when all parts of a defensive wrestler shoulders / scapula are beyond the boundary line, if the feet including toes or heels of the offensive wrestler are the supporting points, the offensive wrestler’s knee(s) must be inside or on the boundary, whether in contact with or above the mat.
QUIZ #3

1. In a pinning situation, when all parts of the defensive wrestler’s shoulders/scapula are on the mat area beyond the boundary line and the toes or heels of the offensive wrestler are the supporting points, both of the offensive wrestler’s knees must be inside the boundary, whether in contact with or above the mat, for a near fall/fall to occur.

2. Both wrestlers are on the mat; the offensive wrestler is completely out of bounds and the defensive wrestler is on his back with part of his left shoulder and left scapula inbounds and his right shoulder and right scapula out of bounds. Wrestling shall continue and points and/or a fall may be earned.

3. Supporting points will apply to all positions. The only exception would be near-fall/fall out of bounds where the knees cannot go past the boundary line when the offensive wrestler’s weight is on their feet, toes or heels.
STALLING
RULE 5-24-3e, f

- ART. 3 . . . It is stalling in the neutral position when a wrestler:
  - a. continuously avoids contact with the opponent;
  - b. plays the edge of the mat;
  - c. prevents the opponent from returning to or remaining inbounds;
  - d. is not attempting to secure a takedown;
  - e. backing off the mat, out of bounds; or
  - f. pushing or pulling out of bounds.
From a **neutral position**, the wrestler from behind shall be called for stalling if he/she pulls the opponent out of bounds. It is also stalling if a wrestler pushes the opponent out of bounds.
The wrestlers in PlayPic A are in a neutral position. In PlayPic B, the wrestler in gray is backing off the mat. That is stalling. It is not stalling if the wrestler backs off the mat to pivot to get into position to execute a move (PlayPic C).
ART. 3 . . . If a contestant is injured as a result of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start (by the opponent) in the neutral position, the wrestler is entitled to two minutes of recovery time, which is not deducted from the injured wrestler’s injury time allowance.

If the injured contestant is unable to continue following a maximum of two minutes recovery time, the injured contestant shall be awarded the match by default.
In case of an intentional attempt to injure an opponent, the offender shall be penalized for flagrant misconduct. Recovery time for injury because of an illegal hold/maneuver is not deducted from the injured contestant’s injury-time allowance. An injured contestant cannot take injury time immediately following recovery time.
From the neutral position (PlayPic A), a wrestler false starts (PlayPic B) causing an injury to their opponent. The injured wrestler will be given 2 minutes of recovery time (PlayPic C), which is not deducted from the injured wrestler’s injury time allowance. If the injury is such that the injured contestant is unable to continue following a maximum of two minutes of recovery time, the injured contestant shall be awarded the match by default.
This change in the text of Rule 7 lists the "back bow" as an illegal hold/maneuver. It does not stipulate that it is illegal based on the pressure applied. The back bow is now illegal by application.

In the Illustrations section in the back of the NFHS Wrestling Rules book, picture #83 shows the back bow as illegal by application.
Rule Change

ILLEGAL HOLD/MANEUVER
RULE 7-1-5y

The nelson cradle; a combination made up of a half nelson on one side and a locked cradle from around the neck with the far side knee. The crotch of the knee acts as the other arm (arm pit) to complete the full nelson pressure on the neck and throat. The knee is also brought up near the head and creates additional pressure on the lower spine. This hold/maneuver is illegal and has been added to the list of illegal holds in Rule 7-1-5.
Repeatedly dropping to one knee or one hand to break locked hands is to be ruled unsportsmanlike conduct.
1. In the neutral position, it is stalling when a wrestler pulls or pushes the opponent out of bounds.
2. In the neutral position, it is stalling if a wrestler backs off the mat out of bounds.
3. If a false start in the neutral position results in injury to the opponent, the injured wrestler is entitled to two minutes of recovery time.
4. If a false start in the neutral position results in injury to the opponent and the injured contestant is unable to continue after using two minutes recovery time, the injured contestant shall lose the match.
5. It is ok to use the back bow as long as pressure is not applied toward the head.
6. Repeatedly dropping to one hand to force an opponent to break locked hands is considered unsportsmanlike conduct.
Among the ways to **prevent the spread of communicable skin diseases**:  
- Clean wrestling mats daily with a solution of 10:100 bleach and water or an appropriate commercial cleaner.  
- Maintain proper ventilation in the wrestling room to prevent the build-up of heat and humidity.  
- Clean all workout gear after each practice including towels, clothing, headgear, shoes, knee pads, etc.  
- Require each wrestler to shower after each practice and competition with an antibacterial soap. Do not share bars of soap. Use individual soap dispensers.
Points of Emphasis

CLEANLINESS OF UNIFORMS AND PADS

- Communicable diseases are a major concern in wrestling.
- Preventing the spread of communicable diseases is to properly clean all the mats, uniforms and pads
  - A 10% household bleach mixed in to 10 parts of water is an effective disinfectant.
  - Commercial disinfectants are also available.
    - Be sure that they are effective against viruses, fungi and bacteria.
- One of the keys to preventing the spread of communicable skin conditions is to have wrestlers refrain from sharing soap, razors or towels.
CLEANLINESS OF UNIFORMS AND PADS

- It is imperative to clean all wrestling equipment and clothing daily.
- Items such as:
  - Towels
  - Uniforms
  - Any clothing
  - Headgear
  - Shoes
  - Knee pads
  - Any bags that transport the equipment
CLEANLINESS OF UNIFORMS AND PADS

- Emphasize the importance of showering with soap and water. If shower facilities are not available then use “baby wipes” to clean any exposed skin after practice and competition.
- Coaches or trainers should perform daily skin checks.
CLEANLINESS OF UNIFORMS AND PADS

- Wrestlers should not share practice/competition gear, towels, or any personal hygiene products.
- Wrestlers should refrain from cosmetic shaving parts of their body other than their face.
- Wrestlers should clean hands with alcohol-based gel prior to every wrestling match to avoid bacterial loading.
Points of Emphasis

STALLING
Points of Emphasis

PREVENTING INJURIES FROM FALSE STARTS IN THE NEUTRAL POSITION

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RULE 4-1-1a, c  Legal Uniform

a. A one-piece singlet cut no lower in the back or front than the level of the armpits and under the arms no lower than one-half the distance between the armpit and the belt line. The one-piece singlet may be worn with full-length tights with stirrups.

b. Full-length tights with stirrups are acceptable under a one-piece uniform...

Change.. Any other undergarment that extends beyond the inseam of a one-piece uniform shall be tight-fitting, a single solid color, unadorned and shall not extend below the knee.
Match Score:

**Errors involving the computation of match score must be corrected within 30 minutes after the conclusion of the dual meet. If the error necessitates additional wrestling, it must be corrected prior to the next match.**

**Errors involving the computation of match score must be corrected prior to the next match in which either wrestler competes. If the error necessitates additional wrestling it must be corrected prior to the offended contestant leaving the mat area and prior to the start of the next match on that mat.**
1. The GISA allows the use of leg sleeves.
2. Any undergarment which extends beyond the inseam of a one-piece uniform shall be tight-fitting, a single solid color, unadorned and shall not extend below the knee.

3. Errors involving the computation of match score must be corrected prior to the next match in which either wrestler competes. If the error requires additional wrestling it must be corrected prior to the offended contestant leaving the mat area and prior to the start of the next match on that mat.
NFHS OFFICIALS ASSOCIATION
CENTRAL HUB

https://nfhs-wrestling.arbitersports.com/front/105418/Site

- Contains:
  - Sport information
  - Rules information
  - Rules library
  - Searchable rules book
  - Video content on officiating sport, competition situations and interpretations
NFHS OFFICIALS EDUCATION COURSE AND VIDEOS

- Ideal for new officials or those in first few years of officiating
- 30-45 minutes to complete
- Topics include: Basics of Becoming and Staying an Official, Science of Officiating, Art of Officiating
- Course is FREE to NFHS Officials Association members, non-members fee is $20
- NFHSLearn.com

- Sports such as soccer, basketball and baseball offer direct illustrations of the rules book, including rules references and officials signals
- Animated mechanics videos for softball and baseball umpires
- Video interpretation of the NFHS Basketball Rules Book created through a partnership with the International Association of Approved Basketball Officials

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CONTACT INFORMATION

- Denis Tallini
  - dtallini@windstream.net
  - 337-298-7119 c
  - 706-647-5048 h
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