



WRESTLING RULES CHANGES, REVISIONS & REMINDERS

NATIONAL FEDERATION ITEMS

Weight Classes (4.4.1) ART. 1 (Girls):

Michigan will use a modified version of the Girls NFHS (National Federation of High School Sports) 14 weight classes of: **100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190 and 255.**

These weights will be used for regular and post season events that are girls only events in 21-22.

Michigan will adopt the full NFHS girls weight classes for the 22-23 school year with the heavyweight division being a maximum of 235 pounds.

Uniform (4.1.1a):

Female contestants wearing a one-piece singlet (*the NFHS does not discern between a regular cut singlet or a female cut singlet*) shall also wear a form-fitted compression suitable undergarment that completely covers their breasts. *(This could include a form fitting compression t-shirt OR a sports bra that meets this same criteria).*

Weigh-In (Legal Uniform) 4-4-1 ART 7:

All contestants shall weigh-in wearing a legal uniform (4-4-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh-in wearing shoes or ear guards. Female contestants shall also wear a suitable form-fitted compression undergarment that completely covers their breasts. Contestants may wear socks that cannot be removed or added if the wrestlers do not make weight.

NOTE: No additional weight allowance shall be granted for weighing-in wearing a legal uniform.

Choice of Position NOT Affected by Forfeits - Rule 6-3-1 ART 1:

The winner of the toss shall choose the odd or even numbered weight classes listed consecutively. This choice is not altered in case of fall, default, forfeit(s) or disqualification.

Head, Neck & Cervical Column Rule 8-2-4b 1 & 2 Evaluation Procedure:

When an appropriate health-care professional (physician or certified athletic trainer) is present, they can evaluate the HNC area for up to five minutes. When one is not present, only injury time of up to one minute and 30 seconds can be used.

Coaching Allowed During Head, Neck & Cervical Time-Out: Rule 8-2-6:

Coaching is permitted during injury time, blood time, recovery time and HNC time. Two team attendants and appropriate health-care professional(s) may attend to either wrestler.

Imminent Scoring when an Injury Occurs Rule 8-2-9 ART 9:

When a match is stopped for an injury, including HNC, during an imminent scoring situation and the referee determines that scoring (takedown, reversal, escape, near-fall) would have been successful if the wrestling had continued, the referee shall charge an injury time-out, or if appropriate an HNC timeout, to the injured contestant and award applicable points to the non-injured wrestler.

Stalling in the Ultimate Tiebreaker:

Stalling by nature and by definition is something we do not reward during regulation time of a match. The Ultimate Tiebreaker (UT) is a unique one-time situation. If no scoring occurs during the UT, the offensive wrestler is rewarded a match point during the UT for maintaining control/riding out (6-7-1c8, 9-1-8, Scoring Symbols (pg. 58)) and will ultimately win the match.



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MHSAA UPDATES & REMINDERS

Season Schedule Format in 2021-22:

Practice begins **MON, November 15**. The first day of competition will be **WED, December 8**. The limitation for teams and individuals will be **14 DAYS of competition** with no more than **eight (8)** of those days being “tournament-type” events where a wrestler competes more than twice.

Weight Classes (Boys):

Michigan will continue to use the “traditional” Michigan weight classes of: **103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285**. Michigan will NOT use NFHS weight classes found in 4-4-1.

Weight Monitoring Program:

Alpha Weigh-Ins will be used for the **21-22** school year. All elements of the Weight Monitoring Program (**OPC**) may be found at trackwrestling.com. Login information has been sent to AD's & coaches, along with information regarding the annual nutrition meeting.

Girls Wrestling:

- Submit wrestlers in TrackWrestling for the Girls Individual Regional/Sectional **FRI, February 11**.
 - Girls must CHOOSE participation in the Individual District OR the Girls Regional/Only Individual Regional/Sectional.
 - Girls may NOT participate in both the Individual District and the Individual Regional/Sectional. **Girls may NOT participate in both the Individual District and the Girls Regional/Sectional.**
 - Each school is allowed to enter fourteen (14) wrestlers into the Individual Regional/Sectional tournament with no more than two (2) wrestlers being entered in any one weight class. Each school is allowed to enter fourteen (14) wrestlers into the Girls Regional/Sectional tournament with no more than two (2) wrestlers being entered in any one weight class.
- Girls Regional/Sectional Seeding will take place **SUN, February 13**. *(the day after Individual Districts)*
 - The Regional/Sectional seed committee will be selected by the MHSAA and will meet Sunday, the day after the Individual District to seed and draw participants into the two Regionals/Sectionals. The Girls Regional/Sectional seed committee will be selected by the MHSAA and will meet Sunday, the day after the Individual District to seed and draw participants into the two Girls Regionals/Sectionals. Assignment to a given Regional/Sectional is based on **seed or draw**, but accommodations will be made to keep participants from the same team at the same Regional/Sectional. Assignment to a given Girls Regional/Sectional is based on **seed or draw**, but accommodations will be made to keep participants from the same team at the same Girls Regional/Sectional.
 - A maximum number of 16 wrestlers may be seeded in each weight class. By seeding 16, this provides up to 8 seeds at each Regional/Sectional. By seeding 16, this provides up to 8 seeds at each Girls Regional/Sectional.
 - Note: A wrestler need not have a winning record to receive seeding consideration.
 - Note: The committee is not required to seed up to 16 if the participants do not warrant a seed.
- Starting weight class for Girls Individual Regional/Sectional sites will be posted no later than **MON, February 14**.
- Girls Individual Regional/Sectional Tournament held **SUN, February 20**. *(The day AFTER the Individual Regionals)*
 - This allows coaches to attend the Individual Regional as well as the Individual Regional/Sectional without having to choose which wrestlers they will coach if they were on the same day. This allows

coaches to attend the Individual Regional as well as the Girls Regional/Sectional without having to choose which wrestlers they will coach if they were on the same day.

- This day is the traditional day of the previously held Girls State Finals.
- As the Girls Finals will now be held at the same time and location as the boys Final, this also allows approximately the same amount of time as the boys between the qualifying and Final Individual event.
- Girls Regionals/Sectionals are held at two (2) large schools close to each other so that all participants will be heading to the same area. This is important as geography is not a determining factor in regard to assignment.
 - As an example, if the Girls Regionals/Sectionals were not next to each other, there is no guarantee that a wrestler would be assigned to the Girls Regional/Sectional closest to their school.
- Wrestler must have a record (win, loss, forfeit). They do NOT have to have a varsity record. If a wrestler competes at a weight class that is below a weight class that had been made for the first time at the Individual Regional/Sectional, the wrestler would be required to make “scratch” weight. If a wrestler competes at a weight class that is below a weight class that had been made for the first time at the Girls Regional/Sectional, the wrestler would be required to make “scratch” weight.
- “Scratch” Weight - A girl could achieve “scratch” weight at an NFHS girls’ weight by the following:
 - Make weight and compete at an event that hosts a girls Division that uses NFHS girls weight classes.
 - Make weight and compete at a “traditional” weight class that is the same or below an NFHS girls weight class.
 - i.e., A girl weighs in at 119.0. This qualifies as making 119 “scratch” for the “traditional” weight class, and 120 for the NFHS girls weight class.
 - i.e., A girl weighs in at 100.0 pounds to wrestle 103 for a dual meet. This would qualify as making “scratch” at 100 pounds for the NFHS girls weight class. If this same girl weighs in at 101.2 for 103, they have made “scratch” for 103, but not the 100-pound weight class.

Communicable Disease Form: [LINK](#)

- The NFHS/MHSAA Communicable Disease Physician’s Evaluation Form is only REQUIRED for “contagious” lesions. Doctor’s notes shall NOT be accepted for communicable diseases.
- If the condition is a “non-contagious” affliction, the NFHS/MHSAA Communicable Disease Physician’s Evaluation Form is NOT required. Some examples of “non-contagious” lesions are:
Psoriasis, Eczema, Rosacea & Vitiligo.

Sportsmanship / Good Sporting Behavior:

- Coaches and officials MUST work together!
- Each match is an opportunity to teach life lessons in conjunction with wrestling.
- Coaches who model appropriate behavior will send a positive message to the wrestlers and the spectators.
- The positive values learned will serve the wrestlers long after their wrestling careers have concluded.

Team District & Team Regional Information:

- Team District: Divisions **1 & 3** will compete - **WED, February 9**
- Team District: Divisions **2 & 4** will compete - **THR, February 10**
- Team Regional: All Divisions will compete - **WED, February 16**
 - The Highest # Team District vs. the 2nd Highest # Team District, and the Lowest # Team District vs. the 2nd Lowest # Team District.
 - Example: #104 vs #103 & #101 vs #102

Team Regional Hosting:

For the **2021-2022** season, the Team District champion from the **LOWEST # Team District** in your Team Region will HOST the Team Regional.

If YOUR school is in **LOWEST # Team District (21-22)**, check with your AD and discuss the likelihood of your school **HOSTING** the Team Regional on **WED, February 16, 2022** if you are fortunate enough to win a Team District title.

SCHOOL	Team District		SAMPLE
School A	165-3	1	HOST 2021-22
School B	165-3	2	
School C	165-3	3	
School D	165-3	4	
			165-3 vs 166-3
School E	166-3	1	HOST 2022-23
School F	166-3	2	
School G	166-3	3	
School H	166-3	4	
			REG 117-3
School I	167-3	1	HOST 2023-24
School J	167-3	2	
School K	167-3	3	
School L	167-3	4	
			167-3 vs 168-3
School M	168-3	1	HOST 2024-25
School N	168-3	2	
School O	168-3	3	
School P	168-3	4	

Word: Wrestling/ 2021-2022 WR Rule Reminders for Web