



2019-20 and 2020-21 Major Rules Changes for Wrestling

The following rules changes were approved by the NCAA Wrestling Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2019-20 and 2020-21 seasons.

**Note – rule references are associated with the new rules book.*

<u>Rule</u>	<u>Rule Change and Rationale</u>
1.5.1.b.2	<p>b. <i>Spandex/Lycra</i>. A competition uniform that consists of a top and shorts that both meet the following specifications:</p> <p style="padding-left: 40px;">2. The shorts shall either be form-fitting or <u>shorts designed for wrestling</u> with a minimum 4-inch inseam and not extend beyond the top of the knees. <u>Either shorts option shall be worn as intended by the manufacturer, be firmly adhered to the hips with any drawstring covered, and have no pockets, zippers, buttons, exposed Velcro or metal fasteners.</u></p> <p>Rationale: To allow institutions a third competition uniform option: the singlet, form-fitting top and form-fitting shorts, or form-fitting top and shorts designed for wrestling. Regardless of the competition uniform chosen, all members of the team must wear that uniform at dual meets and each session of a tournament in order to satisfy the uniformity requirement. The shorts designed for wrestling may allow more freedom of expression and be more comfortable to some wrestlers without providing any type of advantage or disadvantage to the wrestler or competitors.</p>
1.8.3	<p>The hair, in its natural state, should not extend below the top of an ordinary shirt collar and on the sides shall not extend below earlobe level. Hair shall be free of oils and/or greasy substances. Solid, non-abrasive hair coverings are allowed and, if used, shall either be a part of the ear protection or worn under the ear protection. If a hair covering is worn, it will be considered special equipment and subject to delay of match rules (Rule 5.7.16).</p> <p>Rationale: Similar to when the cleanshaven facial hair requirement was reviewed and revised, the hair rule was outdated and in need of a review. This change will allow wrestlers to promote their individuality and allow more freedom of expression without compromising the integrity of the sport. Hair will still need to be free of oils and/or greasy substances to not cause any type of advantage or disadvantage to the wrestler or competitors.</p>
2.2.15, 3.20.7 and 5.2	<p>Add a definition of simultaneous violations.</p> <p><u>Simultaneous Violations. When a second identical violation occurs prior to any rule requiring a mandatory verbal notification of the first violation to a member of the offending coaching staff. When simultaneous violations occur, the team/individual is assessed only one penalty.</u></p>

	<p>Rationale: To clarify that a coach must be verbally notified of an unsportsmanlike conduct or control of mat violation by a competing/noncompeting wrestler or personnel (coach, athletic trainer, manager, physician) during the prematch, match or postmatch period before a second act of unsportsmanlike conduct or control of mat violation may be penalized. This notification requirement ensures coaches are afforded the opportunity to correct the behavior before a second violation is assessed.</p>
<p>3.8.1</p>	<p>Immediately after the weigh-in for a dual meet or multiple dual meets conducted on the same day, coaches may mutually agree to determine the starting weight class for the matches. If coaches cannot agree on the starting weight class, a random draw shall be conducted to determine which weight class will be wrestled first <u>they will execute a coin toss. The winner of the coin toss will have the choice to select either the starting weight class or the odd/even matches. Whichever selection is made by the coach who wins the coin toss, the opposing coach will receive the remaining option. The home team coach is responsible for notifying game management and the referee of each team's selection.</u> Once the first weight class is established, subsequent matches will continue in the traditional sequence of increasing weight class order.</p> <p>Rationale: To equalize the opportunity to select the starting weight classification and/or odd/even matches in single dual meets.</p>
<p>3.14.3.a and .b</p>	<p>Allow a wrestler to choose to defer in the tiebreaker periods.</p> <p>Rationale: To align the choice of position options in regulation time and tiebreaker periods by allowing wrestlers the choice of top, bottom, neutral or defer. This change will also allow additional match strategy opportunities in the overtime and tiebreaker periods.</p>
<p>4.2.4, 5.7.12, 5.7.13 and 5.7.14</p>	<p>Change all instances where a referee is required to execute a mandatory verbal and/or visual count to the referee shall immediately start a verbal five-second count and, whenever possible, the referee should also include a visual indication of the count.</p> <p>Rationale: While referees have every intention of issuing visual counts, this rules change will allow referees to focus on and maneuver around the mat without violating the rules. Coaches may still challenge the verbal and/or visual count stalling situations, however, during video review, the reviewer may not be able to utilize the visual indication to determine if a call should be overturned.</p>
<p>5.2 and 5.8.7</p>	<p>Reclassify baiting an opponent from unsportsmanlike conduct to a technical violation.</p>

	<p>Rationale: To more appropriately classify baiting. Currently, two incidents of baiting an opponent result in the wrestler being disqualified, which is inconsistent with other similar violations.</p>
5.3 and 5.6.13	<p>Reclassify hands to the face from unnecessary roughness to an illegal hold.</p> <p>Rationale: To provide the referees more flexibility to manage this illegal action. Rules for illegal holds indicate that “whenever possible illegal holds should be prevented rather than called.” Referees will utilize verbal cues, formal warnings, potentially dangerous, etc. to communicate and attempt to prevent hands to the face whenever possible. However, as in all illegal holds, referees may still call hands to the face without any warnings if they determine it is warranted.</p>
5.5.6 and 5.5.9	<p>If the flagrant misconduct offender is a member of the team’s medical staff, the penalty shall be the deduction of one team point and <u>the offender shall be restricted to the designated spectator area for the remainder of the event, including multi-day events.</u> the head coach shall be removed from the premises for the remainder of the event, including multi-day events. Also, the head coach shall be suspended from participating in the team’s subsequent scheduled event. The member of the team’s medical staff shall continue to serve the team’s medical needs. <u>The medical staff shall serve their one-match suspension at the institution’s next regularly scheduled home event.</u></p> <p>Rationale: Under current rules, the head coach is ejected if medical staff receives a flagrant misconduct violation. This change holds the medical staff accountable but provides continued medical coverage for wrestlers.</p>
5.6.14 and 5.8	<p>Reclassify figure-four scissors from a technical violation to an illegal hold.</p> <p>Rationale: To be consistent with other similar positions and existing rules. The figure-four scissors when applied by the offensive wrestler around the body or around both legs of the defensive wrestler, or around the head, with or without the arm included, in a neutral position by either wrestler was misclassified as a technical violation.</p>
5.7.3	<p>Change the fourth violation in the stalling penalty sequence to a loss of two match points (instead of a loss of one match point).</p> <ol style="list-style-type: none"> a. First violation = warning. b. Second violation = 1 match point to the opponent. c. Third violation = 1 match point to the opponent. d. Fourth violation = <u>4 2</u> match points to the opponent. e. Fifth violation = disqualification.

	Rationale: To better alert the wrestler and coaches that the next stalling call will result in disqualification.
7.4.1 and 7.5.4	<p>Clarify the second referee has the same mobility and authority as the referee; however, the referee is in control of the match and makes the final decision.</p> <p>Rationale: To clarify for both referees and coaches that second referees have the authority to indicate calls and provide input to the head referee on all calls made throughout the match.</p>
8.4.1	<p>Clarify there are no appeals for violations or penalties imposed for violations of Rule 8.4.1 – Integrity of the Weight Management Program Certification Process.</p> <p>Rationale: To clarify a long-standing policy of not allowing appeals for these violations or associated penalties.</p>
9.7.1	<p>Clarify there are no appeals for violations or penalties imposed for violations of Rule 9.7.1 – Severe Weigh-In, Medical Examination and Prohibited Practices.</p> <p>Rationale: To clarify a long-standing policy of not allowing appeals for these violations and associated penalties.</p>