



2021-22 and 2022-23 Major Wrestling Rules Changes

The following rules changes were approved by the NCAA Wrestling Rules Committee and the Playing Rules Oversight Panel. All rules changes are effective with the 2021-22 season.

<u>Rule(s)</u>	<u>Rules Change and Rationale</u>
3.13.1.b	<p>To allow referee's video review at open tournaments.</p> <p>Rationale: Currently, video review is not permitted at open tournaments. Allowing referee's video review would give referees the option to consult video review and increase the likelihood of getting the call right. Coach's video review challenge would not be permitted because those challenges cannot be apportioned fairly at open tournaments.</p>
3.13.1.c	<p>To allow referee's video review for extra matches that are held alongside dual meet competitions.</p> <p>Rationale: Currently, video review is permitted at dual meets but is not permitted for extra matches. The addition of referee's video review for extra matches will allow institutions to utilize existing equipment that is setup for the dual meet. Allowing referee's video review would give referees the option to consult video review and increase the likelihood of getting the call right.</p>
3.13.5	<p>For video review systems without integrated sound, time and score onto the screen, to require a clear view of the match clock showing the match time and score in the recorded action.</p> <p>Rationale: Currently, a clear view of the match clock is only a recommendation. Requiring a clear view of the match clock will better ensure the review system is useful when conducting video reviews and watching the video to conduct timing and scoring corrections. Note – The majority of institutions and tournaments have video review systems with sound, time and score integrated onto the screen or already have the mat-side clock visible in the recorded action.</p>
3.16 and 3.17	<p>To change the first sudden-victory period in overtime to two (2) minutes in length and to allow for a winner to be determined if one wrestler has a net riding time advantage of one second or more at the conclusion of the first tiebreaker period.</p> <p>Rationale: Currently, the first sudden-victory period is one (1) minute in length. Increasing the first sudden-victory period to two (2) minutes will likely reduce the number of matches that go to the tiebreaker periods. All subsequent sudden victory periods will stay (1) minute in length. Additionally, determining a winner in sudden victory is typically considered to be a more exciting finish to a match than the tiebreaker periods. Determining a</p>

	<p>winner on riding time advantage after the first tiebreaker period will potentially reduce overall match length, while maintaining the current philosophy for overtime.</p>
<p>3.18.5, 2.2.1.b and 2.2.7</p>	<p>To establish a standardized protocol for correcting timing errors. This recommended change has three components – Rule 2.2.1 (dead time), Rule 2.2.7 (match parameters) and Rule 3.18 (timing correction procedures).</p> <p>Rule 2.2.1.b – Wrestling action that occurs after a referee blows their whistle to start (or restart) a match, but when the clock is not running, is not subject to dead time simply because the clock was not running. This wrestling action is subject to possible review/change when/if the referee makes a correction to the match time.</p> <p>Rule 2.2.7 – Unless subject to the dead time rule, all wrestling action that occurs after the referee blows the whistle to start the match is active wrestling time and earned points shall be awarded.</p> <p>Rule 3.18.5 – The referee will utilize the sequence below to best determine the amount of time to add or subtract from the score clock. The referee decision on timing corrections is final.</p> <ol style="list-style-type: none"> 1. If available, the referee shall consult the video review system and use the view of the score clock and/or the integrated timing system(s) to correct the time. See Rule 3.13.6. 2. If video review is not available or the video review integrated timing system(s) and/or view of the score clock is not useful to resolve the timing issue, the referee shall consult the second referee (if available) and the match timer to determine the timing correction that needs to be made. Referees will correct the match time if they determine they have reasonable positive knowledge of the correction that needs to be made. 3. If the referee determines they do not have reasonable positive knowledge of the timing error, the clock will be restarted at the last known time. 4. If the timing correction results in a score change, the referee will make the appropriate scoring correction. 5. Prior to resuming wrestling, the referee should notify both teams of the changes that were made. <p>Rationale: This recommended change gives referees the authority and provides a sequence to use when adjusting the time remaining in the match. This will standardize the process and better ensure timing corrections are made</p>

	<p>consistently. The concept of reasonable positive knowledge acknowledges that there may be instances when the referee may not be 100% certain of the proper match time and they will use their professional judgment to make the best decision. Wrestling action occurring when the clock is not running is not subject to dead time, if the only change is to make a correction to the time remaining in the match. Wrestling action that occurs while the clock is not running is still subject to dead time if a referee call on the mat is overturned. If wrestlers know in advance that wrestling action is live from when the referee’s start whistle is sounded until the referee’s stop whistle, then no wrestler is disadvantaged/distracted if wrestling action occurs when the clock is not running. The recommended changes to Rules 2.2.1 and 2.2.7 support the change to Rule 3.18.</p>
<p>9.3.2</p>	<p>To provide wrestlers a 1-pound weight allowance on the second day of competition for all instances when back-to-back official team competition occurs. The 1-pound weight allowance would include those wrestlers on opposing teams who did not compete the day before. The maximum weight allowance is one pound regardless of the number of back-to-back events that occur. The event must be an official team date of competition as per the NCAA Bylaws for the 1-pound weight allowance to be used.</p> <p>Rationale: Currently, the rules give wrestlers competing in back-to-back dual, triangular and quadrangular meets, and multi-day tournaments, a 1-pound weight allowance. This change will standardize the weight allowance rule so that in all instances, when official team events occur back-to-back, wrestlers will be provided the 1-pound allowance. Standardizing this rule will help wrestlers better maintain proper hydration and nutrition while juggling the challenges of travel, logistics and studies while on the road and in between these competition dates.</p>
<p>9.4.2</p>	<p>For individual or team-advancement tournaments, to allow competition weigh-ins to be held two hours or sooner before the start time of competition on all days.</p> <p>Rationale: Currently, the rules state weigh-ins are to be held two hours or sooner on the first day and one hour or sooner on subsequent days. Since tournaments have early morning start times, standardizing the weigh-in times will make it easier for wrestlers to develop a consistent pre-match nutrition/hydration protocol, instead of having to plan for a two-hour protocol on the first day of the event and then alter that to a one-hour protocol for subsequent event days. In addition to standardizing morning nutrition plans, the two-hour weigh-in change provides a consistent amount of time for wrestlers to engage in appropriate warmup and warm down routines after eating a morning meal.</p>
<p>9.7.1 and 9.5.2</p>	<p>To redefine the playing rules “season” to the first day of classes until the end of the competition season, and to clarify the use of a sauna, and other prohibited weight-loss practices, are prohibited during this time period.</p>

	<p>Rationale: Currently, the rules define the playing rules season as the first day of practice, which may not include the weight certification process. The weight certification process is permitted by rule to begin on the first day of classes, which is when the wrestling season truly begins from a playing rules perspective. Redefining the playing rules season to include the weight certification process will deter the use of a sauna or other prohibited weight-loss practices during the weight certification process and ensure any violations are penalized. The use of a sauna during the weight certification process is both inappropriate and potentially dangerous and needs to be penalized appropriately.</p>
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