



## Wrestling Two-Year Playing Rules Cycle

The 2024-25 academic year is year one.

### WHAT ARE PLAYING RULES?

Playing rules are what happens on the field, court, pool, pitch, mat, rink, lane, track or slope when an opponent and officials are present. Playing rules are generally the same for all three divisions. Playing rules are the same for regular season and championship competition.

#### ***INFORMATION GATHERING STAGE – Year One (Fall 2024-Spring 2025)***

During the regular season, the secretary-rules editor and rules committee members conduct a call for proposals and compile hot topics from coaches, commissioners, athletics administrators and officials. Topics are discussed at the coaches convention, if possible. A rules survey is conducted to determine how the membership feels about certain issues.



#### ***RULES COMMITTEE ANNUAL MEETING – Year One (April 2025)***

The rules committee meets for its annual meeting to discuss and determine rules proposals to improve the game.



#### ***COMMENT PERIOD – Year One (May 2025)***

A list of proposals approved by the committee is sent to head coaches, conference commissioners and directors of athletics for feedback. This two-week comment period allows the membership to see and respond to the language of the proposals.



#### ***PROP MEETING/APPROVAL – Year One (June 2025)***

The Playing Rules Oversight Panel (PROP) reviews all proposals the committee recommends and all comments from the membership. PROP's charge is to review all proposals for financial implications, safety concerns and harm to the image of the game. Items approved by PROP are incorporated into the rules book.



#### ***TWO-YEAR RULES BOOK – Year One (August 2025)***

A complimentary copy of the rules book is sent to head coaches, conference commissioners and conference coordinators/assignors. Additional copies of the book may be ordered online at [www.ncaapublications.com](http://www.ncaapublications.com).

This rules book is used for the next two seasons (2025-26 and 2026-27).



#### ***INFORMATION GATHERING STAGE – Year Two (Fall 2025-Spring 2026)***

During the regular season, the secretary-rules editor and committee members compile hot topics. Topics are discussed at the coaches convention, if possible. A rules survey is conducted to gather feedback on the rules changes approved during year one and also may contain new topics to begin gathering feedback from the membership.



#### ***RULES COMMITTEE ANNUAL MEETING AND PROP MEETING – Year Two (April/June 2026)***

The committee meets to discuss items for future consideration and educational opportunities and submits a report to PROP.