



**REPORT OF THE
NCAA WRESTLING RULES COMMITTEE
APRIL 8-10, 2019, ANNUAL MEETING**

ACTION ITEMS.

1. Legislative items.

- **None.**

2. Nonlegislative items. The NCAA Wrestling Rules Committee approved the following rules change proposals for the 2019-20 and 2020-21 seasons. The committee requests approval from the NCAA Playing Rules Oversight Panel (PROP) for the following items:

a. Competition Uniform (Rule 1.5.1.b).

- (1) Recommendation. Allow shorts designed for wrestling as a third competition uniform option. The shorts shall have a minimum 4-inch inseam and not extend beyond the top of the knees; be worn as intended by the manufacturer; be firmly adhered to the hips with any drawstring covered; not be baggy; and have no pockets, zippers, buttons, exposed Velcro or metal fasteners.
- (2) Effective date. Immediately.
- (3) Rationale. To allow institutions a third competition uniform option: the singlet, form-fitting top and form-fitting shorts, or form-fitting top and wrestling 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.
- (4) Estimated budget impact. Since this rules change is not required, the only budget impact would be if an institution elected to wear this style of competition uniform.
- (5) Student-athlete impact. Same as stated rationale.

b. Wrestlers' Hair (Rule 1.8.3).

- (1) Recommendation. Eliminate the rule that requires hair, in its natural state, to not extend below the top of an ordinary shirt collar and on the sides to not extend below the earlobe level.
- (2) Effective date. Immediately.

(3) 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 Similar to when the cleanshaven facial hair requirement was reviewed and revised, the hair rule was outdated and in need of a review.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.

(4) Estimated budget impact. None.

(5) Student-athlete impact. Same as stated rationale.

c. Simultaneous Violations (Rules 2.2, 3.20.7 and 5.2).

(1) Recommendation. Add a definition for 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.

(2) Effective date. Immediately.

(3) 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.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

d. Medical Forfeit (Rule 2.3.12.b).

(1) Recommendation. Require a medical forfeit to count as a loss for the forfeiting wrestler.

(2) Effective date. Immediately.

(3) Rationale. Due to concern with the large number of medical forfeits being utilized in tournament competition, this rule change reinforces the importance of communication between the wrestler, coach and the medical personnel to ensure wrestlers are rehabilitated sufficiently in order to compete for the entirety of the event. By counting

a medical forfeit as a loss on the individual season record form, a wrestler may be discouraged from entering competitions prior to full rehabilitation of an injury. The committee does not believe that counting a medical forfeit as a loss will inhibit wrestlers from exiting the competition when they are injured; and counting medical forfeits as a loss is a better indicator of the wrestler's overall season success.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

e. Determining Wrestling Order – Dual Meets (Rule 3.8.1).

(1) Recommendation. If coaches cannot agree on the starting weight class in a dual meet or multiple dual meet, require a coin toss to be executed where the winner has the choice to select the starting weight 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.

(2) Effective date. Immediately.

(3) Rationale. To equalize the opportunity to select the starting weight classification and/or odd/even matches in single dual meets.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

f. Coach's Video Review Challenge (Rule 3.13.9.e).

(1) Recommendation. Charge a wrestler with stalling if the call on the mat is confirmed on a coach's video review challenge.

(2) Effective date. Immediately.

(3) Rationale. To enhance the quality of coach requested video review challenges and potentially lessen frivolous challenges that delay competition.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

g. Overtime (Rules 3.14.3.a and .b).

- (1) Recommendation. Allow a wrestler to choose to defer in the tiebreaker periods.
- (2) Effective date. Immediately.
- (3) 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.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. None.

h. Baiting an Opponent (Rules 5.2 and 5.8).

- (1) Recommendation. Reclassify baiting an opponent from unsportsmanlike conduct to a technical violation.
- (2) Effective date. Immediately.
- (3) 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.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. None.

i. Hands to the Face (Rules 5.3 and 5.6).

- (1) Recommendation. Reclassify hands to the face from unnecessary roughness to an illegal hold.
- (2) Effective date. Immediately.
- (3) 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.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

j. Flagrant Misconduct – Institutional Medical Staff (Rule 5.5.6).

(1) Recommendation. Remove the requirement that the head coach be ejected and suspended when a member of the team’s medical staff receives a flagrant misconduct, and instead require the offender (of the team’s medical staff) to be restricted to the designated spectator area and serve a one-match suspension at the institution’s next regularly scheduled home event.

(2) Effective date. Immediately.

(3) 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.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

k. Stalling Penalty Sequence (Rule 5.7.3).

(1) Recommendation. Change the fourth violation in the stalling penalty sequence to a loss of two match points (instead of a loss of one match point).

(2) Effective date. Immediately.

(3) Rationale. To better alert the wrestler and coaches that the next stalling call will result in disqualification.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

l. Stalling Verbal/Visual Counts (Rules 5.7.12, 5.7.13, 5.7.14 and 4.2.4).

- (1) Recommendation. 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.
- (2) Effective date. Immediately.
- (3) Rationale. While referees have every intention of issuing verbal and/or visual counts, this rules change will allow referees to focus on and maneuver around the mat without violating the rules. Coaches may still video review 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.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. None.

m. Figure-Four Scissors (Rules 5.8.9 and 5.6).

- (1) Recommendation. Reclassify figure-four scissors from a technical violation to an illegal hold.
- (2) Effective date. Immediately.
- (3) 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.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. None.

n. Second Referee (Rules 7.4.1 and 7.5).

- (1) Recommendation. 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.
- (2) Effective date. Immediately.

(3) 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.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

o. Weight Management Program Violations (Rule 8.4.1).

(1) Recommendation. 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.

(2) Effective date. Immediately.

(3) Rationale. To clarify a long-standing policy of not allowing appeals for these violations or associated penalties.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

p. Weigh-In Times (Rule 9.3.1).

(1) Recommendation. Require all meet and tournament weigh-ins to occur two hours prior to the start of competition on all days of competition.

(2) Effective date. Immediately.

(3) Rationale. To standardize the weigh-in times to be consistent across all dual, triangular and quadrangular meets, multi-day team tournaments and team advancement tournaments. Requiring two hours ensures wrestlers have sufficient time to warm-up and prepare for competition after weighing in.

(4) Estimated budget impact. None.

(5) Student-athlete impact. Same as stated rationale.

q. Weigh-In/Medical Exam Violations (Rule 9.7.1).

- (1) Recommendation. 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.
- (2) Effective date. Immediately.
- (3) Rationale. To clarify a long-standing policy of not allowing appeals for these violations or associated penalties.
- (4) Estimated budget impact. None.
- (5) Student-athlete impact. None.

INFORMATIONAL ITEMS.

- 1. Welcome, introductions and announcements.** The chair welcomed the committee members and guests and thanked them for their time. All attendees introduced themselves and provided a brief overview of their background.
- 2. Review schedule, agenda and committee operations manual.** The committee reviewed the meeting schedule, agenda and the committee operations manual. The committee operations manual included the NCAA conflict of interest policy, guidance for committee members regarding meeting reports, notes and email, voting procedures, principles for rules writing, and experimental playing rules guidelines.
- 3. NCAA Injury Surveillance Program data and report.** The committee reviewed wrestling injury data provided by the Datalys Center for Sports Injury Research and Prevention. The committee appreciated Datalys' efforts to ensure athlete exposures for tournaments is being collected properly. Datalys worked in the Optimal Performance Calculator to more accurately collect this information. The committee requested specific data on injury by time of year (November – March).
- 4. Playing Rules Oversight Panel report.** The committee reviewed the report from PROP's annual meeting in January. Topics of interest included a reminder on the PROP directive from 2014 that encouraged committees to strongly consider providing at least a one-year delay before implementing any rules changes with financial or facility implications, the agreement that the respective PROP liaison will attend a portion of the rules committee's annual meeting, receive pertinent correspondence during the year, and participate in the teleconference when the comment period results are reviewed, and a reminder on the memorandum from 2009 that

PROP issued to clarify the use of non-profit logos on the game uniform. It was noted that the PROP liaison for wrestling is unable to attend the meeting.

- 5. Secretary-rules editor and weight management liaison report.** The committee heard a report from the secretary-rules editor and weight management liaison. His primary focus of the 2018-19 season was to reinforce existing rules, provide continued interpretations, and communicate the rules committee points of emphasis. The secretary-rules editor continued to use Center Mat effectively to educate and communicate with referees and coaches. The committee did voice concern over the low number of coaches registered for Center Mat and would like to emphasize its importance at the coaches association convention. The weight management report included a recap of the one urine manipulation and three weight management violations.
- 6. National coordinator of officials report.** The committee heard a recap of the 2018-19 season from the national coordinator of officials. The national coordinator will be working over the next year on recruiting new officials and highlighted the use of 21 new officials for the Divisions II and III championships. He noted the plan is to use an independent video reviewer at the 2020 Division I Wrestling Championships.
- 7. National Athletic Trainers' Association liaison report.** The committee heard a report from the athletic trainer liaison, including concern with skin checks not being properly performed at open tournaments. Language in Appendix C (Skin Infections in Wrestling) related to Tinea Infections (ringworm) needs to be updated per an interpretation issued during the 2018-19 wrestling season. The language was being misinterpreted and in need of clarifying.
- 8. Active official report.** The committee heard a report from the active official, including updates on the three clinics conducted in preparation for the 2018-19 season, the grant program in place to recruit and retain referees, and the effective use of Center Mat as a resource for referees. He also noted the sentiment from the referees that the sport is in a good place and not in need of on-the-mat rules changes.
- 9. National Federation of State High School Associations (NFHS) report.** The committee heard a report from the NFHS on the 17 rules changes approved by the rules committee. It was noted girls wrestling continues to grow with many states adding state championships. The NFHS does have some concern with the weight classes for girls wrestling since states are adding their own weight classes tailored to girls wrestling.
- 10. Wrestling Championships scoring data.** The committee reviewed the scoring data from the DI, DII and DIII Wrestling Championships since 2013. Scoring and stalling calls are increasing over time, which is good since that likely means officials are requiring wrestlers to stay on the mat.

- 11. 2019 DI Wrestling Championships video review data.** The committee reviewed the video review data from the DI Wrestling Championships. There were 32 referee's video reviews with 19 calls being confirmed and 13 calls being overturned. Additionally, there were 95 coach's video review challenges with 81 calls being confirmed and 14 calls being overturned.
- 12. 2018-19 rules survey results.** The committee reviewed the 2018-19 rules survey in conjunction with the rules proposals discussion.
- 13. Rules proposals and discussion items.** The committee reviewed and considered the 59 rules proposals. The committee approved 17 major rules changes for the 2019-20 and 2020-21 wrestling seasons, as noted above in the Action Items section. The major rules changes included allowing shorts designed for wrestling as a third competition uniform option, removing the hair length restriction, issuing a stalling warning for an unsuccessful coach's video review challenge, counting a medical forfeit as a loss for the forfeiting wrestler, and requiring weigh-ins to be conducted two hours prior to the start of competition for all dual meets and tournaments. In addition, the committee approved several editorial changes, which included clarifying penalties for violations of the prohibited weight-loss practices rules in Rule 9.5 (e.g., use of a sauna, hot room, steam room, artificial means of rehydration, etc.) will only be imposed for instances that occur during the season (i.e., the first official practice until the end of the competition season).
- 14. 2018-19 Wrestling Case Book.** The committee reviewed and approved all approved rulings/interpretations in the 2018-19 Wrestling Case Book. It was noted an example of the approved ruling for stalling by dropping down to a lower leg should be included in the rules and officiating video.
- 15. Future annual meeting, teleconference, call for proposals and survey dates.** The committee agreed to conduct a teleconference Wednesday, May 22, to discuss the comment period results. The committee scheduled its 2020 annual meeting for April 13-15 in Indianapolis and will conduct teleconferences the second Tuesday of each month at 11 a.m. Eastern time. The committee will not conduct a call for proposals in 2019-20 since it's a non-rules change year. The 2020 rules survey will be sent to the membership February 15 and close March 31.
- 16. Selection of chair.** The committee re-elected Matt Valenti, University of Pennsylvania, as chair for the 2019-20 academic year.
- 17. Other business.** The committee had no other business.
- 18. Adjournment.** The committee adjourned Wednesday, April 10, at noon Eastern time.

Committee Chair: Matt Valenti, University of Pennsylvania, The Ivy League
Staff Liaison: Ashlee Follis, Championships and Alliances

NCAA Wrestling Rules Committee April 8-10, 2019, Annual Meeting	
Attendees:	
Chuck Barbee, secretary-rules editor and weight management liaison.	
Brad Bruhn, State University of New York at Cortland.	
Jason Coomer, Southern Illinois University, Edwardsville.	
Jack Maughan, North Dakota State University.	
Lonnie Morris, Johnson & Wales University (Providence).	
John W. Smith, Oklahoma State University.	
Matt Valenti, University of Pennsylvania.	
Cy Wainwright, Newberry College.	
Jason Warthan, University of Indianapolis.	
Absentees:	
None.	
Guests in Attendance:	
Elliot Hopkins, National Federation of State High School Associations.	
Tim Shiels, national coordinator of officials.	
Matt Sorochinsky, active official.	
Jim Thornton, athletic trainer liaison.	
Pat Tocci, National Wrestling Coaches Association.	
Erin Wasserman, Datalys Center for Sports Injury Research and Prevention.	
NCAA Staff Liaison in Attendance:	
Ashlee Follis.	
Other NCAA Staff Members in Attendance:	
Dan Calandro, LaGwyn Durden and Greg Johnson.	