



2024-25 Wrestling Rules - Survey Results

Methods

- This was a survey of head coaches, directors of athletics, conference commissioners, conference coordinators, senior woman administrators, and officials. The purpose was to assess the impact of previous rules changes and to gather feedback on possible future rules changes.
- The survey was designed to take no more than 10 minutes and was administered online through the Qualtrics survey software.
- The survey was open from February 25 to March 16, 2025.
- The survey was distributed via email to 692 coaches and officials. The link to the survey was made available through an online survey dashboard designed for directors of athletics, conference commissioners and senior woman administrators to provide rules feedback during the 2023-24 academic year. A notice about the use of the survey dashboard was emailed to all directors of athletics, senior woman administrators and conference commissioners prior to the survey launch. A follow-up email was sent to those who received the survey via email and a notice about survey dashboard availability appeared in the *NCAA Weekly* each Monday while the survey was open. Of the 1,276 possible participants, there were 428 completed surveys (34 percent response rate).

2024-25 Wrestling Rules Survey Report

QUANTITATIVE DATA

March 19, 2025

Title	Received	Possible	Response Rate
DI Head Coach	54	73	74%
DII Head Coach	51	79	65%
DIII Head Coach	83	128	65%
TOTAL COACHES	188	280	67%
DI Director of Athletics	6	75	8%
DII Director of Athletics	15	79	19%
DIII Director of Athletics	27	128	21%
TOTAL ADs	48	282	17%
DI Commissioner	2	9	22%
DII Commissioner	2	9	22%
DIII Commissioner	5	16	31%
TOTAL COMMISSIONERS	9	34	26%
DI Senior Woman Admin.	6	71	8%
DII Senior Woman Admin.	9	73	12%
DIII Senior Woman Admin.	4	118	3%
TOTAL SWAs	19	262	7%
Conference Coordinator	2	6	33%
Official	162	412	39%
TOTAL	428	1276	34%

Note: the 'N' for head coaches, athletic directors, conference commissioners and senior woman administrators was pulled from the NCAA Member Reports application. Throughout the report, data are provided for groups in which the n = 10.

POSSIBLE RULES CHANGES

Would you be in favor of the following proposed rules changes?

1. Mandating the mat area outside the competition circle be increased from 5 feet to a minimum of 8 feet.

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	34%	64	46%	25	29%	15	29%	24
No	46%	87	30%	16	49%	25	55%	46
No Opinion	20%	37	24%	13	22%	11	16%	13
TOTAL	100%	188	100%	54	100%	51	100%	83

QUESTION 1 CONTINUED

ATHLETICS DIRECTOR

	Overall*		Division II		Division III	
Yes	19%	9	27%	4	15%	4
No	64%	30	67%	10	63%	17
No Opinion	17%	8	7%	1	22%	6
TOTAL	100%	47	100%	15	100%	27

*Includes all divisions

COMMISSIONER

	Overall*	
Yes	11%	1
No	89%	8
No Opinion	0%	0
TOTAL	100%	9

*Includes all divisions

SENIOR WOMAN ADMINISTRATOR

	Overall*	
Yes	37%	7
No	53%	10
No Opinion	11%	2
TOTAL	100%	19

*Includes all divisions

OFFICIAL

	Overall	
Yes	67%	108
No	17%	27
No Opinion	17%	27
TOTAL	100%	162

2. Eliminating ear protection as required equipment.

HEAD COACH

	Overall		Division I		Division II		Division III	
Yes	77%	144	78%	42	84%	43	71%	59
No	19%	36	17%	9	14%	7	24%	20
No Opinion	4%	8	6%	3	2%	1	5%	4
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR

	Overall*		Division II		Division III	
Yes	20%	9	27%	4	15%	4
No	72%	33	60%	9	81%	21
No Opinion	9%	4	13%	2	4%	1
TOTAL	100%	46	100%	15	100%	26

*Includes all divisions

QUESTION 2 CONTINUED

COMMISSIONER	Overall*	
Yes	0%	0
No	56%	5
No Opinion	44%	4
TOTAL	100%	9

**Includes all divisions*

SENIOR WOMAN ADMINISTRATOR	Overall*	
Yes	42%	8
No	47%	9
No Opinion	11%	2
TOTAL	100%	19

**Includes all divisions*

OFFICIAL	Overall	
Yes	48%	77
No	44%	72
No Opinion	8%	13
TOTAL	100%	162

3. Requiring a protective mouth guard to be worn (currently optional).

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	6%	12	7%	4	6%	3	6%	5
No	84%	158	76%	41	90%	46	86%	71
No Opinion	10%	18	17%	9	4%	2	8%	7
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR	Overall*		Division II		Division III	
Yes	41%	19	33%	5	46%	12
No	37%	17	47%	7	31%	8
No Opinion	22%	10	20%	3	23%	6
TOTAL	100%	46	100%	15	100%	26

**Includes all divisions*

COMMISSIONER	Overall*	
Yes	67%	6
No	11%	1
No Opinion	22%	2
TOTAL	100%	9

**Includes all divisions*

QUESTION 3 CONTINUED

SENIOR WOMAN ADMINISTRATOR

Overall*

Yes	37%	7
No	37%	7
No Opinion	26%	5
TOTAL	100%	19

**Includes all divisions*

OFFICIAL

Overall

Yes	6%	10
No	78%	127
No Opinion	15%	25
TOTAL	100%	162

4. Allowing the independent reviewer to be able to consult with the referee(s) on a coach's video review challenge.

HEAD COACH

Overall

Division I

Division II

Division III

Yes	45%	85	33%	18	50%	25	51%	42
No	48%	89	59%	32	46%	23	41%	34
No Opinion	7%	13	7%	4	4%	2	8%	7
TOTAL	100%	187	100%	54	100%	50	100%	83

ATHLETICS DIRECTOR

Overall*

Division II

Division III

Yes	37%	17	40%	6	35%	9
No	33%	15	40%	6	31%	8
No Opinion	30%	14	20%	3	35%	9
TOTAL	100%	46	100%	15	100%	26

**Includes all divisions*

COMMISSIONER

Overall*

Yes	78%	7
No	0%	0
No Opinion	22%	2
TOTAL	100%	9

**Includes all divisions*

SENIOR WOMAN ADMINISTRATOR

Overall*

Yes	47%	9
No	53%	10
No Opinion	0%	0
TOTAL	100%	19

**Includes all divisions*

QUESTION 4 CONTINUED

OFFICIAL

Overall

Yes	77%	124
No	20%	32
No Opinion	3%	5
TOTAL	100%	161

5. Allowing the coach to retain their video challenge if there is obstruction on a challenged call.

HEAD COACH

Overall

Division I

Division II

Division III

Yes	97%	182	96%	52	96%	49	98%	81
No	3%	5	2%	1	4%	2	2%	2
No Opinion	1%	1	2%	1	0%	0	0%	0
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR

Overall*

Division II

Division III

Yes	72%	34	60%	9	78%	21
No	13%	6	20%	3	11%	3
No Opinion	15%	7	20%	3	11%	3
TOTAL	100%	47	100%	15	100%	27

**Includes all divisions*

COMMISSIONER

Overall*

Yes	56%	5
No	11%	1
No Opinion	33%	3
TOTAL	100%	9

**Includes all divisions*

SENIOR WOMAN ADMINISTRATOR

Overall*

Yes	100%	19
No	0%	0
No Opinion	0%	0
TOTAL	100%	19

**Includes all divisions*

OFFICIAL

Overall

Yes	78%	125
No	17%	27
No Opinion	6%	9
TOTAL	100%	161

6. Awarding one point for every minute of riding time.

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	37%	69	33%	18	47%	24	33%	27
No	61%	115	65%	35	53%	27	64%	53
No Opinion	2%	4	2%	1	0%	0	4%	3
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR	Overall*		Division II		Division III		<i>*Includes all divisions</i>
Yes	41%	19	53%	8	38%	10	
No	35%	16	40%	6	31%	8	
No Opinion	24%	11	7%	1	31%	8	
TOTAL	100%	46	100%	15	100%	26	

COMMISSIONER	Overall*		<i>*Includes all divisions</i>
Yes	33%	3	
No	0%	0	
No Opinion	67%	6	
TOTAL	100%	9	

SENIOR WOMAN ADMINISTRATOR	Overall*		<i>*Includes all divisions</i>
Yes	42%	8	
No	47%	9	
No Opinion	11%	2	
TOTAL	100%	19	

OFFICIAL	Overall	
Yes	19%	31
No	78%	126
No Opinion	2%	4
TOTAL	100%	161

7. Eliminating riding time when penalizing the offensive wrestler for stalling in the rear standing position.

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	17%	32	13%	7	16%	8	20%	17
No	72%	136	76%	41	71%	36	71%	59
No Opinion	11%	20	11%	6	14%	7	8%	7
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR	Overall*		Division II		Division III		<i>*Includes all divisions</i>
Yes	26%	12	33%	5	27%	7	
No	28%	13	40%	6	23%	6	
No Opinion	46%	21	27%	4	50%	13	
TOTAL	100%	46	100%	15	100%	26	

COMMISSIONER	Overall*		<i>*Includes all divisions</i>
Yes	11%	1	
No	11%	1	
No Opinion	78%	7	
TOTAL	100%	9	

SENIOR WOMAN ADMINISTRATOR	Overall*		<i>*Includes all divisions</i>
Yes	21%	4	
No	53%	10	
No Opinion	26%	5	
TOTAL	100%	19	

OFFICIAL	Overall	
Yes	36%	58
No	57%	91
No Opinion	7%	12
TOTAL	100%	161

8. Eliminating team point deductions.

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	49%	92	65%	35	45%	23	41%	34
No	43%	80	26%	14	49%	25	49%	41
No Opinion	9%	16	9%	5	6%	3	10%	8
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR	Overall*		Division II		Division III		<i>*Includes all divisions</i>
Yes	15%	7	13%	2	15%	4	
No	57%	26	67%	10	50%	13	
No Opinion	28%	13	20%	3	35%	9	
TOTAL	100%	46	100%	15	100%	26	

COMMISSIONER	Overall*		<i>*Includes all divisions</i>
Yes	0%	0	
No	56%	5	
No Opinion	44%	4	
TOTAL	100%	9	

SENIOR WOMAN ADMINISTRATOR	Overall*		<i>*Includes all divisions</i>
Yes	42%	8	
No	42%	8	
No Opinion	16%	3	
TOTAL	100%	19	

OFFICIAL	Overall	
Yes	10%	16
No	88%	141
No Opinion	2%	4
TOTAL	100%	161

9. Removing neutral out of bounds (back out/push out) from the stalling sequence and making these a separate penalty.

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	36%	68	41%	22	47%	24	27%	22
No	51%	95	48%	26	39%	20	60%	49
No Opinion	13%	24	11%	6	14%	7	13%	11
TOTAL	100%	187	100%	54	100%	51	100%	82

ATHLETICS DIRECTOR	Overall*		Division II		Division III		<i>*Includes all divisions</i>
Yes	36%	16	29%	4	46%	12	
No	27%	12	57%	8	8%	2	
No Opinion	38%	17	14%	2	46%	12	
TOTAL	100%	45	100%	14	100%	26	

COMMISSIONER	Overall*		<i>*Includes all divisions</i>
Yes	22%	2	
No	11%	1	
No Opinion	67%	6	
TOTAL	100%	9	

SENIOR WOMAN ADMINISTRATOR	Overall*		<i>*Includes all divisions</i>
Yes	32%	6	
No	47%	9	
No Opinion	21%	4	
TOTAL	100%	19	

OFFICIAL	Overall	
Yes	14%	23
No	80%	129
No Opinion	6%	9
TOTAL	100%	161

10.Eliminating the interlocking fingers penalty.

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	40%	76	46%	25	47%	24	33%	27
No	46%	86	31%	17	43%	22	57%	47
No Opinion	14%	26	22%	12	10%	5	11%	9
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR	Overall*		Division II		Division III		<i>*Includes all divisions</i>
Yes	20%	9	33%	5	15%	4	
No	48%	22	53%	8	42%	11	
No Opinion	33%	15	13%	2	42%	11	
TOTAL	100%	46	100%	15	100%	26	

COMMISSIONER	Overall*		<i>*Includes all divisions</i>
Yes	0%	0	
No	33%	3	
No Opinion	67%	6	
TOTAL	100%	9	

SENIOR WOMAN ADMINISTRATOR	Overall*		<i>*Includes all divisions</i>
Yes	42%	8	
No	42%	8	
No Opinion	16%	3	
TOTAL	100%	19	

OFFICIAL	Overall	
Yes	50%	81
No	46%	74
No Opinion	4%	6
TOTAL	100%	161

11. Allowing the coaching of an injured wrestler during the injury timeout.

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	75%	141	76%	41	76%	39	73%	61
No	19%	35	15%	8	20%	10	20%	17
No Opinion	6%	12	9%	5	4%	2	6%	5
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR	Overall*		Division II		Division III		<i>*Includes all divisions</i>
Yes	57%	27	60%	9	56%	15	
No	28%	13	27%	4	26%	7	
No Opinion	15%	7	13%	2	19%	5	
TOTAL	100%	47	100%	15	100%	27	

COMMISSIONER	Overall*		<i>*Includes all divisions</i>
Yes	22%	2	
No	56%	5	
No Opinion	22%	2	
TOTAL	100%	9	

SENIOR WOMAN ADMINISTRATOR	Overall*		<i>*Includes all divisions</i>
Yes	58%	11	
No	37%	7	
No Opinion	5%	1	
TOTAL	100%	19	

OFFICIAL	Overall	
Yes	48%	77
No	48%	78
No Opinion	4%	6
TOTAL	100%	161

12. Prohibiting a wrestler from continuing the match if they enter concussion protocol.

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	15%	29	22%	12	12%	6	13%	11
No	78%	146	70%	38	78%	40	82%	68
No Opinion	7%	13	7%	4	10%	5	5%	4
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR	Overall*		Division II		Division III		<i>*Includes all divisions</i>
Yes	74%	34	86%	12	67%	18	
No	22%	10	7%	1	30%	8	
No Opinion	4%	2	7%	1	4%	1	
TOTAL	100%	46	100%	14	100%	27	

COMMISSIONER	Overall*		<i>*Includes all divisions</i>
Yes	88%	7	
No	13%	1	
No Opinion	0%	0	
TOTAL	100%	8	

SENIOR WOMAN ADMINISTRATOR	Overall*		<i>*Includes all divisions</i>
Yes	47%	9	
No	53%	10	
No Opinion	0%	0	
TOTAL	100%	19	

OFFICIAL	Overall	
Yes	19%	31
No	67%	108
No Opinion	14%	22
TOTAL	100%	161

13. Allowing a wrestler to weigh in one weight class above their previous competition and then returning to the lower class without utilizing a weight loss descent plan. If a wrestler weighs in two weight classes above their previous competition, they would then be required to utilize a weight loss descent plan to return to the original lowest weight.

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	79%	149	89%	48	86%	44	69%	57
No	15%	29	4%	2	8%	4	28%	23
No Opinion	5%	10	7%	4	6%	3	4%	3
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR	Overall*		Division II		Division III	
Yes	59%	27	80%	12	46%	12
No	20%	9	13%	2	27%	7
No Opinion	22%	10	7%	1	27%	7
TOTAL	100%	46	100%	15	100%	26

**Includes all divisions*

COMMISSIONER	Overall*	
Yes	33%	3
No	11%	1
No Opinion	56%	5
TOTAL	100%	9

**Includes all divisions*

SENIOR WOMAN ADMINISTRATOR	Overall*	
Yes	58%	11
No	21%	4
No Opinion	21%	4
TOTAL	100%	19

**Includes all divisions*

OFFICIAL	Overall	
Yes	42%	68
No	11%	18
No Opinion	47%	75
TOTAL	100%	161

14. Allowing weigh-ins to be conducted at a location other than the site of competition or adjacent building to the competition site (e.g., team hotel).

HEAD COACH	Overall		Division I		Division II		Division III	
Yes	49%	92	76%	41	45%	23	34%	28
No	45%	85	20%	11	47%	24	60%	50
No Opinion	6%	11	4%	2	8%	4	6%	5
TOTAL	100%	188	100%	54	100%	51	100%	83

ATHLETICS DIRECTOR	Overall*		Division II		Division III		<i>*Includes all divisions</i>
Yes	51%	23	67%	10	48%	12	
No	31%	14	33%	5	28%	7	
No Opinion	18%	8	0%	0	24%	6	
TOTAL	100%	45	100%	15	100%	25	

COMMISSIONER	Overall*		<i>*Includes all divisions</i>
Yes	33%	3	
No	44%	4	
No Opinion	22%	2	
TOTAL	100%	9	

SENIOR WOMAN ADMINISTRATOR	Overall*		<i>*Includes all divisions</i>
Yes	58%	11	
No	42%	8	
No Opinion	0%	0	
TOTAL	100%	19	

OFFICIAL	Overall	
Yes	41%	66
No	28%	45
No Opinion	31%	50
TOTAL	100%	161

