

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



**NEWS RELEASE**

**High School Wrestling Rules Changes Approved for 2014-15**

**FOR IMMEDIATE RELEASE**

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INDIANAPOLIS, IN (May 22, 2014) — High school wrestling rules changes focused on changes in the definition of bad time and advancement of wrestlers in the consolation bracket.

Changes to Rules 5-1-1 and 10-2-9 were recommended by the National Federation of State High School Associations (NFHS) Wrestling Rules Committee at its April 14-16 meeting in Indianapolis. The committee's recommendations were subsequently approved by the NFHS Board of Directors.

In addition to previous language in Rule 5-1-1, the committee agreed that bad time is wrestled with the wrestlers in the wrong position or the wrong wrestler being given choice of position "at the start of the second 30-second tiebreaker" and "at the start of the ultimate tiebreaker."

The previous definition did not include situations where the wrong wrestler was given choice of position at the start of the second 30-second tiebreaker or the start of the ultimate tiebreaker.

Rule 10-2-9 previously addressed the protocol when two wrestlers in the championship bracket simultaneously could not continue the match but did not address a plan for advancement to the consolation bracket when points had been scored in the match.

The additional language will state that if the match is tied at the time of termination, the wrestler who scored the first point(s) in the match (first three periods, or first or second 30-second tiebreaker) will continue in the consolation bracket. If no points were scored, neither wrestler will continue.

“I am very proud of the NFHS Wrestling Rules Committee’s work,” said Alan Beste, chair of the NFHS Wrestling Rules Committee and assistant executive director of the Iowa High School Athletic Association. “Oftentimes, people think successful committee meetings are only accomplished when numerous changes are made. This year, the rules committee reviewed many aspects of the high school wrestling program and determined there was no need for a large number of rules changes. We will continue to monitor the annual NFHS wrestling rules questionnaire sent to state associations, coaches and referees to determine the need for future changes.”

Wrestling is the sixth-most popular sport for boys at the high school level with 270,163 participants in 10,488 schools during the 2012-13 season, according to the NFHS Athletics Participation Survey. In addition, 8,727 girls were involved in wrestling in 1,602 high schools.

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### **About the National Federation of State High School Associations (NFHS)**

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 16 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.7 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at [www.nfhs.org](http://www.nfhs.org).

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