

Early Season Rules Update December 2010

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1. All contestants must weigh-in wearing a suitable undergarment. This rule must be followed it is not optional and cannot be disregarded by mutual consent of the coaches. Wrestlers are **NOT** permitted to weigh-in naked and at no time is there any weight allowance for clothing.

2. At the annual rules meeting the National Federation Editor said that females would not be allowed to wear a singlet or a one piece swim suit as a suitable undergarment for weighing-in. The rationale is that an adequate skin check cannot be done with the abdomen being covered.

With that in mind, I indicated that the situation in the National Federation Case book which allows females to wear a t-shirt to weigh in was incorrect. I recently received a clarification from the NYSPHSAA that t-shirts will be allowed for females at weigh-ins. However, when doing a skin check, the student athlete could be asked to lift her shirt in a manner that insures privacy and permits the person conducting the weigh-in to make sure that the athlete is free of any skin infection.

3. On page 10 in the Program of Wrestling under minimum weights it states; “the minimum, required weights for all weights as listed must be met and recorded at both the honor weigh-in and the mat side weigh-in”. Many coaches have asked if that means the wrestlers at 96, 103, 215 and 285 always have to weigh-in twice or do they have the same option as the other 11 weight classes to weigh-in at mat side only?

Ruling:

They do not have to weigh-in twice. As long as they make the minimum weight at mat side they are fine to wrestle. In fact, if they were to weigh-in in the AM and didn't make the minimum weight, they would be ineligible to wrestle in that day's contest. It is actually better for these wrestlers to only weigh-in at mat side.

4. When a front headlock is applied and the wrestler applying the hold reinforces the lock on his or her own arm at the elbow or above, pressure is exerted on the throat or the side of the neck which restricts breathing or circulation. When this occurs the referee will stop the match for a potentially dangerous situation. If this hold is applied again it will be considered illegal.

5. In a cradle situation it is possible for a stalemate to be called when the defensive wrestler fights to remain on all fours or remains belly down and the offensive wrestler is unable to improve. If near fall points are earned and then the defensive wrestler gets back to all fours or to the belly down position and it becomes evident that the offensive wrestler cannot improve, a stalemate could be called and the near fall points would be awarded.