

# Points of Emphasis

1. Uniform Decorum
2. Excessive Celebration
3. Default vs. Forfeit
4. Concealment of a Communicable Skin Condition



## Rules Revisions

1. The number of allowable matches in any one day of competition has been increased from five to six.
2. The recovery time between matches has been reduced from 45 minutes to 30 minutes.
3. No contestant shall wrestle in more than 10 matches in two consecutive days.
4. White or gray trim is now permitted on referee's shoes.
5. A one-piece singlet may be worn with full-length, form-fitted tights, and the stirrups requirement has been deleted.
6. Facial hair is now permitted regardless of the thickness and length.
7. The definition of forfeit has been expanded to include a medical forfeit, which would not count against a wrestler's record.
8. Foot/feet was added to the list of points of support when a wrestler is down on the mat.
9. The official was provided another option for the end-of-match procedure.

Sport images provided by Minnesota State High School League.



# 2023-24 WRESTLING

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

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