

# Wrestling Comments on the Rules - 2024-25

By NFHS on September 24, 2024

wrestling

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Modified an optional 10-foot circle in the center of the mat (2-1-3, 2-1-4, 5-24-1, 6-5-1, 6-6-6, 7-6-1)

— The starting lines of a mat indicate the center of the mat and the 10-foot circle shall be optional.

Wrestlers and officials know where the center of the mat is located without the benefit of the 10-foot circle. The optional choice would allow for larger designs of school logos or school mascots.

Modified that only one point of contact by either wrestler meets the requirement of being

inbounds (5-10, 5-15-1, 5-15-2b, 5-15-2c, 5-15-3, 5-18, 5-22-1, 5-22-2, 5-25-1, 5-25-3, 6-4-1) — This

change safely eliminates the subjectivity of what is out of bounds. Referees are able to call out of bounds more consistently and accurately, as well as assisting wrestlers, coaches and spectators in better understanding out of bounds.

Modified the scoring of near-fall points (5-11-2g, 5-11-2h, 5-11-3, 9-1-5, Scoring Symbols) — This

rule change simplifies the points awarded based on how long the wrestler is held in near-fall criteria.

Modified the points for a takedown (9-1-2, Summary of Scoring, Scoring Symbols) — Promotes more

scoring when wrestlers are in the neutral position.

Clarified how a Technical Fall is scored (5-11-4) — This change will clarify when the technical fall has

concluded in relation to the near-fall criteria being met. The offensive wrestler cannot be penalized appropriately after the technical fall has been earned.

Created a new Official's Signal (5-28-4, Official Wrestling Signals) — Created a new signal for the

referee's time-out.