

Points of Emphasis

- 1. Properly Fitted Female Wrestler Uniforms
- 2. Importance of Proper Hygiene
- 3. Complete Understanding of Bad Time



PLAY.
PERFORM.
COMPETE.
TOGETHER.

Rules Revisions

1.

Minimum body-fat percentage for girls was raised to 19 percent to establish more healthy process.
2.

Guidelines provided for properly fitted tooth and mouth protector.
3.

Consistency established between individual and team format events.
4.

Types of stalling calls to be announced to provide clarity for coaches, wrestlers and fans.
5.

Bleeding has been added to recovery time.
6.

New language regarding byes was developed.
7.

New signals regarding stalling were approved.

Sport images provided by Minnesota State High School League.



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