



2026-27 NFHS WRESTLING RULES INTERPRETATIONS

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SITUATION 1: Can a female wrestler compete with lower than 19% body fat? **RULING:** Yes, a medical release signed by an appropriate health-care professional will be required to compete. (1-5-2)

SITUATION 2: Can a male wrestler compete with a body fat lower than 7%? **RULING:** Yes, a medical release signed by an appropriate health-care professional will be required to compete. (1-5-2)

SITUATION 3: Can a wrestler wear a video camera during the match? **RULING:** No, wrestlers are not allowed to wear a video camera during competition. (4-3-7)

SITUATION 4: Can a wrestler wear an audio device designed to communicate with the coach? **RULING:** No, audio devices including microphones are not allowed during competition. (4-3-7)

SITUATION 5: Can a wrestler wear a medical appliance/device designed for the hearing-impaired during competition? **RULING:** Yes, medical devices/appliances are not considered wearable technology. (4-3-7 NOTE 1)

SITUATION 6: During a dual meet are wrestlers allowed to weigh-in by team? **RULING:** Yes, wrestlers can weigh-in shoulder to shoulder or by team. (4-5-1)

SITUATION 7: Do byes count as a match toward a wrestler's daily or two-day match limitation? **RULING:** No, byes do not count as a match. (5-3-2)

SITUATION 8: Do byes count toward a wrestler's match record? **RULING:** No, byes do not count as a match and will not count toward a wrestler's match record. (5-3-2)

SITUATION 9: Can a wrestler in the advantage position hold the heel to buttocks of the defensive wrestler who has been broken down for more than five seconds? **RULING:** No, the referee is required to use a visual and verbal count to indicate that this infraction occurs for more than five seconds. (5-24-4b)

SITUATION 10: Can a wrestler who is bleeding from an unsportsmanlike action use recovery time? **RULING:** Yes, a wrestler who is bleeding from an unsportsmanlike action is entitled to two minutes of recovery time. (5-28-3)

SITUATION 11: Is a bleeding wrestler on recovery time using their cumulative five minutes of blood time? **RULING:** No, the bleeding wrestler is entitled to their two minutes of recovery time if the bleeding is a result of an illegal hold/maneuver, unnecessary roughness, unsportsmanlike conduct during the match or the result of a false start. The bleeding wrestler shall not have any time deducted from the wrestler's cumulative blood time. (5-28-3)

SITUATION 12: When wrestling is stopped for going out of bounds in the neutral position, is the referee required to use one of four calls? **RULING:** Yes, the referee will signal either pushing out, pulling out, backing out or wrestling action. (7-6-3g)

SITUATION 13: Can a wrestler who is bleeding because of a false start from the neutral position use recovery time? **RULING:** Yes, the wrestler can use recovery time. (8-2-7)

SITUATION 14: In a dual meet, are team captains(s) required to meet with the referee for the disk toss? **RULING:** Yes, this will determine who has choice of position at the start of the second period and who will report to the scorer's table first at each weight class. (1-2-3)

SITUATION 15: During tournament competition how many personnel are allowed in the restricted zone? **RULING:** Two team personnel will be permitted on the chairs at the edge of the mat. (2-2-2)

SITUATION 16: Any hold or maneuver that puts pressure around the throat and/or carotid artery is considered which type of infraction? **RULING:** This action is an illegal hold. (7-1-5v)

SITUATION 17: What is considered a charged timeout? **RULING:** Injury time, blood time, recovery time, referee timeout, Head/Neck/Cervical Column. (5-28)

SITUATION 18: During competition, when is a coach(s) allowed to move toward the mat? **RULING:** A coach(s) can only move toward the mat during a charged timeout or at the end of the match. (7-5-2)

SITUATION 19: When does a coach's misconduct occur? **RULING:** When a coach questions the referee's judgment or the misapplication of a rule and the referee does not change the call. (6-6-6)

SITUATION 20: Can a wrestler default a match? **RULING:** Yes, a wrestler can default a match to the opponent prior to the conclusion of wrestling. (6-4-4)