

2017 – 2018 NCAA Wrestling Rules Reminder Update # 2

1. **Unnecessary Roughness-Rule 5.3:** Referees and coaches, hands to the face in the neutral position is an unnecessary roughness violation. The photographs below were taken from the 2017 – 18 wrestling rules book. Coaches, please instruct your wrestlers about this violation. Referees, please implement this rule as outlined in the rules book.

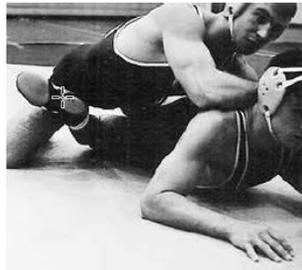


Nos. 76 and 77—EXAMPLES OF UNACCEPTABLE HANDS TO THE FACE. *The straight arm with hands to the face is considered an unnecessary roughness violation.*



No. 78—EXAMPLE OF AN ACCEPTABLE HEAD RAKE. *The wrestler is raking the head forward and not executing a straight arm jab to the forehead, eyes, nose and mouth region.*

2. **Illegal Holds-Rule 5.6:** The twisting knee lock is a dangerous hold and when executed should be called an illegal hold. Referees, per rule 7.3.6 you may use oral commands to warn a wrestler when it looks like a hold may become illegal. However, if the hold is executed it must be called without delay. The photos below, taken from the 2017 – 18 rules book, demonstrate several areas in which you commonly see a twisting knee lock occur. Please note: wrestlers should not be penalized with an illegal hold, when their opponent places themselves in a twisting knee lock situation.



Nos. 34 and 35—ILLEGAL TWISTING KNEE LOCK. *The two illustrations above show a twisting knee lock. It is an illegal hold. The referee should anticipate the danger of injury from this hold and be in a position to block it before it reaches the point of being illegally executed.*



No. 36—ILLEGAL TWISTING KNEE LOCK. *Twisting knee-lock pressure against the normal movement of the knee joint as illustrated constitutes an illegal hold.*

3. **Facial Hair-Rule 1.8.2**:** (1) Coaches and wrestlers are responsible for ensuring facial hair does not exceed ½ inch in length before reporting to the mat to compete*. (2)Referees are responsible for ensuring that wrestlers who report to the mat with facial hair exceeding ½ inch in length have it covered properly or wear a mask. If facial hair exceeding ½ inch in length is not covered when a wrestler steps on the mat to compete, the wrestler will have the length of their injury time to trim the hair to a legal length. If the wrestler fails to trim the hair within the injury time, the wrestler will lose by disqualification.

*Athletic trainers have sole authority to request facial hair be trimmed during medical exams, but this request is only to ensure a proper medical exam takes place. It is not the athletic trainer’s responsibility to determine if the facial hair meets the rules for competition.

4. **Control of Mat Area and Team Reserved Zone-Rule 3.20.1**:** if a referee needs to enter the team personnel’s reserved zone in order to officiate the match, it is the team personnel and team member’s responsibility to avoid touching or interfering with the referee. If any member of the team or the team personnel interferes or touches the referee while the referee is in the reserved zone, officiating the match, they will be called for a control of mat violation (at a minimum). Any individual egregiously interfering with the referee’s ability to call the match may also be called for an unsportsmanlike conduct or even a flagrant misconduct violation. The referee has full authority to determine which of the three violations is appropriate: control of mat violation, unsportsmanlike conduct violation or a flagrant misconduct violation.

Dual Meet Reserved and Restricted Zone

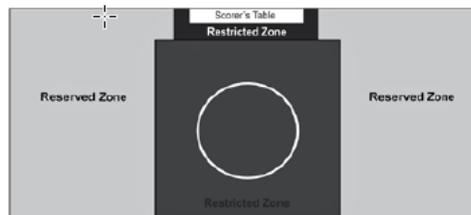
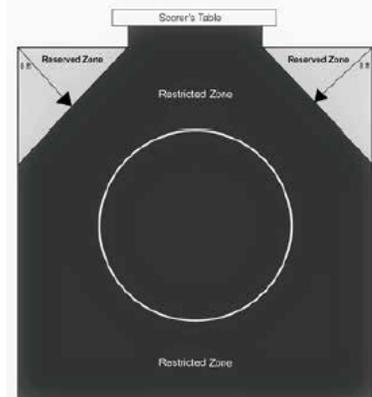


Diagram 4

Tournament Reserved and Restricted Zone



5. **Reporting for Medical Exams and Weigh-ins – Rule 9.2.14**:** to ensure a fair competitive environment, the rules for reporting to medical exams and weigh-ins are to be followed exactly as outlined in the rules book. Per rule 9.2.14 all wrestlers wishing to compete must report at the assigned time, properly groomed, in a suitable undergarment and may not be engaged in any weight loss activity. While wrestlers are allowed to satisfy grooming requirements detected by



the athletic trainer prior to proceeding to weigh-ins; the penalty for not reporting to medical exams on time, or for cutting weight after the reporting time, is disqualification. A disqualification in a dual meet setting is carried out by the offending wrestler's coach, when the opposing coach has logged a complaint regarding a violation. A violation and subsequent disqualification, in a tournament setting, is reported to, and handled by the members of the tournament committee. Complaints about violations not carried out properly should be reported to the Secretary – Rules Editor.

Questions, feedback or concerns may be sent to Chuck Barbee at NCAAruleseditor@gmail.com

**Approved rulings that are being placed in the NCAA Wrestling Case Book