



Wrestling Rules Changes - 2024-25

2-1-3, 2-1-4, 5-24-1, 6-5-1, 6-6-6, 7-6-1 — The 10-foot circle in the center of the wrestling area is now optional. Wrestlers will continue to be encouraged to keep action in the center of the wrestling area.

Rationale: The starting lines of each mat indicate the center of the mat, and the 10-foot circle is not relevant or necessary for awarding scoring or penalizing wrestlers during competition. With the new mat designs that have a large mascot or logos, it gives a refreshing look to the wrestling mats. Wrestlers and officials know where the center of the mat is located without the 10-foot circle.

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 — Modifies that only one point of contact by either wrestler meets the requirements of being inbounds.

Rationale: This rule safely eliminates the subjectivity of the out-of-bounds call. The rule change also helps coaches and wrestlers understand more clearly what out of bounds is and help officials call out of bounds more consistently.

5-11-2g, 5-11-2h, 5-11-3, 9-1-5, Scoring Symbols — Redefines how near-fall points are awarded by equating the number of seconds in which near-fall criteria are met to the number of points awarded. An offensive wrestler now earns two points for two seconds, three points for three seconds and four points for four seconds. Additionally, points awarded related to the defensive wrestler becoming injured and bleeding were also modified. As a result, the scoring symbols for near-fall points have been amended.

Rationale: The goal in wrestling is to pin the opponent. Changing the near-fall points awarded should motivate wrestlers to work for a fall and simplify the points awarded based on how long the wrestler is held in near-fall criteria.

5-11-4 — Clarified that a technical fall has concluded when near-fall criteria are no longer met.

Rationale: This change will consistently 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.

5-28-4, Official Wrestling Signals — Created a signal for a referee's time-out when the referee needs to address a situation not covered by injury, blood or recovery time.

Rationale: This signal is used universally in many other sports but has never been codified in the NFHS Wrestling Rules Book. An additional signal needs to be added to the Official Wrestling Signal making it signal #29.

9-1-2, Summary of Scoring, Scoring Symbols — Increased the number of match points awarded for a match point takedown from two to three. As a result, the scoring symbol for takedown has been amended.

Rationale: To promote more scoring activity when wrestlers are in neutral position.