



WRESTLING ANNOUNCEMENTS – NOVEMBER 29, 2022

REMINDER:

1. Coaches are responsible for their wrestlers being legally equipped. This includes making sure that each wrestler (male or female) has an undergarment on during weigh-ins and competition that completely covers their groin area and buttock. In addition, female wrestlers must have a sports bra that completely covers their breasts and minimizes the potential risk for exposure. If the sports bra does not meet the requirement, the wrestler will be required to wear a tight-fitting compression shirt over the sports bra. There are no exceptions to this rule.

WRESTLING IN STATES THAT HAVE NOT STARTED USING THE NEW NFHS WEIGHT CLASSIFICATIONS THIS YEAR:

1. If your boy’s wrestling team enters a tournament or dual in a state that has not started using the new NFHS weight classes (example is Nebraska), then the following weigh-in weight will be permitted to count as one of your competition weigh-ins related to percentages for the postseason.

106lbs	Same as Kansas	150lbs	152lbs. Must weigh-in at 152lbs. or lower.
113lbs	Same as Kansas	157lbs	160lbs. Must weigh-in at 159lbs. or lower.
120lbs	Same as Kansas	165lbs	170lbs. Must weigh-in at 167lbs. or lower.
126lbs	Same as Kansas	175lbs.	182lbs. Must weigh-in at 177lbs. or lower.
132lbs	Same as Kansas	190lbs.	195lbs. Must weigh-in at 192lbs. or lower.
138lbs	Same as Kansas	215lbs.	220lbs. Must weigh-in at 217lbs. or lower.
144lbs	145lbs. Must weigh-in at 144lbs or lower.	285lbs.	Same as Kansas

ELIGIBILITY:

1. If you have a wrestler that is only eligible to participate in sub-varsity competition (male or female), the event must be designated as a JV (sub-varsity event) for the wrestler to compete. There are no exceptions to this rule.

POTENTIALLY DANGEROUS:

1. A potentially dangerous hold occurs when a defensive wrestler is in a standing position with one or both arms trapped by the offensive wrestler: This becomes potentially dangerous because the defensive wrestler is unable to use his arm(s) to break the fall. *(This situation is not new to wrestling and might even happen frequently but the intent of the rule is not to drastically change the match. However, it is designed to protect the defensive wrestler).*

This call of potentially dangerous is ultimately the official’s judgement but if BOTH arms are trapped, there is little that the defensive wrestler can do to protect themselves, so the official CAN stop the match immediately and call potentially dangerous and SHOULD be stopped immediately if the defensive wrestler is lifted off the mat.

If one arm is trapped, which includes cross wrist control by the offensive wrestler where the defensive wrestler has only one arm free, wrestling can continue and the following should be the protocol for officials:

- The referee should get in position to stop this situation if he or she feels there is a possibility of an injury occurring. The match does not have to be stopped, like any potentially dangerous situation, unless the referee feels that the controlling wrestler might not be able to return the opponent safely and wants to prevent an injury.
- Referees should use their best judgement as to deciding whether to stop action or not. It IS a potentially dangerous situation, so it can be stopped, but it can also be “officialled” through, if the controlling wrestler appears to be returning the defensive wrestler safely.
- Preventing injury in this situation is the emphasis!
- Just a reminder to coaches and officials that it is ultimately the offensive wrestler’s responsibility to return his opponent to the mat safely.