

## RMN EVENTS: Coach, Parent, & Wrestler Rules & Guidelines

### Mat Area Guidelines

- TWO coaches per corner (must have coach band), seated or kneeling (no standing) on the outside corners of the wrestling surface closest to the head table. Keep area clear in front of scoring table.
- Additional team members and adults (including photographers, managers, on-deck wrestlers) must be OFF THE MAT and not in the chair area. Remain behind (not even with) the scoring table.

### NFHS Rules – ALL Age Groups

1. Locked Hands: first 2 penalties = 1 pt.; 3<sup>rd</sup> penalty = 2 points; 4<sup>th</sup> penalty = disqualification.
2. Stalling: warn 1<sup>st</sup> offense; 2<sup>nd</sup>, 3<sup>rd</sup> violations – 1 pt.; 4<sup>th</sup> penalty = 2 pts. + opponent's choice of position; 5<sup>th</sup> penalty = disqualification. Scored separately from other rule violations.
3. False / Improper Start: 1<sup>st</sup> two violations = caution; 3<sup>rd</sup> + subsequent = 1 pt. penalty. Not cumulative.
4. Shoes & Shoelaces: if they come undone or off during competition, penalize same as stalling.
5. Overtime: **(1)** 1-minute sudden victory on the feet. **(2)** If no score, two 30-second tie-breakers wrestled to conclusion (flip for choice: top, bottom, defer). **(3)** If still no score, go to final 30-second ultimate tie-breaker: first to score in match has choice; if no score, flip for choice of top or bottom. If top person rides out, s/he wins; if bottom person scores, match is terminated at time of score.
6. Time Out: Injury (1:30) – 2<sup>nd</sup> injury = opponent's choice. **Illegal Move Recovery** (2:00); if injured cannot continue, wins by DQ. **Blood** (5:00) – default if no stoppage. **Head, Neck, Spine** (5:00) – trainer evaluates continuation (decision is final); must be cleared by health professional to return.

### RMN Rule & Procedure Modifications

- Special Needs: If your wrestler needs gear or competition accommodations for physical or other reasons, please alert the Head Table, Head Official, and each referee before a match begins.
- Period Length: **6U, 7U, & 8U**: 1:00. **9U – 18U & Open**: 1:30. **Freestyle**: 6U-13U: 2:00; 15U+: 3:00.
- Consolation Bracket: 1<sup>st</sup> period is shortened by 30 seconds, including the placement matches.
- Injury Time Out: If trainer is called, time begins when s/he arrives. Concussion protocol: additional evaluation time is allowed if necessary to ensure safety.
- Rest Period: Wrestlers may take up to 15 minutes between consecutive matches. Athletes and coaches may elect to go earlier. Those who choose to double-bracket receive a one-match break.
- Number of Matches: There is no set limit on the # of competitions in which a wrestler may compete.
- True-Second Matches: If the 3<sup>rd</sup>-place competitor has not previously wrestled the 2<sup>nd</sup>-place finisher, there will be an additional head-to-head match immediately after the finals. No show = no change.

### Competitor Rules & Guidelines

{NOTE: Wrestlers participating in an older age division compete under the older group's rules.}

- Good sportsmanship before, during, and after a match is expected of athletes and coaches.
- Headgear is required in all age groups up through 13U. It is optional for 15U and older.
- Weigh in wearing your competition uniform (singlet or two-piece form-fitting shirt and shorts).
- Female uniforms must cover the breasts and buttocks (tight enough to remain in place).
- Shoelaces & shoes must be securely fastened before stepping on the mat. If a wrestler's shoelaces come untied or a shoe comes off during a match, the wrestler will be warned / penalized for stalling.
- Mouthpieces are strongly encouraged (but not required) for safety and to prevent injury.
- Hair on the face or head hair must be closely shaven or have enough growth as to not be abrasive.
- Wrestling will continue on the boundaries as long as it can be done safely. If not, restart in middle.

### Coach – Parent Guidelines

- Child abuse, disorderly conduct, & abusive language will not be tolerated and may result in ejection.
- Coaches and parents must respect the authority and decisions of the officials and table workers.
- Officials will enforce the rules while warning and stopping potentially dangerous and illegal holds.
- Only officials may address the timer and scorer. Team personnel cannot cluster near scoring table.
- An official's judgment cannot be challenged. Approach the table for a rule interpretation question.
- Coaches who do not respond to reason, or who are consistently out of line, will be addressed by the Head Table and Head Official. Repeat offenders will be subject to higher sanctions.

### **Misconduct, Unsportsmanlike Conduct, Injury Default, and Disqualification**

These guidelines distinguish between the match decision, which is separate from the tournament management's decision concerning continued participation in an event.

In all situations regarding Unsportsmanlike Conduct (significant or repeated), Flagrant Misconduct, or Disqualification (for any reason), the Head Official should be consulted prior to declaring to the mat officials arriving at a final decision and before the wrestlers have left the mat. After consultation, the on-mat official(s) will confirm the scoring, penalty, and match continuation or outcome.

All these situations will be considered by the Tournament Committee, who will speak with all the coaches, wrestlers, and parents involved. RMN views these situations as learning opportunities; thus, the maturity, honesty, and humility of those involved will be important in determining whether a wrestler is allowed to continue in the tournament, as well as deciding what individual and/or team penalties are assessed, and conduct guidelines are established.

With regard to injury default, the decision to continue is the coach and/or parent's decision. However, the trainer has the ability to terminate participation based upon safety considerations. With head, neck, or cervical injury (HNC) injuries, the trainer's say is final. NFHS rules require that a wrestler who sustains two HNC injuries in one match are by rule finished competing for the duration of the event.