

Points of Emphasis

1. Stalling and Stalemate
2. Dangerous Maneuvers and Holds
3. Proper Terms: Default, Forfeit, Medical Forfeit
4. Referee's Duties
5. Imminent Scoring



**PLAY.
PERFORM.
COMPETE.
TOGETHER.**

Rules Revisions

1. Wrestlers are now inbounds with only one point of contact of either wrestler inside or on the boundary line.
2. Points for a near fall have been revised based on how long the wrestler is held in near-fall criteria.
3. Three match points instead of two points are now awarded for a takedown.
4. 10-foot circle in center of wrestling mats is now optional.
5. Rule change clarifies when technical fall has concluded in relation to near-fall criteria being met.
6. A new signal for referee's time-out has been established with hands and fingers pointing inward to the referee's chest.

Sport images provided by Minnesota State High School League.



2024-25 WRESTLING

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

www.nfhs.org | Facebook: @NFHS1920 | Instagram: @nfhs_org | TikTok: @nfhs_org | X: @NFHS_Org

SPONSORED BY

From coaches, to players, to officials, to fans, to families.

Together we can end cancer as we know it, for everyone.



Every cancer. Every life.™

For resources and information, email dillon.ardabell@cancer.org

