Official Education

2026-27 Wrestling Rules Book / Case Book Misprints / Omissions

Rules Book

Page 82, NFHS Official Wrestling Signals. Signal #2 (Stopping the match) & Signal # 3 (Time-out) are incorrect. Refer to the 2025 -26 Rules Book page 82 for the correct signals.

Case Book

Page 18, 4.5.1 Situation A: RULING: No. The rule states that the wrestlers shall have the opportunity to weigh in, shoulder-to-shoulder **or by team(s)**, a maximum of 1 hour etc.

Page 21, **4.5.5 Situation B:** The weight is wrong still because he just needs to make **190.1** from day one.

Page 25, 5.11.2 Situation D: The **2pt. wasn't changed to 3 pt.**

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Page 46, **7.1.5 SITUATION O:** Wrestler A has one leg of Wrestler B lifted in front of Wrestler A. Wrestler B uses a whizzer and leaves their feet cutting back on Wrestler A. RULING: Wrestler ~~A~~ **B** committed an illegal move by leaving feet during the cut-back. The referee should immediately stop the match, begin recovery time and award Wrestler ~~B~~ **A** one point for the illegal maneuver (cut-back) committed by Wrestler ~~A~~. **B**. If Wrestler ~~B~~ **A** ~~is able~~ **can** continue, recovery time would be stopped, and the match continues. If Wrestler ~~B~~ **A** cannot continue, then Wrestler ~~B~~ **A** would be awarded the match by default. **(A's & B's are mixed up)**

Page 53, **7.6.4 SITUATION: RULING:** Holding the heel to the buttocks, unless your opponent is broken down on the mat, is not in itself a violation. However, once an individual is broken down the **visual and verbal** five-second count should begin immediately. If the heel is held to the buttocks for more than five seconds after the wrestler is broken down, the wrestler in the advantage position shall be called for stalling. ~~This shall be a silent count.~~
~~NOTE: Should not be a visual count by the referee~~**. (not eliminated)**

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Page 58, 8.2.1 SITUATION H: RULING: In (a), Wrestler B will still get the choice on the restart. Then on the next restart, Wrestler A will get the choice. In (b), ~~Yes~~ **No,** the choice of position on the next restart for Wrestler B ~~**can**~~ **cannot** be carried over to the sudden victory period in overtime. In (c), this is permissible by rule, and no escape point is earned by Wrestler A as this is a choice on the next restart by Wrestler B.

Page 60, 8.2.4 SITUATION B: **RULING:** The referee will instruct the scorer to change **the** injury time to HNC time~~-out~~ and allow the clock to run for a total of five minutes, so the AHCP has ample time to evaluate Wrestler A. **An** HNC **time-out** shall be recorded on the bout sheet ~~rather than~~ **in addition to a charged** injury ~~time~~ **time-out. (8-2-1)**

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Page 61, 8.2.7 SITUATION A: During the first period of a match, the two wrestlers butt heads and Wrestler A is obviously injured and is granted an injury time-out. During the injury time-out, the appropriate health-care professional has requested ~~extended~~ **HNC** time for evaluation of the head. During this time-out, Wrestler B's nose starts to bleed. What is the procedure for the referee to follow? RULING: First, Wrestler A shall be granted an injury/~~extended~~ **HNC** time-out. As soon as it is detected that B is bleeding, the injury/~~extended~~ **HNC** time-out for Wrestler A would be stopped, and blood time for **Wrestler** B would be started. COMMENT: In any bleeding situation, the bleeding must be taken care of ~~prior~~ **before** ~~to either~~ the injury/**HNC** ~~or recovery~~ **clock is re-started**. In this situation, the injury came to the attention of the referee first, it would count as Wrestler A's interrupted **Injury/**HNC time-out as well as the necessary **Wrestler B** blood time-out. Once the blood is stopped Wrestler A may return to HNC time.
NOTE: If a match is stopped initially for visible blood, an injury time-out will not be charged to the wrestler. Blood has an unlimited number of time-outs.