

2025-26 Wrestling FAQ's and POE's

Installment #2

December 8, 2025

1. **Starting the match**

RULE 6.2

...in dual meet competition, the wrestlers must be ready to go to the scorer's table immediately when called by the referee. The wrestler to be sent to the scorer's table first, who cannot be withdrawn or replaced without being disqualified, and the weight class awarded to the other wrestler by disqualification, if there is one, shall be determined by the pre-meet disk toss.

Note: **The wrestler has not officially checked in until the official checks them in.**

2. **Coach Misconduct**

RULE 5.5

.. When a coach requests a conference with the referee at the scorer's table regarding a possible misapplication of a rule, and it is determined there was no misapplication, or when, during a conference at the scorer's table, the coach questions the referee's judgment, the coach's misconduct shall be called. The **coach misconduct penalty shall always be charged to the head coach.** Note: **Any person designated by the school as a coach may approach the scorer's table to speak with the official.** Only the coach who requested the conference may be at the scorer's table.

3. **Timers and Scorers**

If the scorer/timer makes a mistake or misses something, inform them that they must **notify the referee** so that any error can be corrected quickly.

Instruct them not to stop the bout! Have them wait until the official stops the action (for example, between rounds, or when wrestlers go out of bounds, then get the official's attention and address the problem.

Make sure they know that you have their backs and that no one is allowed to give them any grief.

4. Does a point of contact have to bear weight? **RULING:** No, the point of contact may or may not bear the wrestler's weight. (5-15-2)

5. Can a defensive wrestler be pinned while the shoulder or scapula is out of bounds? **RULING:** Yes, near-fall points or fall shall be earned while either wrestler's point of contact is in bounds. (Rule 5-15-2c)

6. **Technical Violations**

RULE 5.27

Review of the 5 types of Technical Violations

7. A wrestler comes to inspection wearing a tether. Are they allowed to wrestle?

It depends. The tether is special equipment. Special equipment is defined as any equipment worn that is not required by rule. Any equipment which does not permit normal movement of the joints, and which prevents one's opponent from applying normal holds/maneuvers shall not be permitted.

The wearing of the tether would **require a prior letter of approval from the MHSAA.**

8. Potentially Dangerous Holds/Maneuvers

RULE 7.2

Holds/maneuvers are potentially dangerous when a body part is forced to the limit of normal range of movement.

The wrestler applying such a hold/maneuver shall be cautioned against forcing it into an illegal position.

If the offensive wrestler causes a potentially dangerous hold/maneuver to become illegal, the offender shall be penalized according to the Penalty Chart.

9. Stalemate

RULE 5.23

It is a stalemate when contestants are interlocked in a position other than a pinning situation, in which neither wrestler can improve respective position(s); or either competitor has the hands locked around one leg of the opponent to prevent scoring.

10. Reaction Time

Reaction time is the length of time taken for a person or system to respond to a given stimulus or event. The NFHS nor the MHSAA has NOT defined that length of time. It is a judgment call based on the situation and the circumstances. E.g... ***Sticking your hand on a red-hot stove, and the time it takes for you to remove*** it would be an example of reaction time. The wrestler needs to be held beyond reaction time for the opponent to score.

Have a good week on the mats,

Sam