Situation #1: A wrestler desires to wear a religious head cover.

**Answer:** The wrestler must receive an accommodation letter from PIAA. This letter will state how the attachment of the head cover will be accomplished.

Situation #2: Wrestlers wearing head gear with crossed straps from the manufacturer.

**Answer:** Some manufacturers are making gear with crossed straps and sold in pieces for the consumer to put together. It is impossible to know if it was sold this way. NFHS states it is up to the coach to verify that his wrestler is properly equipped. Officials should take the coaches verification on the equipment.

Situation #3: Clarification of Rule 5-15-2b

**Answer:** The pinning part of the defensive wrestler must be on the mat in bounds not above the mat in bounds in order to continue wrestling.

Situation #4: Clarification of Rule 5-15-2c

**Answer:** The wrestler out of bounds needs to be in a pinning situation in order to continue wrestling. He does not need to be in criteria. Much like the scream rule, he would have to be 90 degrees or less.
Situation #5: A wrestler jumps back to avoid an oncoming false start from neutral and injures himself (such as a twisted ankle).

Answer: Although there is no contact, the wrestler was injured as a result of the false start. It may have been a caution or a penalty point, but the injured wrestler would go on two minutes recovery time.

Situation #6: How to call the new stalling rule when pushing or pulling out of bounds occurs as opposed to the technical violation for the same type of violation.

Answer: As a guideline, but not limited to, when points are imminent (takedown, reversal, or neutral), you have the technical violation. If no points are imminent, you have stalling. *This is a general rule and may not apply to all situations.

Situation #7: New Back Bow Rule clarification

Answer: If a wrestler traps the head and grabs the ankle with an attempt to lift it, you have a back bow. It is illegal whether you bow the back or not. It effectively eliminates the ability to apply the Turk. NFHS is aware of this issue.

In addition, if a wrestler is bridging and the offensive wrestler has the head trapped and reaches down and attempts to pull the ankle, he has a back bow. The hold can be called if the defensive wrestler is on his back or belly.

August 9 & 10, 2019
Hilton Harrisburg

All proposed Rule Change proposals must be filled out on line at:
http://nfhs.org/RuleChangeProposal
by February 1st and please share your concerns with John Hosage at Johnhosage@aol.com