



# ***2006 WRESTLING RULES INTERPRETER'S MEETING***



## ***WRESTLER'S HEALTH & APPEARANCE***

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Member, NFHS Wrestling Rules  
Committee*



### ***Rule 3-1-4***

- ❖ **Referee** shall inspect contestants for presence of oils, greasy substances, long fingernails, improper grooming, skin conditions
- ❖ **Coach** shall verify that the team is groomed, properly equipped and ready to wrestle



## ***Rule 4-2-1***

### ❖ Wrestlers:

- shall be clean shaven, with sideburns trimmed no lower than ear lobe level.
- may have a neatly trimmed mustache that does not extend below the line of the lower lip.
- with facial hair, other than a legal mustache, must cover it with a legal face mask.



## ***Rule 4-2-1, continued***

- ❖ Wrestlers' hair shall be trimmed & well groomed.
- ❖ Hair, in its natural state, shall not extend below the top of an ordinary shirt collar in the back and on the sides, hair shall not extend below ear lobe level.
- ❖ Bangs are not covered by rule.



## ***Rule 4-2-1, continued***

- ❖ Wrestlers with hair longer than allowed by rule may wear a legal hair covering.
- ❖ Wrestlers may braid or roll their hair if it is contained in a legal hair cover so the hair rule is satisfied.
- ❖ If a wrestler's head is as abrasive as an unshaven face, they must shave their head as smooth as the face or wear a legal hair cover.



## ***Rule 4-2-1, continued***

- ❖ Hair coverings:
  - Are considered special equipment.
  - Shall either be part of the ear guards or worn under the ear guards.
  - Must be solid and nonabrasive.
  - Must meet the uniform rule related to logos and American flag.
  - Bandanas are not considered legal hair coverings.



## ***Rule 4-2-1, continued***

- ❖ Hair coverings, continued:
  - Must be worn to the weigh-in and the wrestler checked for grooming while wearing it.
  - Must be removed prior to the wrestler weighing in.
  - If the referee is not at the weigh-ins, the hair cover must be checked upon the referee's arrival at the site.



## ***Rule 4-2-2***

- ❖ Each contestant shall comply with standard health, sanitary and safety measures.
- ❖ Because of the body contact involved, these safety measures shall constitute the sole reasons for disqualification.
- ❖ Application of the rule shall not be arbitrary or capricious.



## ***Rule 4-2-3***

- ❖ If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation from a physician stating the suspected disease or condition is NOT communicable and that participation will not be harmful to an opponent.



## ***Rule 4-2-3, continued***

- ❖ Written documentation from a physician shall be furnished at the weigh-in, or prior to competition, in a dual meet or tournament.
- ❖ Covering a communicable condition is NOT acceptable and does NOT make the wrestler eligible to participate.
- ❖ An on-site MEET physician may overrule the current, written documentation of another physician.



## Revised NFHS Physician Release Form For Skin Lesion For 2006-2007

Sports Medicine Advisory Committee  
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS  
**PHYSICIAN RELEASE FOR WRESTLER TO  
PARTICIPATE WITH SKIN LESION**

Name: \_\_\_\_\_ Date of Exam: \_\_\_\_/\_\_\_\_/\_\_\_\_

Diagnosis \_\_\_\_\_ Mark Location of Lesion(s) \_\_\_\_\_

Location of Lesion(s) \_\_\_\_\_

Medication(s) used to treat lesion(s): \_\_\_\_\_

Date Treatment Started: \_\_\_\_/\_\_\_\_/\_\_\_\_

Form Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Earliest Date may return to participation: \_\_\_\_/\_\_\_\_/\_\_\_\_

Provider Signature \_\_\_\_\_ Office Phone #: \_\_\_\_\_

Physician Name (Printed or Typed) \_\_\_\_\_ (M.D. or D.O.)

Office Address \_\_\_\_\_

**Note to Providers:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3 and 4-2-4 which states:

*"ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear imprudent, the coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to any opponent. This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."*

*"ART. 4 . . . If an on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition."*

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

**Bacterial diseases (impetigo, boils):** Oral antibiotic for two days and no drainage, oozing, or moist lesions.

**Herpetic lesions (Simplex fever blisters, Zoster, Gladiatum):** Minimum of 120 hours or a full five days of oral anti-viral treatment with no new lesions and all lesions scabbed over. Visible lesions may be present and participation may be approved so long as lesions are scabbed over.

**Tinea lesions (ringworm scalp, skin):** Oral or topical treatment for 72 hours on skin and 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis:** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** 24 hours after curettage.



## Communicable Skin Condition Physician's Release Form

- ❖ Include the NFHS rule
- ❖ Date, nature of condition and earliest return date
- ❖ Include "bodygram" with front and back views
- ❖ Include "guidelines" for treatment and return



## ***Communicable Skin Conditions***

- ❖ Time lost from communicable skin conditions:
  - NCAA Injury Surveillance System = 10%+
    - Practice & contest loss injuries
  - Iowa HSAA Wrestling Injury Survey = 46%
    - Contest loss injuries only



## ***Iowa HSAA Injury Data***

- ❖ Ringworm = 59%
- ❖ Impetigo = 23%
- ❖ Herpes = 7%
- ❖ Boils = 2%
- ❖ Other (unknown) = 9%



## ***New Communicable Skin Concern***

- ❖ **MRSA - Methicillin Resistant Staphylococcal Aureus**
  - Aggressive bacteria that spreads quickly
  - Usually starts looking like a boil or small abscess
  - Can cause serious skin and muscle damage
  - Rarely spreads to the lungs and causes respiratory damage



## ***Precautions to prevent MRSA, and other skin conditions***

- ❖ Clean clothes, clean athletes, clean equipment and clean wrestling mats
- ❖ **Never share towels or equipment**
- ❖ Treat and cover all abrasions
- ❖ **Remove individuals with suspect skin conditions from practice and competition**
- ❖ **Seek medical intervention**





## *Resources*

- ❖ NFHS web site
- ❖ NFHS Sports Medicine Handbook, Volume 2
- ❖ NCAA Wrestling Rules Book