

SDHSAA Wrestling Newsletter

December 2, 2008

Number 1

There a couple of questions that came up during the recently completed rules meetings that I want to make sure are clarified. The following interpretations are from the National Federation and will be followed in South Dakota.

1. Offensive Starting Position Sequence: Nothing has changed in the offensive starting position. There is now a time/position sequence to follow. This rule change will provide consistency for all wrestlers to follow the same time/position sequence and will keep the start more consistent to help eliminate the false start.

The time/position sequence to be followed in assuming the offensive starting position is to:

- a. set the knee(s) and feet
- b. place the palm of one hand on the navel
- c. place the palm of the other hand on or over the near elbow
- d. the referee shall pause momentarily before starting wrestling

In the past some wrestlers have placed their hand(s) on the back of the defensive wrestler as they are getting into position. With the new time sequence this is no longer allowed. If the offensive wrestler places their hand(s) on the back of the defensive wrestler as they are getting into position, that would be a violation of the time sequence rule and a caution would be called.

2. The rules state “A wrestler wrestling exhibition or receiving a forfeit or default in the preliminary or “B” match is not eligible to compete in the varsity or “A” match in that same session.”

During a dual meet triangular, quadrangular or tournament where Junior Varsity and Varsity competition is occurring, a wrestler from school A could wrestle Junior Varsity against school B and later in the day wrestle Varsity against school C. This particular wrestler could not wrestle Varsity against school B later in the day since he had wrestled Junior Varsity against school B earlier in the day.