

April 19<sup>th</sup>, 2008

NEMWA RULE UPDATE/CHANGES Submitted by Ike Clelland, Head Referee

Page 5 Article IV Section 2 Rule 1

During competition all wrestlers are to be clean shaven. Hair shall be trimmed and well groomed no lower than the earlobe and not extend below the top of an ordinary shirt collar. If an individual has hair longer than allowed by this rule, it should be contained in a hair cover. The cover should be part of the wrestlers head gear or worn under the head gear. The cover should be of a solid material and be non-abrasive. A bandana or a stocking cap are not considered a legal hair covering.

Page 9 Article V Section 1 Rule 5B

Added to end of current rule...

The optional starting position may only be used after the onset of the period. It cannot be used to start any period, regulation or overtime.

Page 10/11 Article V Section 3 Rule 2 A&B

See "Overtime" as outlined on second page.

Page 11 Article VI Section 2 Rule 3

Delete positions will be opposite for the third period

Add to end of current rule...

The wrestler who wins choice shall elect to wrestle top, bottom, neutral, or defer his choice until the third period. At the start of the third period the wrestler who has choice or the wrestler who deferred his choice shall elect the top, bottom or neutral position.

Page 13 Article VII Section 1 Rule 5A

Standing Head lock, any head lock in any position, legal/illegal for all.

Page 14 Article VII Section 1 Rule 5T

Add to illegal list of moves, sitting out with the double chicken wing.

Page 19 Article IX Section 1 Rule 5

Change current rule so reads...

The wrestler in the advantage position is awarded points if the near-fall criteria are met continuously for two seconds, a two point near-fall would be earned. If the criteria for a near-fall are met for five continuous seconds, a

three point near-fall will be earned. A visible count of the near-fall will be used when feasible.

Paperwork for Communicable disease, added to rules packet.

Paperwork for Sportsmanship, added to rules packet.

#### **SECTION 7 OVERTIME**

**ART. 1 . . .** When the contestants are tied at the end of the three regular periods, they will wrestle overtime. Overtime will consist of a one-minute sudden victory period, and if needed two 30-second tiebreakers. If the score remains tied at the end of the two 30-second tiebreakers, a 30-second ultimate tiebreaker shall take place. The procedure will be:

- a. no rest between the regulation match and the sudden victory;
- b. wrestlers in the neutral position;
- c. the wrestler who scores the first point(s) will be declared the winner; if no winner is declared by the end of the sudden victory, then the following procedure will be used:
  1. two 30-second tiebreakers will be wrestled to completion and score kept as in the regular match;
  2. the referee shall flip a disk to determine which wrestler has the choice of starting position for the first tiebreaker;
  3. the wrestler who has choice in the first tiebreaker may select top, bottom, or defer the choice to the opponent;
  4. at the conclusion of the first 30-second tiebreaker, the opponent will have the choice of ~~starting position~~;
  5. whichever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner;
  6. if the score is tied at the end of the two 30-second tiebreakers; the choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match; if no points are scored in the regulation match, a flip of the disk shall determine the wrestler who has the choice (points for double-stalling or simultaneous penalties shall be considered as no points for the purpose of the tiebreaker choice);
  7. the wrestler who has choice may select top, bottom or defer the choice to the opponent;
  8. the wrestler who scores the first point(s) during the ultimate tiebreaker will be declared the winner. If no scoring occurs during the ultimate tiebreaker, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.
- d. a fall terminates ~~the match~~.

**ART. 2 . . .** Overtime is an extension of the regular match. All points, penalties, cautions, warnings, time-out and injury time will be cumulative throughout the regular match and the overtime period.

**ART. 3 . . .** If the points earned in the sudden victory or ultimate tiebreaker involve a takedown or reversal straight to ~~neutral position~~ the match shall continue until the near-fall or fall situation has concluded.

# PRONOUNCEMENT OF COMMUNICABLE DISEASE

Wrestling Rule 4-2-3 requires a written statement from a physical (MD or DO) in order for a wrestler suspected of having a communicable disease to wrestle.

*Rule 4-2-3 "If a participant is suspected of having a communicable skin disease or any other condition that makes participation appear inadvisable, his 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 his opponent. This document shall be furnished at the weigh-in or upon arrival at the site of the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate".*

WRESTLER \_\_\_\_\_

SCHOOL \_\_\_\_\_

In accordance with National Federation Wrestling Rule 4-2-3, I certify that the suspected disease or condition is not communicable and that the named athlete's participation will not be harmful to opponents.

**I HAVE IDENTIFIED THE LOCATION OF EXAMINED AREA  
ON THE BACK OF THIS PAGE.**

\_\_\_\_\_  
Signature of Examining Physician

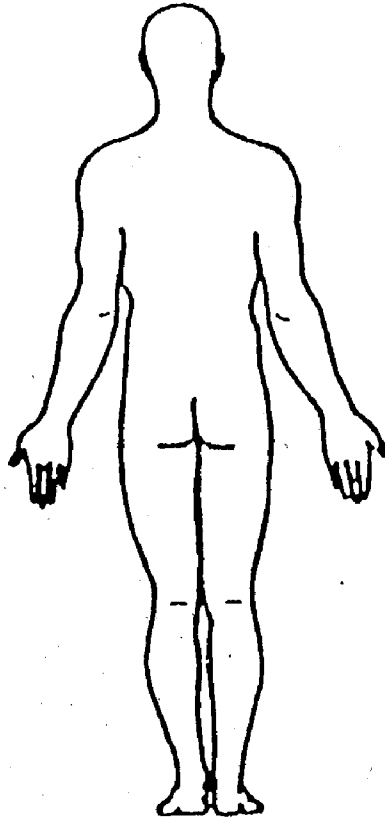
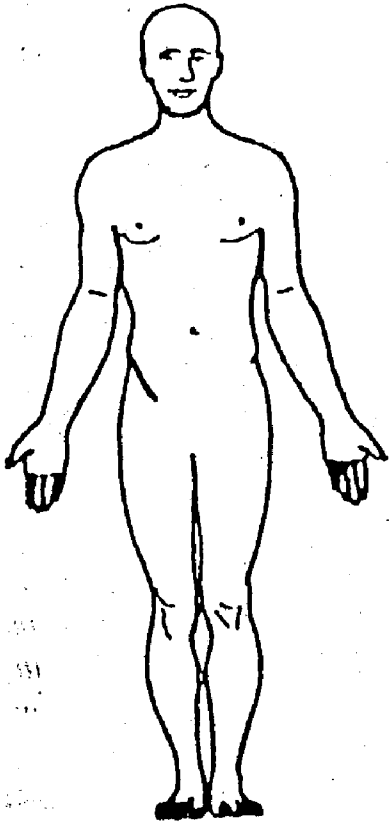
\_\_\_\_\_  
Address

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City

\_\_\_\_\_  
Zip

\_\_\_\_/\_\_\_\_/\_\_\_\_ DATE OF EXAMINATION (This form is valid for  
the seven days including and following this date.)

CIRCLE THE BODY AREA TO WHICH THE  
"PRONOUNCEMENT" APPLIES



DUPLICATE AS NECESSARY



# N.E.M.W.A. SPORTSMANSHIP

**The N.E.M.W.A. takes a zero tolerance stand on unsportsmanlike conduct from coaches, parents, wrestlers, and spectators.**

One of the main reasons why people participate in sports is to have fun. To ensure that everyone has fun, good sportsmanship is a must. Keeping wrestling fun for all the people involved with a focus on learning and growing, instead of winning and losing is an N.E.M.W.A. goal. In essence, actions speak louder than words and you as a contestant, coach, parent, referee, or spectator must practice sportsmanship and follow the N.E.M.W.A. league rules.

When in view of the public (gym – hallway – parking lot – any school area) all athletes, contestants, coaches, referees, parents, and spectators will abide by the N.E.M.W.A. league rules. These people should model appropriate sportsmanship behavior for all to observe. The tournament director and an N.E.M.W.A. official will deal with any and all inappropriate sportsmanship behavior. Infractions include, but are not limited to the following; degrading verbal or nonverbal behavior, approaching a coach/official inconsiderately, swearing, not following N.E.M.W.A. league rules, physically touching another person out of competition. Consequences for these actions include, but are not limited to the following; 1<sup>st</sup> offense – verbal and/or written warning, confined to seat in stands 2<sup>nd</sup> offense – written notification that said person is confined to stands, or is not allowed at any further N.E.M.W.A. tournament for the remainder of the wrestling season.

It is with regret that we, the N.E.M.W.A. informs \_\_\_\_\_  
from \_\_\_\_\_ of his/her \_\_\_\_\_ offense. You are asked to  
\_\_\_\_\_. Date \_\_\_\_\_

\_\_\_\_\_  
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