

2010-11 NFHS Wrestling Rules Changes

(For comments on the 2010-11 rules revisions, see page 55)

Major Changes

- 4-5-7** Male and female contestants will now be required to wear a suitable undergarment during weigh-ins.
- 5-20-5 NOTE;
5-20-9** The NOTE to Rule 5-20-5 was deleted for the 2010-11 season. The offensive starting position rule was revised.
- 7-1-5x (New)** Rear-standing, double-knee kickback was added to the list of illegal holds/maneuvers.
- 8-2-4** Concussion rule revised.

Editorial and Other Changes

1-3-1, 2; 3-1-10; 3-2-2a; 4-2-3, 4, 5; 4-3-1; 4-5-8; 5-1-3; 5-11-2i; 5-20-5; 5-21; 5-29-2, 3, 4; 6-4-4; 6-6-5b1; 6-7-1c6; 7-1-5g, u, v; 7-1-6; 7-2-1, 2, 4; 7-3-2; 7-5-1; 8-1-3; 8-2-2; 8-2-5; 8-2-6; 8-2-7; Penalty Chart – Note 1; 9-2-2a; 9-2-2m, n, o; Scoring Symbols; PHOTOS 6, 19, 26, 29, 30, 35, 38-40, 44, 54, 57, 62-63, 66, 70, 86 (New), 90-91, 99-100, 105 (New).