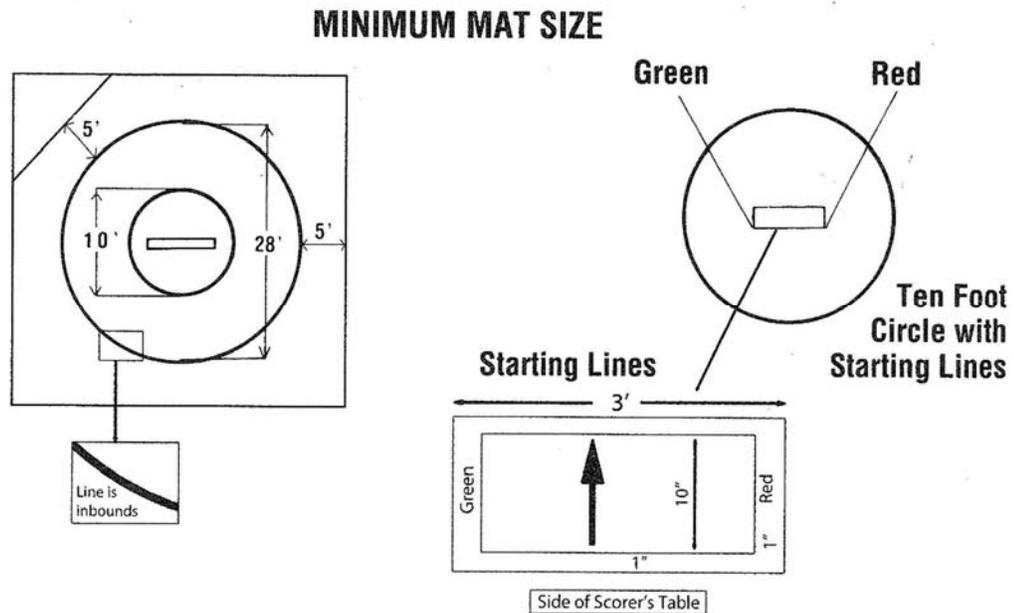


NFHS Wrestling Mat Rule Reminder



The NFHS Wrestling Rules Committee wants to remind all coaches, referees, meet administrators and wrestlers that these four equipment rules need to be followed during all competitions.

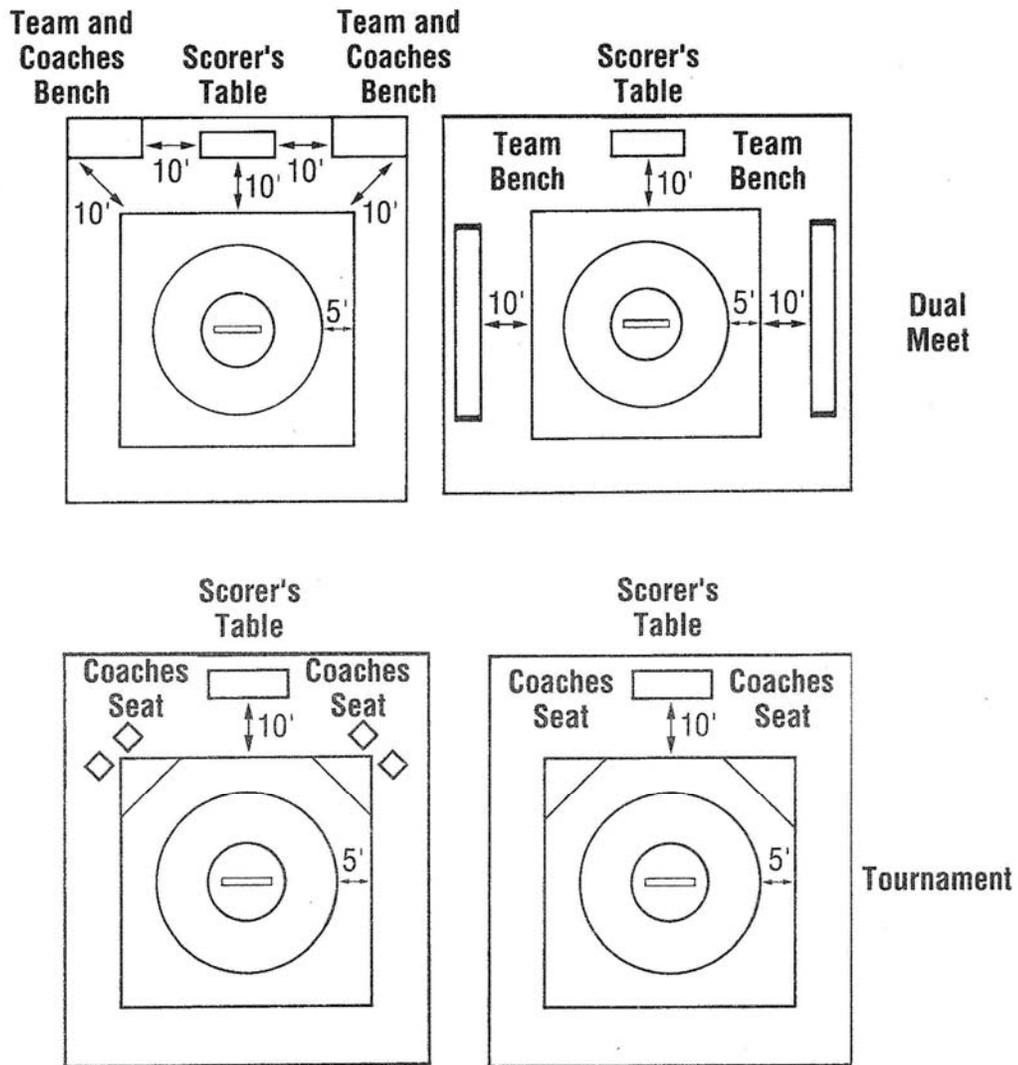
Rule 2-1-1 . . . The wrestling mat shall be of uniform thickness not more than 4 inches thick nor less than the thickness of a mat which has the shock-absorbing qualities of at least 1-inch PVC vinyl-covered foam. All mats that are in sections shall be secured together.

Rule 2-1-2 . . . The wrestling area of the mat shall be a circular area with a minimum of 28 feet in diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat area approximately 5 feet wide.

Rule 2-1-3 . . . The wrestling area shall be marked on the mat by painted lines, 2 inches wide, which are inbounds. At the center of the mat there shall be a 10-foot circle, indicated by a 2-inch line. When the area enclosed by the 10-foot circle and the inbounds area of the mat are of contrasting colors, the 2-inch line may be omitted.

Rule 2-1-4 . . . Starting lines, 1 inch wide, shall be placed at the center of the mat and the front line should lie on the diameter of the 10-foot circle. These 1-inch starting lines shall be parallel, 3 feet long, and 12 inches from outside to outside. The two 3-foot lines shall be connected on one end by a 1-inch red line and on the other end by a 1-inch green line.

MAT AREA



The NFHS Wrestling Rules Committee wants to remind all coaches, referees, meet administrators and wrestlers that this wrestling mat area rule needs to be followed during all competitions.

Rule 2-1-5 . . . The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat, as well as the team benches and scorer's table where facilities permit. The team bench in dual meets should be at least 10 feet from the wrestling mat and 10 feet from the scorer's table.

The diagrams on pages 9-10 in the 2018-19 NFHS Wrestling Rules are a suggested configuration.