



MEMORANDUM

September 5, 2018

VIA EMAIL

TO: Divisions I, II and III Head Wrestling Coaches.

FROM: Chuck Barbee, Secretary-Rules Editor and Weight Management Liaison
NCAA Wrestling Rules Committee.

SUBJECT: Wrestling Rules Reminders for the 2018-19 Season and Center Mat Registration.

With the 2018-19 wrestling season approaching, please review the following information:

Wrestling Mat Requirements: Per NCAA Wrestling Rule 1.1.2, by the 2018-19 season, all wrestling mats (entire competition circle and surrounding matted area) shall comply with the ASTM Specification Standard for wrestling mats. This rule was passed in summer 2017 with a delayed implementation date to allow all institutions to comply.

Other Rules Reminders:

- Rule 3.22.17 provides each wrestler a 30-minute rest between matches. This mandatory rest period is required in all events and in all situations.
- Rule 3.22.5 limits the number of matches for a wrestler in a single day to six matches (not including forfeits or medical forfeits). Both tournament directors and coaches hold equal responsibility for ensuring these two rules are applied properly.
- Rule 8.3.1 requires all wrestlers on your preseason roster be certified by November 1. Injured wrestlers and wrestlers joining your roster after November 1 must certify prior to their first competition. All wrestlers, regardless of when they certify, must adhere to the weight loss descent plan and shall never compete at a weight class lower than what is indicated as allowable.

Weight Management/NWCA Optimal Performance Calculator (OPC) Information: You should've received an email on August 13 with information on the 2018-19 Wrestling Weight Management Program. As a reminder, all head coaches are required to watch a short weight management video located on the NWCA/Trackwrestling OPC website. If your institution needs to add a new assessor to the OPC for the upcoming season, they should submit a request ticket using their institutional email address through the Trackwrestling help ticket portal found [here](#).

In addition, per Wrestling Rule 8.1.2, head coaches are required annually before midnight October 1 to do the following:

- a. View the annual "NCAA Wrestling Rules Presentation;"
- b. Input the team's first day of practice into the NWCA OPC;
- c. Input the team's competition schedule into the NWCA OPC; and

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- d. Input the team's complete roster into the NWCA OPC.

Center Mat Registration: The NCAA Wrestling Rules Committee will continue to utilize the ArbiterSports Center Mat website to distribute rules clarifications, announcements and interpretations. Officiating updates and clarifications are also posted to Center Mat throughout the season. Important weight management program messages will be posted in the NWCA/Trackwrestling messages center.

Please note the NCAA Wrestling Rules Presentation will be available starting September 15 in both the NWCA/Trackwrestling messages center and on the Center Mat website.

Registration continues to be free for all head coaches, however, you must re-register each year. You may begin registering for the 2018-19 season on September 10. Here are instructions for accessing Center Mat and for registering:

1. Access Center Mat by clicking [here](#).
2. Click on the "Registration" tab.
3. Click on the "Coaches" icon.
4. Proceed through the registration process.
5. If you have any registration issues or questions please contact ArbiterSports at success@arbitersports.com.

Once registered, please make sure to review any new rules interpretations by viewing the NCAA Wrestling Case Book, which can be found under the Rules Book tab. After you register, you will receive an email notification anytime a new rules interpretation is issued.

If you have any questions, please feel free to contact me at ncaaruleseditor@gmail.com.

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cc: NCAA Wrestling Rules Committee
Selected NCAA Staff Members