

Wrestling Rules Changes - 2025-26

Fri Sep 26 2025

1-2-2 — Modified optional procedure to determine starting weight classification.

4-1-2 — Modified the school's name and associated marks on the uniform.

4-3-5 — Modified the use of leg sleeves without built-in pads.

5-11-2c, 5-11-4 — Clarified how a technical fall is scored.

7-1-5n — Clarified an illegal hold/maneuver.

7-3-3 — Clarified an illegal hold/maneuver.

Referee Signal Corrections:

Official Wrestling Signals — Removed a signal for the referee's time-out.

Official Wrestling Signals — Change direction of arrows in "Indicate No Control" signal.

Official Wrestling Signals — Modified the Near-Fall Signal.