

Clarification to the use of Hair Covers;

The NFHS has clarified their position on Hair Covers.....a wrestler can have rubber bands, braided hair and corn rolls as long as they are covered by the appropriate Hair Cover. If the Hair Cover comes off during the match, do not penalize the wrestler....just have the wrestler put the cover back on. However, if a wrestler has any metal objects in the hair or ears, etc....then they would be penalized appropriately. The reasoning behind this is that metal objects could become harmful to the wrestlers.

How should you handle a situation where the cover keeps coming off?

1st time.....officials time out....have the wrestler put the Hair Cover back on

2nd time....officials warns the wrestler that he/she must make sure it doesn't come off again...tape it, etc.

3rd time....start injury time.....wrestler is charged with one injury time out

4th time....start injury time.....wrestler is charged with second injury time out and the other wrestler gets his/her choice of re-start.

5th time....match is over...the other wrestler wins by default.

Dick Loewenstine

Ray Anthony

Lyle Smith