



OHSAA WRESTLING BULLETIN

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What's New with the Shoes?

To date, most of the preseason rules change questions relate to the shoelace requirement of amended Rule 4-1-3.

Rule 4-1-3 Reads:

“Wrestlers shall wear light heelless wrestling shoes, reaching above the ankles. If laces are visible, they shall be secured in an acceptable fashion. If the shoelaces come undone, the penalty would be an automatic stalling call”.

Shoe laces are to be secured and laced completely to the top eyelet.

An improperly secured shoelace is no longer a technical violation. The penalty is a stalling violation (Rule 7-6-6d). A charged injury time-out is also assessed to correct the violation (per NHFS).

Double knotting is again an acceptable means to secure the shoelaces (see the note under Rule 4-1-3 in the Rules Book). Examples of other acceptable shoelace securing means includes:

- Velcro™ Flap
- Built-In Shoelace Pocket
- Tape (around the ankles or around each bow of the knot)
- A Zipper covered with a Velcro Flap is also an acceptable securing means.

If a shoelace that is tied comes out of an acceptable securing means, stop the match (official's time-out) and permit the wrestler to re-secure the tied shoelace. There is no stalling violation or injury time-out assessed in this situation. If a double knotted shoelace comes undone but remains tied in a single knot, stop the match (official's time-out) and permit the wrestler to re-secure the tied shoelace in a double knot. These situations are treated in the same manner as any other legal equipment that becomes illegal through competition.

If a shoelace comes out of the acceptable securing means and becomes untied, a stalling violation will be assessed, and an injury time-out will be charged to the offending wrestler to correct the violation. A double knotted shoelace that completely becomes untied is a stalling violation, and an injury time-out is charged to the offending wrestler to correct the violation.

If for any reason a shoe comes off the foot during a match (regardless if it was properly secured), the offending wrestler (the shoeless wrestler) is assessed a technical violation, and an injury time-out is charged to correct the violation.

Practice preventative officiating (preventative officiating will save you a lot of potential problems during a match).

- In your pre-meet talk, go over the shoelace requirements.
- Before the dual meet begins, ask each opposing coach if the team is properly equipped and ready to wrestle.
- Before beginning a match, ensure that both wrestler's shoelaces are properly secured.
- During tournament competition (the off official), ensure that each wrestler's shoelaces are properly secured before table check-in.