



Officials

NFHS Uniform Guide For Girls

Officials need support as much as athletes, and coaches on how to move forward successfully, safely and confidently in girls' wrestling.

Officials provide more than safety, point scoring, and execution of rules in wrestling. Officials play a critical role in educating, teaching and mentoring everyone in the sport. Here are some key points to assist officials in being a successful leader of girls' wrestling:

- Boys singlets are not designed for female wrestlers
- Girls' cut singlets are the optimal choice for NFHS wrestling.
- Girls need sports bras for athletics. This is especially true for a full contact sport like wrestling.
- The singlet and sports bra need to reduce issues of exposure during the course of a wrestling match.
- There is no single sports bra design that will work for each individual athlete in wrestling.
- Not all girls in the line-up will be able to find what they need in their local department or sporting goods store. Sizes, styles, prices, availability are all variables that can work against what a female wrestler may need for competitive wrestling. This is a unique challenge for many females in athletics.

NFHS Uniform Rule For Girls

- We need a fair and commonsense approach to issues that may arise at weigh-ins or when athletes report to the table. Bring concerns directly to coaches and work to move the match forward.
- NFHS Wrestling Rule 4-1-1a is designed to address two important needs for the female wrestler:
 1. A sports bra is a critical piece of equipment for girls in athletics and is required for female wrestlers in competition.
 2. The uniform and sports bra should maintain a level of performance during wrestling competition. Reducing or eliminating exposure is one example of standards prioritized for all male and female NFHS athletes.
- Remember, keep the communication on the gear, not the girl when working through issues.

Communicate With Confidence

- Many male coaches and officials that are new to female athletics may be uncomfortable discussing topics unique to girls including sports bras. "Sports bra" is a normalized term in girls' sports and girls' equipment/gear in athletics.
- By framing sports bras as sports equipment we remove potential discomfort and awkwardness. Talk about the sports equipment, not the individual athlete.
- Address concerns about uniforms for male or female athletes directly with the coach, not the athlete.

Be Proactive

- Ask the host team or tournament director to post signs outside the weigh-in area reminding male and female athletes of the requirements for weigh-ins.
- At your pre-tournament or dual meets provide a simple reminder to coaches that girls cut singlets and sports bras are optimal for scholastic wrestling. Be an advocate for girls who wrestle.

Advocate For Girls Wrestling

- Work with your coaches' association and state interscholastic athletic/activity association to improve all areas of girls wrestling including uniforms.
- If you see a team that has invested in quality girls cut singlets that perform well across their line-up, ask the coach where they purchased them. Make sure to share that in discussions about girls' wrestling with your wrestling leaders.

Girls and Women Behind The Whistle

- Work to recruit females to join officiating and provide positive and supportive mentorship. Welcoming women and supporting them through the process will increase their confidence and sense of community support.
- Provide high school girls with an opportunity to learn officiating in a fun and supportive environment. Girls will make excellent officials if they believe they are valued and supported.
- Have your state officials' association create all-ages clinics for officiating. Remind them that only 3 people get to be in the circle. The wrestlers, and the official! Get close to the action by learning how to officiate.

