



Memorandum

To: Mr. Larry White, NJISAA Executive Director

From: B. Elliot Hopkins, MLD, CAA, NFHS National Wrestling Rules Interpreter

Subject: NFHS Wrestling Rule 4-2-1

Date: January 8, 2019

Hi Larry,

I hope this note finds you and yours well. Rule 4-2-1 is one of our oldest rules. The hair rule can be found as early as 1966 with modifications over the last few decades. The NFHS requires that all wrestlers be clean shaven with side-burns trimmed no lower than earlobe level and hair trimmed and well groomed. The hair, in its natural state, shall not extend below the top of an ordinary shirt collar in the back; on the sides, the hair shall not extend below earlobe level; in the front, the hair shall not extend below the eyebrows. We allow a neatly trimmed moustache that does not extend below the line of the lower lip. If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied.

There is a wide spectrum of modern hair styles that might give the appearance that they are in violation of the hair rule, but in actuality they are just creative expressions of today's youth. We interpret hair "in its natural state" is how your hair appears when you wake up in the morning. Please understand that our rule is solely based on length, not style. If I can be of any assistance, please do not hesitate to contact me. Thanks and happy new year.

BEH/kjr