



Bill Marck <bmarckwrestling@gmail.com>

VHSL Rule Question on Mat Sizes & Dimensions

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From: **Mike Caison** <mgc716@gmail.com>

Date: Tue, Mar 17, 2020 at 5:13 PM

Subject: Re: VHSL Rule Question on Mat Sizes & Dimensions

To: Bill Marck <bmarckwrestling@gmail.com>

Cc: Ed Rawlins <nvwoa.commish@gmail.com>, Chris Robinson <CRobinson@vhsl.org>

Bill in response to your questions:

SECTION 1 MAT

ART. 2 . . . The wrestling area of the mat shall be a circular area with a minimum of 28 feet in diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat area approximately 5 feet wide.

ART. 3 . . . The wrestling area shall be marked on the mat by painted lines, 2 inches wide, which are inbounds. At the center of the mat there shall be a 10-foot circle, indicated by a 2-inch line. When the area enclosed by the 10-foot circle and the inbounds area of the mat are of contrasting colors, the 2-inch line may be omitted.

ART. 4 . . . Starting lines, 1 inch wide, shall be placed at the center of the mat and the front line should lie on the diameter of the 10-foot circle. These 1-inch starting lines shall be parallel, 3 feet long, and 12 inches from outside to outside. The two 3-foot lines shall be connected on one end by a 1-inch red line and on the other end by a 1-inch green line.

ART. 5 . . . The mat area includes the wrestling mat and a space of at least 10 feet surrounding the mat where facilities permit, as well as the team benches and scorer's table. The team bench in dual meets should be at least 10 feet from the wrestling mat and 10 feet from the scorer's table. The diagrams on page 10 are a suggested configuration.

Excerpt From

NFHS. "2019-20 NFHS Wrestling Rules Book." NFHS. Apple Books.
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The above is the smallest legal competition sized mat,, you can design a mat with smaller circles for practice purposes they are usually multiple 6 foot circles, however they are not legal for competition. They are for practice only

What you are referring to is the practice of some events to quarter or half a mat to get as many matches as possible on the mats at once, This allows 2 to 4 matches to be wrestled simultaneously.

Events do this currently by placing tape to either half or quarter the circle This per federation rule is not legal and is not considered safe, The chance of injury to wrestlers and officials increase with this practice

allowing simultaneous matches on the same mat is an accident waiting to happen and I would not approve or endorse.

I would not encourage or participate in a event using small multiple circles or mats, Standard approved sizes are " NCAA rules require a mat size of 42' x 42' with a minimum wrestling circle of 32'. High School regulation size is 38' x 38' with a minimum 28' wrestling circle. " You can see above for particulars on high school sizes,

The minimum size mats I would place officials on would be a standard 38 x 38 high school mat with a minimum of 28 " wrestling circle, the issue is safety.

To use smaller mats in the face of the rules leaves all involved with increased liability in the event of an injury.

If your goal is to have simultaneous matches on a single mat to save time and space, I would recommend rethinking

Ed Rawlins is The Commissioner of The Northern Virginia Wrestling Officials Association, I have included him in this email

Hope this helps , before you spend money on a mat that cannot be used for competition

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