UIL Rule Interpretations for Girl’s Wrestling

January 2013
Modification for Girls

• Per the UIL wrestling manual, p. 32 allows a female wrestler to wear a pony tail securing it via a rubber band in lieu of wearing a hair cover as is traditionally seen and also notated in the NFHS rules book.

• The first time the match is stopped to contain the girl's hair is an official's time out, however, each time thereafter becomes an injury timeout and subject to a maximum of two injury timeouts and cumulative of 1.5 minutes of Injury Time (standard NFHS injury time out criteria applies).
Modification for Girls, continued

- The pony tail length shall not exceed beyond the general collar area.
- Pony tails shall not be “tucked” under or in to mitigate excessive length.
- The pony tail shall not be on the top or front portion of a female wrestler’s head.
- Any other form of female hair style outside of a pony tail is illegal.
Clarifications

• No securing devices containing metal or other hard surfaces can be used to secure a pony tail. Only the use of **ONE** rubber band is allowable to secure a pony tail.

• No oversized “scrunchies” are allowed.

• Braided hair, corn rolls, etc. are not allowed to be uncovered. The NFHS rule book states that the hair must be in its "natural state". Braided hair is not considered to be in a "natural state" and as such much be properly covered to conform with NFHS and UIL rules.
Legal, pony tail length is fine and on the back of the head.
Legal, pony tail length is approximate collar area and on back of the head
Illegal due to hair being bunched up, but legal if in a pony tail
Illegal due to length. The pony tail may only extend to the collar area to be considered legal.
*Illegal* due to hair hanging loosely and not in an approved pony tail.
Illegal due to head band in front holding hair back
*Illegal* - this is not a pony tail, however, the bangs are considered legal.
Legal, the pony tail is approximately collar length.
illegal due to the single braid.
If the female wrestler wears a men’s wrestling singlet, a **tight fitting undershirt is required** (to conform with NFHS rules).
Thank You!

Please contact:

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