

November 2022

TO: ATHLETIC DIRECTORS, WRESTLING COACHES, WRESTLING OFFICIALS

RE: Legal vs. illegal headgear

Dear Athletic Directors, Wrestling Coaches, and Wrestling Officials:

Here are examples of legal and illegal headgear (for high school wrestlers) based on the adornments on the ear guards. Let's get this taken care of at the beginning of the season. Legal include plain headgear, those with the wrestler's school logo or lettering, and those with the name or weight class of the wrestler.

Legal



Illegal

