



# Memorandum

**To:** NFHS State Wrestling Liaisons

**From:** B. Elliot Hopkins, NFHS

**Subject:** Shoelaces becoming untied versus undone in a typical secured fashion

**Date:** September 18, 2019

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Thanks everyone for a great online interpretation meeting today! A lot of great questions submitted a lot of different ways. In regard to the shoelaces issue, per rule if the laces are visible, they need to be secured in a typical secured fashion (double knotting, shoelace pockets, Velcro, etc.). If during wrestling, the shoelaces that are tied become undone from those typical secured fashion methods but stayed tied, we have no violation. However, if during wrestling, the shoelaces that are tied become undone from those typical secured fashion methods and also become untied, we have stalling. I hope this clarifies the rule and interpretation. Thanks and have a great wrestling season!