



# Memorandum

**To:** Member State Association Wrestling Liaisons

**From:** B. Elliot Hopkins, MLD, CAA, NFHS Director of Sports, Sanctioning and Student Services

**Subject:** Compliance of a Medical Appliance

**Date:** April 6, 2026

---

During the recent annual meeting of the NFHS Wrestling Rules Committee, it was determined that the Q-Collar will not be permitted for use in interscholastic wrestling. The Q-Collar is an FDA-approved device designed to be worn around the neck by athletes aged 13 and older during sports activities, with the intent of helping protect the brain from the potential effects associated with repetitive sub-concussive head impacts.

Given the nature of wrestling, the committee concluded that a wrestler wearing the device could be placed at a competitive disadvantage when certain legal holds and maneuvers are applied.

If you have any questions, please do not hesitate to contact our office.

BEH/kjr