Wrestling Hairstyles Match Day Card

14 mat-ready styles by hair type, with time and difficulty. Check the ones you have mastered.

STYLES CHART

#	Style	Hair type	Time	Difficulty	Done
1	**Two Dutch braids tucked under**	Long hair	15 min	●●● Harder	☐
2	**One French braid folded up**	Long hair	12 min	●●○ Medium	☐
3	**Braided low bun under a cap**	Long hair	10 min	●○○ Easy	☐
4	**Two low braids (practice)**	Long hair	8 min	●○○ Easy	☐
5	**Straight-back cornrows**	Curly / coily	45 to 90 min	●●● Harder	☐
6	**Flat twists**	Curly / coily	30 to 40 min	●●○ Medium	☐
7	**Braids or locs in a flat low bun**	Curly / coily	5 min	●○○ Easy	☐
8	**Two-strand twists in a cap**	Curly / coily	8 min	●○○ Easy	☐
9	**Two mini Dutch braids (bob)**	Short / bangs / men	8 min	●●○ Medium	☐
10	**Braided-back bangs**	Short / bangs / men	5 min	●●○ Medium	☐
11	**Short crop**	Short / bangs / men	0 min	●○○ Easy	☐
12	**Textured top, clean sides**	Short / bangs / men	2 min	●○○ Easy	☐
13	**Pigtail braids**	Practice / cute	10 min	●○○ Easy	☐
14	**Bubble braids (drills)**	Practice / cute	8 min	●○○ Easy	☐

Row color = hair type. Dots = difficulty. Practice any "Harder" style twice before you wear it at a meet.

MATCH DAY HAIR KIT

- ☐ 12 soft elastics with no metal joins
- ☐ 2 wide fabric bands
- ☐ 2 washed hair caps that attach to ear guards
- ☐ Ear guards with working straps
- ☐ Wide-tooth comb (mine only)
- ☐ Mini spray bottle of water
- ☐ Water-based gel (no oils)
- ☐ Own towel, never shared
- ☐ Satin scrunchie or scarf for after

TEN MINUTES BEFORE WEIGH-INS

1. Remove ALL jewelry, beads and metal
2. Mist with water and detangle
3. Braid or twist close to the scalp
4. Tuck tails up, secure with soft elastics
5. Attach cap to ear guards, headgear on
6. Shake test: nothing in eyes, nothing loose

HAIR COVER RULE CHECK (NFHS)

- ☐ No length limit and cover not required (since 2020-21)
- ☐ If worn: cover is solid material and non-abrasive
- ☐ If worn: cover is attached to the ear guards
- ☐ No hard, sharp or abrasive hair items
- ☐ No oils or greasy substances in hair
- ☐ College or freestyle event? Check that rule book
- ☐ Unsure? Show the official at weigh-ins

Step Cards and Season Hair Planner

Four popular styles step by step, plus a season hair and scalp check planner.

Two Dutch braids tucked under

15 min | Harder | Long hair

1. Part down the center; band one side away. ☐
2. Take 3 strands at the hairline. ☐
3. Cross UNDER, adding hair each time. ☐
4. Braid to the nape, then to the ends. ☐
5. Fold tails up, wrap a soft elastic. ☐

Straight-back cornrows

45 to 90 min | Harder | Coily hair

1. Do it the night before on damp hair. ☐
2. Part 6 to 10 rows, hairline to nape. ☐
3. Braid under, close to the scalp. ☐
4. Keep edges snug, never painful. ☐
5. Tuck ends under or into a cap. ☐

Braided low bun under a cap

10 min | Easy | Any longer hair

1. Make a low ponytail at the nape. ☐
2. Braid the tail and add an elastic. ☐
3. Coil the braid low and flat. ☐
4. Wrap a wide fabric band around it. ☐
5. Attach cap to ear guards. Shake test. ☐

Two mini Dutch braids

8 min | Medium | Short hair or bob

1. Part down the center. ☐
2. Start a small braid at one temple. ☐
3. Braid back to behind the ear. ☐
4. Finish with a tiny soft elastic. ☐
5. Repeat the other side. Shake test. ☐

SEASON PLANNER

Plan a style for each part of the season, then do a quick hair and scalp check each month. Rest days are for loose styles.

Month or event	My style	Time	Do the night before?	Scalp check OK
Preseason practice			☐ Yes ☐ No	☐ Hairline ☐ Scalp
Dual meets			☐ Yes ☐ No	☐ Hairline ☐ Scalp
Tournament weekend			☐ Yes ☐ No	☐ Hairline ☐ Scalp
Media or picture day			☐ Yes ☐ No	☐ Hairline ☐ Scalp
Holiday tournament			☐ Yes ☐ No	☐ Hairline ☐ Scalp
Postseason			☐ Yes ☐ No	☐ Hairline ☐ Scalp
Rest day (loose style)			☐ Yes ☐ No	☐ Hairline ☐ Scalp

Each check: ☐ No pain or broken hairs ☐ No rash or scaly patch ☐ Caps and bands washed

If a style hurts, it is too tight. Never share combs, elastics or caps. Rash, patch or thinning? Tell your athletic trainer and talk to your doctor.