

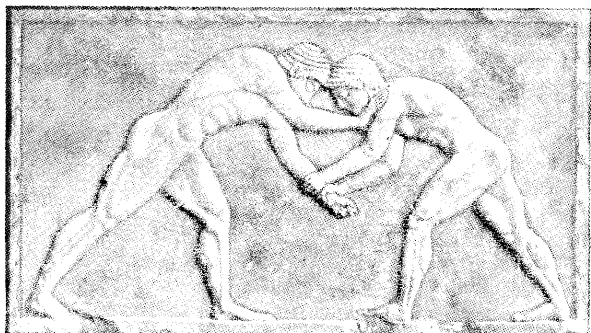
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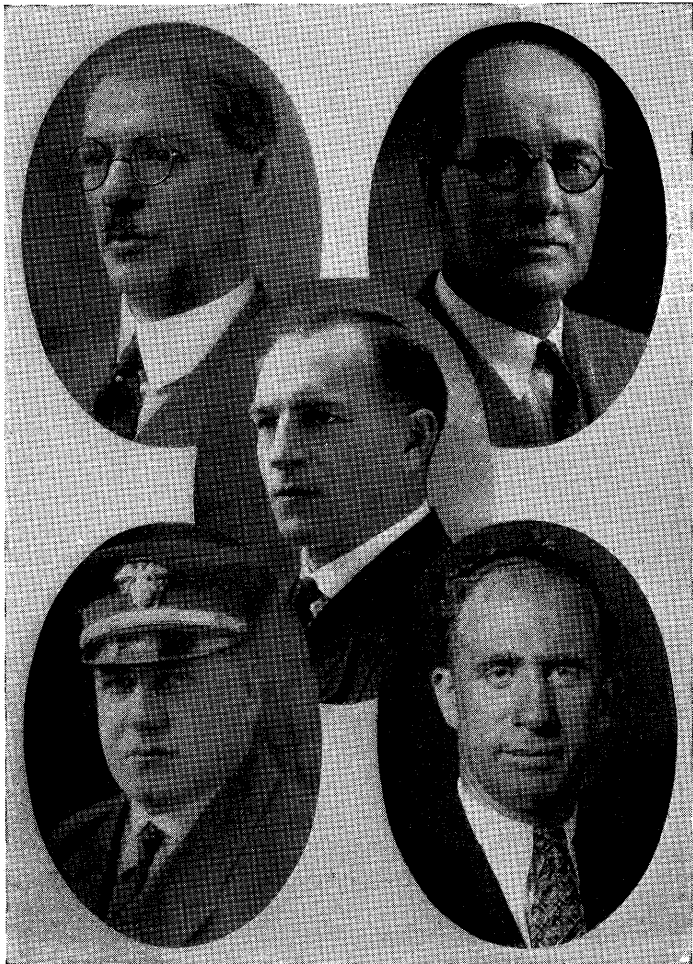
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THE WRESTLING RULES COMMITTEE OF THE NATIONAL  
COLLEGIATE ATHLETIC ASSOCIATION.

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*National Collegiate  
Athletic Association*

# Wrestling Rules

1927-28

*As Recommended by the Rules Committee  
consisting of*

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DR. R. G. CLAPP . . . . . University of Nebraska  
DR. J. A. ROCKWELL . . . . . Mass. Inst. Tech.  
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OFFICIAL PUBLICATION

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# Contents

	PAGE
Foreword .....	3
Legal and Illegal Holds (Wrist Lock).....	6
Why the N.C.A.A. Wrestling Rules?.....	7
Over-Scissors .....	8
Body Hold on Mat.....	8
Dehydration .....	9
Twisting Hammer Lock.....	10
Full Nelson .....	10
Eastern Intercollegiate Wrestling Champions.....	12
Review of Eastern Intercollegiate Wrestling Association.....	13
Yale University Wrestling Team.....	14
Lehigh University Wrestling Team.....	16
Ohio University Wrestling Team.....	17
Western Conference Individual Champions.....	18
Wrestling in the Western Conference.....	19
University of Illinois Wrestling Team.....	20
New England Individual Champions.....	22
A Review of the Season in New England.....	23
Harvard University Wrestling Team.....	24
United States Military Academy Wrestling Team.....	26
Wrestling at the United States Military Academy.....	27
United States Naval Academy Team.....	28
Wrestling at the United States Naval Academy.....	29
Virginia Polytechnic Institute Wrestling Team.....	30
Wrestling in the Southern Conference.....	31
Missouri Valley Individual Champions.....	32
Wrestling in the Missouri Valley District.....	33
Oklahoma Agricultural Wrestling Team.....	34
Should High School Wrestling Be Encouraged?.....	35-36
Rules or Wrestling.....	37-51
Index to the Rules.....	52-53
Wrestling Officiating .....	54-59
Suggestions to Officials.....	60
Wrestling Officials .....	61

## Foreword

1. The National Collegiate Athletic Association recognizes the value of Intercollegiate Wrestling as a means of developing skill, courage and self-restraint in a strenuous contest.

2. It recognizes the desirability of encouraging in every way possible the growth of good sportsmanship and the observance of the spirit of the rules in all contests, especially where the personal contact is so intimate as in wrestling. It places itself on record as opposed to all unnecessary roughness and unsportsmanlike conduct, opposes the use of certain holds as unsportsmanlike, and condemns any semblance of bitterness or rancor between opposing contestants.

3. The Committee on Wrestling believes that "stalling" is the outstanding drawback of intercollegiate wrestling and urges all coaches and officials to use their influence to eliminate this all-too-common practise, and to encourage fast and aggressive wrestling. In many instances, referees are criticised for not enforcing penalties in wrestling contests and in many cases defend their position by stating that the coaches do not wish to have these penalties enforced, and, therefore, the committee requests that each of the competing coaches endeavor to secure from the other coaches compliance with the full enforcement of the rules and so instruct the referee before the bout starts.

4. The welfare of the sport demands the same sportsmanlike conduct from the spectators, coaches and the respective teams, as it does from the contestants on the mat. Coaches in some sections have done a great deal in educating the spectators with demonstrations and explanations showing the legal and illegal holds. A good many demonstrations on the part of the spectators would probably be

eliminated were they given the opportunity for this sort of education.

5. It is important that competent officials be secured, and that salient points of the rules should be explained to the spectators, as the lack of knowledge of rules under which the meet is held is often the source of much misunderstanding and dissatisfaction.

6. The Committee favors the standardization of Wrestling Rules throughout the United States, and urges that representatives of wrestling throughout the country work toward this end.

7. We strongly recommend the adoption of these rules. Owing to the wide differences in various codes of wrestling rules now existing, it is deemed advisable at this time to make a few drastic changes—in the hope that colleges in all sections of the country will adopt these rules.

8. It is urged that extra precautions be taken against the spreading of mat infections. Sunshine and the constant use of brooms and vacuum cleaners have been found to be the most efficient. Antiseptic washes and remedies should be available to the wrestlers at all times.

9. The Wrestling Committee appreciates the help of the many wrestling coaches who have aided in the revision of these rules by their valuable suggestions and hearty co-operation.

The committee will welcome all suggestions and helpful criticisms, sent in writing to the Chairman of the Wrestling Rules Committee, H. R. Reiter, Bethlehem, Pa. It is only by this spirit of co-operation that an efficient code satisfactory to all of the colleges of our country can be produced.

10. During the past year there has arisen in the minds of a few coaches some false notions as to what the Wrestling Rules Committee was trying to accomplish. Let it be understood that the Committee has no intention of taking away the integrity or changing the name or policy of any existing organization; its mission is solely the standardiza-

tion of the rules governing intercollegiate wrestling and, as far as possible, to aid in the prevention of injury and promote a higher standard of sportsmanship among contestants.

11. This Committee is very much opposed to excessive weight reduction in all athletic contests and respectfully calls your attention to the article on this subject by Dr. John A. Rockwell of Massachusetts Institute of Technology elsewhere in this publication.

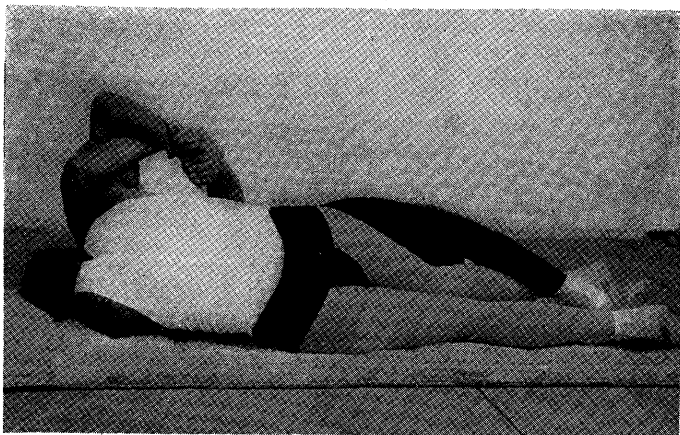
12. The committee strongly urges that each home institution send to the Secretary of this Committee (Dr. R. G. Clapp, University of Nebraska, Lincoln, Nebraska) immediately after each meet—whether dual meet or championship meet—the results of the meet and such other information as may be of value to the Wrestling Rules Committee. The object of this request is two-fold: first, to secure greater publicity, and thereby secure greater interest in wrestling, from a weekly report to the Associated Press on college wrestling matters in the country; and, second, that the Committee may have on file authentic information in regard to the results of meets, success or failure of officials, etc.

September 1, 1927.

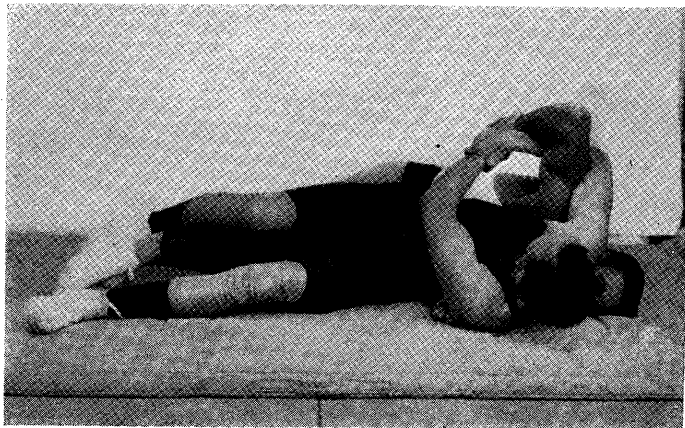
H. R. REITER, *Chairman.*

*Note*—Suggestions that might improve the editing of this, the first edition of the National Collegiate Wrestling Rules, will be gratefully received by the Editor, G. M. Trautman, Ohio State University, Columbus, Ohio.

## Legal and Illegal Holds



BACK VIEW.



FRONT VIEW.

### WRIST LOCK.

The wrist lock is a legal hold, but it becomes illegal when it reverts into a hammerlock. In the illustration above the man applying the wrist lock is holding his opponent with his feet and not allowing him to turn, consequently the wrist lock becomes a bonebreaking hold.

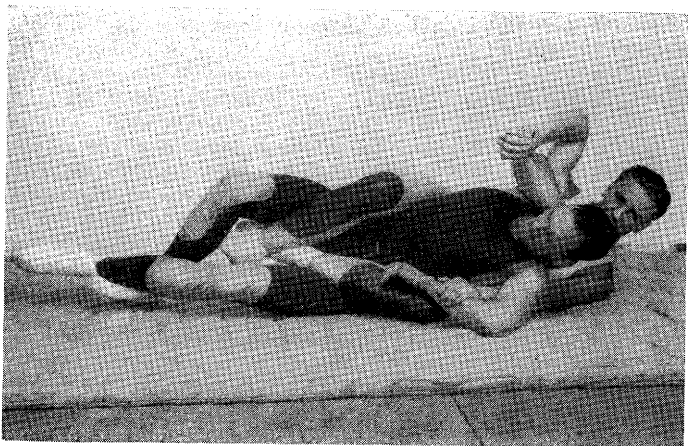
## Why the N. C. A. A. Wrestling Rules?

BY WILLIAM SHERIDAN,  
*Wrestling Coach, Lehigh University.*

To the mind of the writer, the rules governing wrestling in this issue of the N.C.A.A. are the most perfect of any that have been in use in intercollegiate wrestling circles since the sport was adopted. They are the result of many years' earnest study on the part of the committee, whose members have undoubtedly submerged any individual theories they may have had relating to some special feature, if they thought they were in conflict with what would best suit the entire country.

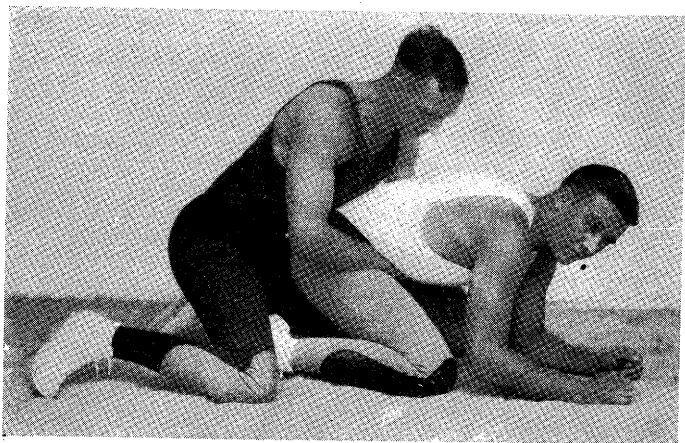
Apart from the undoubted benefit to be gained from rules that are universal, we now have rules that state in plain language just what the powers of the referee are, and there is little, if any, loophole left for any coach who prefers the stalling to the aggressive style of mat work. The rule that plainly states that a man who stalls deliberately on his feet shall be put to the mat in a defensive position, and the one that gives the referee power to bring both men to their feet if the top man is making no genuine effort to gain a fall, are two rules which in themselves are sufficient proof of the deep study given the game by the committee. A National Collegiate Championship Meet is now a possibility and the time is not far distant when the winner of the N.C.A.A. meet can be honestly termed National Collegiate Champion.

After sixteen years of continuous coaching in collegiate circles, I do not hesitate to state that more genuine strides have been made in constructive legislation by the present committee in two years than was done by the various individual groups in the past decade.



#### OVER-SCISSORS.

The break for the top scissors has sometimes been the over-scissors. In this case the man underneath scissors his opponent's feet and by applying pressure is very liable to break his opponent's ankle. The over-scissors is barred because of this danger.



#### BODY HOLD ON MAT.

Locking hands on wrists around an opponent's waist is barred to prevent hanging on and to eliminate stalling. Barring this body hold gives the man underneath a better chance to get out and encourage more aggressive wrestling.

## Dehydration

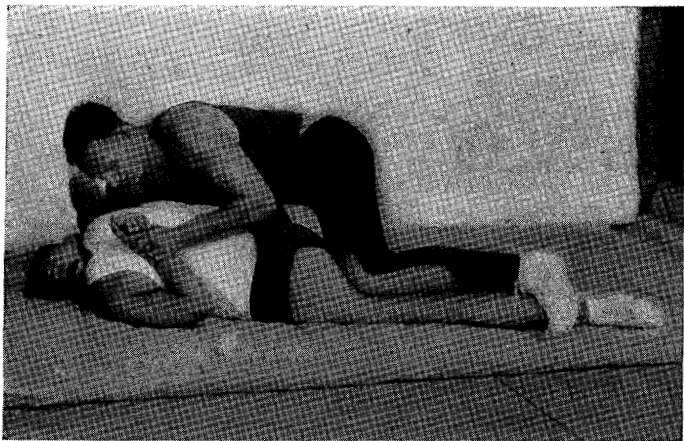
BY DR. JOHN A. ROCKWELL,  
*Massachusetts Institute of Technology.*

The following paragraphs express the views of a few physicians interested in physical education and the intelligent physical development of youth; without carrying the athletic program to the point of excess and strain to the individual, to say nothing of permanent injury. The point which I was asked to consider in detail was that of making weights.

Our first interest should be for the welfare of our young athlete, not only to protect him by having specified weight classes, but to prevent any drastic measures which, when used, find him in a lower weight class than the one in which he naturally should be placed. There is no objection to conditioning a man who has gained weight during the summer holidays. In this group, the training process, no matter what department of physical exercise he selects, takes care of itself. Our endeavor is to protect the man who is down to his best weight but yet finds himself five or six pounds above the class he hopes to make and then strip him of these pounds through dehydration, that he may be able to compete in this special class. This is the danger which many coaches fail to realize and which has prompted this constructive criticism of a truly pernicious practise in contests where the necessity of "making weights" is required.

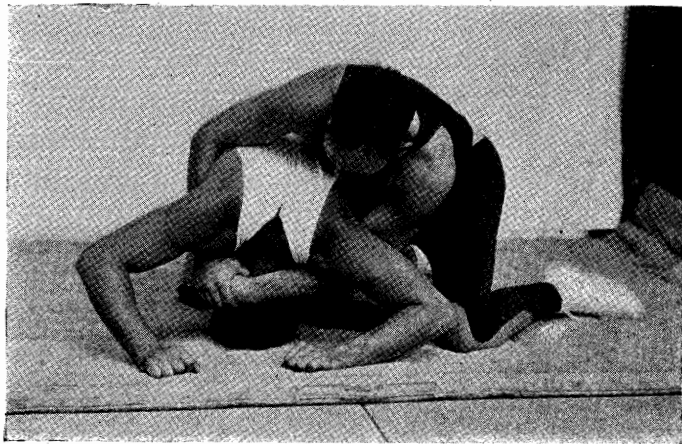
The process known in the medical discussions as dehydration is the removal of body fluids to a point where first the kidneys, then the heart, and, finally, the muscles, become taxed well beyond their normal physiological limits. Any athlete entering a rigorous contest dehydrated, immediately finds himself at a disadvantage because of kidney, heart and muscle deficiencies. He competes with uncertain results as to victory, but with definite results as to increasing the strain on these three groups of tissues. Any injury which may not be fully recognized at the moment often forms the basis for true pathological conditions and, in certain instances, has demonstrated definite permanent injuries to the individual as a consequence of this vicious weight-making process.

Following a full discussion of this question and to prevent certain coaches who are indifferent to the individual's health because of a desire to have a winning team, the Eastern Intercollegiate Wrestling Association adopted two new rules governing their intercollegiate championships: *i.e.*, (1) Net weights for intercollegiate wrestling on the day before the finals and one pound allowance on the day of the finals; (2) The "weighing-in" time to be not longer than three hours before the contest. By circumscribing these two mooted



#### TWISTING HAMMER LOCK.

The bar hammerlock is legal, but as soon as the arm is forced upward toward the shoulder it becomes illegal. While the arm is held parallel with the back there is little danger, but as soon as it is pulled outward, twisted, or pushed upward it becomes a bonebreaking hold and is consequently barred.



#### FULL NELSON.

This hold needs no explanation. Most of the difficulty has arisen when the three-quarter Nelson is confused with the full Nelson. In the full Nelson the aggressor places both arms under his opponent's arms and clasps his hands on wrists on the back of his opponent's head. This is dangerous and is barred.

questions of "making weight" and "weighing-in" time with the foregoing rules of limitation, it is hoped to prevent any further practises which an indifferent coach or captain may be guilty of exercising in future contests. Many coaches have learned to their sorrow that this practise has so enervated their prospect in the class entered, that he has failed to make a good showing, which condition would not have maintained had he been in his best physical condition, even in a higher class.

These points cannot be emphasized too strongly, and it is the hope that all coaching forces interested in wrestling, boxing and 150-pound crews, etc., will have this matter brought very definitely to their attention. It is a subject which should have the sanction of all the prominent medical advisors.

The National Intercollegiate Rowing Association in 1925, after an extended discussion on this subject, voted for net weights in their 150-pound crews. In eight-oared shells it is an advantage to have extra weight in the waist of the boat. To meet this necessity, a 5-pound overweight allowance is permitted for those men occupying this position. The sum total of the eight men, however, must be an average of not more than 150 pounds per man. At this time, emphasis was placed on the permanent injury which may and does come to athletes who force themselves to a weight below their best and safe physical efforts.

# Rules for Wrestling

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## *Wrestling Committee:*

H. R. REITER, Lehigh University, Chairman; DR. R. G. CLAPP, University of Nebraska; DR. JOHN A. ROCKWELL, Massachusetts Institute of Technology; G. M. TRAUTMAN, Ohio State University; LIEUT. COMMANDER W. R. RICHARDSON, United States Naval Academy.

## *Advisory Committee:*

ROBIN REED, Oregon Agricultural College; CLARENCE F. FOSTER, Princeton University; DR. O. K. BARNES, University of Utah; E. C. GALLAGHER, Oklahoma A. & M. College; W. E. LEWIS, Harvard University.

## RULE I.

### ELIGIBILITY.

1. Each contestant must be an Amateur as defined in the rules of the National Collegiate Athletic Association of America, and be eligible according to the rules and regulations of the college or university he represents.

## RULE II.

### REPRESENTATION.

1. An institution shall be represented by only one contestant in each class, but two or more names may be submitted in advance of the date set for the meet.

2. No contestant shall be allowed to compete in more than one class in each meet.

## RULE III.

### MATS, ROPES AND COSTUMES.

1. It is advised that the mat area be not less than 20 feet by 20 feet and that this dimension be considered as the standard size. Whenever possible it is recommended that a "roped in" area shall be used in accordance with the following specifications:

There should be three ropes, one inch in diameter, tightly stretched 2 feet, 3 feet and 4 feet, respectively, above the mat; ropes should extend in from supporting posts and should be wrapped with some soft material. To avoid spreading of ropes during a bout, ropes should be securely fastened together by three vertical ropes,  $\frac{3}{8}$  inch in diameter, placed equal distance apart on each side of the ring.

*Note*—If cotton ropes are used, the wrapping of ropes may be dispensed with.

A raised platform should not be used unless the platform extends at least 6 feet beyond the ropes on all sides.

2. The uniform shall consist of full-length tights, a black outside supporter, and light, heel-less gymnasium shoes, laced by means of eyelets. If requested by the home management, sleeveless shirt, without fasteners of any sort on the shoulders, shall be worn by all participants.

3. Wrestling teams should wear some distinctive emblem to enable the officials to more readily distinguish the contestants.

#### RULE IV.

##### WEIGHT CLASSIFICATION.

1. Competition shall be divided into seven weight classes as follows:

Bantam weight.....	115 lbs. and under
Special weight.....	125 lbs. and under
Light weight.....	135 lbs. and under
Welter weight.....	145 lbs. and under
Middle weight.....	158 lbs. and under
Lighthavy weight.....	175 lbs. and under
Heavy weight.....	Unlimited

#### RULE V.

##### WEIGHING-IN.

1. The minimum time contestants shall be allowed for weighing-in shall be one-half hour before time set for meet

to begin; the maximum time allowed shall be five hours; the exact time to be decided by mutual agreement of the competing teams. The Referee or other authorized person shall supervise the weighing-in of contestants.

2. In all championship meets net weight shall be required, but in all dual meets three pounds overweight shall be allowed.

3. Any contestant who fails to comply with the foregoing requirements shall be rejected.

## RULE VI.

### DRAWING AND ELIMINATIONS.

#### *Drawing for First Place Matches—*

1. In all except dual meets, immediately after expiration of weighing-in time, each contestant shall draw a number and compete according to the Bagnall-Wilde system as shown on following page, except for the following recommendations: Whenever there are two outstanding contestants in any class in championship meets, in order to guard against elimination of either of these contestants in the first rounds, the name of one of them shall be placed at the top of the drawing and the name of the other at the bottom.

Where the number of competitors is not a power of two (that is, 4, 8, 16, 32, 64) there shall be "byes" in the first preliminary round. The number of pairs who meet in the first round shall be equal to the difference between the number of competitors and the next lower power of two. The byes, if even in number, shall be equally divided between top and bottom. If the number of byes be uneven, there shall be one more bye at the bottom than at the top, as shown in Section 4 following.

#### *Drawings for Second Place Matches—*

2. In each weight, the defeated contender in the final championship match shall wrestle for second place against the winner of elimination bouts between those contestants

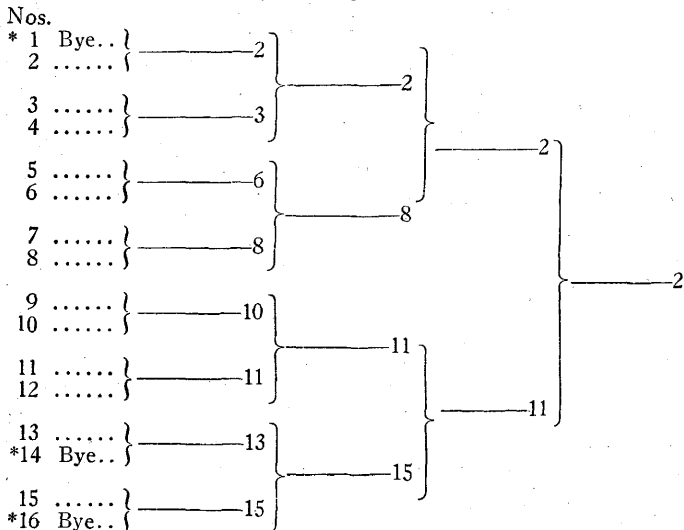
who were defeated by the champion prior to the final championship match. The winner of this final second place match shall be awarded second place. (See Section 4 following.) In the event the defeated finalist is also defeated for second place, he is automatically third.

*Drawings for Third Place Matches—*

3. In each weight the defeated contender in the final second place match shall wrestle for third place against the winner of elimination bouts between those contestants who are defeated by the winner of second place prior to the final second place match. (See Section 4 following.)

4. Original Drawings:

GRAPHIC ILLUSTRATION OF DRAWINGS BY BAGNALL-WILDE SYSTEM



The above illustration of method of drawing and participation of contestants by the Bagnall-Wilde System shows drawings with thirteen contestants. Numbers

marked \* are byes and these numbers should be eliminated before contestants begin to draw. Competitors drawing Nos. 2, 13 and 15 go into the second round of bouts without wrestling. Except, as just stated, the numbers carried forward to next frame indicate the winners of these bouts. This illustration shows 2 as the winner of the championship.

#### *Second Place Drawings—*

Carrying this out to show who is eligible to compete for second place (See Section 2), Nos. 3 and 8, having (previous to the final match) been defeated by the champion (No. 2), now compete for the privilege of meeting No. 11, who, by virtue of winning his way to the final match (by defeating Nos. 12, 10 and 15, respectively), is eligible to compete for second place. We assume, for illustration, that No. 8 wins from No. 3 and the winner of the match between No. 11 and No. 8 is No. 11. He is awarded second place and No. 3 automatically becomes the third-place winner without further competition. Had there been more than two competitors defeated by No. 2 prior to the final match, a new drawing would have been made by the eligible contenders in accordance with the Bagnall-Wilde System outlined in Section 4.

#### *Third Place Drawings—*

Carrying this out to show who is eligible to compete for third place (see Section 3), Nos. 10 and 15 having (previous to the final second place match) been defeated by the winner of second place (No. 11), now compete for the privilege of meeting No. 8, who, by virtue of winning his way to final second place match by defeating Nos. 7, 6 and 3, is eligible to compete for third place. We assume, for illustration, that No. 15 wins from No. 10 and the winner of the match between No. 8 and No. 15 is No. 15. He is awarded third place and No. 8 would automatically become the fourth place winner without further competition in meets where a fourth place is scored. In case there are

more than two contestants eligible for third place preliminaries, a new drawing, of course, would be made as indicated for second place preliminaries.

## RULE VII.

### SCORING.

#### *Championship Matches—*

1. In intercollegiate championships, first place in each weight shall count 5 points, second place shall count 3 points and third place shall count 1 point.

One point additional shall be awarded for each fall secured throughout the meet. The highest total of points in all weights shall determine the winning team.

#### *Dual Meets—*

2. In dual meets, a fall shall count 5 points, a decision shall count 3 points. The highest total of points shall determine the winner.

3. If a contestant secures a fall in each of the two extra-period bouts, he shall be credited only with points for one fall.

4. In the case of overtime periods where both contestants secure falls, only the contestant securing the fall in the shortest time shall be given a point award for a fall.

It should be understood that the second overtime period automatically ends at the expiration of the elapsed time necessary for the fall in the first overtime period.

## RULE VIII.

### BOUTS.

#### *Length of Final First Place Championship Bouts*

1. The length of all final first place championship bouts shall be twelve minutes and two extra periods of three minutes shall be wrestled if the Referee does not award the bout to either contestant at the end of the regular match.

*Length of Semi-final First Place Preliminary Bouts and, Final Second Place Championship Bouts*

2. The length of semi-final first place preliminary bouts and final second place championship bouts shall be ten minutes, and, if necessary, two extra periods of three minutes each shall be wrestled, as indicated in Section 1 above.

*Length of Dual Meet Bouts*

3. The length of all dual meet bouts shall be ten minutes with two extra periods of three minutes each when necessary, as indicated in Section 1 above.

*Extra-period Bouts*

4. If the Referee makes no decision at the end of the main bout, two extra periods of three minutes each shall be wrestled. Both of the extra-period bouts shall start from "Referee's Position on the Mat." (See Rule 9, Section 3.) The flip of a coin by the Referee shall decide the choice of starting positions in the first bout. Position of contestants shall be reversed in the second bout.

*Intermission*

5. Between the main bout and the first of the extra-period bouts and also between the two extra-period bouts, a one-minute rest shall be allowed, during which time the contestants shall neither leave the mat or receive aid or coaching; however, a towel may be tossed to the contestants. Forfeiture of the match shall be the penalty for violation of this rule.

## RULE IX.

### LEGAL AND ILLEGAL HOLDS.

*Illegal Holds*

1. Any hold, lock or grip shall be allowed except the hammerlock above the right ankle, twisting hammerlock, over-scissors, strangle holds, full (double) nelson, toe hold,

holds over mouth, nose or eyes (*i.e.*, over front of face), interlocking of fingers, hands and arms in waistlock position while the contestants are on the mat, bending or twisting of fingers for punishment or to break holds, or any hold used for punishment alone.

Attention is called to the fact that if the double wristlock is brought up to a twisting hammerlock, it becomes an illegal hold and must be stopped by the Referee and treated as any other illegal hold and no contestant shall be allowed to retain any advantage he secured by use of the wristlock in this illegal way.

The Committee calls the attention of the coaches and contestants to the fact that injuries are sometimes caused by a lack of knowledge on the part of contestants of such holds as the double wristlock (which may cause injury when used legally) and any other more or less dangerous holds. Contestants should have a knowledge of the dangers of these holds and a knowledge of the blocks for them.

### *Unnecessary Roughness*

2. No striking, kicking, gouging, hair pulling, butting, elbowing, strangling, or anything that endangers life or limb shall be allowed.

3. *Wrestler's "Referee's Position on the Mat."* Contestant beneath must have both hands and both knees on the mat. Top contestant shall be slightly over opponent with right (or left) arm resting loosely around opponent's waist, left (or right) hand placed on or near opponent's left (or right) elbow and both knees shall be on the mat and outside of opponent's near leg.

## RULE X.

### TIME ADVANTAGE.

1. The time advantage starts when a contestant brings his opponent to the mat. This time advantage shall continue as long as this contestant has clearly

a position of advantage even though his opponent may regain his feet temporarily.

*Time Advantage in Extra-period Bouts*

2. All time advantage gained during the main bout shall be disregarded in the extra-period bouts.

3. Time advantage taken in the extra-period bouts is intended only as an aid to the Referee.

RULE XI.

BRINGING CONTESTANTS BACK TO MAT AFTER GOING  
OFF THE MAT.

1. When the contestants are interlocked off or on the edge of the mat, time shall be taken out and contestants shall be brought to the center of the mat and the contestants having the position of advantage when the bout was stopped shall be given the referee's position behind on the mat (See Rule IX, Section 3) except:

A. When contestants are on their feet when they left the mat, the bout shall be started with the contestants in the same position;

B. In case a fall is imminent when contestants leave the mat, the Referee shall give contestants the same position, as near as possible, which they held when the bout was stopped. (See Rule XVI, Section 11-E.)

2. In case no advantageous hold had been secured prior to the stopping of the bout, the Referee may, at his discretion, start the bout from the "Referee's Position on the Mat," or from the standing position.

3. Running or sliding off mat or going over or through ropes to prevent an opponent from going behind is to be interpreted as stalling. For penalty, see Rule XVI, Section 11-E.

## RULE XII.

## STALLING.

1. *Stalling is illegal under these rules.* While on their feet, contestants must wrestle; *i.e.*, they must make an honest effort to secure a position of advantage, regardless of any time-advantage previously obtained and when one contestant has secured a position of advantage—whether on the feet or on the mat—he shall make an honest effort to secure a fall; furthermore, a contestant who has previously secured a considerable time-advantage over his opponent is stalling if he fails to make an honest effort to wrestle aggressively thereafter. For penalties, see Rule XVI, Section 10. Also, see Rule XI, Section 3.

## RULE XIII.

## INJURIES AND DEFAULTS.

1. If the injured contestant is able to continue the bout at the expiration of the three-minute period, the Referee shall start the bout by placing the contestants as near as possible in the position held when the injury occurred. If the injured contestant is unable to continue, this bout shall be awarded in accordance with Section 2 or 3 of this rule.

*Accidental Injury*

2. If a contestant is accidentally injured and is unable to continue the bout, his opponent shall be awarded the match by fall.

*Injury From Illegal Hold*

3. If a contestant is so injured by an illegal hold that he is unable to continue, the bout shall be forfeited to the injured contestant and be scored as a fall.

*General Default*

4. If a contestant forfeits a match for reasons other than those mentioned in foregoing, his opponent

shall be awarded the full quota of points he could score by securing a fall.

## RULE XIV.

### *Pin Falls*

#### FALLS.

1. Pin falls only shall count. (Flying or rolling falls shall not be considered.) Any part of both shoulders held in contact with the mat for an *appreciable length of time* constitutes a fall. (By an "appreciable length of time" is meant for the Referee's silent count of three seconds.)

### *Fall With Part of Body Off Mat*

A fall shall not be awarded when the head or one or both shoulders of the defensive contestant are off the mat.

2. If *any portion* of the defensive man's body is over the edge of the mat so that he is handicapped thereby, a fall shall not be awarded.

### *Double Falls*

3. In case both contestants secure falls in the extra periods, the bout shall be awarded to the one securing the fall in the shortest time and loser shall receive no points for his fall.

### *Fall vs. Decision*

4. A fall shall take precedence over a decision in the extra three-minute bouts.

## RULE XV.

### *Regular Bouts*

#### DECISIONS.

1. If no fall has resulted after the expiration of the regular period of wrestling as provided in Rule VIII, Sections 1, 2, 3, and 4, the Referee shall award the bout to the contestant who shows greater aggressiveness and wrestling ability, providing the contestant has a time advan-

tage of at least one minute. This time advantage does not necessarily compel the Referee to award the decision, but is intended as an aid. See Rule XII.

*Extra-Period Bouts in Championship Matches*

2. When no fall has been secured, the Referee shall award the decision to the contestant who has shown greater aggressiveness or wrestling ability.

*Extra-Period Bouts in Dual Meets*

3. In dual meets the Referee may decide the bout a draw. In which case, the points awarded for a decision shall be divided between the contestants.

## RULE XVI.

*Referee's Duties*

OFFICIALS.

1. The Referee shall have full control of the meet and his decisions shall be final and without appeal.

2. Immediately before each match the Referee shall call contestants to the center of the mat where they shall shake hands and then retire to their respective corners. The Referee shall start the bout from this position.

3. The Referee shall notify the Timekeepers as follows :

A. When he starts a bout.

B. When time is to be taken out to bring contestants back to the center of mat because of injury to a contestant or for any other cause.

C. When the bout is to be resumed (except in cases where the rules set a definite limit on the amount of time which shall be allowed).  
(See Rule XII, Section 1, and Rule VII, Section 4.)

4. The Referee shall determine when a contestant has secured an advantage over his opponent. He shall indicate in such a way as to be clear to the contestants, timekeepers,

and spectators which contestant has the time advantage behind. It is recommended that the Referee shall indicate both verbally and by pointing which contestant has the advantage.

5. The Referee is instructed *not* to put his hand under shoulders of a contestant unless *absolutely necessary* to determine a fall.

6. The Referee should meet promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.

7. The Referee should anticipate difficult positions on the edge of the mat and prevent them by changing direction of contestants or by bringing them to the center of mat.

8. If the behavior of the spectators becomes disrespectful or unsportsmanlike to the Referee or to either team, the Referee may stop the bout and warn the offenders, and if the warning is disregarded, he may award the bout or meet to the offended team.

9. The Referee shall guard against the use of oily rub, use of resin or any objectional pads or parts of clothing, finger rings, etc., and insist that the finger nails be trimmed short. It is recommended that this inspection be made before contestants come to the mat.

10. The Referee shall be firm in warning contestants regarding such violations of the letter or spirit of the rules, as interlocking of fingers, hands or arms around waist while behind opponent, stalling, scissors used for punishment alone, crawling off the mat, running away from an opponent or any hold with which it is evident to the Referee that the man is playing for time or using the same for punishment alone.

11. *Penalty for Stalling:*

A. If, in the opinion of the Referee, a contestant in a position of advantage on the mat continues stalling after two warnings by the Referee, the Referee SHALL order the men to their feet in a neutral position.

- B. If the offense as outlined under "A" above occurs with both contestants on their feet, the Referee SHALL give the offended man the position behind on the mat.

*Penalty for Intentionally Going Off Mat:*

- C. If, in the opinion of the Referee, a contestant intentionally runs, slides, crawls or rolls off the mat to prevent his opponent from going behind him, the Referee shall give his opponent the referee's position behind. (See Rule IX, Section 3.)

*Penalty for Pushing Defensive Man Off Mat:*

- D. If, in the opinion of the Referee, a contestant intentionally pushes his opponent off the mat to keep him from getting clear or going behind, the Referee shall bring both men to their feet at the center of the mat.

*Penalty for Going Off Mat to Prevent Fall:*

- E. If, in the opinion of the Referee, the defensive wrestler intentionally crawls, or rolls off the mat, or intentionally tangles his legs or arms in the ropes to prevent a fall, the Referee shall give one warning, and if infringement is repeated, the Referee shall award a fall to his opponent. See Rule XI, Section 1-B.)

(Note—For definition of "stalling," see Rule XII, Section 1.)

12. *Timekeepers:* In all intercollegiate matches, there shall be three Timekeepers, each of whom shall be supplied with a stopwatch. One Timekeeper shall record the general time of the bout and each of the other two shall record the time advantage behind of the contestant to whom he has been previously assigned. All watches shall be held in plain view of the three Timekeepers. Each contestant shall

be allowed to have a representative at the Timer's table and all watches shall be in plain view of these representatives throughout the bout.

13. The Timekeeper, who is recording the general time of the bout, shall be notified by the Referee when to start and to stop his watch—in accordance with Rule XIV, Section 3. The General Timekeeper shall be provided with a whistle by which he shall notify the Referee when the time limit of the bout has expired or when the time for intermissions has elapsed. (See Rule VII.)

14. The Timekeepers who are recording the time advantage behind shall start and stop their watches *only at the signal of the Referee.*

15. When there is no disagreement among the Timekeepers as to the timing of a bout, their decision shall be final unless Sections 3, 4, 12 or 13 of this rule have been violated.

16. In case of disagreement among the Timekeepers, or violation of Sections 3, 4, 12 or 13 of this rule, the matter shall be referred to the Referee for decision.

## RULE XVII.

### NOTIFICATIONS AND AGREEMENTS OF MEETS.

1. The home management shall notify visiting teams at least seven days prior to date of meet the exact time and place of match and weighing-in time.

2. Official shall be agreed upon at least ten days prior to the date of the meet.

## Index to Rules

	RULE	SEC.	PAGE
<i>Bagnall-Wilde System—Graphic Illustration</i> .....	6	4	40
<i>Bouts</i> .....	8	1-5	42-43
Length of Final First Place Championship Bouts..	8	1	42
Length of Semi-Final First Place Bouts.....	8	2	43
Length of Dual Meet Bouts.....	8	3	43
Extra Period Bouts.....	8	4	43
Intermission .....	8	5	43
<i>Contestant May Compete In One Class Only</i> .....	2	2	37
<i>Costumes</i> .....	3	2	38
<i>Decisions</i> .....	15	1-3	47-48
Regular Bouts .....	15	1	47
Extra Period Bouts in Championship Matches....	15	2	48
Extra Period Bouts in Dual Meets.....	15	3	48
<i>Defaults</i> .....	13	1-4	46
<i>Distinctive Emblem</i> .....	3	3	38
<i>Drawings and Eliminations</i> .....	6	1-4	39-42
Drawings for First Place Matches.....	6	1	39
Drawings for Second Place Matches.....	6	2	39
Drawings for Third Place Matches.....	6	3	40
Graphic Illustration of Bagnall-Wilde System....	6	4	40
Seeding the Draw.....	6	1	39
<i>Eligibility</i> .....	1	1	37
<i>Falls</i> .....	14	1-4	47
Double Falls .....	14	3	47
Fall vs. Decision.....	14	4	47
Fall with Any Portion Defensive Man's Body			
Off Mat .....	14	2	47
Fall with Part of Body Off Mat.....	14	1	47
Flying Falls .....	14	1	47
Pin Falls .....	14	1	47
Rolling Falls .....	14	1	47
<i>Holds—Illegal</i> .....	9	1	43-44
Bending of Fingers.....	9	1	44
Double Wrist Lock.....	9	1	44
Full Double Nelson.....	9	1	43
Hammerlock Above Right Ankle.....	9	1	43
Holds Over Mouth, Nose, Eyes.....	9	1	44
Interlocking of Arms .....	9	1	44
Interlocking of Fingers .....	9	1	44
Interlocking of Hands .....	9	1	44
Over-Scissors .....	9	1	43
Strangle Holds .....	9	1	43
Twisting of Fingers .....	9	1	44
Twisting Hammerlock .....	9	1	43
Toe Hold .....	9	1	43

	RULE	SEC.	PAGE
<i>Injuries</i> .....	13	1-4	46
Accidental Injury .....	13	2	46
Injury from Illegal Hold.....	13	3	46
<i>Mats</i>			
Size of Mat.....	3	1	37
Bringing Contestants Back to Mat After Going Off Mat .....	11	1	45
Running Off Mat.....	11	3	45
Sliding Off Mat.....	11	3	45
<i>Notifications and Agreements of Meets</i> .....	17	1-2	51
<i>Officials</i> .....	16	1-16	48-51
Referee's Duties .....	16	1-10	48-49
Timekeeper .....	16	12-16	50-51
<i>Oily Rub</i> .....	16	9	49
<i>Penalties</i>			
Going Off Mat to Prevent Fall.....	16	11-E	50
Intentionally Going Off Mat.....	16	11-C	50
Pushing Defensive Man Off Mat.....	16	11-D	50
Receiving Aid During Intermission.....	8	5	43
Receiving Coaching During Intermission.....	8	5	43
Stalling .....	16	11-A-B	49-50
<i>Platform</i> .....	3	1	38
<i>Referee's Position on the Mat</i> .....	9	3	44
<i>Representation</i> .....	2	1	37
<i>Ropes</i> .....	3	1	37
<i>Roughness—Unnecessary</i> .....	9	2	44
Butting .....	9	2	44
Elbowing .....	9	2	44
Gouging .....	9	2	44
Hair Pulling .....	9	2	44
Kicking .....	9	2	44
Strangling .....	9	2	44
Striking .....	9	2	44
<i>Scoring</i> .....	7	1-4	42
Championship Matches .....	7	1	42
Dual Meets .....	7	2	42
Extra Period Bouts.....	7	3 4	42
<i>Spectators' Behavior</i> .....	16	8	49
<i>Stalling</i> .....	12	1	46
<i>Time Advantage</i> .....	10	1	44
Time Advantage in Extra Period Bouts.....	10	2-3	45
<i>Weighing-in</i> .....	5	1-3	38-39
<i>Weight Classification</i> .....	4	1	38
<i>Weight for Championship Meets</i> .....	5	2	39
<i>Weight for Dual Meets</i> .....	5	2	39

## Wrestling Officiating

BY GARNER W. "SEC" TAYLOR,  
*Sports Editor Des Moines Register.*

Mr. Taylor is one of the outstanding officials of the Middle West and thoroughly competent to discuss the topic Wrestling Officiating.—*Editor.*

The referee of a college or amateur wrestling match should have but one master, and he is not the coach of either contestant, but the game itself. His every move should be for the good of the game.

This means that he must be fair to both contestants, must act and think quickly but clearly, and in accordance with the rules, and at the same time make the meet as interesting as possible for spectators. The latter should be kept in mind at all times—not that decisions should be rendered to please a biased crowd—far from it—but that stalling should be prevented, the meet moved along on schedule time without long delays between bouts, and that the referee should, as far as he is able, move about in such a way that no one person's vision of the bout is obscured for long at a time.

After officiating for several years in college football, basketball, baseball and wrestling, I do not hesitate to assert that the referee of a college wrestling meet finds himself facing a more difficult task than in any other sport.

In the first place, the rules on wrestling, up to this time, have been in a formative stage and, as a consequence, have been more or less vague in many respects, leaving many things to the judgment of the official, which the opposing coaches, looking at the bouts from a biased standpoint, may question.

The referee is confronted with so many situations where a fine point may be drawn, and where the result of the match—oftentimes an important meet—hinges upon his decision or action.

He must be alert physically and mentally at all times, must watch so many things, and at the same time keep in the background as much as possible, for, after all, the spectators come to see the wrestlers and not the official.

This article in nowise is intended as a complete treatise on wrestling officiating, but simply as a jumble of hints or tips, gathered from several years' experience and from talks with officials, wrestlers and coaches, that may be of some help to those beginning the work.

An official, first of all, must have the proper temperament. He must take the work seriously, but, if possible, he should not allow this to show upon his face or in his actions, for a pleasant expression goes far with the spectators. He must dress neatly and must have personality.

He must be decisive. Confronted with many situations that require instantaneous decisions, he must act firmly and without hesitation. He must be master of the situation at all times, let everyone know he is boss, yet never give the appearance of being despotic.

He must know the rules. I have found constant study and frequent re-reading of the rules is absolutely necessary, the same as in other sports. If one does not consult the code frequently, sometime something unusual will present itself in a match and he will not know how to act, because he has never faced the situation before and has forgotten what the rules have to say about it.

He must be immune to criticism of spectators, paying no heed to comments of any sort whatsoever.

Above all, he must be fair. He must like the game and have a desire to foster and protect it by seeing that it is not abused and that every contestant has a fair and equal chance to win.

A referee need not necessarily have a great deal of technical knowledge of the game and its holds, but he must have a working knowledge and, of course, must be acquainted with all the illegal grips and their variations. If he has the technical knowledge of a coach, however, he is a better official.

In making decisions, the referee should first of all consider the rules; then fairness. The one is based on the other, naturally. In the latter, he has three things to consider: the contesting teams, the individual contestants, and the spectators.

It is his duty to make the matches and meet as interesting for the latter as is humanly possible. He can do this in various ways: by seeing that the meets start at the schedule hour, by moving about with the contestants so that the spectators can see them, by preventing stalling, and in some cases by his showmanship—if he has any.

I know one successful referee—in fact, consider him the best I have ever seen—who is such a showman that he is a drawing card himself and affords spectators much amusement. He does it by using "body English" when one wrestler has a good hold, by gritting his teeth and grimacing as the contestants tug and pull—in fact by working as hard as the wrestlers. Personally, I have never gone in for that sort of thing, as I have never had the time for it. Officiating is a serious business with me; so serious, that I frequently emerge from a close match as limp as a rag.

The first duty of a referee upon arriving at the scene of a match is to get the coaches of the rival teams together to discuss and interpret the rules where they are vague or where there is the slightest chance for misunderstanding.

Although it may seem complimentary when two coaches say "just use your judgment," don't let it go at that. There are enough places where you *must* use your judgment without leaving any questions that can be settled before the meet starts.

My experience has been that coaches mean they will be satisfied if the referee uses his judgment, but that they sometimes are not. Each of them looks at the match with a different pair of eyes, from a different angle and, figuratively speaking, "through glasses colored by prejudice and desire." At this meeting, it, also, is a good plan to see that your watch and those of the coaches are synchronized and that each understands the starting time.

Before time for the meet, explain the rules and interpretations to the rival teams. I prefer to meet with each team in the dressing room before the meet starts, where questions may be asked and rules and holds discussed. This saves time, as it is then unnecessary to give instructions to each pair of contestants when they come upon the mat. At this same session, the finger nails of each contestant may be examined; also, the tights and shoes.

An examination of the ring, ring equipment and mats should be made early, if they are in place, or as soon as they are ready. See that the ropes are properly wrapped, that mats extend at least to the ropes, and that the ring posts are set back the required distance.

Allow yourself plenty of time to examine the stopwatches and to instruct the timers. Be sure to see that each understands clearly just what his duties are, so that there will be no duplication.

When the contestants for the first bout enter the ring, examine them for oily rub, resin on the hands, instruct them if you have not done so in the dressing room, and send them to their corners.

Under the present plan of starting the bouts with the call of time while contestants are in their corners, there is no danger of one of them getting an unfair advantage, but when the men are put back to the center of the mat or at the start of the extra periods, the referee must see that neither gets an unfair hold or starts too soon. I have found I can tell when either contestant starts before the word if I keep one hand on the back of each. The slightest move is then felt.

With the bout under way, the referee should keep moving and, so far as possible, he should shift with the contestants so that he will look between them as they face each other. When one gains an advantage, the referee should indicate clearly when this advantage begins by means of a signal, previously agreed upon with the timers; he should, also, indicate when the advantage ends. I have had the best results by pointing at the man who has the advantage and by "sifting" the hands to indicate that the advantage ends.

Never signal a man as behind until he is clearly behind. But once behind, a man often retains an advantage with a hold, which, if taken from a standing position, would not give him the advantage. However, this is something on which a referee must exercise his judgment, guided by such rules as he has, and no amount of writing could instruct him to decide properly. If he knows his wrestling, he will not make a mistake.

While the men are on their feet and there is no announcer, the referee should indicate with his fingers the number of minutes of elapsed time. This is just a courtesy to the spectators and helps make the meet more interesting for them.

When a fall is impending, the referee must be in position to see it, as well as the hold or holds the offensive man is using and the hold or holds the defensive man is employing in an effort to free himself. This is one time he must disregard the spectators and get in a position from which he can see everything that is going on.

I have abandoned the time-honored custom of awarding a fall by patting the wrestlers on the back. Instead, when a contestant's shoulders are held to the mat the required length of time, I throw my hand high in the air, so the crowd may see clearly and unmistakably that I have made the decision.

This plan has three advantages: first, the referee can remain farther away from the wrestlers in a position where it is often easier to see when the shoulders are pinned, and the holds that are being used, and it also does not obscure the vision of quite so many spectators; second, the spectators and coaches know immediately when a fall has been awarded, and it is an easy matter to notify the wrestlers afterwards; third, it prevents the defensive wrestler from watching the referee, saving his energies and raising one shoulder just as the official starts to pat him, a move that always causes some of the spectators, and sometimes the wrestler himself, to believe a fall has been awarded illegally, even though he may have been pinned for three seconds before he made that last lunge and raised his shoulder.

With a fall imminent, the referee has his work cut out. He not only must watch the shoulders of the defensive man and start his count whenever both touch the mat simultaneously but he must watch for illegal holds and roughness, for it is natural for one to use every means to escape and the other every means to attain his end, though neither may not intend to infringe on the rules or on the ethics of good sportsmanship.

Be sure in awarding a fall. Three seconds is a long time under some conditions. My plan is to count "*One*—one hundred; *Two*—two hundred; *Three*—three hundred." Then my hand goes in the air, if both shoulders are still down. Practice this count with a stopwatch and you will quickly get the proper rhythm. Of course, if one shoulder is raised during this count, the count must be started over again.

Never award a fall if a contestant is handicapped in his efforts to escape by reason of his head, one shoulder, any part of his body above the waist, or by his feet being off the mat (if he tries to bridge). However, if he makes no effort to bridge, and his body from the waist up is on the mat and his feet or foot are not entangled

in the ropes or supports, I allow a fall. But be sure the defensive man is not handicapped in any way.

I do not recall that I have ever been accused of allowing a fall when there was none. I have, however, been accused of failing to allow falls that contestants or coaches thought they or their men had gained. However, I prefer it that way and believe the coaches and wrestlers do, too.

The referee frequently is faced with the task of naming a winner and a loser. I have found coaches prefer decisions that are based on something definite—something other than the referee's opinions; something tangible, like the time behind.

The time element is the most satisfactory basis for decisions from a coach's and a referee's standpoint, but it is the bane of college wrestling, for it causes stalling in spite of every precaution and thus leads to uninteresting wrestling. Personally, although it would mean much mental anguish for me, I would throw all the stop-watches, except the one keeping the length of the bout, out of the gymnasium.

After all, the referee, under the present code, must rely largely on his judgment, assisted by such rules and regulations as have been given him for his guidance. I believe in a winner and loser when possible, but do not recommend finely drawn decisions in dual meets where a winner is not essential.

When it is necessary to throw a match into overtime bouts, flip a coin if possible, so that both contestants can see it, designating which is to call the turn. Have the winner of the toss make his choice of positions at once, communicate that choice to the opponent, and also see that the spectators are informed through the announcer. During the rest period, see that the coaching rules are not violated.

At the start of the overtime periods, make doubly sure that neither contestant gets an undue advantage at the start and that water and perspiration are wiped from both men.

After the meet is over, hasten from the floor to your dressing room. Do not discuss the meet, or bouts, or your decisions, with spectators and, above all, pay no attention to abusive remarks and do not get in arguments. After all, human nature is the same everywhere, and, although the standards of sportsmanship are higher now than ever before, there always will be prejudiced spectators who are entitled to their opinions and who will express them.

Also, do not let complimentary remarks—if there are any—turn your head, for the same fellow may talk to you in a different language when his team loses.

#### A FEW HINTS.

Know the rules; study them.

Do not talk to coaches during progress of meet; insist that they keep away from the ring and that they refrain from coaching or

making loud remarks or gestures that may give the crowd the wrong impression in the heat of battle.

Be fair, firm and decisive.

Dress neatly.

Allow no quick falls. 'Tis better to overlook one than call a man down when he isn't.

Do not have "rabbit ears." Many things are said that a good official never hears.

Be quick to check all roughness or any talk or acts by contestants that may lead to roughness.

Always remember it's the game that counts.

## Suggestions to Officials

BY W. F. BAILEY,

*Young Men's Christian Association, High Point, N. C.*

Each year wrestling is growing in popularity throughout the South and its continual growth will be due, to a large extent, to good officiating. If a person makes a success in any particular line, he must put in time and study. It is the same with wrestling. If a person wants to make a good official in wrestling, he must put some time and study to the game. Having been connected with wrestling for the past ten years as wrestler, coach, and official, I find the following suggestions very helpful in all the meets that I officiate:

1. Upon arrival.
  - (a) Locate the manager and obtain what information you might need, as to dressing place, which should be away from both teams.
  - (b) Find out time of meet.
  - (c) Inspect with manager, the place of meet and see that every thing is in readiness.
2. Before the meet.
  - (a) Dress early in a neat, clean uniform.
  - (b) Locate other officials (timers and scorers).
  - (c) Talk over signals and procedure of meet with timers and scorers and be sure that they know their business.
  - (d) Inspect watches, whistles, and other equipment used by timers and scorers.
  - (e) Go over important rules and have both captains and coaches agree on them.
3. During the meet.
  - (a) Announce name of men, their school and weight.
  - (b) See that other officials are ready.
  - (c) Have some means of recognizing both men in action.
  - (d) See that both contestants are ready and in their proper place and that they understand the signals of the official which he will use.
  - (e) The official should keep moving at all times and be alert.
  - (f) Be ready for a signal from the timer's table.
  - (g) Designate the offensive man promptly.
4. After each match.
  - (a) Announce correct score and the outcome of each match.
  - (b) Check timers and scorers.
  - (c) Do not argue with men or coaches between matches.
5. Main points for official.
  - (a) Superior knowledge of rules and their interpretation.
  - (b) Positive judgment.
  - (c) Don't apologize for mistakes.
  - (d) Make all decisions clear and distinct.
  - (e) Determine to do your best and to call the meet as you see it, regardless of the outcome.
  - (f) After the meet, announce the score.

## Wrestling Officials

### LIST OF WESTERN CONFERENCE OFFICIALS.

Anderson, O. B. ....	Y.M.C.A., Lincoln, Neb.
Barker, R. W. ....	Mount Vernon, Iowa.
Barton, George ....	Daily News, Minneapolis, Minn.
Clapp, Dr. R. G. ....	University of Nebraska, Lincoln, Neb.
Dickerson, H. L. ....	Blue Valley Creamery Co., Detroit, Mich.
Hunter, Robt. ....	Chicago, Ill.
Kallas, J. G. ....	1014 So. Michigan Ave., Chicago, Ill.
Leonard, R. G. ....	Michigan State College, East Lansing, Mich.
Otopalik, H. ....	Iowa State College, Ames, Iowa.
Pinneo, Geo. M. ....	Y.M.C.A., Gary, Ind.
Taylor, G. W. "Sec" ..	Register and Tribune Bldg., Des Moines, Iowa.
Trenkle, R. L. ....	Haywood Pub. Co., Lafayette, Ind.
Troendley, H. P. ....	c/o W. D. Gibson Co., Chicago, Ill.
Walden, Dewey ....	4325 Kenmore Ave., Chicago, Ill.

### LIST OF MISSOURI VALLEY CONFERENCE OFFICIALS.

Anderson, O. B. ....	Y.M.C.A., Lincoln, Neb.
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Bowman, L. ....	Booneville, Mo.
Clapp, Dr. R. G. ....	University of Nebraska, Lincoln, Neb.
Firkins, B. J. ....	Ames, Iowa.
Gallagher, E. G. ....	Stillwater, Okla.
Hunter, Robt. ....	Chicago, Ill.
Jacobson, G. C. ....	Ponca City, Okla.
Kellogg, John ....	Lincoln, Neb.
Keneen, Jos. ....	K.C.A.C., Kansas City, Mo.
Lookabaugh, Guy ....	Lawrence, Kans.
Otopalik, H. ....	Iowa State College, Ames, Iowa.
Peckinpaugh, E. M. ..	Ames, Iowa.
Schroeder, E. G. ....	University of Iowa, Iowa City, Iowa.
Stuteville, O. H. ....	Northwestern University, Evanston, Ill.
Taylor, G. W. "Sec" ..	Register and Tribune Bldg., Des Moines, Iowa.
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Wallace, Leigh ....	Norman, Okla.

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Bailey, W. F. ....	Physical Director, High Point Y.M.C.A., High Point, N. C.
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