

## Interscholastic Wrestling in Southern California

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Wrestling as a high school sport in Southern California had its beginning during the year 1924-25. The only schools to have teams were Whittier and Long Beach Polytechnic, and they were the principals in the first high school wrestling meet ever held in the section.

During 1925-26 all schools were invited to attend a meeting held at Whittier, at which was formed the Southern California Interscholastic Wrestling League. Its members were Alhambra, Glendale, Long Beach Polytechnic and Whittier. Long Beach won the league championship. That year also brought in the Southern California interscholastic wrestling championship tournament. Long Beach Polytechnic was the winner, taking four firsts, with Whittier taking the remaining three.

In 1926-27 San Diego, Fullerton and Woodrow Wilson of Long Beach were added to the league. The league championship was won by San Diego. The annual tournament, held at Whittier, was won by Whittier, which took six of the seven first places and a second in the seventh division. Glendale took the other first place.

In 1927-28 wrestling found itself a sport of the Coast League, which is composed of Alhambra, Glendale, Long Beach Polytechnic, Pasadena, San Diego, Santa Anna, Woodrow Wilson of Long Beach, and Whittier. San Diego again won the league title. The tournament was held at Pasadena and found San Diego winning four firsts, Whittier two and Woodrow Wilson one.

The year 1928-29 ended another successful season for this sport, with San Diego winning the league title for the third consecutive year. The tournament was held at Glendale, with eighty-three entries from schools of Southern California. San Diego took first place with two firsts and two seconds; Long Beach Polytechnic, two firsts; Whittier and Alhambra, each a first and a second; Glendale, two seconds; Pasadena, one first, and Woodrow Wilson, one second. This distribution of firsts and seconds shows conclusively the nature of the competition. Many of the above schools report as many as fifty to seventy-five boys out each night for this sport.

# Rules for Wrestling

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### *Wrestling Committee:*

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## 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 which he represents.

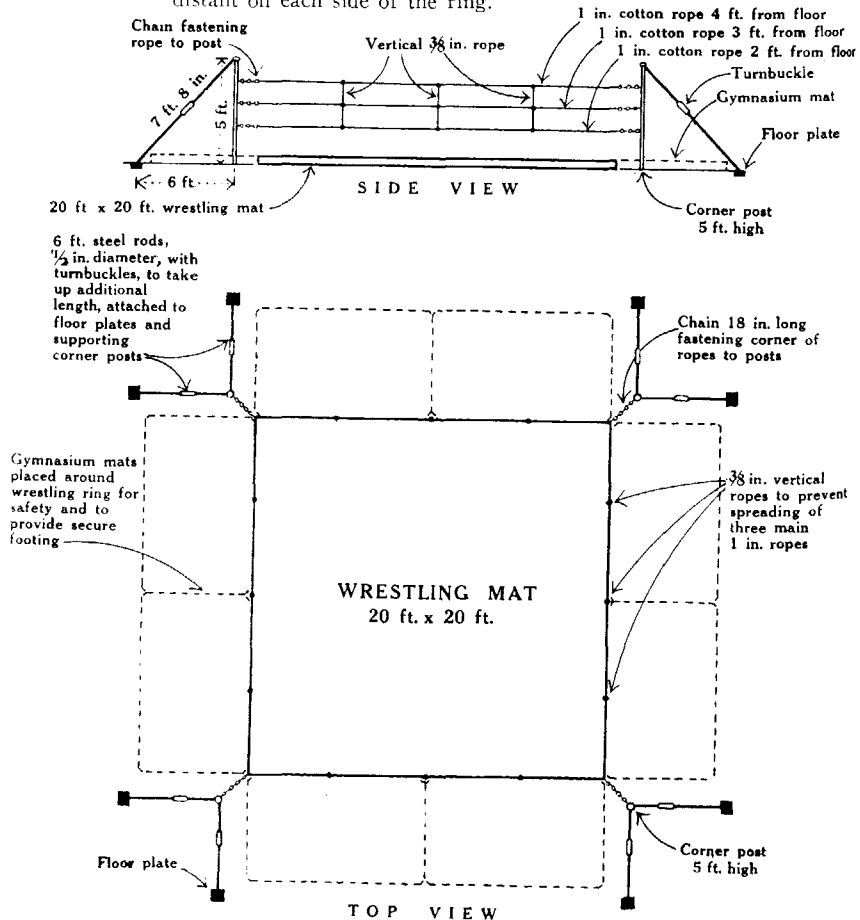
## RULE II. Representation.

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. The area of the mat shall not be less than 20 feet by 20 feet and this dimension shall be considered the standard size, when ropes are used. When ropes are not used a 24-foot by 24-foot mat shall be considered standard whenever possible it is recommended that a "roped in" area be used in accordance with the following specifications:

Three 1-inch ropes shall be tightly stretched 2 feet, 3 feet and 4 feet, respectively, above the mat. These ropes shall extend in from four supporting posts, which shall be placed at least 18 inches back from the corners of the ring. Cotton ropes are recommended, but if manila or sisal ropes are used they must be wrapped with bunting or other soft material to avoid "rope burns." To prevent the spreading of ropes during bouts, they shall be securely fastened together by twelve vertical  $\frac{3}{8}$ -inch ropes, three of which shall be placed equidistant on each side of the ring.



Raised platforms are not recommended and should not be used without ropes. Even when used with ropes the platform should extend at least 6 feet beyond the ropes on all sides of the ring.

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 distinguish the contestants more readily.

#### RULE IV.

##### Weight Classification.

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

115 lbs. and under.
125 lbs. and under.
135 lbs. and under.
145 lbs. and under.
155 lbs. and under.
165 lbs. and under.
175 lbs. and under.
Unlimited Heavyweight.

#### RULE V.

##### Time Weighing-in of Contestants.

1. Contestants may weigh-in a maximum of five hours and a minimum of one-half hour before time meet is scheduled to begin; the exact maximum time shall be decided by mutual agreement of the competing teams. The Referee or other authorized person shall supervise the weighing-in of contestants.

##### Weight Allowance

2. A. **In Championship Meets.** In all championship meets net weight shall be required, except that on the second day one pound overweight shall be allowed.
- B. **In Dual Meets.** In all dual meets three pounds overweight shall be allowed.



No. 1—LEGAL "REFEREE'S POSITION ON MAT."

This position is shown as required in Rule VII, Section 3. Note particularly that offensive wrestler's right leg is outside of defensive wrestler's left leg.



No. 2—ILLEGAL "REFEREE'S POSITION ON MAT."

This position is illegal because offensive wrestler's right knee is *inside* of defensive wrestler's left leg.

### Failure To Make Weight

3. Any contestant failing to make weight at the maximum time mutually agreed upon, shall be allowed until the minimum time (one-half hour before scheduled time of meet) to make weight. Contestants who then fail to make the required weight shall be rejected.

### RULE VI.

#### Drawings and Eliminations in Championship Meets.

1. In all championship meets drawings shall be made in accordance with the regular Bagnall-Wild System, except as provided in Section 2 of this rule.

2. **Seeding.** Whenever there are two outstanding contestants in any class, in order to prevent them from meeting in the early rounds whereby one of them would of necessity be eliminated, the name of one of these contestants shall be placed in the upper half of the drawing bracket and the name of the other shall be placed in the lower half of the bracket.

*Note.* Seeded contestants may be given any number in their own half of the bracket except a number which represents a bye.

#### Method of Drawing in Bagnall-Wild System.

3. **Drawings for First Place.** Immediately after the expiration of the minimum weighing-in time, drawings shall be made for each class, starting with the 115-lb. class, and progressing in order up to the heavyweight class as follows:

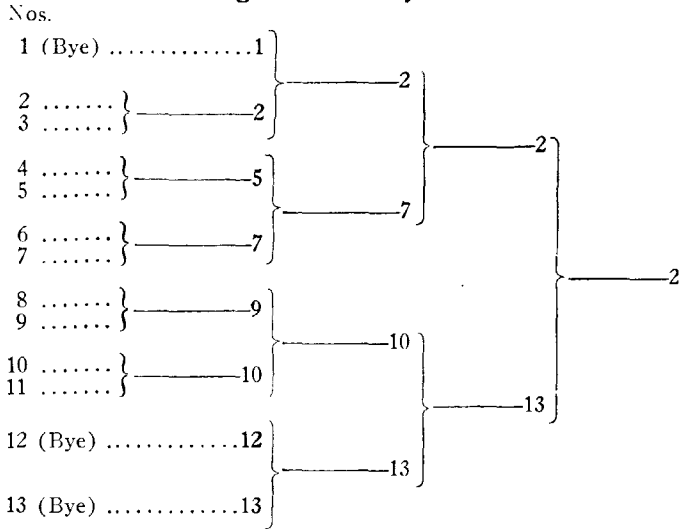
Each contestant (except "seeded" contestants) shall draw a number and shall compete in accordance with the diagram shown in Section 5 of this rule.

*Note.* Before drawings for each class begin, the numbers opposite the byes and also the numbers assigned to seeded contestants must be taken out.

4. **Byes.** When the number of competitors is not a power of two (that is, 4, 8, 16, 32, 64) there shall be "byes" in the first round. The number of pairs which

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 5 of this rule.

5. **Graphic Illustration of Drawings by Bagnall-Wild System.**



The above illustration of method of drawing and participation of contestants by the Bagnall-Wild System shows drawings with thirteen contestants. Competitors drawing Nos. 1, 12, and 13 draw byes and go into the second round without wrestling. Except as just stated, the numbers carried forward to next frame indicate the winners of these bouts. This illustration shows No. 2 as the winner of the championship.

*Note.* No further drawing is necessary for first place matches and there will be no byes after the first round.

6. **Contestants Eligible for Second Place Matches.** 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.

7. **Illustration of Second Place Drawings.** When only two contestants have been defeated by the winner of first place prior to the final championship match, the two defeated contestants shall compete in a preliminary second place round and the winner of the bout shall meet the defeated finalist in the final second place match. When more than two contestants have been defeated by the winner of first place prior to the final championship match, drawings for the second place preliminary matches will be necessary and should be made in accordance with the Bagnall-Wild System, as for the first place round. Those contestants eligible to draw are designated in Section 6 of this rule. Referring to the "Graphic Illustration" under Section 5, those eligible to draw for the preliminary second place round are Nos. 1, 3 and 7. We will assume that No. 1 wins from No. 3 and that No. 7 then defeats No. 1. No. 7 thus earns the right to meet in the final second place match the defeated finalist of the first place round (No. 13). We will assume that No. 13 wins this match and second place honors.

*Note.* The defeated finalist is the loser in the final first place championship match.

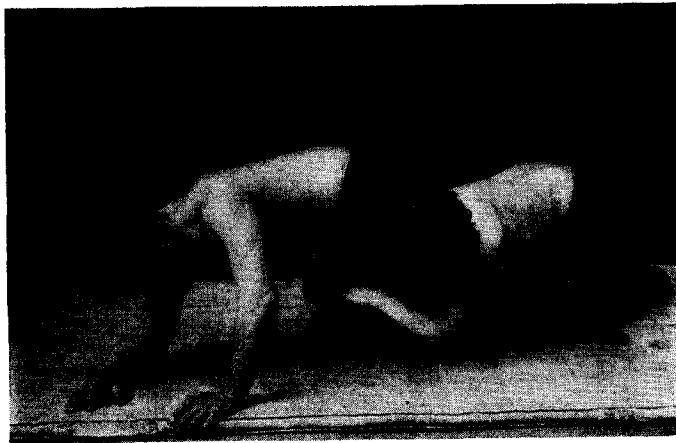
8. **Third Place Matches.** In case the defeated finalist is also defeated in the final second place match, he is automatically awarded third place and no third place round shall be wrestled.

9. **Contestants Eligible for Preliminary Third Place Matches.** A third place round shall be contested only when the winner of second place is the defeated finalist. (See Section 8.) When a third place round is necessary, it shall be conducted as follows:



No. 3—ILLEGAL USE OF HANDS IN BODYLOCK WHILE DEFENSIVE CONTESTANT HAS BOTH KNEES ON MAT.

Offensive wrestler is not allowed to lock hands, wrists or arms around body while defensive wrestler has both knees on mat. (See Rule VII, Section 1.)



No. 4—ILLEGAL USE OF HANDS IN LEGLOCK ON MAT.

This position is illegal because of new Rule VII, Section 1, which forbids interlocking of fingers, hands or arms around body or legs while contestants are on mat.

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 have been defeated by the winner of second place prior to the final second place match.

10. **Illustration of Third Place Drawings.** When more than two contestants have been defeated by the winner of second place prior to the final second place match, drawings for the third place preliminary matches will be necessary and should be conducted as per preliminary contests for second place. (See Section 7.) Referring again to the "Graphic Illustration" under Section 5, those eligible to compete in the preliminary third place round are those who have been defeated by No. 13 prior to the final second place match, *i.e.*, Nos. 10 and 12. Let us assume that No. 12 wins this match. He will meet for third place honors, No. 7, the defeated contender in the final second place match. Had No. 7 defeated No. 13 in the final second place match, No. 13 would have been automatically awarded third place, because he was the defeated finalist for the class championship.

## RULE VII.

### Legal and Illegal Holds.

1. **Illegal Holds.** Any hold, lock or grip shall be allowed except the hammerlock above the right angle 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 or arms around body or legs while contestants are on the mat, bending or twisting of fingers for punishment or to break holds, or any hold used for punishment alone.

*Note 1.* Attention is called to the fact that if the double wristlock is brought up into 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 secures by use of the wristlock in this illegal way. The Referee is further in-

structed that he should anticipate danger of injury from this hold and stand so that he may block the double wristlock before it reaches the danger point.

*Note 2.* 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 hold. Contestants should have a knowledge of the dangers of these holds and a knowledge of the blocks for them.

*Note 3.* In the interpretation of the clause "interlocking of fingers, hands or arms around body or legs while contestants are on the mat," in Section 1 of this rule, this restriction does not apply when the defensive man has regained his feet, when he is in a sitting position on the mat or when he has only one knee on the mat.

*Note 4.* Contestants may grasp all four fingers in an effort to break a hold, but pulling back the thumb or one, two or three fingers is illegal.

*Note 5.* See photographs and explanations of legal and illegal holds.

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

3. **Referee's Position on the Mat.** Contestants beneath must have both hands and both knees on the mat. The contestant behind 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 VIII.

#### Bringing Contestants Back to Mat After Going Outside.

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. The position to be assumed by contestants on resumption of match shall be determined as follows:

A. If neither contestant held a position of advantage immediately before leaving the mat, the bout shall be resumed with contestants on their feet in neutral position, except when Referee applies penalty indicated in Rule X, Section 2.

B. If a contestant held a position of advantage immediately before leaving the mat, on resumption of the match this contestant shall be given the position of advantage in the "Referee's Position on the Mat." (See Rule VII, Section 3), except when Referee applies penalties indicated in Rule X, Sections 3 and 4, or in clause C following.

C. In case a fall is imminent and the man underneath intentionally leaves the mat, the Referee shall give contestants as near as possible the same position, which they held when the bout was stopped. (See Rule X, Section 4.)

### RULE IX.

#### 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 X.)

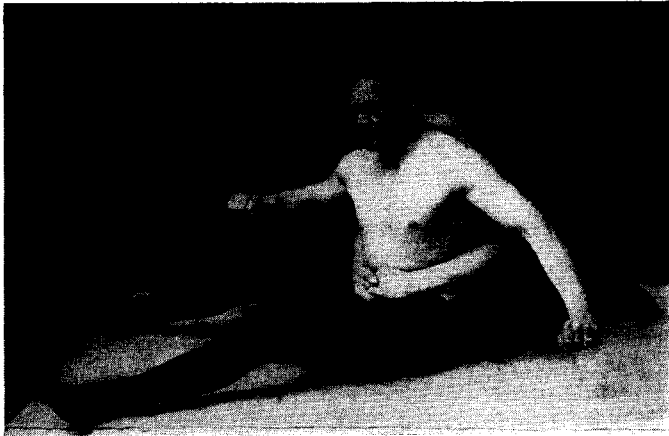
2. Running or sliding off mat or going over or through ropes to prevent an opponent from going behind is to be interpreted as stalling. (For Penalty, see Rule X, Section 2.)

### RULE X.

#### Penalties.

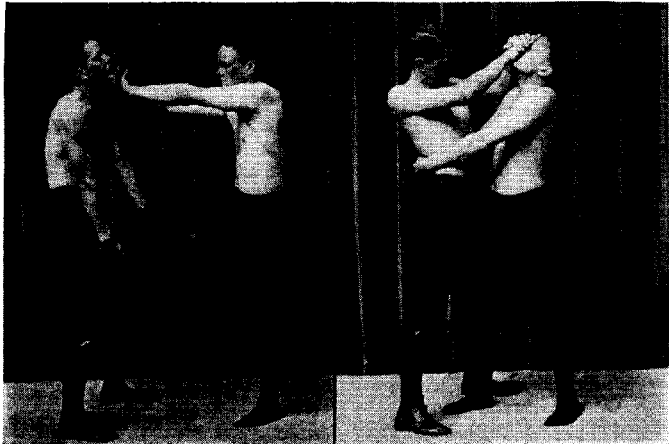
##### 1. Stalling.

A. If, in the opinion of the Referee, a contestant in a position of advantage on the mat, is stalling,



No. 5—LEGAL USE OF HANDS IN BODYLOCK.

This complete bodylock is legal because defensive wrestler is in a sitting position. This hold would be illegal if defensive wrestler had both knees on mat. (See Rule VII, Section 1, Note 3.)



No. 6—LEGAL BLOCKING ON FACE (ON CHIN).

Blocking on chin or forehead is legal, but is not legal over face proper; that is, over mouth, nose or eyes.

No. 7—ILLEGAL BLOCKING ON FACE (ON FACE PROPER).

This form of blocking is illegal because it is over mouth, nose and eyes, in contrast to position in No. 6.

the Referee SHALL order the men to their feet in the neutral position.

**B. On Feet in Neutral Position.** If, in the opinion of the Referee, a contestant in the neutral position on the feet, is stalling, the Referee SHALL put contestants in the Referee's Position on the Mat with the offender underneath. (See Rule VII, Section 3.)

*Note.* For definition of "stalling" see Rule IX, Sections 1 and 2.

**2. Intentionally Going Off Mat.** 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 VII, Section 3.)

**3. Intentionally Pushing Defensive Wrestler Off Mat.** If, in the opinion of the Referee, a contestant intentionally pushes his opponent off the mat to keep him from getting clear or from going behind, the Referee SHALL bring both men to their feet at the center of the mat.

**4. Going Off Mat To Prevent Fall.** If, in the opinion of the Referee, the defensive wrestler intentionally crawls, or rolls off the mat, or 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.

## RULE XI.

### Injuries and Defaults.

1. If a contestant is injured, the Referee shall allow him a three-minute period of rest. If, at the expiration of the three minutes, he is able to continue wrestling, the bout shall be resumed as if the contestants had gone out of bounds. (See Rule VIII, Section 1.)

If the injured contestant is unable to continue wrestling, the bout shall be awarded in accordance with Sections 2 and 3 of this Rule.

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

3. **Injury from Illegal Hold.** 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.

4. **General Default.** 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 XII.

### Length of Bouts.

1. **Methods of Conducting and Length of All Dual Bouts and First Place Bouts in Championship Meets.** All first place bouts in championship meets and all dual meet bouts shall be ten minutes in length and if the Referee does not award the bout to either contestant at the expiration of this period, two extra-period bouts of three minutes each shall be wrestled.

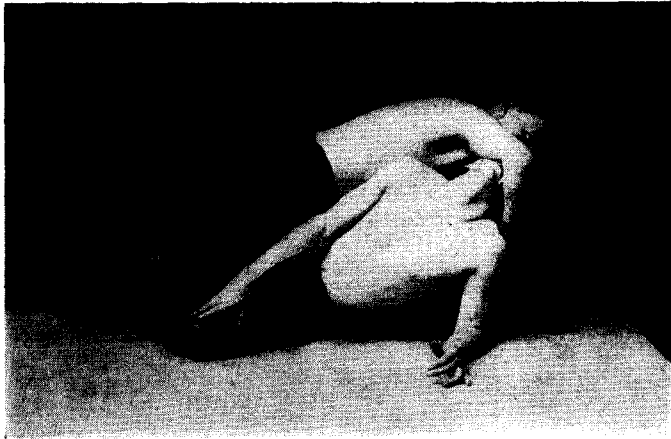
If either contestant brings his opponent to the mat and secures a position of advantage within the first two minutes of wrestling, the bout shall become a continuous ten-minute bout. A fall in any part of this continuous ten-minute bout terminates the match.

If neither contestant secures a fall or a position of advantage before the expiration of two minutes of wrestling, the Referee shall stop the bout and the remaining eight minutes shall be divided into two four-minute periods. The Referee shall toss a coin and the winner of the toss may elect to go behind or underneath in the Referee's Position on the Mat at the beginning of the first four-minute bout, no rest period being allowed. At the expiration of the first four-minute bout, the Referee shall stop the bout and shall put the contestant who started with the position of advantage in the first bout in the position un-

derneath at the start of the second four-minute bout, no rest period being allowed. If a contestant secures a fall in the first four-minute period, this terminates only the first four-minute bout and the second four-minute bout shall be wrestled as though no fall had resulted in the previous bout, except as provided in Section 4-B and in Rule XVI, Section 1, Note.

*Note.* If either contestant has brought his opponent to the mat and has been indicated as having the advantage behind by the Referee at any time in the first two minutes of wrestling in any dual meet match, or in any first place match in championship meets, the match goes on as a continuous ten-minute bout, regardless of the length of time either contestant may be behind his opponent and regardless of the position of the contestants at the expiration of this two-minute period.

2. **Second and Third Place Matches in Championship Meets.** Second and third place matches shall consist of three two-minute bouts. The first two-minute bout shall start from the neutral position with both contestants on their feet. If neither contestant secures a fall in the first two-minute period, the Referee shall stop the bout and toss the coin and the winner of the toss may elect to go behind or underneath in the Referee's Position on the Mat at the beginning of the second two-minute bout, no rest period being allowed. At the expiration of the second two-minute bout, the Referee shall stop the bout and shall put the contestant who started with the position of advantage in the position underneath when he starts the third two-minute bout, no rest period being allowed. If a contestant secures a fall in the second two-minute period, this terminates only the second two-minute bout, and the third two-minute bout shall be wrestled as though no fall had resulted in the previous bout. In case a fall has been secured in the second two-minute bout, the third two-minute bout shall terminate with the expiration of the same time interval necessary to secure the fall in the second two-minute bout. There shall be no extra-period bouts in second or third place matches.



No. 8—ILLEGAL FACE HOLD.

Shows a hold commonly used but which is contrary to both the letter and spirit of amateur wrestling rules. It is frequently used momentarily in order to prevent defensive wrestler from coming out from underneath or to bring defensive wrestler back into position for a fall. Referee should see that offensive wrestler does not secure unfair advantage by means of this illegal hold.



No. 9—LEGAL HEAD-SCISSORS.

The head-scissors is considered legal when taken as shown above, with the hold on either side of the face, even though the bend of the knee may be in front of the nose, mouth or eyes; *provided* the leg is not in close contact as to interfere with the breathing of the defensive wrestler. If defensive wrestler strangles himself by refusing to let his body turn as head is twisted by the head-scissors, the hold is still legal.

3. **Extra-Period Bouts.** 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 the "Referee's Position on the Mat." (See Rule VII, 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.

*Note.* The term "main bout" refers to a continuous ten-minute bout or to the ten-minute bout when divided into the two, four and four-minute periods.

4. **Intermission.**

A. **Extra-Period Bouts.** 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 contestants shall not leave the mat. Contestants may receive aid and coaching from one person only during this period of rest.

B. **Four-Minute Bouts.** Only such time shall intervene between the first and second four-minute bouts and between the second and third two-minute bouts as may be required for the Referee to bring contestants into proper position for the second bout, except when the first four-minute or two-minute bout is terminated by a fall, in which case a one-minute rest may be allowed if, in the opinion of the Referee, either contestant needs the rest.

**RULE XIII.**

**Falls.**

1. **Pin Falls.** 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 the Referee's silent count of three seconds.)

## 2. Fall With Part of Body Off Mat.

- A. A fall shall not be awarded when the head or one or both shoulders of the defensive contestant are off the mat.
- B. If *any portion* of the defensive man's body is off the mat, or in such contact with the ropes that he is handicapped thereby, the Referee shall stop the bout, which shall be resumed in accordance with Rule VIII, Sections 1, A, B and C, and Rule X, Section 4.

## 3. Double Falls in Four-Minute, Two-Minute or Extra-Period Bouts.

- A. **In Championship Meets.** In case both contestants secure falls in four-minute, two-minute or extra-period bouts, the match shall be awarded to the one securing the fall in the shorter time and he only shall be awarded a point for the fall. (See Rule XII, Section 1.)
- B. **In Dual Meets.** (See Rule XII, Section 1, and Rule XVI, Section 2.)

4. **Fall vs. Decision.** In championship or in dual meets, a fall shall take precedence over a decision.

## RULE XIV. Time Advantage.

1. A contestant's time advantage starts when he 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. (See Rule XV, Section 1, and Explanatory Note.)

2. **Time Advantage in Extra-Period Bouts.** In extra-period bouts, all time advantage gained by the contestants, whether in the main bout or in the extra-period bouts, may be considered by the Referee in making his decision, but this time advantage is only intended *as an aid to the Referee* in determining the winner. (See Rule XV, Section 1, and Explanatory Note.)

## RULE XV.

### Decisions.

1. **Regular Bouts.** If no fall has resulted after the expiration of the regular period of wrestling, as provided in Rule XII, Section 1, the Referee shall award the bout to the contestant *who shows greater wrestling ability and aggressiveness*, providing the contestant has a time-advantage of at least one minute.

*Note.* Too frequently officials, coaches and contestants have interpreted this rule to mean that the time-advantage behind is the most important factor in deciding the winner when wrestling ability and aggressiveness should be the deciding factor; therefore officials are urged to call for extra-period bouts, even when one contestant has a long period of time-advantage behind, if he has not shown decidedly superior wrestling ability and real aggressiveness. In other words, mere ability to stay behind and "hang on" does not constitute sufficient demonstration of wrestling ability to warrant a Referee's decision at the end of the regular bout.

2. **Second and Third Place Matches in Championship Meets.** If neither contestant secures a fall in the three two-minute bouts, the Referee shall award the decision to the contestant *who has shown greater wrestling ability and aggressiveness*.

### 3. Extra-Period Bouts.

A. **In Championship Meets.** When no fall has been secured, the Referee shall award the decision to the contestant *who has shown greater wrestling ability and aggressiveness*.

B. **In Dual Meets.** The Referee may award the decision as in Section 2 above, or he may declare the bout a draw if, in his opinion, neither contestant has shown sufficient superiority to warrant the award, in which case the points for a decision shall be divided between the contestants.

**RULE XVI.****Scoring.**

1. **Championship Meets.** In intercollegiate championships, first place in each weight shall count 5 points, second place shall count three points and third place shall count 1 point. One additional point shall be awarded for each fall secured throughout the meet. In case both contestants secure falls in the four-minute bouts, in extra-period bouts, or in the second and third two-minute bouts of second or third place matches in championship meets, only the contestant securing the fall in the shorter time shall be given a point award for a fall.

*Note.* It should be understood that the second four-minute bout, or the second extra-period bout, ends at the expiration of the elapsed time necessary for the fall in the first over-time period.

2. **Dual Meets.**

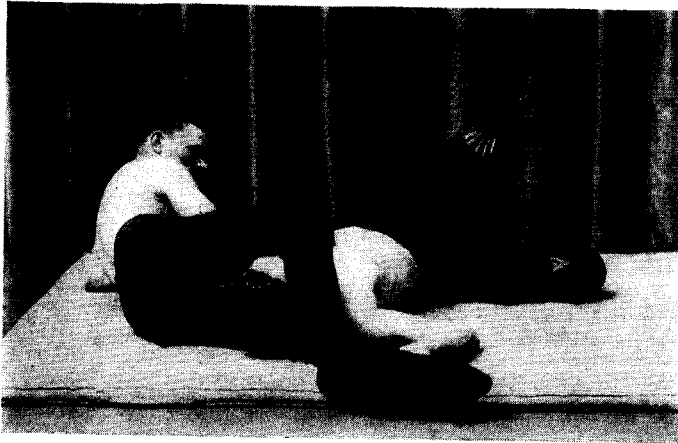
A. **Falls.** In dual meets, when only one of the two contestants in any match secures a fall, 5 points shall be awarded to the contestant securing the fall; but if both contestants secure falls in four-minute bouts, or in extra-period bouts, the contestant securing the fall in the shorter time wins the bout and shall be credited with 5 points, but his opponent shall also be credited with 3 points for his fall. Both four-minute bouts and extra-period bouts in dual meets shall run the full time unless stopped by falls.

B. **Decisions.** A decision shall count 3 points.

C. **Draws.**

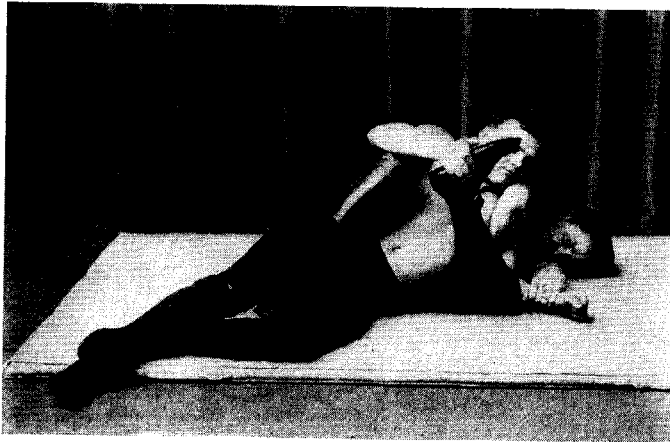
(1) In case of a draw the points awarded for a decision shall be divided.

(2) In case both contestants secure falls in the same time (which is extremely unlikely), the points awarded for a fall shall be divided.



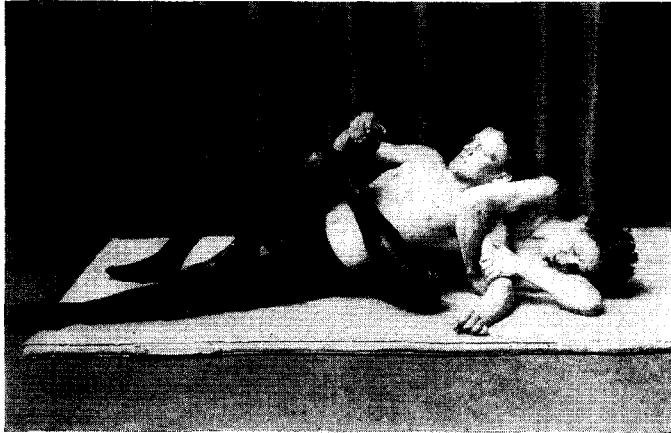
No. 10—ILLEGAL HEAD-SCISSORS.

This hold is illegal because the pressure is over the front of the face, in contrast to pressure on the sides of the face as shown in No. 9.



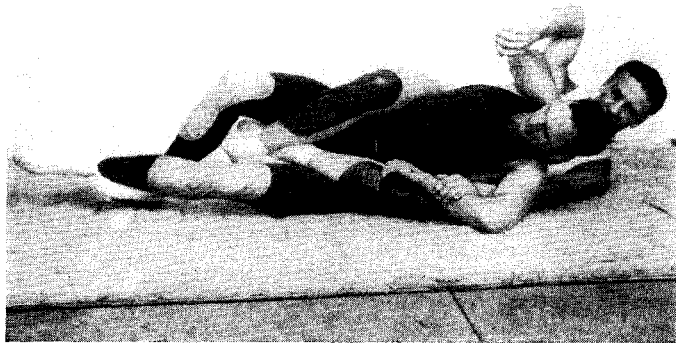
No. 11—LEGAL FOOT (INSTEP) HOLD.

The defensive wrestler is allowed to grasp instep, heel or ankle to break such holds as body-scissors, leg-ride, etc.; provided the foot is not drawn up to the point where, in the opinion of the Referee, it endangers knee or hip-joint.



No. 12--ILLEGAL TOEHOLD.

All toeholds, regardless of the degree to which the leg is twisted, are illegal under these rules.



No. 13--OVER-SCISSORS (AN ILLEGAL HOLD).

The over-scissors is barred entirely under these rules because it is only a punishing hold and is of no value unless defensive contestant who uses it is allowed to force the hold, which thereby endangers the ankle and knee of his opponent.

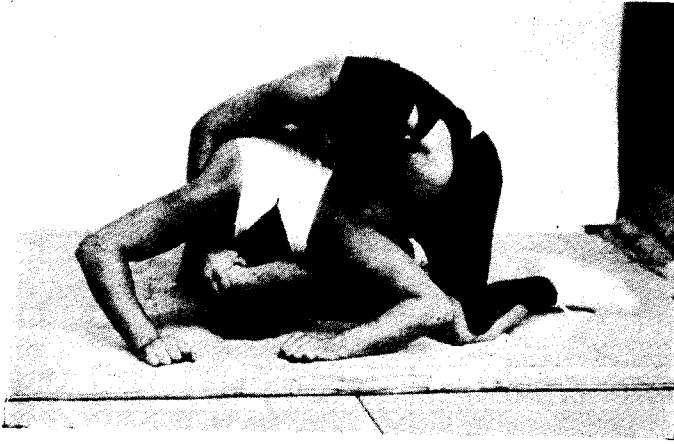
3. **Championship or Dual Meets.** If a contestant secures a fall in each of the two four-minute, two-minute or extra-period bouts in *Championship or Dual Meets*, he shall be credited only with points for one fall.

4. **Team Championship in Intercollegiate or Dual Meets.** The team securing the highest total of points shall be declared the winner.

### RULE XVII.

#### 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 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 XI, Section 1, and Rule XII.)
4. The Referee shall decide when a contestant has secured an advantage over his opponent and he shall indicate in such a way as to be clear to the contestants, timekeepers and spectators which contestant has the advantage. It is recommended that the Referee 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.



No. 14—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 or wrists on the back of his opponent's head. This is dangerous and is barred.



No. 15—ILLEGAL HAMMERLOCK (ABOUT RIGHT ANGLE).

The hammerlock is a legal hold, provided the arm is not bent above the right angle (*i.e.*, provided that the arm is not carried above the small of the back); and provided, further, that the hand is not forced out away from the body, making it a *twisting* hammerlock. In this illustration the arm is carried distinctly above the right angle and is dangerous.

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 the mat.*

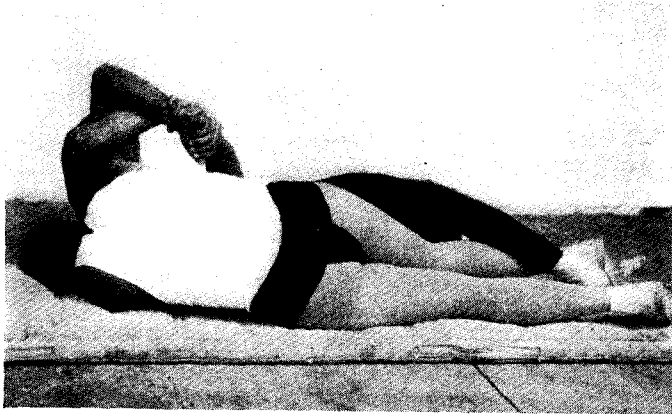
8. If the behavior of the spectators becomes disrespectful or unsportsmanlike to the Referee or to either team, the Referee may stop the bout and warn the offenders, and if the warning is disregarded, he may award the bout or meet to the offended team.

9. Before the contestants come to the mat, the Referee should inspect contestants for presence of oily rub, rosin, objectional pads, improper clothing, finger rings, etc. He should also see that finger nails are trimmed short.

10. The Referee shall be firm in warning contestants regarding such violations of the letter and the spirit of the rules as crawling off the mat, running away from an opponent, or any other form of stalling, in the use of such illegal holds as illegal face holds and interlocking of fingers, wrists or arms around body or legs while opponent is on the mat, the use of scissors for punishment alone, or the use of any other hold with which it is evident to the Referee that the man is playing for time or is using the same for punishment alone.

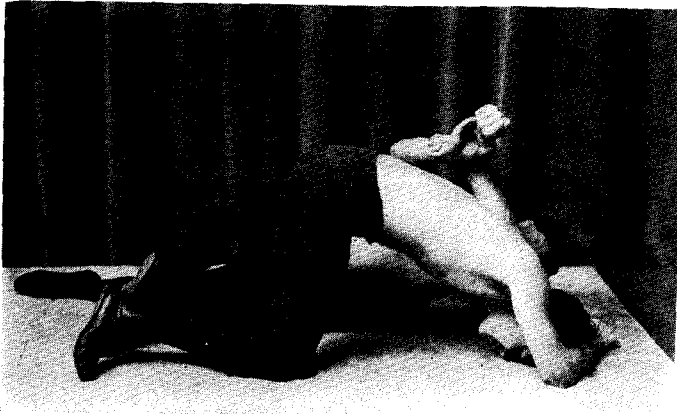
11. The Referee **MUST** enforce **VIGOROUSLY** and **PROMPTLY** ON FIRST OFFENSE (unless otherwise specified in the rules), the penalties for stalling, etc., as provided in Rule X.

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 Timers' table and all watches shall be in plain view of these representatives throughout the bout.



No. 16—LEGAL DOUBLE WRISTLOCK.

The double wristlock, as shown above is legal so long as the arm is not carried back into a twisting hammerlock, and provided the body or legs are not so locked as to prevent the opponent's body from turning. The hooking of the toe over opponent's near ankle is commonly used to prevent opponent from swinging around to the front, and if held loosely does not prevent opponent's body from turning; but it must be released before opponent can be brought onto his back.



No. 17—ILLEGAL DOUBLE WRISTLOCK.

This cut shows double wristlock turned into a typical twisting hammerlock that will injure opponent's shoulder if the arms are forced upward, unless opponent turns with the pressure, which often he is unable to do promptly enough to prevent injury to the shoulder.

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 XVII, Section 3. The General Timekeeper shall be provided with a small caliber pistol, a loud gong or horn, 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 XI, Section 1, and Rule XII, Sections 1, 3 and 4.)

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

## RULE XVIII.

### Notification and Agreement of Meets.

1. In dual meets the selection of a Referee and the maximum weighing-in time shall be mutually agreed upon at least ten days prior to date of meet.

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

## High School Wrestling Rules

The Wrestling Rules Committee of the N.C.A.A. recommends that interscholastic Wrestling contests be governed as follows:

Wrestling rules of the N.C.A.A. as published in the Intercollegiate Wrestling Guide (Spalding Athletic Library Publication No. 118R) shall apply in high school wrestling contests with the following modifications:

### 1. Weight Classification.

A. **In Championship Meets.** Competition shall be divided into nine weight classes as follows:

- 95 lbs. and under.
- 105 lbs. and under.
- 115 lbs. and under.
- 125 lbs. and under.
- 135 lbs. and under.
- 145 lbs. and under.
- 155 lbs. and under.
- 165 lbs. and under.
- Unlimited Heavyweight.

B. **In Dual Meets.** The same weight limits shall be used in dual meets as those indicated above, except that the 95-lb. and the unlimited heavyweight classes shall be optional, and therefore shall be included only upon mutual agreement by the competing schools.

2. **No Weight Allowance.** Net weight shall be re-in all dual and championship meets.

*Note.* The Committee wishes to emphasize the discouragement of any appreciable weight reduction and *especially* among high school competitors, as it is much more apt to produce injurious effects if practised by growing boys.

3. **Weighing-in Time.** Contestants may weigh-in a maximum of one hour and a minimum of one-half hour before time meet is scheduled to begin.

4. **Legal and Illegal Holds.** In addition to holds barred in College Rule VII, Sections 1 and 2, the "slam" from a standing position and the "fall-back" from the standing position are barred.

*Note.* The term "slam" refers to the lifting of opponent high in the air and slamming him to the mat. The term "fall-back" refers to the hard falling or jumping backward when opponent is on contestant's back in a "cross-scissors ride" or "body-scissors."

### 5. Bouts.

A. **Method of Conducting and Length of Bouts.**

(1) **In All Dual Meet Matches and In All Final First Place Matches in Championship Meets,** the length of bouts shall be seven minutes or eight minutes, conducted as follows: If either contestant brings his opponent to the mat and secures a position of advantage within the first two minutes of wrestling, the bout shall become a continuous seven-minute bout. A fall in any part of this continuous seven-minute bout terminates the match. If neither contestant secures a position of advantage before the expiration of two minutes of wrestling, the Referee shall stop the bout, the remainder of which shall consist of two three-minute periods conducted as follows:

The Referee shall toss a coin and the winner of the toss may elect to go behind or underneath in the Referee's Position on the Mat at the beginning of the first three-minute bout.

The second three-minute bout shall start with the contestant who had the position of advantage at the beginning of the first bout, in the position underneath. Should either contestant secure

a fall in the first two minutes of wrestling, this terminates the match. If, however, a contestant secures a fall in the first three-minute period, this terminates only the first three-minute period, and the second three-minute bout shall be wrestled as though no fall had resulted in the previous bout, except, in championship meets, this bout shall end at the elapsed time of the fall in the first three-minute bout, unless previously terminated by a fall.

*Note.* These three-minute bouts should be conducted in the same manner as the four-minute bouts in the college rules, except that a one-minute rest period intervenes between the first and second three-minute bouts in the high school wrestling. (See College Rules XII and XVI.)

**B. In Championship Meets, in All Except Final First Place Matches,** the bouts shall be six minutes in length, divided into three periods of two minutes each. The first two-minute bout shall start with contestants on their feet as indicated in College Rule XVII, Section 2. A fall in the first two-minute period terminates the match.

If no fall occurs in the first two minutes of wrestling, the Referee shall stop the bout and the two remaining two-minute periods shall be conducted in the same manner as the two three-minute periods in Interscholastic Rule 5-A. If neither contestant has secured a fall in any of the three two-minute periods, the Referee shall award the decision to the contestant who has shown the greater wrestling ability and aggressiveness, without calling for extra period bouts.

*Note.* The last four minutes of these matches are divided into two two-minute periods, regardless of position of advantage secured by either contestant in the first two-minute period.

**C. Extra-Period Bouts.** When the Referee declares a dual meet match or a final first place match in championship meets a draw at the end

of the main bout, two extra-period bouts of one minute each shall be wrestled.

**D. Intermissions.**

(1) **Three-Minute Bouts.** Only such time shall intervene between the end of the two-minute period and the beginning of the first three-minute period as may be necessary for the Referee to get contestants into their proper position. There shall be an intermission of one minute between the first and second three-minute bouts.

(2) **Two-Minute Bouts.** The same rules apply in the two-minute bouts in championship meets as in the three-minute bouts.

(3) **Extra-Period Bouts.** Contestants shall have a one-minute rest between the end of the main bout and the beginning of the first one-minute bout and the same intermission between the two extra-period bouts.

**6. No Third Place Round.** Only first and second place rounds shall be conducted in championship meets and the loser in the final second-place match shall be declared the winner of third place.

**7. Eligibility.** Contestants shall be eligible under the rules of the State High School Athletic Association of the State in which their school is located.

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## 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. .... Cornell College, 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. .... 1014 South Michigan Ave., Chicago, Ill.  
 Kallas, J. G. .... 1014 South 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.  
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 Trenkle, R. L. .... Haywood Pub. Co., Lafayette, Ind.  
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 Walden, Dewey .... 4325 Kenmore Ave., Chicago, Ill.

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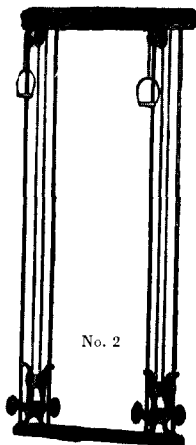
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 Drennan, John .... North Carolina State College, Raleigh, N. C.  
 Quinlan, P. H. .... University of North Carolina, Chapel Hill, N. C.  
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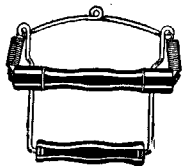
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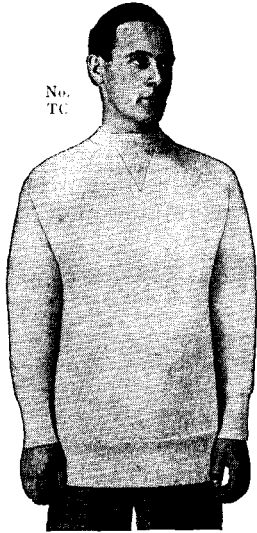
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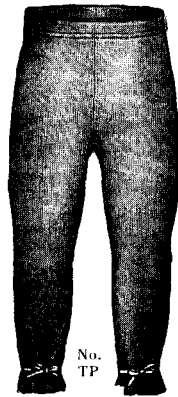
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