

Rules for Wrestling

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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.

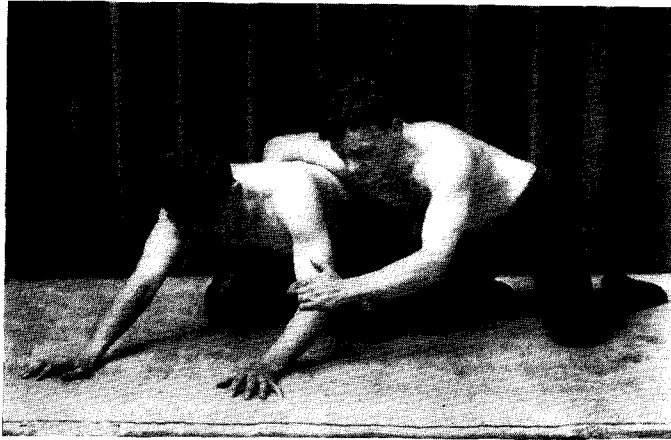
Representation.

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.

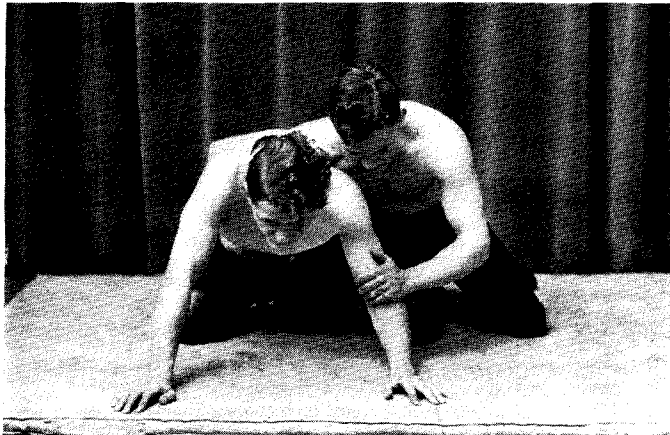
Mats, Ropes and Costumes.

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:



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

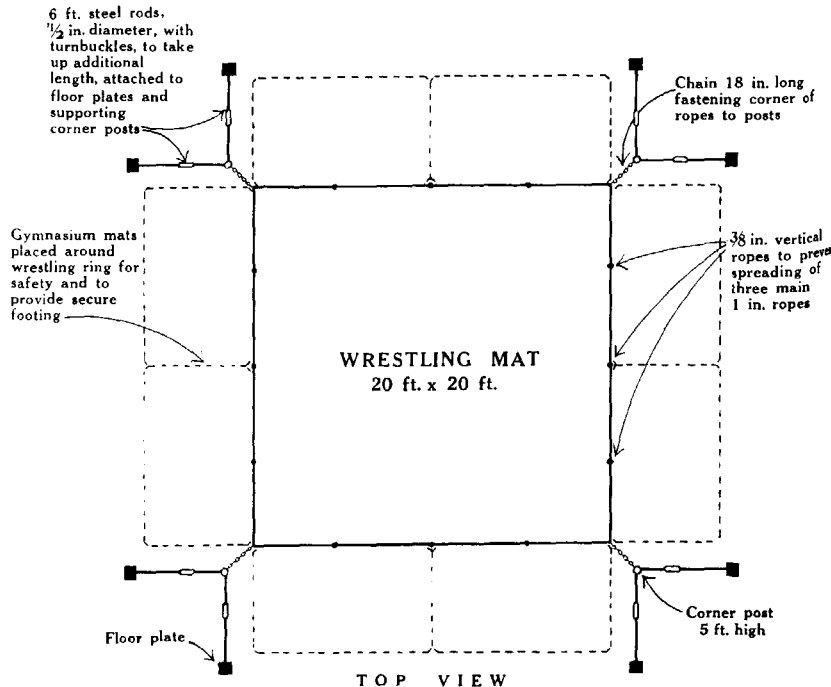
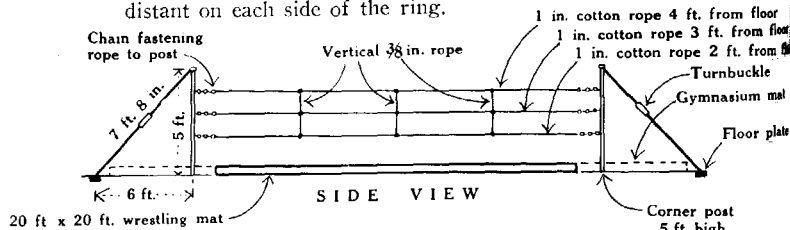
This position is shown as required in Rule VII, Section 3. Note particularly that offensive wrestler's right leg is outside of defensive wrestler's left leg.



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.

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. Popular and successful wrestling demand cleanliness of costumes.

RULE IV.

Weight Classification.

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

- 118 lbs. and under.
- 126 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.

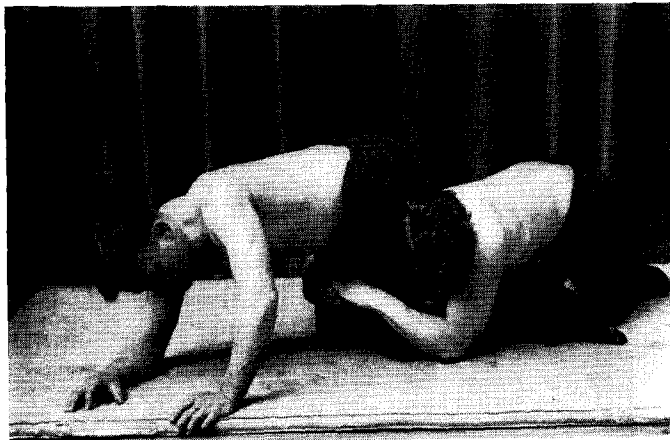
Weight Allowance

2. In Dual and Championship Meets. In all dual and championship meets net weights shall be required, except that on the second day one pound overweight shall be allowed.



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.

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:

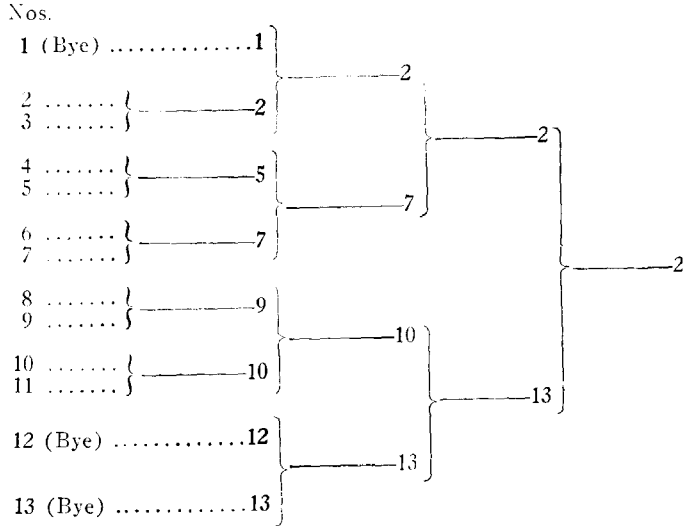
Each contestant (except "seeded" contestants) shall draw a number and shall compete in accordance with the diagram shown in Section 5 of this rule.

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.

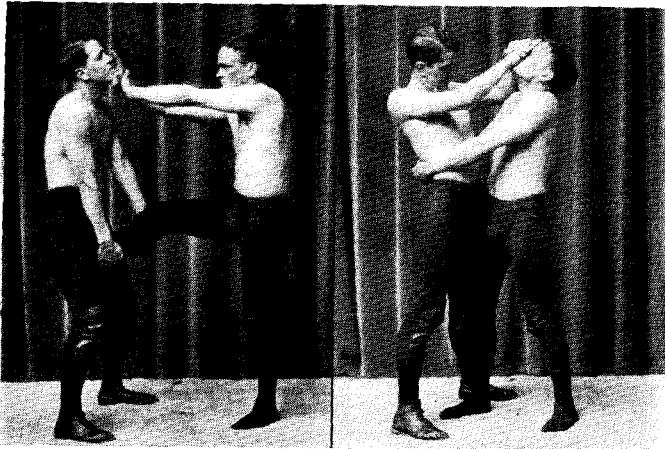
8. **Third Place Matches.** In case the defeated finalist is also defeated in the final second place match, he is automatically awarded third place and no third place round shall be wrestled.

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. 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.

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 I 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. Lifting of one or both hands from the mat does not affect this rule and, therefore, no complete armlock is permitted until one knee is raised from 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.

Note. Occasionally a Referee has been guilty of standing so close to contestants as he starts a bout from the Referee's Position on the mat that one or the other of the contestants has been handicapped in his legitimate activity. It is recommended that the Referee take a position directly in front of contestants and facing them, and that before he calls "wrestle" he shall move back far enough so that neither contestant can possibly be handicapped by his presence on the mat.

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.

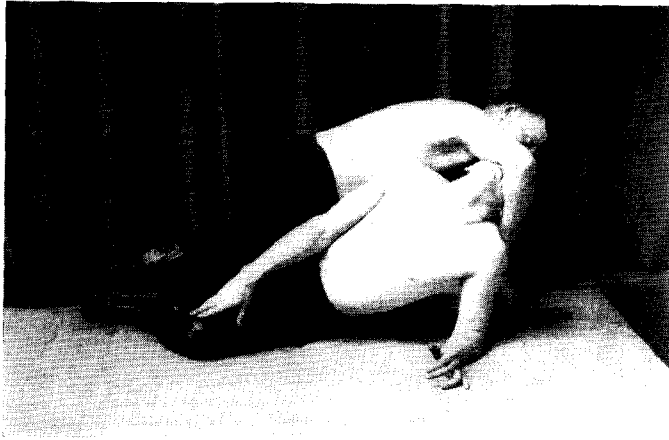
B. If a contestant held a position of advantage immediately before leaving the mat, on resumption of the match this contestant shall be given the position of advantage in the "Referee's Position on the Mat." (See Rule VII, Section 3), except when Referee applies penalties indicated in Rule X, Sections 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 nearly as possible the same position, which they held when the bout was stopped. (See Rule X, Section 4.)

RULE IX.

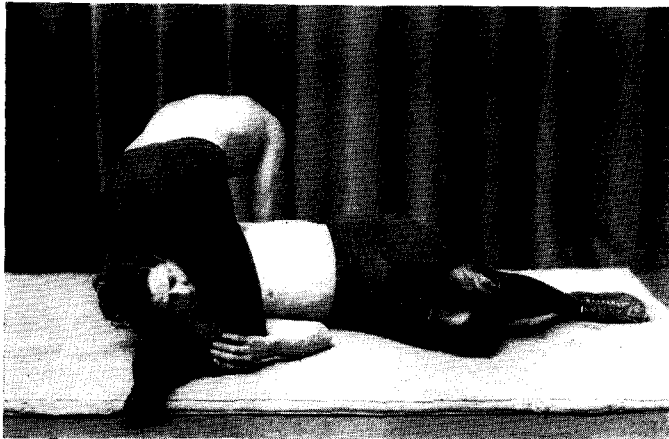
Stalling.

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



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.

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.

1. Stalling. Penalties.

A. If, in the opinion of the Referee, a contestant in a position of advantage on the mat, is stalling, 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 the foregoing, his opponent shall be awarded the full quota of points he could score by securing a fall.

RULE XII.**Length of Bouts.**

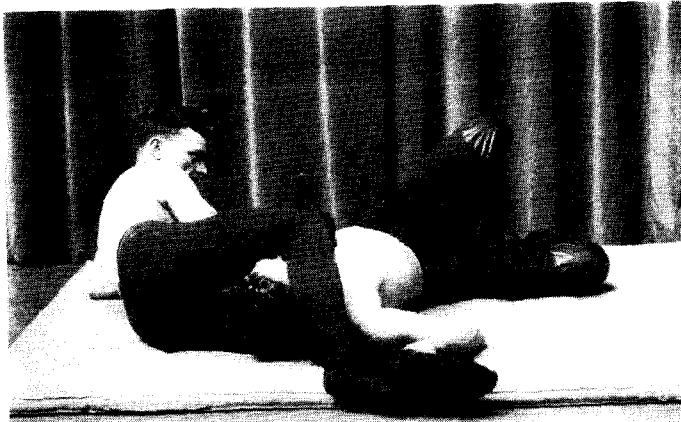
1. **Methods of Conducting and Length of All Dual Bouts and First Place Bouts in Championship Meets.** All first place bouts in championship meets and all dual meet bouts shall be ten minutes in length and if the Referee does not award the bout to either contestant at the expiration of this period, two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

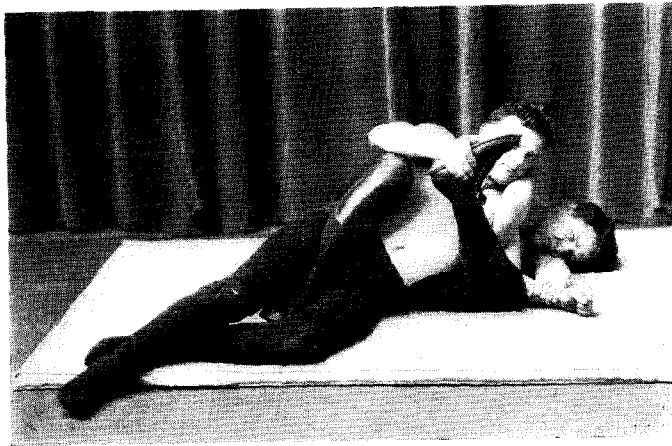
Note. If either contestant has brought his opponent to the mat and has been indicated as having the advantage behind by the Referee at any time in the first two minutes of wrestling in any dual meet match, or in any first place match in championship meets, the match goes on as a continuous ten-minute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



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.

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.

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 two 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.

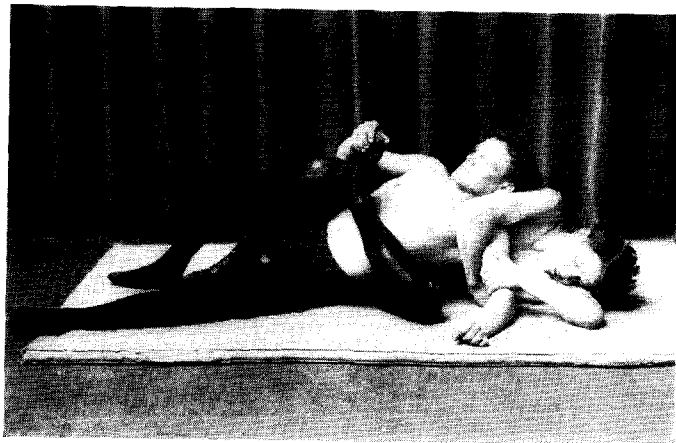
1. A contestant's time advantage starts when he brings his opponent *to the mat*. This time advantage shall continue as long as this contestant has clearly a position of advantage, even though his opponent may regain his feet temporarily. (See Rule XV, Section 1, and Explanatory Note.)
2. **Time Advantage 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.

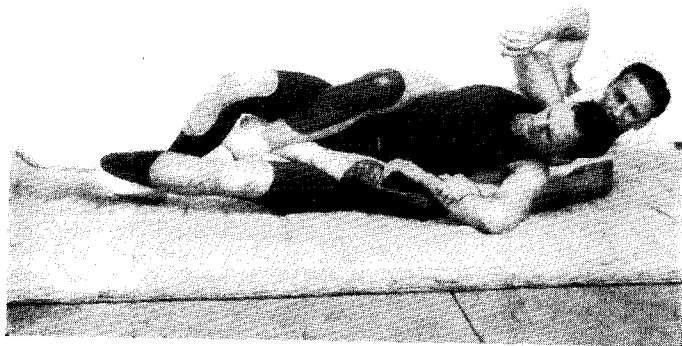
1. **Regular Bouts.** If no fall has resulted after the expiration of the regular period of wrestling, as provided in Rule XII, Section 1, the Referee shall award the bout to the contestant *who shows greater wrestling ability and aggressiveness*, providing the contestant has a time-advantage of at least one minute. The Referee must make his decision before he consults the Timekeeper's watch. In case the Referee finds, after consulting the Timekeepers, that the winner, according to his judgment, has less than one minute time advantage, the match shall be continued as an extra-period bout.

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 factors; 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.



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.

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.

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. (See Rule XV.)

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.

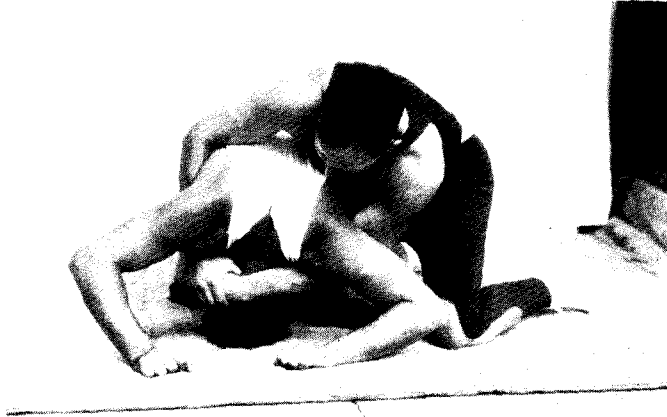
6. The Referee should meet promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.

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.

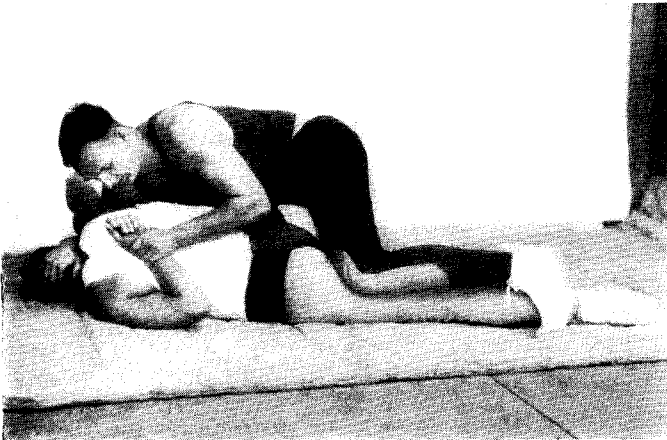
9. Before the contestants come to the mat, the Referee should inspect contestants for presence of oily rub, rosin, objectional pads, improper clothing, finger rings, etc. He should also see that finger nails are trimmed short.

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,



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.

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.

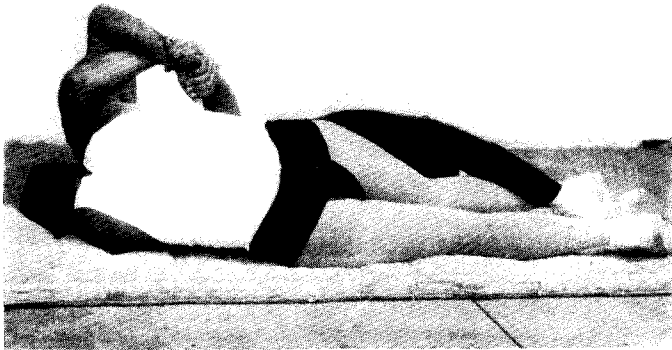
11. The Referee **MUST** enforce **VIGOROUSLY** and **PROMPTLY** ON FIRST OFFENSE (unless otherwise specified in the rules), the penalties for stalling, etc., as provided in Rule X.

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.

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.)

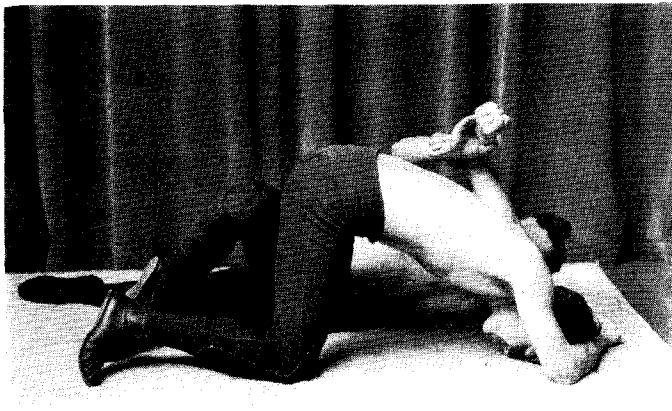
14. The Timekeepers who are recording the time-advantage behind shall start and stop their watches *only* at the signal of the Referee.

Note. It is urged that the Timekeepers control their watches in such manner as not to lose any time whatsoever in transferring any indication of time-advantage from the Referee to the watch. Timekeepers should bear in mind that they are acting only as aides to the Referee and should indicate time-advantage only to the Referee upon his request.



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.

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 heavy-weight 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 required 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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Questions and Answers

BY R. G. CLAPP.

1. **RULE III.** *Q.*—Are ropes required?
A.—No. They are recommended but not required. If ropes are not used, however, the mat should not be less than 24 feet by 24 feet. In the interest of good sportsmanship, visiting teams should be notified several weeks before date of meet whether ropes will or will not be used.
2. **RULES IV AND V.** *Q.*—Is it permissible to allow slight overweight in dual meets?
A.—No. Contestants and coaches know the required weights and it is not good sportsmanship for a coach to ask the other coach to concede a handicap, and it is unfair to the contestant who has complied with the weight rules.
3. **RULE VII, SECTION 3.** *Q.*—Is interlocking of hands or arms permissible after defensive man has taken one or both hands from the mat?
A.—No. So long as both knees are on the mat, no complete armlock is legal.
4. **RULE VII, SECTIONS 1 AND 2.** *Q.*—Does the offensive wrestler lose his position of advantage when he is required by the Referee to break a dangerous or illegal hold?
A.—No, unless he has been previously warned by the Referee or unless, in the opinion of the Referee, it is a wilful effort to injure his opponent or is wilfully used to secure an unfair advantage.
5. *Q.*—Should the defensive contestant be given a neutral position or position behind when the Referee stops an illegal or dangerous hold which he is using in his effort to come out from underneath?
A.—No. He should be put back into the Referee's position underneath and warned against repetition of the hold. (This applies to a double wristlock which is turned into a twisting hammerlock.)
6. *Q.*—What should the Referee do in case a hold which is usually considered a legitimate hold is forced to such an extent as to endanger a limb, or where the hold becomes purely a punishing hold?
A.—Referee should require the hold to be relaxed unless it is likely to develop into a stalling hold, in which case time should be taken out and the contestant who had the advantage should be given the Referee's position behind.
7. **RULE VIII.** *Q.*—In resuming a match at the center of the mat, when should the Referee give contestants the same position they had when they left the mat?
A.—Only when a fall is imminent and the defensive wrestler *intentionally* worked off the mat.
8. **RULE IX.** *Q.*—How long should a Referee allow a contestant to retain a stalling hold?
A.—If the contestant behind has been working hard and shows extreme breathlessness or exhaustion, he should be allowed to retain a hold of this nature for a short time; otherwise a period of thirty seconds or thereabouts should be sufficient for the Referee to decide whether or not the contestant is stalling.

9. *Q.*—Should the Referee penalize for stalling as promptly in four-minute bouts as in ten-minute bouts?
A.—Yes, but the Referee should make his decision in such cases with little regard for the time advantage secured by either contestant.
10. **RULE X.** *Q.*—Should the Referee warn contestants before applying penalty for stalling?
A.—No, except when a contestant intentionally works off the mat or intentionally tangles his legs or arms in the ropes to avoid a fall. However, before the meet starts, the Referee should have a definite understanding with the coaches as to his interpretation of stalling, and the coach should notify his wrestlers to this effect.
11. **RULE XII.** *Q.*—When a main bout has been divided into two four-minute periods and a fall results in the first four-minute period, what is the length of the last period?
A.—In championship meets the bout lasts only for the time it took the contestant to secure his fall in the first four-minute bout (i.e., if the fall was secured in two minutes, the third bout lasts but two minutes unless a fall is secured in this time or less). In dual meets the third bout is a four-minute bout because the contestant who lost the fall in the previous bout is allowed the full four minutes in which to try to pin his opponent. If he pins him in less time, then he wins the bout. If he pins him in a longer time, he is credited with 3 points and his opponent 5 points.
12. **RULE XV, SECTION 2-A.** *Q.*—Must the Referee make a decision in all championship matches?
A.—The Referee is required to name the winner in all championship matches even when there is only the slightest margin of superiority, but matches do occur when there appears to be no superiority of any kind. In such cases the Referee should give contestants their choice of two extra periods of two minutes each or the toss of a coin to decide the match. If contestants disagree, the Referee shall decide on the method after taking into consideration the physical condition of the contestants. Only one pair of extra bouts shall be allowed and the Referee should make a decision without extra bouts except in extreme cases.
13. **RULE XIII.** *Q.*—May the Referee legally call a fall when part of the opponent's body is off the mat?
A.—Yes. Any part of the body may be off the mat except the head or one or both shoulders, provided, in the opinion of the Referee, the defensive contestant is not handicapped thereby.

QUESTIONS BY PROF. D. B. SWINGLE, ANSWERS BY R. G. CLAPP.

1. **RULE VII.** *Q.*—Is a full Nelson taken with the legs illegal?
A.—Yes.
2. **RULE VI.** *Q.*—In a triangular meet, how should the drawings be made?
A.—Our rules provide for no different arrangement in triangular meets than in larger championship meets. Undoubtedly, however, in triangular meets with only one contestant representing each institution, a round robin would be the fairest and most satisfactory method, with an agreement relative to points for decision or fall.
3. **RULE VII.** *Q.*—Has a man on defense a right to hold his forearm against his opponent's throat so that he cannot get closer and make his hold more effective?
A.—No.

4. **RULE IX.** *Q.*—When a man has a fairly good hold, say a headlock with the under-arm included, can he be penalized for stalling if he holds it but is unable to pin his opponent?
A.—If the hold is one with which, in the opinion of the Referee, the offensive wrestler has a fair chance to pin his opponent and is making a real effort to pin him, it should not be considered a stalling hold.
5. **RULE XVII.** *Q.*—What is the penalty for fouling if no injury is done to the opponent?
A.—The Referee has authority to disqualify if in his judgment the circumstances warrant it.
6. **RULE XVII.** *Q.*—What is the penalty for making derogatory remarks to an opponent or to his coach?
A.—The Referee has authority to disqualify the contestant if in his opinion the circumstances warrant it.
7. **RULE VII.** *Q.*—If a man in a body-scissors hooks one leg over the top toe of his opponent, does that class as an over-scissors?
A.—Yes. According to the rules all over-scissors are barred.
8. **RULE VII.** *Q.*—Is a man on defense permitted to use toe holds, pressure across the face, twisting hammerlock, etc.?
A.—No.
9. **RULE VI.** *Q.*—In a tournament a man is accidentally injured and thus loses a match. Can he enter his next regular match for a third place?
A.—Yes, provided after forfeiting this match he is still eligible for a later round. But, of course, he would not be eligible again in that round and not eligible in the next one unless the individual to whom he forfeited wins that round.
10. **RULE VI.** *Q.*—In a tournament a man is accidentally injured, but wins the match notwithstanding. He defaults the next match, which comes the same day, because of the injury. Can he, the following day, compete for third place?
A.—Yes, provided he is eligible under the regular Bagnall-Wild rules for a later round. He might be eligible for either second or third place under this ruling.
11. **RULE III, SECTION 3.** *Q.*—If two opponents enter the ring dressed exactly alike and closely resembling each other, what can the Referee do to keep track of their identity?
A.—If the Referee is doubtful of his ability to distinguish the contestants he should mark one with chalk or magnesium.
12. **RULE III, SECTION 2.** *Q.*—Is a man permitted to wrestle barefooted?
A.—No. The rules required light, heel-less gymnasium shoes laced by means of eyelets.
13. *Q.*—Can a wrestler be disqualified or otherwise punished for abusive language when not in a contest: (a) when on the bench; (b) when in the locker room?
A.—The N.C.A.A. rules do not provide for such a matter and such a rule should be unnecessary in intercollegiate matches.
14. **RULE XVII, SECTIONS 1, 6 AND 10.** *Q.*—If a man underneath slaps his opponent on the back, and becomes released as a consequence, and his opponent claims he thus concedes a fall, and he claims he was only trying to fool his opponent, what verdict should the Referee give?
A.—The Referee should decide the matter on the basis of his judgment as to intent of the defensive wrestler, and in the interest of good sportsmanship. Trying to "fool" an opponent is not good sportsmanship and should be so interpreted by the Referee.

15. *Q.*—Under what condition is a man permitted or not permitted to take out time for lacing a shoe or other adjustment of his clothing?
A.—Only when the Referee considers it necessary and so orders.
16. **RULE VIII.** *Q.*—If a man is temporarily injured when a fall is imminent, what positions do the men take when they continue after the three-minute rest period?
A.—The bout should be resumed as in Rule VIII, Section 1.
17. **RULE IX.** *Q.*—Does illegal stalling ever apply to the defensive man, as when he is trying to take a decision instead of a fall?
A.—The rules provide no penalty for a defensive wrestler who closes up and merely works to prevent a fall. In case the defensive wrestler obtains the offensive position or free position he might then be penalized.
18. **RULE VII.** *Q.*—If the man behind on the mat clasps his arms about his opponent's waist and one arm, is this an illegal hold?
A.—Yes.
19. *Q.*—If the defensive man frees himself from a dangerous hold by pushing against the face or throat or by twisting the fingers, what is the penalty?
A.—No specific penalty is provided and the Referee should decide the matter on the merits of the case.
20. **RULE VI.** *Q.*—If in a tournament a man who is a lone entry wrestles in one weight (say 165-pound class) the first day, can he drop back to a lighter class (say 155-pound class) the next day if his weight will permit?
A.—No. He would be allowed to drop back to the lower weight on the first day before drawings are made for that class if he should see fit and if his institution is not represented by another contestant in that class.
21. *Q.*—If in a tournament a man is injured in the first round, can a reserve be put in his place for a later round?
A.—No.

QUESTIONS BY DR. J. A. ROCKWELL, ANSWERS BY R. G. CLAPP.

1. **RULE XV, SECTION, 2-A.** *Q.*—Might a situation arise where two contestants are evenly matched and overtime periods fail to disclose any advantage when a draw might be the only decision?
A.—See No. 12 in "Q. and A." by R. G. Clapp.
2. Is it not our expectation to develop greater responsibility in our Referees, which responsibility might cause slight changes in the interpretation of some of the rules?
3. **RULE XVI, SECTION 1, and RULE XI, SECTION 4.** *Q.*—If second place defendant defaults, what score is the other man entitled to?
A.—Three points for second place and one point for fall—total, four points.
4. *Q.*—Should not Timers call out the passing minutes so distinctly as to be heard by contestants, coaches and spectators?
A.—Yes.
5. **RULE XV.** *Q.*—Is the watch to be a determining factor regardless of individual brilliancy?
A.—No. Wrestling ability and not time advantage must be the basis of the Referee's decision.

BY W. C. O'CONNELL.

1. **RULE IX.** *Q.*—A man secures a riding-scissors and merely holds his opponent down, not being in a position to secure a fall and making no effort to secure a fall. Would this be construed as stalling?
A.—Yes. It was so construed at the Eastern Intercollegiate Meet, and contestants were brought to their feet.
2. **RULE VII, SECTION 1.** *Q.*—Man underneath raises both hands from mat and sits back on haunches at the same time using his hands in an effort to escape. Can top man lock hands or arms around him?
A.—No. Underneath man is still on the mat.
3. **RULE VII, SECTION 1, NOTE 3.** *Q.*—Man underneath raises one knee from mat in an effort to escape. Can underneath man lock arms or hands?
A.—Yes. In order to prohibit locking of arms or hands, opponent must have both knees on mat.
4. **RULE XIV, SECTION 1.** *Q.*—Contestant has top position, underneath man gets to his feet with opponent still behind him and remains in that position for two minutes before managing to escape. Does the time behind while on their feet count?
A.—Yes. The time advantage continues until opponent has clearly escaped or has gained the top position.
5. **RULE X, SECTION 1-B.** *Q.*—One wrestler has time advantage of two minutes. He releases his hold or allows opponent to escape and jumps to his feet. Opponent tries to wrestle and finally drops down on hands and knees. Man with time advantage stands and looks at him but makes no effort to secure a hold. What should Referee do in such a case?
A.—Referee should put both wrestlers on the mat, man with time advantage on bottom.

Rules of the International Amateur Wrestling Federation

CATCH-CAN OR FREE STYLE.

RULE 1.

Eligibility of Competitors.

In national competitions the amateur definition of the national governing association of wrestling shall decide.

In Olympic Games and international championship competitions contestants must be amateurs in accordance with the requirements laid down by the International Olympic Committee; *i.e.*, no one who has at any time been a professional, though requalified as an amateur by his national association, shall be allowed to compete.

In all other international competitions the contestants must be amateurs as defined by the amateur definition adopted by the I.A.W.F.

RULE 2.

Weight Classification.

The competitors in all Olympic and International competitions shall wrestle in the following categories of weights:

- | | | |
|-------------------------|--------------------|------------|
| 1. Bantam Weight..... | 56 kilograms..... | 123 pounds |
| 2. Feather Weight..... | 61 kilograms..... | 134 pounds |
| 3. Light Weight..... | 66 kilograms..... | 145 pounds |
| 4. Welter Weight..... | 72 kilograms..... | 158 pounds |
| 5. Middle Weight..... | 79 kilograms..... | 174 pounds |
| 6. Light Heavy Weight.. | 87 kilograms..... | 191 pounds |
| 7. Heavy Weight...Over | 87 kilograms..Over | 191 pounds |

RULE 3.

Weighing-In.

The weighing-in shall take place on the first day of the competition at such time that it shall be entirely finished two hours before the commencement of the competitions.

If the competitions last longer than one day, the competitors will be required to reweigh every day, such reweighing to be completed one hour before the commencement of the contests, and no allowance whatsoever will be permitted. The competitors may weigh stripped and must be submitted to a medical examination to ensure

that no fear of infection exists. Competitors have the right to be weighed as many times as they desire, subject to the foregoing restrictions.

RULE 4.

Pairing of Contestants.

The competitors must be paired for each round according to the numbers obtained in the draw. The numbers shall be drawn by the competitors themselves or by someone authorized to act for them. In competitions in which more than one representative of a nation is included in any weight, the pairing must be arranged in such a way that, as far as possible, competitors from the same country shall not be drawn together.

A table must be drawn up on which the results must be marked and the pairings of each round indicated.

The competitors whom the draw has brought together will wrestle in the first round, 1-2, 3-4, 5-6, etc. If the number of competitors should be odd, the one with the highest number will pass into the second round without any bad marks against him. He will be placed first on the list for the pairing of the second round. He will maintain this position until he is displaced by the competitor possessing the highest number after his own and who shall have become odd in the same way as he.

A bye obtained through an odd number is an advantage gained by the draw and cannot be withdrawn, except, when the final round is reached, two of the contestants remaining shall have already wrestled together in any preceding round.

The pairing for each round shall be as follows: To commence, the competitor placed at the head of the list will have for opponent a competitor possessing a higher number and the nearest to him but not having already wrestled with him.

Second round, if there have been no odd number or bye in the preceding round, 1-3, 2-4, 5-7, 6-8, etc.; if, however, there should have been a bye, 1, 2-3, 4-5, etc., and so on in the following rounds.

RULE 5.

Mat and Costume.

The mat must measure at least 6 meters by 6 meters (19½ feet by 19½ feet) and be not less than 10 centimeters (4 inches) thick. There shall be a clear space round the mat of at least 1.50 meters (5 feet). The cover of the mat shall be made of soft material and well cleaned.

Competitors must wear a vest, also a jock-strap. The one-piece costume shall cover the body to the middle of the thigh and shall not be cut away more than two hands' width round the neck and 20 centimeters round the arms. Shoes with heels or nailed or hard leather soles are forbidden. Wrestling barefoot is forbidden.

Competitors' nails must be cut short. It is forbidden to wear rings, bracelets, shoes with buckles, or any metal work, etc., with which it is possible to injure an adversary; also to grease or oil the hands or any part of the person.

RULE 6.

Officials.

An M.C. who shall loudly announce the name and nationality of each contestant.

A Timekeeper who shall announce the time in a loud voice every minute.

A Ground Jury which shall be composed of a Referee and three Judges. These officials must not be of the same nationality as either of the two contestants in order to avoid the possibility of favoritism.

If by reason of a deficiency of neutral Judges it should be impossible to employ the services of three Judges as well as a Referee, the number of Judges may be reduced to two, but not fewer.

The Judges shall be nominated and drawn for by the International Federation. A commission of three members including the representative of the International Federation shall be formed and have authority to put aside any Judges or Referees who shall have shown themselves inefficient or otherwise inapt for the service required.

In competitions for the Olympic Games or international championship it is necessary as far as possible to have only those Judges and Referees recognized by the International Federation. The conference preceding the competition is authorized to nominate the Judges.

The Referee and Judges shall not converse with any person or persons other than the Jury during a bout.

RULE 7.

Classification of Place Winners.

The results of competitions shall be decided on the basis of bad marks in the following way: The competitor who throws his opponent receives 0 bad marks. The loser by a fall receives 3 bad marks. Should the bout end without one or the other obtaining a fall, the Jury shall decide the winner by their voting slips, and in this case the winner by Jury's decision receives 1 bad mark and the loser 3 bad marks. After receiving 5 bad marks a competitor is eliminated.

The winner of a competition is the one who shall have received the smallest number of bad marks. When two men have an equal number of bad marks, the victory shall go to the one who has beaten the other.

Competitors having lost their chance of classification (*i.e.*, for a prize) in the same round are considered to have been beaten,

at the same time. Should it happen that those eligible to compete for the third place have been beaten in the same round and by the same number of points, they must be paired together for the third place on condition that they have not already wrestled each other; but if they have already been paired, they must be weighed immediately and the lighter man shall be adjudged winner of the prize.

RULE 8.

Conduct of a Bout.

A bout shall be started, stopped or ended only by the Referee's whistle.

Before the signal of starting the bout, the competitors shall take opposite corners of the mat diagonally. They shall approach each other and shake hands with the right hand. After breaking away they shall pass, turn, and face each other and commence to wrestle. When the bout is finished they will shake hands once again before leaving the arena.

Before restarting on the ground, the contestant having the under position shall go down on all fours, his knees and two hands touching the mat at the same time, while the one on top shall signify the restarting by touching his opponent. Rushing at an opponent is forbidden and should it happen the Referee shall caution the offender and order both men to stand up.

RULE 9.

Taking Hold—Illegal Holds and Penalties.

The contestants may take hold how and where they please, subject to the following restrictions: The hair, flesh, ears, private parts or clothes may not be seized. Twisting of fingers and toes is forbidden. Striking, kicking, gouging, hair-pulling, butting are forbidden, and any grip that endangers life or limb, or has for its object the punishing of an opponent, or inflicting such pain as might force him to give the fall, will not be allowed.

Any fair hold, grip, lock or trip is allowed. Forbidden holds are the Double Nelson, Strangle or Half Strangle, Flying Mare with the palm uppermost, the Toe Hold with a twist, the Scissors on head or body, the Hammerlock, and an Arm or Foot up the back with a Bar. Interlacing of the fingers is prohibited.

To strike with the side or sole of the foot shall not be regarded as kicking.

When making use of standing throws from behind so that an opponent is turned upside down, it is necessary for the attacker to touch the mat with one of his knees before the upper part of his opponent's body touches the mat.

It is forbidden to break a bridge by raising an opponent and dashing him down bodily, by forcing him down vertically in the

direction of the head, or by pressure of the elbow or knee on the abdomen or stomach.

Defender's arm having been carried behind his back, it is forbidden to push the forearm beyond a right angle formed with the upper arm.

Penalties.

Any irregular or unfair hold taken shall, if possible, be broken without discontinuing the bout. It is the duty of the Referee when a contestant has committed any infraction of the rules:

- a. To make him discontinue the fault.
- b. To make him break his hold.
- c. To make both men stand up when the offender occupies the upper position.
- d. To disqualify the contestant who, after two warnings, again commits the offense, such disqualification to be for the contest and to be equivalent to a defeat by fall.
- e. In the case of a very grave offense, the disqualification may take place at once without any previous warning, but on the vote of the majority of the Ground Jury, and such disqualification shall automatically remove the offender from the competition.

If by contravention of any of the rules a contestant places himself at a disadvantage the bout shall continue without interruption.

Any advantage gained by contravention of the rules shall be canceled even after the offender has broken his hold.

RULE 10.

Length of Bout.

All contests shall continue until one contestant has been fairly defeated, so long as this defeat takes place within the time limit fixed for each combat. The maximum time for any bout is limited to a clear 15 minutes.

At the end of 6 minutes the bout shall be stopped and the scoring papers of the Referee and Judges be consulted (except if, at the expiration of the 6 minutes, a critical situation likely to terminate in a fall shall exist, when the contest shall continue until the said situation has passed), and if two Judges are in agreement that the superiority of one contestant is evident and marked, and there appears no need to order the two 3-minute periods of ground wrestling, the bout shall be awarded on points the leading contestant, who, however, shall be entitled to demand at his own risk, continuance of the contest or the 3 plus 3 minutes ground wrestling. If he choose the latter, there shall be drawing of lots to decide which first takes the underneath position.

If after 6 minutes of chiefly upright wrestling neither of the contestants displays a well-marked superiority, the Referee, in

agreement with at least one Judge, shall order two periods of ground wrestling of 3 minutes each. The order in which the contestants shall assume the upper position is to be determined by lot, this position being taken alternately. A fall gained during these periods shall terminate the bout. Both periods are strictly limited to 3 minutes, and at the end of each period the Referee shall stop the wrestling, whatever the situation. The wrestling is to be entirely on the ground, and if the underneath wrestler breaks away and stands up or reverses the position, he must return immediately to the underneath position. If the man beneath try to avoid ground wrestling by persistent standing up, he shall not receive points for so doing, but for reversing the position he shall score a point.

RULE 11.

The Fall.

A *Fall* is defined as the touching of the mat by the two shoulder blades at the same moment to the complete satisfaction of the Referee and one of the Judges.

The period of time during which the two shoulders are together in contact with the mat is immaterial, provided it is sufficient for two of the officials (of whom the Referee must be one) to be in agreement that both shoulders have touched the mat at the same moment.

The *Rolling Fall* shall not count unless there is a definite cessation of movement which leaves no doubt that the two shoulders have been in simultaneous contact with the mat.

The *Flying Fall*, whereby both shoulders simultaneously strike the mat, however brief the period of actual contact, shall be declared a fall.

A fall at once terminates the bout.

RULE 12.

The Ground Jury—Its Duties.

The Referee has sole control of the bout and the contestants.

The verdict of the Judges decides the bout if no fall be scored.

It is obligatory that each Judge should name one man as winner; "drawn match" (match nul) cannot be accepted as a verdict.

The Fall.

The decision must be given as follows:

- a. If the Referee gives a fall and one of the Judges agrees.
- b. If the Referee gives a fall and the other Judges do not agree to protest.
- c. If the Referee does not see the fall and the Judges are unanimous in claiming a fall.
- d. If there are three Judges and the opinions are 2 contra 2, the opinion of the Referee shall decide.

If a fall does not take place within the 15 minutes accorded, the Judges (and the Referee if there be only two Judges) shall hand their scoring papers to the M.C., and in accordance with these papers the winner shall be declared.

The Bout.

In each bout the Referee and Judges must judge the gains accorded to the value of the positions obtained, and the aggression displayed without considering whether a wrestler is on top or underneath. By aggression is meant the efforts made to obtain a fall. Passivity is an offense. It includes any actions tending simply to prevent active wrestling such as, backing off the mat, or pushing one's opponent off the mat, continually lying down on the stomach, or, in the case of the man on top, being content merely to hold down his man underneath, etc. The contestant who, after one warning, persists in such passivity for a further minute shall be declared defeated.

Bringing an opponent down by a definite hold should be given a point in the attacker's favor. To go underneath when endeavoring to bring off a hold should not count as a point to the other contestant.

When on the ground, if the contestant on top does not try any definite hold during one minute he must be called to order, and after a further minute the Referee shall make both men stand up.

When standing, if both contestants get both their feet off the mat, the bout shall be continued in the middle; but if a hold has been taken when both contestants were on the mat and this hold is not changed, the attacker shall have the right to carry his opponent back upon the mat. The same shall apply during ground wrestling.

If the Referee decide that an attack during ground wrestling can only be finished off the mat, he shall blow his whistle and order the contestants to resume in the center. The same action shall be taken if the defender crawl off the mat as a means of escape towards regaining the standing position.

If during ground wrestling both contestants come off the mat, the Referee shall order them back to the center, in standing position or on the ground as he shall decide according to the situation at the moment when they left the mat and the advantage possessed by one over his opponent.

If part of the body, other than the head, falls off the mat, the fall shall be a question of judgment given in accordance with the decisions taken prior to the competitions and governed by the placing of the mat. Should the feet of an opponent go off the mat during a throw, the fall can only be given where the shoulders have touched the ground **before the feet.**

A wrestler who abandons a contest without a satisfactory reason from the medical point of view shall be excluded from all further participation in the competition.

Should a contestant be prevented from continuing a bout for some cause or other beyond his control, such as bleeding from the nose, striking his head off the mat, or any other acceptable cause, the Referee shall suspend the bout for 5 minutes maximum. Once this time has passed, if the contestant is unable to continue, he must be declared defeated.

Before all Olympic Games and championship competitions there shall be given a practical demonstration for the information and instruction of all the Judges, and, so far as is practicable, no Judge shall be permitted to officiate who was not present at such demonstration.

RULE 13.

General Conditions.

Any point not covered by the present rules the Ground Jury of the competitions shall decide in the first place; the representative of the Free Style Board secondly; and the Free Style Board of the International Federation thirdly.

In all international championships one competitor shall be the limit in each category for each nation. In other international competitions three competitors by nation and by category may be entered. If an international competition is to last more than one day, the time must be so arranged that no wrestler shall be obliged to remain on hand for more than 8 hours per day.

In international championship competitions three prizes only shall be distributed for each weight.

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, GeorgeDaily 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.
 Taylor, G. W. "Sec" ..Register and Tribune Bldg., Des Moines, Iowa.
 Trenkle, R. L.Haywood Pub. Co., Lafayette, Ind.
 Trendley, H. P.c/o W. D. Gibson Co., Chicago, Ill.
 Walden, Dewey4325 Kenmore Ave., Chicago, Ill.

LIST OF MISSOURI VALLEY CONFERENCE OFFICIALS.

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 Barker, R. W.Cornell College, Mount Vernon, Iowa.
 Bauman, Leon..... University of Kansas, Lawrence, Kans.
 Clapp, Dr. R. G.University of Nebraska, Lincoln, Neb.
 Firkins, B. J.Ames, Iowa.
 Fisher, Chas.University of Missouri, Columbia, Mo.
 Gallagher, E. G.Oklahoma A.&M. College, Stillwater, Okla.
 Hunter, Robt.1014 South Michigan Ave., Chicago, Ill.
 Jacobson, G. C.Ponca City, Okla.
 Keen, PaulUniversity of Oklahoma, Norman, Okla.
 Kellogg, JohnLincoln, Neb.
 Keneen, Jos. Kansas City A.C., Kansas City, Mo.
 Lookabaugh, GuyLawrence, Kans.
 Mallory, Lyman D. ...1227 Walnut Street, Emporia, Kans.
 Otopalik, H.Iowa State College, Ames, Iowa.
 Patterson, B. R. Kansas State Agricultural College, Manhattan, Kans.
 Peckinpugh, 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.
 Voiles, CarlUniversity of Illinois, Urbana, Ill.
 Wallace, LeighNorman, Okla.

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Bailey, W. F.Physical Director, High Point Y.M.C.A., High Point, N. C.
 Drennan, JohnNorth Carolina State College, Raleigh, N. C.
 Quinlan, P. H.University of North Carolina, Chapel Hill, N. C.
 Tilson, TexDuke University, Durham, N. C.

LIST OF EASTERN OFFICIALS.

Cann, W. E. Supervisor Phy. Educ., Public Schools, Elizabeth, N. J.



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No. 150. Our highest grade wool and worsted sweater; heavy weight; coat style; button front; perfect fitting turned down collar. Fashioned sleeves; hand finished throughout; two pockets. Colors: White, Navy, Gray, Maroon. Each, **\$15.00**

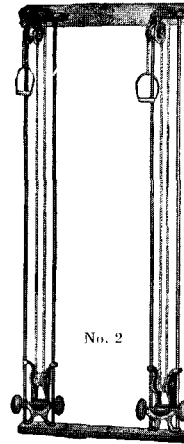
No. 165. Made of heavy weight wool and worsted; V-neck; button front; coat style; easy fitting; two pockets. Colors: Gray, White, Navy. Each, **\$13.50**

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No. 2. A good machine for home use; noiseless and durable. Well made and easy running. Rods are 3/8-inch coppered spring steel. Weights are 5-lb. iron dumb-bells, one to each carriage, and may be removed and used as dumb-bells. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect. Each, \$13.50

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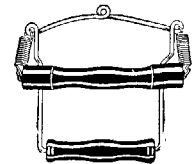
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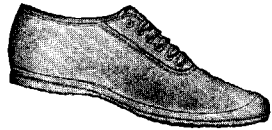
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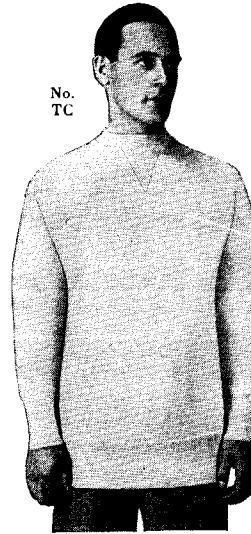
No. I. Canvas Shoe. Low cut. Made up with the Spalding special white rubber sole. Sizes, 6½ to 12, inclusive. Pair, \$2.25

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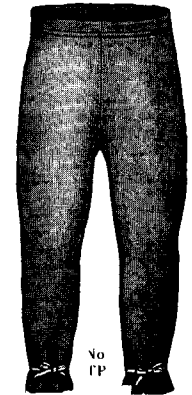
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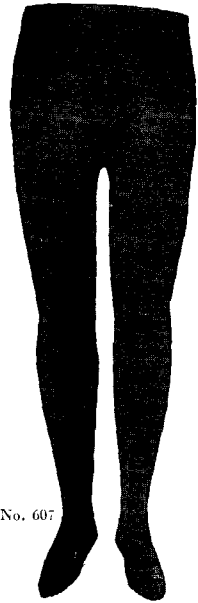
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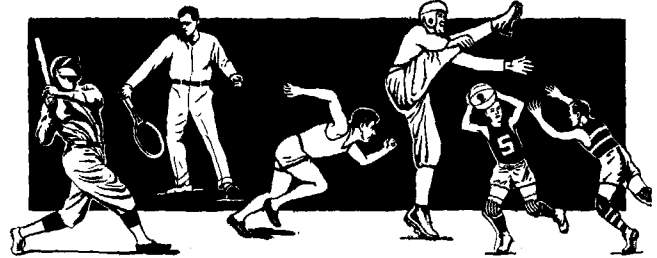
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No. 2



Sportsmen—whatever the Sport—you'll find Spalding Equipment Authentic

A. G. SPALDING & BROS. are the only athletic goods manufacturers in the world making a complete line of team equipment, outfitting the athlete in every sport from head to foot.

Every SPALDING store has a special department catering to colleges and schools. School coaches, superintendents, and physical directors are invited to utilize this feature of our business.

A. G. Spalding & Bros.

Sport Equipment from an Athletic Family



SPALDING

... made the first golf ball — the first tennis ball — the first foot ball — the first basket ball — ever made in this country. Spalding has ever been the leading manufacturer of indoor and outdoor gymnasium apparatus. Spalding has been making authentic athletic equipment for over half a century.

No other manufacturer in the world has a background like Spalding. You can choose your complete sport outfit with the knowledge that everything will be exactly right.

Coaches Office

A. S. Spalding & Bros.

