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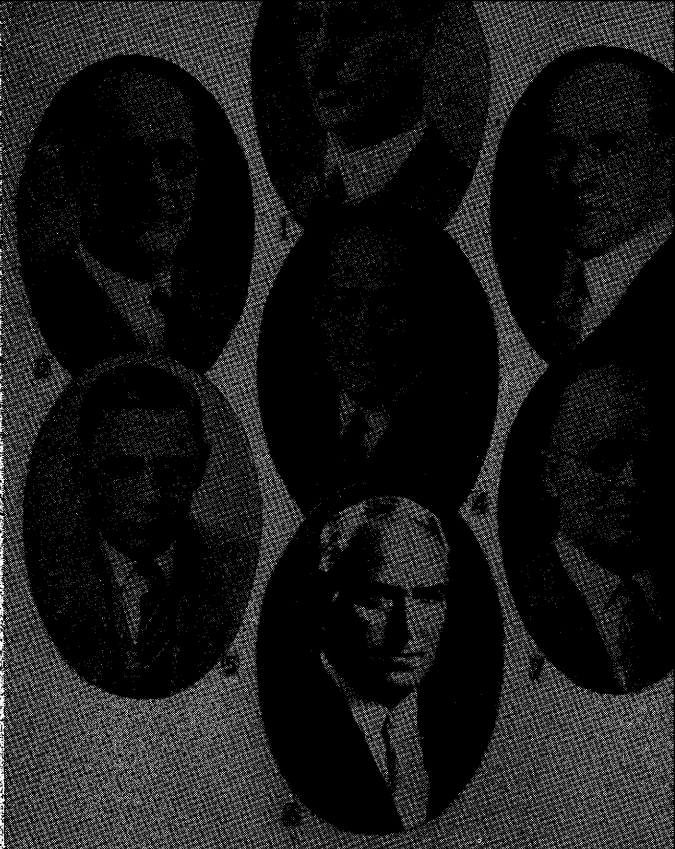
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WRESTLING RULES COMMITTEE OF THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION.

# National Collegiate Athletic Association

# Wrestling Rules

## 1936-37

*As Recommended by the Rules Committee*

*consisting of:*

DR. R. G. CLAPP, Chairman	University of Nebraska
DR. J. A. ROCKWELL, Secretary	Mass. Inst. Tech.
C. P. MILES	Virginia Polytechnic Institute
D. B. SWINGLE	Montana State College
E. G. SCHROEDER	State University of Iowa
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Representative of National High School Federation	

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## Coaches and Contestants—Attention

Much severe criticism of amateur wrestling is caused by the disgusting, unsanitary, and usually unnecessary habit of many wrestlers of expectorating on the wrestling mat or on the floor outside the mat, blowing the nose without use of handkerchief, wiping the nose with the back of the hand and then wiping the hand off on the trunks, etc. Such habits are repulsive to people of culture. The foreign representatives at the Olympics at Los Angeles in 1932 were astonished at the degree to which this was prevalent among our wrestlers. I am informed that many ladies refuse to attend wrestling matches for this reason. There are so many good reasons against and none for these practices that all interested in the development of amateur wrestling should cooperate in the elimination of this evil. The following suggestions, if carried out in both practice and competition, would unquestionably eliminate these practices in a comparatively short time: First, education of the contestants by the coaches as to the detrimental effects of these practices; second, if it is considered necessary (which I personally doubt) for the contestants to have something into which to expectorate during matches, two small boxes of sawdust should be placed at opposite corners of the mat; and, third, much preferable to the second suggestion, require each contestant to carry a small handkerchief somewhere in his "jeans" and use this when necessary. The latter custom is quite common among foreign wrestlers.

R. G. CLAPP, M.D.,  
Chairman National Collegiate Wrestling Rules Committee.

# Changes in Rules and Proposed Changes

---

## COLLEGE RULES.

For the first time since the organization of the National Collegiate Wrestling Rules Committee no changes have been made in the technical rules of wrestling under the College Code. This decision was made for the following reasons:

First—Because of the very general feeling on the part of coaches and others interested in the various sports that the rules-making bodies are too prone to make annual changes in the technical rules governing all sports.

Second—Because of a lack of agreement on the part of the college wrestling coaches present at the annual conference with the Wrestling Rules Committee that any of the proposed changes in rules should be adopted at this time.

Third—Because of lack of time for the Wrestling Rules Committee to give full consideration to the proposals made.

## PROPOSED CHANGES

The above action does not necessarily mean that the Wrestling Rules Committee is opposed to the proposed changes, but rather a feeling on the part of the Committee that conservatism is highly desirable and that no changes in rules should be adopted without the most careful consideration and the assurance that any changes adopted will produce the desired effects. The Committee will continue to study all proposed changes in rules which appear to have merit, and we recommend that those who have made these proposals test them out further and report the results to our Committee.

---

## HIGH SCHOOL RULES.

**Rule 4-A.** The head scissors has been added to the list of illegal holds under the High School Code because of its danger to inexperienced wrestlers and because it is one of the most common causes of "cauliflower" ears.

## PROPOSED CHANGES

The recommendation of the Oklahoma high school wrestling coaches that the inclusion of the 95-lb. class be made compulsory in dual meets and the 185-lb. class be changed to unlimited heavyweight, will be given further study by the Committee. In the meantime the Chairman suggests that if there is a sufficient number of high school wrestlers who weigh more than 185 lbs. to warrant adding an unlimited class (above 185 lbs.), this class be added in district and state championship meets, and possibly in dual meets, by mutual agreement of the coaches concerned.

R. G. CLAPP,

Chairman, National Collegiate Wrestling Rules Committee.

# Rules for Wrestling

Copyright, 1936, by the National Collegiate Athletic Association

## *Wrestling Committee:*

DR. R. G. CLAPP, University of Nebraska, Chairman; D. B. SWINGLE, Montana State College; DR. JOHN A. ROCKWELL, Massachusetts Institute of Technology, Secretary; C. P. MILES, Virginia Polytechnic Institute; B. E. WIGGINS, Columbus (Ohio) Public Schools; E. G. SCHROEDER, State University of Iowa; C. F. FOSTER, Princeton University.

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Particular attention is called to Notice on page 5, entitled:  
"Coaches and Contestants—Attention."

## RULE I.

### Eligibility.

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

In addition to the above, participants in the annual National Collegiate Athletic Association championship meet must conform to the new rules of eligibility adopted in December, 1933, by the N.C.A.A., to apply to all annual championship meets conducted by this Association. These rules will be printed and explained in future entry blanks for the National Collegiate wrestling championship meet.

*Note.* See Rule V, Section 4.

## 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.

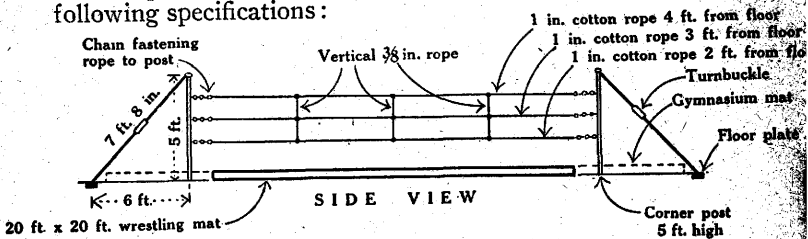
2. No contestant shall be allowed to compete in more than one class in each meet.

*Note.* See Rule V, Section 1, D (a), (b), (c).

### 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. The "roped in" area, when used, shall conform with the following specifications:

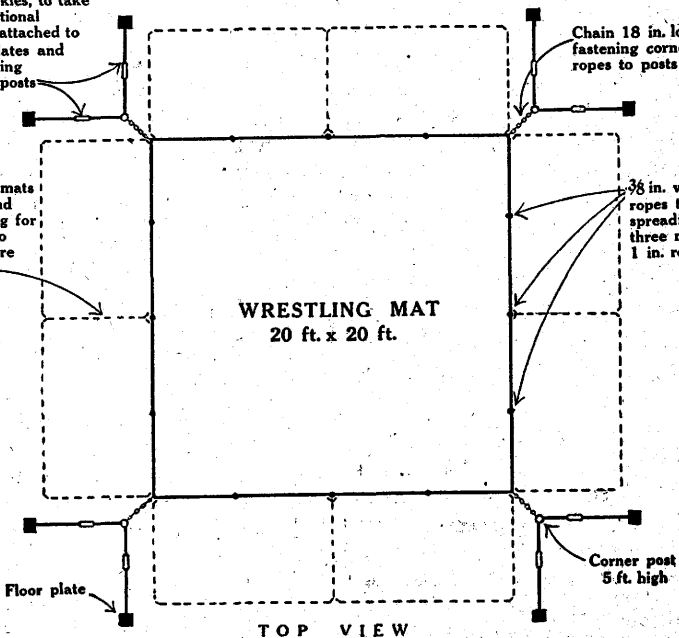


6 ft. steel rods,  
 $\frac{1}{2}$  in. diameter, with turnbuckles, to take up additional length, attached to floor plates and supporting corner posts

Chain 18 in. long fastening corner of ropes to posts

Gymnasium mats placed around wrestling ring for safety and to provide secure footing

$\frac{3}{8}$  in. vertical ropes to prevent spreading of three main 1 in. ropes



**TOP VIEW**

**RULE III**

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, an outside wrestling supporter or close fitting outside short trunks, light heel-less gymnasium shoes laced by means of eyelets, and shirts, if they are required in accordance with the following provision: The home institution shall decide whether shirts shall or shall not be worn; however, the visiting team or teams shall not be required to wear shirts unless they are so notified by the home management at least ten days before the meet. If shirts are worn, they shall be sleeveless; there shall be no fasteners of any sort on the shoulders, and they shall be fastened down at the crotch. (The shirt recommended is the "V" type, fastened underneath the crotch by small hooks and eyes.)

3. The local management in all collegiate wrestling contests should provide a pair of anklets, one red and one green, the same to be worn as distinguishing emblems by the two competing wrestlers. In dual meets it is suggested that the home team wear a red emblem and the visiting team green.

**RULE IV.****Weight Classification.**

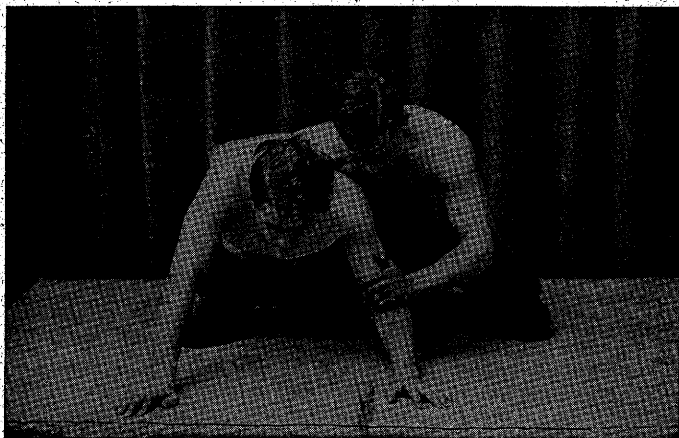
1. Competition shall be divided into eight weight classes as follows:

118 lbs. and under.	155 lbs. and under.
126 lbs. and under.	165 lbs. and under.
135 lbs. and under.	175 lbs. and under.
145 lbs. and under.	Unlimited Heavyweight.



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.

## RULE V.

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

A. **In Championship Meets.** Contestants may weigh-in a maximum of five hours and a minimum of three hours before time meet is scheduled to begin.

B. **In Dual Meets.** 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.

C. **Supervision.** The Referee or other authorized person shall supervise the weighing-in of contestants.

D. (a) In championship or dual meets, a team is privileged to weigh-in two contestants only, in any weight class, but only such contestants as have properly weighed-in for that weight-class shall be allowed to compete.

(b) In championship meets the contestant who is to represent his institution must be named before the drawings are made.

(c) In dual meets the home team representative shall be sent onto the mat first, and he cannot be withdrawn or replaced.

### 2. Weight Allowance

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

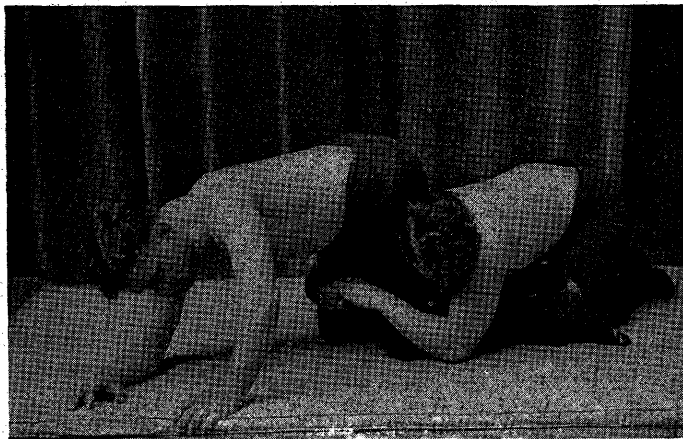
### 3. Failure to Make Weight

Any contestant failing to make weight at the maximum time mutually agreed upon, shall be allowed until the minimum time to make weight (See Rule V, 1-A and 1-B). Contestants who then fail to make the required weight shall be rejected.



**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.**

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

#### 4. Communicable Disease to Disqualify

At the time of the weighing-in on the opening day of the annual National Collegiate Championships, a physician or physicians shall be present to examine all contestants for communicable diseases and shall have power to disqualify any contestant who, in their judgment, will endanger other participants. In other meets, the presence of a communicable disease should be considered full and sufficient reason for disqualification.

### 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.

In the annual National Collegiate championship meet, whenever possible, contestants from the same geographical location or conference, who have previously met in dual or other competition, shall be so seeded as to prevent them from meeting in the early rounds.

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

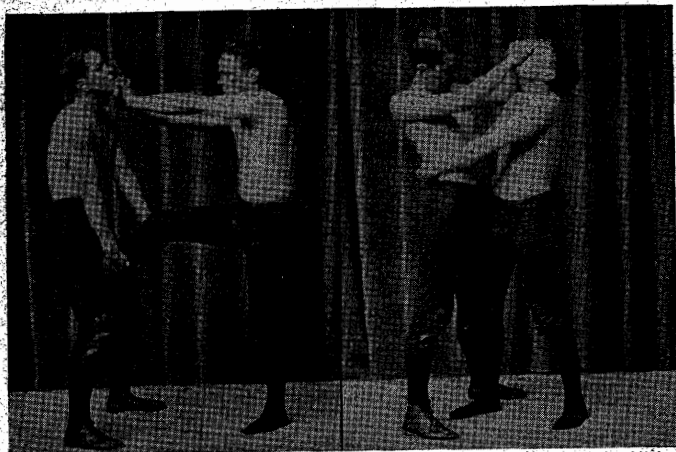
#### Method of Drawing in Bagnall-Wild System.

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 118-lb. class, and progressing in order up to the heavyweight class 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).**

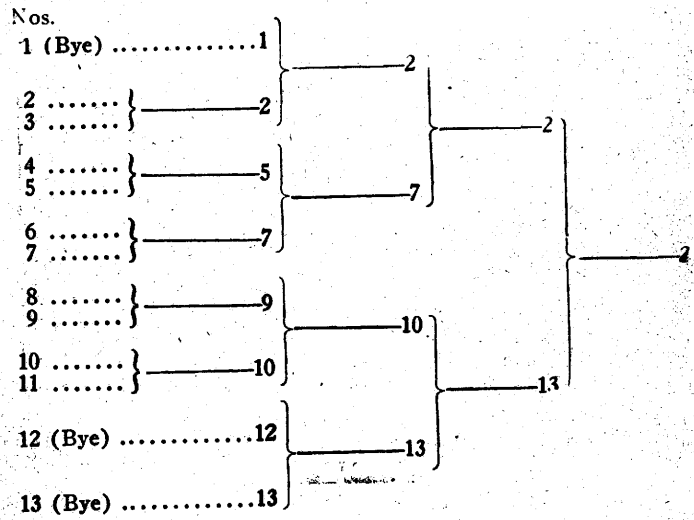
This form of blocking is illegal because it is over mouth, nose and eyes, in contrast to position in No. 6.

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.

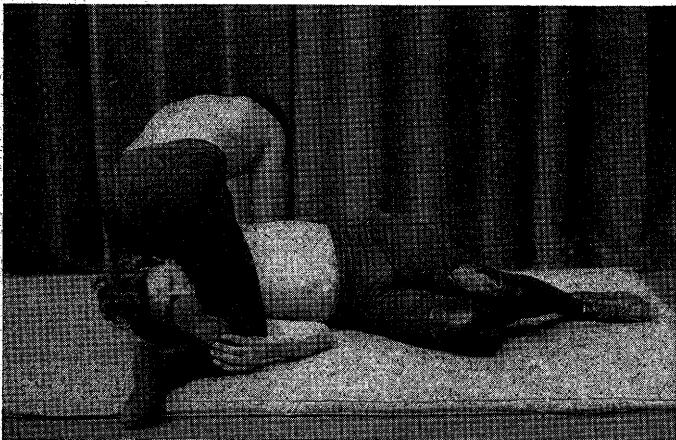
5. Graphic Illustration of Drawings by Bagnall-Wild System.





**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.

## RULE VI

The foregoing 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 later rounds, and there will be no byes after the first round.

## 6. Contestants Eligible for Second Place Matches.

A. 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.

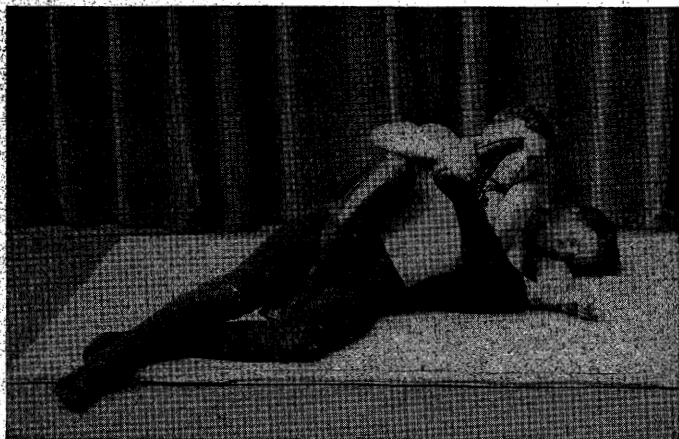
B. When only two contestants have been defeated by the winner of first place prior to the final championship match, the two defeated contestants shall compete in a preliminary second place round and the winner of the bout shall meet the defeated finalist to decide the second place winner. When more than two contestants have been defeated by the winner of first place prior to the final championship match, preliminary matches will be necessary and should be conducted *in accordance with the original first round drawings*. Those contestants eligible are designated in Section 6A of this Rule. Referring to the "Graphic Illustration" under Section 5, those eligible 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.



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.

## 7. Contestants Eligible for Preliminary Third Place Matches.

A. 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.

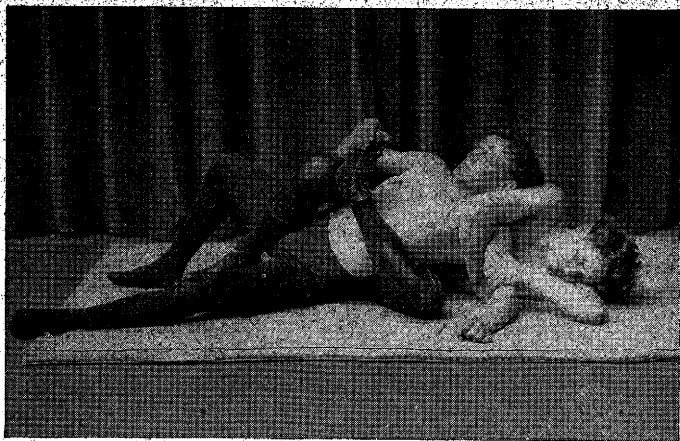
B. A third place round shall be contested only when the winner of second place is the defeated finalist. (See Section 7A.) When a third place round is necessary, it shall be conducted as follows: In each weight the defeated contender in the final second place match shall meet, to decide third place, 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.

C. When more than two contestants have been defeated by the winner of second place prior to the final second place match, third place preliminary matches will be necessary and should be conducted *in accordance with the original first place drawings*. (See Section 6B.) 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.

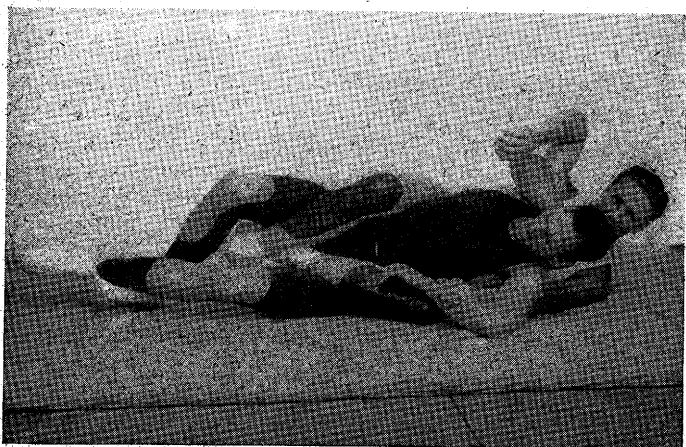
### Legal and Illegal Holds.

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, certain body slams (See Note 6), 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



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.

## RULE VII

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 instructed 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), the keylock and other more or less dangerous holds. Contestants should have a knowledge of the dangers of these holds and a knowledge of the blocks for them.

*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. 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.

*Note 6.* A body slam is illegal unless the attacker brings one of his knees to the mat before the upper part of his opponent's body touches the mat. The term "slam" refers to the lifting of an opponent off his feet and slamming him to the mat.

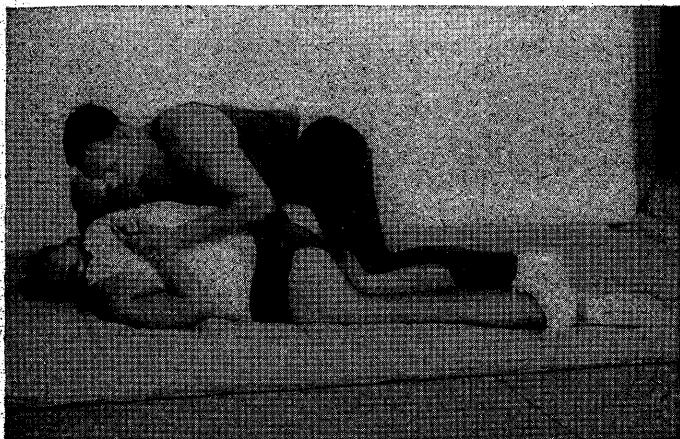
**2. Unnecessary Roughness.** No striking, kicking, gouging, hair pulling, butting, elbowing, strangling, or anything that endangers life or limb shall be allowed.

**3. Referee's Position on the Mat.** The defensive contestant must place both knees on the mat, with the lower legs parallel, and he must place the heels of both hands on



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.

the mat not less than 12 inches in front of the knees. The offensive wrestler shall be slightly over opponent at his left (or right) side with his right (or left) arm resting *loosely* around opponent's waist and his left (or right) hand *loosely* on opponent's left (or right) elbow. Both of his knees shall be on the mat and outside of defensive wrestler's near leg.

*Note 1.* See cuts on pages 10, 12 and 14.

*Note 2.* 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 2A.

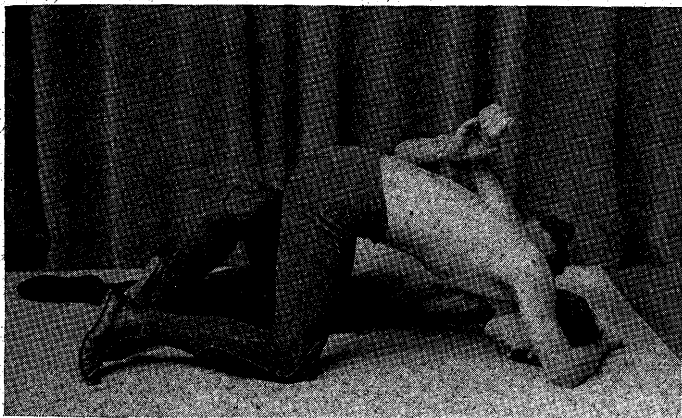
B. If a contestant held a position of advantage immediately before leaving the mat, on resumption of the match this contestant shall be given the position of advantage in the "Referee's Position on the Mat." (See Rule VII, Section 3), except when Referee applies penalties indicated in Rule X, Sections 2B, 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.)



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.

## 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.)

*Note.* Referees are expected to enforce the foregoing rules on stalling.

## 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, the Referee may order the men to their feet in the neutral position, or he may warn the offending contestant once, after which he SHALL order the men to their feet in the neutral position.

B. If, in the opinion of the Referee, a contestant in the neutral position on the feet, is stalling, the Referee may put the contestants in the Referee's Position on the mat with the offender underneath, or he may warn the offending contestant once, after which he SHALL put the contestants in the Referee's Position on the mat with the offender underneath.

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

### 2. Intentionally Going Off Mat.

A. 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.)

B. In case a contestant repeatedly infringes on Rule X, Section 2A, or intentionally and repeatedly goes off the

**RULE X**

mat while in the defensive position on the mat, the Referee may award a fall to his opponent after two warnings have been given to the offending wrestler.

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.

*Note.* Referees are expected to enforce the foregoing penalties.

5. For infringements on Rule VII, Sections 1 and 2, by the offensive wrestler, when injury does not result in application of penalty provided under Rule XI, Section 3, the penalty shall be loss of his position of advantage. If repeated infringements are made by the defensive wrestler, or occur when contestants are in neutral position on the feet, the Referee may award a fall to the offended wrestler.

**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.

5. Whenever a contestant defaults a match in any championship meet, he is thereby barred from further participation in that meet; however, this shall not make him ineligible for the third place award in case he is injured in a final first place match and is obliged to default.

## RULE XII.

### Length of Bouts.

1. **Methods of Conducting and Length of All Dual Meet 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 unless a fall occurs. If no fall occurs and 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

**RULE XII**

previous bout, except as provided in Sections 4 and 5A and 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. A fall in the first two-minute bout terminates the match. If neither contestant secures a fall in the first two-minute period, the Referee shall stop the bout and 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 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, except as provided in Rule XII, Sections 4, 5A and B. When a fall does not occur in these matches, the Referee is expected to name the winner; however, cases do sometimes occur in which neither contestant has shown any superiority whatsoever. In such exceptional matches the Referee may call for overtime bouts, after which he must name the winner.

3. **Extra-Period Bouts.** If the Referee makes no decision at the end of the main bout in dual meets or first place matches in championship meets, two extra periods of three minutes each shall be wrestled. If the Referee cannot make a decision at the end of the third two-minute bout in second or third place matches in championship meets, two extra periods of two minutes each shall be wrestled. Both

**RULE XII**

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, or to the three regular two-minute bouts in second and third place championship contests.

**4. Length of Championship Bouts When Falls Occur.** When a fall occurs in a first four-minute bout, a second two-minute bout, or a first extra-period bout of a Championship meet, it should be understood that the second four-minute bout, the third two-minute bout, or the second extra-period bout, terminates at the elapsed time at which the fall terminated the previous bout. Example: "A" wins fall in four-minute bout with "B" in two minutes. The second four-minute bout is really only two minutes in length, as it would be impossible for "B" to win this bout after the two minutes have elapsed.

*Note.* For length of bouts when falls occur in dual meet matches, see Rule XVI, Section 2A.

**5. 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. Two-Minute and 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 next bout, except when the first four-minute or second 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.

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**RULE XIII.****1. Pin Falls. 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. The two-second count shall start only after the Referee is in such position that he knows positively that both of the defensive contestant's shoulders are in contact with the mat, after which shoulders must be held in continuous contact with the mat for two seconds before a fall shall be awarded.)

**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 the defensive wrestler is handicapped by having any portion of his body off the mat or in contact with the ropes, the Referee shall stop the bout, which shall be resumed in accordance with Rule VIII, Section 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, and Rule XVI, 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.)

**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*, provided 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 contest.

*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.

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* except as provided in Rule XII, Section 2. No time-advantage is required.

**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 in the extra-period bout*, without taking into consideration anything that may have happened in the regular bout or bouts. No time-advantage is required.

**B. In Dual Meets.** The Referee may award the decision as in A above, or he may declare the bout a draw if, in his opinion, neither contestant has shown sufficient

**RULE XV**

superiority to warrant the award, in which case the points for a decision shall be divided between the contestants. No time-advantage is required.

4. The Referee is not allowed to consult the Timekeepers' watches before making his decision under Sections 2 and 3 preceding.

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

1. **Team Championship Meets.** In intercollegiate championships, first place in each weight shall count 5 points, second place shall count 3 points and third place shall count 1 point. One 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.* For information concerning the length of these bouts when falls occur, see Rule 12, Section 3 and 4.

**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.

## RULE XVI

3. **Team Championship or Dual Meets.** If a contestant secures a fall in each of the two four-minute, two-minute or extra-period bouts in *Team 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 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. In all matches not terminated by a fall, the Referee must make his decision before he is informed regarding the time advantage of either contestant.

**RULE XVII**

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

8. *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.*

9. 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.

10. 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.

11. 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.

12. The Referee **MUST** enforce **VIGOROUSLY** and **PROMPTLY** the penalties for stalling, etc., as provided in Rule X.

13. **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.

## RULE XVII

14. 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.)

15. 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.

16. When there is no disagreement among the Timekeepers as to the timing of a bout, their decision shall be final unless Sections 3, 4, 13 or 14 of this rule have been violated.

17. In case of disagreement among Timekeepers, or violation of Sections 3, 4, 13 or 14 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.

*Note.* In case the coaches concerned are unable to agree on a shorter maximum weighing-in time than the five hours specified as the maximum in these rules, it is understood that the maximum amount of time as specified in the rules shall hold.

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.
- 185 lbs. and under.

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 185-lb. 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 *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.

## HIGH SCHOOL WRESTLING RULES

## 4. Legal and Illegal Holds.

A. In addition to holds barred in College Rule VII, Sections 1 and 2, all "slams" from a standing position (Rule VII, Section 1, Note 6) and the "fall-back" from the standing position, and the head scissors, are barred.

*Note.* 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."

B. Penalty for infringement on Rule 4-A by offensive wrestler is loss of his position of advantage. (In case of injury to the defensive contestant by above illegal holds, Rule XI-3 of the Collegiate rules shall apply.)

## 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

**HIGH SCHOOL WRESTLING RULES**

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 1.* 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.)

*Note 2.* The interval between the first and second place final bouts of a championship meet shall be not less than one (1) hour.

**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. The Referee is expected to make a decision in these matches; however, cases do sometimes occur in which neither contestant has shown any superiority whatsoever. In such exceptional matches, the Referee may call for overtime bouts, after which he must name the winner.

*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.

## HIGH SCHOOL WRESTLING RULES

**C. Extra-Period Bouts.** When the Referee declares a match a draw at the end of the main bout, two extra-period bouts of two minutes 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 in dual meets.

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

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1. **RULE III. Q.**—Are ropes required?  
*A.*—No. They are 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 1. 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.*—Yes. See Rule X, Section 5.
  5. **RULE VII, SECTIONS 1 AND 2. 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. (See Rule X, Section 5.)
  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 broken, 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. **RULE X. 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 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.
11. **RULE XV, SECTION 2-A. Q.**—Must the referee make a decision in all championship matches?  
*A.*—Yes. See Rule XII, Sections 2 and 3, and Rule XV.
12. **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.
13. **RULE XV, SECTION 1, and RULE XVII, SECTION 6. Q.**—Is the Referee privileged to ask the Timekeepers for the time advantage before he makes his decision in any match?  
*A.*—No. The rules require that the Referee shall make his decision before he knows the time advantage. Before the meet starts the Referee should be provided with blanks upon which to indicate his decision, and after a match is finished he should write the name of the winner on one of these blanks and hand the same to the Scorer or Head Timekeeper. If the contestant he has named as winner has the necessary time advantage, if any is required, this contestant shall be announced as winner.

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. See Rule X, Section 5.
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.—No. See Rule XI, Section 5.
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.—No. See 9 above.
11. 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.—See Rule III, Section 3.
12. RULE III, SECTION 2. Q.—Is a man permitted to wrestle barefooted?  
A.—No. The rules require 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 11. 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 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.
18. 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.

19. **RULE II, SECTION 2. 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.
20. **RULE II, SECTION 2. 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. 11 in "Q. and A." by R. G. Clapp.
2. **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.
3. **Q.**—Should not Timers call out the passing minutes so distinctly as to be heard by contestants, coaches and spectators?  
*A.*—Yes.
4. **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.
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.

# Instructions to Referees and Suggestions to Coaches

By R. G. CLAPP, M.D.,

*Chairman N.C.A.A. Wrestling Rules Committee.*

## 1. WARNINGS BY REFEREES FOR STALLING

Rule X, Section 1 (A and B), of the National Collegiate code, in the past, required the referee to penalize contestants for stalling on *first offense*, but most referees have hesitated to penalize as required by the rules. Therefore, the Rules Committee, after a lengthy discussion of this matter, decided that it would be fairer to all concerned to provide for a single warning. With this new provision there seems to be no logical reason why the referee shall not strictly enforce the rule, and the committee expects all referees to do so.

## 2. DANGEROUS HOLDS

Rule VII, Section 2, provides that anything which endangers life or limb is barred under the intercollegiate wrestling code. Recently the attention of the committee has been called to rather serious accidents which have resulted from the use of the "Japanese keyhold". Referees should bear in mind that much damage to intercollegiate wrestling may result from any serious accident in competition, and therefore all referees should be alert to prevent the use of dangerous holds before injury results.

Furthermore, no contestant should ever be put in a position where he must yield a fall to avoid injury to a limb or to escape severe punishment. Intercollegiate wrestling is a contest of strength, speed and skill, and not punishment, and referees are expected to require contestants to break holds which endanger life or limb, and which are primarily punishing holds. No contestant should be allowed to retain any advantage which he has secured through use of an illegitimate hold.

## 3. BASIS OF DECISION

Unfortunately it still seems necessary to call the attention of referees to the fact that decisions should be made on aggressiveness and wrestling ability, and not on time advantage; and also to the fact that the referee must indicate his opinion as to the winner of the bout before he inquires as to the time advantage of either contestant.

In cases where the offensive wrestler has not shown superior aggressiveness and wrestling ability but has been content simply to retain his position behind, the referee is expected to call for extra period bouts even though he may know that the offensive wrestler has a considerable time advantage.

## 4. FALLS

Referees should bear in mind that both shoulders of the defensive wrestler must be held in continuous contact with the mat for a full two seconds before

a fall shall be awarded, and that the two-second count shall not start until the referee is in such position that he can see clearly that both shoulders are touching the mat.

### 5. DISCOURAGE DEFENSIVE STALLING

When a defensive wrestler in the under position on the mat "closes up" and refuses to work except to prevent a fall, the referee should promptly give the two warnings required in Rule 10, Section 2B, and if the defensive wrestler still persists in doing this after the warnings, the referee should award a fall to his opponent.

### BARRING DANGEROUS HOLDS

Many requests have come to the Wrestling Rules Committee recently to add holds to the list of those already barred. These requests usually have been made because of injuries resulting from the use of certain questionable holds. The committee has taken the general stand that it is not advisable to have a long list of holds specifically barred, inasmuch as every really dangerous hold is covered under Rule VII, Section 2. The committee believes that college wrestling coaches know what holds come within the letter and spirit of our intercollegiate rules, and that coaches should avoid teaching or allowing any and all holds which are outside the spirit of the rules. The coaches hold, primarily, in their own hands the key to increased popularity and development of intercollegiate wrestling. The coach should discourage any and all holds which might result in serious injury to contestants as well as jeopardize his own personal interests through possible elimination of wrestling as an intercollegiate sport at his institution.

### TRY OUT SUGGESTED CHANGES IN RULES

A large number of suggestions relative to changes in intercollegiate rules, some of them quite radical in nature, have been brought to the attention of the Wrestling Rules Committee. The committee suggests that coaches who recommend radical changes in rules try to arrange with coaches of teams with which they compete, to conduct an occasional dual meet under the changes suggested. It would be of great value (to the committee) if the coaches would try out the various changes before they are recommended (to us) for adoption.

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## WRESTLING FOR BEGINNERS

By B. F. MOONEY, Ohio State University

Outlined Lessons on the Fundamentals of Wrestling  
With 63 Illustrations

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# Medical Suggestions for Protective and Preventive Measures

BY JOHN A. ROCKWELL, M.D.

The athletic programs in our colleges today are the culmination of evolutionary steps through years of transition from the individual effort to the group or team competition. They may be intramural or intercollegiate in nature.

Our present aim is to foster such healthy and manly contests and to offer every advantage to the participant for his enjoyment of the game, as well as for improving his physical and moral upbuilding.

In wrestling we meet with unusual demands which call for strength, intelligence, courage and fine sportsmanship. The National Collegiate Wrestling Rules Committee feels that the present rules offer the greatest opportunity possible for the individual's benefit, without deleting too severely that which is of interest to the sport-loving public.

The wrestling game is a rugged sport and quite innocently and unintentionally injuries to bones, muscles, ligaments, fingers, ears and skin may result during practice or championship bouts, notwithstanding the present regulation of the sport.

It therefore becomes the imperative and absolute duty of the coach and captain to protect their squad from any or all of these possible emergencies. The preventive measure of keeping clean the equipment, as well as the bodies and garments of contestants, is essential. Injuries should be anticipated when possible, and no candidate should be allowed to compete if structural damage is even suspected. Medical advice should be sought early in these cases.

The following two situations are detailed as guides to those in charge of candidates who may require special attention. The Rules Committee felt that this simple procedure might be of assistance to coaches and physicians in meeting any such complications.

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## Impetigo

BY JOHN A. ROCKWELL, M.D.

"Impetigo contagiosa is a contagious disease of the skin, characterized by vesicles, pustules and superficial crusts, usually occurring on exposed portions—the ears, neck, face and hands—devoid of subjective sensations, and terminating without sequels." (TILBURY FOX.)

This disease is a pus infection. Abrasion of the skin surface from any cause is the entering wedge of this most contagious of the commoner skin diseases. The infection may be streptococci, staphylococci, or combined. A large number of observers have examined the lesions bacteriologically and find the majority are of staphylococci origin.

The discreet, vesicular, pustular and crusted lesions of impetigo are readily distinguished from pustular eczema by the presence in the latter of infiltration, weeping, *itching*, and the occurrence of *large* patches.

In impetigo proper the *early* lesion is a flat and erythematous (reddened) spot, which soon changes to a blister. This blister rapidly changes to a pustule which subsequently dries, forming a superficial crust.

These crusts are gummy-like, yellowish, very superficial, and appear as if stuck to the skin. They extend beyond the margin of the original area with their edges somewhat freed at the border. This crust is easily removed and the underlying skin area, which is of superficial nature, with its distinct marginal outline, presents a weeping surface which, in turn, dries and is the base of another crust formation. These areas vary in size from a pin head to that of a dime, or even larger.

Because of the non-irritating nature of this disease, it is frequently disregarded and considered merely as a so-called fever blister. Before the individual is aware of the true nature of his skin condition, he may have transmitted the infection to others. It therefore becomes the duty of any coach, manager or captain of a group of athletes, to note carefully any skin affliction appearing in his squad.

*Treatment:* Absolute cleanliness precludes any chance of contagion. The preventive side, therefore, constitutes the initial treatment. Wrestling covers, clothing and the individual contestant should all come under the observation and general inspection of the authorities in charge of the health program. Through carelessness, neglect and unintentional disregard of a skin lesion by the individual, whole squads have been known to become the victims of impetigo, with the resulting cancellation of intercollegiate contests.

The scales, or crusts, should be carefully removed and burned or otherwise destroyed. The underlying reddened moist surface is then firmly wiped with cotton or gauze saturated with any antiseptic lotion (bichloride solution, 1 : 2000; saturated boric acid solution, a permanganate of potassium solution; hexylresorcinol, 1 : 1000; metaphen, 1 : 2000, etc.). When the areas have been thoroughly washed, using firm pressure on the cotton applicator, the surfaces should be anointed with some mercurial ointment. Ammoniated mercury ointment, 4 to 10 per cent, is the standard application. The procedure should be repeated once or twice daily until all signs of crusting and oozing of the various areas have subsided.

Athletes inflicted with impetigo should not compete in contact sports while under treatment. There is no objection to the individuals exercising in the open air for conditioning purposes. Their linen and towels, brushes, combs and other toilet articles should be either destroyed or thoroughly soaked in any of the numerous antiseptic solutions and placed in the sunlight for drying.

*Note:* Whereas persistent, careful and thorough treatment of impetigo is essential, it is quite possible to apply an aggressiveness of treatment over and above the required measures necessary and create an irritation of the skin, resulting in an eczema, or some other complication.

Whereas, in adults, impetigo is a purely local condition causing no constitutional symptoms, the general laws governing hygienic living should be rigorously adhered to, such as adequate nourishment, taking freely of fluids, good elimination, systematic exercise and regular hours of sleep.

## Watch the Ears Carefully

BY DONALD B. SINCLAIR, M.D., PRINCETON UNIVERSITY.

The external ear is, to all practical purposes, a sandwich, with a single layer of cartilage between two layers of skin. These layers of skin are not very tightly attached to the cartilage, and any hard rubbing or rolling motion separates the skin from the cartilage, much as the skin of a peach can be rubbed off the fruit. The bleeding caused by this separation, though not visible on the surface, makes a pool of varying size between the skin and cartilage, and, if not properly and promptly treated, the blood first clots, and then changes into definite solid tissue, making that part of the ear hard and thick—the familiar cauliflower ear.

The treatment of this condition divides itself naturally into two classes—prevention and cure. In the realm of prevention, there are several designs of helmets which can be used in practice, to avoid the development of a large number of injured ears.

After the first injury, however, when the hematoma, or blood clot, has been formed, the need for cure appears, and it is here that most of the bad results that one sees, have their start. The ideal treatment of the condition, from this point on, consists of two parts: (1) relief of the swelling already formed, and (2) avoidance of further injury, until the affected part has had a chance to return to normal. The swelling can best be relieved by the immediate removal of the blood under the skin. This is most satisfactorily accomplished by aspiration of the fluid blood with an ordinary hypodermic needle and syringe; but this *must* be done under strict aseptic precautions, and by a properly qualified doctor, for the danger of infection in freshly damaged tissue is very great. A pressure dressing is then applied, to prevent further seepage of blood or serum between the skin and cartilage. This dressing may be of a number of types: pads of gauze, held in place with tight adhesive strips, with or without the addition of sponge rubber pads for additional pressure; or a pad of cotton and collodion, applied to the whole ear, from the middle out to the surface, in thin layers laid on successively, each layer being allowed to harden before the next is applied. The latter type is probably more comfortable than the dressing of gauze with tight pressure, but in severe cases the heavier pressure may be found necessary, at least for a time. In mild cases this treatment alone—aspiration plus the collodion dressing—may be sufficient. In severe cases it may be necessary to have the ear aspirated a number of times, to get rid of the serum that will collect, even after all active bleeding has ceased; the pressure bandage being replaced immediately after each aspiration.

In the meantime, until the ear has returned to normal, and all tendency to fill up again has disappeared, the wrestler must not risk any further injury, either refraining from wrestling altogether, or doing so only with adequate protection in the form of a headguard.

An ear which has already reached the typical cauliflower stage—hard, deformed and hideous—can be repaired and brought back nearly, if not quite, to normal contours, through the services of a capable and experienced plastic surgeon.

# Dehydration

By DR. JOHN A. ROCKWELL, MASSACHUSETTS INSTITUTE OF TECHNOLOGY.

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

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

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

Following a full discussion of this question and to prevent certain coaches who are indifferent to the individual's health because of a desire to have a winning team, the Eastern Intercollegiate Wrestling Association adopted two new rules governing their intercollegiate championships: *i. e.*, (1) Net weights for intercollegiate wrestling on the day before the finals and one pound allowance on the day of the finals; (2) The "weighing-in" time to be not longer than three hours before the contest. By circumscribing these two mooted questions of "making weight" and "weighing-in" time with the foregoing rules of limitation, it is hoped to prevent any further practices which an indifferent coach or captain may be guilty of exercising in future contests. Many coaches have learned to their sorrow that this practice has so enervated their prospect in the class entered, that he has failed to make a good showing, which condition would not have maintained had he been in his best physical condition, even in a higher class.

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

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

## Attention to Details will Ensure Safety

BY HUGO OTOPALIK, IOWA STATE COLLEGE,

The N.C.A.A. Wrestling Rules Committee recently suggested that the coaches' association send out a questionnaire dealing with injuries caused while wrestling. This questionnaire was compiled and mailed to approximately a hundred coaches in colleges, athletic clubs, Y.M.C.A.'s and high schools. Few responded with information, due either to lack of interest or because they felt the information of no moment, or it might have been that they had no injuries to report. The fact that coaches who returned blanks had charge of approximately a thousand wrestlers, ranging in age from 17 to 24, the average being 20 years, and their weights varying from 95 to 200, with an average of 145 pounds, may be of interest. There were more injuries in the lighter four weights than in the heavier classes. Of course there are more wrestlers in the lighter weights in all schools.

Considering the number of injuries among this one thousand men participating in wrestling, it may be truthfully said that incapacities were very few when compared with a majority of other sports, and certainly there have been practically no serious or permanent injuries. Cauliflower ears take first rank in the number of injuries, and this probably is the most serious objection that can be brought up against this ancient sport.

Infections caused by improper care of mat burns, scratches, etc., come second. It is brought out that unsanitary rooms, mat covers and unclean clothes are a great factor in these infections. Broken bones, dislocations and sprains come next in order, and these are caused primarily by body slams, use of wristlocks or hammerlocks, or tripping over loose mat covers and falling to mat. Practically all dislocations occurred at the elbow, and sprains at the shoulder.

As may be expected, the greater number of injuries occur to beginners or those who are not in the best of physical and, it might be said, mental condition.

The general causes of injuries as reported by the coaches were as follows: Use of headlocks, body slams, head scissors, keylock, wristlock, falling on shoulder or elbow, falling or tripping over loose covers, improper use of switch, blocking the wristlock, and falling on bare floors, surrounding the mat proper. One case of cauliflower ears was caused by wrestling while the ears were frozen, and another reported that "plain, dumb clumsiness" caused a dislocated elbow.

It is interesting to note that a large majority of injuries were received when the injured man was in defense. It would seem then that we should train and coach our men to use offensive tactics more than they have in the past. Holds used when injuries occurred were declared legal in practically all cases; only two were noted otherwise.

It was while at practice that most injuries took place. Possibly wrestling too carelessly or loosely, or being unfamiliar with the dangers, caused the accidents. There were as many mishaps in the early part of the bouts as in the latter part. Strange as it may seem, most injuries occurred in the latter part of the season at a time when the men are supposed to be in the best condition. None of the coaches admitted their men were wrestling with superior opponents. It might be the "tougher competition," or it might be carelessness or staleness, when a greater number of accidents occur in the latter part of the season.

In the main the injuries that were reported incapacitated the men for the remainder of the season. The average loss of time was three weeks. In every case the coach was present when injuries occurred, and in only one or two instances was improper equipment the cause.

Let it be said here most emphatically, that in a sport such as wrestling, where most serious injuries often occur, no boys should be allowed the use of the wrestling room and mats without proper supervision at any time.

It is good to hear that many coaches had no injuries whatsoever, while others reported a considerable number. As a whole the coaches seem satisfied with the present rules, although the following suggestions were offered to bring about a more satisfactory state of affairs in amateur wrestling:

"Compel the officials to learn the rules and enforce them as they should be."

"Eliminate the head scissors; it is a dangerous hold and repulsive to the spectators; too many bad ears result from its use."

"No injuries to speak of this year; a couple of bad ears caused by head scissors and headlocks; cut out the head scissors."

"Wrestling and all personal contact sports will always provide accidents; leave the rules alone."

"We need more definite legislation in regard to double wristlocks. No two officials have the same idea about coping with the delicate situation that comes up when the wristlock is used. Rules are not definite enough on this point. Bar the wristlock if we can't agree on how it should be handled."

"Unrestrained and impetuous eagerness among beginners has been largely responsible for injuries sustained by my group of wrestlers."

"We did not have a single injury that required the attention of a doctor or nurse, in spite of the fact that we have 145 boys reporting. We stress the reporting of the slightest injury and the necessity of proper care."

"'Bad ear'; this is the only injury of any kind I have experienced on my squad in five years."

"No injuries except one bad ear and a couple of boils. There have been injuries in wrestling, but half have been the fault of the referee for not stopping abuses that cause injuries. It will be a good thing to determine what is the cause of injuries. Infections and boils can be educated out of the wrestling business. Wrestling half speed causes most injuries, or the misuse of wristlocks."

"Prohibit double bar arm over head; educate the referee more; prohibit use of scissors for punishment; compel coaches to submit lineup at least one-half hour before meet starts."

"Good coaching and proper training, a larger and thicker mat cover, good and clean covers daily, plenty of space around mat, covered walls, good ventilation, sunshine, tight mat covers, good clothing for wrestlers, headgears, personal cleanliness, alcoholic rub after workout, prevention of colds, will help make wrestling a better and safer sport for our boys."

One of the more serious sides and more harmful phases of the game is the unforgivable excessive weight reduction as practiced by a few thoughtless coaches. There probably isn't another single factor that parents and physical education authorities object to in wrestling as this malicious practice; any number of cases may be mentioned where during "college days" a boy has been starved and dried out to such an extent that he never returned to normal weight.

The Big Six conference directors, seeing the dangers, have made a move in the right direction when a ruling was passed in the spring of 1935, compelling wrestlers to weigh in not earlier than one hour before competition begins. This should to a great extent, stop this obnoxious practice and should equalize competition.