

THE OFFICIAL WRESTLING GUIDE

OFFICIAL WRESTLING RULES

OF THE
NATIONAL COLLEGIATE
ATHLETIC ASSOCIATION

A. S. BARNES AND COMPANY

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Dr. R. G. Clapp



B. R. Patterson

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J. E. Bullock



Cliff Keen



John W. Hancock



Elbert F. Caraway



R. H. Swartz

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R. L. Carns

NCAA Wrestling Rules Committee

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B. R. Patterson, <i>Chairman</i>	University of Nebraska
J. E. Bullock.....	Williams College
Clifford Keen.....	University of Michigan
J. W. Hancock.....	Colo. State College of Educ.
E. F. Caraway.....	Lehigh University
Ray Swartz.....	United States Naval Academy
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Art Griffith.....	Oklahoma A & M. College
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College Wrestling Rules

RULE 1—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.

2. In addition to the above, participants in the National Collegiate Athletic Association tournament must represent institutions which are active individual or allied members of the National Collegiate Athletic Association and must conform to the rules of eligibility adopted 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 the entry blanks for the National Collegiate Wrestling tournament. Representatives of institutions which are included in the Allied Membership of the N.C.A.A. may participate, provided the representatives' institution pays into the N.C.A.A. treasury a fee of \$10.00. In addition to the above, the usual individual entry fee of \$2.00 is charged by the National Collegiate Wrestling Rules Committee.

Note. See Rule 5, Section 4.

3. All colleges, universities and institutions of learning in the United States with acceptable scholastic and athletic standards may be elected to membership in the National Collegiate Athletic Association. To comply with "acceptable *scholastic* standards" the institution must be on the approved list of the accepted accrediting agency of the district in which the institution is located.

An institution is considered as having "satisfactory *athletic* standards" on approval of its standards by a two-thirds majority of the active members of the N.C.A.A. in the Association District in which the institution is located. Further information regarding application for membership may be obtained from the Secretary of the N.C.A.A., Kenneth L. Wilson, Hotel Sherman, Chicago, Ill. At least 30 days should be allowed for the above procedure.

RULE 2—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 5, Section 1D (a), (b), (c).

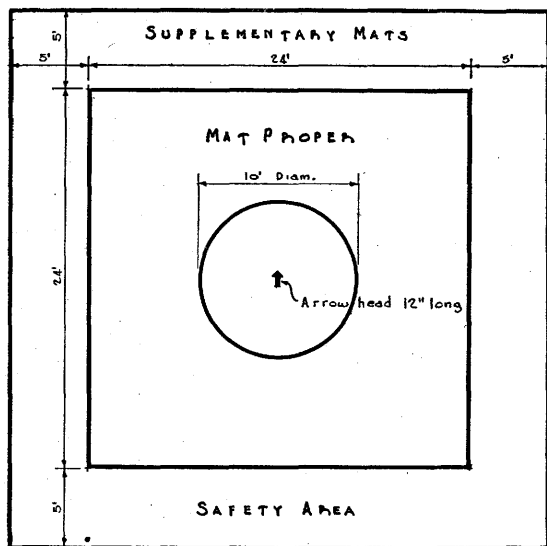
RULE 3—MATS, ROPES AND COSTUMES

1. The area of the mat shall not be less than 24 feet by 24 feet.

Supplementary mats, 5 feet in width, should extend entirely around the mat proper.

Ropes and Raised Platforms are Illegal

Standard Size Mat



1. All lines are 2" wide.
2. Desirable for mat cover to be over entire area.
3. If other than standard sized wrestling area is used, the safety area should be approximately 5 feet in width.

Rule 3—Section 1 (Continued)

It is recommended for competition and for practice that a cotton flannel, rubber, or plastic mat cover be provided sufficiently large to cover the mat proper and all supplementary mats and to fold under the edge of the supplementary mats for a distance of at least one foot on all sides. This cover should be stretched tight and should be held in place by ropes, or tape fastening the mat cover to the under side of the supplementary mats, or by lacing the cover underneath the mats. The wrestling area should be marked off on the mat cover by painted lines two inches in width. At the center of the mat proper there shall be similarly painted a circle ten feet in diameter. Whenever the match is started or resumed with contestants in neutral position on the feet the contestants shall be within and on opposite sides of this circle and throughout the match contestants are expected to wrestle within this circle so far as possible. There shall be placed at the center of the cover an arrow head twelve inches long, placed perpendicular to and pointing away from the timer's table and not pointing towards either team. This arrow designates the place where matches are to start and the direction wrestlers are to face when starting the wrestling from "the referee's position on the mat."

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.)

The Wrestling Rules Committee strongly recommends that protective headgear be used in all practice and competition. The soft headgear does not give adequate protection to an ear.

3. It happens occasionally that two contestants look so much alike and are dressed so similarly that it is very difficult for the Referee

Rule 3—Section 3 (Continued)**No. 1—LEGAL "REFEREE'S POSITION ON MAT."**

This position is shown as required in Rule 10, Section 3. Note particularly that offensive wrestler's right leg is outside of defensive wrestler's left leg.

and spectators to distinguish them. In all dual meets or tournaments, the home management should have immediately available some provision for clearly identifying the contestants. Such provision may be by means of colored anklets, numbers, or any other plan which will accomplish the purpose.

✓ **RULE 4—WEIGHT CLASSIFICATION**

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

121 lbs. and under.
 128 lbs. and under.
 136 lbs. and under.
 145 lbs. and under.

155 lbs. and under.
 165 lbs. and under.
 175 lbs. and under.
 Unlimited Heavyweight.

RULE 5—WEIGHING-IN OF CONTESTANTS**1. Time.**

A. **In Tournaments.** 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 tournaments 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 tournaments the contestant who is to represent his institution must be named before the drawings are made.

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

2. Weight Allowance

In Dual Meets and Tournaments. In all dual meets and tournaments net weights shall be required, except that on the second day and succeeding days in tournaments, 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 5, 1-A and 1-B). Contestants who then fail to make the required weight shall be rejected.

Note. Excessive weight reduction has hurt, and is still hurting, some contestants and our sport in general. The National Collegiate Wrestling Rules Committee urges all Directors of Athletics to use their influence against excessive weight reduction by members of their wrestling teams and to put the entire control of weight reduction to be allowed in the hands of the College Physician. It is further recommended that the College Physician

Rule 5—Section 3 (Continued)

personally weigh all candidates for the team at the beginning of the training season and that the Wrestling Coach shall be required to furnish the College Physician during the regular training season daily records of the weights of all candidates for the team taken at the beginning and at the end of each practice period, and that no wrestler shall be allowed to participate in any contest without the approval of the College Physician.

4. Communicable Disease to Disqualify

At the time of the weighing-in on the opening day of the annual National Collegiate Tournament, a physician or physicians shall be present to examine all contestants for communicable diseases and shall disqualify any contestant who, in their judgment, will endanger other participants. In other meets it is recommended that a medical examination of all contestants be made at the time of the weighing-in, and the presence of a communicable disease or any other condition which in the opinion of the examining physician makes the participation of that individual inadvisable, should be considered full and sufficient reason for disqualification.

RULE 6—PLACES SCORED, DRAWINGS, ELIMINATIONS AND CONDUCT OF TOURNAMENTS

1. **Places Scored.** In all tournaments four places shall be awarded as follows: The loser in the final first place match shall automatically take second place; the winner of the final consolation match shall be awarded third place and the loser fourth place.

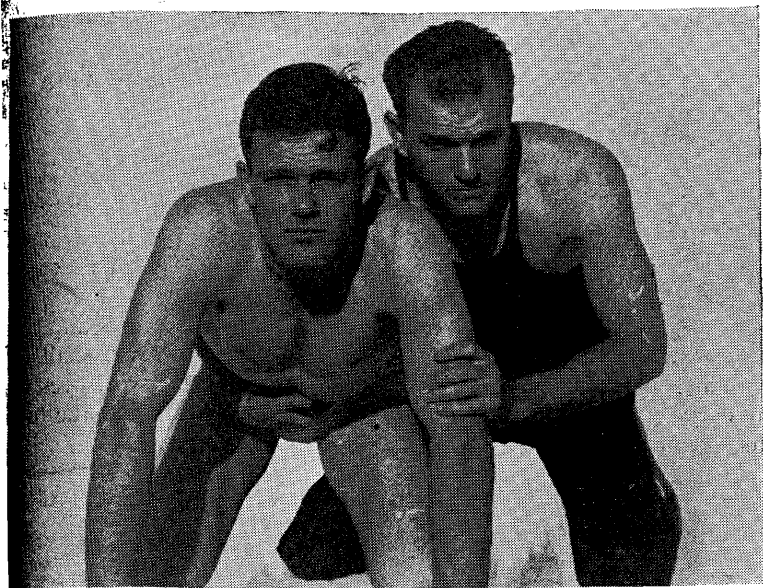
2. **Drawings.** Drawings shall be made in accordance with the regular Bagnall-Wild System, except as provided in Sections 3 and 7 of this rule.

3. **Seeding.** The new plan for scoring four places requires most careful seeding. Whenever there are two outstanding contestants in any class, the name of one of these contestants shall be placed in the upper half of the drawing bracket and the name of the other in the lower half.

In case another pair are distinctly superior to the remaining wrestlers in the class, this pair shall be placed in different halves of the bracket.

If there is one outstanding wrestler in any class and also two

Rule 6—Section 3 (Continued)



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.

others who are distinctly superior to the remainder in that class, these two wrestlers should be seeded in different quarter brackets of the opposite half-bracket from the outstanding wrestler.

In the annual National Collegiate tournament, 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, but a number which represents a bye shall only be given when that appears to be the fairest plan for the majority in that bracket.

Method of Drawing

4. **Drawings for First Place.** Immediately after the expiration of the minimum weighing-in time, drawings shall be made for

Rule 6—Section 4 (Continued)

each class, starting with the 121-lb. class, and progressing in order up to the heavyweight class as follows:

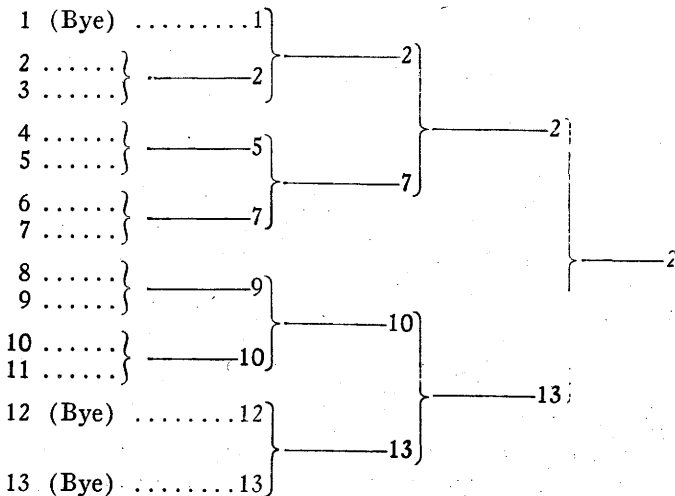
Each contestant (except "seeded" contestants) shall draw a number and shall compete in accordance with the diagram shown in Section 6 of this rule.

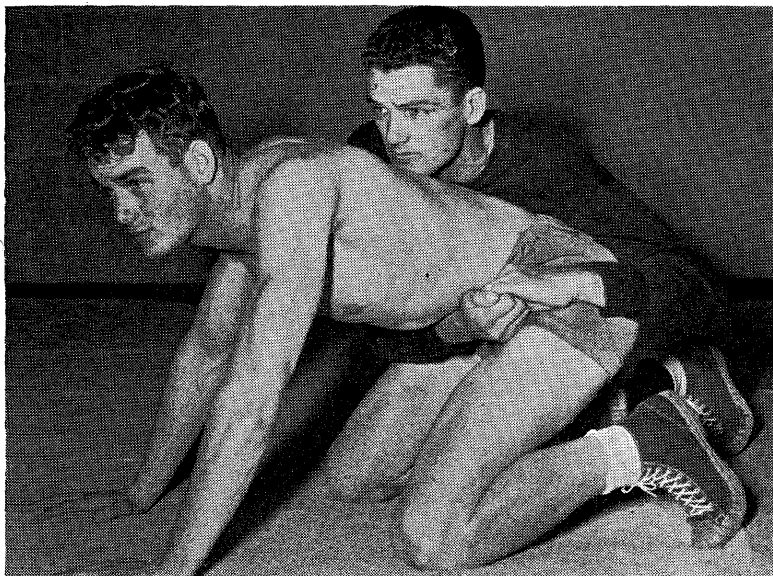
Note. Before drawings for each class begin, the numbers opposite the byes and also the numbers assigned to seeded contestants must be taken out.

5. 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 6 of this rule.

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

Nos.



Rule 6—Section 6 (Continued)

**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 10, Section 1.)

The foregoing illustration of method of drawings and participation of contestants by the Bagnall-Wild System shows drawings with thirteen contestants. Competitors drawings 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 matches. This illustration shows No. 2 as the winner of the championship and No. 13 is the second place winner.

Note. There will be no byes after the first round and no further drawing is necessary for later first place or consolation rounds.

7. Contestants Eligible for Third Place Matches.

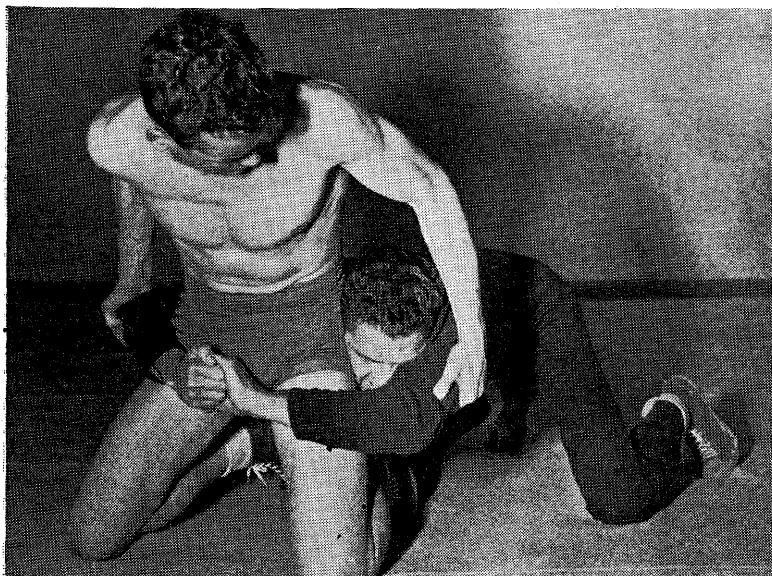
A. Immediately after completion of the first semi-final match in each weight the third place consolation rounds shall start between

Rule 6—Section 7 (Continued)

all contestants defeated by the winner of this semi-final match. (See "B" following.)

After completion of the second semi-final match in this same weight the same plan shall be followed as indicated in preceding paragraph. The winners of the third place consolation rounds in each of the two half-brackets in each weight class, meet in the final consolation match to determine the third and fourth place winners.

B. When only two contestants have been defeated by the winner of any semi-final match the two defeated contestants shall compete and the winner of the match shall meet the corresponding winner from the other half-bracket to decide the third and fourth place awards. When more than two contestants have been defeated by the winner of any semi-final match, preliminary third place matches will be necessary and *should be conducted in accordance with the*



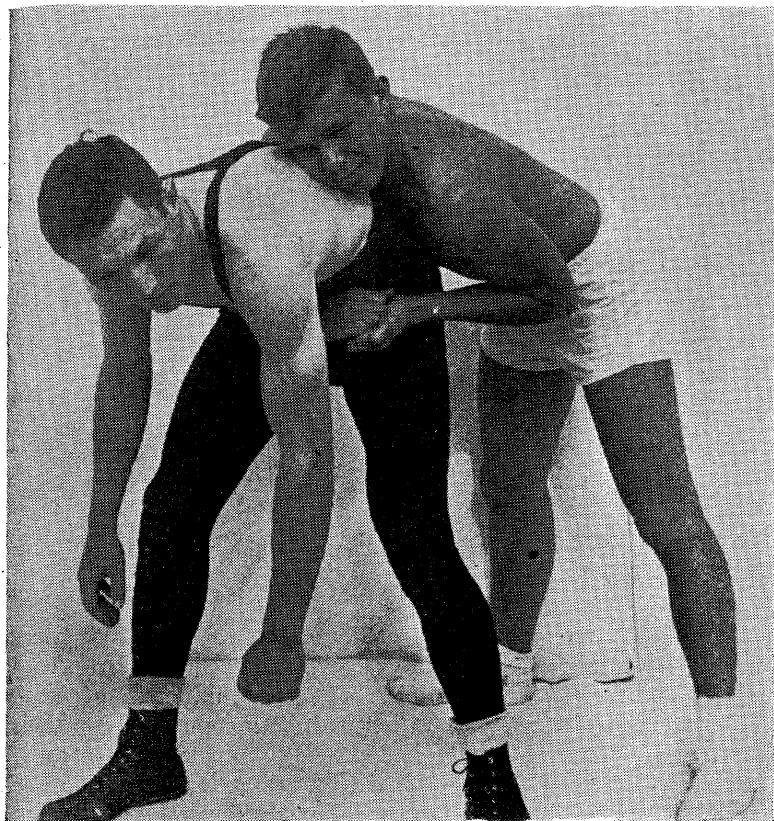
No. 4—ILLEGAL USE OF HANDS IN LEGLOCK ON MAT.

The position is illegal because of Rule 10, Section 1, which forbids interlocking of fingers, hands or arms around body or legs while contestants are on mat.

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Rule 6—Section 7 (Continued)



No. 5—LEGAL USE OF HANDS IN BODYLOCK.

This complete bodylock is legal because defensive wrestler is in a standing position. This hold would be illegal if defensive wrestler had both knees on mat. (See Rule 10, Section 1. Note 3.)

original first round drawings; therefore, those eligible for the third place consolations should be matched in the order in which they were defeated by the finalists in this half-bracket. The eligible contestants are designated in Section 7A of this Rule. Referring to the "Graphic Illustration" under Section 6, those eligible for the third

Rule 6—Section 7 (Continued)

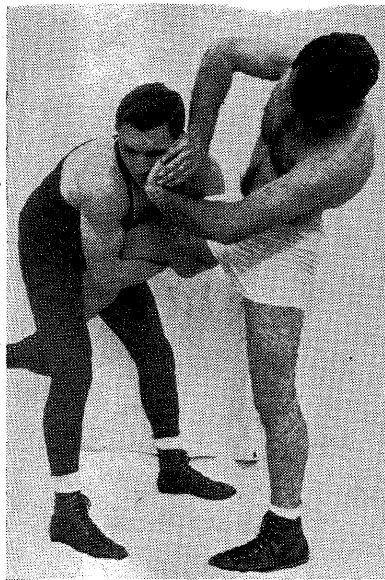
place rounds in the upper half-bracket are Nos. 1, 3 and 7. We will assume that No. 1 wins from No. 3 and that No. 7 then wins from No. 1. In the lower half-bracket only two contestants (Nos. 12 and 10) have been defeated by the finalist (No. 13) and therefore only one match is necessary to decide the third place finalist from the lower half-bracket. We will assume that No. 12 wins this match. He meets No. 7 in the final consolation match in this weight. The winner is awarded third place and the loser fourth place.

C. All third place matches, except the final one, should be run off during the next to the last session of the meet. The final third place match in each weight should be held during the final session of the meet and each one should immediately follow the final first place match in that weight.

8. The Wrestling Rules Committee recommends that medals and team trophies be formally presented at all tournaments immediately following the completion of the competition in a ceremony made as impressive as possible.

RULE 7—LENGTH AND METHODS OF CONDUCTING MATCHES

1-A. First Place Matches in Tournaments. All first place matches in tournaments and all dual meet matches shall consist of three three-minute periods. The first three-minute period shall start from the neutral position with both contestants on their feet. A fall in the first three-minute period terminates the match. If neither contestant secures a fall in the first three-minute period, the Referee shall stop the match, 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 three-minute period, no rest being allowed. At the expiration of the second three-minute period, the Referee shall stop the match and put the contestant who started with the Position Advantage, in the position underneath when he starts the third three-minute period, no rest being allowed. If a contestant secures a fall in the second three-minute period, this terminates only that period, and the third three-minute

Rule 7—Section 1-A (Continued)

**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.

period shall be wrestled as though no fall had resulted in the previous period, except as provided in Rule 7, Section 4, A. When a fall does not occur in any match the Referee shall award the match to the contestant who has scored the greater number of points. (See Rule 17, Section 1.) In case of a tie in number of points scored the Referee shall award the match to the contestant who has shown superior wrestling ability or aggressiveness.

1-B. Dual Meet Matches. Dual Meet Matches shall be conducted in the same manner as first place matches in tournament except as follows:

1. Before the meet starts the referee shall have the competing

Rule 7—Section 1-B (Continued)

coaches or captains decide by toss of a coin the choice of position at the start of the second period in the first match. The choice of position in succeeding matches shall alternate.

2. In case of tie in number of points scored at the end of the three three-minute periods, the match shall be declared a draw.

2. Third Place Matches in Tournaments. Third place matches shall consist of three two-minute periods conducted in the same manner as first place matches in tournaments, except as provided hereafter. When a fall does not occur and the points are tied at the end of the third two-minute period, the Referee must name the winner. (See Rule 7, Section 1-A.).

3. Length of Tournament and Dual Meet Matches When Falls Occur.

A. If a fall occurs in the first period this terminates the match. When a fall occurs in a second period, it should be understood that the third period terminates at the elapsed time at which the fall terminated the previous period. Example: "A" wins fall in second three-minute period with "B" in two minutes. The third period is really only two minutes in length, as it would be impossible for "B" to win this bout after the two minutes have elapsed.

4. Intermissions.

A. **Three-Minute and Two-Minute Periods.** Only such time shall intervene between the first, second or third period of any match as may be required for the Referee to bring contestants into proper position for the next period, except when the second three-minute or second two-minute period is terminated by a fall, in which case a one-minute rest will be allowed.

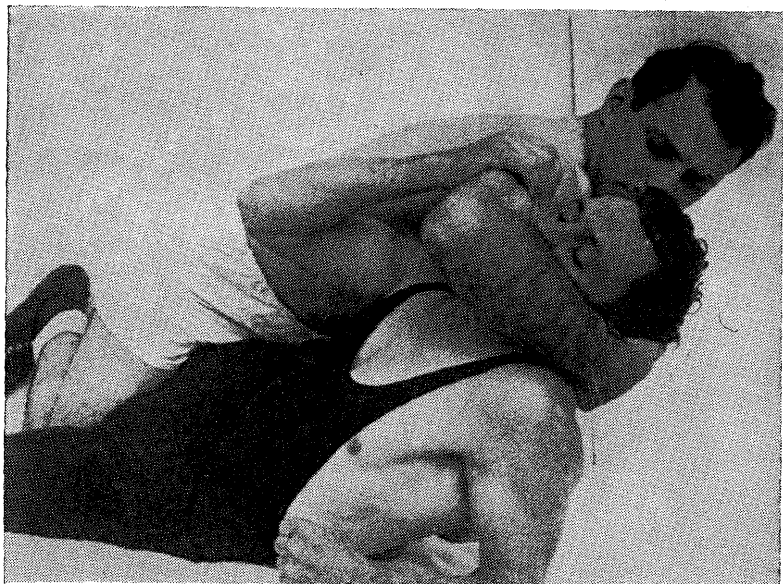
RULE 8—POSITION OF ADVANTAGE

1. Whenever a contestant brings his opponent to the mat *under control while all of the supporting points of either wrestler's body are on the wrestling mat proper* he has earned the Position of

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Rule 8—Section 1 (Continued)

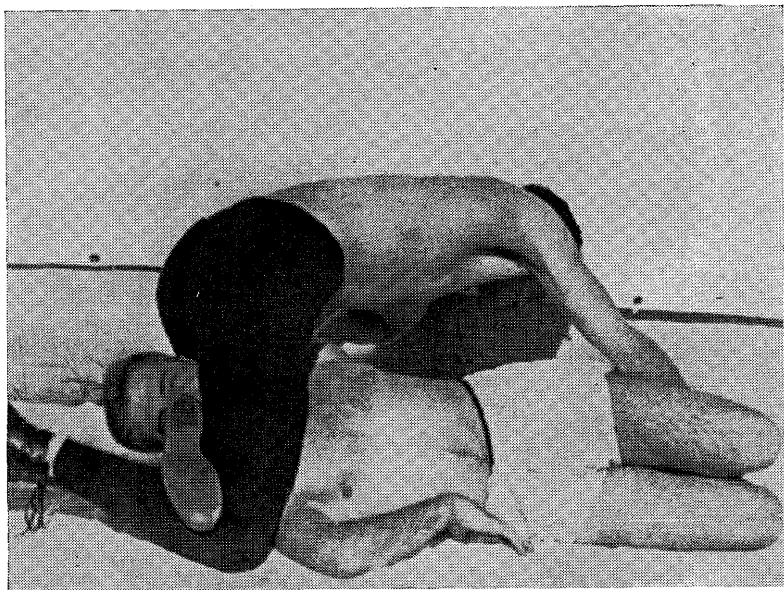
No. 8—ILLEGAL FACE HOLD.

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.

Advantage and the offensive wrestler is entitled to this advantage until such time as his opponent, in legal manner, gains a neutral position within the boundary of the mat proper, except when he forfeits this advantage by reason of penalty inflicted by the referee for infringement of the rules. (See Rules 9 and 13.)

Note 1. The supporting parts of the defensive wrestler's body are any and all parts touching the mat at that time. The supporting parts of the offensive wrestler's body are the parts of the body touching the mat other than the parts with which he is holding his opponent. (The offensive wrestler's usual points of support are the knees or the side of one thigh and buttocks.) The offensive wrestler must have control of his opponent and must have brought him *to the mat* to constitute a "take-down."

Rule 8—Section 1 (Continued)



No. 9—LEGAL HEAD-SCISSORS (Figure 4 Head-Scissor).

The straight head-scissor is illegal. The Figure 4 Head-Scissor 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 such 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 figure four head-scissors, the hold is still legal.

Note 2. In the interpretations of the above rule it should be clearly understood that the offensive wrestler is entitled to the Position of Advantage only when he brings his opponent *to the mat under control* as indicated above; i. e., when the contestants leave the mat on their feet the offensive wrestler is not entitled to the Position of Advantage, even though he may have a decidedly advantageous hold, and the bout is resumed in neutral position at the center of the mat unless, in the opinion of the Referee, the defensive wrestler intentionally went off the mat to prevent his opponent from going behind him. (See Rule 13, Section 2-A.)

Note 3. The latter part of Section 1, p. 95, but not *Note 2*, applies also when one contestant has had the Position of Advantage on the mat immediately before leaving the mat.

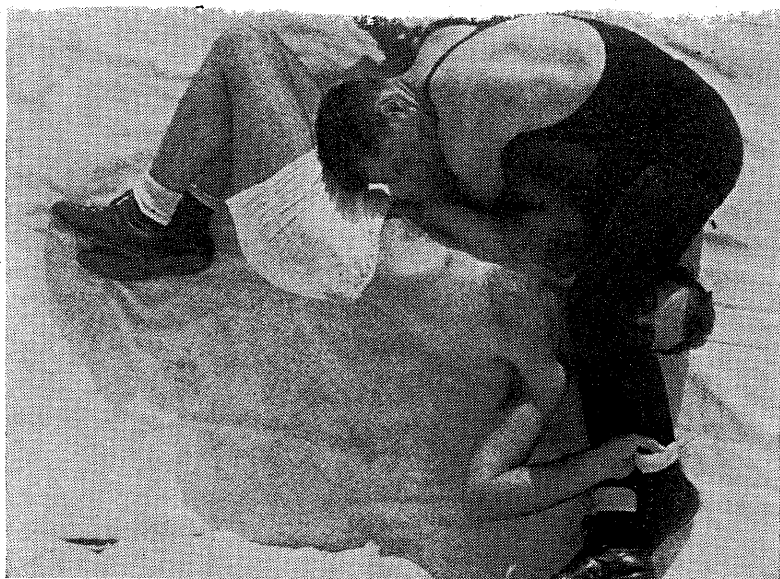
2. The Referee shall indicate orally, and by pointing in such a

Rule 8—Section 2 (Continued)

manner that all present may know, whenever a contestant has earned the Position of Advantage, and he shall also indicate in similar manner during the progress of the bout which opponent has the advantage whenever he thinks there may be doubt in the minds of the contestants, coaches, or spectators as to which contestant has the Position of Advantage. The Referee shall also indicate in a manner clear to all present whenever the match reverts to a "No Advantage" status. For the safe of uniformity, it is recommended that all Referees use the new set of National Collegiate Officials' Signals. (See page 120 of this Guide.)

RULE 9—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



No. 10—ILLEGAL HEAD-SCISSORS.

This hold is illegal. All straight scissors on the head are illegal.

Rule 9—Section 1 (Continued)

center of the mat. Contestants are "off the mat" when *any supporting parts of both wrestlers' bodies* are off the mat proper except when a fall is imminent—in which case Rule 15, Section 2-A and B shall apply. 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 match shall be resumed with contestants on their feet in neutral position, except when Referee applies penalty indicated in Rule 13, Section 2, A and C. (See Rule 8, Section 1.)

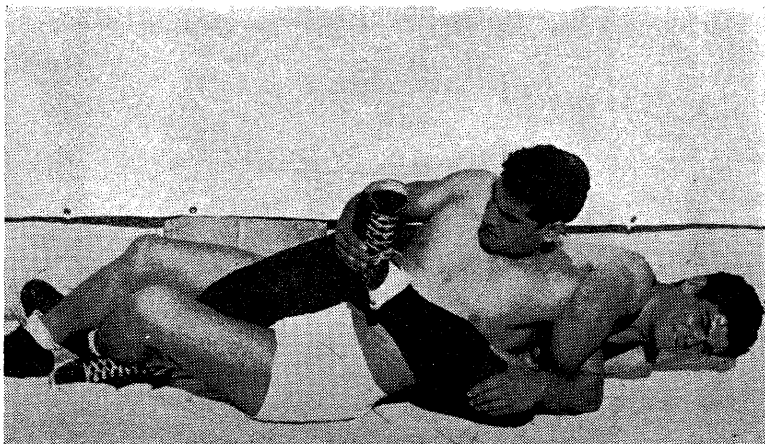
B. If a contestant held a position of advantage immediately before leaving the mat, on resumption of the match this contestant shall be given the Position of Advantage in the "Referee's Position on the Mat" (see Rule 10, Section 3), except when Referee applies penalties indicated in Rule 13, Sections 2B, 3 and 6, or in clause C following.

Note. In case contestants leave the mat proper on their feet the above rule still applies unless the defensive wrestler has *secured a neutral position before crossing the boundary* of the mat proper.

RULE 10—LEGAL AND ILLEGAL HOLDS AND POSITIONS

1. **Illegal Holds.** Any hold, lock or grip shall be allowed except the hammerlock above the right angle, twisting hammerlock, over-scissors, straight-head scissors, front head lock strangle holds, full (double) nelson, toe holds, certain body slams (see Note 6), holds over mouth, nose, eyes (*i.e.*, over front of face) or front or side of throat, interlocking of fingers, hands or arms around body or legs while contestants are on the mat, bending or twisting of fingers for punishment or to break holds, *or any hold used for punishment alone.*

Note 1. Attention is called to the fact that if the double wristlock is brought up into a twisting hammerlock, it becomes an illegal hold and must be stopped by the Referee and treated as any other illegal hold, and no contestant shall be allowed to retain any advantage he secures by use of the wristlock in this illegal way. The Referee is further 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.

Rule 10—Section 1 (Continued)**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.

The double wristlock is legal if the direction of the force is perpendicular to the long axis of the body. Illegal if the force is applied parallel to the long axis of the body. The same rule applies to the so-called Chicken Wing.

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. No complete armlock with the arm is permitted until contestant is on his feet unless the body lock is used for a pin hold.

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.

Rule 10—Section 1 (Continued)

The term "slam" refers to the lifting of an opponent off his feet and slamming him to the mat.

Note 7. In the interpretation of "hold over front or side of throat," pressure from side of hand, wrist or forearm is considered a "hold" and is therefore barred.

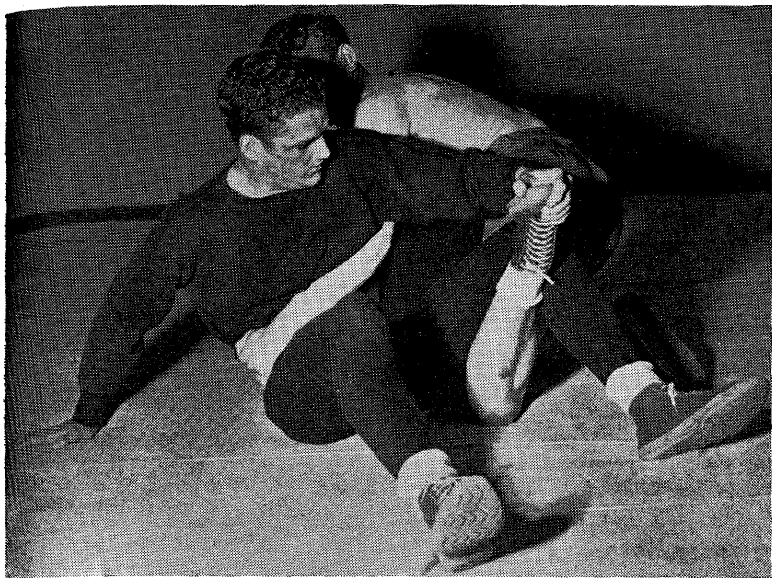
2. Unnecessary Roughness. No striking, kicking, gouging, hair pulling, butting, elbowing, strangling, *or anything that endangers life or limb shall be allowed.*

Note. In the application of the latter part of the above rule, all Referees, Coaches and Contestants should understand that any and all holds used in such a way as to endanger life or limb are illegal and all Referees should be on the alert to stop, if possible, all holds that in their opinion are likely to result in endangering of life or limb before real injury does occur. It should also be understood that no contestant should ever be put in a position where he must forfeit a neutral position, a Position of Advantage or a fall because of danger to life or limb, and the Referee should promptly stop any and all holds which in his opinion may so result. (See Section 1, Notes 1 and 2.)

3. Referee's Position on the Mat. The defensive contestant *must face in the direction indicated by the arrow at the center of the mat.* He must place both knees on the mat with the lower legs parallel, the knees must not be more than the width of the shoulders or hips apart and the heels of both hands must be on 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. The thumb may be behind, in front of or at side of elbow. Both of his knees shall be on the mat and outside of defensive wrestler's near leg. *He may take any position between that parallel to the defensive wrestler's body or at right angles to it but his near leg must not touch the near leg of the defensive wrestler.*

Note 1. See cuts on pages 82, 84 and 86.

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 10 (Continued)

No. 12—ILLEGAL TOEHOLD (Also twisting kneelock which is more dangerous than toeholds).

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

4. Contestants are expected to wrestle near the center of the mat, whether on the feet or in the "Referee's Position on the Mat." See provision for ten-foot circle at center of wrestling mat and its use in Rule 3, Section 1. (Penalties for infringement of this Rule will be found under Rule 13, Sections 2C and 3.)

RULE 11—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 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

Rule 11—Section 1 (Continued)

honest effort to secure a fall; furthermore, a contestant who has previously secured a considerable advantage over his opponent is stalling if he fails to make an honest effort to wrestle aggressively thereafter. (For Penalties, see Rule 13, Sections 1, 2 and 5.)

2. Running or sliding off mat to prevent an opponent from going behind is to be interpreted as stalling. (For Penalty, see Rule 13, Section 2, A.)

Note. Referees must enforce the foregoing rules on stalling.

RULE 12—SIDELINE COACHING

Coaching from the sidelines or stands during the progress of a bout by the coach or team mates is illegal. (For Penalty see Rule 13, Section 8.)

Note. All communication, either vocal or by signal, other than simple encouragement, by the Coach or members of the team with contestant at any time during a bout, except when time is taken out because of injury to one of the contestants, or during intermission ordered by the Referee after a fall, shall be interpreted as coaching.

RULE 13—PENALTIES**1. Stalling.**

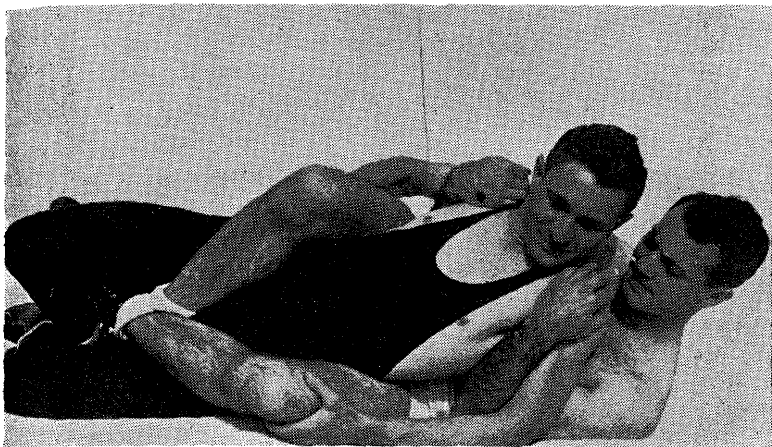
A. If, in the opinion of the Referee, a contestant in the Position of Advantage on the mat is stalling, the Referee shall give him one warning. If and when the offense occurs a second time, the Referee shall immediately order the contestants to their feet in neutral position.

For such offense for a third time, the penalty shall be reversal of position in the "Referee's Position on the Mat" and a second and final warning shall be given.

B. If, in the opinion of the Referee, a contestant in the neutral position on the feet is stalling, the Referee shall warn the offending contestant once. For a second such offense the Referee shall put the contestants in the "Referee's Position on the Mat" with the offender underneath. The same penalty shall be inflicted for the third such offense and a second and final warning shall be given.

Note. For definition of "stalling" see Rule 11, Sections 1 and 2.

Rule 13 (Continued)



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

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

2. 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 immediately give his opponent the "Referee's Position Behind." (See Rule 10, Section 3.)

B. If, in the opinion of the Referee, a contestant intentionally runs, slides, crawls or rolls off the mat while in the defensive position on the mat, the Referee shall give him a warning. For the second such offense, the Referee shall give him a second and final warning and for a third such offense he shall award a fall to the opponent.

C. If a contestant persists in taking a position near the edge of the mat for the purpose of going off the mat or of allowing his opponent to push him off the mat when the opponent makes an effort to go behind him, the contestants shall be brought back to the center of the mat and the offender warned. Should he go off the

Rule 13—Section 2 (Continued)

mat as indicated above after such warning, he shall be placed in the defensive position in the "Referee's Position on the Mat." The penalty for a third such offense shall be the same as for the second one and a second and final warning shall be given. (See Rule 3, Section 1.)

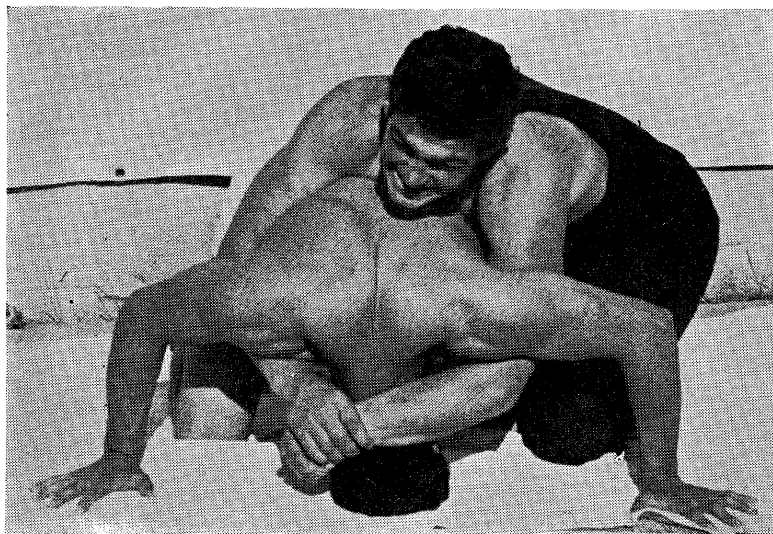
3. Intentionally Pushing Defensive Wrestler Off Mat. If, in the opinion of the Referee, a contestant intentionally pushes his opponent off the mat to keep him from getting clear or from going behind, the Referee shall bring both men to their feet at the center of the mat if he believes this illegal action has simply prevented the defensive wrestler from getting free; but if he believes the defensive wrestler would have gone behind his opponent had the illegal action not occurred, he shall give the defensive wrestler the offensive position in "Referee's Position on the Mat." In either of the situations above, the penalty for a second infringement shall be the "Referee's Position on the Mat," with the offender in the defensive position and a second and final warning shall be given.

Note. Referees must enforce the foregoing penalty.

4A. Illegal Holds and Unnecessary Roughness. For infringement on Rule 10, Sections 1 and 2, by the offensive wrestler in "Referee's Position on the Mat," when injury does not result in application of penalty provided under Rule 14, Section 3, the penalty shall be loss of his Position of Advantage for the first offense and reversal of position for the second offense at which time a final warning shall be given.

B. For infringement on Rule 10, Sections 1 and 2 by the defensive wrestler in "Referee's Position on the Mat," when injury does not result in application of penalty provided in Rule 14, Section 3, the penalty shall be the award of one point to the opponent. For the second such offense, one additional point shall be awarded to the opponent and a final warning shall be given.

C. If such infringement occurs when contestants are in neutral position, the offender shall be placed in the defensive "Referee's Position on the Mat," and for a second such offense the penalty shall be the same as above and a final warning shall be given.

Rule 13 (Continued)**No. 14—FULL NELSON.**

This hold needs no explanation. Most of the difficulty has arisen when the three-quarter 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.

5. Disqualification After Two Penalties. When a contestant has been penalized a second time by the Referee for infringement upon Rule 13, Section 1, 2, 3 or 4 the Referee shall, when inflicting the second penalty, give the offender a final warning. If and when such infringement occurs again in that match the Referee shall immediately disqualify the offender. Five points shall be scored for the offended contestant.

6. Going Off Mat To Prevent Fall. If, in the opinion of the Referee, the defensive wrestler intentionally crawls or rolls off the mat to prevent a fall, the Referee shall give one warning, and if infringement is repeated the Referee shall award a fall to his opponent. (See Rule 9,)

Rule 13 (Continued)

7. Points to be Awarded When a Contestant is Penalized by the Referee. When the Referee gives a contestant the offensive position in "Referee's Position on Mat," or neutral position after he has been in the defensive position on mat, as a penalty inflicted upon his opponent for violation of rules, the same number of points shall be awarded to the offended wrestler as though he he had earned the change in position.

8. Sideline Coaching. If, in the opinion of the Referee, Rule 12 is being infringed upon, the Referee shall stop the match and give a warning in such a manner that all contestants and coaches present shall be aware of the same. If the offense is repeated, the Referee shall award a fall to the representative of the offended side.

9. A. For flagrant, intentional violation of the spirit or letter of the rules, the Referee shall award a fall to the opponent.

B. In *extremely* flagrant cases, such as a deliberate and intentional attempt to injure an opponent, the Referee shall disqualify the offender for the remainder of the meet.

RULE 14—INJURIES AND DEFAULTS

1. If a contestant is injured, the Referee shall allow a maximum of three minutes' rest. There shall be no limit to the number of rest periods which may be taken in any match, but the total time out shall not exceed three minutes. If, at the expiration of the rest period, he is able to continue wrestling, the match shall be resumed as if the contestants had gone out of bounds (See Rule 9, Section 1.)

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

Note. In the interpretation of this rule nosebleed is not an injury, and the number and length of rest periods to be allowed is at the discretion of the Referee.

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

Rule 14 (Continued)



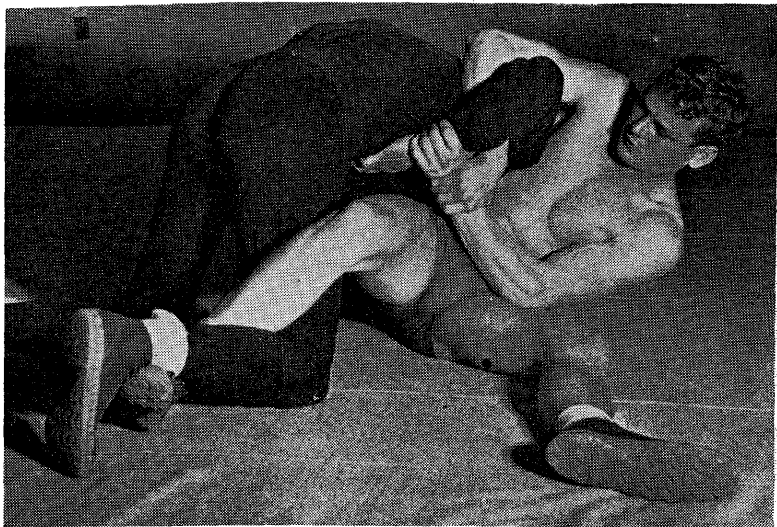
No. 15—ILLEGAL HAMMERLOCK (ABOUT RIGHT ANGLE).

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.

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

4. General Default. If a contestant forfeits a tournament 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, provided the opponent has properly weighed in and would be eligible to participate in this contest if held.

5. Whenever a contestant defaults a match in any tournament, he is thereby barred from further participation in that meet; however, this shall not make him ineligible for any award to which he may be entitled as the loser in the next round.



No. 16—LEGAL DOUBLE WRISTLOCK.

The double wristlock is legal if the direction of the force is perpendicular to the long axis of the body.

RULE 15—FALLS AND NEAR FALLS

1. Pin Falls

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

Rule 15—Section 2 (Continued)

B. If the defensive wrestler is handicapped by having any portion of his body off the mat, the Referee shall stop the match, which shall be resumed in accordance with Rule 9, Section 1, B and Rule 13, Section 6.

Note. In the interpretation of this rule it should be understood that all parts of the body except the head and shoulders may be off the mat proper and still a legal fall may be called if the defensive wrestler is not handicapped by this position.

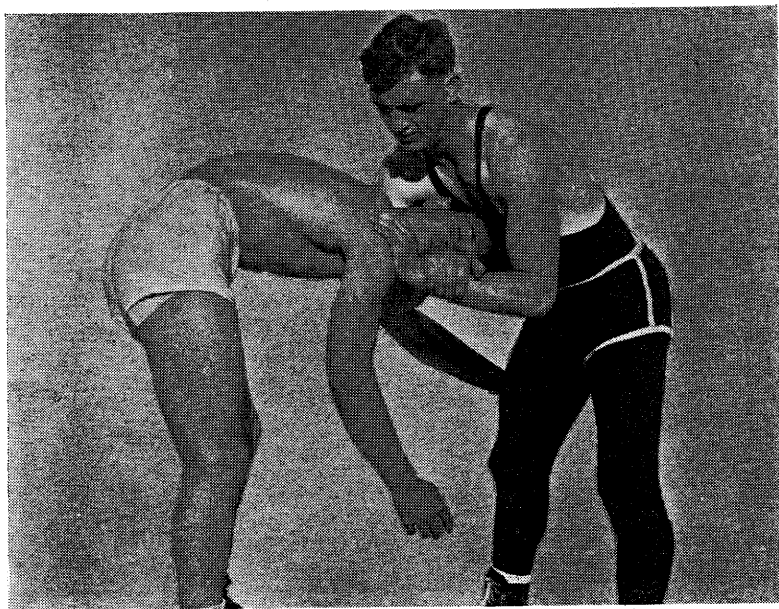
3. Double Falls in Three-Minute, Two-Minute Periods.

In case both contestants secure falls in the last two three-minute, the last two two-minute periods, 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 7, Section 1A, 2 and Rule 17, Section 2.)



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. If the direction of force is parallel to the long axis of the body, with the foot hooked—it is impossible to turn so as to prevent injury.

Rule 15 (Continued)

No. 18—ILLEGAL FRONT HEAD LOCK.

This cut shows how the front head lock is used to counter a leg pick up. This hold is dangerous and is illegal.

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

5. Near-Fall. A "near-fall" is a situation in which the offensive wrestler has control of his opponent in a pinning combination and a fall is imminent.

Note 1. Whenever all provisions of the above rule are complied with and both shoulders of the defensive wrestler are held continuously within approximately two inches of the mat or less for *two full seconds or more*, a near-fall shall be scored.

Note 2. In order to further clarify the awarding of a near-fall as indicated in Note 1 and Note 2 above and the awarding of a fall as indicated in Rule 15, Section 1—the following recommendations and Graphic Illustration are offered:—

Rule 15—Section 5 (Continued)

A. When a fall or near-fall is imminent and the referee is in such position that he can see definitely that both shoulders of the defensive wrestler are in contact with the mat he shall start to count—silently and slowly as follows—1001 (One full second), 1002 (Two full seconds). The referee shall award a fall or a near-fall if and when all provisions of Rule 15, Section 1 or Rule 15, Section 5, Note 1, respectively have been complied with.

B. When a fall or near-fall is imminent and the referee is in such position that he can see definitely that both shoulders are within approximately two inches of the mat he shall start to count as in "A" above and a near-fall shall be awarded if and when all provisions of Rule 15, Section 5. Note 2 have been complied with.

ILLUSTRATION

(Count)—1001	(Count)—1002
← One full second →	
←.....Slightly less than	n two full seconds.. →
A "near-fall"—if both s	houlders are held in con-
tinuous contact with the	mate for a minimum of
one full second or a ma	ximum of slightly less
than two full seconds.	
←..... Two full	seconds →
A fall, if shoulders are held in continuous contact with the mat for TWO FULL SECONDS. A near-fall, if shoulders are held continuously within approximately two inches of the mat or less for TWO FULL seconds.	

Note 3. Regardless of the length of time a defensive wrestler may be held in a somewhat dangerous position, no near-fall may be scored except as provided in Note 1 or Note 2 above.

Rule 15—Section 5 (Continued)

Note 4. Only one near-fall may be scored in any one "situation."

A "situation" is ended:—

(1) When the defensive man escapes to neutral position or reverses position.

(2) When he assumes the defensive "referee's position on mat."

(3) When he secures a position of defensive value equal to the defensive "referee's position on mat."

The referee must not signal a "near-fall" until the "situation" is ended.

Nothing in the above shall prevent repeated efforts by the offensive wrestler to "pin" his opponent, but, regardless of the number of near-falls he may secure in any one "situation," he is credited with 2 points only for "near-falls" in that "situation."

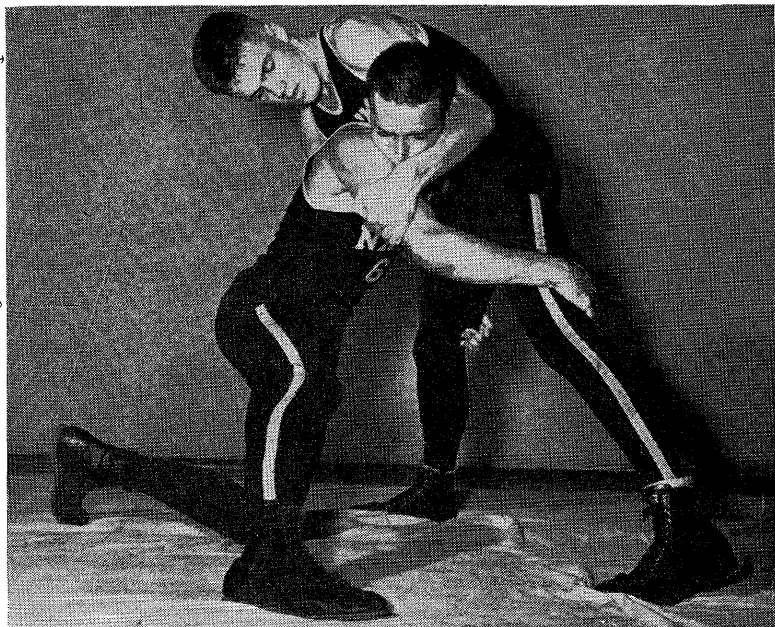
Note 5. It should be clearly understood that the position of advantage in any match may change frequently and that the contestant who has previously been in the defensive position may secure the position of advantage and earn a near-fall in a very short period of time. Illustration:—Contestant A brings his opponent B to the mat and is awarded 2 points for a "take-down"; A takes a "body-scissors" or a "cross-body-ride" on B; B rolls and by proper shifting of his weight or by an arm or head lock he obtains control of A—by bridging he works A into a "near-fall" position and if he has complied with all requirements included in Note 1 or Note 2 above he is awarded 2 points for a near-fall—even though he may still be held in A's "body-scissors" or "cross-body-ride."

RULE 16—DECISIONS

1. **Matches.** If no fall has resulted after the expiration of the three regular periods of any match, as provided in Rule 7, Section 1, the Referee shall award the match to the contestant *who has scored the greater number of points.*

2. **Third Place Matches in Tournaments.** If neither contestant secures a fall in the three two-minute periods, the Referee shall award the decision to the contestant *who has scored the greater number of points*, except as provided in Rule 7, Section 2, third sentence.

A. In Tournaments. When no fall has been secured, the Referee shall award the decision to the contestant *who has scored*

Rule 16—Section 2 (Continued)

No. 19—A LEGAL CROSS FACE.

It is an effective and legal block for the double leg pick up by the opponent of No. 6.

the greater number of points, but if points are still equal, the Referee shall decide the winner on the basis of superior wrestling ability or aggressiveness shown throughout the entire match.

B. In Dual Meets. The Referee shall award the match as in "A" above, except in case of tie, when the match shall be declared a draw.

RULE 17—SCORING

1. Point System for Deciding Matches When No Fall Occurs. In all matches the following point system shall be scored and shall constitute the basis for deciding the winner except when a fall occurs or as provided in Rule 7, Section 1 and 2.

Rule 17—Section 1 (Continued)**NATIONAL COLLEGIATE POINT SYSTEM.**

- 2 Points...for "Take-Down" (see Rule 8, Sections 1 and 2).
- 1 Point...for "Escape" from Defensive Position on Mat.
- 2 Points...for "Reversal of Position" from Defensive Position on Mat.
- 2 Points...for "Near-Fall" (see Rule 15, Section 5).
- 1 Point...for each full minute of accumulated net time-advantage behind but 2 points is the maximum to be so awarded in the three periods of the match. Time advantage shall start only when a contestant secures a take-down, reversal, or when his opponent is penalized by the Referee.

Note. The Referee is especially cautioned to signal the Timekeeper when time advantage starts. The Referee should designate clearly to the timers by signal and voice when points are awarded.

Penalty

Points... (see Rule 13, Sections 4 A and 7).

Note 1. IN THE THREE PERIODS OF THE MATCH. The procedure to govern the award of 1 or 2 points for time-advantage is as follows: Each Timekeeper records the accumulated time-advantage of the contestant to whom he has been assigned by the Referee. At the end of the match the Referee subtracts the lesser time-advantage from the greater and if the contestant with the greater time-advantage has less than one minute of net time-advantage, he is awarded no points by the Referee; if he has one full-minute of time-advantage but less than two minutes, he is awarded one point; if he has two full minutes or more, he is awarded 2 points. No contestant may be awarded more than 2 points for accumulated time-advantage in any one match and the contestant with the lesser time-advantage receives no points, even though his accumulated time-advantage may be one, two or more than two full minutes.

2. Tournaments.

A. In tournaments, first place in each weight shall count 6 points, second place shall count 4 points, third place shall count 2 points and fourth 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 second and third three-minute periods, or in the second and third periods of third place matches, only the contestant securing the fall in the shorter time shall be given a point award for a fall.

Rule 17—Section 2 (Continued)

Note. For information concerning the length of these periods when falls occur, see Rule 7, Section 4A.

B. If in any tournament, only one contestant enters and qualifies for any weight class, he shall be declared the winner of that weight class and the team he represents shall be awarded 6 points for first place, but no points shall be scored for a fall. Should only two, three or four contestants enter and qualify for any weight class, the contestant taking second, third or fourth place shall be awarded only 4, 2 or 1 points, respectively.

3. 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 second and third three-minute periods, the contestant securing the fall in the shorter time wins the match and shall be credited with 5 points, but his opponent shall also be credited with 3 points for his fall.

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

C. Draws.

(1) In case of a draw each team shall be awarded 2 points.

(2) In case both contestants secure falls in the same time (which is extremely unlikely), each team shall be awarded 3 points.

4. **Tournaments or Dual Meets.** If a contestant secures a fall in each of the last two three-minute or the last two two-minute periods in *Tournaments or Dual Meets*, he shall be credited only with points for one fall.

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

RULE 18—OFFICIALS**Referee's Duties**

1. The Referee shall have full control of the meet and his decisions shall be final and without appeal. (See Rule 16.)

Rule 18 (Continued)

2. 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.

3. Immediately before each match the Referee shall call contestants to the center of the mat, where they shall shake hands and then step back to the edge of the ten-foot circle and be prepared to wrestle. The Referee shall start the match from this position.

4. 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.

Note. The Referee should give contestants to understand that he alone is authorized to stop the bout, and he should deal sternly with any contestant who presumes that he may stop wrestling for any cause before the Referee so orders. The Referee may penalize a contestant for leaving the mat or for stopping without permission from the Referee, 1 point. He shall award the point without any change of position.

C. When the match 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 14, Section 1, and Rule 7.)

D. When a contestant has secured the Position of Advantage, when the defensive wrestler has "escaped," when the defensive wrestler has "reversed position" and when a fall has occurred.

5. The Wrestling Rules Committee strongly recommends that all Referees use the set of signals recommended by the Sub-Committee on Officiating and adopted as the official signals by the Wrestling Rules Committee, in order to establish a uniform, standardized code of Referee's signals. (These signals will be found on pages 120-1 of this Guide.)

6. *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.*

7. The Referee shall be firm in warning contestants regarding such violations of the letter and the spirit of the rules as crawling off

Rule 18—Section 7 (Continued)

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.

8. The Referee **MUST** enforce **VIGOROUSLY** and **PROMPTLY** the penalties for stalling, etc., as provided in Rule 13.

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

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

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

12. At the end of each match the Referee shall order the contestants to their corners. After he has checked the time-advantage and the scorers' records, and has decided the winner he shall call the contestants to the center of the mat, announce the winner, have the contestants shake hands, after which they shall leave the mat *via their own corners*.

13. **Timekeepers.** In all Tournaments, there shall be **three** Timekeepers, who shall be supplied with stop-watches. The Head Timekeeper shall record the general time of the watch and shall call the minutes in such manner that Referee, contestants and spectators may hear. The head timekeeper shall be provided with two extra stop-watches for recording time out in case of injury to the contestants. Each of the other two Timekeepers shall record the accumulated time-advantage of the contestant to whom he has been assigned by the Referee and he shall report to the Referee on the same at the end of the match. Each contestant shall be allowed to have a representative at the Timekeepers' table and the watches shall be in plain view of these representatives throughout the match.

Rule 18—Section 13 (Continued)

Only the Timekeepers and the representatives indicated above shall be allowed at the Timekeepers' table; there shall be no communication between the Timekeepers or representatives at the Timekeeper's table and coaches, contestants or spectators, and the time-advantage record shall be secret until the match is completed. (This restriction is made to allow the Timekeepers to give their undivided attention to their duties.)

14. The Timekeepers shall be notified by the Referee when to start and to stop their watches, in accordance with Rule 18, Section 4. The Head 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 14, Section 1, and Rule 7.)

15. In all intercollegiate matches there shall be two Scorers, each of whom shall record the various points awarded by the Referee to the contestant whose record he has been assigned to keep. Such records shall be available to the Referee at all times.

RULE 19—NOTIFICATION AND AGREEMENT OF MEETS

1. **Equal Rights for Visiting Teams.** All modifications of rules of competition, "ground rules," etc., proposed by the home manager, must be submitted to the manager of the visiting team, or teams, a sufficient length of time before date of meet for agreement to be reached on same, and no such action is binding unless approved by the visiting team or teams.

2. 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.

3. 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 shall apply in high school wrestling contests with the following modifications:

1. **Eligibility.** Contests shall be eligible under the rules of the High School Athletic Association of the State in which their school is located.
- ✓ 2. **Weight Classification.** Competition shall be divided into 12 weight classes as follows:

95 lbs. and under.	138 lbs. and under.
103 lbs. and under.	145 lbs. and under.
112 lbs. and under.	154 lbs. and under.
120 lbs. and under.	165 lbs. and under.
127 lbs. and under.	175 lbs. and under.
133 lbs. and under.	unlimited.

Beginning February 1st and continuing for the remainder of the wrestling season, one additional pound shall be allowed in each weight class.

3. Weighing-in of Contestants and Weight Allowance.

✓ A. **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.

✓ B. **No Weight Allowance.** Net weight shall be required in all dual meets and tournaments.

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.

4. Length and Methods of Conducting Matches.

A. **Dual Meet and Final First Place Matches in Tournaments.** These matches shall be six (6) minutes in length, divided into three periods of two minutes duration. These matches shall be

conducted in the same manner as dual meets and first place matches in tournaments under college rules except that there shall be a rest of one (1) minute between the 2nd and 3rd two-minute periods and that there shall be no overtime matches. If a tournament match results in a tie, it shall be decided in accordance with the last sentence of College Rule 7, Section 1.

B. All Matches in Tournaments Shall be Conducted as Follows: These matches shall consist of three periods of 2 minutes each, conducted in the same manner as third place matches under college rules, except for a one (1) minute rest between the second and third two-minute periods. If a match results in a tie, it shall also be decided in accordance with the last sentence of College Rule 7, Section 1.

C. No contestant shall be required to wrestle two matches in any tournament with less than a one (1) hour rest between such matches.

5. Illegal Holds.

A. In addition to holds barred in College Rule 10, Sections 1 and 2, all "slams" from a standing position (Rule 10, Section 1, Note 6) and the "fall-back" from the standing position, the double wristlock 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. Penalties for infringements on No. 5A above are the same as for illegal holds indicated in College Rule 10, Section 1 and are given in College Rule 13, Section 5A and B. (In case of injury to the defensive contestant by foregoing illegal holds, Rule 14, Section 3 of the Collegiate rules shall apply.)

* * *

WRESTLING OFFICIALS' CODE OF SIGNALS

(1) **Starting or Resuming a Bout Standing**—Extend right arm slightly above the horizontal to the front; verbally announce "Ready"...pause...quickly lower arm and at the same instant verbally announce, "Wrestle."

(2) **Stop Wrestling**—Verbally announce "Break"; at the same instant extend arm slightly above horizontal to the front, palm outward.

(3) **Neutral Position.** Standing—Upper arms front, horizontal; both forearms vertical, hands extended.

(4) **Begin Wrestling On Mat (Referee's Position)**—Referee should be eight to ten

feet in front of wrestlers, facing Timer's table, squat position. Give signal for No. 1 above.

(5) **Advantage**—One arm and index finger extended pointing to wrestler receiving advantage. At the same time verbally announce "Advantage" and name the institution which offense represents.

(6) **Neutral Position (No Advantage) On Mat**—Both arms extended sideward slightly below the horizontal, palms down; move hands back and forth with fingers spread and at the same instant verbally announce "No Advantage."

(7) **Time Out**—Give hand signal for No. 2 above and verbally announce "Time Out."

(8) **Declaring Near Fall**—Extend one arm vertically; no verbal announcement. (Award of near fall should not be made until the immediate "situation" is finished, as indicated in last sentence of Note under Rule 15, Section 5.)

(9) **Declaring a Fall**—Quickly strike mat with palm of one hand and at the same instant verbally announce, "Fall." Do not slap wrestler on back. (See Rule 18, Section 9.)

(10) **Awarding a Decision or Declaring a Draw**—Referee shall call contestants to center of mat and raise the left arm of the winner to a vertical position. In case of draw at end of extra-period bouts in dual meets, Referee shall call contestants to center of mat and raise left arms of both contestants to vertical position.

(11) **Award of Points**—In connection with or immediately following the signal for change of position or advantage the Referee shall indicate award of points by pointing to the point scorer with the index finger of one hand and at the same time raise the opposite hand to or near a vertical position, extending one or two fingers of that hand to indicate the number of points awarded. Such signal must be clearly evident to the official Scorekeeper and to the operator of the scoreboard (if such is used), and also, so far as possible, to coaches, contestants and spectators.

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 co-operate 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.

Note to coaches and wrestlers from the Rules Committee

In the past some coaches have lost sight of the importance of each individual's conduct when in the public eye, and as a consequence, incidents have occurred, on the part of both coaches and wrestlers, that certainly have not been conducive to the type of public reaction that is desirable. As we all know, ninety per cent of our athletes' conduct is a direct reflection on the type of sportsmanship advocated by his coach. The natural trend of the athlete is toward proper conduct, but it is expecting too much of him to carry on this quality, if the coach, in whom the boy has confidence, continually violates these sporting principles. It has been evident in the past that many college and school-boy wrestlers have been embarrassed by the conduct of their coaches in public meetings.

The attention of the rules committee has been specifically called to the childish and unsportsmanlike actions of several coaches (who were named) for abusive language from the bench, coming on the mat proper during the progress of the meet to argue

with the referee, playing to the crowd through expressive gestures following the referee's decisions and in general conducting themselves in a manner unbecoming a coach.

Strong recommendations have been made to the committee that specific rulings be included in the rule book to penalize such conduct and unless this condition is remedied, it is obvious that official action must be taken. Unfortunately, a penalty of this nature would cause unwarranted hardship to the contestant during whose match the penalty was enforced. It seems entirely out of order that a few people in the coaching profession should jeopardize the good name of wrestling by the lack of a little common sense and decency. It is hoped that the coaches who have been guilty of this unseemly conduct will take stock of themselves and spare the committee the unpleasant duty of enacting embarrassing legislation.

Referees—Attention!

By R. G. CLAPP, M.D.

Honorary Chairman NCAA Wrestling Rules Committee

Penalties for Stalling and Other Infringements on the Rules.

RULE 13

For the convenience of referees, warnings and penalties have been classified under four heads as follows:

Head No. 1—Rule 13, Sections 1 A & B, 2 C. Referee gives a warning *only* on first offense; he *must* penalize for second such offense; he *must* penalize for third such offense and give second and final warning.

Head No. 2—Rule 13, Section 2 A, 3, 4 A and C. Referee *must* penalize on *first* offense; he *must* penalize on second offense and give final warning.

Head No. 3—Rule 13, Section 5. After Referee has inflicted the second penalty for infringement under Head 1 or 2 above he *must immediately* award a fall to the opponent if and when the infringement occurs again.

Head No. 4—Rule 13, Section 6. Referee *must* give warning on first offense and award fall to opponent on second such offense.

The large majority of referees have in the past been far too lax in enforcing prescribed penalties for stalling and for other infringements on the rules. This year the committee has tried to specify very definitely when penalties should be inflicted. Heretofore the rules were sufficiently flexible in this regard as to allow the referee to be very lenient in this enforcement and still be within the letter of the rules, but this will not be true in 1943. Drab, uninteresting, stalling matches will not stimulate normal growth in popularity of wrestling and failure of referees to properly enforce the rules in the past has been an important factor in the lack of interest in amateur wrestling on the part of the sporting public. The committee expects the referees to do their full share to improve these conditions in 1943.

Every competent referee should be able to discriminate between honest effort to secure falls or to improve position and "faked" effort or aggressiveness put on to deceive the referee. A "good showman" may occasionally make it difficult for the referee to distinguish between real and counterfeit effort, but in such cases the referee should realize that if a really superior wrestler is penalized for stalling he will soon be back in the position of advantage and he will then make such an honest and obvious effort to secure a fall or to improve his position that the referee will have no further reason to penalize him.

Furthermore, referees should clearly understand that they are not doing their duty if they allow a contestant to score a single point for time-advantage by means of stalling. Under most circumstances 30 seconds is ample time for the referee to allow the offensive wrestler to demonstrate his offensive effort and referees should also understand that the primary burden for starting active wrestling rests on the shoulder of the offensive and not the defensive wrestler. *Continuous "counter-wrestling" with no real offensive effort* should be interpreted as stalling.

DANGEROUS HOLDS

Referees should be alert to possible injury which may result from dangerous holds, whether legal or illegal, and should anticipate and be prepared to block such holds before injury results. It is far better to have a half-a-dozen potentially dangerous holds stopped too soon than to have one serious injury result because the referee failed to stop that hold in time.

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 illegal hold.

Questions and Answers

By B. R. PATTERSON

Chairman, Wrestling Rules Committee

and

RAY SWARTZ

Member, Wrestling Rules Committee

RULE 2, SECTION 2.

Q.—If in a tournament a man who is a lone entry wrestle in one weight (say 165-pound class) the first day, can he drop back to a lighter class (say 155-pound) 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.

RULE 3, 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.

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 NCAA rules do not provide for such a matter and such a rule should be unnecessary in intercollegiate matches.

RULES 4 and 5.

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 another coach to concede a handicap, and it is unfair to the contestant who has complied with the weight rules.

RULE 5, SECTION 1D(b).

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.

RULE 6.

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 tournaments. 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.

RULE 6, SECTION 7 AND RULE 14, SECTIONS 1, 2 AND 3.

Q.—In a tournament a man is accidentally injured and thus loses a match. Can he enter his next regular match for a third place?

A.—Yes, because forfeiture of a match because of injury is not interpreted as a default.

RULE 6.

Q.—In a tournament a man is accidentally injured, but wins the match notwithstanding. He defaults the next match, which comes the same day, because of the injury. Can he, the following day, compete for third place?

A.—Yes. See preceding Q. and A.

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 3, Section 3.

RULE 7, SECTION 4.

Q.—When a fall results in the second three-minute period of a match, what is the length of the last period?

A.—In tournaments and such meets the match lasts only for the time it took the contestant to secure his fall in the second three minute period. If the fall was secured in two minutes, the third period lasts but two minutes unless a fall is secured in less time.

RULE 9.

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 9, Section 1.

RULE 10, SECTION 1.

Q.—Is interlocking of hands or arms permissible after defensive man has taken one or both hands from the mat?

A.—No. No complete armlock is permitted until the man is standing on his feet.

RULE 10, 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.

RULE 10, SECTION 1, NOTE 3.

Q.—Man underneath raises on knee from mat in an effort to escape. Can underneath man lock arms or hands?

A.—No. You may not lock your arms around opponent unless he is supporting his weight on his two feet.

RULE 10, 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, if legal hold. No, if illegal hold. See Rule 13, Section 5.

RULE 10, SECTION 2.

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.

RULE 10.

Q.—Is a full nelson taken with the legs illegal?

A.—Yes.

RULE 10.

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. See Rule 10, Section 1.

RULE 10.

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.

RULE 10.

Q.—Is a man on defense permitted to use toe holds, pressure across the face, twisting hammerlock, etc.?

A.—No. See Rule 10, Section 1 and Note 7.

RULE 10.

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, if both of defensive wrestler's knees are on mat.

Note. The only time that an arm lock around the body is permitted is when the contestant is using it to pin his opponent.

RULE 10.

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.

RULE 11.

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; a period of thirty seconds or thereabouts should be sufficient for the Referee to decide whether or not the contestant is stalling.

RULE 11.

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.

RULE 11.

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.

RULE 15.

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 both shoulders and the head providing in the opinion of the Referee, the defensive contestant is not handicapped thereby.

RULE 16.

Q.—Must the Referee make a decision in all tournaments?

A.—Yes. See Rule 7, Section 2, and Rule 16.

RULE 18, SECTIONS 1 and 10.

Q.—If a man underneath slaps his opponent on the back, and becomes released as a consequence, and his opponent claims he thus concedes a fall, and he claims he was only trying to fool his opponent, what verdict should the Referee give?

A.—The Referee should decide the matter on the basis of his judgment as to intent of the defensive wrestler, and in the interests of good sportsmanship. Trying to "fool" an opponent is not good sportsmanship and should be so interpreted by the Referee.

RULE 18, SECTION 4-B.

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.

RULE 18, SECTION 13.

Q.—Should not Timers call out the passing minutes so distinctly as to be heard by contestants, coaches and spectators?

A.—Yes.

RULE 18.

Q.—What is the penalty for fouling if no injury is done to the opponent?

A.—See Rule 13.

RULE 18.

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.

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