

OFFICIAL NCAA WRESTLING GUIDE

OFFICIAL WRESTLING RULES

OF THE

NATIONAL COLLEGIATE
ATHLETIC ASSOCIATION

B. R. PATTERSON, EDITOR

Eligibility Rules for NCAA Events

SECTION 1. Any participant in an athletic contest under the auspices of the Association must meet all of the following requirements for eligibility:

(a) He must be eligible under the rules of the intercollegiate athletic conference of which his institution is a member, or, if his institution is not a member of any conference, then he must be eligible under the rules of his own institution.

(b) He must be a matriculated student at the certifying institution. That is, he must have been admitted under the published admission rules of that institution as a regular student in a curriculum leading to a degree or comparable objective.

(c) He must, at the time of competition, be registered for at least a minimum full-time program of studies as defined by his institution, or if the competition takes place between terms, he must have been so registered in the term immediately preceding the date of competition.

(d) He must have completed one full year of two full semesters or three full quarters and one calendar year must have elapsed from his first registration at the certifying institution after transfer from an institution offering more than two years of college work. (A veteran with at least one year of college credit need not be held for the year of residence referred to in paragraph (d), if the certifying institution is the only four-year collegiate institution he has attended since his discharge from military service.)

(e) He must not previously have engaged in three seasons of varsity competition in the sport involved. (Competition by a freshman on a varsity team must be charged as a season of varsity competition and must be counted as one of the three seasons of varsity competition referred to in paragraph (e), except if such competition occurred between Oct. 16, 1940 and Sept. 1, 1947, or occurs during the current season.)

(f) He must not have received or satisfied the requirements for a baccalaureate or equivalent degree, except that a student who is eligible during the term in which he completes the work for the degree remains eligible until the opening of the next regular academic semester or quarter.

(g) He must be an amateur as defined in Article III, Section (1) of the Constitution of the Association. (A student who signs a contract to play in professional athletics, whether for a money consideration or not, is not an amateur.)

(h) He must, if competing in the Boxing Tournament, comply with all of the requirements of the special boxing rules set forth in the Boxing Guide of the Association as the Official Boxing Rules.

SECTION 2. There shall be no waiver by the Association of any of the provisions of Section 1 in the case of any individual student or students.

SECTION 3. The Eligibility Committee shall not, prior to the conclusion of any tournament or meet under the auspices of this Association, rule on any protest received during the progress of such tournament or meet or within a period of twenty-four hours immediately preceding the same if the student protested has been duly certified by his institution as eligible for competition in that tournament or meet.

DIRECTIONS TO THE CERTIFYING INSTITUTION:

Check all entries against these eligibility requirements and do not certify any student who fails to meet all of these requirements. Questions regarding the interpretation or application of eligibility rules may be referred by letter or telegram to the Chairman of the N.C.A.A. Eligibility Committee—Victor O. Schmidt, Commissioner, Pacific Coast Conference, General Petroleum Building, Los Angeles, California.

NCAA Wrestling Rules Committee

E. F. CARAWAY, *Chairman* Lehigh University
 DAVE BARTELMA University of Minnesota
 JAMES J. REED Princeton University
 EVERETT LANTZ University of Wyoming
 ART GRIFFITH Oklahoma A&M College
 L. L. MENDENHALL Iowa State Teachers College
 HENRY A. STONE University of California
 H. D. KESTER, NFSHSAA West High School, Cleveland, O.



WRESTLING RULES COMMITTEE of the National Collegiate Athletic Association assembled at the NCAA Tournament at Colorado A&M College in March, 1952. Left to right, first row—H. D. Kester, D. C. Bartelma, E. F. Caraway; second row—Henry Stone, Art Griffith, Everett Lantz. *Not shown.* James Reed.

Official NCAA Wrestling Rules 1953

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 NCAA, 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 NCAA may participate, provided the representatives' institution pays into the NCAA 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 NCAA in the Association District in which the institution is located. Further information regarding application for membership may be obtained from the Executive Director of the NCAA, Walter Byers, Fairfax Building, 11th & Baltimore, Kansas City, Mo. 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 weight class.

2. No contestant shall be allowed to represent his institution in more than one class in each meet.

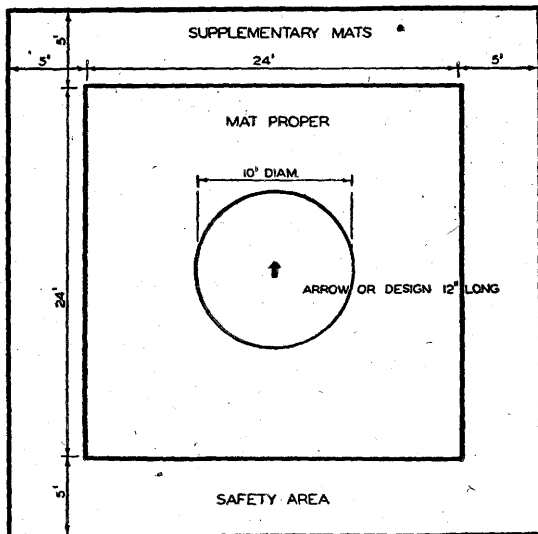
Note. See Rule 5, Section 1.

See Questions and Answers.

RULE 3—MATS 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. The thickness of the mats shall not be less than 2 inches nor more than 4 inches.



RECOMMENDED MAT SIZE.

All lines are 2" wide.

It is recommended that a moleskin, canton flannel, rubber, or plastic mat cover be provided sufficiently large to cover the mat proper and all supplementary mats. This cover should be stretched tightly and 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 on 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, the contestants shall be within 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 a design, at least twelve inches long, placed perpendicular to and pointing away from the timer's table. This design 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 heelless 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 are required. If shirts are worn they should be sleeveless. There shall be no fasteners of any sort on the shoulders, and they shall be fastened down at the crotch.

The Wrestling Rules Committee strongly recommends that protec-

tive headgear be used in all practice and competition. Headgears if worn shall have all rivets or metal surfaces covered with protective material. The wearing of headgears shall become mandatory beginning 1953-54 season.

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

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

123 lbs.	157 lbs.
130 lbs.	167 lbs.
137 lbs.	177 lbs.
147 lbs.	Unlimited

The 115 lb. and/or 191 lb. classes may be officially included in the weight classification provided either or both are adopted by individual conferences. Interconference meets shall be contested in the original (8) weights.

For the NCAA Tournament the 115 and 191 lb. classes will be included. These weights will count in the scoring of the team championship.

RULE 5—WEIGHING-IN AND DESIGNATION OF CONTESTANTS

1. Time

A. **TOURNAMENTS.** Each day of the tournament contestants will weigh-in a maximum of five hours and a minimum of three hours before the meet is scheduled to begin.

The contestant who is to represent his institution must be named before the drawings are made.

B. **DUAL MEETS.** Contestants may weigh-in a maximum of five hours and a minimum of one-half hour before the meet is scheduled to begin. The exact maximum time shall be decided by mutual agreement of the competing teams. The home team's representative shall be sent onto the mat first, and he cannot be withdrawn or replaced.

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

2. Weight Allowance

A. **DUAL MEETS.** In all dual meets, net weights shall be required.

B. **TOURNAMENTS.** In tournaments one pound allowance shall be allowed after the first day.

3. **Failure to Make Weight.** Any contestant failing to make weight at the minimum time shall be rejected.

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—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.

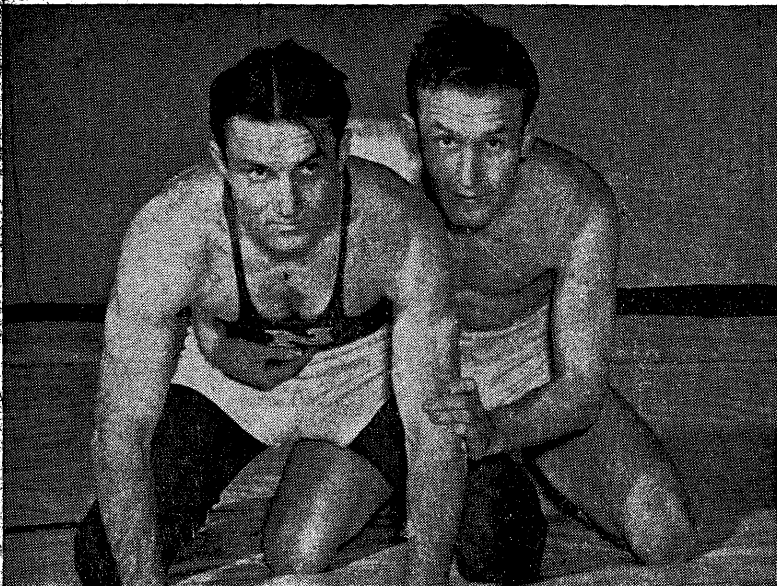
2. **Drawings.** Drawings shall be made in accordance with the graphic illustration as provided in Section 6 and 7 of this rule.

3. **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.



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.



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.

If another pair is distinctly superior to the remaining wrestlers in the class this pair shall be drawn in different halves of the bracket.

If there is one outstanding wrestler in any class and also two others who are distinctly superior to the remainder in that class, these 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.

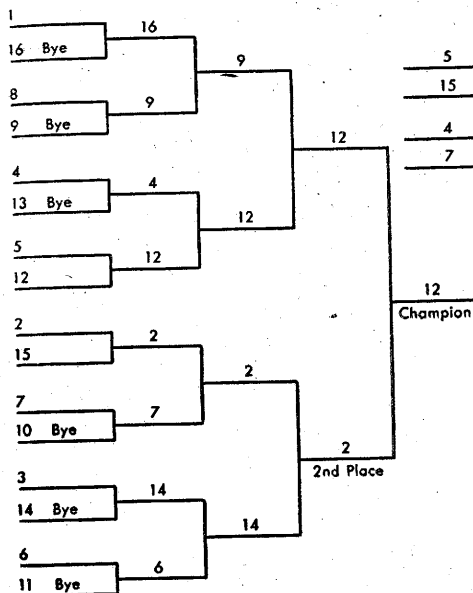
4. Method of Drawing. Immediately after the expiration of the minimum weighing-in time, drawing shall be made.

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 and Seeding.

9 TO 16 CONTESTANTS



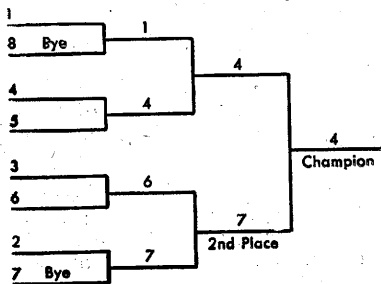
Numbers shown represent seedings of contestants.

Any number may be seeded.

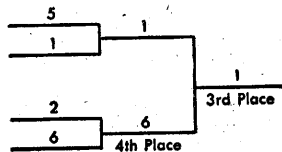
Byes will take the positions indicated.

Consolations are as shown. For 17 to 32 contestants, use a 32-bracket draw, simply doubling the 16-bracket draw shown. Consolation pairings will be as shown for 9 to 16 contestants, with an added preliminary round.

5 TO 8 CONTESTANTS



Consolation Pairings



7. Consolation Matches. Contestants eligible for third place matches:

A. At the end of the semi-final matches in each weight division, consolation matches will be held to determine the 3rd and 4th place winners. (See the Graphic Illustration on Consolation Matches.)

B. The contestants defeated in the first round by the finalist shall meet in the first match of the preliminary round of the third place consolation flight.

C. The contestants defeated in the second round by the finalists shall meet in their first match of the preliminary round of the third place consolation flight.

The winner of each of these matches will meet the contestant in his part of the bracket who was defeated in the third round by the finalists, for the second round of the consolation flight.

Both winners will wrestle for 3rd and 4th place.

D. All third place matches except the final one should be run off during the next to last session of the meet. The final third place match in each weight shall be held during the final session of the meet.

8. The Wrestling Rules Committee recommends that medals and team trophies be formally presented in a ceremony made as impressive as possible.

RULE 7—CONDUCT OF MATCHES

1. All regular matches shall consist of three three-minute periods. The first period will start with both contestants standing in opposite corners of the mat. The wrestlers will come forward, shake hands with the right hand, pass each other, turn to the left at the edge of the circle and, when the Referee blows his whistle, begin wrestling. A fall during this or either subsequent period terminates the match. If neither contestant secures a fall in this first period, the Referee shall recess the match and place the wrestlers in the Referee's position (Sec. 5) with the appropriate contestant in the position of advantage (Sec. 4). The second three-minute period shall be started immediately by the Referee's whistle. If no fall occurs during this second period, upon its expiration the Referee shall again recess the match, place the contestant who started the second period in the position of advantage underneath and start the third period as before. If no fall occurs during this final period, upon termination of the match the Referee shall award the contest as provided (Rule 9 Sec. B).

2. **Intermission.** Each recess between the periods of any match shall be only such time as is required by the Referee to bring the contestants into the proper position for the next period. No rest shall be permitted. (See Rule 13, Sec. 1).

3. **Consolation Matches.** Consolation matches shall consist of three two-minute periods conducted in the same manner as regular matches in tournaments.

4. Choice of Position.

A. **DUAL MEETS.** Immediately before the contests start, the Referee shall call the captains to the center of the mat and decide by the toss of a coin which team has the choice of position at the start of the second period in each weight class. The winner of the toss may choose the odd or even weight classes.

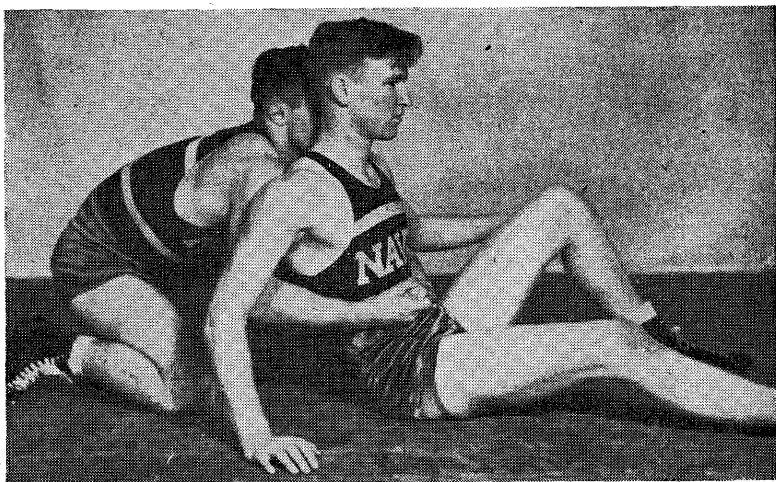
B. TOURNAMENTS. Immediately following the end of the first period, the Referee shall determine which wrestler has the choice of position at the start of the second period by the toss of a coin.

5. **Referee's Position on the Mat.** The defensive contestant *must face in the direction indicated by the arrow or design 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 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 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 line must not touch the near leg of the defensive wrestler.*

6. **Time Advantage.** Time advantage will start when a contestant earns the position of advantage or is placed there by the Referee.

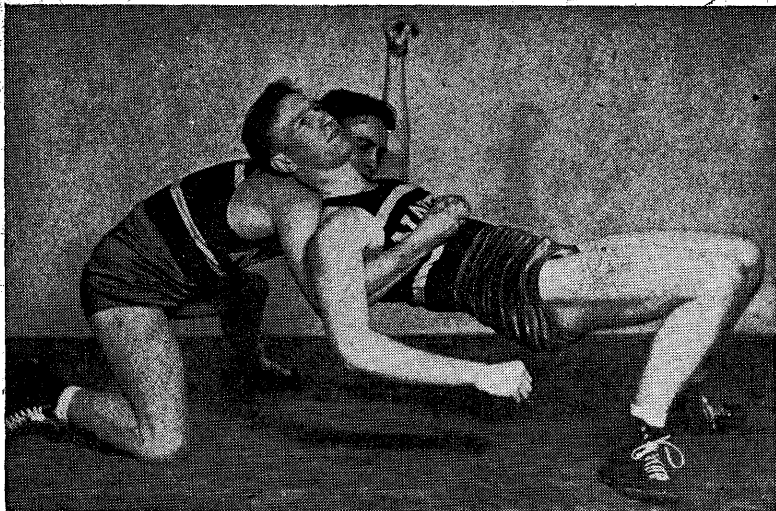
RULE 8—OUT OF BOUNDS

1. Whenever a contestant brings his opponent to the mat, *and gains control while all of the supporting points of the offensive wrestler's body are on the wrestling mat proper* he has earned the Position of Advantage. The offensive wrestler is entitled to this advantage until such time as his



No. 3—ILLEGAL USE OF HANDS IN BODYLOCK.

Offensive wrestler is not allowed to lock hands, wrists or arms around body while defensive wrestler has hands and knees on mat. (See Rule 10, Section 1.) See questions and answers.



No. 4—LEGAL USE OF THE HANDS IN WAISTLOCK.

This shows the legal use of the hands of the top man. The defensive contestant's weight is clearly on his feet, and his hands are off the mat.

opponent, in legal manner, gains a neutral position, or reversal within the boundary of the mat proper.

Note 1. 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".

Note 2. It must be borne in mind that in securing a position of advantage the control of the defensive wrestler is the determining factor and that failure of the offensive wrestler to get his head out from under the defensive wrestler's arm does not necessarily prevent the offensive wrestler from having control.

2. Contestants are "out of bounds" when any supporting part of either wrestler touches or is over the boundary line with the following exceptions:

(a) When a takedown is being attempted, wrestling shall continue as long as the supporting points of the offensive wrestler do not touch or go over the boundary line.

(b) When a fall is imminent, wrestling shall continue as long as the head and both shoulders of the defensive wrestlers are within the boundary line.

3. **Resumption of Wrestling after Out of Bounds.** The position to be assumed by the contestants at the resumption of the match shall be neutral or Referee's position on the mat as determined by the position held upon going out of bounds; except when a penalty involves change of position.

RULE 9—SCORING

1. Falls

A. 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.)

B. FALL WITH PART OF BODY OFF MAT.

(1) A Fall shall not be awarded when one or both shoulders or the head of the defensive contestant are off the mat.

(2) *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 8.

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.

2. Decisions

A. DUAL MEET MATCHES. If no fall has resulted after the expiration of the three regular periods of any match as provided in Rule 7, Sec. 1, the Referee shall award the match to the contestant *who has scored the greater number of points*. If there is a tie in number of points scored the Referee shall declare the match a draw.

B. TOURNAMENT MATCHES. In tournament competition when there is a tie in points the Referee shall award the match to the contestant who has shown superior wrestling ability.

C. POINT SYSTEM FOR DECIDING MATCHES WHEN NO FALL OCCURS. In all matches the following point system shall constitute the basis for deciding the winner when no fall occurs.

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.

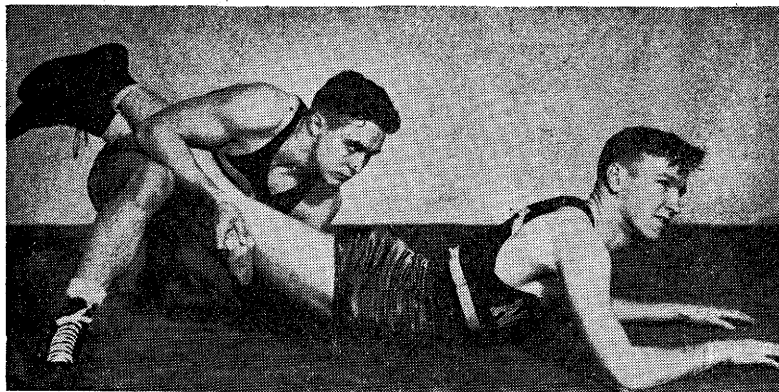
2 Points for "Reversal of Position" from Defensive Position on Mat.

2 Points for "Near-Fall" (see Rule 9, Section 2). Rule 9, 3-2. Note 1-2-3.

1 Point for each full minute of accumulated net time-advantage behind. Two points is the most that can be so awarded in the three periods of the match.

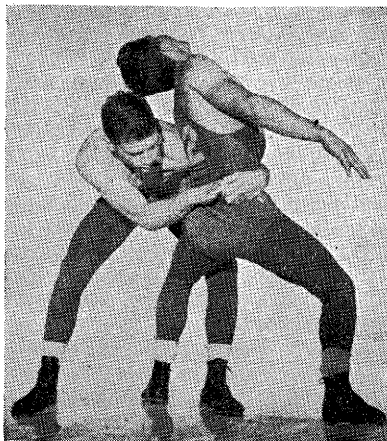
Note. The Referee is especially cautioned to signal the Timekeeper when time advantage starts. The Referee should designate clearly to the timers by signal and voice when points are awarded.

Note. 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



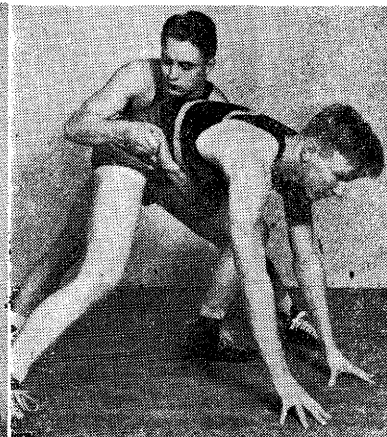
No. 5—ILLEGAL USE OF THE HANDS IN LEGLOCK ON MAT.

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.



No. 6—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.)



**No. 7—ILLEGAL USE OF THE WAISTLOCK.
(MAN IS NOT CLEARLY UPON HIS FEET.)**

This is illegal if the man is coming up from the mat. This may be permitted momentarily when going from a standing position to the mat. Referees are to allow reaction time only.

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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.

D. NEAR FALLS. 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. Only one near fall may be scored in any one situation.

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 for two full seconds, a near fall shall be scored.

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 the preceding statement.

A near fall situation is ended when the defensive wrestler escapes from a pinning combination. 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 two points only for "near falls" in that situation.

E. TEAM SCORE. DUAL MEET.

(a) Falls. When one of the two contestants in any match secures a fall 5 points shall be awarded to the contestant securing the fall.

(b) Decisions. A contestant who scores the most number of individual match points shall be awarded the decision. The decision shall count 3 points in team score.

(c) Draws. In case of a tie in individual match points a draw shall be declared. Each contestant shall be awarded 2 points.

F. TOURNAMENTS.

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.

SCORING CHART

<i>Individual Match</i>	<i>Dual Meet</i>	<i>Tournament</i>
2 Pts. take down	5 Pts. fall	6 Pts. 1st place
1 Pt. escape	5 Pts. default or forfeit	4 Pts. 2nd place
2 Pts. reversal	3 Pts. decision	2 Pts. 3rd place
2 Pts. near fall	2 Pts. draw	1 Pt. 4th place
1 Pt. time advantage		1 Pt. for fall at any time in tournament

RULE 10—ILLEGAL HOLDS

1. Illegal Holds. Any hold shall be allowed except the hammerlock above the right angle; the twisting hammerlock; front headlock; the straight head scissor (even if the arm is included); over-scissors; flying

mare with the palm up; full (double) nelson; strangle holds; all body slams; toe holds; the bending, twisting or forcing of any limb or joint beyond its normal limits of movement. or any hold used for punishment alone.

Note 1. If the double wristlock is brought up into a *twisting hammerlock*, it becomes an illegal hold, and no contestant shall be allowed to retain any advantage he secures by use of the double 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.

The double wristlock is legal if the direction of the force is perpendicular to the long axis of the body. It is 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. Injuries are sometimes caused by a lack of knowledge on the part of contestants of such holds as the double wristlock, the keylock, and other potentially dangerous holds (which may cause injury when used legally). Contestants should have a knowledge of the dangers of these holds and a knowledge of the blocks for them.

Note 3. 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 4. All slams are illegal. The term "slam" is interpreted as lifting and bringing an opponent to the mat with **FORCE**. In the standing position the slam is usually preceded by a pick-up. The slam can also be accomplished by either top or bottom contestant while on the mat.

2. Unnecessary roughness. Intentional striking, gouging, kicking, hair pulling, butting, elbowing or anything that endangers life or limb shall be grounds for disqualification.

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. Technical Violations. The interlocking of fingers, hands or arms around the body or legs by the offensive contestant while on the mat; stalling; taking a position near the edge of the mat; intentionally pushing your opponent off the mat; going off the mat to prevent a fall; leaving the mat at any time without permission from the referee; flagrant or intentional violation of the spirit or letter of the rules constitutes a technical violation. (See Penalty Chart.)

Note 1. Any hold over the mouth, nose, eyes or front of the throat, etc., should not be permitted.

Note 2. The term interlocking of the hands or arms around the body or legs and holding the leg or legs with hands or arms has reference only to the wrestler in the position of advantage. It applies only when the contestants are on the mat and does not apply when the defensive man has gained his feet or when the lock is used as a pin hold.

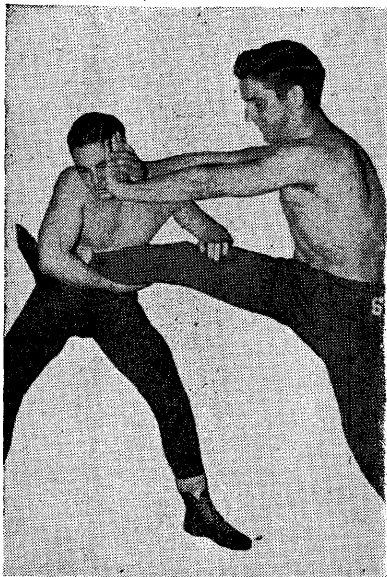
A. Intentionally forcing opponent off the mat to prevent a take down, reversal or escape is a technical foul.

B. Intentionally going off the mat to prevent a take down, reversal or escape is a technical foul. (See Penalty Chart.)

C. Holding of the leg or legs with both hands or arms by the offensive wrestler, while on the mat, longer than the normal reaction time required to prevent an escape or improve his position is a technical foul.

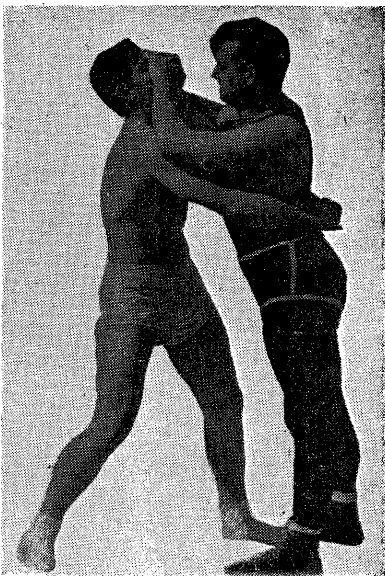
Referee: See Questions and Answers on leg split rule.

D. Going off the mat to prevent a fall or near fall. (However if a near fall should be scored the technical violation shall be disregarded.)



No. 8—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. 9—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. 8.

Note 1. Any hold over the mouth, nose or front of the throat, etc., should not be permitted.

Note 2. The term "interlocking of hands or arms around the body or legs" has reference only to the wrestler in the position of advantage. It applies only when the contestants are on the mat and does not apply when the defensive man has gained his feet or when the lock is used as a pin hold.

The referee must use extreme vigilance in declaring infractions of the rule on "interlocking of the hands, fingers or arms around the body" when a reversal appears imminent.

At no time shall the referee deny the defensive man points earned through a reversal nor shall he deny him the opportunity to earn such points, if in the process of a reversal, or attempted reversal, the offensive man "locks" his hands.

Thus, the referee shall not call a penalty until the defensive man has had an opportunity to complete the reversal, provided he does so in one continuous maneuver. If the defensive man fails to complete the reversal after an opportunity to do so, then the referee will stop the action and award one penalty point for the infraction by the offensive man.

Note 3. All communication, either vocal or by signal, other than simple encouragement, by the coach or members of the team with the contestant at any time during the bout, except when time is taken out, shall be interpreted as coaching.

Note 4. It is illegal to leave the mat without receiving permission to do so from the referee.

Note 5. If 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."

Note 6. 1i, in the opinion of the Referee, a contestant intentionally crawls, slides or rolls off the mat while in a predicament (Shoulders less than 90°) the Referee shall award one (1) point to his opponent. However, if a near fall has been scored, the one point shall not be added.

RULE 11—STALLING

1. Neutral Position. Contestants must make an honest attempt to secure a position of advantage regardless of the time or score of the match.

A contestant who continually avoids contact with his opponent by staying outside the circle is stalling.

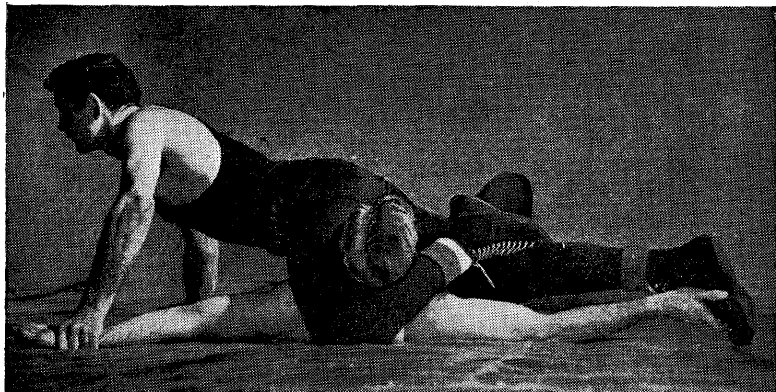
A contestant may leave the circle to maneuver for position provided he continues his attempt to gain an advantage.

2. Offensive Position. A contestant must make an honest attempt to secure a fall.

3. Defensive Position. No penalty for stalling on the part of the defensive contestant is provided for by these rules if the defensive man stays on the mat. However, if he intentionally crawls off the mat he is delaying the match and his opponent is awarded one (1) point. (See Penalty Chart.) If the defensive contestant resorts to purely defensive tactics he is stalling. When the defensive contestant is stalling the referee shall not penalize the offensive contestant for refusal or inability to wrestle aggressively.

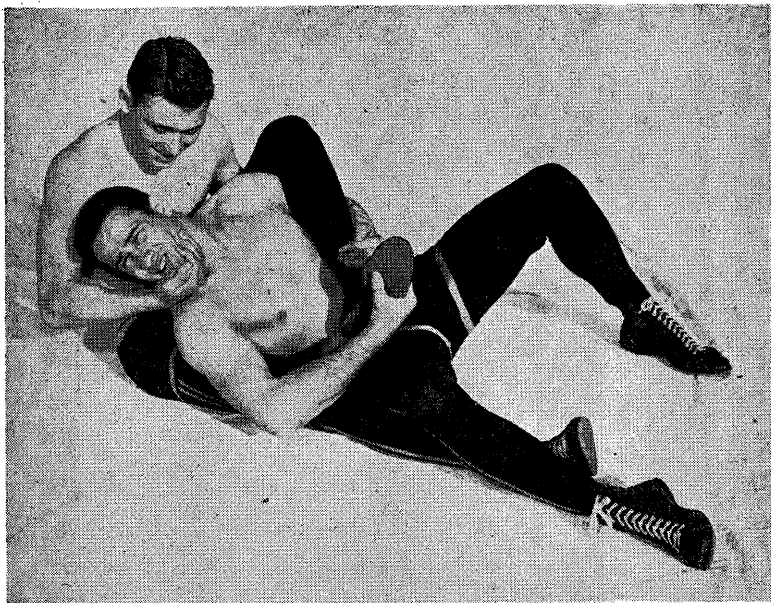
RULE 12—PENALTIES

1. Stalling in Neutral Position. If, in the opinion of the Referee, a contestant in the neutral position on the feet is stalling, the Referee



No. 12—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.



No. 13—LEGAL FOOT (INSTEP) HOLD.

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

shall 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 each subsequent offense. (See Rule 10-1.)

2. Stalling Near the Edge of the Mat. 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 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 subsequent offenses shall be the same as for the second one. (See Rule 11, Section 1.)

3. Leaving the Mat to Prevent Capture. 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.)

4. Intentionally Pushing Defensive Man Off Mat. If a contestant

Penalty Chart

MOST FREQUENT OFFENSES

INFRACTION	POSITION OF OFFENDER	PENALTY FIRST	PENALTY SECOND	PENALTY THIRD	RULE
ILLEGAL HOLD AND/OR UNNECESSARY ROUGHNESS	Neutral	2 points N.C.	2 points T.D. Final Warning	Disqualify	Rule 9
	Advantage	2 points N.C.	2 points R. Final Warning	Disqualify	Rule 9
	Defensive	2 points N.C.	2 points N.C.	Disqualify	Rule 9
TECHNICAL VIOLATIONS:					
Interlocking of hands around body, two hands on leg or legs	Advantage	1 point N.	1 point N.	1 point N.	Rule 10 Section 2 Note 2
Leaving mat without permission		Warning	1 point N.C.	1 point N.C.	Rule 10 Section 2 Note 4
Taking position near edge of mat	Neutral	Warning	2 points T.D.	2 points T.D.	Rule 12 Section 2
Stalling or delaying match	Neutral Advantage	Warning Warning	2 points T.D. 1 point N.	2 points T.D. 1 point N.	Rule 11
Intentional running, crawling or sliding off the mat or pushing, pulling or carrying an opponent off one mat to prevent a change in advantage	Neutral Advantage	2 points T.D. 2 points R.	2 points T.D. 2 points R.	2 points T.D. 2 points R.	Rule 12 Section 4
Sliding off mat to prevent near fall (not given if near fall points are awarded)	Defensive	1 point N.C.	1 point N.C.	1 point N.C.	Rule 12 Section 5

Key: TD-takedown, R-reverse, N-neutral, NC-no change.

It is suggested that this chart be incorporated in your dual meet program.



No. 17—ILLEGAL HAMMERLOCK (ABOVE 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.

hold the bottom man's leg or legs with *both* hands or arms. (See Rule 11—Section 3, Exception A.)

C. For violation of Rule 11, Section 3, Exceptions A, B, the Referee shall order both men to their feet in a neutral position and award one (1) point to the offended wrestler.

RULE 13—INJURIES AND DEFAULTS

1. If a contestant is injured, the Referee shall allow a maximum of three minutes time-out. 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 time-out, 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. See Questions and Answers.

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.

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.

In case of an intentional attempt to injure an opponent or failure to compete the offender shall be disqualified for the remainder of the tournament.

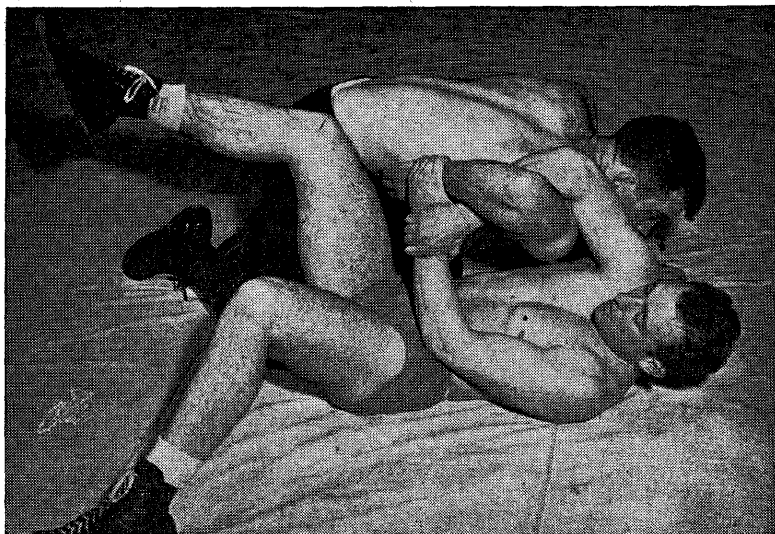
In other cases of disqualification the loser may continue in the consolation rounds if eligible.

Note. A default in wrestling shall be considered when a contestant enters a match, and due to circumstances beyond his control, the contestant is unable to continue to wrestle, thereby defaulting to his opponent.

A forfeit will be defined as when a contestant loses the right to compete because of failure to meet requirements of the rules. The award of a match due to a final warning disqualifies the contestant only for one match in a tournament.

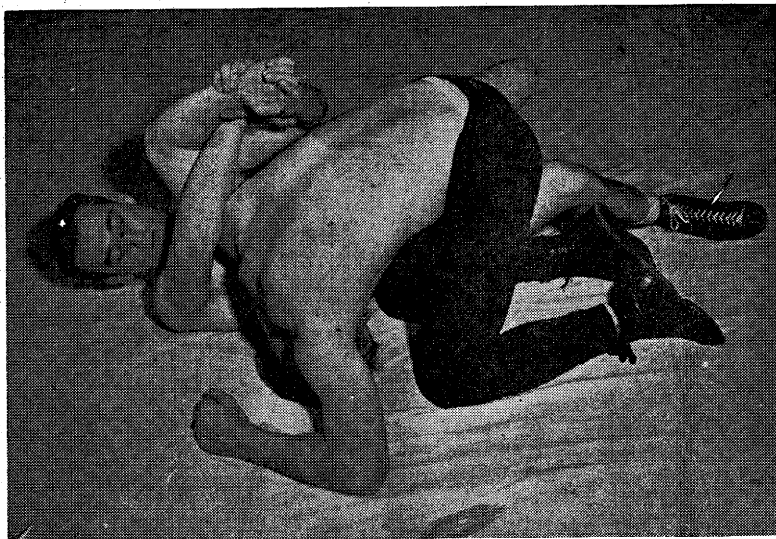
RULE 14—FALLS AND NEAR FALLS

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



No. 18—LEGAL DOUBLE WRISTLOCK ON THE MAT.

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



No. 19—ILLEGAL DOUBLE WRISTLOCK ON THE MAT.

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.

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.

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 12, 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. 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. Only one near-fall may be scored in any one "situation."

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 for two full seconds, a near-fall shall be scored.

what dangerous position, no near-fall may be scored except as provided in Note 1 above.

Note 2. Regardless of the length of time a defensive wrestler may be held in a some-
Note 3. A near-fall situation is ended when the defensive wrestler escapes from a pinning combination.

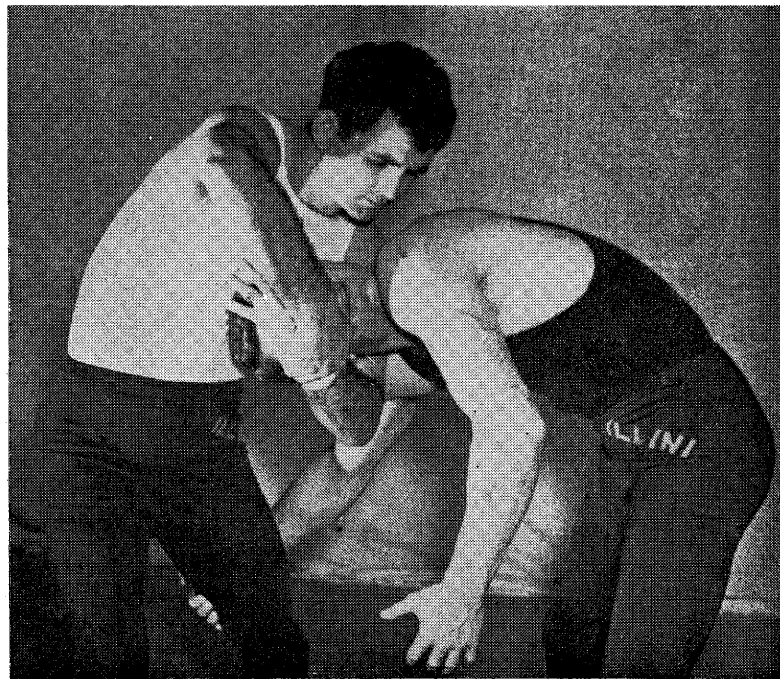
The referee must not signal a "near-fall" until the "situation" is ended. Nothing in the above shall prevent repeated efforts by the offensive wrestler to "pin" his opponent, but, regardless of the number of near-falls he may secure in any one "situation," he is credited with 2 points only for "near-falls" in that "situation."

RULE 15—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.*

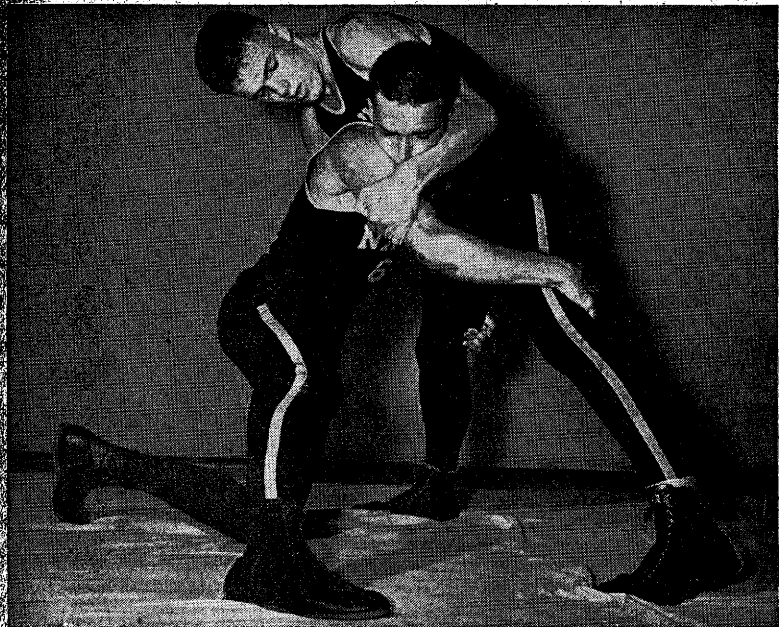
2. **Third Place Matches in Tournaments.** If neither contestant secures a fall in the three two-minute periods, the Referee shall award the decision to the contestant *who has scored the greater number of points,* except as provided in Rule 7, Section 2, third sentence.

Note. It is recommended that in the NCAA tournament the final consolation matches be held before the final championship matches.



No. 20—ILLEGAL FRONT HEAD LOCK.

This cut shows how the front head lock is used to counter a leg pickup. This hold is dangerous and is illegal. Leverage as applied on the neck is illegal.



No. 21—A LEGAL CROSS FACE.

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

A. IN TOURNAMENTS. When no fall has been secured, the Referee shall award the decision to the contestant *who has scored the greater number of points, but if points are equal, the Referee shall decide the winner on the basis of superior wrestling ability 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 16—OFFICIALS

Referee's Duties:

1. The Referee shall have full control of the meet and his decisions shall be final and without appeal.
2. Before the contestants come to the mat, the referee shall:
 - (a) Inspect contestants for presence of oily rub, rosin, objectionable pads, improper clothing, finger rings, long finger nails, etc.
3. Clarify the rules with coaches and contestants.
4. Advise contestants to report to the center of the mat ready to wrestle. Contestants will shake hands, remain within the circle and start wrestling at the referee's signal.

5. The referee is responsible for the proper seating of timekeepers and scorers at the officials table as follows:

Home Team Assistant Timekeeper	Visiting Team Assistant Timekeeper	Head Timekeeper	Visiting Team Scorer	Home Team Scorer
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6. Instruct the head timekeeper that he is:

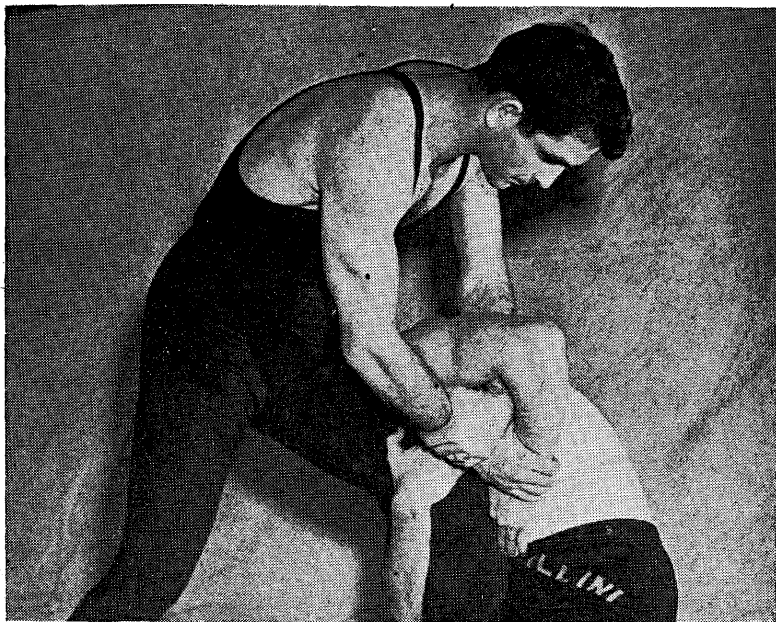
a. In charge of assistant timekeepers, and scorers, and should be constantly checking their activities at all times.

b. Responsible for keeping the over-all time of the match.

c. Responsible for recording accumulated time-outs for injury.

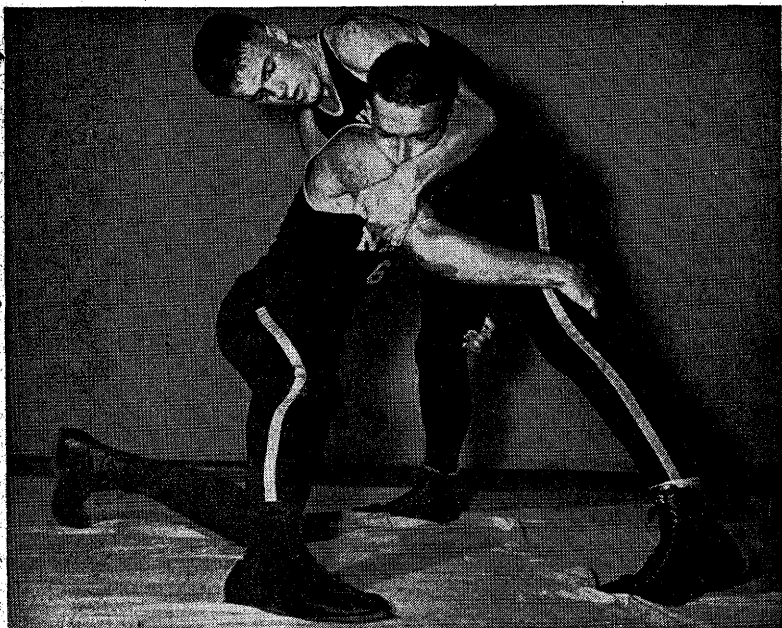
d. Responsible for recording which contestant has the position of advantage at the start of the second period.

e. Responsible for informing the Referee, only after an imminent situation has passed, whenever there is disagreement by the official scorers and/or timekeepers.



No. 22—LEGAL DOUBLE WRISTLOCK FROM THE STANDING POSITION.

This shows the start of a legal double wristlock from the standing position. Notice the position of the hands of the contestant that is standing.



No. 21—A LEGAL CROSS FACE.

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

A. IN TOURNAMENTS. When no fall has been secured, the Referee shall award the decision to the contestant who has scored the greater number of points, but if points are equal, the Referee shall decide the winner on the basis of superior wrestling ability 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.

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3. Clarify the rules with coaches and contestants.

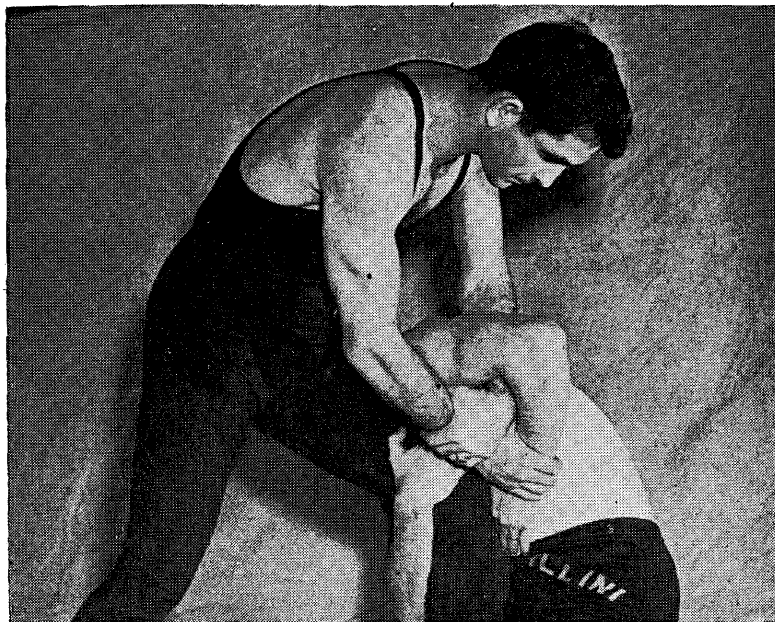
4. Advise contestants to report to the center of the mat ready to wrestle. Contestants will shake hands, remain within the circle and start wrestling at the referee's signal.

5. The referee is responsible for the proper seating of timekeepers and scorers at the officials table as follows:

Home Team Assistant Timekeeper	Visiting Team Assistant Timekeeper	Head Timekeeper	Visiting Team Scorer	Home Team Scorer
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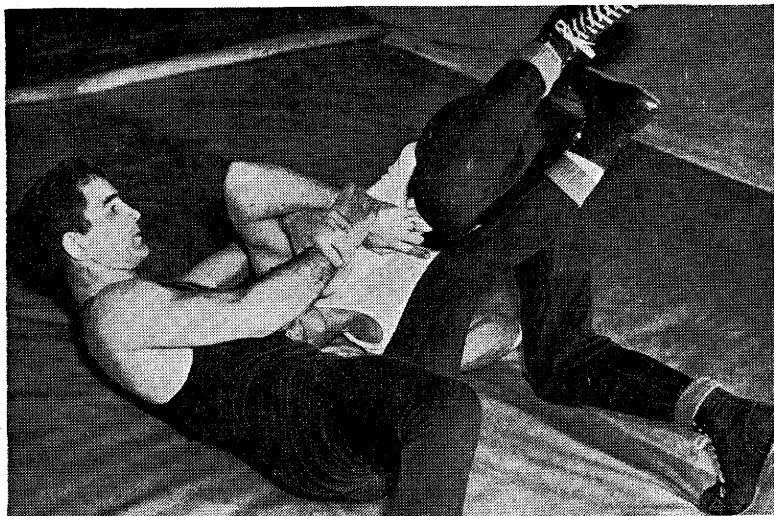
6. Instruct the head timekeeper that he is:

- a. In charge of assistant timekeepers, and scorers, and should be constantly checking their activities at all times.
- b. Responsible for keeping the over-all time of the match.
- c. Responsible for recording accumulated time-outs for injury.
- d. Responsible for recording which contestant has the position of advantage at the start of the second period.
- e. Responsible for informing the Referee, only after an imminent situation has passed, whenever there is disagreement by the official scorers and/or timekeepers.



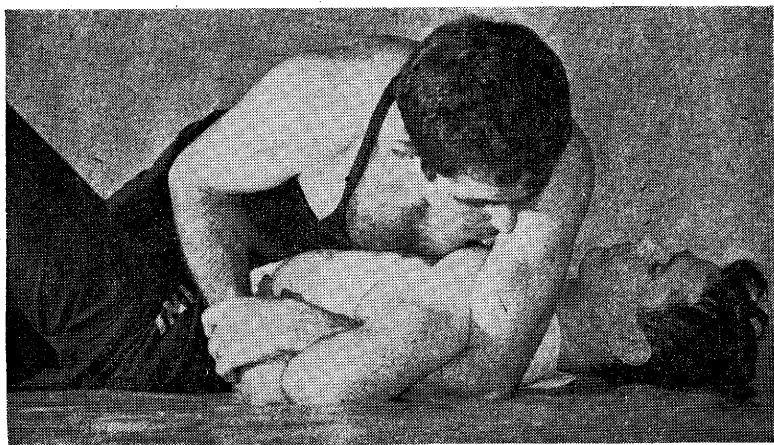
No. 22—LEGAL DOUBLE WRISTLOCK FROM THE STANDING POSITION.

This shows the start of a legal double wristlock from the standing position. Notice the position of the hands of the contestant that is standing.



No. 23—STANDING WRISTLOCK SERIES, DOUBLE WRISTLOCK FROM STANDING POSITION.

Notice position of each contestant's feet and hands.



No. 24—DOUBLE WRISTLOCK SERIES FROM STANDING.

Finish of a legal double wristlock from standing on the mat.

f. Responsible for assisting the Referee in determining whether a situation occurred before or after the termination of a period.

g. Responsible for calling the minutes to the referee, contestants, and spectators in each match. The last minute shall be reported at fifteen second intervals.

Note. The Home Institution shall provide each timekeeper with an accumulative time clock for recording the time during the match. The head timekeeper shall be provided with two extra accumulative time clocks for recording time out in case of injury to the contestants. The head timekeeper shall also be provided with a gong, horn, or bell.

7. Instruct the assistant timekeepers that they are responsible for :

a. Recording accumulative time advantage of the contestant, to whom they have been assigned, when indicated by the referee.

b. Constantly checking each other's time advantage recording.

c. Constantly checking the head timekeeper's time recordings.

d. Immediately advising the head timekeeper when any disagreement regarding time advantage occurs.

e. Showing the referee the stop clock recording of the time advantage each contestant has accumulated at the end of the match.

8. Instruct the scorers that they are responsible for :

a. Recording points scored by both contestants when signaled by the referee.

b. Constantly checking each other's score reading.

c. Immediately advising the head timekeeper when they are in disagreement regarding the score.

d. Keeping the score board operator continually advised of the official score during each match.

e. Showing the referee the score card at the end of each match.

9. Before the dual meet starts call the team captains to the center of the mat for the toss of the coin to determine choice of position at the start of the second period. (Rule 7, Sec. 3-A.)

During tournaments decide by toss of coin the choice of referee's position on the mat at the start of the second period.

10. The Referee will use the Wrestling Officials' signals. (See pages 82-86.)

11. The Referee shall notify the timekeepers as follows :

a. When the match starts.

b. When the match is stopped for any reason.

c. When the match is resumed.

d. When time advantage begins for a contestant.

e. When time advantage stops for a contestant.

f. Whenever time is involved in any situation occurring in the match.

12. The Referee shall notify the scorers when points are awarded to either contestant.

13. The Referee should anticipate difficult positions on the edge of the mat and prevent them by stopping the match, and resume wrestling at the center of the mat, as in the case of an off-mat decision.

14. The Referee shall be firm in enforcing the letter and the spirit of the rules and penalize consistently any repeated infractions. He must enforce vigorously and promptly the penalties for stalling, etc., as provided in Rule 11.

15. The Referee shall caution the user of a potentially dangerous or illegal hold in order to prevent possible injury. Such holds should be stopped by the referee, if possible, before the hold reaches the dangerous stage.

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

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

18. If the conduct of a coach, contestant, or a spectator interferes with the orderly progress of the match, the home management shall be responsible, at the request of the Referee, for the removal of the offender from the premises.

19. At the end of each match the Referee shall order the contestants to shake hands and return to their respective corners on the mat. He shall then check the timekeepers' and scorers' records to decide the winner. He shall indicate the winner of the match by pointing toward the corner of the winner. If the match is a draw the referee will raise both his arms vertically.

Note 1. If in the opinion of the referee there is an error in the recordings of the timekeepers and/or scorers, the referee shall correct the error and render his decision accordingly.

Note 2. In final consolation and championship matches two of the referees shall act as judges and their vote together with the vote of the referee of the match shall determine the winner of the match when the point scores are even.

Note 3. In tournaments when two officials are taking turns working on the same mat, one may act as a consultant in case of a tie match.

RULE 17—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 ten days prior to date of meet the exact time and place of match.

High School Wrestling Rules

The Wrestling Rules Committee of the NCAA recommends that interscholastic Wrestling contests be governed as follows:

1. **Eligibility.** Contestants 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 weight classes as follows:

103 lbs.	138 lbs.
112 lbs.	145 lbs.
120 lbs.	154 lbs.
127 lbs.	165 lbs.
133 lbs.	Unlimited.

Beginning January 1st and continuing until February 1st, two additional pounds will be allowed in each weight class. Beginning February 1st and continuing for the remainder of the season, one additional pound shall be allowed in each weight class. This will make a net increase of three pounds beginning the 1st of February.

Additional weight classes may be officially included in the weight classification provided they are adopted by the individual state athletic associations. Interstate dual meets shall be contested in the original 10 weights.

3. Weighing In of Contestants.

A. **DUAL MEETS.** Contestants may weigh in a maximum of one hour and a minimum of one half-hour before time the meet is scheduled to begin. (By mutual consent of the competing schools the college regulations may be followed.)

B. **TOURNAMENTS.** Each day of the tournament, contestants may weigh in a maximum of five hours and a minimum of one hour before the meet is to begin.

Note. Changes in weighing in time may be made by the individual state associations.

4. Length of Matches.

A. **DUAL MEETS.** These matches shall be six minutes in length divided into three periods of two minutes. No rest is allowed. These matches shall be conducted in the same manner as dual meets and first-place matches in tournaments under college rules. 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. **TOURNAMENTS.** These matches shall consist of three periods of two minutes each, conducted in the same manner as third-place matches under college rules. 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.** Illegal holds shall be the same as the holds barred in College Rule 10.

Penalties. See Penalty Chart.

Questions and Answers

Rule 2, 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) 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.—May the home team require shirts be worn?

A.—Yes, but sufficient notification should be given to the visiting team.

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.

Q.—May a contestant wear a legal plastic or hard ear protector if his opponent does not use an ear protector.

A.—Yes, but it is recommended that his opponent be notified at the time of weighing in.

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.

Q.—May a contestant who weighs in for one weight class be shifted later to a higher weight class?

A.—Yes, but not more than one man can represent a school in a weight class.

Q.—Is it permissible for two teams to weigh in on home scales by mutual agreement and furnish a certified weight list?

A.—Yes, and it is recommended that actual weights be listed.

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 13, 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 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.

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.—The match is over at the time of the fall.

Q.—May a contestant ask for "time out" to get a drink of water?

A.—No.

Rule 8, Section 1

Q.—When the wrestlers are on their feet in a neutral position does the referee stop the match when one wrestler is off the mat?

A.—When a takedown maneuver is in progress the referee shall let the action continue as long as the offensive wrestler has all supporting parts on the mat.

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.

Q.—Man underneath raises both hands from mat and sits back on buttocks 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.

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, Section 1, Note 4

Q.—Should a forceful trip, used as a takedown or a counter to wrestling on the mat, be interpreted as an illegal slam?

A.—No, providing the defensive wrestler is not *lifted* completely off the mat.

Rule 10

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

A.—Yes.

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.

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.

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.

Q.—If the man behind on the mat locks 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 on the mat is when the contestant is using it to pin his opponent.

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.

Q.—Should the offensive wrestler be penalized when the defensive wrestler turns the offensive wrestler's legal hold into an illegal hold?

A.—No.

Q.—If contestant A has a figure four body scissor on contestant B, then contestant B intentionally walks, crawls, or rolls off the mat, is this permissible?

A.—No, see penalty chart.

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 11

Q.—How long should a Referee allow a contestant to retain a stalling hold?

A.—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 has made an attempt to improve his position.

Q.—When a man has a fairly good hold, say a headlock with the underarm 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.

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.

Q.—Is it permissible to hold the leg or legs with one hand?

A.—It is legal as long as the offensive contestant is trying to improve his position.

Rule 11, Section 2

Q.—If a contestant proves to be superior on his feet may he continue to secure take-downs and let his opponent escape at will?

A.—Yes.

Rule 11, Section 3

Q.—May the defensive wrestler on the mat be penalized for stalling?

A.—No, providing he stays on the mat. A one point penalty is given if the defensive wrestler intentionally leaves the mat.

Rule 13

Q.—If a contestant fails to wrestle and defaults due to an injury or for any other reason should his opponents in the championship and consolation brackets be awarded points for falls?

A.—Yes, providing the injured wrestler has weighed in properly the first day.

Q.—If a contestant receives points for defaults or forfeits without wrestling in one weight class, may he compete in another weight class?

A.—No.

Q.—If a contestant is forced to default, because of injury or other reason, a match for first place in a tournament, may he compete in the consolation matches?

A.—Yes, provided he would otherwise be eligible.

Rule 14

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 14, Section 3

Q.—May the defensive wrestler obtain a near fall?

A.—No. A wrestler must be awarded the 2 points for complete control before he may be credited with near fall points.

Rule 15

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

A.—Yes. See Rule 7, Section 1, and Rule 15.

Rule 16

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 the defensive man 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 so be interpreted by the Referee.

Q.—Under what condition is a man permitted or not permitted to take out time for facing a shoe or other adjustment of his clothing?

A.—Only when the Referee considers it necessary or so orders.

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

A.—Yes.

Q.—What is the penalty for using an illegal hold if no injury is done to the opponent?

A.—See Rule 12.

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.

Wrestling Officials' Signals

RULE 19

THE USE OF THE WHISTLE.

The majority of the officials wind the string attached to the whistle around their hand and hold the whistle with the thumb and index finger. Others loop the string around the neck and carry the whistle in their mouth at all times.

TIMER'S TABLE

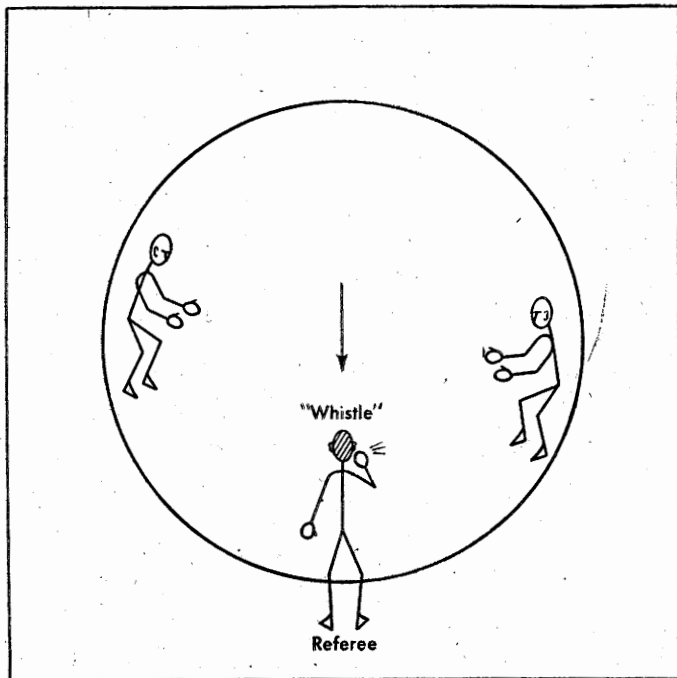


Fig. 1. STARTING OR RESUMING A MATCH STANDING.

A match shall be started by the Referee's whistle. Whenever the match is started or resumed with contestants in neutral position on their feet, the contestants shall be within the edge of the ten-foot circle. The Referee shall face the timer's table and blow the whistle.

TIMER'S TABLE

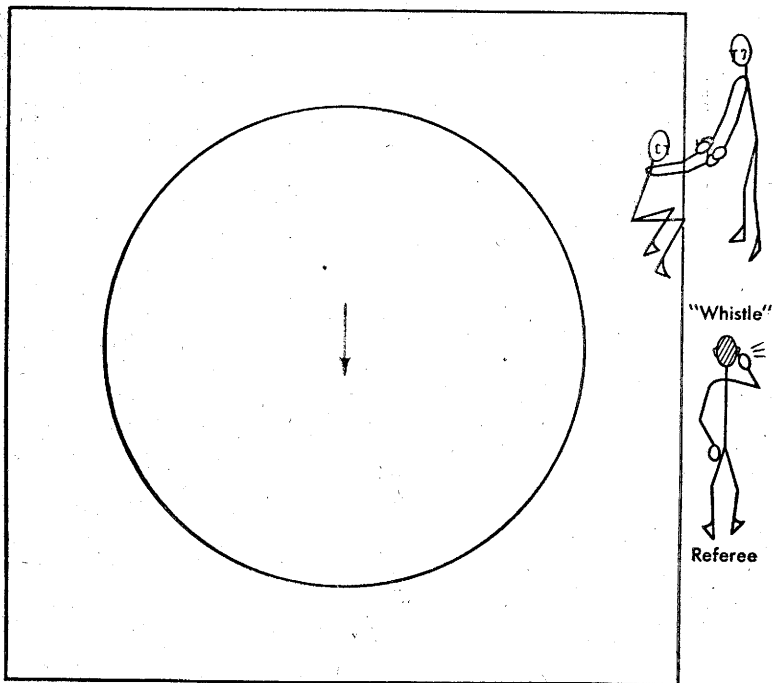


Fig. 2. STOPPING AND RESTARTING THE MATCH.

When contestants are "off the mat" the Referee shall stop the match by sounding the whistle, bring the contestants to the center of the mat and restart the match.

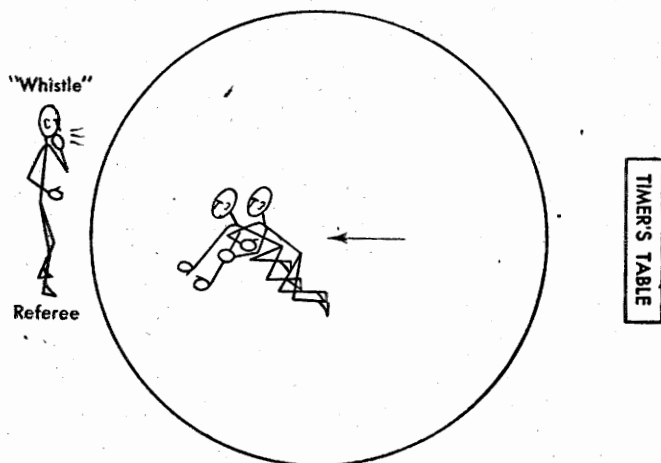


Fig. 3. BEGIN WRESTLING ON MAT.

The Referee should be eight to ten feet in front of wrestlers, facing timer's table. When the wrestlers are in the proper position the Referee blows the whistle.

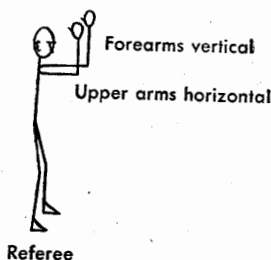


Fig. 4. NEUTRAL POSITION (STANDING).

Upper arms front, horizontal; both forearms vertical, hands extended.

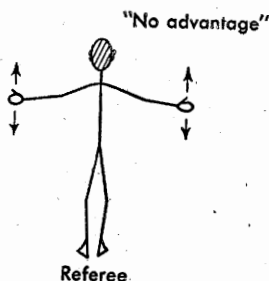


Fig. 5. NEUTRAL POSITION (NO ADVANTAGE).

On mat—Both arms extended sideward slightly below the horizontal, palms down; move hands back and forth and at the same instant verbally announce "No Advantage".

"Whistle"

Time out

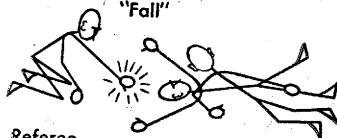


Referee

Fig. 6. "TIME OUT."

Blow whistle to stop wrestlers, then announce "Time Out". Next explain to timers the reason for taking time out.

"Fall"



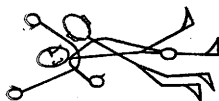
Referee

Fig. 7. FALL CALLED.

Quickly strike mat with palm of one hand and at the same instance verbally announce, "Fall". Do not slap wrestler on back. The Referee is not to put his hand under shoulders of a contestant unless absolutely necessary to determine a fall.

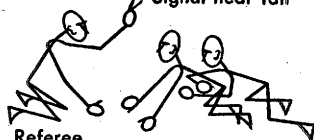


Referee



(Near fall position)

Signal near fall



Referee

"Situation" is finished and signal is made.

Fig. 8. DECLARING NEAR FALLS.

After the "situation" is finished extend one arm vertically indicating with fingers the number of points awarded. No verbal announcement.

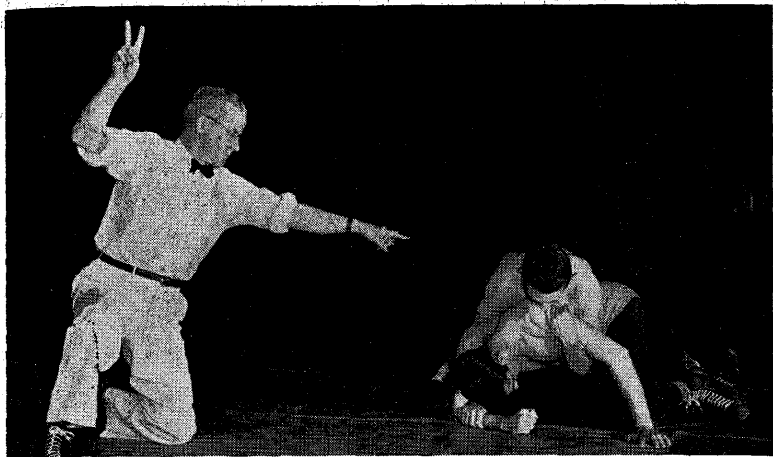


Fig. 9. POSITION OF ADVANTAGE.

One arm and index finger pointing to wrestler receiving advantage. At the same time verbally announce "Advantage" and name the institution which offense represents. Raise the opposite hand to or near vertical position indicating with fingers the number of points awarded.

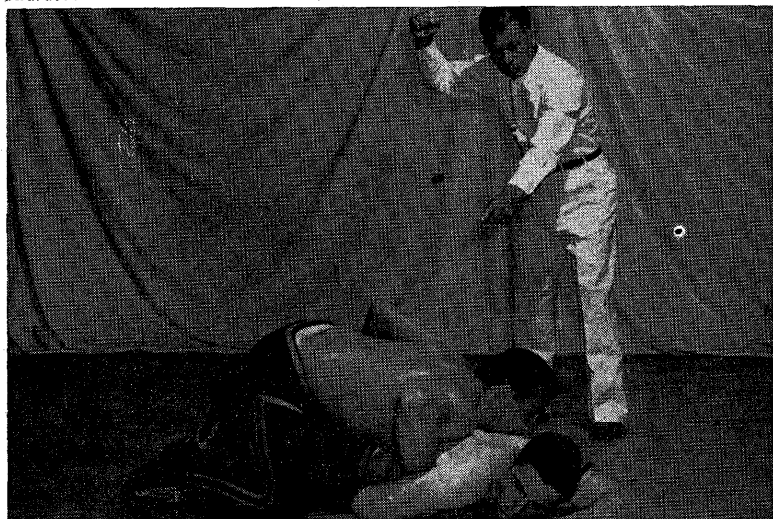
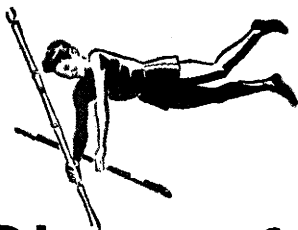


Fig. 10. WARNING FOR STALLING.

The right hand is raised and the fist doubled with the index finger of the left hand pointing toward the offender. The referee shall notify the offended contestant verbally at the same time the signal is given.

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