

137-lb. ....	<b>Pepe</b> (Wyoming)	<b>Smith</b> (Mercersburg)	<b>Reed</b> (Stevens)
147-lb. ....	<b>Macano</b> (Stevens)	<b>Fillius</b> (St. Albans)	<b>Draper</b> (Mercersburg)
157-lb. ....	<b>Huntsman</b> (Hill School)	<b>Smethurst</b> (St. Albans)	<b>Krapf</b> (Stevens)
167-lb. ....	<b>Green</b> (Mercersburg)	<b>Woodin</b> (Wyoming)	<b>Hetrick</b> (Stevens)
177-lb. ....	<b>Stremic</b> (Wyoming)	<b>Richards</b> (Milton Her.)	<b>Provan</b> (Stony Brook)
Hvywt. ....	<b>Wynne</b> (Hill School)	<b>Gaynor</b> (Choate)	<b>Irvin</b> (Stevens)

**TEAM SCORING**

Hill School 28, Milton Hershey 27, Wyoming Seminary 24, Stevens Trade 23, Mercersburg Academy 21, St. Albans School 10, Choate School 9, New York Military 4, Brooklyn Poly Prep 3, St. Pauls School 3, Stony Brook School 3.

**Wyoming**

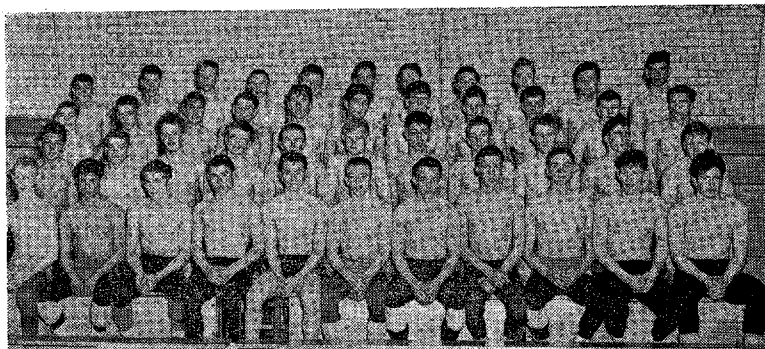
The seventh annual Wyoming High School Wrestling tournament was held at the University of Wyoming on March 13 and 14.

Team trophies were presented to the five top teams. Cheyenne won the team championship with a total of 37 points, followed closely by Powell with 35 and Rock Springs 32.

Individual metals were presented to the champions, second, third and four place winners. Roy Taylor of Rock Springs received the trophy for the meet's outstanding wrestler.

**TEAM SCORING**

Cheyenne 37, Powell 35, Rock Springs 32, Laramie 27, Cody 25, Newcastle 15, Casper 12, Worland 7, Wheatland 3, Mountain View 2.



**WYOMING HIGH SCHOOL MAT STARS:** Left to right, front row (champs)—Ballinger, Rodrigues, Peet, W. Clark, Wagner, Wintermote, McGahey, Giesler, Taylor, Fuson, Peterson; second row (runners-up)—N. Martinez, Baker, D. Clark, Anderson, A. Jereb, Richmond, Bustos, Pond, Allen, Daly, Easter; third row (3rd places)—Jolliffe, Folster, Stringer, Robbins, Moeller, B. Martinez, Jackson, Ellis, Christenson, Stutzman, Nelson; back row (4th places)—Fernandez, Ackley, Neal, Starr, Janssen, Miller, Argeris, J. Jereb, B. Clark, Morgan, Cook.

OFFICIAL NCAA WRESTLING GUIDE

# OFFICIAL WRESTLING RULES

OF THE

NATIONAL COLLEGIATE  
ATHLETIC ASSOCIATION

B. R. PATTERSON, EDITOR

# NCAA Wrestling Rules Committee

HENRY STONE, <i>Chairman</i> .....	University of California
FENDLEY COLLINS .....	Michigan State College
L. L. MENDENHALL .....	Iowa State Teachers College
JAMES J. REED .....	Princeton University
P. G. ROBERTSON .....	University of Oklahoma
RAYMOND SPARKS .....	Springfield College
J. F. WAGNER .....	Colorado A&M College
H. D. KESTER, NFSHSAA .....	West High School, Cleveland, O.



WRESTLING RULES COMMITTEE of the National Collegiate Athletic Association:  
Left to right—H. D. Kester, J. F. Wagner, P. G. Robertson, James J. Reed, Henry Stone, L. L. Mendenhall, Raymond Sparks, Fendley Collins.

# Official NCAA Wrestling Rules 1954

## 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 NCAA tournament must represent institutions which are active individual or allied members of the NCAA 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 NCAA. 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.

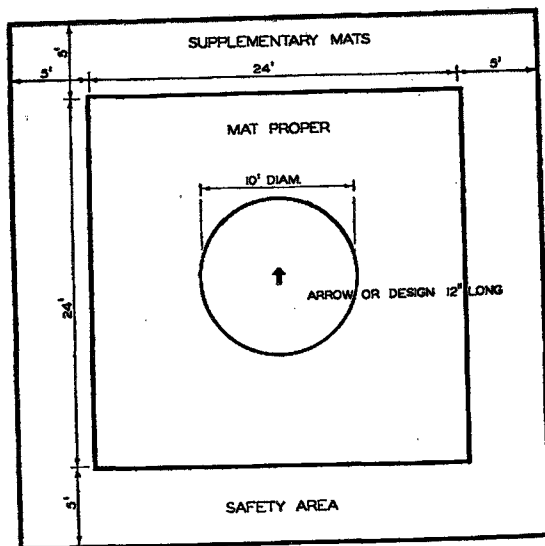
3. A representative may not accept a forfeit in one weight class and compete in another class.

4. A contestant who weighs-in for one weight class may be shifted to a higher weight class.

5. **Tournaments.** All entries to the NCAA meet which are received after the deadline date, shall be charged a double entry fee. The deadline date shall be nine days in advance of the first tournament session.

## RULE 3—MATS AND COSTUMES

1. The wrestling area of the mat shall not be less than 24 feet by 24 feet. Supplementary mats, 5 feet in width, shall 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.

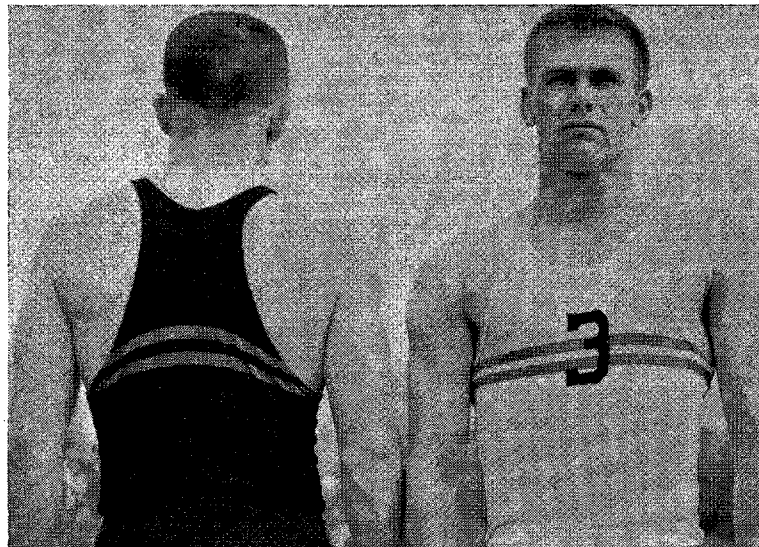
All lines are 2" wide.

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:

- A. Full length tights and close fitting outside short trunks.
- B. Light heelless gymnasium shoes reaching above the ankle and laced by means of eyelets.

C. Shirts, if required by the home management. The shirt shall be sleeveless without fasteners at the shoulder and fastened down at the crotch. They shall not be cut away excessively at the arms, but *must* conform to the pattern illustrated in Fig. 1 and Fig. 2 (picture of legal shirt, back and front view). The visiting team must be notified in sufficient time to be able to comply with the home team's request.



Nos. 1 and 2—FRONT AND REAR VIEW OF SHIRT  
This shows the front and rear view of the official shirt.

The Wrestling Rules Committee strongly recommends that protective headgear be used in all practice and competition. Headgears if worn shall have all rivets or metal surfaces covered with protective material. Contestants may wear ear protection or acceptable helmets but opponents shall be notified in advance of the meet.

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 shall have immediately available some provisions for clearly identifying the contestants. Such provisions may be by means of colored anklets, numbers, or any other plan which will accomplish the purpose.

4. **Equipment.** Any mechanical device which does not allow normal movement of the joints and prevents one's opponent from applying normal holds shall be barred. Any legal device which is hard and abrasive must be covered and padded. The legality of the device shall rest with the official of the meet.

#### 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

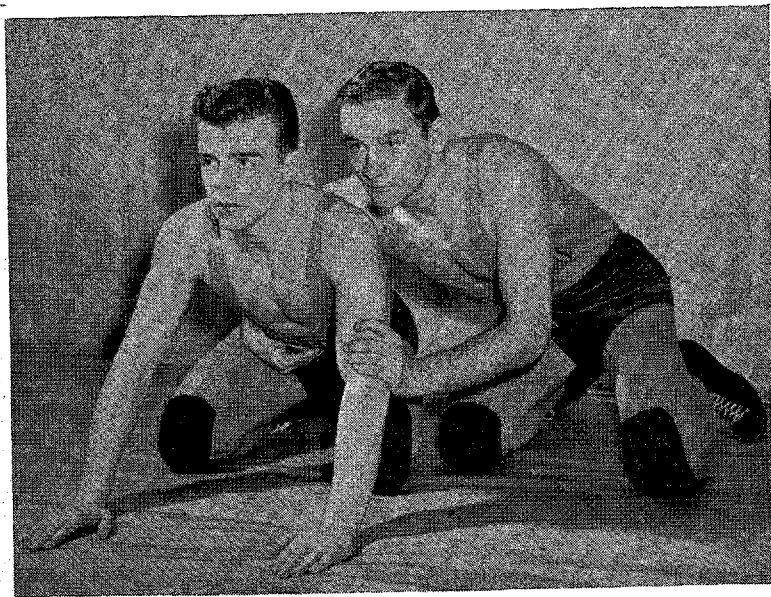
#### 1. Time

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

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

C. **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.

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



No. 3—LEGAL "REFEREE'S POSITION ON MAT."

*This position is shown as required in Rule 10, Section 4. Note particularly that offensive wrestler's right leg is outside of defensive wrestler's left leg.*

E. Teams may weigh-in on home scales by mutual agreement of coaches and shall furnish weight list with actual weights listed.

#### 2. Weight Allowance

A. **DUAL MEETS.** In all dual meets, net weights shall be required. No over-weight is permitted nor should it be requested.

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.

5. No substitution is allowed in dual meets or tournaments for injured contestants.

6. Defeat due to injury in a tournament does not eliminate a man for third place competition.

### 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. In case several seeded men are of equal ability, their seeded positions shall be determined by drawing.

If there is one outstanding wrestler in any class and also two others who are distinctly superior to the remainder in that class, those wrestlers should be seeded in different quarter brackets of the opposite half bracket from the outstanding wrestler. A seeded contestant shall have the same opportunity to draw for the bye as other contestants in his brackets.

In the Annual National Collegiate Tournament, whenever possible, contestants from the same geographical location or conference who have previously met during the season shall be drawn so as to prevent them from meeting in the first round.

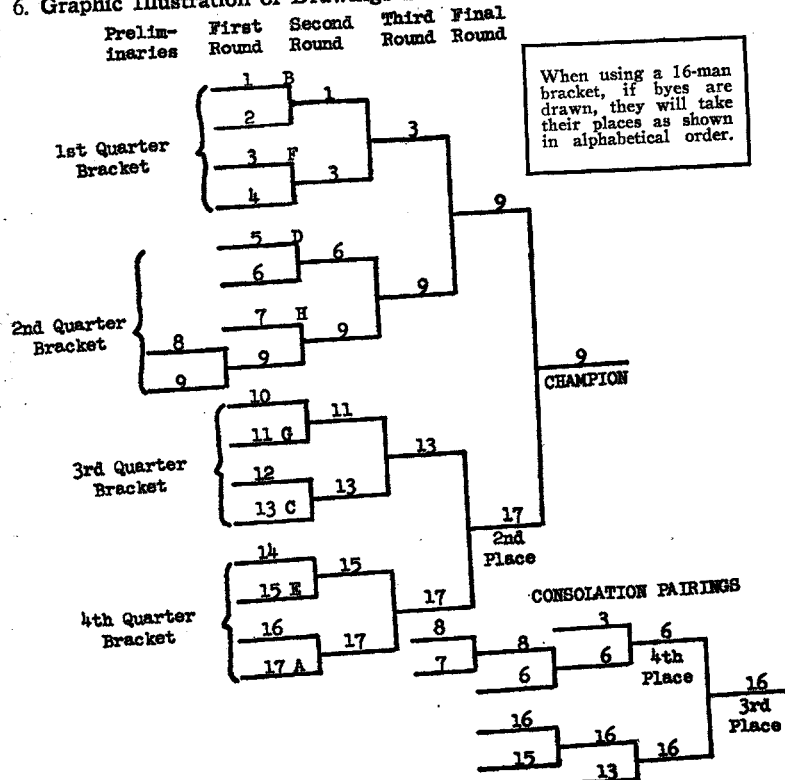
4. **Method of Drawing.** Immediately after the expiration of the minimum weighing-in time, drawing shall be made.

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. There will be no byes after the first round and no further drawing is necessary for the first

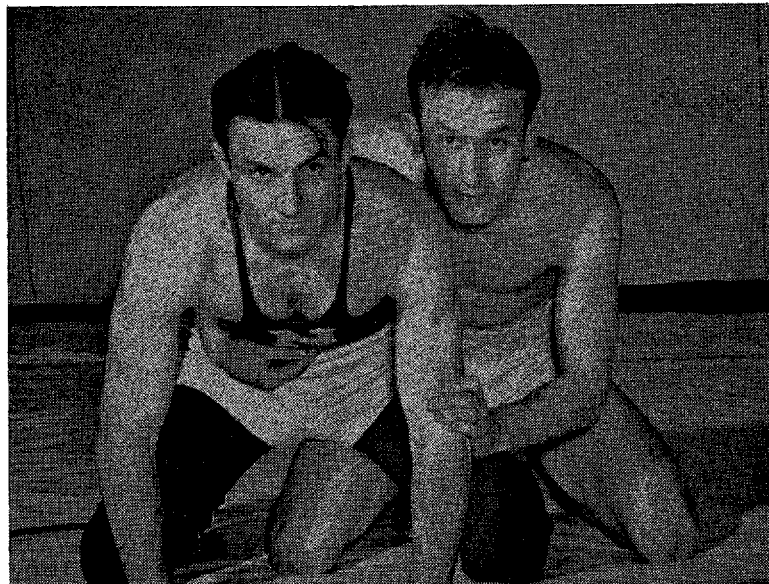
place or consolation rounds. The byes, if even in number, shall be equally divided between top and bottom. If the number of byes be uneven, there shall be one more bye at the bottom than at the top, as shown in Section 6 of this rule.

Any conference or other tournament may be conducted under any bracketing that is agreed upon by the participating schools.

6. Graphic Illustration of Drawings and Seeding.



- Number 1 seeded man draws for possible positions 5, 6, 7, 8, 9, in 2nd Quarter Bracket.
- Number 2 seeded man draws for possible positions 10, 11, 12, 13, in 3rd Quarter Bracket.
- Number 3 seeded man draws for possible positions 14, 15, 16, 17, in 4th Quarter Bracket.
- Number 4 seeded man draws for possible positions 1, 2, 3, 4, in 1st Quarter Bracket.
- Number 5 seeded man draws for position in opposite half of Quarter Bracket #1.
- Number 6 seeded man draws for position in opposite half of Quarter Bracket #4.
- Number 7 seeded man draws for position in opposite half of Quarter Bracket #3.
- Number 8 seeded man draws for position in opposite half of Quarter Bracket #2.



No. 4--ILLEGAL "REFEREE'S POSITION ON MAT."

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

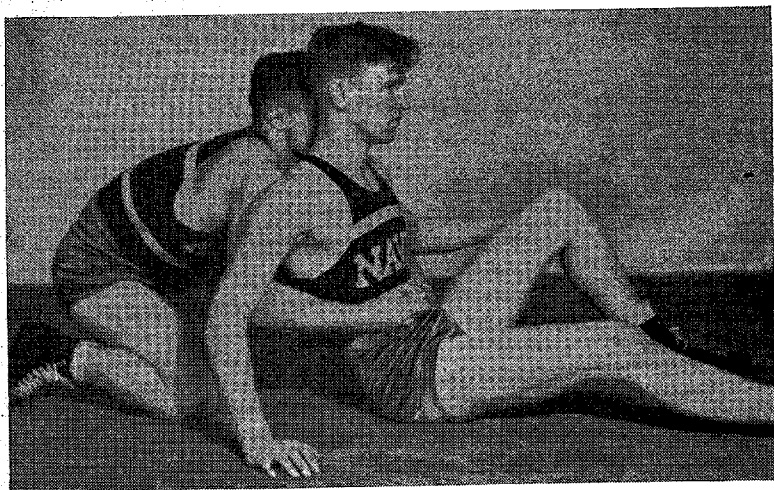
7. Contestants Eligible for Third Place Matches.

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

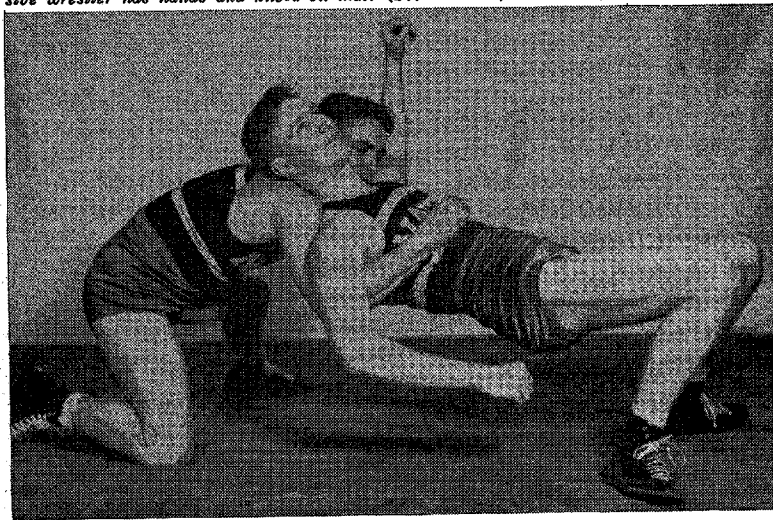
B. When only two contestants have been defeated by the winner of any semi-final match the two defeated contestants shall compete and the winner of the match shall meet the corresponding winner from the other half-bracket to decide the third and fourth place awards. When more than two contestants have 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 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.

8. Example. Referring to the Graphic Illustration under Section 6, those eligible for the third place rounds in the upper half-bracket 8, 7, 6, 3, we



No. 5—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.)*



No. 6—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.*

will assume that 8 wins from 7 and then 6 wins from 8 and then 6 defeats 3.

In the lower half-bracket three contestants 16, 15 and 13 have been defeated by the finalist 17 and therefore, only two matches are necessary. We will assume 16 defeats 15 and later defeats 13. He meets 6 in the final consolation match in this weight. The winner 16 is awarded third place and the loser 6 fourth place. All third place matches shall be run off prior to the first place finals matches.

9. 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 (Rule 8, Sec. 1) with the appropriate contestant in the position of advantage (Rule 7, 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. 6).

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 except for injury. (See Rule 12, 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.

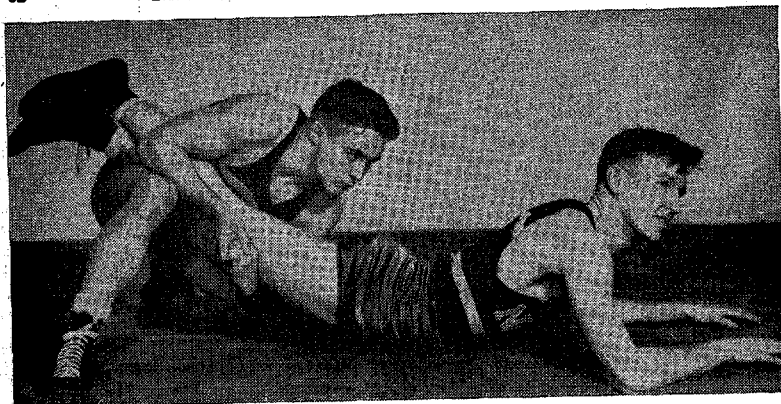
A. **DUAL MEETS.** Immediately before the contest starts the Referee shall call the captains to the center of the mat and decide by the toss of a coin which team has the choice of position at the start of the second period in each weight class. The winner of a toss may choose the odd or even weight class. A choice of odd or even matches in dual meets is not altered in case of a fall, default or forfeit.

B. **TOURNAMENT.** 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.

### RULE 8—DEFINITIONS

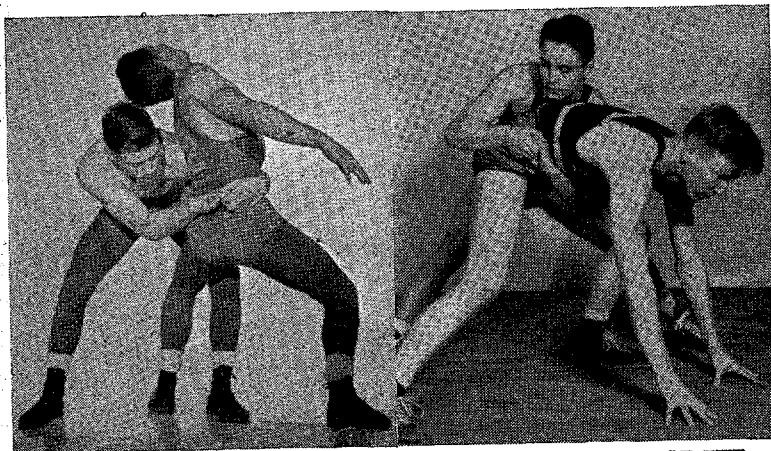
#### 1. Referee's Position on the Mat. The defensive contestant must:

- A: Face in the direction indicated by arrow or design at center of mat.
- B: Place both knees on the mat with the lower legs parallel, feet are considered part of the lower leg.
- C: Toes neither turned in, out or under in an exaggerated position.
- D: Knees must not be apart more than natural shoulder width.



No. 7—ILLEGAL USE OF THE HANDS IN LEGLOCK ON MAT.

*The position is illegal because of Rule 10, Section 4, which forbids interlocking of fingers, hands or arms around body or legs while contestants are on mat.*



No. 8—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 1A.)*

No. 9—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.*

E. Heels of both hands must be on mat not less than 12 inches in front of the knees.

The offensive contestant must:

A. Be slightly over his opponent at his left (or right) side with his head along the midline of his opponent's back.

B. Right or left arm resting loosely around opponent's body at the waistline and the open hand palm up, in contact and centered on opponent's navel.

C. Right or left hand resting loosely on opponent's elbow. Thumb may be behind, in front or at side of elbow.

D. Both knees shall be on the mat with the nearest knee outside of and even or ahead of the opponent's foot, but not touching either foot or leg.

2. **Time Advantage.** The offensive wrestler who has control in an advantage position over his opponent is gaining time-advantage. Each wrestler has a time-keeper who records his accumulated time-advantage throughout the match. At the end of the match the Referee subtracts the lesser time-advantage from the greater. 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 net time-advantage, but less than two minutes he is awarded one point. If he has two full minutes or more, he is awarded two points. No contestant may be awarded more than two points for time-advantage in any one match. The contestant with the lesser time advantage receives no points even though he has accumulated several minutes of time in the advantage position.

3. **Position of Advantage.** A position in which a contestant is in control of his opponent.

4. **Take-Down.** Whenever a contestant brings his opponent to the mat and gains control while all the supporting points of the offensive wrestler's body are in the wrestling area, he has earned the position of advantage or a take-down. The offensive wrestler is entitled to this advantage until such time as his opponent gains a neutral or reversal within the boundary of the mat proper.

*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."

5. A reversal occurs when the defensive man goes behind his opponent and gains control, either on the mat or standing.

6. An escape occurs when a defensive wrestler attains a neutral position, within the boundaries of the mat.

7. Neutral position is a position in which neither wrestler has control.

8. 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 take-down is being attempted, wrestling shall continue as long as the supporting points of *either* wrestler remains within the boundary lines of wrestling area.

B. When a fall is imminent, wrestling shall continue as long as the head and both shoulders of the defensive wrestler are within the boundary line.

9. **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. Resumption of a match after accidental injury is the same as for the resumption of wrestling after out of bounds.

### RULE 9—SCORING

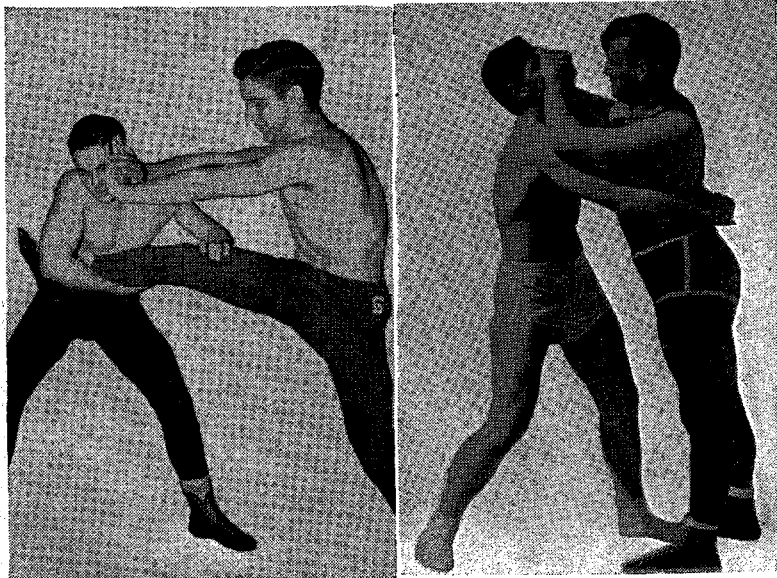
1. **Falls.** The area of the scapula is considered the pinning area of the body.

A. **PIN FALLS ONLY SHALL COUNT.** (Flying or rolling falls shall not be considered.) Any part of both shoulders or area of scapula 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 or one thousand and one, one thousand and two.) The two-second count shall start only after the Referee is in such position that he knows positively that both shoulders of either wrestler 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.

(1) A fall shall not be awarded when one or both shoulders or the head of the defensive contestant are *out of bounds*. (See Rule 8, Sec. 8B.)

(2) If the defensive wrestler is handicapped by having any portion of his body off the mat no fall shall be awarded and out of bounds shall be declared.

(3) When the match is stopped for out of bounds in a fall situation, the



No. 10—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. 11—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. 10.

match shall be resumed in the referee's position on the mat. (See Rule 8, Sec. 1.)

2. **Near Fall.** A near fall is a situation in which the offensive wrestler has control of his opponent in a pinning combination and both shoulders are held to the mat for the silent count of one second.

Whenever all the 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.

3. **Predicament.** A predicament is a situation in which the offensive wrestler has control of his opponent in a pinning combination and a fall or near fall is imminent.

A. When both shoulders of the defensive wrestler are held in contact with the mat for too short a time to award a near fall, a predicament shall be scored.

B. When both shoulders of the defensive wrestler are held continuously within approximately four inches of the mat or less but not sufficiently close to award a near fall, for two full seconds or more, a predicament shall be scored.

C. When one shoulder of the defensive wrestler is touching the mat and the other shoulder is held within an angle of 45° or less with the mat, but not sufficiently close to award a near fall, for two seconds or more, a predicament shall be scored.

D. Only a wrestler with the advantage who has his opponent in a pin hold may score a near fall or predicament. Bridgebacks in body scissors are not considered near fall or predicament situations, although a fall may be scored.

E. Regardless of the length of time a defensive wrestler may be held in a somewhat dangerous position, no predicament or near fall may be scored except as provided in Rule 9, Secs. 1 and 2.

4. A near fall or predicament situation is ended:

A. When the defensive man escapes to neutral position or reverses position.

B. When he assumes the defensive "referee's position on the mat."

C. When he secures a position of defensive value equal to the defensive, "referee's position on the mat."

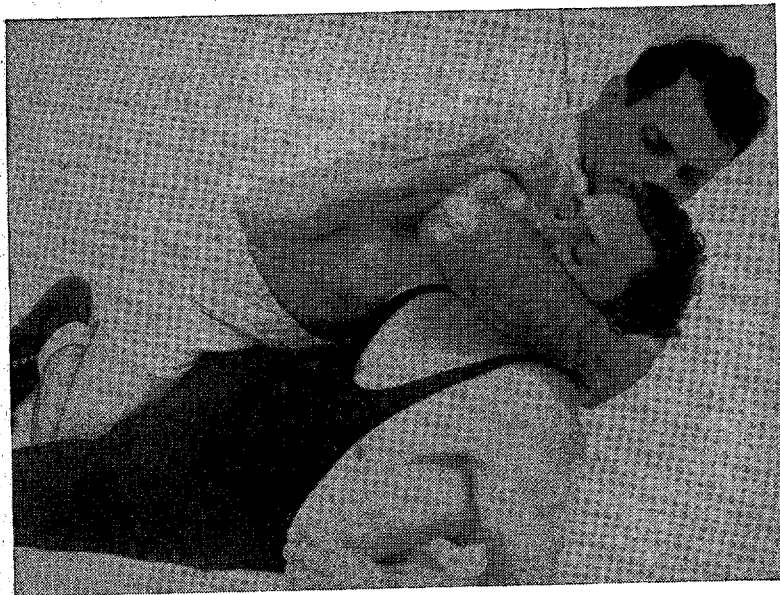
5. **Award of Points for Predicament or Near Fall.** The referee must not signal a "predicament or near fall" until the situation is ended.

Nothing in the above shall prevent repeated efforts by the offensive wrestler to pin his opponent but, regardless of the number of predicaments or near falls, he may secure in any one situation he is credited with a maximum of one point. If he has scored a predicament and two points if he has scored a near fall.

### 6. Decisions

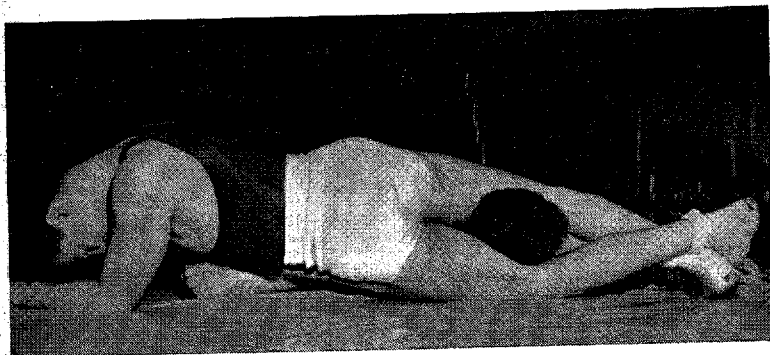
A. **DUAL MEET MATCHES.** If no fall has resulted after the expiration of the three regular periods of any match provided in Rule 7, Sec. 1, the Referee shall award the match to the contestant *who has scored* the greater number of points. If there is a tie in number of points scored the Referee shall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



No. 12—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 action.



No. 13—ILLEGAL HEAD-SCISSORS.

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

## 7. Scoring—Team Score

### A. DUAL MEET

(1) Fall—Five points shall be scored towards the team total for each contestant who wins by a fall, default or forfeit.

(2) Decision—The decision shall count three points on the team score and shall be given to that contestant who scores the greatest number of individual match points.

(3) Draw—In case of a tie, two points shall be scored for each team.

B. TOURNAMENT. In tournament first place in each weight shall count 6 points, 2nd place, 4 points, 3rd place, 2 points and 4th place, 1 point. One additional point will be scored for each match won by a fall, default or forfeit throughout the meet.

C. MATCH SCORE POINT SYSTEM. In all matches the contestants are awarded points by the Referee in accordance with the following system.

2 Points .... for Take-Down (See Rule 8, Sec. 4).

1 Point .... for Escape (See Rule 8, Sec. 6).

2 Points .... for Reversal of Position (See Rule 8, Sec. 5).

2 Points .... for Near Fall (See Rule 9, Sec. 2).

1 Point .... for Predicament (See Rule 9, Sec. 3).

1 Point .... Time Advantage\* (See Rule 8, Sec. 2). For each full minute of net accumulated time in the advantage position with two points the maximum to be so awarded for the match.

Penalties .... (See Penalty Chart).

\* Points for time advantage shall be placed on score board before the Referee indicates the winner.

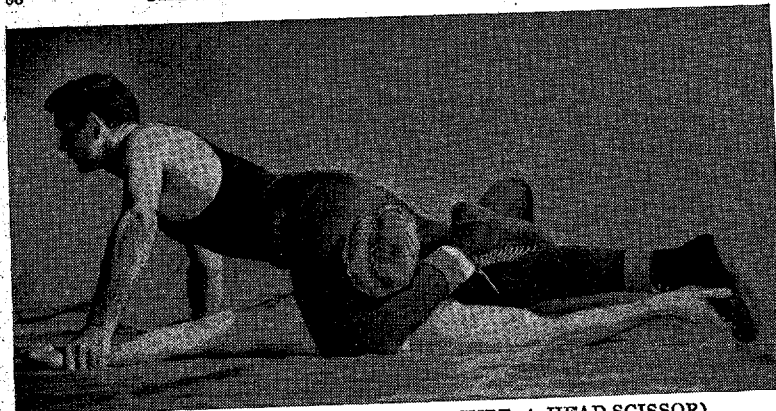
### SUMMARY OF SCORING

Individual Match	Dual Meet	Tournament
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. predicament		1 Pt. for fall at any time in tournament
		1 Pt. time advantage for each net minute with 2 Pts. as the maximum.

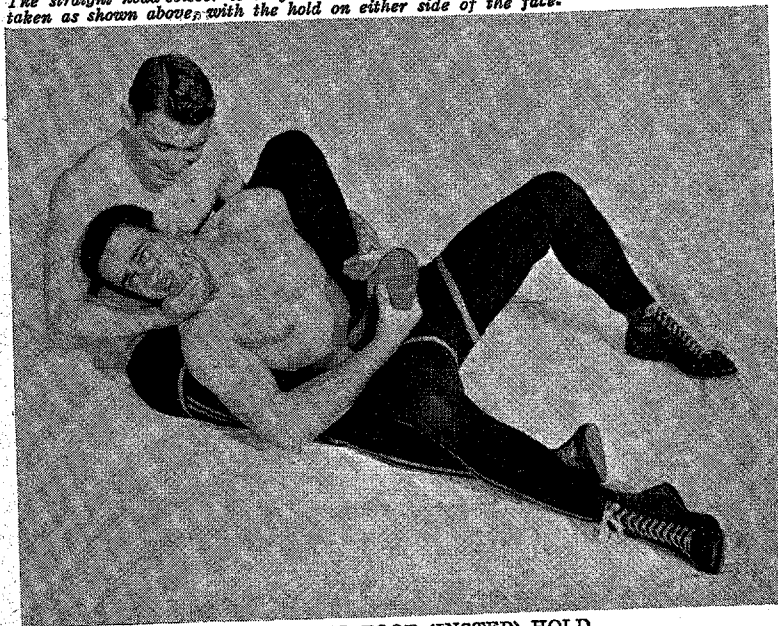
## RULE 10—INFRACTIONS

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.

A. 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.



No. 14—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. 15—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.

B. ALL SLAMS ARE ILLEGAL. The term "slam" is interpreted as lifting and bringing an opponent to the mat with unnecessary roughness. 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.

The person doing the lifting is responsible for his opponents safe return to the mat. A forceful trip is not interpreted as an illegal slam providing the defensive wrestler is not lifted completely off the mat.

C. The third violation for illegal hold shall be grounds for disqualification, regardless when the offense occurs.

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

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 Sec. 1)

Any holds over the mouth, nose, eye or front of throat shall not be permitted. Pressure from side of hand or forearm or wrist is considered a hold and is therefore barred.

An over scissors or a leg hooked over the top toe of an opponent's body scissor is illegal. The offensive wrestler should not be penalized when the defensive wrestler turns the offensive wrestler's legal hold into an illegal hold. If a legitimate hold is forced to such an extent as to endanger a limb or it becomes a punishing hold, the Referee should stop the match and require the hold to be broken. The match shall be resumed with the contestant who had the advantage in the referee's position behind with the offender punished the same as though it were an illegal hold.

3. **Potentially Dangerous Holds.** The double wristlock and chicken wing become illegal when forced into a twisting hammerlock position. A Referee should be in position to see these holds and anticipate the danger of injury and if possible caution the contestant before an injury occurs. 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 applies to the use of the chicken wing.

Injuries are sometimes caused by lack of knowledge on the part of contestant of such holds as double wristlock, keylock, overhead double barlock, 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.

4. **Technical Violations.** The interlocking of fingers, hands or arms around body or legs by the offensive contestant while on the mat is a technical violation.

A. This has reference only to the wrestler in the position of advantage 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.

B. The Referee shall not call this violation when the defensive man is in the process of a reversal. The defensive man is allowed to complete the re-



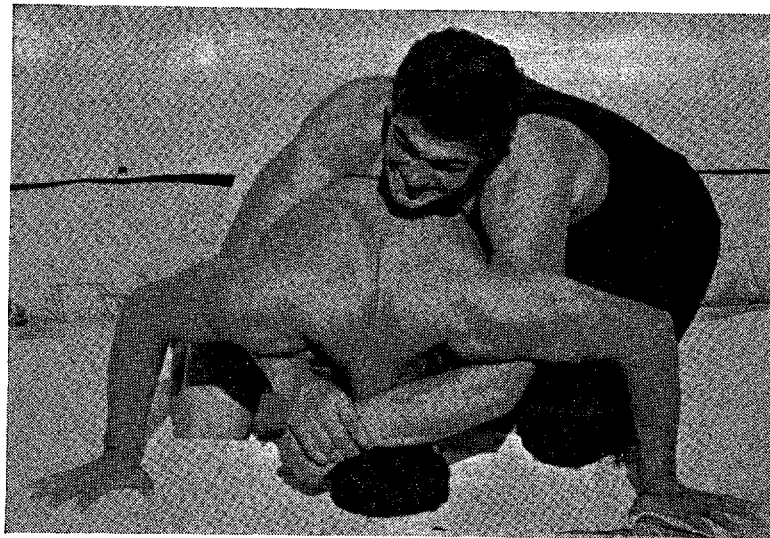
No. 16—ILLEGAL TOE HOLD (ALSO TWISTING KNEE LOCK WHICH IS MORE DANDEROUS THAN TOE HOLDS).

*All toe holds, regardless of the degree to which the leg is twisted are illegal under these rules. Any pressure against the knee joint as shown by the above illustration constitutes an illegal hold.*



No. 17—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.*



No. 18—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.*

versal 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 match and award the penalty.

C. Interlocking of fingers, hands or arms is permitted when the defensive man is standing. The touching of the defensive man's fingers or hands to the mat is not considered a change in this position, unless they are used as supporting points, in which case the offensive contestant is allowed reaction time to release the hold. Touching the hands to the mat to obtain a release is considered unsportsmanlike and the Referee shall not award the penalty.

D. The leg or legs may be held with both hands or arms in order to block an attempted escape. After the action ceases, reaction time is allowed for the release of the leg hold.

E. A wrestler may use both hands or arms around his opponent's leg or legs in scoring a take-down; but he must change to some legal hold after the advantage is awarded.

F. It is a violation to leave the mat without receiving permission to do so from the referee.

G. Delaying the match such as straggling back from out of bounds and unnecessary changing and adjusting of equipment is a technical violation.

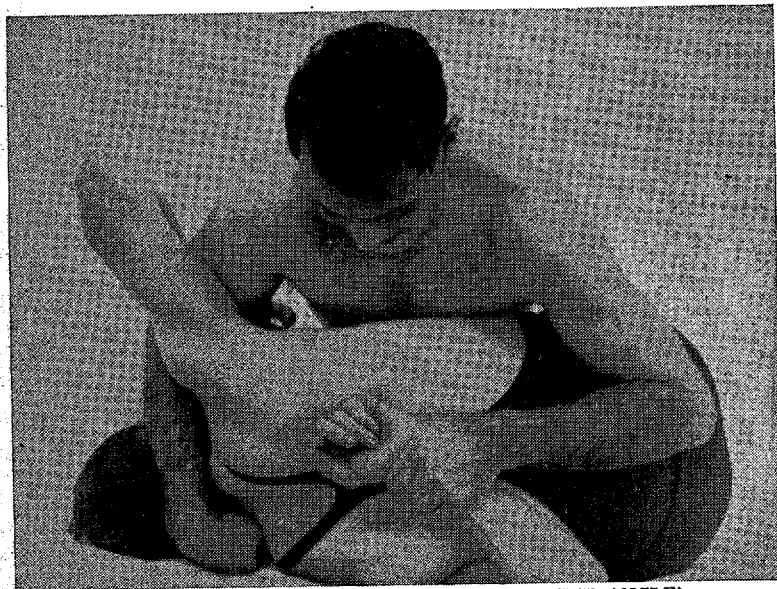
H. INTENTIONALLY PUSHING DEFENSIVE MAN OFF MAT. If a contestant intentionally pushes his opponent off the mat to keep him from getting clear or going behind, the Referee shall bring both men to their feet at the center of the mat if he believes this illegal action has simply prevented the defensive

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." Points awarded according to position given.

I. **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 contestant shall be brought to the center of the mat and the offender warned; if he has not been already warned in another position. If he has been warned a penalty is inflicted, if this is first warning wrestlers may continue wrestling taking heed of the warning. (See Penalty Chart for Penalty.)

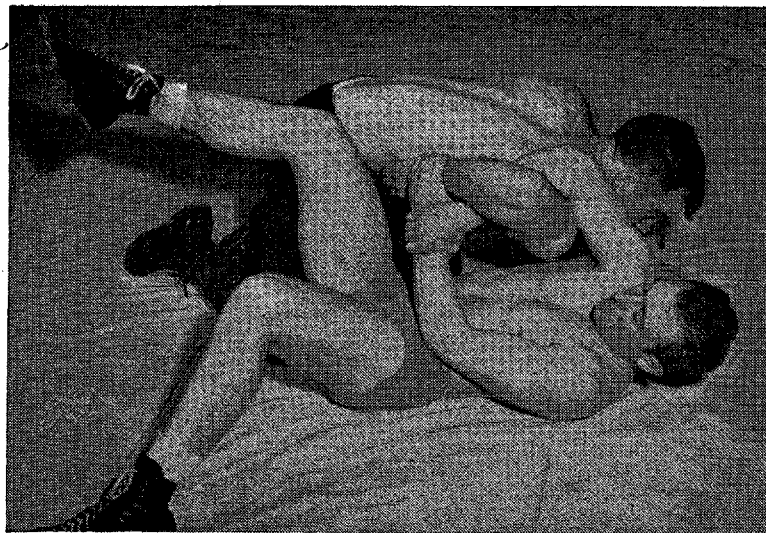
J. **LEAVING THE MAT TO PREVENT CAPTURE.** If in the opinion of the Referee a contestant intentionally runs, slides, crawls or rolls off the mat to prevent his opponent from going behind, the Referee shall immediately give his opponent the "referee's position behind" (See Penalty Chart). Points are awarded according to position given.

No penalty is provided if Near-Fall or Predicament points are awarded. It is considered a violation if a contestant in a body scissors intentionally goes off the mat to have the hold released.



No. 19—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.



No. 20—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.

K. The use of oil or greasy substance which cannot be removed completely and quickly, shall be grounds for disqualification. The Referee of the meet shall be the judge.

L. If the conduct of a coach or contestant becomes abusive or interferes with the orderly progress of the match, the Referee shall give one warning and for a repeated infraction the home management is responsible for their removal from the premises.

#### 5. Stalling.

A. There shall be only one warning for stalling regardless of the position.

B. Penalties are cumulative throughout the match regardless of the position in which they occur and the second and third infractions shall be penalized as indicated on Penalty Chart. The Referee in each instance shall stop the bout and warn or penalize the offender and be sure timers and scorers are notified.

C. **NEUTRAL POSITION.** Contestants must make an honest attempt to secure a take-down 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.

D. **OFFENSIVE POSITION.** A contestant must make an honest attempt to secure a fall. Repeated take-downs and deliberately turning loose one's opponent shall be interpreted as stalling.

# Penalty Chart

## MOST FREQUENT OFFENSES

INFRACTION	POSITION OF OFFENDER	PENALTY FIRST	PENALTY SECOND	PENALTY THIRD	RULE 10 SECTIONS
Abusive language or conduct by coaches, contestant or spectators		Warning	Removal from premises by home management		6
Oily or greasy substance on body			Disqualify if it cannot be removed completely		5
Illegal Hold and/or unnecessary roughness	Neutral	2 pts. N.C.	2 pts. T.D. Final Warning	Disqualify	
	Advantage	2 pts. N.C.	2 pts. R. Final Warning	Disqualify	1 and 2
Three Penalties disqualify	Defensive	2 pts. N.C.	2 pts. N.C.	Disqualify	
<b>TECHNICAL VIOLATIONS:</b> Interlocking of hands around body holding leg or legs with two hands or arms	Advantage	1 pt. N.	1 pt. N.	1 pt. N.	4A 4B
Leaving mat without permission or delaying match (Rule 11, Sec. 3)	Advantage	Warning	1 pt. N.C.	1 pt. N.C.	4F
Taking position near edge of mat	Neutral	Warning	2 pts. T.D.	2 pts. T.D.	4I
Stalling (only one warning throughout match). Rule 10, Sec. 5	Neutral Advantage Defensive	Warning (1 Warning throughout match)	2 pts. T.D. 1 pt. N. 1 pt. N.C.	2 pts. T.D. 1 pt. N. 1 pt. N.C.	Rule 11, 3B Sec. 1 & 2
Intentional running, crawling or sliding off the mat or pushing, pulling or carrying an opponent off mat to prevent a change in position.	Neutral Advantage	2 pts. T.D. 2 pts. R. 1 pt. N.	2 pts. T.D. 2 pts. R. 1 pt. N.	2 pts. T.D. 2 pts. R. 1 pt. N.	4J
Intentional Going Off Mat (not given if near fall points are awarded)	Defensive	1 pt. N.C.	1 pt. N.C.	1 pt. N.C.	4J

Key: TD-takedown, R-reverse, N-neutral, NC-no change. It is suggested that this chart be incorporated in your dual meet program.

E. Merely riding an opponent and not attempting a fall is considered stalling.

F. A hold such as a headlock is not a stalling hold if, 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.

G. DEFENSIVE POSITION. If the defensive contestant lies on his stomach and refuses to wrestle he is stalling. If a contestant intentionally crawls off the mat to prevent a maneuver by his opponent he is stalling and is penalized 1 point.

"Clamming Up" or lying on one's stomach and making no attempt to escape or reverse is stalling and shall be penalized.

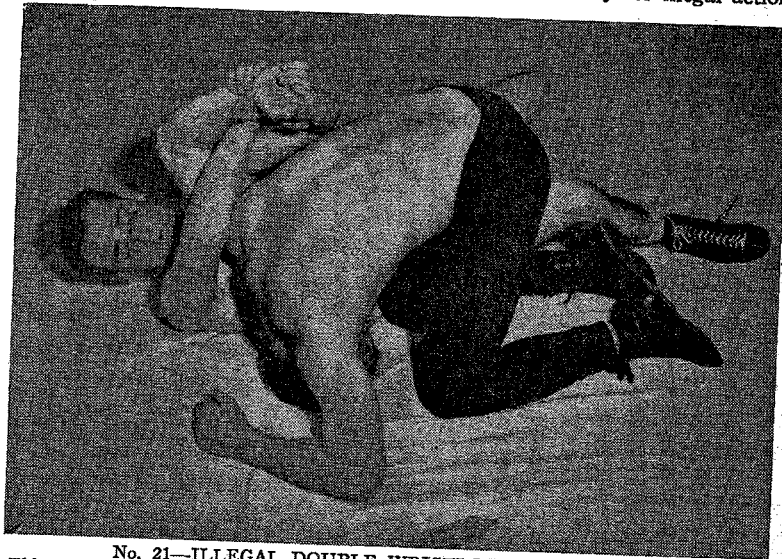
### RULE 11—PENALTIES

1. The infractions of the rules are penalized in accordance with the penalties as listed on the Penalty Chart (page 74).

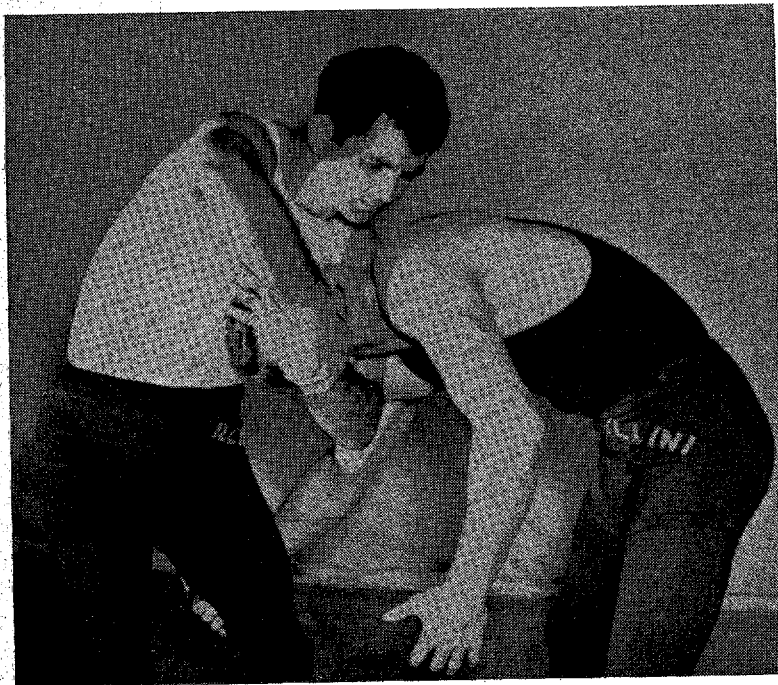
2. In calling each penalty the Referee shall stop the match, give the hand signal for the points or warning and announce the penalty so that the contestants, scorers, coaches and spectators are aware of it.

#### 3. Sequence of Penalties.

A. ILLEGAL HOLDS OR UNNECESSARY ROUGHNESS. Each contestant has only one First Penalty, Second Penalty and Third Penalty for illegal action



No. 21—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.



No. 22—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.

regardless of whether he is in the neutral, advantage or defensive position. He does not get two penalties from each position before disqualification. The penalties are cumulative regardless of position and the offender shall be disqualified on the third penalty when he has a series of three illegal infractions.

B. **STALLING.** Each contestant has only one First Penalty warning for stalling regardless of whether he is in the neutral, advantage or defensive position. He does not get a warning in each position. The stalling penalties are cumulative throughout the match regardless of the position in which they occur and the second and third infractions shall be penalized as indicated on the Penalty Chart.

### RULE 12—INJURIES AND DEFAULTS

1. If a contestant is injured, the Referee shall allow a maximum time out of three minutes. There shall be no limit to the number of time-out 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 contestant had gone out of bounds. (See Rule 8, Sec. 9).

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

In the interpretation of this rule, nosebleed is not an injury, and the number and length of time out 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.

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 the offender shall be disqualified.

If a contestant fails to compete in a round he shall be disqualified for the remainder of the tournament.

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

### RULE 13—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 contestant comes to the mat the Referee shall:

A. Inspect contestants for presence of oils or greasy substances, rosin, objectionable pads, improper clothing, finger rings, long finger nails, etc.

B. Clarify the rules with coaches and contestants.

C. Advise contestants to report to edge of the circle at the center of the mat opposite each other ready to wrestle.

D. 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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3. 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.

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.

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

A. Recording the accumulative time advantage of the contestants, to whom they have been assigned when indicated by the Referee.

B. Constantly checking each others time advantage recording.

C. Constantly checking the head timekeepers time recording.

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

5. Instruct the scorers that they are responsible for:

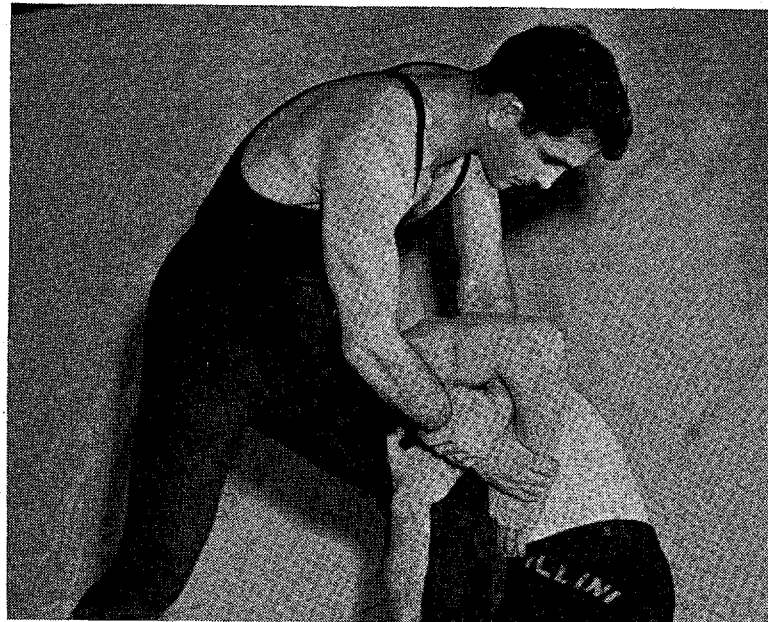
A. Recording points scored by both contestants when signaled by the referee.

B. Constantly checking each others score reading.

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



No. 23—A LEGAL CROSS FACE.  
It is an effective and legal block for the double leg pickup by the opponent of No. 6.



No. 24—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.

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

E. Showing the Referee the scorecard at the end of each match.

6. Before the dual meet starts call the team captain to the center of the mat for the toss of the coin to determine the choice of position at the start of the second period. (Rule 7, Sec. 4)

7. The Referee will use the Wrestling Officials Signals.

8. 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.

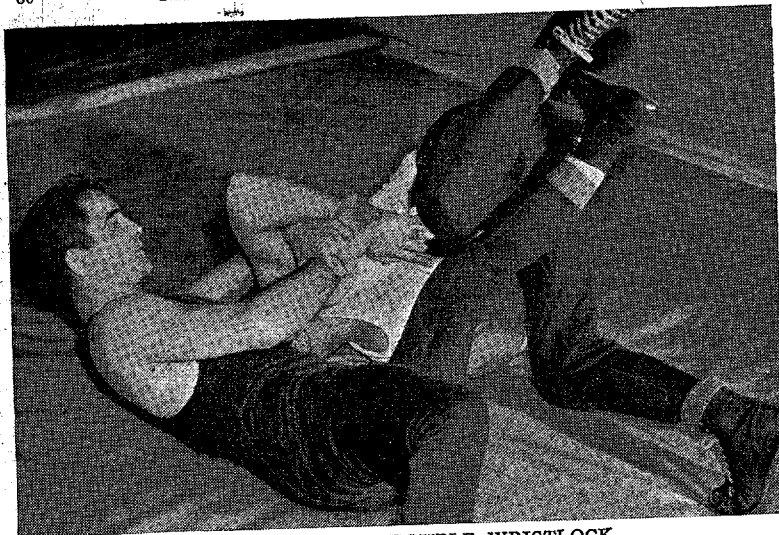
E. When time advantage stops for a contestant.

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

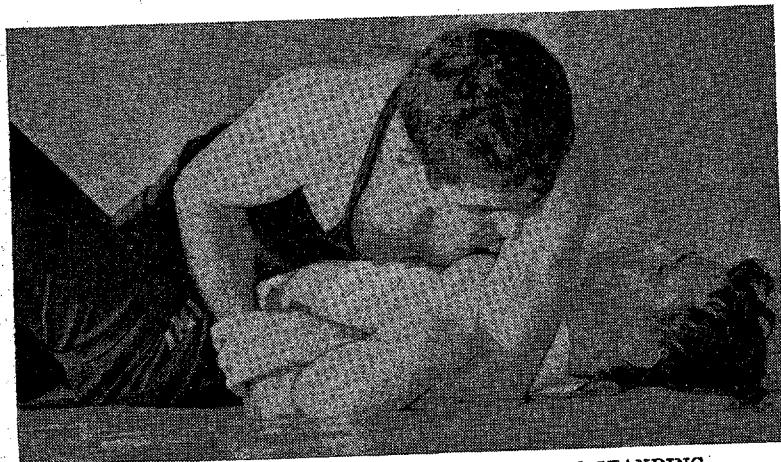
9. The Referee shall notify the scorer.

10. 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.

11. The Referee shall be firm in enforcing the letter and the spirit of the rules and penalize consistently any repeated infractions. He must enforce



No. 25—STANDING DOUBLE WRISTLOCK.  
Notice position of each contestant's feet and hands.



No. 26—DOUBLE WRISTLOCK SERIES FROM STANDING.  
Finish of a legal double wristlock from standing on the mat.

vigorously and promptly the penalties for stalling, etc., as provided in Rule 11. On each penalty the Referee shall stop the match and award the penalty in the prescribed manner. (See Signals for Referees)

12. 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.

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

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

15. 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.

16. 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 timekeeper and scorers records to decide the winner. He shall call the two contestants together have them shake hands and raise the right hand of the winner. If the match is a draw the Referee will raise the right hand of both contestants.

*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 championship matches two of the Referees shall act as judges and their vote together with the vote of the Referee shall determine the winner 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 14—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.

# Wrestling Officials' Signals

## RULE 15

### 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

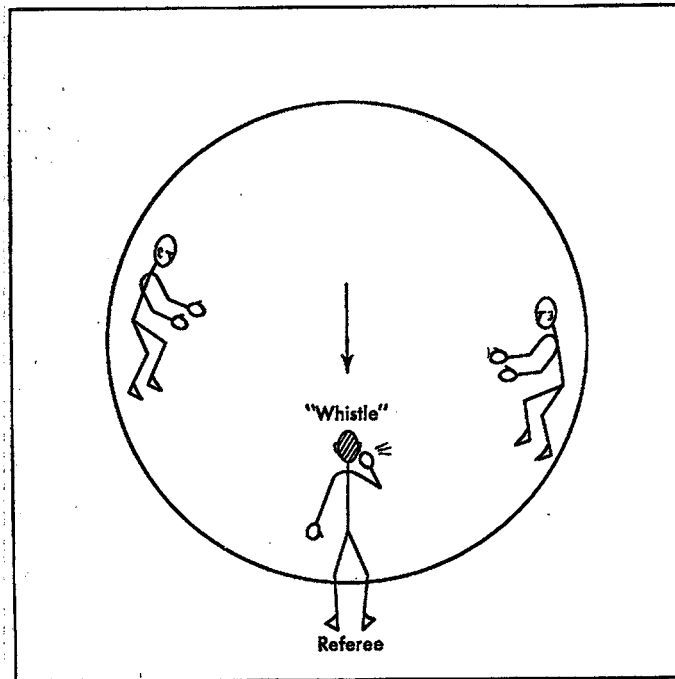


Fig. 1. STARTING OR RESUMING A MATCH STANDING.

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

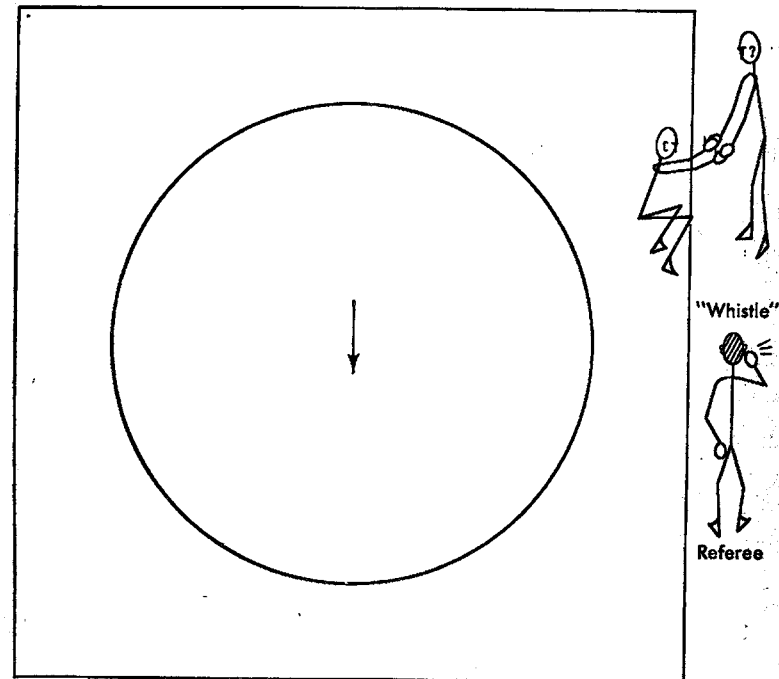


Fig. 2. STOPPING AND RESTARTING THE MATCH.

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.

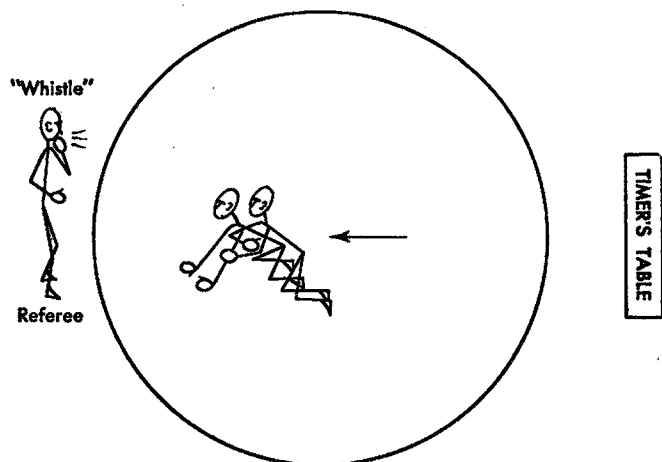


Fig. 3. BEGIN WRESTLING ON MAT.

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.

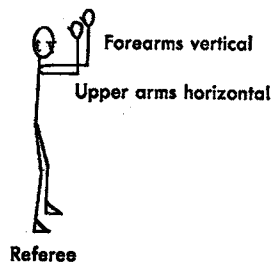


Fig. 4. NEUTRAL POSITION (STANDING).

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

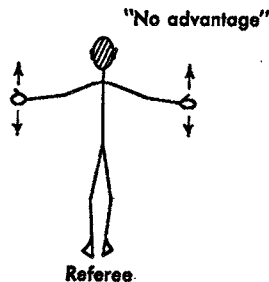


Fig. 5. NEUTRAL POSITION (NO ADVANTAGE).

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."

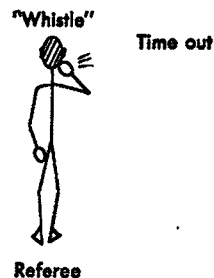


Fig. 6. "TIME OUT."

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

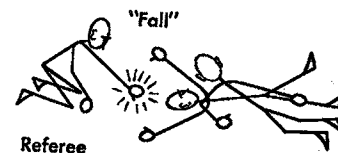


Fig. 7. FALL CALLED.

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.

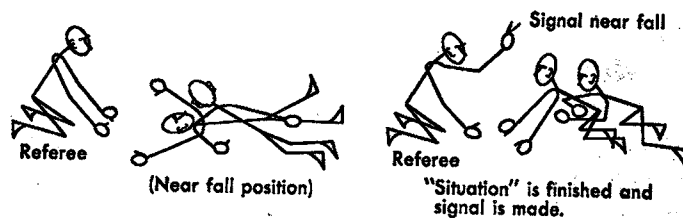


Fig. 8. DECLARING NEAR FALLS AND PREDICAMENTS.

After the "situation" is finished extend one arm vertically indicating with fingers the number of points awarded.

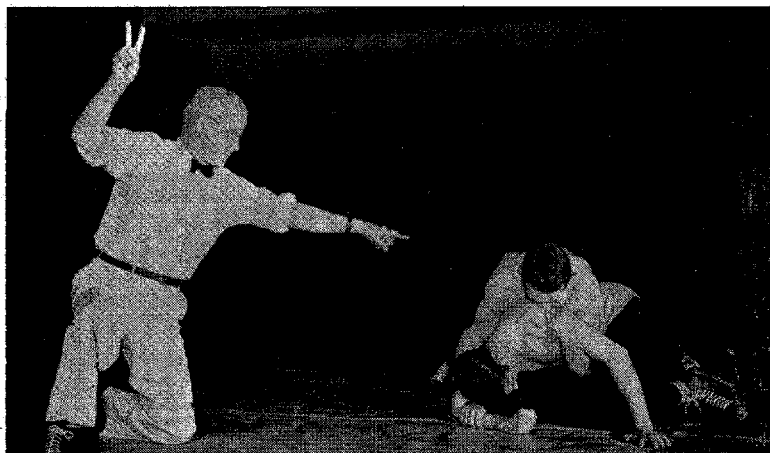


Fig. 9. POSITION OF ADVANTAGE.

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.

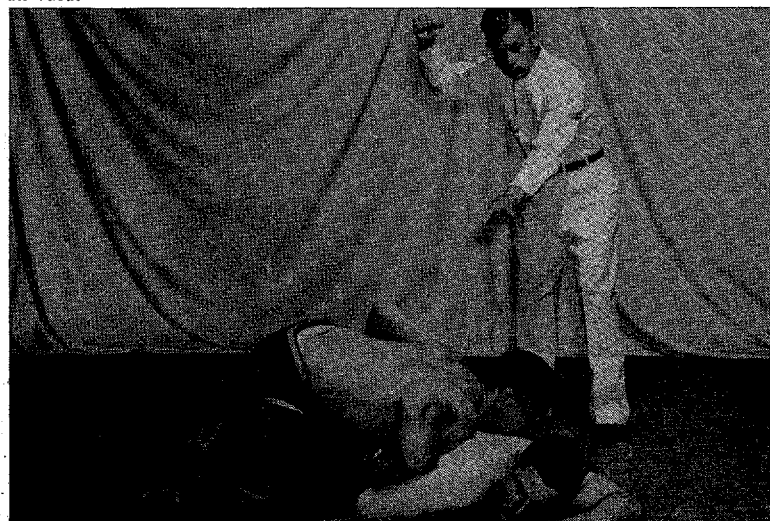


Fig. 10. WARNING FOR STALLING.

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.

## High School Wrestling Rules

The NCAA Rules shall apply with the following exceptions:

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 lb.	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, with one pound allowance to be given each day over the weight limit of the previous day as in college rules.

*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 match results in a tie, it shall be decided in accordance with the last sentence of College Rule 9, Section 6A.

B. **TOURNAMENT.** 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 9, Section 6B.

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.

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