

OFFICIAL WRESTLING GUIDE

OFFICIAL

Intercollegiate and Interscholastic

1970

WRESTLING

RULES

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1969-70 NCAA Wrestling Rules Committee

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**Appointed to the committee by the Executive Committee of the National Federation of State High School Athletic Associations. These members are appointed annually and are eligible to succeed themselves.*

Major Rules Changes for 1969-70 Season

Rule 3, Sec. 1—Larger wrestling area recommended. While the circular mat 28 feet in diameter or a 24-foot square mat is legal, it is recommended that a circular mat 32 feet in diameter or a 32-foot square mat be utilized.

Rule 3, Sec. 3—A protective headgear will be a required part of the wrestling contestant's costume.

Rule 4, Sec. 1—*Collegiate only*—Ten weight classes mandatory.

Rule 4, Sec. 2—*High School Modification*—New weight classes as follows: 98 lbs., 107 lbs., 115 lbs., 123 lbs., 130 lbs., 137 lbs., 145 lbs., 155 lbs., 165 lbs., 175 lbs., 185 lbs., unlimited.

Rule 6, Sec. 15—Responsibilities of Mat Judges outlined.

Rule 6, Sec. 15—*High School Modification*—By State Association adoption, mat judges may be utilized in tournaments.

Rule 8, Sec. 5,—Out of bounds simplified. If either wrestler has supporting parts inside the boundary line wrestling is to continue.

Rule 10, Sec. 1—High School Modification—The “Suplay” is an illegal maneuver.

Rule 10, Sec. 4—Flagrant Misconduct is reworded, and the awarding of penalty points clarified.

Rule 10, Sec. 7—The application of the guillotine is considered potentially dangerous when the arm of the defensive wrestler is forced beyond its normal range of movement.

Rule 10, Sec. 9a—Continually grasping or interlocking hands around one leg wherein a stalemate is declared shall be interpreted as stalling.

Rule 11, Sec. 2—Wrestling is to continue while warning and penalizing the defensive wrestler for stalling.

1969 - 70 Major Differences Between Scholastic And Collegiate Rules

1. Weigh-In For Dual Meets:

Interscholastic—One hour maximum, and one-half hour minimum before scheduled starting time of match.

Intercollegiate—Five hours maximum, and one-half hour minimum before scheduled starting time of match.

2. Weigh-In For Tournaments:

Interscholastic—Three hour maximum and one-half hour minimum.

Intercollegiate—Five hours maximum and one hour minimum.

3. Weight Allowance:

Interscholastic—Two pounds additional in January and one pound in February. (Three pounds total.)
One additional pound allowance each day of tournament.

Intercollegiate—No weight allowance. (In tournaments one additional pound allowance each day of tournament.)
One pound allowance when traveling and wrestling on successive days.

4. Length Of Bout:

Interscholastic—Three, 2-minute periods. (Tournaments—Overtime, two 1-minute periods.)
Consolations—Three periods—first period, 1 minute; second and third periods, 2 minutes each.

Intercollegiate—Three periods—first period, 2 minutes; second and third periods, 3 minutes each. (Tournaments—Overtime, three 1-minute periods. Consolations—three 2-minute periods.)

5. Sweatbox Or Similar Artificial Weight Reducing Device:

Interscholastic—Prohibited. (Wearing apparel permissible.)

Intercollegiate—Permissible.

6. Falls:

Interscholastic—Two seconds. (Note difference in Near-Fall.)

Intercollegiate—One second. (Note difference in Near-Fall.)

7. Weight Class Restriction:

Interscholastic—May wrestle one weight class above his actual weight at time of weigh-in.
Unlimited class contestant shall weigh in excess of 175 lbs.

Intercollegiate—No restriction.

Official NCAA Wrestling Rules

RULE 1—ELIGIBILITY

SECTION 1. Each participant in National Collegiate or National College Division wrestling competition must be eligible under the rules of (1) his own institution; (2) the intercollegiate athletic conference of which his institution is a member, if such affiliation is held, and (3) the National Collegiate Athletic Association. The eligibility rules of the Association are set forth in Bylaw 4 of the NCAA Manual (pages 36-40) and interpretations thereof (pages 50-53).

SECTION 2. Only active member institutions, paid up and in good standing, may enter student-athletes in the National Collegiate or National College Division Wrestling Championships. Institutions which have declared University Division under the provisions of Article 4, Section 6-(a) of the NCAA Bylaws may not enter athletes in National College Division competition. Institutions which have declared College Division under Bylaw 4-6-(a) may not enter athletes in the National Collegiate Championships unless they first qualify by finishing in the first four in any weight division in the National College Division Championships. Any institution which has not signified in writing to the NCAA executive director its compliance with Article 4, Section 6-(b) of the NCAA Bylaws (the 1.600 rule), may not enter its student-athletes in any NCAA postseason event.

SECTION 3. Colleges, universities and other institutions of learning which are accredited by a regional accrediting agency and which accept and observe the principles set forth in the Constitution and Bylaws of the Association, are eligible for membership in the National Collegiate Athletic Association. Applications for membership should be directed to Walter Byers, Executive Director, NCAA, 1221 Baltimore Ave., Kansas City, Mo. 64105.

HIGH SCHOOL MODIFICATION

Contestants shall be eligible under the rules of the High School Athletic Association of the State in which their school is located.

RULE 2—REPRESENTATION

SECTION 1. An institution shall be represented by only one contestant in each weight class and no substitution is allowed for injured contestants in dual meets or tournaments.

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

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

SECTION 4. A contestant who weighs-in for one weight may be shifted to a higher weight class. See Tournament Guidelines (Rule 6, Sec. 15) and High School Modifications (Rule 4, Sec. 2, Item 3).

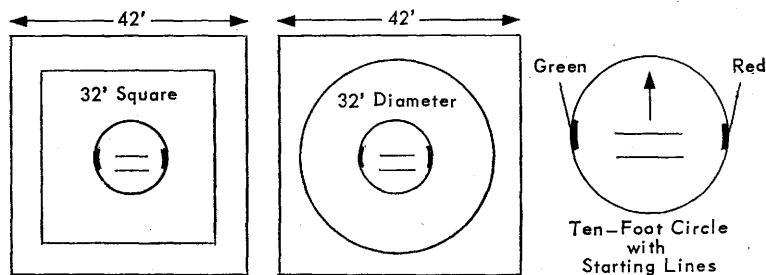
National Collegiate Championships

SECTION 5. All entries to the National Collegiate Wrestling Championships which are received after the deadline date shall be charged a penalty fee of an additional two dollars. (Initial entry fee is four dollars.) The deadline shall be nine days in advance of the first tournament session. When the team registers at the National Championships the institutional representatives shall indicate the entry in each weight class by *verification* deadline which shall be 2 p.m. on day prior to initial weigh-in and participation. See Tournament Guidelines (Rule 6, Sec. 15).

RULE 3—MATS, COSTUMES AND EQUIPMENT

Mats

SECTION 1. The wrestling area of the mat shall not be less than a square 24 feet by 24 feet or a circular area 28 feet in diameter. A larger wrestling area is recommended. There shall be a mat area of at least five feet in width which extends entirely around the wrestling area. The entire mat area shall be the same thickness which shall not be more than four inches nor less than the thickness of a



RECOMMENDED MAT SIZES

Minimum mat size provides for a circle with a diameter of 28 feet as a legal wrestling area or a 24-foot square wrestling area with a mat area of at least five feet in width which extends around the wrestling area proper.

mat which has shock absorbing qualities of a two-inch thick hair felt mat.

When a plastic mat cover is used, it is recommended that it be sufficiently large to cover the mat proper and all supplementary mats, or laced underneath the mats. The wrestling area should be marked on the mat cover or mat by painted lines two inches in width. At the center of the mat proper there shall be similarly painted a circle 10 feet in diameter, and it is recommended a different color be used than the one on the boundary line. An area on opposite sides of the 10-foot circle shall be designated by means of a 12-inch portion of the circle's arc on one side in green and directly opposite a similar portion of the arc in red. Contestants in starting the match and resuming the match in a neutral position will return to their respective designated areas. (Home—green, Visitor—red.) There shall be placed at the center of the cover or mat two one-inch *starting lines*, three feet in length and with outside measurements of 12 inches. See Diagram on page 6.

Costume

SECTION 2. The costume shall consist of:

a. Full length tights, close fitting outside short trunks, and sleeveless shirt without fasteners at the shoulder and fastened down at the crotch. Shirts shall not be cut away in excess of the shirt illustrated in Figures 1 and 2 (picture of legal shirt, back and front view). The front and back of the shirt shall not be cut lower than the level of the arm pit and under the arms the shirt shall not be cut lower than one-half the distance between the arm pit and the belt line.

Properly cut one piece uniform is legal when worn with full length tights. No wrestler shall lower his shoulder straps in the presence of spectators. Failure to comply shall be enforced under unsportsmanlike conduct.

b. Light heelless gymnasium shoes reaching above the ankle and laced by means of eyelets.

c. In all tournaments, the home management shall have immediately available some provisions for clearly identifying the contestants. Such provisions may be by means of red and green anklets approximately three inches wide.

d. Contestants shall be clean-shaven, free of mustaches, sideburns trimmed at earlobe level and hair trimmed and well groomed. This rule has been approved in the interest of good health habits.

Headgears

SECTION 3. A protective headgear will be a required part of the wrestling contestant's costume.

Special Equipment

SECTION 4. 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. Artificial limbs and loose pads are prohibited.

Enforcement

SECTION 5. The legality of all equipment (mats, costumes, headgear, devices, pads, etc.) and contestant's appearance shall be decided by the Referee.

RULE 4—WEIGHT CLASSIFICATION

SECTION 1. Competition shall be divided into 10 weight classes as follows:

118 lbs.	134 lbs.	150 lbs.	167 lbs.	190 lbs.
126 lbs.	142 lbs.	158 lbs.	177 lbs.	Unlimited

The National Collegiate Championships will be conducted in these 10 weights and unless otherwise announced all conference meets will be contested in such weight classes.

SECTION 2. Competition in dual meets shall be conducted in the weight order listed, unless changes have been mutually agreed upon at the time of weigh-in.

HIGH SCHOOL MODIFICATION

Competition shall be divided into the following 12 classes:

98 lbs.	123 lbs.	145 lbs.	175 lbs.
107 lbs.	130 lbs.	155 lbs.	185 lbs.
115 lbs.	137 lbs.	165 lbs.	Unlimited

Unlimited class contestants must weigh in excess of 175 pounds.

All interscholastic competition, including interstate competition, shall be conducted in the above 12 weight classes and all such competition shall be governed by the rules as set forth in the *NCAA Wrestling Guide—High School Modification*.

1. 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.

2. The Rules Committee recommends that individual State Associations utilize an effective weight control program which will involve the competitor, the parents, a physician and the coach.

3. A contestant may not wrestle more than one weight class above his actual weight at time of weigh-in.

4. The use of a sweat box or similar artificial heat device for weight reduction purposes is prohibited.

RULE 5—WEIGHING-IN AND DESIGNATION OF CONTESTANTS

Time

SECTION 1. *a. 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.

b. Teams may weigh-in on home scales by mutual agreement of coaches and shall furnish the weight list with actual weights listed. It is recommended that the accuracy of all scales be certified by a qualified scale authority prior to the first official weigh-in each year. (See High School Modifications.)

SECTION 2. 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.

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

HIGH SCHOOL MODIFICATION

1. *Dual Meets.* Contestants may weigh-in a maximum of one hour and a minimum of one-half hour before the time the meet is scheduled to begin. Changes in time may be made by individual State Associations, especially when long travel distances are involved.

2. *Tournaments.* Each day of the tournament, contestants may weigh-in a maximum of three hours and a minimum of one-half hour before the meet is to begin, with one pound allowance to be given each day over the weight limit of the previous day. A contestant who is to represent his school must be named at time of weigh-in. (Changes in time may be made by individual State Associations.)

Weight Allowance

SECTION 3. a. Dual Meets. In all dual meets, net weights shall be required. No overweight is permitted nor should it be requested.

For Colleges only—Members of both teams will be allowed one additional pound per day when one team is traveling and wrestling on two or three successive days. (Maximum of two pounds.)

b. Tournaments. In tournaments a one pound allowance shall be given each day over the weight limit of the previous day.

c. Net Weight. Contestants shall weigh-in without clothing.

Failure To Make Weight

SECTION 4. Any contestant failing to make weight at the minimum time shall be disqualified. If a contestant fails to weigh-in on the first, second or subsequent day of a tournament after having qualified for such tournament, a forfeit shall be awarded his opponent and points for the forfeit and advancement shall be scored. See Tournament Guidelines (Rule 6, Sec. 15).

Medical Examinations, etc.

SECTION 5. At the time of the weighing-in on the opening day of the annual National Collegiate Championships, a physician or physicians shall be present to examine all contestants for communicable diseases. In other tournaments

and meets. It is recommended that a similar examination of all contestants be made at the time of the weighing-in and the presence of communicable diseases or any other condition which in the opinion of the examining physician makes the participation of that individual inadvisable shall be full and sufficient reason for disqualification.

RULE 6—CONDUCT OF TOURNAMENTS

Places Scored

SECTION 1. In tournaments awarding four places, the loser in the final first-place match shall automatically take second place; the winner in the final consolation match shall be awarded third place and the loser fourth place. In tournaments where six places are scored, the defeated wrestlers in the consolation semi-finals shall wrestle for fifth and sixth place.

Drawings

SECTION 2. Immediately after the verification of entries, drawings shall be made. Drawings will be made in accordance with the graphic illustrations as provided in Sections 5, 6 and 7 of this rule.

Seeding

SECTION 3. 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.

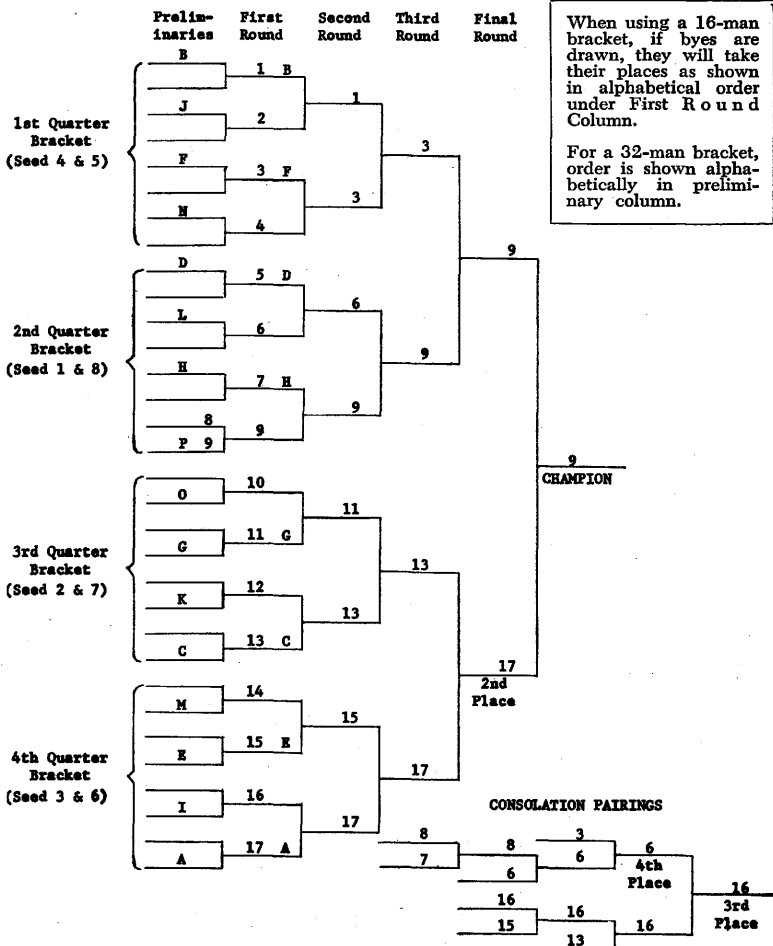
If there is one outstanding wrestler in any class and also two others who are distinctly superior to the remainder in that class, those wrestlers should be seeded in different quarter brackets of the opposite half bracket from the outstanding wrestler. A seeded contestant shall have the same opportunity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

In the annual National Collegiate Championships, 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.

Byes

SECTION 4. 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 byes will be equal to the difference between the number of competitors and the next higher power of two. 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 5 of this rule.

SECTION 5. Graphic Illustration of Drawings and Seeding



When using a 16-man bracket, if byes are drawn, they will take their places as shown in alphabetical order under First Round Column.

For a 32-man bracket, order is shown alphabetically in preliminary column.

- No. 1 seeded man draws for possible positions 5, 6, 7, 8, 9, in Quarter Bracket #2.
- No. 2 seeded man draws for possible positions 10, 11, 12, 13, in Quarter Bracket #3.
- No. 3 seeded man draws for possible positions 14, 15, 16, 17, in Quarter Bracket #4.
- No. 4 seeded man draws for possible positions 1, 2, 3, 4, in 1st Quarter Bracket #1.
- No. 5 seeded man draws for position in opposite half of Quarter Bracket #1.
- No. 6 seeded man draws for position in opposite half of Quarter Bracket #4.
- No. 7 seeded man draws for position in opposite half of Quarter Bracket #3.
- No. 8 seeded man draws for position in opposite half of Quarter Bracket #2.

Contestants Eligible for Third Place Matches

SECTION 6. *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 the 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 the finalists in this half-bracket. The eligible contestants are designated in Section 6*a* of this Rule.

SECTION 7. Defeat due to injury in a tournament does not eliminate a contestant from further competition.

SECTION 8. A forfeit will eliminate a contestant from further competition in tournaments.

SECTION 9. A disqualification may eliminate a contestant from further competition in tournaments. (See note under Penalty Chart.)

SECTION 10. Any contestant who fails to check in or to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament.

SECTION 11. No contestant shall wrestle two matches in any tournament with less than one (1) hour rest between such matches.

NOTE 1—*In case of unavoidable circumstances affecting weigh-in or schedule of matches, see Rule 13, Sec. 11.*

NOTE 2—*Contestants in the unlimited class must check-in at each weigh-in session of tournaments.*

Example

SECTION 12. Referring to the Graphic Illustration under Section 5, those eligible for the third place rounds in the upper half-bracket 8, 7, 6, 3, we will assume that 8 wins from 7 and then 6 wins from 8 and 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. 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.

SECTION 13. The Rules Committee recommends that medals and team

trophies be formally presented in a ceremony made as impressive as possible.

SECTION 14. Any conference or other tournament may be conducted under any bracketing that is agreed upon by participating schools.

Intercollegiate Tournament Guidelines

SECTION 15. *a. Verification of Entry.* It shall be mandatory that all contestants' names and weights be declared by the 2:00 p.m. deadline on the day prior to the weigh-in and participation. *Verification* must be made in person or by telephone or telegraph. Failure to verify entries at stipulated deadline will result in disqualification from tournament. Contestants thereafter failing to make verified weight will not be allowed to participate in another weight classification.

NOTE—*Submitting names on Entry Form does not constitute verification.*

Contestants will be allowed a maximum of five (5) minutes to appear ready to compete at the specified mat. Failure to appear will result in forfeit to opponent.

b. Mat Judges. In all tournament championship and championship consolation matches, two mat judges shall be assigned to assist the Referee. It is recommended that the same procedure be used in the semifinal matches. Majority vote of the Referee and two judges will prevail.

Mat Judges Procedure. The use of two mat judges is designed to minimize human error inasmuch as three qualified officials will be involved in matters of rule application and judgment. The match Referee will be in complete control of the bout and when questions arise, he will take action as outlined below. Judges will be seated near mat opposite green and red areas.

(1) Disagreement by either mat judge will be indicated by his standing at the edge of the mat in clear view of the Referee.

NOTE—*Whenever possible, Mat Judges will use appropriate Referee's Signals.*

- (a) When only one mat judge stands, the Referee will ignore him if not in agreement.
 - (b) When two judges stand, the Referee will stop the match as soon as it is practical and indicate Referee's time out. Referee will avoid interrupting match while significant action is in progress.
 - (c) When necessary, judges and Referee will meet quickly in front of scorers table discussing reasons for disagreement.
 - (d) Agreement will be reached by majority vote of the Referee and two judges.
- (2) A judge may support, disagree or have no opinion relative to a decision. However, the Referee's vote shall prevail in the event of a tie.
- (3) When a decision is reached, the Referee will inform the scorers table of any change in the match scoring.
- (4) The Referee and two contestants are the only individuals permitted to step onto the wrestling mat. Coaches are not permitted to address the judges.

c. Injury or Illness. In case of injury or illness, the host school's physician in consultation with the Chairman of the Rules Committee will rule on contestant's ability to continue. Extenuating circumstances concerning any

injury or illness will be considered by the Rules Committee or tournament committee.

HIGH SCHOOL MODIFICATION

By State Association adoption, mat judges may be utilized in tournaments using the above criteria.

RULE 7—CONDUCT OF MATCHES

Length of Matches

SECTION 1. All regular matches shall be eight minutes in length divided into three periods with the first period two minutes and the second and third periods three minutes each. The first period will start with both contestants standing opposite each other, on the green or red area of the 10-foot circle. The wrestlers will come forward, shake hands and step back to their designated areas and when the Referee sounds his whistle begin wrestling. A fall during this or either subsequent period terminates the match. If neither contestant secures a fall in the first period, the Referee shall recess the match and place the wrestlers in the starting position on the mat (Rule 8, Sec. 1) with the appropriate contestant in the position of advantage (Rule 7, Sec. 3). The second 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 the final period, and after the match is concluded, wrestlers will return to and remain on their respective (green or red) areas while the Referee checks with the scorers' and timers' table. Upon the Referee's return to the mat, the contestants will shake hands and the Referee will declare the winner in accordance with Figs. 18 and 19. The time in a match is continuous except when the Referee stops and starts a match.

Failure to comply with end-of-match procedure after being directed to do so shall result in penalty points being assessed in dual meets and tournaments. The match is not ended until Referee declares outcome of the match.

NOTE 1—In matches involving sight handicapped wrestlers, it is recommended that a finger-touch method be used in the neutral position and initial contact be made from front. (Illustration No. 3.)

HIGH SCHOOL MODIFICATION

The matches shall be six minutes in length divided into three periods of two minutes. No rest is allowed. The matches shall be conducted in the same manner as set forth above.

Intermission

SECTION 2. 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.)

Choice of Position

SECTION 3. *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 number of the weight classes listed consecutively. A choice of odd or even matches in dual meets is not altered in case of a fall, default, forfeit or disqualification.

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 or disk.

Overtimes

SECTION 4. In tournament competition when there is a tie in points the contestants shall wrestle three extra periods of one minute each (consolation matches included) starting the first of these periods on the feet and conducting the entire overtime as in the regular match.

The choice of position shall be determined by the toss of a coin. There shall be one-minute rest between the regular match and the first overtime period and no rest between the first, second, and third overtime periods. The points and time advantage are not cumulative throughout the match and overtime periods, and only the points and time advantages scored in the overtime period shall be counted in determining the winner. A jury of two judges and the referee shall observe the overtime periods. When there is a tie in points at the end of the overtime periods the jury shall select the winner by ballot without any consultation and the match shall be awarded to the contestant who has shown superior wrestling ability in the overtime periods. The signed ballots of the jury shall be recorded on the score sheet. The criteria for determining superior wrestling ability are attempts to secure falls, takedowns, reversals, and escapes along with the maintenance of control.

NOTE—See Rule 11, Sec. 3.

Consolation Matches

SECTION 5. Consolation matches shall consist of three two-minute periods conducted in the same manner as regular matches in tournaments. Overtime periods in consolation matches shall consist of three one-minute periods.

HIGH SCHOOL MODIFICATION

1. Tournament matches will consist of three periods of two minutes each conducted as in 3b above. If the match ends in a tie the overtime shall consist of two one-minute periods.

2. *Overtimes in Tournaments.* Following the regular match one minute rest shall be given between the regular match and the first overtime period and no rest between the first and second overtime periods. The periods will start from the starting position as in the second and third period of the regular match. The choice of position will be determined by the toss of a coin, see Section 4 of this Rule for remainder of procedure.

3. Consolation matches shall consist of three periods; the first of which will be one minute in length and the second and third two minutes each in length.

Control of Mat Area

SECTION 6. All personnel other than actual participating contestants shall be restricted to an area reserved for such use. This area shall be at least ten feet from the actual mat area and scoring table.

NOTE 1—*Coaches' and contestants' conduct will be strictly enforced. (See Penalty Chart.)*

NOTE 2—*When an error has been made in positioning a wrestler in the top or bottom position at start of third period, all points and time advantage gained during third period shall be stricken from the scorebook. Following a rest period of one minute, the period shall be re-wrestled. (Errors occurring during first or second periods shall be corrected with wrestling resumed immediately.) This correction must take place prior to the contestants having left the mat area or start of subsequent match.*

RULE 8—DEFINITIONS

Starting Position on the Mat

SECTION 1. *a. Defensive Wrestler.* A stationary position in which the defensive wrestler is on his knees facing away from the timers' table with his hands in the center of the mat. He must keep both knees on the mat and they shall not be spread more than the width of the shoulders. The legs must be parallel, with the toes neither turned in or out in an exaggerated position. The heels of both hands must be on the mat not less than 12 inches in front of the knees; and the elbows shall not touch the mat. The hands and knees must be placed in front and back of starting lines. (See Illustrations Nos. 4 and 5, Starting Position.)

b. Offensive Wrestler. The offensive wrestler shall be on the right or left side of his opponent with one or both knees on mat and his head along the mid line of his opponent's back. The near arm (right or left) is placed loosely around the defensive wrestler's body perpendicular to the long axis of the body with the palm of the hand placed loosely against the defensive wrestler's naval and the palm of his other hand (left or right) shall be placed on the back of the opponent's near elbow. At least one knee shall be on the mat, and both feet must be to the outside with legs not touching defensive wrestler. (See Illustration Nos. 4 and 5, Starting Position.)

Time Advantage

SECTION 2. The offensive wrestler who has control in an advantage position over his opponent is gaining time-advantage. A timekeeper assigned to each wrestler records his accumulated time-advantage throughout the match or a multiple timer may be used to record the time-advantage. 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, no point is awarded. 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 accumulates several minutes of time in the advantage position.

NOTE—*Control is a situation in which a contestant exercises and maintains restraining power over his opponent.*

HIGH SCHOOL MODIFICATION

Time advantage will be optional by State Association adoption.

Position of Advantage

SECTION 3. A position in which a contestant is in control of his opponent. Control is the determining factor. The failure of the offensive wrestler to get his head out from the defensive wrestler's arm does not necessarily prevent the offensive wrestler from having control. The offensive wrestler is entitled to this advantage until such time as his opponent gains a neutral position or a reversal. (See Rule 8, Secs. 5, 8, 9 and 10.)

Takedown

SECTION 4. When, from a neutral position, a contestant gains control of his opponent down on the mat while the supporting points of either wrestler are within the wrestling area, he has gained a takedown.

NOTE—The supporting points of either wrestler are the parts of the body touching the mat that bear the weight of the wrestler's body other than the parts with which he is holding his opponent. When down on the mat the usual points of support are the knees, the side of the thigh and the buttocks. In a standing position the feet are the main points of support.

Out-of-Bounds

SECTION 5. Contestants are considered in-bounds if the supporting parts of either wrestler are inside the boundary lines.

When a fall is imminent, wrestling shall continue as long as both shoulders of the wrestler being pinned are in-bounds.

Intersection of the vertical plane of this boundary line by the shoulders of the wrestler being pinned is considered out-of-bounds.

Resumption of Wrestling After Out-of-Bounds

SECTION 6. The position to be assumed by the contestants at the resumption of a match shall be neutral or in the starting position on the mat as determined by the position held upon going out-of-bounds. If neither wrestler has control, the match shall be resumed with both wrestlers opposite each other and on the designated red and green areas on the ten-foot circle. If one wrestler has the advantage, he will take the offensive position in the starting position at the center of the mat.

Stalemate

SECTION 7. When the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve his position, the Referee shall stop the match and wrestling shall be resumed as for out-of-bounds.

Neutral Position

SECTION 8. Is a position in which neither wrestler has control.

Escape

SECTION 9. An escape occurs when the defensive wrestler gains a neutral position while the supporting points of either wrestler are within the wrestling area.

Reversal SECTION 10. A reversal occurs when the defensive wrestler comes from underneath and gains control of his opponent either on the mat or in a rear standing position while the supporting points of either wrestler are within the wrestling area.

Fall SECTION 11. Any part of both shoulders or area of both scapulas held in contact with the mat for one second constitutes a fall. The one-second count (one-thousand-and-one) shall be a silent count by the Referee and shall start only after the Referee is in such position that he knows positively that a fall is imminent, after which the shoulders or scapula area must be held in continuous contact with the mat for one second before a fall shall be awarded. (See Fig. 12.)

a. A fall shall not be awarded when one or both shoulders of the defensive contestant are out-of-bounds. (See Rule 8, Sec. 5b.)

b. If either wrestler is handicapped by having any portion of his body out-of-bounds, no fall shall be awarded and out-of-bounds shall be declared.

c. When the match is stopped for out-of-bounds in a fall situation, the match shall be resumed in the starting position on the mat. (See Rule 8, Secs. 1 and 6.)

HIGH SCHOOL MODIFICATION

Two seconds constitutes a fall. The two-second count (one-thousand-and-one, one-thousand-and-two) shall be a silent count by the Referee.

Near-Fall SECTION 12. A near-fall is a position in which the offensive wrestler has control of his opponent in a pinning situation with both shoulders or the scapula area held in contact with the mat for less than one full second (a silent count of one-thousand-and-) or when one shoulder of the defensive wrestler is touching the mat and the other shoulder is held within one inch or less of the mat for two full seconds. Three points shall be awarded for these situations.

HIGH SCHOOL MODIFICATION

A near-fall is a position in which the offensive wrestler has control of his opponent in a pinning situation with both shoulders or the scapula area held in contact with the mat for one full second or when one shoulder of the defensive wrestler is touching the mat and the other shoulder is held within one inch or less of the mat for two full seconds. Three points shall be awarded for these situations.

Predicament SECTION 13. A predicament is a position in which the offensive wrestler has control of his opponent in a pinning situation.

a. When both shoulders of the defensive wrestler are held momentarily (stopped) within approximately four inches of the mat or less, a predicament shall be scored. Two points shall be awarded for a predicament. A continuous roll-through is not to be considered a predicament.

b. When one shoulder of the defensive wrestler is touching the mat, and the other shoulder is held at an angle of 45 degrees or less with the mat, but not sufficiently close to award a near-fall, for one second or more, a predicament shall be scored.

NOTE 1—A near-fall or predicament is ended when the defensive wrestler gets out of the pinning situation.

The Referee must not signal the score for a near-fall or a predicament until the situation is ended. Only one near-fall or one predicament shall be scored in each pinning situation regardless of the number of times the offensive wrestler places the defensive wrestler in a near-fall or predicament position during the situation.

NOTE 2—Regardless of the length of time a defensive wrestler may be held in a pinning situation, no predicament or near-fall may be awarded except as provided in Rule 8, Sections 12 and 13 above.

NOTE 3—Only a wrestler with the advantage who has his opponent in a pinning situation may score a near-fall or predicament. Bridgebacks in body scissors or bridgeovers with a wristlock are not considered near-fall or predicament situations although a fall may be scored.

NOTE 4—When the defensive wrestler places himself in a precarious situation during an attempted escape or reversal, a near-fall or predicament shall not be scored unless the offensive wrestler has control of his opponent in a pinning situation.

Decisions

SECTION 14. If no fall has resulted after 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 as provided by the point system in Rule 9, Sec. 3. If there is a tie in the number of points scored, the Referee shall declare the match a draw in dual meets. (See Rule 7, Sec. 4 for tournaments.)

Forfeit

SECTION 15. A forfeit is received by a wrestler when his opponent for any reason fails to appear for the match. In order to receive a forfeit, a wrestler must be dressed in wrestling uniform and appear on the mat. (See Rule 5, Sec. 4 and Rule 6, Sec. 15.)

Default

SECTION 16. A default is awarded in a match when one of the wrestlers is unable to continue wrestling for any reason.

Disqualification

SECTION 17. Disqualification is a situation in which a contestant is banned from participation in accordance with the Penalty Chart.

RULE 9—SCORING

SECTION 1. All scoring must be kept in plain view of spectators, contestants, and coaches.

NOTE—It is strongly recommended that a timing device be available and visible for the purpose of recording time advantage. If visible timing device is not available, information on time advantage shall be made available to coaches during the progress of the match.

SECTION 2. Team Points.*a. Dual Meets.*

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

NOTE—A team forfeit shall be scored five points for each weight class.

(2) *Decision.* A decision shall count three points on the team score.

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

b. Tournaments.

(1) *Places.* In tournaments, first place in each weight class shall count 10 points, second place 7 points, third place 4 points and fourth place 2 points. These points shall be awarded as soon as earned. At the conclusion of the championship semifinals, each winner shall receive seven points. At the conclusion of the championship finals, each winner shall receive three additional points, each loser no additional points. At the conclusion of the consolation semifinals, each winner shall receive two points. At the conclusion of the final third place matches, each winner shall receive two additional points, each loser no additional points. One additional point shall be scored for each match won by a fall, default or forfeit throughout the tournament.

(2) *Advancement Points.* In addition, one point shall be scored for each match won in both the championship and consolation eliminations except for the final first, third and fifth place matches. No points are awarded for a bye in any round.

(3) *National Collegiate Championships.* In the National Collegiate Championships six places shall be awarded. The scoring shall be as follows: first place 12 points, second place 9 points, third place 7 points, fourth place 5 points, fifth place 3 points and sixth place 1 point.

**Match Point
Score System**

SECTION 3. In all matches the contestants are awarded points by the Referee in accordance with the following system:

Takedown (by each wrestler) (Rule 8, Sec. 4) 2 points

Escape (Rule 8, Sec. 9) 1 point

Reversal (Rule 8, Sec. 10) 2 points

Near-Fall (Rule 8, Sec. 12) 3 points

Predicament (Rule 8, Sec. 13) 2 points

Time Advantage (Rule 8, Sec. 2) 1 point for one full

minute of net accumulated time in the advantage position. Two points for two full minutes or more of net accumulated time advantage. Two points is the maximum to be awarded for the match and these points shall be recorded on the final score.

Penalties (See Rule 11 and the Penalty Chart)

NOTE—Method of Recording Score for an Overtime Match.

Example: 3-3, 1-0 (OT)^o

3-3, 1-1, (UD,SD)^{o*}

^oOT—Overtime

^{o*}UD—Unanimous Decision

SD—Split Decision

SUMMARY OF SCORING

<i>Individual Match Points</i>		<i>Tournament Points</i>	
Takedown	2 pts.	1st Place	10 pts.
Escape	1 pt.	2nd Place	7 pts.
Reversal	2 pts.	3rd Place	4 pts.
Predicament	2 pts.	4th Place	2 pts.
Near Fall	3 pts.	Fall	1 pt.
Time Advantage	1 pt.	Default	1 pt.
(for 1 full minute) or		Forfeit	1 pt.
Time Advantage	2 pts.	Disqualification	1 pt.
(Max. for 2 or more minutes)		Advancement	1 pt.
<i>Dual Meet Points</i>			
Fall	5 pts.	Disqualification	5 pts.
Forfeit	5 pts.	Decision	3 pts.
Default	5 pts.	Draw	2 pts.

National Collegiate Championships scoring for first six places: 12-9-7-5-3-1.

TOURNAMENT SCORING CHART

	<i>First</i>	<i>Second</i>	<i>Third</i>	<i>Fourth</i>	<i>Fifth</i>	<i>Sixth</i>
Three Places	9	6	3			
Four Places	10	7	4	2		
Five Places	11	8	6	4	2	
Six Places	12	9	7	5	3	1

RULE 10—INFRACTIONS

Illegal Holds

SECTION 1. Any hold shall be allowed except the hammerlock above the right angle; the twisting hammerlock; front headlock; headlock without the arm; the straight head scissors (even though the arm is included); over-scissors; flying mare with the palm up; full (double) nelson; strangle holds; all body slams; toe holds; twisting knee lock; key lock; overhead double arm bar; the bending, twisting or forcing of the head or any limb beyond its normal limits of movement; locking the hands behind the back in a double arm bar from a neutral position and any hold used for punishment alone. (See Illustration Nos. 8 through 34.)

NOTE 1—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 2—The term "slam" is interpreted as lifting and bringing an opponent to the mat with unnecessary roughness. This infraction may be committed by a contestant in either the top or bottom position on the mat as well as during a takedown. When a contestant lifts his opponent off the mat and brings him forcibly to the mat with the upper half of the body coming in contact with the mat first, a slam will be called. A forceful

trip may be considered as unnecessary roughness. Slams shall be called without hesitation following situation occurring.

NOTE 3—An intentional drill or forceful fall-back is illegal when the defensive wrestler is in a standing position and the offensive wrestler has a scissor hold or a cross body ride.

NOTE 4—A leg hooked over the top toe of an opponent's straight body scissors is interpreted as an over-scissor and therefore illegal.

NOTE 5—A wrestler applying a legal hold should not be penalized when his opponent turns the legal hold into an illegal hold. The Referee shall cause the hold to be released if there is danger of injury. However, the match need not be stopped unless the Referee finds it necessary to do so in order to correct the situation.

NOTE 6—Whenever possible an illegal hold should be prevented rather than called.

NOTE 7—The three-quarter nelson is not to be interpreted as a headlock.

NOTE 8—Pulling the head over the shoulder with hands locked or overlapped is not to be interpreted as a headlock.

HIGH SCHOOL MODIFICATION

The "Suplay" is an illegal maneuver.

Abusive or Unsportsmanlike Conduct

SECTION 2. Conduct of a coach, contestant or spectator that becomes abusive, unsportsmanlike or interferes with the orderly progress of the match is subject to penalty. The home management shall be responsible for the removal of the violators at the request of the Referee. (See Penalty Chart.)

NOTE—This includes abusive language used during and following a match.

Unnecessary Roughness

SECTION 3. Either before, during or following a match, intentional striking, gouging, kicking, hair pulling, butting, elbowing or an intentional act which endangers life or limb shall be penalized. (See Penalty Chart, Note 2.)

Flagrant Misconduct

SECTION 4. If in the opinion of the Referee the unnecessary roughness or abusive conduct is of a flagrant nature before, during or after the match, the contestant is disqualified on first offense. Disqualification point or points are awarded, and one team point is deducted from the offending wrestler's team score. The penalty for flagrant misconduct by coaches or contestants is removal from the premises and one team point deducted. A contestant so disqualified in tournament competition is not entitled to placement points but will be credited with advancement and fall points earned prior to incident.

Foreign Substance on Skin

SECTION 5. The use of oil or greasy substances which cannot be completely removed shall be grounds for disqualification at the discretion of the Referee. Time out for the removal of such foreign substance

shall be cumulative with the time out for injuries throughout the match. The total time out shall not exceed three minutes. (See Rule 12, Sec. 1.)

NOTE—This provision is applicable when contact lens are dislodged or lost during a match.

Objectionable Pads and Braces

SECTION 6. (See Rule 3, Sec. 4 and the Penalty Chart.)

Potentially Dangerous Holds

SECTION 7. The double wristlock, chicken wing, split scissor, guillotine when being applied with arm forced beyond normal range of movement and other holds which may cause injury when used legally are considered potentially dangerous holds. (See Illustrations 9, 10, 28, 29 and 30.)

Contestants should know the dangers of these holds and the blocks for them. The Referee should anticipate danger of injury from these holds and be in position to block them before they reach the danger point. Furthermore, 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 verbally caution contestants against forcing a potentially dangerous hold into an illegal position. The double wristlock and chicken wing become illegal when forced into a twisting hammer lock position as in the case of applying the force parallel instead of perpendicular to the long axis of the body.

It should 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 an injury or danger to life or limb, and the Referee should promptly stop any and all holds which in his opinion may so result. If a legitimate hold is forced to such an extent as to endanger a contestant or if it becomes a punishing hold, the Referee shall stop the match and require the hold to be broken. No penalty points should be awarded. The match shall be resumed in the neutral or starting position on mat as determined by the position held at the time the match was stopped.

NOTE—The chicken wing is a legal but potentially dangerous hold. When the hand of the defensive wrestler goes behind the back with parallel pressure to the long axis of the body, it becomes a twisting hammerlock and is illegal. (See Illustrations Nos. 28, 29 and 30.)

Any holds over the mouth, nose, eye or front of throat shall not be permitted. Pressure from the side of the hand, forearm or wrist is considered a hold and therefore barred when used on the mouth, nose, eyes or front of throat. Forcing such a hold may be considered unnecessary roughness depending on the intent of the act as determined by the Referee and shall be penalized accordingly. (See Illustration Nos. 31 through 34.)

Technical Violations (See Penalty Chart)

SECTION 8. *a. Interlocking Hands.* The wrestler in the position of advantage may not lock his hands, fingers or arms around his opponent's body or both legs unless his opponent has all of his weight supported entirely on his feet or he has him in a pinning situation. The mere

touching of the defensive wrestler's hands to the mat is not considered a change in this position unless the hands are used as support parts, in which case, the offensive contestant is allowed reaction time to release the lock. It is unsportsmanlike for the defensive contestant to touch his hands to the mat in order to release the offensive wrestler's lock and the Referee shall not call a violation if, the lock is held in such cases. (See Illustrations Nos. 35 through 38 and Fig. 13.)

NOTE—The Referee shall not stop action when signaling the violation when the defensive man is in the process of a reversal or escape. The defensive man is allowed to complete the reversal or escape provided he does so in a continuous maneuver. If the defensive man fails to complete the reversal or escape after an opportunity to do so, the Referee will stop the match and award the penalty. (See Penalty Chart and Fig. 13.)

b. Leaving Mat Without Permission. It is a technical violation to leave the mat without first receiving permission to do so from the Referee.

c. Delaying Match. Delaying the match such as straggling back from out-of-bounds, unnecessary changing and adjusting equipment, repeatedly assuming incorrect starting position and repeatedly making false starts from the starting position are technical violations.

d. Intentional Forcing Opponent Off Mat. Intentional forcing opponent off the mat to prevent a take-down, reversal or an escape is a technical violation. (See Penalty Chart.)

e. Intentional Going Off Mat. Intentionally going off the mat to prevent a take-down, reversal or escape is a technical violation. (See Penalty Chart.)

f. Defensive Wrestler Intentionally Going Off Mat. It is a technical violation if the defensive wrestler intentionally walks, crawls, rolls or bridges off the mat. No penalty points are awarded if a near-fall or predicament is awarded during this situation. (See Note 2, Penalty Chart.)

NOTE—It is considered a violation if the contestant in a figure-four body scissors intentionally goes off the mat to get the hold released.

g. Grasping Clothing, etc. Intentional grasping of clothing, mat or mat cover or headgear by a contestant is prohibited, and any advantage gained thereby shall be nullified. Intentionally grasping clothing to prevent or gain an escape, reversal, takedown or fall is a technical violation.

NOTE—(Treat same as Note under Rule 10, Section 8a.)

Stalling

SECTION 9. It is the responsibility of contestants, officials and coaches to avoid the use of stalling tactics or allowing the use thereof and action is to be maintained throughout the match by the contestants making an honest attempt to stay in the circle and to wrestle aggressively whether on the top, bottom or neutral positions. This concept shall be demonstrated by those responsible with strict enforcement by officials. A stalling penalty is preceded by a warning and there shall be only one warning per match, including overtime, per contestant.

When an official recognizes stalling occurring at any time and in any position, he will warn the offender after a maximum of ten seconds. Thereafter, stalling violations will be called and penalized accordingly with a maximum of five seconds permitted prior to subsequent violations being called.

It is suggested that officials use a visual count when determining subsequent violations following the original warning. A downward hand motion at one second intervals is the suggested method for a visual count.

a. Neutral Position. Each wrestler must make an honest attempt to stay within the 10-foot circle and maintain an attack to secure a takedown regardless of the time or score of the match. A contestant who continually avoids contact with his opponent is stalling. A contestant may leave the circle to maneuver for position provided he continues his attempt to gain an advantage and make an effort to work back into the circle. Intentionally or voluntarily stepping off the mat, taking a position near the edge of the mat for the purpose of going off the mat or allowing his opponent to push him off when the opponent makes an effort to go behind, is stalling.

b. Advantage Position. The contestant in the advantage position on the mat shall make an honest attempt to wrestle aggressively, maintain control and attempt to secure a fall.

Holding Legs. It is a stalling violation for the wrestler in the advantage position on the mat to grasp the defensive wrestler's leg or legs with both hands or arms unless such action is designed to break his adversary down and go into a pinning combination or to prevent an escape or reversal. Repeatedly grasping and holding the leg or legs with both hands or arms merely to break the defensive wrestler down or to keep him under control for the purpose of stalling is a violation under this rule. When the defensive wrestler has gained his feet the wrestler in the advantage position is allowed reaction time to begin his break down when he is holding a leg or legs with both hands or arms. Continually grasping or interlocking hands around a leg resulting in a stalemate situation is to be considered stalling.

c. Defensive Position. Refusing to wrestle aggressively in the defensive position is stalling and shall be penalized as a technical violation. Referee will give both visual and verbal warning without stopping match. (See Penalty Chart.)

NOTE—When there is no action in the mat position, the responsibility for initiating action rests with both wrestlers.

RULE 11—PENALTIES AND WARNINGS

SECTION 1. The infractions of the rules are penalized in accordance with the penalties as listed on the Penalty Chart.

SECTION 2. In calling each penalty the Referee shall stop the match, except when warning and penalizing the defensive wrestler for stalling, give the hand signal for the points or warnings (Figs. 9 and 10) and announce the penalty so the contestants, scorers, coaches and spectators are aware of the infraction.

Warnings and Sequence of Penalties

SECTION 3. The Penalty Chart indicates the sequence of warnings and penalties and they are accumulative throughout the match including overtime.

RULE 12—INJURIES AND DEFAULTS

Time Out

SECTION 1. An injured contestant has a maximum time-out of three minutes which is cumulative throughout the match including the overtime. 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 contestants had gone out-of-bounds. Nose bleed or any other excessive bleeding shall not be interpreted as an injury and the number and length of time-out periods for such bleeding is left to the discretion of the Referee.

Unconscious

If a contestant is rendered unconscious he shall not be permitted to continue the match without the approval of a physician. If the injured contestant is unable to continue wrestling, the match shall be awarded in accordance with Secs. 2 and 3 of this rule.

Accidental Injury

SECTION 2. If a contestant is accidentally injured and is unable to continue the match, his opponent shall be awarded the match by default due to injury.

Injury from Illegal Action

SECTION 3. If a contestant is so injured by any illegal action that he is unable to continue, the match shall be defaulted 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. (See Rule 10, Sec. 3 and Penalty Chart for "Flagrant Misconduct.")

Attendants During Time Out

SECTION 4. No more than two attendants and a physician shall be permitted on the mat with a wrestler during time-out.

RULE 13—OFFICIALS

Referee's Attire

SECTION 1. Referee's attire for all dual meets and tournaments:

- a. Black and white Referee's short sleeve knit shirt.
- b. Black full length trousers.
- c. White socks and black gym shoes.
- d. Black belt.
- e. Referee shall be neatly attired.

Other accessories—silver coin or colored disk and whistle.

**Referee's
Duties**

SECTION 2. On matters of judgment the Referee shall have full control of the meet and his decisions shall be final. On matters of a technical nature, the current NCAA Rules shall be the final authority.

SECTION 3. Before the contestants come to the mat the Referee shall:

a. Inspect contestants for presence of oils or greasy substances, rosin, objectionable pads, improper clothing, finger rings, long fingernails, and advise against the chewing of gum during the match as a health hazard.

b. Clarify the rules with coaches and contestants.

c. Advise contestants to report to their designated areas (red and green) on the circle at the center of the mat opposite each other ready to wrestle.

SECTION 4. Before the dual meet starts the Referee will call the team captains 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. 3.)

SECTION 5. The Referee will use the Wrestling Officials' Signals.

SECTION 6. The Referee shall notify the timekeepers as follows:

a. When the match is started or stopped for any reason.

b. When time advantage begins or ends for a contestant.

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

SECTION 7. The Referee will signal and verbally notify the scorer and contestants when warnings or points are awarded to either contestant. (See Signals for Referees, page 45.)

SECTION 8. The Referee shall be firm in enforcing the letter and spirit of the rules and penalize consistently any repeated infractions. He must enforce vigorously and promptly the penalties for the infractions as provided in Rules 10 and 11. On each warning and penalty, except the warning and penalty for defensive stalling, the Referee shall stop the match and announce the penalty in the prescribed manner so that the contestants, scorers, coaches and spectators are aware of it. (See Signals for Referees.)

SECTION 9. 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 reaching the dangerous stage.

SECTION 10. The Referee should not place his hands under the shoulders of a contestant unless absolutely necessary to determine a fall.

SECTION 11. The Referee should meet promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.

SECTION 12. If at the end of a match, there is a doubt as to the winner, the Referee shall order the contestants to stay at their designated areas on the 10-foot circle while he checks the time advantage and the scorer's records to decide the winner. The time advantage, if any, shall be recorded on the scoreboard and the Referee shall declare the winner. In dual meets, if the match is a draw the Referee will raise the hands of both wrestlers. (See Rule 7, Sec. 1) (See Referees' Signals).

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. (See Rule 7, Sec. 6, Note 2.)

NOTE 2—In overtime periods if the points are even the Referee and two judges shall determine the winner by ballot. (See Rule 7, Sec. 4.)

SECTION 13. The referee is responsible for the seating arrangements at the officials table in accordance with one of the diagrams below:

WHEN INDIVIDUAL CLOCKS OR STOP WATCHES ARE USED

Home Team Assistant Timekeeper	Visiting Team Assistant Timekeeper	Match Timekeeper	Visiting Team Scorer	Home Team Scorer
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WHEN MULTIPLE TIMER IS USED

Timekeeper	Visiting Scorer	Announcer or Home Scorer
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**Match
Timekeeper**

SECTION 14. Instruct the Match 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 keeping and recording accumulated time-outs for injury.

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

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

f. Responsible for calling the minutes to the Referee, contestants, and spectators in each match. The last minute shall be reported at fifteen second intervals. (45, 30, 15 seconds.)

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

A multiple timer may be used in place of time clocks.

**Assistant
Timekeepers**

SECTION 15. 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 other's time advantage recording.

c. Constantly checking the match timekeeper's time recording.

d. Showing the Referee the actual recording of the time advantage each contestant has accumulated at the end of the match.

e. Stopping time advantage when the Referee signals illegal interlocking of hands.

Scorers

SECTION 16. Instruct the Scorers that they are responsible for:

a. Recording which contestant has the down position at the start of the second and third periods.

b. Recording points scored by both contestants when signaled by the Referee.

c. Constantly checking each other's score reading.

d. Immediately advising the match timekeeper when they are in disagreement regarding the score.

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

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

g. Recording time advantage points in the final match score.

**RULE 14—NOTIFICATION & AGREEMENT
OF MEETS****Equal Rights for
Visiting Teams**

SECTION 1. 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.

SECTION 2. In dual meets the selection of a Referee and the maximum weigh-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.

SECTION 3. The home management shall notify visiting teams at least ten days prior to date of meet the exact time and place of the meet and the name of the Referee.

SECTION 4. A team intentionally delaying its appearance on mat beyond five (5) minutes of established meet starting time shall be penalized one team point.

Penalty Chart

Infractions	Warning	First Penalty	Second Penalty	Third Penalty	Fourth Penalty	Rule 10 Sections
*Illegal Holds	No	1 Pt.	1 Pt.	2 Pts.	Disqualify	1
*Technical Violations	No	1 Pt.	1 Pt.	2 Pts.	Disqualify	8
Stalling	Yes	1 Pt.	1 Pt.	2 Pts.	Disqualify	9
**Unnecessary Roughness	No	1 Pt.	1 Pt.	2 Pts.	Disqualify	3
Abusive and/or Unsportsmanlike Conduct	Yes	Deduct 1 Team Point	Remove From Premises		(Removal is for duration of dual meet or tournament session only)	2†
Flagrant Misconduct	No	Disqualify on first offense and deduct 1 team point				4
Greasy Substance on Skin, Objectionable Pads and Braces, Illegal Equipment or Illegal Costume		Disqualify if not removed or corrected in allotted time				5 6

SUMMARY OF TECHNICAL VIOLATIONS (Rule 10, Sec. 8 & 9)

- Interlocking Hands (Sec. 8, a)
- Holding Legs (Sec. 9, b)
- Leaving Mat Without Permission (Sec. 8, b)
- Delaying Match (Sec. 8, c)
- Intentional Forcing Opponent Off Mat (Sec. 8, d)
- Intentional Going Off Mat (Sec. 8, e)
- Stalling (Sec. 9, a-b-c)
- Grasping Clothing, etc. (Sec. 8, g)

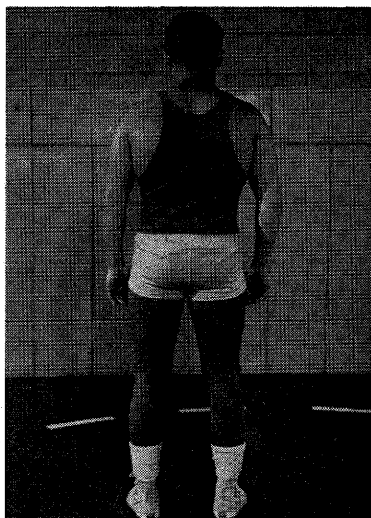
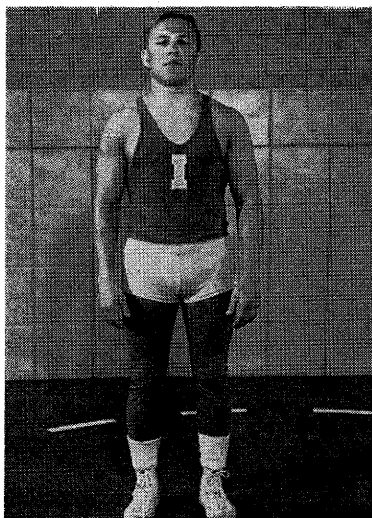
REMINDER:

Penalties for any infractions are accumulative throughout the match including overtime.

*Note 1—Disqualification due to technical violation, illegal holds, or less flagrant unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for any other reason eliminates a contestant from further competition in tournaments.

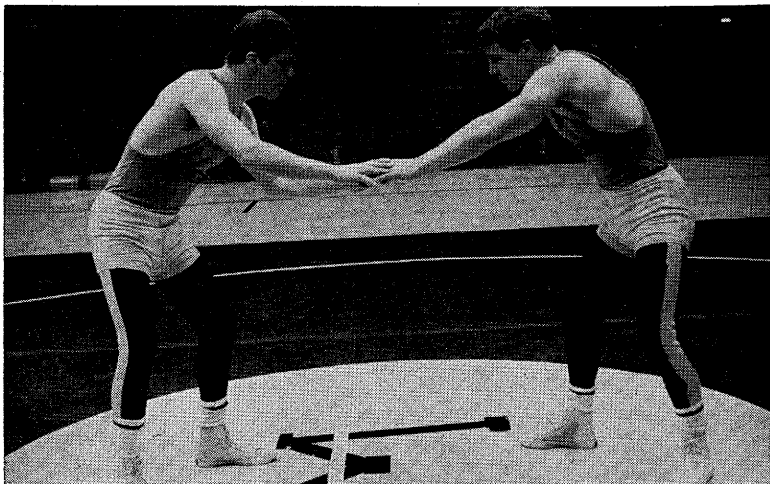
**Note 2—Points for unnecessary roughness may be awarded in addition to points earned.

†Also Rule 7, Sec. 6.



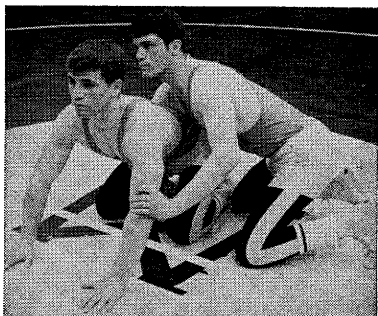
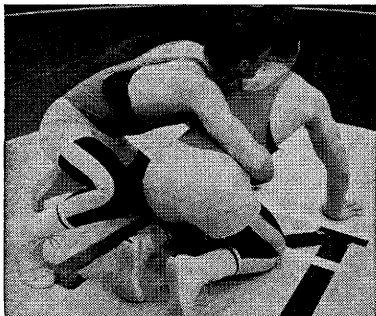
Nos. 1 and 2—FRONT AND REAR VIEW OF SHIRT AND UNIFORM

This shows front and rear view of official shirt. Any shirt with more exposure is illegal.



No. 3—TOUCH START

Starting and neutral positions for competition involving sight handicapped contestants.



Nos. 4 and 5—STARTING POSITION

As required in Rule 8, Sec. 1, a and b. (Note starting lines, Rule 3, Sec. 1.)

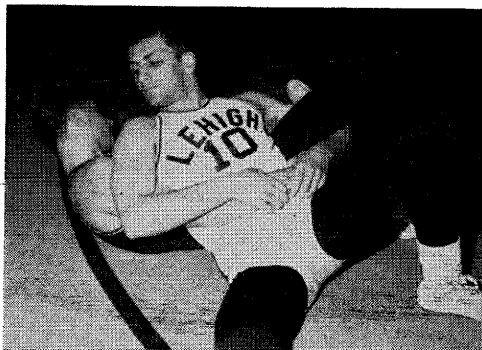


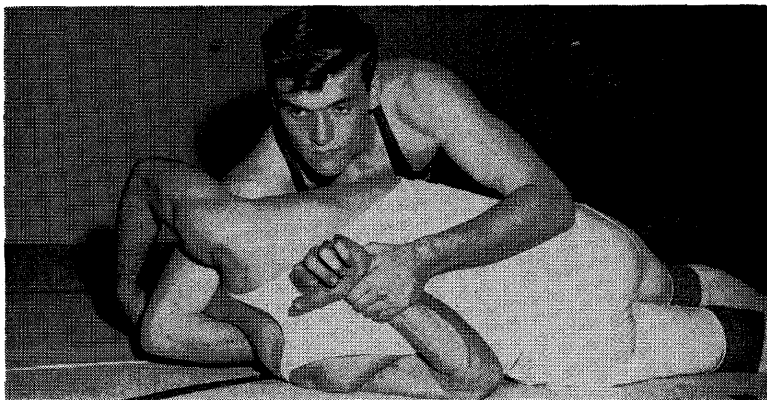
No. 6—CONTROL
Illustration demonstrates control following allowance for reaction time.

Note—Control is gained when the hold is applied to the lower leg.

No. 7—CONTROL

Illustration demonstrates control following allowance for reaction time.

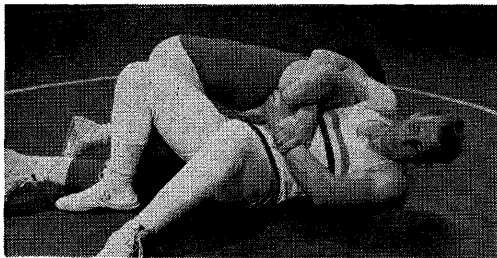
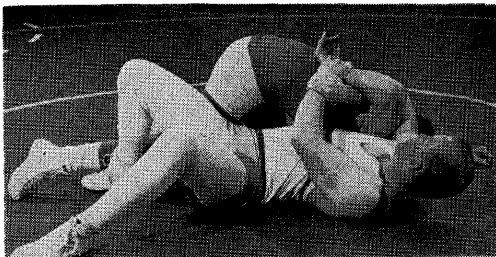




No. 8—ILLEGAL HAMMERLOCK (ABOVE RIGHT ANGLE)

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 illegal.

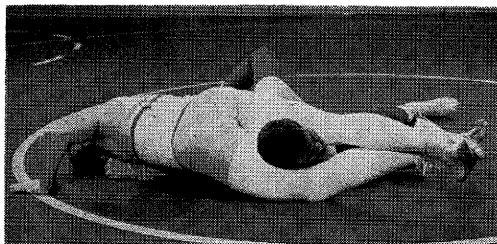
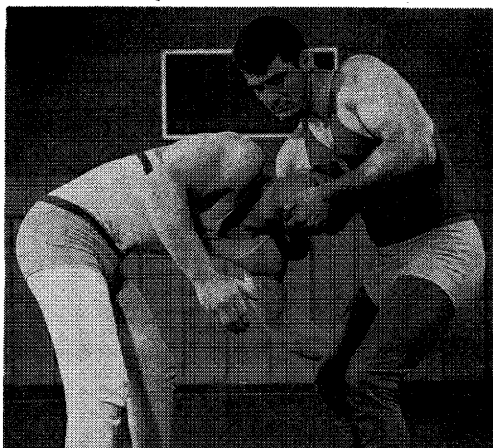
→
No. 9—ILLEGAL DOUBLE WRISTLOCK ON THE MAT
This cut shows double wristlock turned into a typical twisting hammerlock that will injure opponent's shoulder if the arm is forced upward, unless opponent turns with the pressure, which often he is unable to do promptly enough to prevent injury to the shoulder.



←
No. 10—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. 11—ILLEGAL FRONT
 HEAD LOCK**

Illustration shows how the front head lock is used to counter a leg pickup. This hold is dangerous and is illegal.

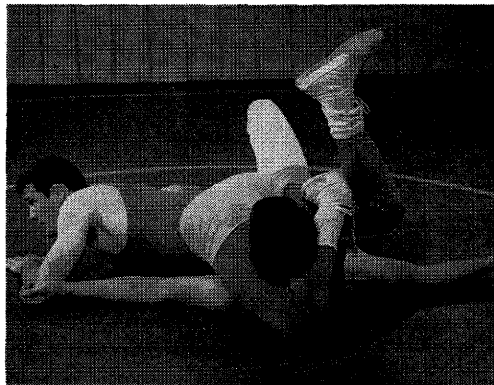


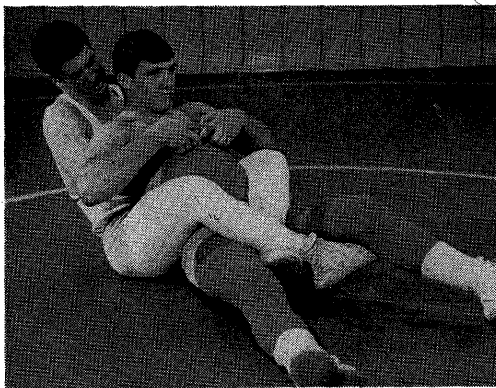
←
**No. 12—ILLEGAL HEAD-
 SCISSORS**

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

→
**No. 13—LEGAL HEAD-
 SCISSORS (FIGURE 4
 HEAD-SCISSORS)**

The figure 4 Head-Scissor is considered legal when taken as shown, with the hold on either side of the face.

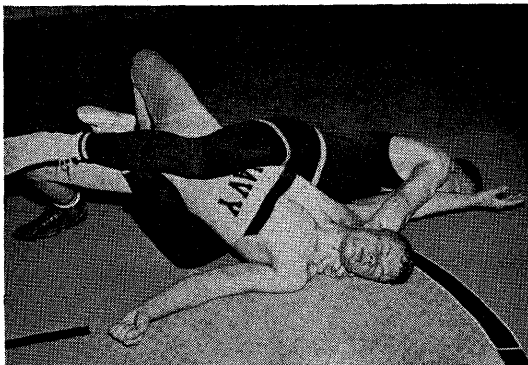




**No. 14—OVER-SCISSORS
(AN ILLEGAL HOLD)**

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. 15—STRAIGHT
BODY SCISSORS—
LEGAL HOLD**



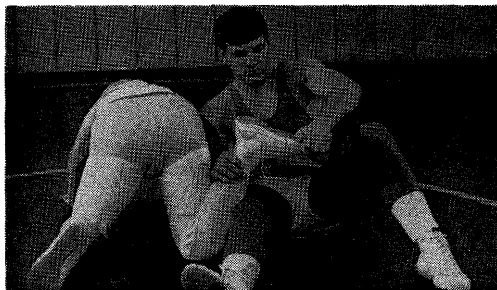
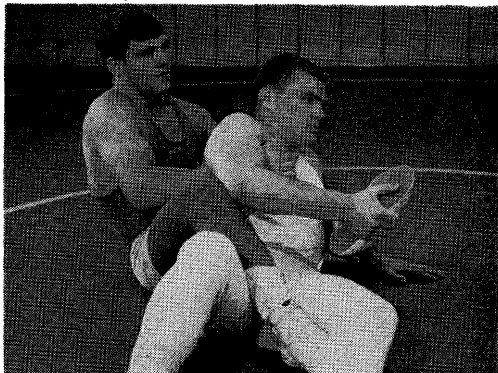
**No. 16—ILLEGAL TWIST-
ING KNEE LOCK**

This shows the start of a twisting knee lock. If the leg is forced further this will become an illegal hold (Rule 10, Section 1). The Referee should anticipate the danger of injury from this hold and be in a position to block it before it reaches the danger point. (See Rule 10, Sec. 1, Note 6.)



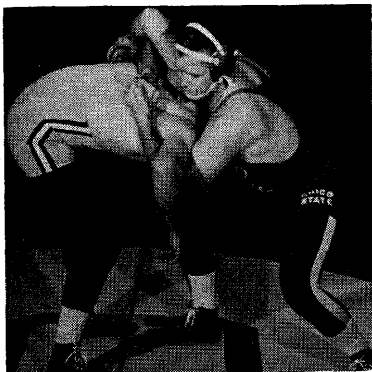
→
**No. 17—LEGAL FOOT
 (IN-STEP) HOLD**

The defensive wrestler may grasp the instep, heel or ankle in his effort to escape, providing the pressure is not such as to endanger the ankle, knee or hip joint.

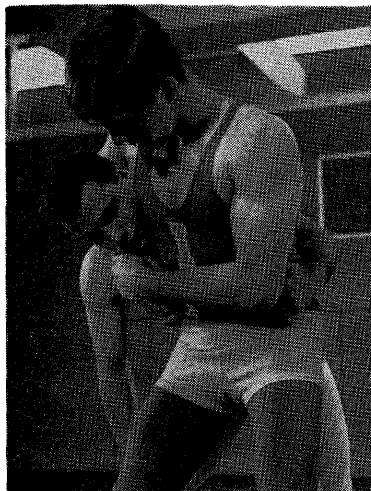


←
**No. 18—ILLEGAL TOE-
 HOLD (ALSO TWISTING
 KNEELOCK WHICH IS
 MORE DANGEROUS
 THAN TOEHOIDS)**

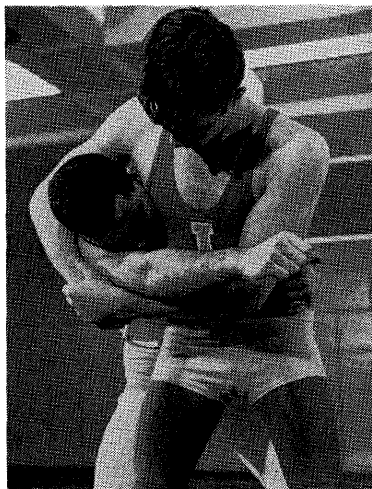
All toeholds, regardless of the degree to which the leg is twisted are illegal under these rules. Any pressure against the knee joint as shown by the above illustration constitutes an illegal hold.



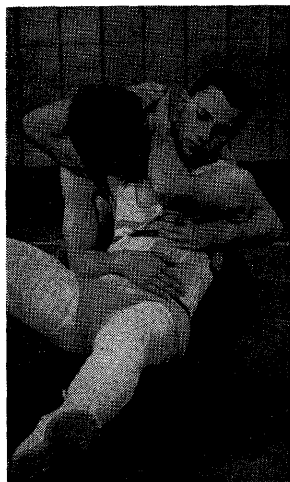
No. 19—LEGAL (left) and ILLEGAL (right) DOUBLE ARM BAR
Locking hands behind the back in a double arm bar from neutral position. Note that the double arm bar is legal when hands are locked at side (under armpit).



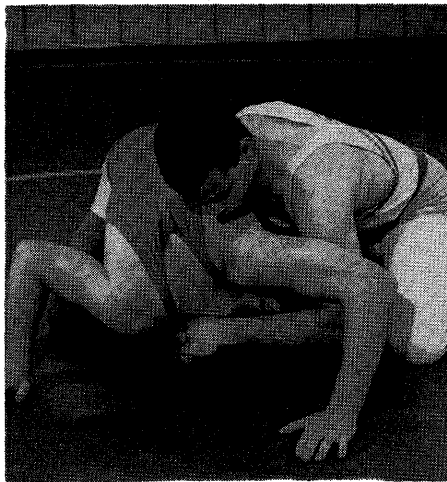
No. 20—ILLEGAL HEAD LOCK
Locking the arm around the head.



No. 21—LEGAL HEAD LOCK
Opponent's arm is included in the lock.



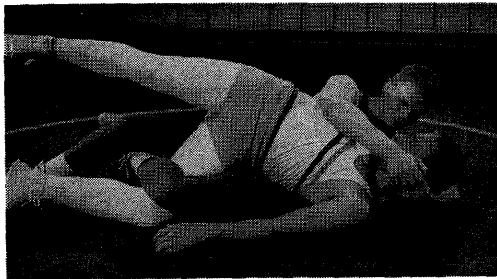
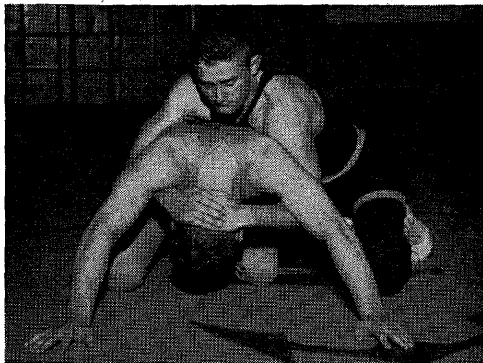
No. 22—A LEGAL HOLD
Pulling the head over the shoulder with hands locked or overlapped.



**No. 23—THREE-QUARTER NELSON,
 A LEGAL HOLD**

→
**No. 24—FULL NELSON—
 AN ILLEGAL HOLD**

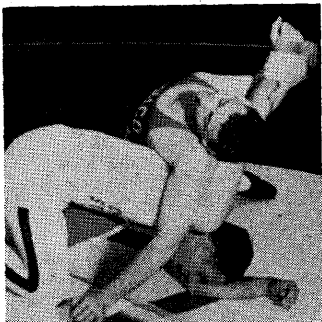
Most of the difficulty has arisen when the three-quarter is confused with the full nelson. In the full nelson the aggressor places both arms under his opponent's arms and overlaps or clasps his hands or wrists on the back of his opponent's head or neck.



←
**No. 25—LEGAL GUILLO-
 TINE**

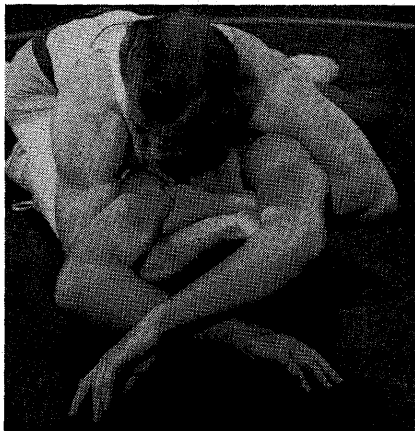
*Arm is locked around oppo-
 nent's head or neck.*

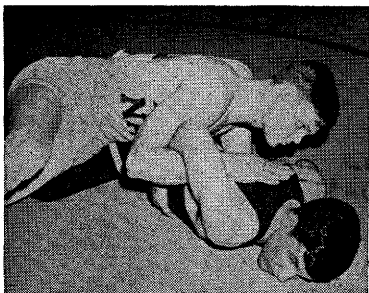
**No. 27—ILLEGAL OVER-
 HEAD DOUBLE ARM BAR**
*This hold is illegal when used
 as shown above either with or
 without the scissors and ap-
 plied with either one or both
 arms.*



**No. 26—POTENTIALLY DAN-
 GEROUS GUILLOTINE**

*When applying the guillotine, forc-
 ing the arm beyond normal range
 of movement is to be interpreted as
 potentially dangerous.*



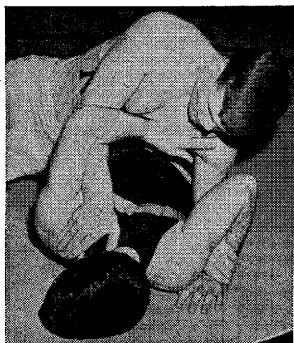


No. 28—LEGAL CHICKEN WING
No evidence of illegal pressure or twisting hammerlock.

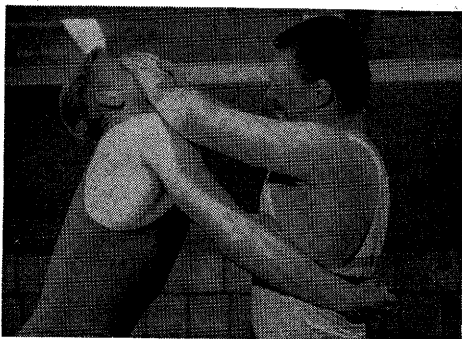


No. 29—POTENTIALLY DANGEROUS CHICKEN WING

While pressure (force) is neither parallel nor perpendicular to defensive wrestler's long axis, possible twisting hammerlock causes hold to become potentially dangerous.

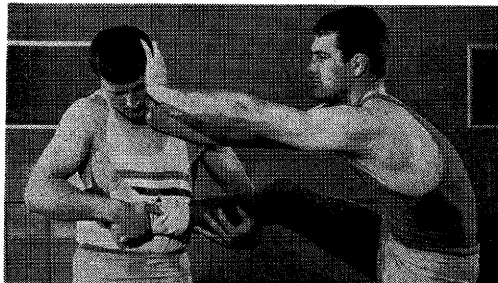


No. 30—ILLEGAL CHICKEN WING
Twisting hammerlock with pressure (force) parallel to long axis makes this an illegal hold.



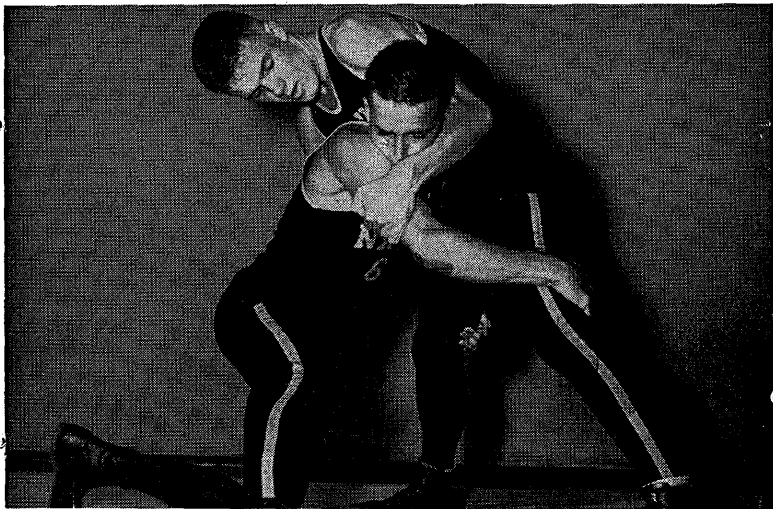
No. 31—ILLEGAL BLOCKING ON FACE (ON FACE PROPER)

This form of blocking is illegal because it is over mouth, nose and eyes, in contrast to position in No. 31.



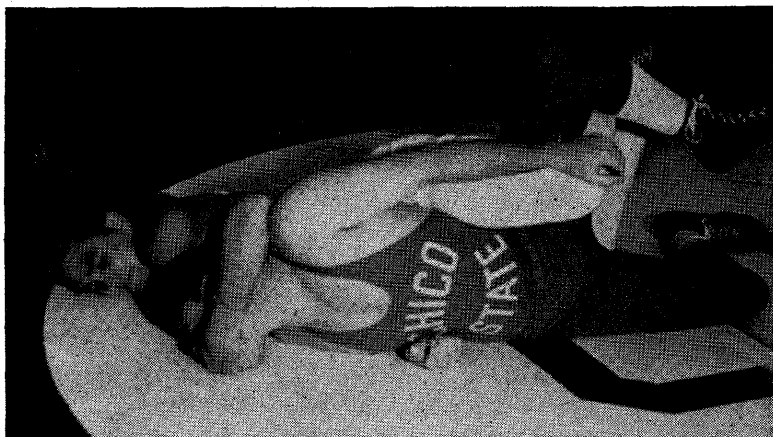
No. 32—LEGAL BLOCKING ON FACE (ON CHIN)

Blocking on chin or forehead is legal.



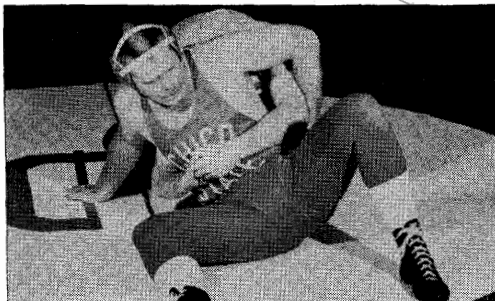
No. 33—A LEGAL CROSS FACE

It is an effective and legal block for the double leg pick-up.



No. 34—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.



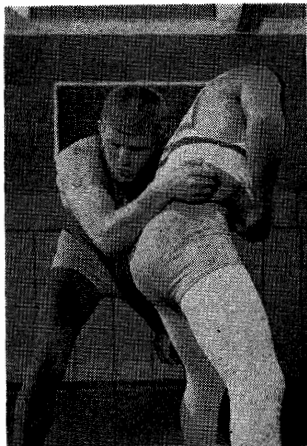
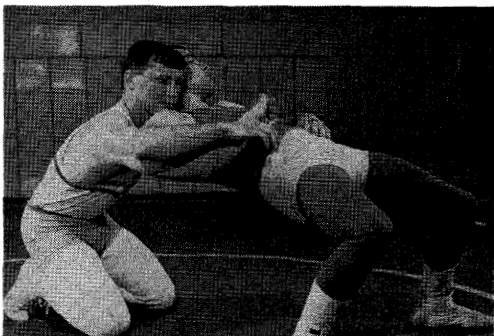
←

No. 35—INTERLOCKING OF HANDS AROUND THE BODY

A Technical Violation. Offensive wrestler is not allowed to lock hands, fingers, wrists or arms around body while defensive wrestler is supported by parts other than his feet.

→
No. 36—LEGAL USE OF THE HANDS IN WAIST-LOCK

This shows the legal use of the hands of the top man. The defensive contestant's supporting parts except feet are clearly off the mat.



←

No. 37—LEGAL USE OF HANDS IN BODYLOCK

This complete bodylock is legal because defensive wrestler is in a standing position. This hold would be a technical violation if defensive wrestler had one or both knees on the mat. (See Rule 10, Section 8a.)



No. 38—INTERLOCKING OF HANDS AROUND LEGS

This position is a technical violation.

Referees' Signals

The signals illustrated on the following pages are standard for wrestling Referees throughout the nation. It is the duty of every Referee to know these signals in order to give them instantly and clearly so that the wrestlers, timers, scorers and spectators are aware of what is taking place during the progress of the match.

The Use of the Whistle

SECTION 1. The whistle should be held ready for immediate use at all times during the match.

→
Fig. 1—Shaking Hands and Stepping Back. After the officials indicate they are ready at the table, the Referee directs the wrestlers to shake hands, step back to their designated areas, and be ready to wrestle when the whistle sounds.

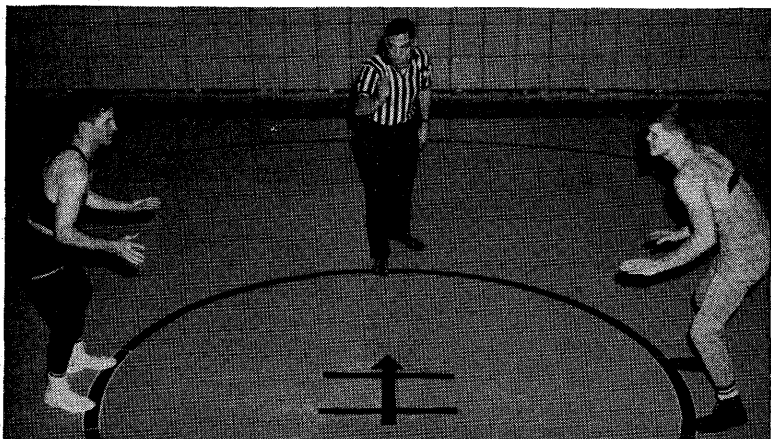


Fig. 2—Designating The Position Of The Wrestlers Before The Start Of The Match. As the wrestlers come onto the mat the Referee points to the areas they are to take on the circle (green for the home team, red for the visiting team). He next points one hand toward the timers and scorers to verify their readiness. Note—After an out-of-bounds, wrestlers return to designated areas. The Referee raises his hand forward between two wrestlers. After a momentary pause to make certain the wrestlers are ready, he sounds his whistle and simultaneously moves his hand as a signal for the wrestlers to go into action.

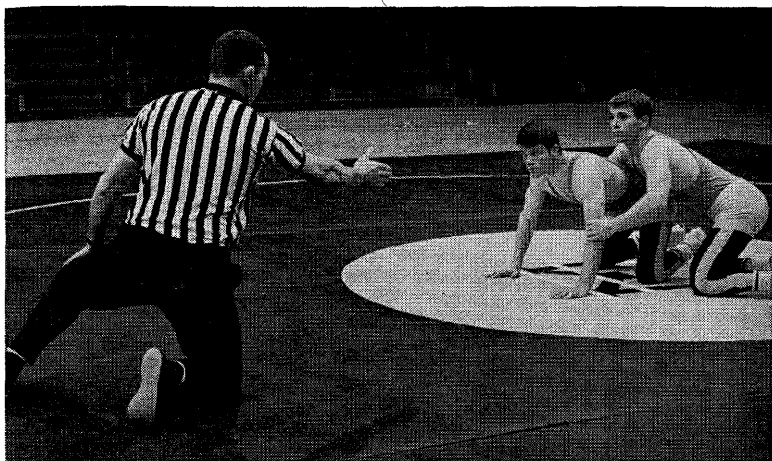


Fig. 3—Resuming The Match In The Starting Position On The Mat. *The Referee should face the officials table and kneel on one knee or stand at a distance of 8 to 10 ft. in front of the wrestlers and a little to the side on which the top wrestler stations himself. The Referee may give a preparatory command such as "Get Set" or "ready." When the wrestlers are in proper positions (Rule 8, Sec. 1) and after a momentary pause the Referee sounds his whistle and moves his hand to start the action. Note—Some wrestlers watch the Referee's hand to get a fast start. It is usually better in such cases to blow the whistle a moment before moving the hand. The whistle starts the action. The hand signal is for the timer; in case they do not hear the whistle.*

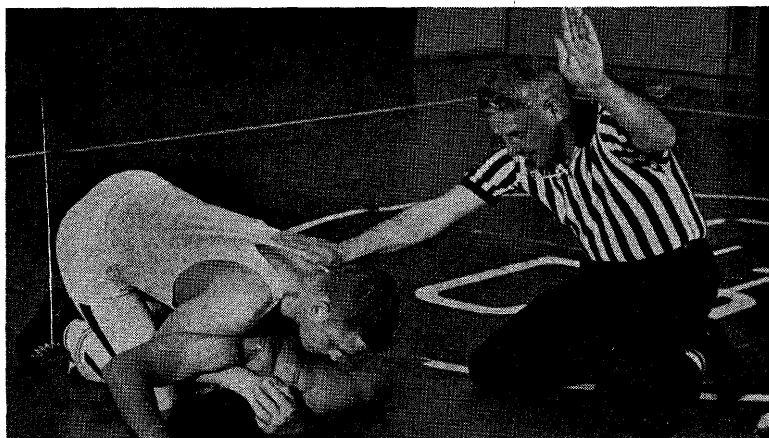


Fig. 4—Stopping The Match. *The Referee blows his whistle and extends his hand to stop the watch.*

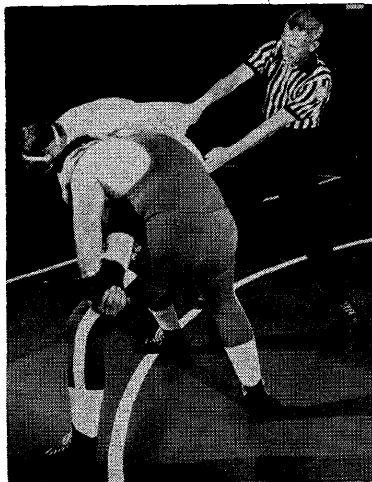


Fig. 5—Stopping The Match For Out-Of-Bounds. When the contestants are out-of-bounds (Rule 8, Sec. 5) the Referee stops the match and extends both arms horizontally to the same side toward the out-of-bounds. The Referee places himself in the most advantageous position to determine the out-of-bounds and stops the match immediately when the out-of-bounds occurs.

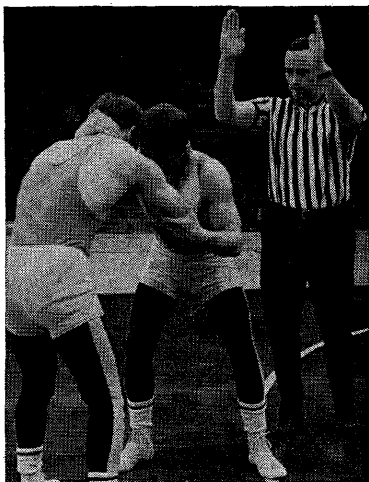
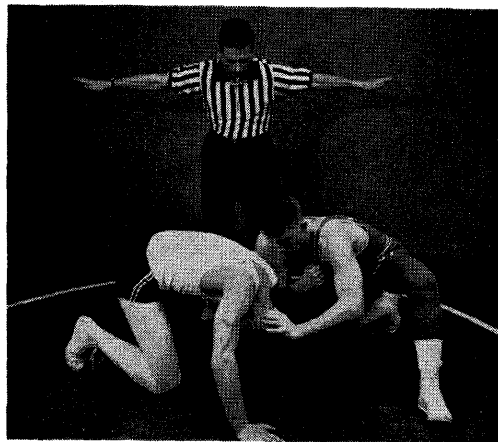


Fig. 6—Declaring A Neutral Position Standing After Out-Of-Bounds. When the contestants are out-of-bounds (Rule 8, Sec. 5 and 5a) and neither is in an advantage position, the Referee stops the match as in Fig. 5 and signals a Neutral position. The upper arms are front horizontal, both forearms are vertical and the hands are extended upward.



←

Fig. 7—Indicating A Neutral Position During A Scrimmage For A Take-Down. Both arms are extended sideward slightly below the horizontal with the palms of the hands down. The Referee moves his hands back and forth bringing them together and moving them away while verbally announcing "no advantage."

→
Fig. 8—Indicating Retention Of Advantage. Whenever there is any doubt as to the contestant in the advantage position the Referee should indicate the contestant in the advantage position by pointing to him with the index finger of one hand. The Referee will keep his other hand down and along his leg so that there will be no confusion as to whether any points are awarded.

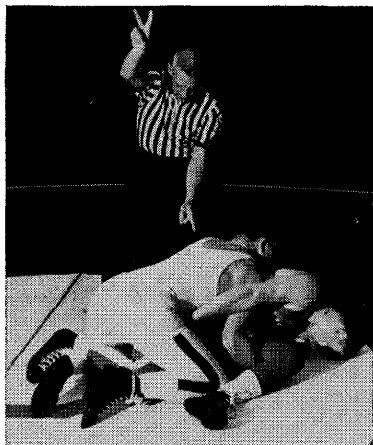
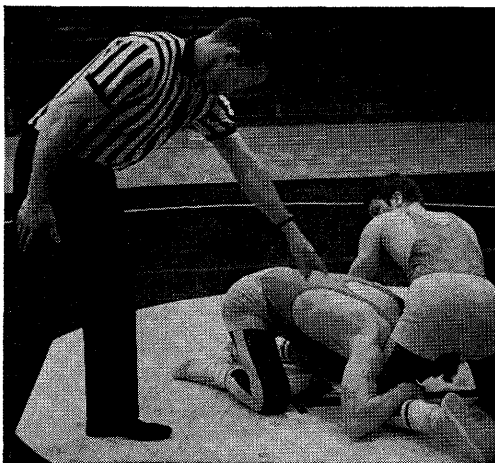


Fig. 9—Awarding Points. One arm and index finger are pointed at the wrestler receiving the points. At the same time the Referee verbally announces the award and the name of the team receiving it as he raises his opposite arm to a near vertical position, indicating with extended fingers the number of points awarded.

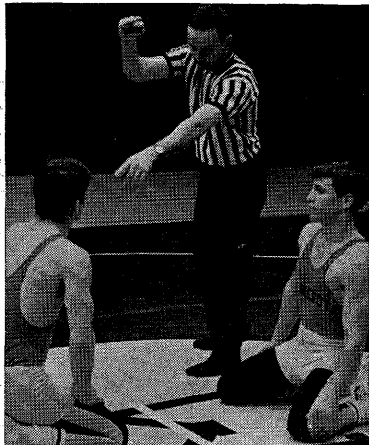
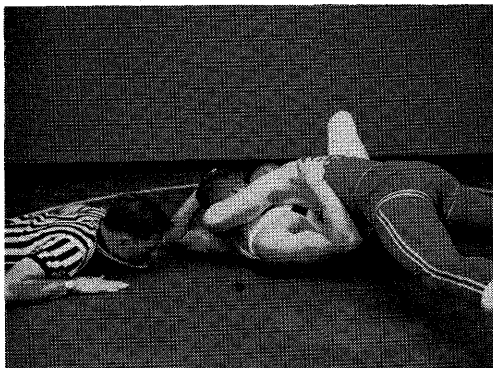


Fig. 10—Warning A Contestant For A Violation. The match is stopped. The index finger of one hand is pointed to the violator. At the same time the Referee verbally announces the penalty and raises the opposite arm with his fist doubled to indicate the "warning" or penalty. Note—For "warning" and penalizing defensive stalling the match is not stopped.

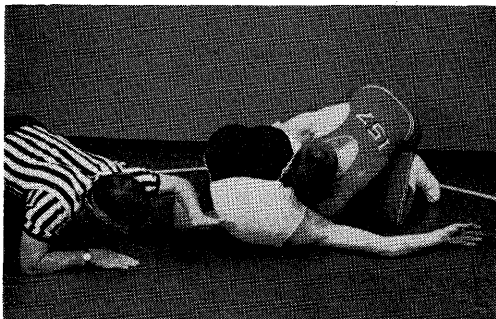


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Fig. 11—Scoring A Pinning Situation. The Referee gets down on the mat in a prone position for the best view of the defensive contestant's back while at the same time trying to keep out of the way of the contestants. The Referee does not signal a score for a "near-fall" or "predicament" until the pinning situation is ended. (Rule 8, Sec. 13, Note 1) After the situation is finished the Referee extends one arm upward indicating with the fingers the number of points awarded as he directs the index finger of his other hand toward the contestant receiving the points.

→

Fig. 12—Calling A Fall. When the fall (Rule 8, Sec. 11) is imminent the Referee raises one hand about 10 inches. As soon as the fall is completed he quickly strikes the mat with the palm and verbally announces "Fall." The Referee is not to put his hands under the back of the defensive wrestler unless his view of the shoulders is blocked by one or both contestants and it is absolutely necessary for him to feel the back on the mat in order to call the fall (Rule 13, Sec. 10).



←

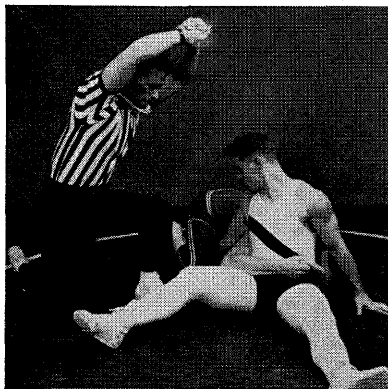
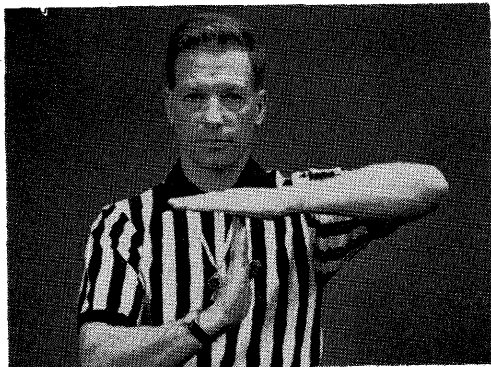
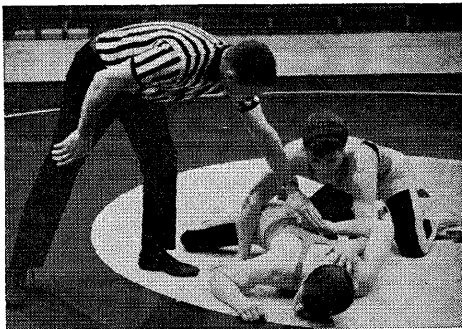


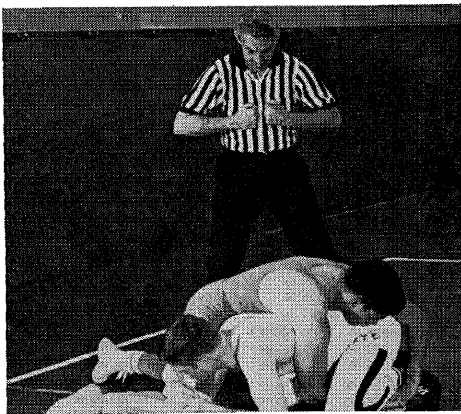
Fig. 13—Interlocking Hands, Or Grasping Clothing, During An Escape Maneuver (Rule 10, Sec. 8 a. When the bottom contestant is in the process of an escape or reversal and the contestant on top locks his hands or grasps the clothing to prevent the maneuver, the Referee indicates the violation by grasping the wrist of one hand with his other hand and holding it over his head. This signal stops the advantage time for the top contestant, and indicates the violation has occurred but the Referee is allowing the bottom contestant an opportunity to complete the action providing he does so in one continuous maneuver. If the maneuver is successful, bottom contestant gains neutral or top position, the Referee signals the points and the match continues with no interruption. If the bottom contestant fails to complete the maneuver the Referee stops the match and awards the penalty. (See Penalty Chart.)

→
Fig. 14—Preventing An Illegal Hold. (Rule 10, Sec. 1 & Rule 13, Sec. 9.) The Referee anticipates a potentially dangerous hold and gets in position to block it before it becomes dangerous. He may also verbally caution the contestant against forcing a potentially dangerous hold into an illegal hold.



←
Fig. 15—Calling Time Out. The match is stopped as in Fig. 4. If there is to be a delay in resuming the match, the Referee will indicate "time-out" by extending one hand in a vertical position at right angles to his chest with the ends of the fingers touching the palm of the other hand which is extended in a horizontal position in front of the chest. The Referee announces to the scorers the reason for the time out and to whom it is charged.

→
Fig. 16—Calling A Stalemate Situation. The match is stopped as in Fig. 4. Then the Referee indicates the reason for stopping the match as a stalemate by placing the arms on the chest in a bent position with the fists closed as indicated at the right.



You've just scratched the surface of the problem

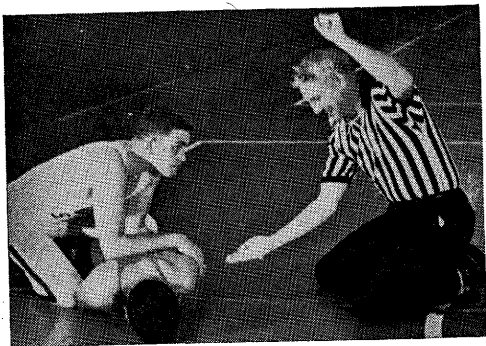
Sure, you bleed a little. But is that where it hurts the most? Probably not. *For the nick goes deeper.* To the way you see yourself. To the way others see you. And if shaving breaks pimples, skin germs can spread and aggravate the problem still more.

pHisoHex® can help two ways: clean pores of dirt and grease; fight skin bacteria for hours. pHisoHex is the antibacterial cleanser surgeons use. Not soap. Cleans better than soap. Does more for you than medicated soap.

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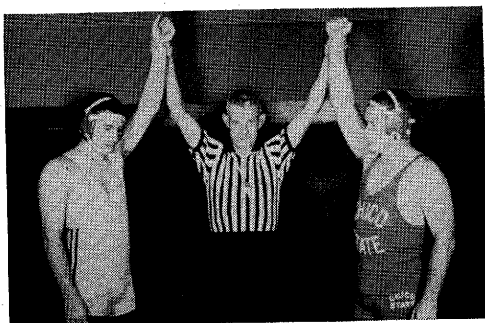
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←
Fig. 17—Indicating Stalling By Defensive Wrestler. Match continues.

→
Fig. 18—Declaring The Winner. (Rule 13, Sec. 12) At the end of the match the Referee orders the wrestlers to shake hands and raises an arm of the winning wrestler.



←
Fig. 19—Declaring A Draw. In case of a tie score at the end of the match in dual meets, the contestants will shake hands and the Referee will raise a hand of each of the contestants.

**Give yourself something
to cheer about.**



Pan Am makes the going great.

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