



WRESTLING

2017-18 AND 2018-19
RULES AND INTERPRETATIONS



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I'LL RESPOND WITH RESPECT.

Don't undo my hard work
with poor sportsmanship.



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IF YOU THINK YOU OR YOUR TEAMMATE HAS HAD A
CONCUSSION

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2017-18 and 2018-19 NCAA WRESTLING RULES

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NCAA Wrestling Rules Committee

The chart below lists the members of the committee who voted on and approved the rules included in this edition of the book. This information is being included for historical purposes.

| Name | Institution | Term Expiration |
|--------------------|---|------------------------|
| Chuck Barbee* | Secretary-Rules Editor | 8-31-19** |
| Mark Branch, chair | University of Wyoming | 8-31-18 |
| Brad Bruhn | State University of New York at Cortland | 8-31-18 |
| Jason Coomer | Southern Illinois University Edwardsville | 8-31-19 |
| Kevin Jackson | Iowa State University | 8-31-17 |
| Lars Jensen | San Francisco State University | 8-31-17 |
| Lonnie Morris | Johnson & Wales University (Rhode Island) | 8-31-20 |
| Matt Valenti | University of Pennsylvania | 8-31-20 |
| Jason Warthan | University of Indianapolis | 8-31-19 |

**Non-voting member*

***Eligible for reappointment*

For a complete and current listing of the NCAA Wrestling Rules Committee, please go to www.ncaa.org/playingrules.

Contact information for the secretary-rules editor, weight management program liaison, athletic trainer liaison and national coordinator of officials is available on Page 8.

Major Changes for 2017-18 and 2018-19

The numbers below refer to rule, section and article, respectively. Each changed or emphasized segment is identified in the rules by a shaded background.

- 1.1.2** By 2018-19, mats shall meet ASTM Specifications Standards. Recommended for 2017-18.
- 1.2.1** Mats shall be cleaned and disinfected prior to each day of competition.
- 1.3.1** Any obstruction should be placed no closer than 8 feet from the edge of the competition circle, when possible.
- 1.3.2** Clarifies the restricted zone during dual meets and outlines the penalty.
- 3.20.7**
- 1.5.1c** Outlines allowable markings on competition uniforms.
- 1.8.2** Allows competitors to have facial hair as long as it's trimmed so that the skin is visible for medical exams (maximum ½ inch).
- 2.2.1** Defines dead time.
- 3.13.2c** Video review information for tournament directors.
- 3.13.3** Allows a third-party registered official to execute coaches' video review challenges.
- 3.13.5** A foam brick is required to indicate a coach video challenge request.
- 3.13.9c** Tournaments may decrease the number of coach video challenges if video review is not being utilized for the entire event.
- 3.14.3** In the overtime tiebreaker, each wrestler will have choice of top, bottom or neutral.
- 3.19.4c** Changes the penalty sequence for questioning the referee.
- 3.20.3** Allows a maximum of four team personnel in the reserved zone for the NCAA championship finals matches.
- 3.20.7** Changes the penalty sequence for control of mat violation.
- 3.20.7** The referee shall verbally inform the coach when he/she receives a control of mat violation.
- 3.22.4** Outlines procedure when a prospective student-athletes competes in open events.
- 3.22.5** Mandates a daily match limit of six matches per competitor.
- 3.22.6** Defines official entrants in tournaments.
- 3.22.17** Mandates a 30-minute rest period between all matches.
- 3.23.3d** Alternate methods for assigning byes are allowed.
- 4.2.3** Establishes a neutral danger zone takedown.
- 4.8.5** Team score in tournaments shall be calculated by using the team points scored by the competitor that scores the most points in that weight class for their team.

- 4.8.6 Team scores in tournaments for true placement matches are only altered when true placement matches are held at all possible weight classes.
- 5.1.2g When executing a drop-down count, wrestling action can continue when in a scoring position before a stall call shall be assessed.
- 5.2 Referees are not required to review unsportsmanlike conduct calls.
- 5.2.1 Clarifies unsportsmanlike conduct violations.
- 5.2.4 Competitors are disqualified after their second unsportsmanlike conduct violation during a single match.
- 5.7.15d Offensive wrestler is always responsible for returning defensive wrestler to the mat in the rear-standing position.
- 7.2.1 Extends the referee's jurisdiction.
- 8.3.1 Wrestlers are required to certify before November 1.
- 8.3.9 Eliminates the February 15th deadline to reach or descend to the lowest allowable weight class.
- 8.4.1 Codifies the violation protocol for actions violating the integrity of the weight management process.
- 9.1.8 Allows individuals failing medical exams at a national qualifying event to weigh in and be considered a competitor in that event.
- 9.3.2 When back-to-back dual, triangular and quadrangular meets occur, all wrestlers shall receive a 1-pound weight allowance on the second day of competition.
- 9.7.1 Codifies the violation protocol for wrestlers engaging in prohibited weight loss practices.

Codes of Conduct

Sportsmanship is a core value of the NCAA and the NCAA Wrestling Rules Committee believes that participation in athletics is an integral part of the educational experience for student-athletes. Therefore, it expects the highest standards of sportsmanship, integrity and conduct of all individuals associated with contests, as well as administration of all aspects of weight management reporting and monitoring, data and urine collection. In particular, the standards are especially stringent for coaches and referees, as well as assessors of the NCAA Weight Management Program, all who are role models, authority figures and representatives of intercollegiate athletics.

Coaches

It is the moral obligation of all collegiate wrestling coaches to conduct themselves in such a way as to reflect credit upon their institutions, their profession and themselves. Personal grooming and appropriate dress is a standard of professionalism. Jeans, T-shirts, sweatshirts/sweatpants and noninstitutional logoed warm-up suits (top and/or bottom), headwear and similar apparel are not considered suitable attire and are prohibited. Moral obligation and ethical conduct are part of winning and losing. Good sportsmanship, appearance, pride, honor and concern for the well-being of the competitors should be placed before all else. The rules have been established in the spirit of this statement.

Student-Athletes

It is the responsibility of all wrestlers to conduct themselves in such a way as to reflect credit upon their institutions, the sport and themselves. Further, all wrestlers should realize that their personal appearance, behavior and standards are related closely to the image of the sport as perceived by all segments of the public and wrestling communities. This applies to conduct as a competitor on the mat, while attending the event, while traveling to and from the event, and while both on and off campus. Moral obligation and ethical conduct are part of winning and losing. Good sportsmanship, pride, honor and personal behavior should be placed above all else. The rules have been established in the spirit of this statement.

Referees

Wrestling referees have the responsibility for conducting bouts in a dignified, professional and unbiased manner and shall deal with all situations in the spirit of good sportsmanship and in the best interest of the wrestlers and the sport. The character and conduct of referees must be above reproach. When in uniform or on site, a referee shall not fraternize with competitors and/or coaches. Referees must keep themselves prepared both physically and mentally to administer bouts. Referees will enforce the rules firmly and fairly in both letter and spirit in such a way that attention is drawn to the wrestlers rather than themselves.

The Rules

The NCAA Wrestling Rules have been designated as either administrative rules or conduct rules. Typically, administrative rules are those dealing with preparation for the contest, including weight management, weighing in, medical examinations and the use of the Individual Season Record Form, which are mandatory and cannot be altered. The conduct rules are those that deal directly with the contest itself and are unalterable except where indicated. All NCAA member institutions are required to conduct their intercollegiate contests according to these rules.

Violations requiring the filing of the NCAA Flagrant Misconduct Report refer to the report that must be submitted electronically through the NCAA Wrestling Officiating Center Mat website at www.ncaawrestling.arbitersports.com.

The NCAA Wrestling Case Book should be used as a supplemental resource when reading and understanding these rules. The case book is on the Center Mat website and contains situations and interpretations to be used in conjunction with this rules book.

The secretary-rules editor is the sole interpreter of the NCAA wrestling playing rules. The weight management program liaison oversees the NCAA Weight Management Program. Those seeking interpretations of the rules or assistance with the NCAA Weight Management Program may contact:

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RULE 1

Mats, Uniforms and Equipment

Section 1. Mats

Art. 1. *Mat Specifications.* Mats shall have a competition circle between 32 and 42 feet in diameter. There shall be a matted area with a minimum width of five feet that extends entirely around the competition circle. The competition circle and matted area shall be differentiated by the use of either contrasting colors or a 2-inch-wide line. This 2-inch-wide line that outlines the edge of the competition circle is part of the wrestling area and therefore in bounds. (See Diagram 1 at the end of Rule 1.)

Note: Since shrinkage occurs in wrestling mats, it is recommended that when purchasing or reconditioning a mat, the circular wrestling area be a minimum of 34 feet in diameter.

Art. 2. *Mat Safety Standards.* The entire competition circle and surrounding matted area shall be the same thickness, which shall not be more than 4 inches nor less than the thickness of a mat that has the shock-absorbing qualities of a 2-inch-thick hair-felt mat. For the 2017-18 season, it is recommended the entire competition circle and surrounding matted area meet the most current ASTM Specification Standard for wrestling mats. By the 2018-19 season, all wrestling mats shall comply with the ASTM Specification Standard. All mats that are in sections shall be secured together.

Art. 3. *Mat Markings.* There shall be placed in the center of the mat two 1-inch down position starting lines. The lines shall be 3 feet long and 10 inches apart. Two 1-inch neutral starting position lines shall close the ends of the down position starting lines. One of the two neutral starting lines shall be green and located closest to the home team, and the other shall be red and located closest to the visiting team. The arrow in Diagram 1 at the end of Rule 1 should point away from the scorer's table.

Section 2. Mat Hygiene and Safety

Art. 1. *Mat Hygiene.* It is required that all mats be cleaned and disinfected prior to each day of competition and recommended they be cleaned before all subsequent rounds of an event. It is also recommended that a shoe cleaning and disinfecting mechanism be available before a wrestler steps onto the mat. Event management, medical personnel, referees and coaches should also follow shoe hygiene recommendations before stepping onto the mat.

Art. 2. *Mat Safety.* It is recommended that when competition is held on a concrete floor or similar surface, underlayment padding be placed under the mat.

Section 3. Mat Setup

Art. 1. *Mat Setup.* No obstruction such as tables, bleachers, competitor seating or walls shall be placed closer than 5 feet from the edge of the competition circle. It is recommended, whenever possible, that all obstructions be placed not closer than 8 feet from the edge of the competition circle. When two mats are side-by-side, there shall be at least 5 feet of matted area between the two competition circles. (See Diagram 2 at the end of Rule 1.) For dual meets in which the coaches' chairs are placed on the corner of the mat, the 8-foot tournament reserved zone in Rule 1.3.3 also applies.

Art. 2. *Reserved and Restricted Zones — Dual Meets.* The reserved zone shall extend from the player/coach bench area to the edge of, but not on, the wrestling mat. The restricted zone during dual meets is the entire wrestling mat area and the area directly in front of the scorer's table extending to the edge of the wrestling mat. (See Diagram 3 at the end of Rule 1.)

Art. 3. *Reserved and Restricted Zones — Tournaments.* The 8-foot reserved zone shall be placed in any two corners of the mat. The 8 feet should be measured from the corner, along a line connecting the center to that corner. Any area outside of the 8-foot triangle reserved zone is considered the restricted zone. (See Diagram 4 at the end of Rule 1.)

Section 4. Institutional Game-Management Responsibility

Art. 1. *Facilities.* It is the responsibility of the home institution's game-management personnel to ensure the wrestling mat(s) and surrounding facilities meet all regulations. The meet referee, or the head referee of a tournament, shall verbally alert home management of any variance from the stated facility and mat requirements, with questions and/or disagreements being resolved by the participating institutions' representatives.

Art. 2. *Video Review.* The host game management shall determine if mat-side video review is to be used. The host shall provide notification to participating coaches before weigh-ins.

Art. 3. *Music.* The host game management shall see that recorded music not be played, bands not perform and artificial noisemakers not be used during wrestling action.

Art. 4 *Photographers.* Photographers using still or motion devices, excluding official video review equipment, shall not be permitted within 5 feet of the edge of the wrestling mat. (See Diagram 2 at the end of Rule 1.)

Section 5. Uniforms and Equipment

Art. 1. *Competition Uniform.* The uniform worn to compete in any NCAA Wrestling competition is considered the competition uniform.

- a. *Singlet.* A competition uniform that is one piece and may be worn with or without full-length tights. The portion covering the front and back of the upper torso shall not be cut away lower than the armpit. Under the arms, the singlet shall not be cut lower than half the distance between the

armpit and the belt-line. The singlet shall have a minimum inseam length of 4 inches and shall not extend beyond the top of the knees.

- b. *Spandex/Lycra*. A competition uniform that consists of a T-shirt style top and shorts. The top shall be a form-fitted, sleeveless or short-sleeved, T-shirt style and not cover or extend beyond the elbow. In addition, the length of the top shall be longer than the torso to prevent it from becoming untucked. The top shall remain tucked into the shorts at all times during competition. The shorts shall be form-fitting with a minimum 4-inch inseam and not extend beyond the top of the knees.
- c. *Markings*. The name or initials of the wrestler's institution shall be displayed on the competition uniform with letters at least 2 inches high. The wrestler's last name, institutional logo or mascot, and national or state flag of the member institution, are allowed on the competition uniform.
- d. *Team Uniformity in Clothing*. Team uniformity in clothing, to include the school's official warm-up and competition uniform, is required. For dual meets and each session of a tournament, the competition uniform worn by team participants shall be identical in design and color. This rule does not apply to open tournaments.

Art. 2. *Contrasting Colored Singlets*. When competing in a dual meet, it is recommended that teams wear contrasting-colored competition uniforms. The host school should select and communicate its preference, the lighter- or darker-colored uniform, to the visiting team in a timely manner.

Art. 3. *Shoes*. Light, heelless wrestling shoes reaching above the ankle and tightly secured shall be worn.

Art. 4. *Ear Protection*. A protective ear guard shall be worn anytime live wrestling takes place (this includes practice, dual meets and all collegiate and open tournaments). This rule does not apply to drilling or the warm-up period before competition. The use of tape or decals on the ear protection is prohibited. Clean, fresh athletic tape is permissible on the ear protection if used for medical purposes only. The ear protection should:

- a. provide adequate ear protection;
- b. not be an injury hazard to the opponent; and
- c. have an adjustable locking device to prevent it from coming off or turning on the wrestler's head.

Art. 5. *Ankle Bands*. In all tournaments, the host game management shall provide red and green ankle bands approximately 3 inches wide for identification of the wrestlers. It is also recommended that these ankle bands be used in dual meets.

Art. 6. *Trademarks and Logos*. Competition uniforms and all other items of apparel and equipment (for example, warm-ups, socks, T-shirts, ear protection and towels) may bear a trademark or logo of an athletic equipment or apparel manufacturer or distributor provided the criteria outlined in NCAA Bylaw 12.5.4 are met. See the current NCAA Division I, II or III Manual for more information.

Section 6. Undergarments

Art. 1. *Upper-Body.* If sufficient reason is determined by the referee, the only acceptable upper-body undergarment is a form-fitting, short-sleeved, unadorned T-shirt.

Art. 2. *Lower-Body.* Lower-body undergarments, not including full-length tights as noted in Rule 1.5.1a, or accessories that extend beyond the 4-inch inseam of a competition uniform are not permitted.

Section 7. Special Equipment

Art. 1. *Description.* Special equipment is defined as any equipment worn that is not required by rule and includes, but is not limited to, hair coverings, face masks, pads and braces. Any device, apparatus or tape that does not allow normal movement of the joints and prevents one's opponent from applying normal holds shall be barred. Any legal protective equipment that is hard and/or abrasive shall be covered and properly padded with high-density foam. Loose pads are prohibited.

Art. 2. *Mouth Guards.* It is recommended that all wrestlers wear a protective mouth guard.

Section 8. Appearance

Art. 1. *Jewelry.* Competitors shall not wear any type of jewelry during competition.

Art. 2. *Facial Hair.* Facial hair trimmed to a length so that the skin is visible for medical examinations (maximum ½ inch) is allowed. Facial hair that does not allow for a proper medical examination to be performed, as determined by the medical professional overseeing medical exams, shall be immediately trimmed to within the guidelines. Entrants with facial hair exceeding ½ inch in length that successfully clear medical examinations are allowed to compete using a non-abrasive facial hair covering or enclosed within the confines of a full facemask.

Art. 3. *Hair.* The hair, in its natural state, should not extend below the top of an ordinary shirt collar and on the sides shall not extend below earlobe level. Hair shall be free of oils and/or greasy substances. If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied. The hair cover shall either be a part of the ear protection or worn under the ear protection. The cover must be of a solid material and be nonabrasive. All hair covers will be considered special equipment.

Section 9. Enforcement of Mat, Uniform and Equipment Rules

Art. 1. *Referee Authority and Enforcement.* The legality of mat markings, uniforms and equipment (official team warm-ups, competition uniforms, ear protection, special equipment, pads, etc.) and each wrestler's appearance shall be decided by the referee.

Art. 2. *Competitor Noncompliance.* When a competitor appears on the mat ready to wrestle in a dual meet or tournament and the referee determines the competitor does not comply with the required rules as to appearance and equipment, the offending competitor shall be charged a nonbleeding injury

timeout, the injury clock started, and the injury clock stopped when the referee determines the competitor is in compliance. The time to correct the deficiency shall be cumulative with the offender's 1½ minutes of allowed injury time and shall count as the competitor's first timeout. If the competitor is not in compliance at the end of 1½ minutes, that competitor shall be disqualified from participation in that match.

Art. 3. Equipment Delays. The wearing of wrestling equipment (for example, ear protection, uniforms, knee pads) that repeatedly causes delays in the normal progression of the match may result in a nonbleeding injury timeout being charged to the violator.

Diagram 1

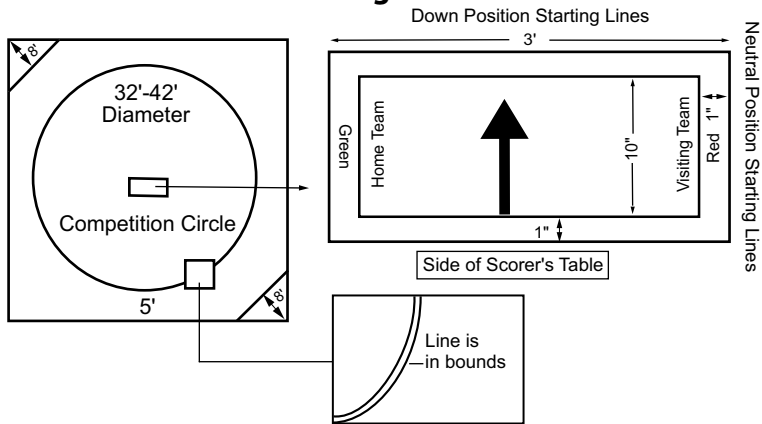
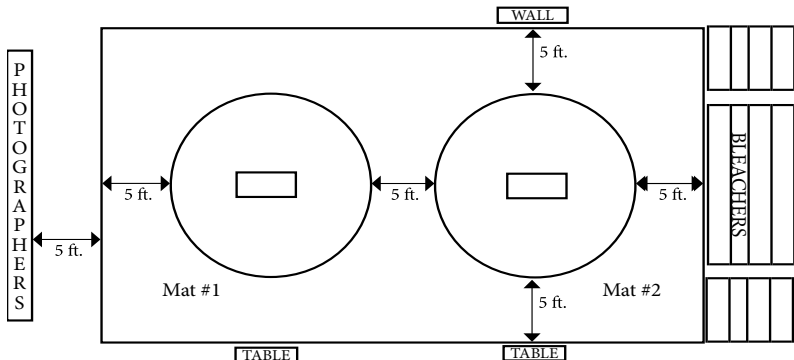


Diagram 2



- The matted area around the competition circle shall extend a minimum of 5 feet between out-of-bounds lines when two mats are side by side.
- The matted area around the competition circle shall extend a minimum of 5 feet from the out-of-bounds lines and any obstruction such as a table, bleacher or wall (whenever possible, 8 feet is recommended).
- Photographers using still or motion devices, excluding official video review equipment, shall not be permitted within 5 feet of the edge of the wrestling mat.

Diagram 3

Dual Meet Reserved and Restricted Zone

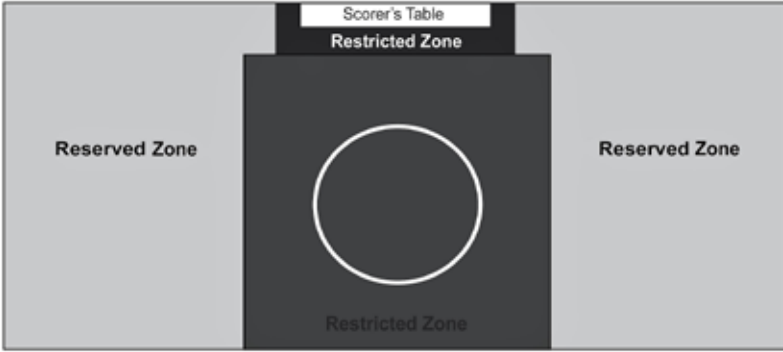
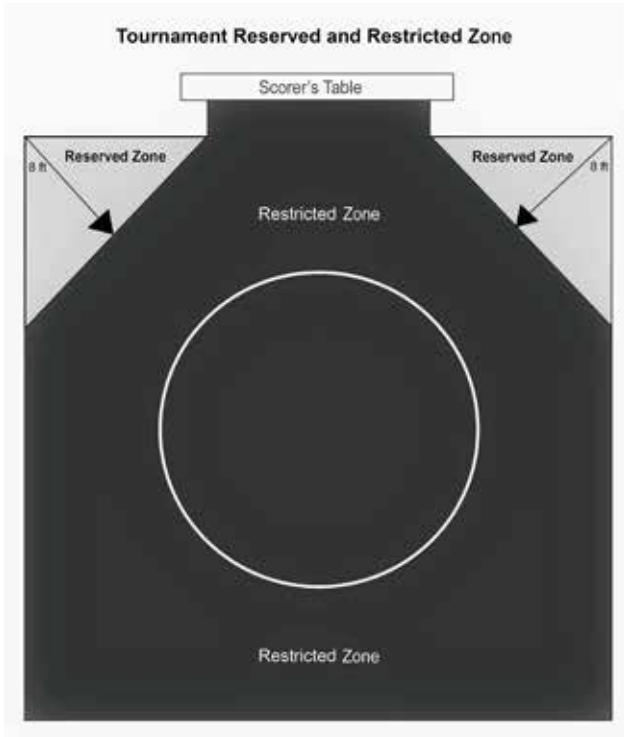


Diagram 4

Tournament Reserved and Restricted Zone



RULE 2

Definitions of Wrestling Terms

Section 1. Wrestling Positions

Art. 1. *Neutral Starting Position.* The wrestling position in which both wrestlers are on their feet, standing opposite one another, with their lead foot on the green or red area of the neutral position starting lines, and their other foot even with or behind the lead foot. When the wrestlers assume the neutral starting position, the referee shall say, "Set," and at this time both wrestlers shall remain stationary until the referee sounds the whistle.

Art. 2. *Neutral Starting Position — Vision-Impaired.* A finger-touch method shall be used in the neutral position. Once in the neutral starting position as outlined in Rule 2.1.1, each wrestler shall have the fingers on one hand over and the fingers of the other hand under the opponent's fingers. Fingers shall not extend to the palms. Before the start of each match, the referee shall flip his/her (red/green) disc to determine which wrestler has choice of hand position during every neutral start, i.e., which wrestler will have his/her right or left hand palm up or down relative to the mat. The wrestlers shall alternate this choice of palm position throughout the match for each subsequent neutral position start. The meet timekeeper shall indicate to the referee which wrestler has hand position choice. While wrestling, the match shall be stopped whenever contact is not maintained. At the time of medical examinations/skin checks, the coach or medical personnel shall provide written documentation identifying the impairment.

Art. 3. *Defensive Starting Position.* The mat wrestling position in which a wrestler is identified as being in the bottom position. The defensive wrestler takes a stationary position at the center of the mat with both hands and knees on the mat. Both knees must be on the mat even with and behind the rear down position starting line. The heels of both hands must be on the mat in front of the forward down position starting line. The elbows shall not touch the mat. This position must allow the offensive wrestler to be able to assume a legal starting position on either side of the defensive wrestler. When the defensive wrestler assumes the starting position, the referee will say, "Set." At this time, the defensive wrestler shall remain stationary (motionless). (See Illustrations.)

Art. 4. *Offensive Starting Position.* The mat wrestling position in which one wrestler is identified as being the top or advantage position. The offensive wrestler shall be on the right or left side of the opponent with at least one knee on the mat to the outside of the near leg, not touching the defensive wrestler. A knee or foot may be placed in back of the defensive wrestler's feet, not touching

the defensive wrestler. The head shall be placed on or above the midline of the opponent's back. One arm (right or left) is first 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 navel, and the palm of the other hand (right or left) placed on or over the back of the near elbow, this being the near side. Once the offensive wrestler assumes the correct starting position, the referee shall say, "Set." At this time, both wrestlers shall remain stationary (motionless) and the referee shall wait a minimum of one second before sounding the whistle. (See Illustrations.)

Art. 5. *Optional Offensive Starting Position.* The mat wrestling position in which the offensive wrestler places both hands on the defensive wrestler's back to restart the match. Wrestlers selecting the optional offensive starting position must indicate their intent to the referee before taking the starting position. The referee shall inform the defensive wrestler of the offensive wrestler's intention and allow the defensive wrestler to adjust. The referee shall direct the offensive wrestler to assume the optional offensive starting position. The offensive wrestler may select a position on either side or to the rear of the defensive wrestler with all weight supported by both feet, one knee or both knees. The offensive wrestler is to place both hands on the opponent's back (area between neck and waist), thumbs touching. Only the hands of the offensive wrestler are to be in contact with the defensive wrestler. The offensive wrestler is not to place one or both feet or knees between the opponent's feet or legs, or in front of the forward starting line or the line extended. In addition, the offensive wrestler is not allowed to straddle the opponent. (See Illustrations.)

Art. 6. *Granting an Escape.* Before assuming an offensive starting position, the offensive wrestler may signal to the referee the neutral position. When this option is indicated, the defensive wrestler is awarded an escape, and wrestling begins from the neutral position.

Art. 7. *Allowable Starting Positions.* Neutral, offensive, defensive and optional offensive starting positions are the only allowable start and restart positions.

Art. 8. *Resumption of Wrestling After Out-of-Bounds.* With the exception of ends of regulation periods, overtime periods or first nonbleeding injury timeouts, after each match stoppage and/or out-of-bounds call, wrestling shall resume in the same position held when the match was stopped and/or the out-of-bounds call was made.

Section 2. Definitions

Art. 1. *Dead Time.* When a referee call on the mat has been reversed or overturned, all wrestling action after that correction is considered dead time and shall be re-wrestled.

Art. 2. *False Start.* In either the neutral or down position when either (or both) wrestler(s) sets up in an improper starting position or begins action prior to the referee sounding the whistle.

Art. 3. *Handshake Prematch and Postmatch.* A traditional handshake to start and conclude the match is required of all competitors. The traditional handshake shall occur in the center of the mat. Wrestlers who do not participate in the prematch or postmatch handshake, when instructed by the referee, shall be called for unsportsmanlike conduct.

Art. 4. *Imminent Scoring.* When a match is stopped because of an injury during a scoring situation, and the referee determines scoring would have been successful if the wrestling had continued.

Art. 5. *In Bounds.* Competitors are considered in bounds if any part of either wrestler is on or inside the boundary line. Wrestling shall continue as long as either wrestler remains in bounds. If the opponent's body and the body of the wrestler attempting to score are outside the wrestling area, breaking the boundary of an imaginary cylinder surrounding and extending above the wrestling area, the wrestlers are considered out of bounds.

Art. 6. *Match.* A single wrestling competition between two competitors.

Art. 7. *Match Parameters.* A match begins with the start of the first period and ends with the conclusion of wrestling. The conclusion of wrestling occurs when time expires at the end of the third period, when overtime ends, or when a fall, technical fall, disqualification or default occurs.

Art. 8. *Position of Advantage.* The offensive wrestler maintains the position of advantage until the defensive wrestler is awarded an escape or a reversal by the referee.

Art. 9. *Postmatch Period.* The time from the conclusion of an individual match, as defined in the match parameters, until the wrestler leaves the mat.

Art. 10. *Potentially Dangerous.* Any hold that forces a limb to the limit of the normal range of motion, and other holds or situations that may cause injury, are potentially dangerous and may be stopped by the referee. When "potentially dangerous" is called, no penalty points shall be awarded. The match is resumed in the neutral, offensive or defensive starting position on the mat as determined by the position held at the time the match was stopped.

Art. 11. *Prematch Period.* The time from when the wrestler steps onto the mat until the first period has started.

Art. 12. *Reserved Zone.* An area in dual meets or tournaments where team personnel and/or non-competing wrestlers may move freely during competition.

Art. 13. *Restricted Zone.* An area in dual meets or tournaments where team personnel and/or non-competing wrestlers are prohibited, unless allowed by rule.

Art. 14. *Stalemate.* When the wrestlers are interlocked in a position other than a pinning situation in which neither wrestler is improving position, the referee may stop the match as soon as possible; wrestling will be resumed as for out of bounds.

Art. 15. *Timeout — Bleeding.* When wrestling action is stopped by the referee because of the presence of blood.

Art. 16. *Timeout — Injury.* When wrestling action is stopped so a wrestler may be treated and/or evaluated for an injury.

Section 3. Determining the Winner

Art. 1. *Fall.* A fall occurs when any part of both shoulders or part of both scapulae of either wrestler is held in contact with the mat for one second. The one-second count (one-thousand-one) shall be a silent count by the referee and shall start only after the referee is in position to observe that a fall is imminent.

Art. 2. *Awarding a Fall at Edge of Wrestling Area.* A fall may be awarded when any part of either wrestler is in bounds.

Art. 3. *No Fall Because of Disadvantage.* If any portion of the body of one of the wrestlers is out of the competition circle in such a way that either wrestler is disadvantaged, no fall shall be awarded and out of bounds shall be declared.

Art. 4. *Indicating the Fall.* As soon as the required fall criterion is met, the referee shall indicate the fall by striking the mat with the palm of the hand and blowing the whistle.

Art. 5. *Fall — End of Period.* When the referee is able to determine a fall has occurred and the period ends before the referee strikes the mat, the fall shall be awarded.

Art. 6. *Technical Fall.* A technical fall terminates the match and occurs when a wrestler has earned a 15-point advantage over the opponent. A wrestler earning a differential of 15 points during a match can lose only by committing an act of flagrant misconduct in the postmatch period.

Art. 7. *Major Decision.* A major decision occurs when the margin of victory at the conclusion of the match is eight through 14 points.

Art. 8. *Decision.* A decision occurs when at the conclusion of the match the margin of victory is fewer than eight points. A decision also is credited to the wrestler who is awarded the first point(s) in the sudden victory of an overtime match that does not end with a fall, default or disqualification.

Art. 9. *Default.* A default is awarded in a match when one of the wrestlers is unable to continue due to an injury or by choice of their coach. A default shall be included as a win or loss in each wrestler's individual season record. Losing a match by default does not eliminate a wrestler from competition in subsequent rounds.

Art. 10. *Disqualification.* A disqualification is a situation in which a competitor is banned from further competition.

- a. A disqualification shall be included as a win or loss in each wrestler's individual season record.
- b. A disqualification for unsportsmanlike conduct and flagrant misconduct shall eliminate that individual from all subsequent competition in that event. (See Rule 5.5 for additional rules regarding flagrant misconduct violations.)
- c. A disqualification for technical violations and stalling shall eliminate that individual only from the match in which they were disqualified.

Art. 11. *Forfeit.* A forfeit is received by a wrestler when the opponent, for any reason, fails to appear for the match. (**Exception:** Incidences in which a medical forfeit has been declared.) In order to receive a forfeit, the nonforfeiting wrestler must be dressed in a competition uniform and appear on the mat. A forfeit shall be included as a win in the victor's season record and a loss for the individual forfeiting. Wrestlers shall not accept a forfeit in one weight class and compete in another class. In tournament competition, forfeits advance in a bracket until they meet an opponent.

Art. 12. *Medical Forfeit.* A medical forfeit is an action that allows a competitor who fails medical exams, is injured, or becomes ill during the course of

tournament competition to forfeit their match(es) without having to weigh in (see Rule 9.1.8 for medical forfeit and weigh-ins for national qualifying events) or show up at the mat. In tournament competition, medical forfeits advance in a bracket until they meet an opponent.

- a. In order for a medical forfeit to be official, the medical personnel, or an authorized institutional representative, shall inform the tournament director before the ill or injured competitor is called to the mat.
- b. Medical forfeits count as a win for the opponent and do not count as a loss for the forfeited wrestler. Even though medical forfeits do not count as a loss, they must be placed on the wrestler's individual season record form. Individuals who medically forfeit a match retain all previous team points scored.

RULE 3

Conduct of Meets and Tournaments

Section 1. General Meet and Tournament Information

Art. 1. *Agreement.* All details on how the home team proposes to conduct the meet or tournament shall be submitted to the coach of the visiting team(s) a sufficient length of time before the date of the meet for agreement to be reached. No such action is binding unless approved by the visiting team or teams.

Art. 2. *Notification.* The visiting team may request the home team notify the visiting team at least 10 days before the date of the meet to verify the exact time and place of the meet and the name of the NCAA-certified referee, who should be mutually agreed upon.

Art. 3. *Those Subject to the Rules.* All wrestlers, coaches, medical personnel and other people affiliated with a team are subject to the rules and shall be governed by the decisions of the referee, home institution's game management personnel and/or the tournament committee.

Art. 4. *Public Address Announcement—Spectator Sportsmanship.* The public address announcer at all meets and tournaments should read the following sportsmanship statement for spectators before competition begins for each dual meet or tournament session:

“The NCAA promotes good sportsmanship by student-athletes, coaches and spectators. We request your cooperation by supporting the participants and referees in a positive manner. Profanity, racial or sexist comments, or other intimidating actions directed at referees, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the premises.”

Art. 5. *Spectator Removal.* The home institution's game management staff shall be responsible for the removal of a spectator(s) upon request by the referee or second referee. This shall be done without penalty to either team.

Section 2. Competitors, Coaches and Medical Personnel Attire

Art. 1. *Competitors' Attire.* All competitors shall be uniformly attired in their school's official warm-up and competition uniform. For all competition, it is required that all clothing worn by wrestlers in the competition area be either unadorned (plain) or of the representative institution's school colors. If the item contains a logo, it is required that it be of the school that is represented. Coaches and competitors should be aware of NCAA Bylaw 12.5.4 in regard to manufacturer's and distributor's names and logos. Hats, stocking caps or other

inappropriate apparel are not permitted. Violation of this rule shall result in the head coach being penalized with a control of mat area violation.

Art. 2. Coaches' Attire. The wearing of jeans, T-shirts, sweatshirts/sweatpants and noninstitutional-logoed warm-up suits (tops and/or bottom), headwear and similar apparel are not suitable attire for coaches during competition and, therefore, are prohibited. Institutional-logoed tops/jackets are permissible. Each coach in violation of this rule shall be penalized with a control of mat area violation. Further, the coach(es) in violation shall not sit in the designated reserved zone for coaching if the prohibited apparel is not replaced with suitable attire.

Art. 3. Medical Personnel Attire. Medical personnel must be appropriately attired. The wearing of shorts, jeans, T-shirts, sweatshirts/sweatpants and noninstitutional-logoed warm-up suits (top and/or bottom), headwear and similar apparel are not suitable attire for medical personnel during dual and tournament competition and, therefore, are prohibited. Individuals not adhering to this rule shall be penalized with a control of mat area violation.

Section 3. Match Duration

Matches shall be seven minutes in duration, divided into three periods, with the first period three minutes and the second and third periods two minutes each. Matches scheduled less than seven minutes long shall not count on the Individual Season Record Form (ISRF).

Section 4. Weight Classifications

Art. 1. Description. All NCAA competitions shall be conducted using 10 weight classifications.

| | |
|----------|----------------------------|
| 125 lbs. | 165 lbs. |
| 133 lbs. | 174 lbs. |
| 141 lbs. | 184 lbs. |
| 149 lbs. | 197 lbs. |
| 157 lbs. | Heavyweight (183-285 lbs.) |

Art. 2. Odd and Even Weight Classifications. Odd weight classes are 125, 141, 157, 174 and 197. Even weight classes are 133, 149, 165, 184 and Heavyweight.

Section 5. Time Advantage

The recording of time advantage (riding time) is required in all competition. Competition that does not use time advantage shall not count on the NCAA Individual Season Record Form.

Section 6. Representation

An institution shall enter a wrestler in only one weight class. Once an individual weight class has begun, substituting for an injured wrestler in that individual match is prohibited.

Section 7. Shifts in Weight Class—Dual Meets

A competitor who weighs in for one weight class may be shifted to a higher weight class with the possible exception of heavyweight, where any wrestler competing in the heavyweight class must weigh a minimum of 183 pounds.

Section 8. Determining Wrestling Order — Dual Meets

Art. 1. Protocol. Immediately after the weigh-in for a dual meet or multiple dual meets conducted on the same day, coaches may mutually agree to determine the starting weight class for the match(es). If coaches cannot agree on the starting weight class, a random draw shall be conducted to determine which weight class will be wrestled first. Once the first weight class is established, either by agreement or random draw, subsequent matches will continue in the traditional sequence of increasing weight class order.

Art. 2. Multiple Dual Meets at Different Sites. When multiple dual meets are wrestled on the same day at different sites, the order of matches to be wrestled at the second site will be decided by mutual agreement or a random draw conducted by the coaches not more than one hour before the first match.

Section 9. Declaring the Winner

During the postmatch period, the wrestlers shall return to and remain in the center of the mat while the referee checks with the scorer's table. Upon the referee's return to the center of the mat, the competitors will give a traditional handshake in a sportsmanlike manner and the referee will declare the winner in accordance with the Referee Signals Chart. (See Illustrations.)

Section 10. Home-Team Designation

For scoring and identification purposes, the home team will be considered "green" and the visiting team "red." However, referees shall have the flexibility to switch color assignments.

Section 11. Intentional Delay During Premeet Period

A team intentionally delaying its appearance on the mat beyond five minutes from the established meet starting time shall have one team point deducted.

Section 12. Starting a Dual Meet

Art. 1. Designation of Captains. Each team shall designate to the referee one or more team member(s) as its captain(s).

Art. 2. Captains Reporting. Before the beginning of a dual meet, the captains shall report to the middle of the mat when the referee calls them for a disc toss. The disc shall be red on one side and green on the other, corresponding usually to the visiting team (red) and the home team (green). The colored disc shall fall unimpeded to the mat and shall determine:

- a. Which team gets the choice of options at the beginning of the second period for each weight class; and
- b. Which team shall present its wrestler on the mat first for each weight class.

Example: If the even-numbered weight classifications are selected, the coach of that team would send their wrestler onto the mat first for each of the even-numbered weight classes. (See Rule 3.4.2 for odd- and even-numbered weight classifications.)

Art. 3. Starting the Match. At the conclusion of the coin toss, the first wrestler shall be ready to go onto the mat immediately when called by the referee.

As soon as either competitor steps onto the mat, that competitor cannot be withdrawn or replaced.

Section 13. Mat-Side Video Review

Art. 1. *Events Allowed to Use Video Review.* Mat-side video review may be used for dual meet competition, team-advancement tournaments and individual-advancement tournaments. Video review shall not be used for open tournaments.

Art. 2. *Host Requirements.* The host shall determine the following details and provide, before weigh-ins, notification of this information to each participating institution:

- a. Designation of the official mat-side video review system;
- b. The number of mats and the rounds in which the mat-side video review system will be used;
- c. The number of video reviews provided to each team (if not used for the entire event); and
- d. Whether a third-party registered official(s) will be used to execute coaches' video review challenges.

Art. 3. *Third-Party Video Review Official.* Hosts may secure a third-party registered official(s) to serve as the sole individual(s) responsible for executing coaches' video review challenges.

Art. 4. *Description.* Mat-side video review may be used to confirm or reverse any call or non-call made by the official, except a fall. The mat-side video review process operates under the assumption that the ruling on the mat is correct, and only when there is indisputable video evidence that a ruling was incorrect will a call be changed. Absent that evidence, the original ruling stands.

Art. 5. *Required Equipment.* The minimal required equipment includes two foam bricks not to exceed 8" x 5" x 5" (one red and one green) placed in the reserved zone for coaches, a tripod and a digital video camera that has recording capabilities and is connected to a computer monitor or a TV monitor. The equipment used for the review also may be a system that integrates sound, time, score and the recorded action. If the system used does not integrate sound, time and score onto the screen, then the recorded action should, as much as possible, include a clear view of the mat-side clock.

Art. 6. *Timing and/or Scoring.* Integrated timing and scoring and/or a view of the official score clock on the official video system are the only allowable timing or scoring devices to be used for video review.

Art. 7. *Setup and Execution.* The mat-side video review system operator(s) shall operate the replay camera and monitor. The equipment used to review a call and the video review system operator shall be located at or next to the scorer's table. During a review, this area is restricted for all people except the system operator, match referee(s) and/or third-party reviewer. Wrestlers and coaches are to remain in their designated reserved zone during the video review.

Art. 8. *Referee's Video Review.*

- a. When there is no significant action, the referee may stop the match to conduct a video review if:

1. there is reasonable certainty an error was made regarding timing, scoring or the proper positioning of the wrestlers;
 2. the situation is reviewable; or
 3. the outcome of a review may have an impact on the result of the match.
- b. There is no restriction on the number of times a referee may stop the match for a review and there is no time limit to conduct a review, but the referee(s) should strive for each review to be efficient and timely.

Art. 9. *Coach's Video Review Challenge.*

- a. Each team is allowed one challenge per dual meet.
- b. When video review is used for an entire individual-team advancement tournament, the number of video reviews by each team is restricted to:
 1. 1-3 participants in the tournament — 1 video review.
 2. 4-6 participants in the tournament — 2 video reviews.
 3. 7-10 participants in the tournament — 3 video reviews.
- c. If video review is not being used for the entire competition, tournament committees may determine the number of coach's video review challenges as long as it does not exceed the current allotment outlined in Rule 3.13.9b.
- d. If a coach would like to execute a video review challenge, the coach shall immediately throw the foam brick onto the mat away from the wrestling action. Throwing the foam brick officially signifies the coach would like to use a video review to challenge a referee's call on the mat and the request shall not be retracted. The referee will stop the match as quickly as possible, but only when no significant action is taking place, to either conduct the review or allow the third-party reviewer to conduct the review.
- e. If the call on the mat is overturned, the institution is not charged with a video review. If the call on the mat is confirmed, the institution is charged a video review challenge.
- f. If the referee determines the coach delayed throwing the foam brick, the video review challenge shall not be allowed.
- g. If a coach challenges a previously made ruling on a video review challenge or if a coach challenges a ruling when the team's allotment of video review challenges has been exhausted, the actions are considered intentional delay of the match and the coach is penalized with a control of mat violation.
- h. If a coach requests a video review of a fall, which is not reviewable, the coach shall be charged with a video review challenge.

Art. 10. *Video Review Completion.* After the referee completes the review, or is informed by the third-party reviewer of the outcome, the referee shall make one of the following announcements:

- a. If the video evidence confirms the on-the-mat ruling: "After further review, the ruling on the mat is confirmed."

- b. If the on-the-mat ruling is reversed: "After further review, the ruling on the mat is reversed."

Art. 11. *System or Operator Failure/Error.* If there is no video evidence due to a system failure or operator error, the coach will retain his challenge.

Art. 12. *Obstructions.* Any obstruction of the view on the video screen caused by participants, coaches, referee(s) or tournament personnel on the mat that does not allow for a confirmed ruling by the referee shall result in a charged video challenge.

Art. 13. *Overturing a Call.* If a ruling on the mat is reversed, all wrestling action occurring after the point of the reversal shall be treated as dead time. At a minimum, the official scorer shall supply the referee with the following information prior to the match resuming: the period, the position of the wrestlers and the status of the match and riding time clock.

Section 14. Choice of Positions

Art. 1. *Dual Meets — Regulation Time.* At the start of the second period, the wrestler who has the choice may select the top, bottom or neutral position, or defer the choice until the third period. If the wrestler with choice defers, the opponent may select top, bottom or neutral. If the wrestler with choice does not defer, the opponent will have the choice of top, bottom or neutral to begin the third period.

Art. 2. *Tournaments — Regulation Time.* Immediately after the end of the first period, the referee shall determine, by toss of a colored disc that shall fall to the mat unimpeded, which wrestler has the choice at the start of the second period. The wrestler who has the choice may select the top, bottom or neutral position, or defer the choice until the third period. If the wrestler with choice defers, the opponent may select top, bottom or neutral. If the wrestler with choice does not defer, the opponent will have the choice of top, bottom or neutral to begin the third period.

Art. 3. *Dual Meets and Tournaments — Overtime.*

- a. If the score is tied after the sudden-victory period, the choice of top, bottom or neutral will be granted to the wrestler who scored the first points in regulation time excluding escapes and penalty points. In the second portion of the tiebreaker, the other wrestler will receive the choice of top, bottom or neutral. Time advantage of one minute or more for either wrestler shall be included in the determination of who scored the first offensive point.
- b. When the only points scored in regulation time are escapes and/or penalty points, the choice of position to start the first tiebreaker period will be granted to the winner of a toss of a colored disc. The referee will toss the disc at the conclusion of the sudden-victory period and allow it to fall to the mat unimpeded. The wrestler winning the toss receives the choice in the first tiebreaker period while the other wrestler will receive choice in the second tiebreaker period.
- c. When the first non-bleeding injury timeout occurs in the tiebreaker period, the opponent will be given choice of top, bottom or neutral, per Rule 6.1.14.

Art. 4. *Visual Indicator.* It is recommended a visual method at the scorer's table be used to indicate which wrestler has the choice in the first tiebreaker period in the first round of overtime. For example, the basketball red or green possession arrow indicator may be used or a dowel rod painted accordingly.

Section 15. Overtime

Art. 1. *Timing and Scoring.* The sudden-victory period and tiebreaker periods shall be regarded as extensions of the regulation match. With the exception of advantage time, all points, penalties, cautions, warnings, timeouts and injury time accumulated during regulation shall carry over to overtime. Time advantage accrued during regulation does not carry over into overtime. Time advantage, however, is recorded during all parts of overtime.

Art. 2. *Illegal Act.* If an injury occurs as a result of an illegal act during the sudden-victory period of any round of overtime, the match is concluded. If an injury occurs as a result of an illegal act during the tiebreaker periods of any round of overtime, recovery time is applicable.

Art. 3. *Flagrant Misconduct.* A wrestler earning the first point(s) in the sudden-victory period of any round of overtime can lose only by committing a postmatch flagrant misconduct. A wrestler who is declared the winner at the end of any round of tiebreakers can lose only by committing a postmatch flagrant misconduct.

Art. 4. *Double Penalties.* In a situation in which both wrestlers are penalized an equal number of points simultaneously during the sudden-victory period in any round of overtime, those points will be added to both scores, the sudden-victory period will be terminated, and the wrestlers will proceed immediately to the tiebreaker periods.

Section 16. Executing the First Round of Overtime

Art. 1. *First Sudden-Victory Period.* In tournament or dual-meet competition when competitors are tied at the end of three regular periods, the first round of overtime shall begin with a sudden-victory period of a maximum of one minute with no rest between the regular match and the sudden-victory period. The sudden-victory period will begin with both wrestlers in the neutral position.
Exception: Nonbleeding injury timeout.

Art. 2. *Winning the Sudden-Victory Period.* The wrestler who scores the first point(s) will be declared the winner. If a wrestler in the neutral position is awarded a takedown while also meeting a near-fall criterion, wrestling shall continue until a fall or near-fall points are awarded, or time expires. Any near-fall points are added to the winner's match score.

Art. 3. *No Winner Determined.* If no winner has been declared at the end of the one-minute sudden-victory period, two 30-second tiebreaker periods shall be wrestled. The two tiebreaker periods will be wrestled in their entirety unless a fall, technical fall, default or disqualification occurs. The choice of positions in the tiebreaker period will be handled according to Rule 3.14.3a or 3.14.3b.

Art. 4. *Winning the Tiebreaker Periods.* The two 30-second tiebreaker periods shall be wrestled with the time advantage kept and all match points scored. The competitor with the greater number of points at the conclusion of

both tiebreaker periods, or who is awarded a fall, technical fall, default or disqualification, is declared the winner.

Art. 5. *Advantage Time in the Tiebreaker Periods.* If a wrestler accrues at least one minute of time advantage in the tiebreaker periods, that wrestler shall be awarded one point at the conclusion of the tiebreaker periods.

Section 17. Executing the Second Round of Overtime

Art. 1. *Second Sudden-Victory Period.* If the score remains tied after the 30-second tiebreaker periods in the first round of overtime, a second round begins with a sudden-victory period of a maximum of one minute.

Art. 2. *No Winner Determined.* If the score remains tied after the sudden-victory period, two 30-second tiebreaker periods will be wrestled. The choice for position will be granted to the wrestler who did not have the choice in the first tiebreaker round.

Art. 3. *Winning the Tiebreaker Periods.* The two 30-second tiebreaker periods will be wrestled in their entirety, time advantage shall be kept and recorded and all points will be scored. The competitor with the greater number of points at the conclusion of both tiebreaker periods, or who is awarded a fall, technical fall, default or disqualification, is declared the winner.

Art. 4. *Advantage Time to Determine Winner.* If the score remains tied at the end of the second round of overtime, time advantage shall be used to determine the winner. If a competitor has one second or more of net time advantage accumulated from the two rounds of tiebreaker periods, that wrestler is declared the winner.

Art. 5. *Additional Rounds of Overtime.* If the score remains tied after the second and any subsequent round(s) of overtime, and no net time advantage exists, the match will continue in the same fashion (sudden-victory period of a maximum of one minute, two 30-second tiebreaker periods). The winner is declared using the same methods described in Rule 3.16.4 or 3.17.5.

Section 18. Correction of Error

Art. 1. *Referee Correction of Match Errors.* Referees may, at any time, stop the match to make corrections. Timing/scoring corrections may be made when discovered. Corrections to calls on the mat will adhere to the dead time rule.

Art. 2. *Deadline.* During a dual meet, correction of all match errors shall be made by the referee before the start of the next match. An error during the last match of a dual meet must be corrected before the referee has signed the scorebook. During a tournament, the correction of all match errors shall be made by the referee before both wrestlers leave the mat or the bout sheet leaves the scorer's table.

Art. 3. *Individual Match Results Final.* Alleged match errors discovered after the timeline indicated in Rule 3.18.2 are not subject to review.

Art. 4. *Clerical Errors.* A clerical error in recording match and/or team scoring in a dual meet or tournament may be corrected when discovered.

Section 19. Questioning Timing, Scoring or Rules Application

Art. 1. *Questioning Timing and/or Scoring.* A coach shall be permitted, without penalty, to approach the scorer's table with the intent of correcting or asking for an interpretation of the score or time.

Art. 2. *Questioning a Rules Application — Coach.* When a coach believes the referee has misapplied a rule, the coach may approach the scorer's table and request that the match be stopped when there is no significant action. If there was a misapplication of a rule, the referee shall make the necessary adjustments at the scorer's table and resume the match with no penalty to the coach. If a referee's call is overturned because of a questioning a rules application stoppage, all wrestling action from the point of correction will be considered dead time.

Art. 3. *Wrestlers During Questioning a Rules Application Stoppage.* During a rules application stoppage, both wrestlers shall remain in the center of the wrestling area during the discussion of the score, time or misapplication of a rule. Failure to comply shall be penalized with a one point technical violation per Rule 5.8.5.

Art. 4. *Failure to Prove a Rule Misapplication.* Failure to prove a rule misapplication will be treated in the following manner:

- a. First violation — warning to the institution;
- b. Second violation — warning to the institution;
- c. Third violation and all subsequent violations — deduct one team point.

Failure to prove rule misapplication violations are cumulative for each institution throughout a dual meet, single- and multi-day tournaments, and both dual team- and individual-advancement events.

Section 20. Control of Mat Area

Art. 1. *Team Personnel Reserved Zone.* All personnel, other than actual participating wrestlers, shall be restricted to a designated reserved zone during competition. (See Diagrams 3 and 4 at the end of Rule 1.)

Art. 2. *Reserved Zone — Tournaments.* A maximum of three team personnel will be permitted in the reserved zone. If three team personnel are used, two must hold coaching credentials and one must be properly credentialed medical personnel. Unauthorized team personnel in the reserved zone shall be penalized as a control of mat area violation.

Art. 3. *Reserved Zone — NCAA Championships Finals.* A maximum of four team personnel will be permitted in the reserved zone for NCAA Championships finals matches. If four team personnel are used, three must hold coaching credentials and one must be properly credentialed medical personnel. A chair will be placed behind the coaches for the credentialed medical personnel.

Art. 4. *Leaving the Reserved Zone.* Coaches may leave the reserved zone only:

- a. To request a review of the timing and/or scoring;
- b. To question the referee's application of a rule;
- c. To request a video review challenge;
- d. During a charged timeout; and
- e. At the end of the match.

Art. 5. *Medical Personnel.* Medical personnel may leave the reserved zone and move onto the mat only during an injury or blood timeout.

Art. 6. *Badgering.* Badgering the referee by the coaching staff or any member of the team shall not be permitted. Failure to comply shall be considered a control of mat area violation.

Art. 7. *Control of Mat Area Violation — Penalty Sequence.* For the first violation and all subsequent violations, one team point shall be deducted. The referee shall indicate the control of mat violation by displaying the control of mat violation signal and verbally informing the offending coach of the violation.

Section 21. Breaking Ties in Dual Meets and Team-Advancement Tournaments

When two teams finish in a tie in a dual meet or a team-advancement tournament, the following criteria shall be applied to determine a winner:

- a. Greater number of victories.

Note: Forfeits, defaults and disqualifications count toward total number of victories.

- b. Combined total number of falls, forfeits, defaults and disqualifications.
- c. Total match points scored only from decisions, major decisions and technical falls.
- d. Total near fall points scored only from decisions, major decisions and technical falls. (Example: N-2 + N-2 + N-4 = Total of 8 near fall points scored for one team.)
- e. Total number of takedowns scored only from decisions, major decisions and technical falls. (Example: T-2 + T-2 + T-2 = Total of 3 takedowns scored for one team.)
- f. Least number of unsportsmanlike conduct calls.
- g. First takedown scored in the dual meet.

One team point shall be awarded to the team winning by criteria. The method of recording the score in breaking team ties shall be the score followed by the criterion number that broke the tie (for example, Team A 17, Team B 16, criterion 3.21.a.)

Section 22. Tournaments — Committee and Administration

Art. 1. *Tournament Committee.* All tournaments should have a tournament committee designated before the start of competition. This committee should consist of at least three members and should have the following minimum duties:

- a. Administration of the tournament;
- b. Arbitration of all non-match-related disputes;
- c. Designation of the official mat-side video review system and the rounds in which it will be used;
- d. Consideration of extenuating circumstances relating to tournament operations; and
- e. Immediately address sportsmanship violations by competitors and team personnel.

Art. 2. *Non-Adherence to Tournament Rules.* All team advancement and individual advancement tournaments, including open tournaments, shall follow all NCAA rules and requirements listed in the NCAA Wrestling Rules

and Interpretations book. Any tournament found not following the rules and requirements will be excluded as an NCAA-registered event in the NWCA OPC system for the subsequent season. If the tournament is held in the subsequent season, its results will not count on the Individual Season Record Form and will not be calculated for NCAA championship selection purposes.

Art. 3. *Tournament Registration and Results.* Directors of individual advancement tournaments shall register the tournament(s) in the NWCA OPC system by midnight September 1 of each year in order for the results to count on the Individual Season Record Form. It shall be the responsibility of the tournament director to enter all of the tournament's match results into the NWCA OPC system.

Art. 4. *Prospective Student-Athlete Participation.* NCAA institutions may hold open events that include prospective student-athletes per NCAA Bylaw 13.11.3.1; however, results from matches competed against prospective student-athletes shall not be placed on Individual Season Record Forms and will not be used in calculations for NCAA championship selection purposes.

Art. 5. *Daily Match Limit.* Wrestlers shall not compete in more than six matches in one competition day. Forfeits and medical forfeits do not count into the six-match limitation; all other matches shall count into the total. Any match forfeited because of the match limit shall not count as either a win or loss for either competitor and shall not be placed on the Individual Season Record Form.

Art. 6. *Tournament Verification of Entries.* Tournament hosts may establish a deadline for verification of all event entries. Individual or team entry for tournament competition becomes official at the publicized registration date and time. Failure to verify entries by the deadline established by the event host shall result in disqualification of those entrants from the tournament. Verified entrants failing to make their weight classification shall not be allowed to participate in another weight classification.

Art. 7. *Tournament Competitors.* Competitors in a tournament are those wrestlers who are on the team entry list after the verification of entries deadline, pass skin checks and make their verified weight class.

Art. 8. *Tournament Host Verification of Weight Class Responsibility.* For NCAA-registered individual advancement tournaments, including open tournaments, the host shall download from the NWCA OPC system the names and weight classes of all rostered wrestlers entered in the tournament to verify entries are competing at an allowable weight class.

Note: Downloading entries after each institution has developed a weigh-in sheet will ensure all entries are available for tournament weight class verification. The verification of entry deadline may also serve as the weigh-in sheet development deadline.

Art. 9. *Weigh-In Sheet Requirements.* Before medical examinations, the host shall collect and retain a copy of all participating institutions' NCAA Official Weigh-In Forms. The actual weight for each entrant shall be recorded on the NCAA Official Weigh-In Form and in the NWCA OPC system. If the entrant is listed on the NCAA Official Weigh-In Form but did not attempt to make

weight, then it shall be recorded on the NCAA Official Weigh-In Form as Did Not Enter (DNE).

Art. 10. *Reporting for a Match.* Competitors shall be allowed a maximum of five minutes to appear ready to compete at the specified mat. Failure to appear shall result in forfeit.

Art. 11. *Losses Due to Illness or Injury.* In a tournament, matches lost due to injury default by illness or injury do not eliminate a competitor from further competition, except when a medical forfeit has been granted.

Art. 12. *Forfeits.* A forfeit shall eliminate a competitor from further competition in that event.

Art. 13. *Double Medical Forfeits.* If both competitors are forced, due to injury, to declare a medical forfeit, the next round's opponent wins by medical forfeit.

Art. 14. *Disqualification/Forfeit — Bracketing.* All vacancies created because of a disqualification in a tournament shall be filled with a forfeit.

Art. 15. *Double Non-Flagrant Disqualification.* If both wrestlers are disqualified simultaneously for anything other than a flagrant misconduct, the match shall go immediately to overtime. Any subsequent point violation by either wrestler will result in disqualification.

Art. 16. *Double Flagrant Misconduct Disqualification.* Any double flagrant misconduct disqualifications will eliminate both wrestlers and the individual in the next round of the tournament will receive a forfeit.

Art. 17. *Rest Between Matches.* Competitors shall receive a mandatory 30 minutes of rest between all matches. The mandatory rest period is required for all matches except when both wrestlers' previous match was a victory either by forfeit or medical forfeit.

Art. 18. *Presentation of Awards.* It is recommended that medals and team trophies be presented in a ceremony made as impressive as possible. When competitors are receiving individual and/or team awards, they shall wear their school's official warm-up. No extra equipment, including all types of headwear, signs, etc., may be worn or carried at the awards ceremony. All additional institutional personnel to be included in the team photo must be appropriately dressed.

Section 23. Tournaments — Bracketing and Seeding

Art. 1. *Drawings and Optional Bracketing.* Immediately after the verification of entries, drawings should be made in accordance with the illustrations provided in this rule.

Art. 2. *Seeding.* The tournament committee is responsible for the development of seeding criteria.

- a. When there are two outstanding wrestlers in any class, it is recommended that they be placed in opposite halves of the drawing bracket. In cases in which several seeded wrestlers are of equal ability, their seeded positions should be determined by drawing.
- b. 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 half-bracket opposite from the outstanding wrestler.

- c. Consideration for determining seeded wrestlers, but not necessarily in this order, is given to: (a) a competitor's won-loss record; (b) head-to-head competition; (c) common opponents; (d) coaches' rankings; (e) RPI; and (f) wins over ranked opponents.

Art. 3. *Byes.* Byes shall be determined for each individual weight class.

- a. The first round for each weight class shall be determined based on the number of byes for that weight class. At no time shall there be equal or more byes than the number of competitors in a weight class. When the number of competitors is four, eight, 16, 32, 64 or another power of two, there shall be no byes in the first round.
- b. When the number of competitors is not equal to a power of two, the number of byes shall be equal to the difference between the number of competitors and the next higher power of two. This establishes the bracket size and the bracket's first round. The number of pairs that meet in the first round shall be equal to the difference between the number of competitors and the next lower power of two.
- c. There shall be no byes after the first round, and no further drawing is necessary for the championship or wrestle-back rounds. The byes, if even in number, shall be divided equally between top and bottom. When byes are required for the first round, they shall be placed by mutual consent or drawn randomly, in such a way so that they are distributed evenly throughout the bracket. No half, quarter or eighth of a bracket shall have more than one more bye than its paired bracket.
- d. Tournaments may use alternate methods for assigning byes in the first round of a tournament, as long as byes and/or resulting first-round pigtail matches are distributed randomly and no institution is unfairly helped or harmed by the resulting assignment.

Examples:

- Weight class 125 has 20 wrestlers; there shall be 12 byes and four pairings.
- Weight class 133 has eight wrestlers; there shall be no byes and four pairings.
- Weight class 141 has 14 wrestlers; there shall be two byes and six pairings.

Section 24. Tournaments — Competitors Eligible for Third-Place Matches (Wrestle-Backs)

Art. 1. *Establishing Wrestle-Back Order.* Immediately after completion of the first match of the round of 16 in each weight class, wrestle-back rounds should start among all competitors defeated by the winner of this round of 16. At the conclusion of the championship quarterfinals, the losers of those quarterfinals should be cross-bracketed into the third round of wrestle-backs. At the conclusion of the championship semifinals, the losers of those semifinals should be bracketed into the wrestle-back semifinals. After completion of the second through eighth matches in the round of 16 for the same weight, the same plan in the preceding paragraph should be followed. In the double-elimination format, all defeated wrestlers (except those ejected for flagrant misconduct or who have medical forfeited or forfeited) are eligible for wrestle-backs.

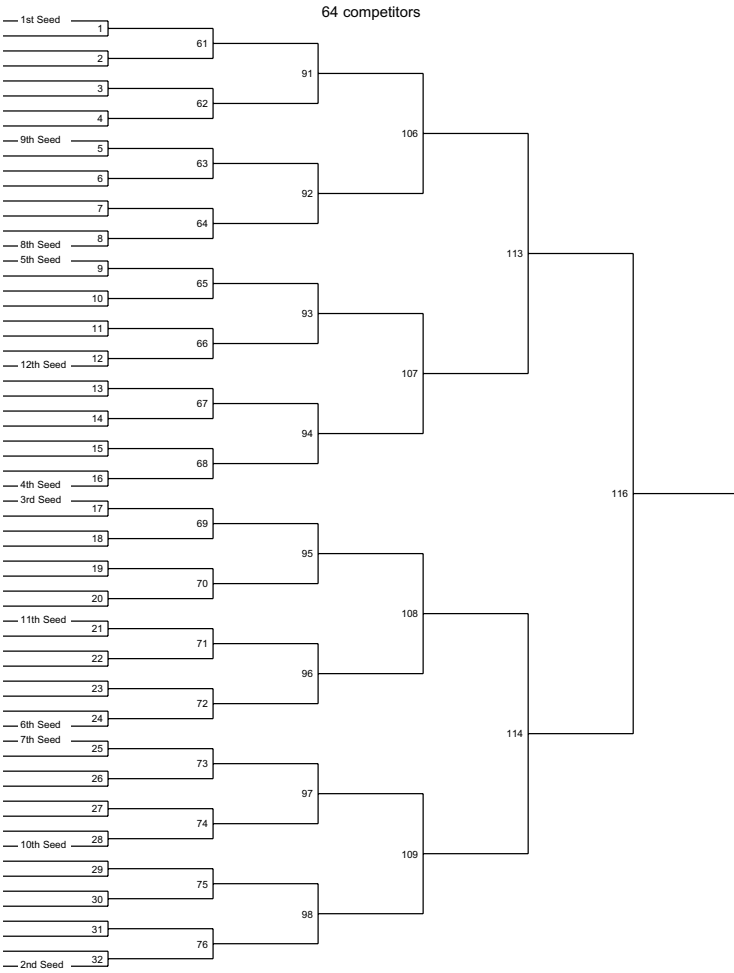
Art. 2. *Establishing Order for Third Place and Subsequent Places.* Wrestle-back matches to determine third place and subsequent places may be conducted in

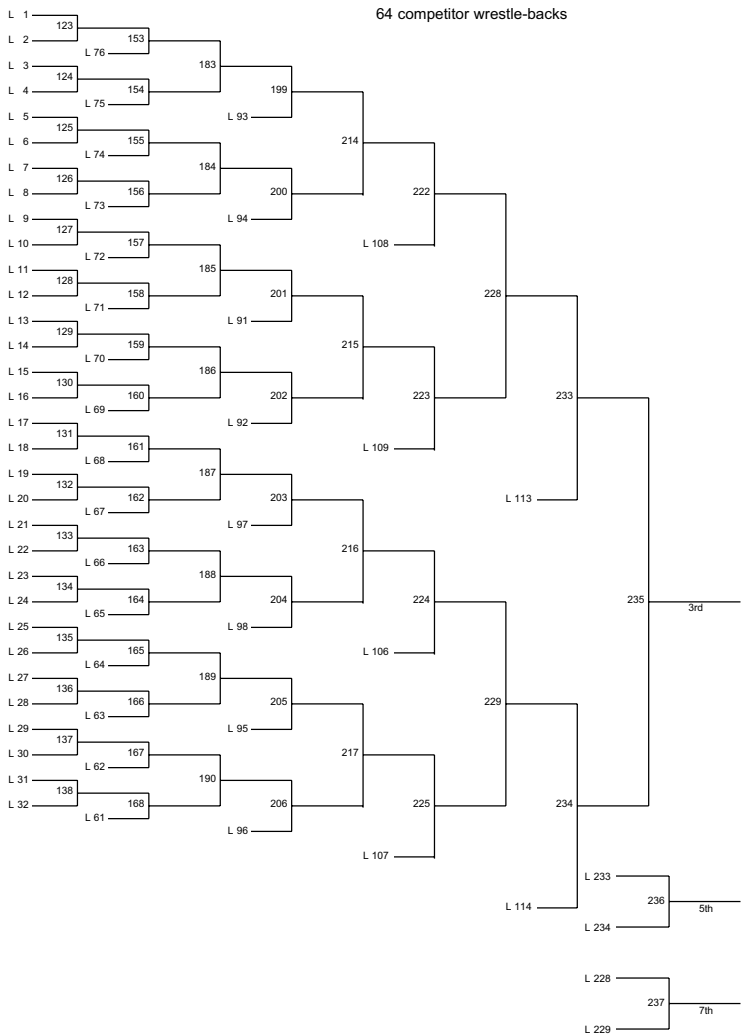
accordance with the original first-round drawings. Therefore, those eligible for the third-place wrestle-backs should be matched in the order in which they were defeated by the quarterfinalists in each eighth-bracket. The winner of the wrestle-back matches involving eligible wrestlers from the first eighth-bracket should be matched with the winner of the wrestle-back matches involving eligible wrestlers from the second eighth-bracket. The winner of this match should be paired with the loser of the championship quarterfinal match in the fourth quarter of the bracket (cross-bracketing) in the third round of wrestle-backs. Following the same procedure, the winner of wrestle-back matches drawn from the third and fourth eighth-brackets should be matched against the loser from the third quarter of the bracket, the winner from the fifth and sixth eighth-brackets against the loser from the second quarter of the bracket, and the winner from the seventh and eighth eighth-brackets against the loser from the first quarter of the bracket. The losers of the championship semifinals are not cross-bracketed. The loser of the upper-bracket semifinal is placed in the upper bracket of the wrestle-back semifinals, and the loser of the lower-bracket semifinal is placed in the lower bracket of the wrestle-back semifinal. Each bracket shall be cross-bracketed based on the size of each individual bracket. Some examples are shown in the charts at the end of this rule.

Art. 3. *Rematch in Wrestle-Back.* If two wrestlers who previously have competed against each other in the tournament are paired again in the wrestle-back bracket, the matches should be conducted and scored as if they had not wrestled previously.

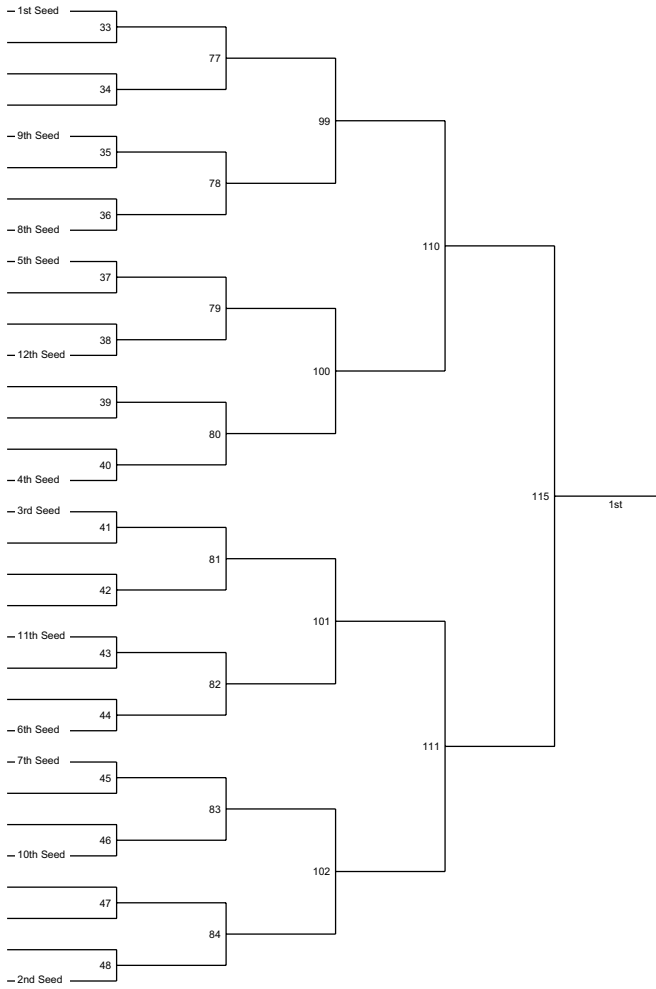
Section 25. Tournaments — Places Scored

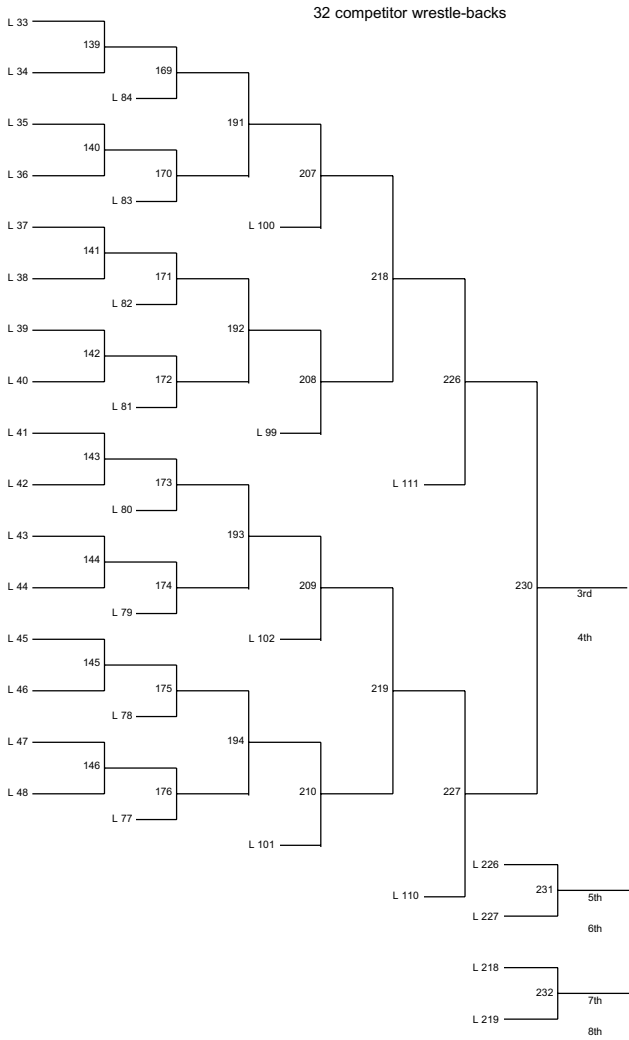
In tournaments awarding four or more places, it is recommended that the loser in the first-place match automatically take second place. The winner in the final wrestle-back match should be awarded third place, and the loser should be awarded fourth place. In tournaments in which six or more places are scored, the defeated wrestlers in the wrestle-back semifinals should wrestle for fifth and sixth places. In tournaments in which eight places are scored, the defeated wrestlers in wrestle-back quarterfinals should wrestle for seventh and eighth places.



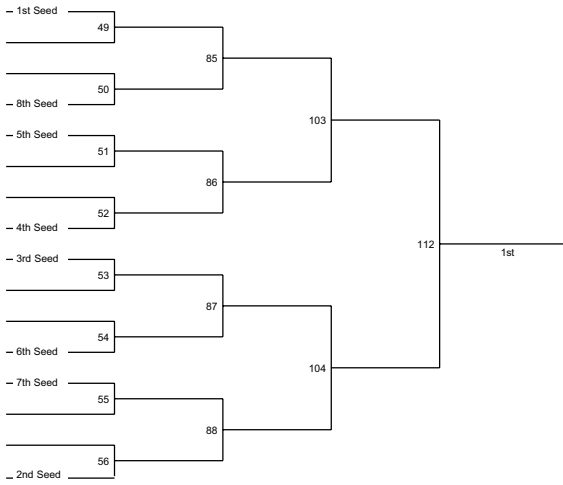


32 competitors

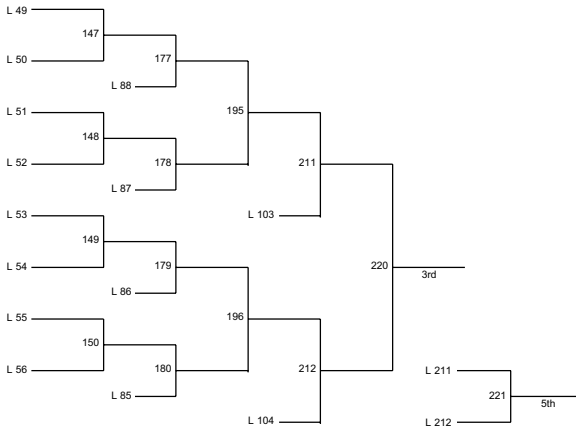




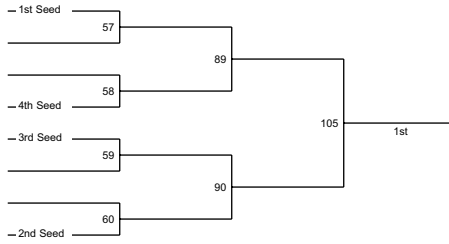
16 competitors



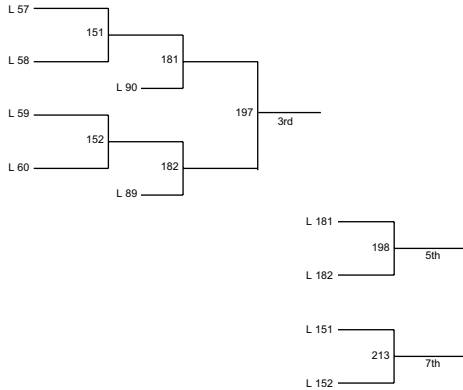
16 competitor wrestle-backs



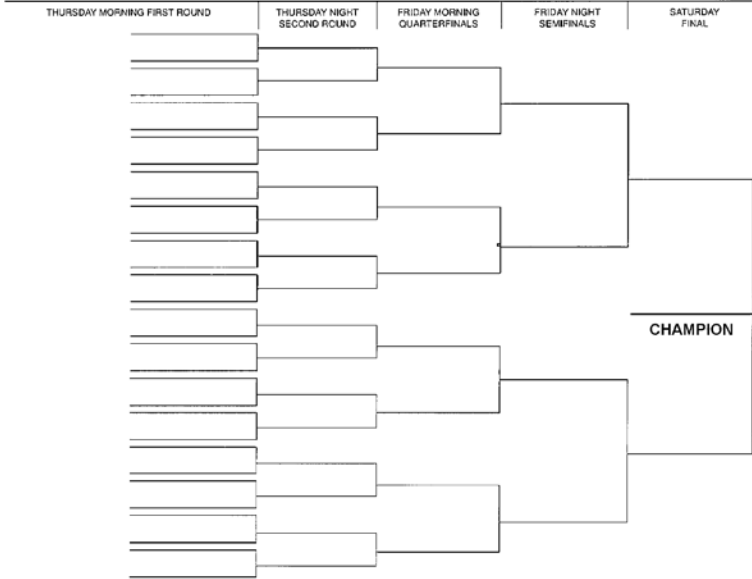
8 competitors



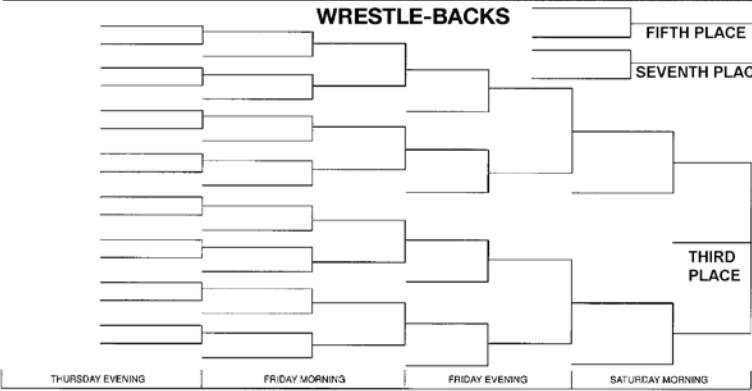
8 competitor wrestle-backs



CHAMPIONSHIP



WRESTLE-BACKS



RULE 4

Scoring Meets and Matches

Section 1. Scoring and Timing

Match and meet scoring and timing should be kept in plain view of spectators, wrestlers and coaches.

Section 2. Takedowns

Art. 1. Match Takedowns. A takedown shall be awarded when, from the neutral position, a competitor gains control by taking the opponent down to the mat in bounds beyond reaction. **Exception:** Rule 4.2.2.

Art. 2. Hand-Touch Takedown. To award a takedown, reaction time is not required in instances in which a wrestler has standing neutral control of their opponent and the defending wrestler's hand comes in contact with the mat. (See illustrations.)

Art. 3. Neutral Danger Zone Takedown. When in the neutral position, the referee shall announce a neutral danger signal (NDS) anytime a wrestler exposes their shoulders to the mat at any angle less than 90 degrees (neutral danger zone). The danger zone utilizes near fall criteria outlined in Rule 4.5.1, but replaces 45 degrees with any angle less than 90 degrees. The NDS announcement shall occur anytime a wrestler is voluntarily or involuntarily in the neutral danger zone, beyond reaction time, and will continue until the wrestler is out of the danger zone or a takedown is awarded.

Art. 4. Neutral Danger Signal. The NDS is a verbal announcement of the word "danger," followed by a verbal three count. If the referee reaches the third count and the wrestler is still in the danger zone, the opposing wrestler is awarded a takedown.

Section 3. Escape

A defensive wrestler is awarded an escape when the offensive wrestler loses control of the opponent while any part of either wrestler remains in bounds. An escape may be awarded while the wrestlers are still in contact.

Section 4. Reversal

A reversal occurs when the defensive wrestler comes from the defensive position and gains control of the opponent, either on the mat or in a rear-standing position. For the purpose of awarding reversal points at the edge of the wrestling area, points shall be awarded when control is established while any part of either wrestler remains in bounds.

Section 5. Near Fall

Art. 1. *Near Fall Criteria.* A near fall is a position in which the offensive wrestler has the opponent in a controlled pinning situation in which any one of the following three criteria are met:

- a. The defensive wrestler is held in a high bridge or on both elbows;
- b. Any part of one shoulder or scapula, or the head is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less to the mat; or
- c. Any part of both shoulders or both scapulae are held within four inches of the mat.

In any pinning situation, a near fall may occur if any part of either wrestler remains in bounds.

Art. 2. *Counting the Near Fall.* A verbal count and, whenever possible, a visual hand count shall be used in determining a near fall. Likewise, a referee shall verbally inform the wrestlers when near fall points have been earned. A near fall is ended when the defensive wrestler is no longer in one of the three criteria positions. The referee shall not signal the score for a near fall until the hold used to secure the near-fall criterion is completely released.

Art. 3. *Two-point Near Fall.* If a criterion for a near fall is met and held uninterrupted for two seconds, two points shall be awarded.

Art. 4. *Four-point Near Fall.* If a criterion for a near fall is met and held uninterrupted for four seconds, four points shall be awarded.

Art. 5. *Offensive Wrestler Scoring Near Fall.* Only the offensive wrestler who has placed the opponent in a near-fall criterion situation may score near fall points.

Art. 6. *Defensive Wrestler Actions.* When a defensive wrestler places himself in near-fall criterion during attempted escapes or reversals, a near fall shall not be scored unless the offensive wrestler has secured control of the defensive wrestler and held them in near-fall criterion for at least two seconds.

Art. 7. *Injury — Imminent Near Fall.* When a pinning combination is executed legally by the offensive wrestler and a near fall is imminent, but the defensive wrestler is injured, indicates an injury or has excessive bleeding before a near-fall criterion is met, action will be stopped and a two-point near fall shall be awarded to the offensive wrestler.

Art. 8. *Injury — After Two-Point Near Fall Criterion Met.* When a criteria for a two-point near fall is met and the match is stopped for an injury, the defensive wrestler indicates an injury or has excessive bleeding, action will stop and a four-point near fall shall be awarded to the offensive wrestler.

Art. 9. *Injury — After Four-Point Near Fall Criterion Met.* When a criteria for a four-point near fall are met, and a match is stopped for an injury, the defensive wrestler indicates an injury or has excessive bleeding, an additional point shall be awarded to the offensive wrestler.

Art. 10. *Assessing Penalty Points in Near-Fall Situations.* Points for unnecessary roughness, unsportsmanlike conduct, technical violations or illegal holds committed by the defensive wrestler during near-fall situations shall be added to points earned by the offensive wrestler. In addition, wrestling shall continue

during a violation(s) by the defensive wrestler if the referee determines no risk of injury exists.

Art. 11. *Time Advantage Point.* The offensive wrestler who has control in an advantage position shall gain time advantage (that is, “riding time”). A timekeeper records each wrestler’s accumulated time advantage throughout the match. No sooner than at the end of the third period, the referee subtracts the lesser time advantage from the greater. If one of the competitors has one minute or more of net time advantage, the wrestler is awarded one point.

Section 6. Individual Match Scoring Values

In all matches, the competitors are awarded points by the referee in accordance with the following system:

| | |
|----------------|---------------|
| Takedown | 2 points |
| Escape | 1 point |
| Reversal | 2 points |
| Near Fall | 2 or 4 points |
| Time Advantage | 1 point |

Section 7. Dual Meet Scoring

Art. 1. Six team points shall be scored toward the team total for each competitor who wins by a fall, default, forfeit, medical forfeit or disqualification.

Art. 2. Five team points shall be scored for a technical fall.

Art. 3. Four team points shall be scored for a major decision.

Art. 4. Three team points shall be scored for a decision.

Art. 5. In a dual meet, when both teams fail to enter a competitor at the same weight class, it shall be scored as "no contest." In this situation, no team points are awarded.

Art. 6. Failure to make weight shall be scored as a forfeit.

Art. 7. Failure to pass medical examinations shall be scored as a medical forfeit.

Section 8. Tournament Team Scoring

TOURNAMENT SCORING CHART

| | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Four Places | 10 | 7 | 4 | 2 | | | | |
| Six Places | 12 | 10 | 9 | 7 | 6 | 4 | | |
| Eight Places | 16 | 12 | 10 | 9 | 7 | 6 | 4 | 3 |

Art. 1. *Tournament Placement Points.* In individual advancement tournaments, individual placement points should be awarded as soon as earned. Placement points already earned shall be deducted in cases of disqualification for flagrant misconduct.

Art. 2. *Tournament Scoring to Eight Places.* In tournaments scoring eight places, the winner of each championship quarterfinal should be awarded six place points, the winner of each championship semifinal should be awarded six

additional place points and the winner of each championship final should be awarded four additional place points. The winner of the wrestle-back semifinals receives three points. In the previous wrestle-back round, the winner receives three points and before that, three points. The winner of third place, the winner of fifth place and the winner of seventh place should receive one additional place point.

Art. 3. *Tournament Scoring to Six Places.* In tournaments scoring six places, the winner of each championship quarterfinal should be awarded four place points, the winner of each championship semifinal should be awarded six additional place points and the winner of each championship final should be awarded two additional place points. The winner of the wrestle-back quarterfinal match should receive four place points. The winner of the wrestle-back semifinals should receive three additional place points. The winner of third place and the winner of fifth place should receive two additional place points.

Art. 4. *Tournament Scoring to Four Places.* In tournaments scoring four places, the winner of each championship semifinal should be awarded seven place points and the winner of each championship final should be awarded three additional place points. The winner of each wrestle-back semifinal should receive two place points, and the winner of third place should receive two additional place points.

Art. 5. *More Than One Entry per Institution.* For individual team tournament scoring, when more than one competitor from the same institution competes in a given weight class, only the score for the competitor with the highest number of team points shall be used for calculating team points.

Art. 6. *True Placement Matches.* When true placement matches are wrestled in an individual team advancement tournament, the team score shall be adjusted only if true placement matches are held at all possible weight classes.

Art. 7. *Tournament Advancement Points.* With the exception of all placing matches, one team point shall be scored for each match won in the championship bracket and ½ point in the wrestle-back bracket. One point in the championship bracket and ½ point in the wrestle-back bracket shall be awarded for a bye if the wrestler receiving the bye wins in the next round.

Art. 8. *Bonus Points.* Two additional points shall be scored for each match won by fall, default, forfeit, medical forfeit or disqualification throughout the tournament. A total of 1½ points shall be awarded for each match won by a technical fall. One point shall be awarded for each match won by a major decision.

Art. 9. *Failure to Make Weight.* In individual advancement tournaments, failure to make weight shall be awarded as a forfeit to the opponent and points for the forfeit and advancement shall be scored.

Art. 10. *Failure to Pass Medical Exams.* Failure to pass medical examinations shall be awarded as a medical forfeit to the opponent and points for the medical forfeit and advancement shall be scored.

Section 9. Summary of Team Scoring

| <i>Dual Meet</i> | <i>Tournament</i> |
|---------------------------------|----------------------------------|
| Fall.....6 | Fall.....2 |
| Forfeit, Medical Forfeit.....6 | Forfeit, Medical Forfeit.....2 |
| Default.....6 | Default.....2 |
| Disqualification.....6 | Disqualification.....2 |
| Flagrant Misconduct.....6 | Flagrant Misconduct.....2 |
| Technical Fall.....5 | Advancement |
| Major Decision | Championship Bracket1 |
| (by 8 through 14 points)4 | Wrestle-Back Bracket.....½ |
| Decision | Technical Fall..... 1½ |
| (by fewer than 8 points).....3 | Major Decision |
| | (by 8 through 14 points)1 |
| | Bye followed by a win |
| | Championship Bracket1 |
| | Wrestle-Back Bracket ½ |

Section 10. Scoring Abbreviations

| | |
|------------------------------------|------------------------------------|
| T-2..... Takedown | F 1:36 Fall at 1:36 |
| R-2..... Reversal | For..... Forfeit |
| E-1..... Escape | Inj(1)1:45..... First injury |
| N-2..... Near fall (two seconds) | Inj(2)3:15↓..... Second injury* |
| N-4..... Near fall (four seconds) | M. For..... Medical forfeit |
| N-5..... Near fall | Def..... Default |
| (as a result of injury) | DQ..... Disqualification |
| FS..... False start | DQW..... Disqualification |
| S..... Stalling | for weight management |
| TV..... Technical violation | violation |
| P..... Illegal holds, | DQM..... Disqualification |
| unnecessary roughness | for violation of |
| MD..... Major decision | medical protocol |
| Dec..... Decision | TF-5:19 Technical fall– |
| W..... Warning | at 5:19 during match |
| C..... Caution | SV-1..... Sudden victory 1st round |
| UC..... Unsportsmanlike conduct | SV-2..... Sudden victory 2nd round |
| RT..... Riding time/time advantage | TB-1..... Tiebreaker 1st round |
| SV..... Sudden victory** | TB-2..... Tiebreaker 2nd round |
| TB..... Tiebreaker** | |
| FMC..... Flagrant misconduct | |

Note the abbreviations listed above are the only official terms for recording a result.

** Inj(2)3:15↓ – Method of recording second injury: injured wrestler started in down (defensive) position at resumption of wrestling.*

*** Examples for indicating overtime match results:*

5-3 (SV-1) or 3-1 (SV-2)^

7-6 (TB-1) or 4-2 (TB-2)^

6-6 (TB-2)^

Fall 7:26 (SV-1) or Fall 10:45 (TB-2)^

^Use SV designation only for overtime matches that end in the sudden-victory period.

^^Use TB designation only for overtime matches that end at the conclusion of the tiebreaker periods.

^^^Correct method of recording result when no points are scored in the second round and one wrestler wins by net time advantage.

^^^Correct method of recording a fall in either the sudden-victory or tiebreaker periods.

RULE 5

Infractions

Section 1. Assessing Match Penalties

Art. 1. *Penalty Table.* Infractions of the rules are penalized in accordance with the rules listed in the rules book and as summarized on the Penalty Table found at the end of this rule.

Art. 2. *Indicating Infractions.* A match shall not be stopped to indicate an infraction:

- a. When warning or penalizing either wrestler for stalling in the neutral position;
- b. When warning or penalizing for stalling the defensive wrestler or the offensive wrestler while in the rear standing position.
- c. For locked hands or grasping clothing committed during a successful scoring opportunity;
- d. For applying a figure-four scissors around the head from neutral during a successful takedown;
- e. For applying a figure-four scissors around both legs or the body from the offensive position during a successful reversal or escape;
- f. For illegal holds, unnecessary roughness or unsportsmanlike conduct during scoring situations, unless it is necessary to prevent an injury. The referee shall stop the match after scoring has occurred or if scoring no longer is imminent; and
- g. During a verbal and visual count for Rules 5.7.12, 5.7.13 and 5.7.14 when the defensive wrestler is in the process of scoring.

Art. 3. *Warnings and Sequence of Penalties.* The Penalty Table summarizes the sequence of violations, which are cumulative throughout the match and/or event.

Art. 4. *Offensive Infractions and Riding Time.* When an infraction occurs by the offensive wrestler, the referee shall ensure that the advantage time stops at the point when the infraction is indicated on the mat.

Section 2. Unsportsmanlike Conduct

Art. 1. *Description.* Unsportsmanlike conduct can occur before, during or after a match. It may include, but is not limited to, such acts as swearing, baiting an opponent, aggressively throwing ear protection (regardless of anger or excitement), failure to stop on the whistle, indicating displeasure with a call, excessive celebration involving a vulgar act, failing to comply with postmatch procedures, spitting or blowing of nose (into other than designated receptacles and repositories), having uniform straps down while still inside the competition

circle or other acts generally considered to be distasteful to spectators, coaches and fellow competitors.

Art. 2. *Calls Unchangeable.* Once an unsportsmanlike conduct violation has been assessed, it shall not be changed after the subsequent match begins in a dual meet and once the bout sheet leaves the table in a tournament. Additionally, the referee may not assess an unsportsmanlike or flagrant misconduct penalty during subsequent matches in a dual meet or later in a tournament session for action(s) in an earlier match.

Art. 3. *Wrestler — Prematch or Postmatch Period.* An unsportsmanlike conduct violation for a wrestler during the prematch or postmatch period shall result in the deduction of one team point for the first violation; the penalty for the second violation outside of a match and during the same dual meet or session will be disqualification, the deduction of one team point and removal from the premises for the remainder of the event.

Art. 4. *Wrestler — During a Match.* An unsportsmanlike violation during the match shall be an award to the opponent of one match point for the first violation and disqualification from the match for the second violation. In-match unsportsmanlike conduct disqualifications are disqualifications from that match only.

Art. 5. *Noncompeting Wrestler and Personnel — Prematch, Match or Postmatch Period.* An unsportsmanlike conduct violation by coaches, athletic trainers, managers, physicians and noncompeting wrestlers shall result in the deduction of one team point for the first violation; the penalty for the second violation will be disqualification, the deduction of one team point and removal from the premises. The referee shall signal the infraction, then inform the offending coach and scorekeeper of the one team point deduction.

Art. 6. *Accumulation of Penalties.* The penalties for unsportsmanlike conduct are cumulative throughout a dual meet or a tournament session for noncompeting wrestlers, coaches, athletic trainers, managers and physicians. In-match unsportsmanlike conduct calls for competitors are cumulative within that match.

Section 3. Unnecessary Roughness

Unnecessary roughness involves physical acts that occur during a match. It includes any act that exceeds normal aggressiveness. It would include, but is not limited to, a forceful slap to the head or face, gouging or poking the eyes, a forceful application of a crossface, a forceful trip, or a forearm or elbow used in a punishing way, such as on the spine or the back of the head or neck. Unnecessary roughness penalties are assessed in conjunction with other technical violations as outlined in the Penalty Table. Points for unnecessary roughness shall be awarded in addition to points earned.

Section 4. Illegal Substance on Skin

The use of oil or greasy substances that cannot be completely removed shall be grounds for disqualification from the match at the discretion of the referee. Timeout for the removal of such substances shall be cumulative with the timeout for injuries throughout the match.

Section 5. Flagrant Misconduct

Art. 1. *Description.* Flagrant misconduct can occur before, during or after a match. It may include, but is not limited to, nonphysical and physical acts of misbehavior, such as intentionally striking an opponent, deliberately attempting to injure an opponent, or any act serious enough to disqualify a wrestler from an event.

Art. 2. *Wrestler — Prematch, Match or Postmatch Period — Dual Meet.* A flagrant misconduct violation shall be penalized by the deduction of one team point, disqualification of the wrestler, removal from the premises for the remainder of the event, declaration of the opponent as the winner and the award of six points to the opponent's team. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 3. *Wrestler — Prematch, Match or Postmatch Period — Tournament.* A flagrant misconduct violation during a tournament shall be penalized by the deduction of one team point, removal from the premises for the remainder of the event, declaration of the opponent as the winner and two team points awarded for advancement. Additionally, the wrestler charged with the flagrant misconduct will not be credited with points earned before the incident, nor receive placement points or an individual tournament award. Other wrestlers will remain in their respective positions on the bracket. In dual-team advancement tournaments, the flagrant misconduct penalty points are only deducted for the session in which the offense occurred. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 4. *Noncompeting Wrestler.* A flagrant misconduct violation shall be penalized the same as if the noncompeting wrestler were a competing wrestler. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 5. *Institutional Representative.* If the offender is an institutional representative other than the competing and noncompeting wrestlers, the penalty shall be the deduction of one team point, and the offender shall be removed from the premises for the remainder of the event, including multi-day events. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 6. *Institutional Medical Staff.* If the offender is a member of the team's medical staff, the penalty shall be the deduction of one team point and the head coach shall be removed from the premises for the remainder of the event, including multi-day events. Also, the head coach shall be suspended from participating in the team's subsequent scheduled event. The member of the team's medical staff shall continue to serve the team's medical needs. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 7. *Video Review Requirement.* If mat-side video review is being utilized, once a flagrant misconduct violation has been assessed, the referee shall review the official designated mat-side video. The review shall take place immediately after the violation has been assessed. After the flagrant misconduct violation has been reviewed, the call may be confirmed or altered per the referee's decision.

Art. 8. *Calls Unchangeable.* Once a flagrant misconduct violation has been assessed, it shall not be changed after the subsequent match begins in a dual meet and once the bout sheet leaves the table in a tournament.

Art. 9. *Suspension Requirements.* A competitor, coach or institutional representative who commits an act of flagrant misconduct shall be suspended from participation until after the team's subsequent event. If flagrant misconduct occurs during the last event of the season, the suspension carries over to the first event of the next season.

Art. 10. *Reporting of Flagrant Misconduct Violations.* The referee shall alert the national coordinator of wrestling officials as soon after the match as possible that a flagrant misconduct violation occurred. The national coordinator of wrestling officials will contact the NCAA Wrestling Rules Committee liaison at the NCAA national office who will communicate with the violator's institutional administration, on behalf of the chair of the rules committee, to ensure the suspension is served.

Art. 11. *Multi-day Events.* In a triangular, quadrangular, individual advancement or dual-team advancement tournament, an individual(s) penalized for flagrant misconduct shall be disqualified and removed from the premises for the duration of the event, including multiple-day competitions. "Premises" is defined as the building in which the event takes place.

Art. 12. *Notification of Flagrant Misconduct.* A member of the tournament committee shall inform the head coach that a team member, who must be identified by name, has been charged with a flagrant misconduct violation.

Art. 13. *Use of Tobacco Products.* The use of tobacco products by student-athletes, coaches or other team personnel on the premises during an event is a flagrant misconduct violation. Additionally, in NCAA competition, a tobacco violation may be penalized as misconduct as defined in the NCAA bylaws of the current NCAA Division I, II or III Manual, with the penalty to be determined by the NCAA Wrestling Rules Committee.

Section 6. Illegal Holds

Art. 1. *General Illegal Holds Description.* Points for illegal holds shall be awarded in addition to the points earned by the offended wrestler. Whenever possible, an illegal hold should be prevented rather than called. When an illegal hold cannot be prevented, it must be penalized. Any hold is allowed except the hammerlock above the right angle, twisting hammerlock, full nelson, front headlock without the arm, headlock without the arm (must encircle at the elbow or above), straight head scissors (even though the arm is included), over-scissors, choke holds, all body slams, 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 front double arm bar, full back suplay from a rear-standing position, single leg cut back, when the offensive wrestler leaves both feet and uses one or both legs to execute the kickback, and any hold used for punishment alone. Any hold with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation is illegal. Any down position leg ride that hyperextends the knee of the defensive wrestler beyond the normal limits of movement is illegal.

Art. 2. *Grasping Fingers.* Wrestlers 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.

Art. 3. *Slam.* The term "slam" is interpreted as lifting and bringing an opponent to the mat with unnecessary force. This infraction may be committed

by a wrestler in either the top or bottom position on the mat and in the neutral position during a takedown. When a wrestler lifts the opponent off the mat and brings that wrestler to the mat with excessive force, a slam shall be called without hesitation after the situation occurs.

Art. 4. *Intentional Drill.* An intentional drill or forceful fall back is illegal and shall be called as a flagrant misconduct when the defensive wrestler is in a standing position and the offensive wrestler has a leg/body scissor hold or a cross-body ride.

Art. 5. *Over-Scissors.* A leg hooked over the top toe of an opponent's straight body scissors is interpreted as an over-scissor and is therefore illegal. (See Illustrations.)

Art. 6. *Locked Hands — Guillotine.* The offensive wrestler cannot lock hands around the head of the defensive wrestler when using the guillotine until the offensive wrestler meets a near-fall criterion. (See Illustrations.)

Art. 7. *Injury — Illegal.* For injury caused by illegal action, see Rule 6.3.5.

Art. 8. *Legal Hold to Illegal.* A wrestler applying a legal hold should not be penalized when the opponent turns the legal hold into an illegal hold. The referee shall announce that the hold be released when it becomes illegal. However, the match need not be stopped unless the referee finds it necessary to do so in order to correct the situation.

Art. 9. *The Double Arm Bar.* The front double arm bar is illegal if hands are locked in the middle of the back. (See Illustrations.)

Art. 10. *Rear Double Knee Kickback.* It is illegal, when a wrestler in the rear standing position, leaves their feet and uses their lower leg(s) to kick behind the defensive wrestler's knees in an attempt to bring the opponent to the mat. (See Illustrations.)

Art. 11. *Neck Bow.* When in the top position, it is illegal for the offensive wrestler to apply a head and arm side headlock from the side position and then somersaults toward and over the defensive wrestler's head. (See Illustrations.)

Art. 12. *High and Outside Single Leg Back Trip.* It is illegal to have a high single leg on an opponent and trip back to the opponent's buttocks side, when the tripper's body also is on the opponent's buttock's side. (See Illustrations.)

Section 7. Stalling

Art. 1. *Description.* One or both wrestlers attempting to avoid wrestling action as an offensive or defensive strategy.

Art. 2. *Initiating Action.* Action is to be maintained throughout the match by the wrestlers staying near the center of the mat and wrestling aggressively in all positions (top, bottom or neutral). Competitors charged with stalling shall be penalized according to the penalty sequence in Art. 3.

Art. 3. *Penalty Sequence.*

- a. First violation = warning.
- b. Second violation = 1 match point to the opponent.
- c. Third violation = 1 match point to the opponent.
- d. Fourth violation = 1 match point to the opponent.
- e. Fifth violation = disqualification.

Art. 4. *Double Stalling.* A “double stalling” violation is given when both wrestlers fail to initiate an offense.

Art. 5. *Neutral Position Stalling.* When competing in the neutral position, neither wrestler may cause an unnecessary restart by forcing an out of bounds call by the referee. Each wrestler shall attempt to work toward the center of the mat and continue wrestling in an attempt to secure a takedown, regardless of the time or score of the match. When wrestling is stopped in the neutral position for going out of bounds, one of the following three calls shall be made (see Signal Chart for proper referee signals):

- a. Stalling by one or both wrestlers for leaving the wrestling area;
- b. Stalling for pushing or pulling the opponent out of bounds; or
- c. Wrestling action is taking place.

Art. 6. *Stalling by Backing Up.* Continually backing away from the opponent without creating offensive action.

Art. 7. *Stalling by Wrestling on the Edge.* Near the edge of the wrestling area, a wrestler shall not leave the wrestling area unless it is to sprawl from an opponent’s takedown attempt or when interlocked in wrestling.

Art. 8. *Stalling by Kicking Out of Bounds.* A wrestler kicks out of a lower leg hold and this kick out requires the referee to make an out of bounds call.

Art. 9. *Stalling by Fleeing.* Fleeing or attempting to flee the wrestling area as a means of avoiding being scored upon.

Art. 10. *Stalling by Pushing or Pulling.* Pushing or pulling the opponent out of bounds so as to force a restart.

Art. 11. *Stalling — Offensive and Defensive Position.* Offensive and defensive wrestlers shall make an attempt to sustain active wrestling and remain in the competition circle.

Art. 12. *Stalling by Dropping Down to a Lower Leg.* When the offensive wrestler positions himself with one or both hands below the buttocks of the defensive wrestler, the referee immediately shall start a verbal and visual five-second count. The referee shall stop the count when the offensive wrestler improves his position, moves his hold back up above the buttocks of the defensive wrestler, or releases the hold. If the referee reaches the fifth count before the offensive wrestler improves his position, moves his hold back up above the buttocks or releases the hold, then the offensive wrestler shall be called for stalling.

Art. 13. *Stalling by Waist and Ankle Ride.* If the offensive wrestler applies a hold with a hand or arm around the defensive wrestler’s torso while applying the other arm/hand below the buttocks, the referee immediately shall start a verbal and visual five-second count. The referee shall stop the count when the offensive wrestler moves his arm/hand back up above the buttocks of the defensive wrestler, or releases the hold. If the referee reaches the fifth count before the offensive wrestler moves his arm/hand back up above the buttocks of the defensive wrestler, or releases the hold, then the offensive wrestler shall be called for stalling.

Art. 14. *Stalling by Side Headlock.* When an offensive wrestler applies a side headlock or cross body headlock to the defensive wrestler, the referee immediately shall start a verbal and visual five-second count. If the offensive

wrestler does not release the hold or attempt to put his opponent in a near-fall situation (defined as on their back or in a near-fall criterion) before the referee reaches his fifth count, the offensive wrestler shall be called for stalling.

Art. 15. *On-the-Mat Stalling Situations.* Offensive and defensive stalling situations also include:

- a. The offensive wrestler does not aggressively attempt to break down the opponent.
- b. Either wrestler pushing or pulling the opponent out of bounds to prevent scoring and/or force a restart.
- c. The defensive wrestler not initiating action to escape or reverse the opponent.
- d. An offensive wrestler not making an effort to return the defensive wrestler to the mat is considered stalling. In all rear-standing situations, it is the offensive wrestler's responsibility to make an effort to return the defensive wrestler to the mat.

Art. 16. *Stalling by Delaying Match.* Delaying the match, such as straggling back from out of bounds, unnecessarily changing or adjusting equipment, or match delays directly related to shoelaces, shall be penalized as stalling.

Section 8. Other Technical Violations

Art. 1. *Interlocking Fingers in Neutral Position.* Interlocking fingers with the opponent in the neutral position is a stalemate for the first offense. Subsequent offenses of interlocking fingers in the neutral position shall be called stalling.

Art. 2. *Interlocking Hands — Description.* Wrestlers in the position of advantage may not interlock or overlap their hands, fingers or arms around their opponent's body or both legs unless all of their opponent's weight is supported entirely by the defensive wrestler's feet or the defensive wrestler's pinning area is meeting a near-fall criterion. The opponent of a wrestler committing this technical violation shall receive one match point.

Art. 3. *Interlocking Hands — Reaction Time.* Reaction time for interlocking hands exists in all areas except for the locked hands call down on the mat.

Art. 4. *Interlocking Hands — Baiting.* It is inappropriate conduct for the defensive wrestler to touch either or both hands or one knee 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.

Art. 5. *Leaving Mat Without Permission.* It is a technical violation to leave the mat without first receiving permission to do so from the referee. The opponent shall receive one match point for this technical violation.

Art. 6. *Towel Off.* A timeout for the specific reason of towel off perspiration during a match is a technical violation. The opponent shall receive one match point for this technical violation.

Art. 7. *Grasping Clothing or Equipment.* Grasping of clothing, the mat, equipment or ear protection by a competitor is a technical violation. Any action after this technical violation is considered dead time.

Art. 8. *False Starts.* A first and second false start violation shall be a visual caution, signified by a “C” formed by the forefinger and thumb. A third and subsequent violations shall result in one penalty point for each occurrence.

Art. 9 *Figure-Four Scissors.* The figure-four scissors is a technical violation when applied by the offensive wrestler around the body or around both legs of the defensive wrestler, or around the head, with or without the arm included, in a neutral position by either wrestler.

Section 9. Penalty Table Footnotes

The following footnotes refer to the Penalty Table on the following page:

¹Point assessments are added to opponent's score.

²Disqualify, deduction of one team point, ejection for the remainder of the event, loss of all previously earned team points and suspension from the subsequent event.

³Offender is suspended from the subsequent team competition.

⁴Cumulative for each institution throughout a dual meet, single and multi-day tournaments, and both dual individual and team-advancement events.

PENALTY TABLE

| Infraction | 1st Violation | 2nd Violation | 3rd Violation | 4th Violation | 5th Violation |
|--|--|---|--|---------------------------------|---------------------------------|
| Unsportsmanlike conduct—wrestler during match ¹ | 1 point | Disqualify for that match only | | | |
| Technical Violations (TV)¹ | | | | | |
| Locked hands | | | | | |
| Illegal hold | 1 point | 1 point | 2 points | Disqualify | |
| Unnecessary roughness | | | | | |
| Towelng off | | | | | |
| Grasping clothing | | | | | |
| Leaving mat without permission | | | | | |
| Stalling Technical Violations¹ | | | | | |
| Stalling | Warning | 1 point | 1 point | 1 point | Disqualify |
| Delay of match | | | | | |
| Fleeing wrestling area | | | | | |
| Starting Position Penalties¹ | | | | | |
| False start | Caution | Caution | 1 match point for this and each subsequent violation | | |
| Incorrect starting positions | | | | | |
| Unsportsmanlike conduct—nonparticipating team personnel; wrestlers before and after match (cumulative per dual meet or tournament session) | 1 team point | 1 team point and offender is ejected for remainder of event | | | |
| Flagrant misconduct ² —wrestlers (prematch, during match and postmatch) | Disqualify, eject and 1 team point deduction | | | | |
| Flagrant misconduct—institutional personnel ³ | Ejection for remainder of event and loss of one team point | | | | |
| Questioning a rules application ⁴ | Warning | Warning | 1 team point for this and each subsequent violation | | |
| Control of mat area—failure to comply | 1 team point deduction | 1 team point for this and each subsequent violation | | | |
| Illegal substance on skin | | | | | |
| Grooming | | | | | |
| Illegal uniform/equipment | | | | | |

See Rule 5.9 on Page 54 for Penalty Table footnotes.

RULE 6

Injuries, Timeouts and Match Stoppages

Section 1. Injury Timeouts

Art. 1. *Unethical Timeouts.* Taking an injury timeout for a non-injury situation is unethical. A competitor who indicates an injury for the purpose of preventing scoring or being pinned must be charged with an injury timeout.

Art. 2. *Calling a Non-Bleeding Injury Timeout.* A wrestler that wishes to request an injury timeout shall notify the referee, who is solely responsible for calling match timeouts.

Art. 3. *Starting the Injury Time Clock.* When an injury timeout is called by the referee, the injury clock shall not be started until the medical personnel arrive at the mat.

Art. 4. *Injury Time Stopped Prior to Medical Personnel Arriving.* If a wrestler requests and receives an injury timeout, and then subsequently indicates they are ready to return to the match before the injury time clock begins, the referee shall charge the wrestler with a timeout and ensure that one second of injury time is recorded.

Art. 5. *Possible Presence of Injury.* Referees also shall have the prerogative to stop the match to communicate with the wrestler regarding the possible presence of an injury before requesting medical personnel be summoned and the injury time or recovery time clock started.

Art. 6. *Injury Timeout Assessment Requirement.* With the exception of Rule 6.1.5, when wrestling action is stopped for a non-bleeding injury assessment by medical personnel, an injury timeout shall be assessed.

Art. 7. *Non-Bleeding Injury Timeout.* An injured or ill competitor may be awarded timeout up to a maximum of 1½ minutes, which is cumulative throughout the match, including overtime periods.

Art. 8. *Coaching Non-Bleeding Injured Wrestlers.* Coaching an injured wrestler is not permitted.

Art. 9. *Coaching Non-Injured Wrestler.* Coaching of the non-injured wrestler is permitted during an injury timeout or a referee timeout.

Art. 10. *Coaching During Bleeding Timeout.* Coaching of both wrestlers is allowable during a bleeding timeout.

Art. 11. *Coaches Assisting Injured Wrestlers.* In the case of a severe or traumatic situation, medical personnel may request the wrestler's coach to assist in the calming of the wrestler, but the coach must remove themselves from the

situation during any assessment period related to the injury or concussion evaluation.

Art. 12. *Penalty for Coaching an Injured Wrestler.* Failure to comply with the rules related to coaching an injured wrestler will be penalized under Rule 3.20.7.

Art. 13. *Injury Timeout — Imminent Scoring.* If there was imminent scoring when an injury timeout was called, the referee shall charge an injury timeout to the injured competitor and award the applicable points.

Art. 14. *First Non-Bleeding Injury Timeout.* Once the first non-bleeding injury timeout is taken by a wrestler at any time, the non-injured wrestler is given choice of top, bottom or neutral position on the restart.

Art. 15. *First Non-Bleeding Timeout after First Period.* If the first injury timeout is taken at the conclusion of the first period, the non-injured wrestler will have choice at the start of the second and third periods.

Art. 16. *First Non-Bleeding Timeout after Second Period.* If the first injury timeout is taken at the conclusion of the second period and it is the injured wrestler's choice, the non-injured wrestler will receive the choice at the start of the third period.

Art. 17. *First Non-Bleeding Timeout and Opponent Already Has Choice.* If the first injury timeout is taken and the non-injured wrestler already has earned the choice of position, then the non-injured wrestler will keep the choice and the injured wrestler will be assessed a warning for stalling.

Art. 18. *Second Non-Bleeding Timeout.* Once the second non-bleeding injury timeout is taken by a wrestler at any time, the non-injured wrestler is awarded one point.

Art. 19. *Second Non-Bleeding Timeout — Conclusion of Third Period or Second Tiebreaker.* If the second non-bleeding injury timeout is taken at the conclusion of the third period or second tiebreaker period, the opponent shall be awarded one point at the beginning of the sudden-victory period, and the match is concluded and scored as a win in the sudden-victory period.

Art. 20. *Second Non-Bleeding Timeout during Sudden-Victory Period.* If the second non-bleeding injury timeout is taken anytime during the sudden-victory period, the opponent shall be awarded one point and the match is concluded.

Art. 21. *Third Non-Bleeding Timeout.* A third non-bleeding injury timeout will terminate the match. The non-injured wrestler shall be declared the winner by injury default.

Art. 22. *Bleeding Timeout.* If bleeding occurs, the referee shall interrupt the match, except if the bleeding is insignificant and a point-scoring action is taking place. In that case, the match shall be interrupted as soon as the point-scoring situation is completed.

Art. 23. *Time Allowed for Bleeding Timeout.* Timeout for bleeding shall not count against the wrestler's 1½ minutes of injury time. When a wrestler is bleeding, the bleeding shall be stopped and the open wound covered with a dressing sturdy enough to withstand the demands of activity before the wrestler may continue. Determining the number and length of bleeding timeouts is left to the discretion of the referee. If bleeding becomes excessive or causes

and inordinate amount of timeouts, the referee, in consultation with medical personnel, shall have the authority to default the match.

Art. 24. *Blood on Uniform.* Blood on a uniform does not necessarily require a uniform change; however, in the rare case when a wrestler's uniform becomes saturated with blood, that wrestler shall be directed to change into another competition uniform. Saturated is defined as soaked with moisture or drenched. If blood has penetrated through a garment to the skin or can be transferred to the other wrestler or referee, the garment is saturated. The same criteria should be applied to a wrestler's personal equipment (ear protection, knee brace, etc.). If another competition uniform is not available, the match shall be defaulted and the other wrestler declared the winner.

Art. 25. *Blood on the Mat.* Blood on the mat or surrounding area shall be cleaned and disinfected using appropriate procedures and standard precautions before the match resumes.

Section 2. Concussion Evaluation Timeouts

Art. 1. In the case of a possible concussion, the referee shall stop the match for a concussion evaluation.

Art. 2. The medical personnel conducting the evaluation shall have unlimited and unimpeded time to evaluate the wrestler.

Art. 3. In cases of uncertainty, the medical personnel shall be granted the ability to remove the wrestler from the competition area to perform the concussion evaluation.

Art. 4. During the evaluation, the match will be suspended until a decision is rendered. During this match suspension period, the referee, the coaches of each wrestler, and the non-injured wrestler are to remain on the mat.

Art. 5. A concussion evaluation timeout shall not count toward the wrestler's injury time or recovery time.

Art. 6. An injury timeout that is converted to a concussion evaluation timeout shall be handled only as a concussion evaluation timeout and the injured wrestler shall not be charged with an injury timeout.

Art. 7. Only the referee or the medical personnel are allowed to request a concussion evaluation. See Rules 6.1.8 and 6.1.9 for coaching during injury timeouts.

Section 3. Other Injury Timeouts

Art. 1. *Displacement of Contact Lens.* Time used to recover or replace a dislodged or lost contact lens may be charged against a wrestler's 1½ minutes of injury time and count as an injury timeout, if the referee determines the time required is excessive.

Art. 2. *Resumption of Wrestling.* If, at the expiration of the injury timeout, the wrestler is able to continue wrestling, the match shall be resumed as if the wrestler had gone out of bounds.

Art. 3. *Defaulting the Match.* The coach has the prerogative to default (stop) a match in progress, or during a timeout, injury timeout or recovery timeout, by walking onto the edge of the wrestling area in an orderly manner to notify the referee. The competitor may terminate the match by stating clearly and verbally

to the referee the intent to default. It is understood by the coach, competitor and referee that either of these procedures terminates the match in progress.

Art. 4. *Accidental Injury.* If a competitor is injured accidentally and is unable to continue the match, the opponent shall be awarded the match by default.

Art. 5. *Injury From Illegal Action.* When a competitor injures an opponent by executing an illegal hold and/or committing an act of unnecessary roughness or unsportsmanlike conduct, the injured wrestler is allowed a maximum of two minutes of recovery time to be ready to wrestle. This time does not count against the wrestler's cumulative 1½ minutes of injury time. If the wrestler is not able to continue at the end of two minutes of recovery time, then the match is awarded to the injured wrestler and scored as a disqualification. However, if the injured wrestler recovers and wrestling resumes, the wrestler then cannot be awarded the match by disqualification for this illegal action.

Art. 6. *Double Medical Forfeit.* If both competitors are forced, due to injury, to declare a medical forfeit, the next round's opponent wins by medical forfeit.

Art. 7. *Attendants During Injury Timeout.* No more than two attendants and a physician/athletic trainer shall be permitted on the mat with the wrestler during an injury timeout.

Section 4. Return to Play

Art. 1. *Concussion and/or Spinal Injury.* If a competitor injury defaults a match because of a concussion or spinal injury, the wrestler shall not be permitted to return to competition without approval of the team physician or the team physician's designee according to each institution's Concussion Management Plan.

Art. 2. Wrestlers diagnosed with a concussion during a concussion evaluation timeout, or anytime at an event, shall not return to competition for the remainder of the day. (See Appendix D.)

Art. 3. Return-to-play decisions on subsequent days of a multi-day event are decided by the team physician.

Art. 4. With the exception of skin check examination failures, the play and return-to-play decision of the team physician takes precedence over the team's athletic trainer and also the on-site tournament physician.

RULE 7

Referees and Other Personnel

Section 1. Referee Requirements and Attire

Art. 1. *Registration.* A referee who wishes to be eligible to officiate in-season dual meets, tournaments (including opens) and championship competition, must complete the following requirements prior to October 19 each year:

- a. Register on the NCAA Wrestling Center Mat;
- b. Complete the NCAA Wrestling Referee Enhancement Program fall clinic; and
- c. Complete the online examination and receive a minimum passing score of 86 percent.

Art. 2. *Institutional Penalty.* An institution using a non-registered referee shall be subject to any or all of the following penalties:

- a. Monetary fine (\$50 up to a \$300 maximum penalty);
- b. Disqualification of head coach for one or more competitions; and
- c. Private or public reprimand.

Coaches and/or administrators are encouraged to contact the NCAA national coordinator of wrestling officials or the NCAA staff liaison to report a potential violation.

Art. 3. *Referee Attire.* The referee shall be dressed neatly. A referee's attire for all dual meets and tournaments shall consist of:

- a. Black-and-white striped or black-and-gray striped referee's short-sleeve knit shirt (when officiating tournaments or multiple duals, shirt uniformity is required for all referees);
- b. Black full-length trousers;
- c. Black socks and black gym shoes;
- d. Black belt;
- e. Red and green wristbands;
- f. Colored disc; and
- g. Whistle.

Art. 4. *Wristbands.* Referees shall wear a green wristband on their right wrist and red wristband on their left wrist to correspond to the starting lines of the home and visiting teams, respectively. However, referees shall have the flexibility to switch color assignments.

Section 2. Referee Jurisdiction, Control and Matters of Judgment

Art. 1. *Jurisdiction.* The jurisdiction of the referee begins upon arrival at the site of competition and concludes when the referee enters their locker room post-competition.

Art. 2. *Control and Judgment.* On matters of judgment, the referee shall have full control of the meet. The referee's decisions shall be final; however, a referee may immediately change a call during a match if the referee feels the original call was in error.

Section 3. Referee Duties and Procedures

Art. 1. *Premeet Instruction.* Before the competitors and coaches come to the mat, the referee shall:

- a. Verbally alert home management of any variance from the stated facility, mat requirements and mat-side video review rules;
- b. Inspect wrestlers for improper grooming, the presence of oils or greasy substances, long fingernails, objectionable braces/pads/taping, or the wearing of improper warm-ups and/or clothing, finger rings, jewelry, or chewing gum, none of which shall be allowed. Inspections of all wrestlers shall be completed before dual meets and during the first round of all tournaments, unless executed by the tournament committee at the medical examinations;
- c. Clarify the rules with coaches and competitors;
- d. Advise wrestlers to report to their designated areas (red and green) at the center of the mat, opposite each other and ready to wrestle; and
- e. Advise coaches of proper coaching attire.

Art. 2. *Unexpected Developments.* The referee should address promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.

Art. 3. *Enforcing the Rules.* The referee shall be firm in enforcing the letter and spirit of the rules and penalize consistently any infractions. The referee shall enforce vigorously and promptly the penalties for the infractions.

Art. 4. *Use of Second Referee.* A referee shall cooperate with the second referee and not hesitate to ask for assistance, remembering that the main objective is to make correct and fair decisions.

Art. 5. *Referee Signals.* The referee shall use the Collegiate Referee Signals Chart in this rules book. (See Appendix B.)

Art. 6. *Oral Commands.* The referee may use oral commands, that is, "action, improve, center" to instruct, but not coach, wrestlers.

Art. 7. *Warning/Awarding Points.* The referee will signal and verbally notify the scorer and competitors when warnings or points are awarded to either wrestler. The referee will use a verbal and proper signal when calling stalling. This can occur in the neutral, offensive and defensive positions.

Art. 8. *Signal Timekeeper.* The referee shall signal the timekeepers as follows:

- a. When the match is started or stopped for any reason;
- b. When time advantage begins or ends for a competitor; and
- c. Whenever timeout is involved in any situation occurring in the match.

Art. 9. *Awarding Points — Edge of Mat.* When possible, the referee should award points in on-the-edge-of-the-mat situations before blowing the whistle.

Art. 10. *Period Ends Before Awarding Fall, Point(s) or Assessing Infraction.* If the referee determines that a fall, near fall, takedown, reversal, escape or any infraction has occurred, and the period ends before the referee can so indicate, those points and/or fall shall be recorded.

Art. 11. *Referee Consultation on Timing.* If the referee is uncertain whether any action or scoring occurred prior to the end of the period, he shall have the opportunity to consult with the scorer's table and/or second referee.

Art. 12. *Use of Hands in Pinning Situations.* The referee should not place either or both hands under the shoulders of a competitor unless absolutely necessary to determine a fall.

Art. 13. *Potentially Dangerous.* The referee shall caution the user of a potentially dangerous hold in order to prevent possible injury. Such holds may be stopped by the referee, if possible, before reaching the dangerous stage.

Art. 14. *Certifying Final Results.* The referee shall sign the official scoresheet or scorebook to certify the final results. In cases in which electronic scoring is used, the referee shall verify the official score display to certify the results.

Section 4. Second Referee

Art. 1. *In Tournaments.* In tournament competition, it is recommended that a second referee be assigned. The use of a second referee is designed to minimize human error. The second referee will be granted the same mobility as the referee; however, the referee will be in control of the match.

Art. 2. *Obligation.* Second referees must aggressively take part in the officiating of each match.

Art. 3. *Time and Score.* When possible, the second referee should be in a position to observe mat action and the clock simultaneously at the expiration of each period if a towel tapper is not used.

Section 5. Second Referee Procedures

Art. 1. *Verbal Communication.* Verbal communication between the second referee and referee is encouraged.

Art. 2. *Disagreement.* When the second referee disagrees with the referee, the match should be stopped as soon as it is practical, and an official timeout will be indicated. The second referee should avoid interrupting the match while significant action is in progress.

Art. 3. *Resolving Questions or Disagreements.* When discussing a disagreement, the second referee and the referee should meet on the matted area, away from competitors and the scorer's table.

Art. 4. *Options.* A second referee may support, disagree with or have no opinion relative to a decision. However, the referee should prevail in the event of a disagreement.

Art. 5. *Inform Scorer's Table.* When a decision is reached, the referee shall inform the scorer's table of any change in the match scoring.

Art. 6. *Reporting Violations.* If the second referee determines a coach, competitor or other team personnel is in violation of rules pertaining to unsportsmanlike

conduct, control of mat area or questioning a rules application, the second referee should notify the referee when appropriate. The referee shall inform the scorer's table.

Art. 7. *Prematch and Postmatch Procedure.* The second referee shall check each corner for dress code violations before a match begins. In addition, the second referee shall remain on the mat to observe potential inappropriate conduct by coaches and/or competitors until all participants leave the mat area.

Section 6. Match/Meet Timekeeper

Art. 1. *Home Institution Responsibilities.* The home institution shall provide each timekeeper with a cumulative time clock(s) for recording the time during the match. The match timekeeper shall be provided with two extra cumulative time clocks for recording time out in case of injury to the competitors. The match timekeeper also shall be provided with a gong, horn or bell. A multiple timer may be used in place of time clocks;

Art. 2. *Timekeeper Responsibilities.* The match timekeeper is responsible for the following:

- a. Overseeing assistant timekeepers and scorers, constantly checking their activities;
- b. Keeping the overall time of the match;
- c. Keeping and recording injury-charged timeouts. The injury time remaining shall be called out at intervals of one minute, 45 seconds and 30 seconds, and counted down from 15 seconds to zero;
- d. Notifying the referee of a disagreement among the official scorers or timekeepers, or when requested by the coach to discuss a possible error;
- e. Assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period;
- f. If a visual advantage time clock is not available, informing competitors and coaches, when requested, of time advantage accumulated; and
- g. Informing the referee when a 15-point differential occurs.

Section 7. Assistant Timekeepers

Assistant timekeepers may be assigned and are responsible for the following:

- a. Recording the cumulative time advantage of the wrestler to whom they have been assigned;
- b. Constantly checking each other's recording of time advantage;
- c. Constantly checking the match timekeeper's recording of time;
- d. Showing the referee the actual recording of the time advantage each wrestler has accumulated at the end of the match; and
- e. Stopping time advantage when the referee signals loss of control, illegal interlocking of hands, illegal holds or grasping of clothing.

Section 8. Scorers

The scorers are responsible for the following:

- a. Recording points scored by both wrestlers when signaled by the referee;
- b. Constantly checking each other's scoring;

- c. Keeping the scoreboard operator continually advised of the official score during each match;
- d. Immediately advising the match timekeeper when they are in disagreement regarding the score;
- e. If using individual advantage time timing devices, recording the time advantage at the end of each period;
- f. Recording which competitor has the choice of position at the start of the third period;
- g. Informing the timekeeper and referee of the number of timeouts that have been used;
- h. Circling the first points scored in the regulation match that are not escapes and/or penalty points. It is recommended that a visual method be used to indicate which wrestler scored these first points, thus informing the referee, wrestlers, coaches and spectators as to which wrestler will have the first choice in the tiebreaker period, if necessary;
- i. Recording the time advantage point, if earned, in the final match score;
- j. Showing the referee the scorebook at the end of each match; and
- k. Recording the time of the fall, technical fall, disqualification or default, both on the match sheet and in the scorebook.

Section 9. Tobacco Use by Referees and Other Personnel

All personnel, including referees, second referees, timekeepers and scorers, are prohibited from using tobacco in the wrestling venue before, during or after a dual meet or tournament. Violations should be reported to the event administrator.

RULE 8

Weight Management

Section 1. NWCA Optimal Performance Calculator (OPC)

Art. 1. Requirement. All NCAA institutions are required to properly set up and use the NWCA Optimal Performance Calculator (OPC).

Art. 2. Head Coach Requirements. Annually before midnight October 1, each head coach is required to do the following:

- a. View the annual "NCAA Wrestling Rules Presentation;"
- b. Input the team's first day of practice into the NWCA OPC;
- c. Input the team's competition schedule into the NWCA OPC; and
- d. Input the team's complete roster into the NWCA OPC.

Section 2. General Weight Management Requirements

Art. 1. Requirements. Any wrestler whose name appears on an institutional roster shall comply with the Weight Management Program regulations and procedures found both in this rules book and in the annually distributed NCAA Weight Management Program packet.

Art. 2. Transfer Student-Athletes—Non-NCAA to NCAA. Wrestlers who transfer from non-NCAA institutions to NCAA institutions must complete the NCAA weight certification process at the NCAA school.

Art. 3. Transfer Student-Athletes—NCAA to NCAA. Wrestlers who transfer from one NCAA institution to another NCAA institution are not required to recertify. The coach and/or medical personnel at the institution receiving the transfer shall put in a Trackwrestling ticket, requesting a transfer of the wrestler's certification information to their school. After securing permission from the NCAA Weight Management Liaison, Trackwrestling will transfer the certification data to the new institution.

Art. 4. NCAA Weight Management Program Liaison. The NCAA Weight Management Program Liaison has read-only access to each institution's weight certification information, weight-loss plans and Individual Season Record Forms (ISRF).

Art. 5. CPR and First Aid Training. All coaches, including volunteers, shall be certified in cardiopulmonary resuscitation (CPR) annually by the date of the first practice. Similarly, coaches and volunteers must be certified in basic first aid every three years.

Art. 6. Assessor. A person called the assessor, who performs the assessment and submits the data, shall be a member of the institution's athletics medical staff (for example, physician, certified athletic trainer or registered dietitian). Each team assessor is required to view the "NCAA Wrestling Rules Presentation."

Art. 7. Assessor Responsibility. It is the assessor's responsibility to ensure the certification process is executed professionally and with the utmost integrity, with particular vigilance required in regard to the administration of the hydration test. The discovery of improprieties involving an attempt to circumvent the mandated assessment protocol shall be reported immediately to the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222. All sources will be kept confidential.

Art. 8. Weight Certification Document Retention. Each assessor shall retain a copy of each wrestler's individual weight certification assessment data that was collected. In addition, each institution shall keep on file a copy of its wrestlers' NCAA Weight Management Program forms.

Section 3. Weight Certification Procedures

Art. 1. Weight Certification Deadline. Each institution's assessor shall conduct an initial weight assessment of its wrestlers no sooner than the first day of classes and **no later than November 1** annually. During the initial weight assessment, a wrestler's minimum wrestling weight class for the season shall be determined. (See also Rule 8.3.12.)

Art. 2. Weight Certification Deadline—Wrestler Reporting after November 1. A wrestler joining the team after November 1 shall perform a weight certification prior to their first competition. (See also Rule 8.3.12.)

Art. 3. Assessor Data Entry Requirements. The assessor shall enter all assessment data into the NWCA OPC system within five days of collection or the data will be invalid and the wrestler must be reassessed.

Art. 4. Verification Process for Weight Assessments. Once the assessor enters the wrestler's data into the NWCA OPC system, the information is stored for 48 hours. Coaches will have read-only access during this official certification process. Within the 48-hour window, the head coach and assessor shall discuss and review the entered data. The coach shall discuss and review the assessment data with each wrestler before confirming the assessment. Both the assessor and head coach shall verify the data as the "official assessment" for each wrestler.

Art. 5. Final Assessments are Unalterable. As soon as the assessor and head coach confirm and accept the established minimum weight class, the certification is permanently saved and is unalterable. Incorrectly submitted assessments may not be appealed.

Art. 6. Failure to Verify. If no action is taken to accept (confirm) the assessment within the 48-hour review period, the assessment information is automatically deleted from the institution's file and the certification process shall be repeated.

Art. 7. Preseason Assessment Access. Coaches will have access to conduct a preseason weight management assessment to estimate a wrestler's lowest allowable weight class and the first date a wrestler may compete at that weight class as determined by the wrestler's weight-loss plan. This functionality has been developed for coaches as an educational and informational tool and is not the official weight certification assessment.

Art. 8. Weight Class Ascent/Descent Option. A wrestler wishing to weigh in at a weight class higher than his or her lowest certified weight class may return to the certified weight class by following the recalculated weight loss plan

dates indicated in the NWCA OPC. This provision may be applied multiple times during the season up to the first day of postseason competition weigh-in deadline.

Art. 9. *Deadline for Descent.* Each wrestler has until (on or before) the first day of postseason competition weigh-ins to reach or descend back to his or her lowest certified weight class as determined by the wrestler's individual weight-loss plan. There is no appeal for missing the first day of the postseason competition weigh-in deadline.

Art. 10. *Descent and the 1.5 Percent Regulation.* The NCAA Weight Loss Plan guides a wrestler to lose not more than 1.5 percent of body weight per week from the weekly weigh-in (seven days) while making the descent to the lowest certified weight class.

Art. 11. *Body Fat Below 5%.* A penalty shall not be assessed for a wrestler who has below 5 percent body fat during the initial weight certification process.

Art. 12. *Weight Loss Descent Requirement.* A wrestler shall not compete initially, or at any time, below the established minimum wrestling weight as identified on the individual weight-loss descent plan. A wrestler may weigh in at the certified weight class and compete at a higher weight class, but shall follow the weight loss descent guidelines in returning to the original lowest allowable weight class.

Section 4. Violations

Art. 1. *Integrity of the NCAA Weight Management Program Certification Process.* Violations of the NCAA weight certification rules, protocols and processes, including falsifying weight certification data, urine manipulation and any other action that violates the integrity of the weight management process, are subject to the following:

- a. The violation shall be reported to the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222;
- b. The NCAA Wrestling Rules Committee will investigate and review the violation details;
- c. A first violation will result in:
 1. The wrestler being suspended from the next eight consecutive dates of competition per the official team schedule. The wrestler will not be allowed to compete unattached during this suspension;
 2. The wrestler being required to recertify during the suspension period; and
 3. A private reprimand to the head coach and director of athletics.
- d. A second violation will result in:
 1. The wrestler being suspended for one year from the date of the violation; and
 2. Additional penalties for the head coach and/or institution to be determined by the rules committee.

The above penalty structure outlines the minimum penalty for weight certification violations that violate the integrity of the process. The rules committee reserves the right to impose additional penalties to wrestlers, coaches and institutions if the situation warrants further action.

Art. 2. *Other NCAA Weight Management Program Violations.* When warranted, the NCAA Wrestling Rules Committee has the authority to investigate other reported violations and determine the appropriate penalty(ies). The following penalties may be imposed by the rules committee for any violation(s) of the NCAA Weight Management Program rules, protocols and processes indicated in this rules book or the annually distributed NCAA Weight Management Program packet not outlined in Rule 8.4.1.

- a. Public or private reprimand;
- b. Financial penalty of \$100 per institution or \$50 per individual up to a \$300 maximum penalty;
- c. Disqualification of individual contest(s);
- d. Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
- e. Individual and/or team records or performance adjusted;
- f. Matches vacated and/or contest suspensions; and
- g. Other penalties the NCAA Wrestling Rules Committee deems appropriate.

RULE 9

Medical Exams, Weigh-Ins and ISRF

Section 1. Medical Examinations

Art. 1. *Qualified Examiners.* A physician (preferably a dermatologist) or certified athletic trainer shall examine all entrants for communicable skin diseases before all tournaments and meets. (For guidelines regarding the dispensation of skin infections, see Appendix C, Skin Infections in Wrestling.)

Art. 2. *Medical Examination Times.* Medical examinations/skin checks shall begin 15 minutes or less before the scheduled time of weigh-ins.

Art. 3. *Dress for Medical Examinations.* See Rule 9.2.4.

Art. 4. *Reporting for Medical Examinations.* See Rule 9.2.13.

Art. 5. *Completion of Medical Examinations.* The medical examination/skin check is completed once all wrestlers who were present at the published time have been examined.

Art. 6. *Multi-Day Events.* Medical examinations/skin checks shall be conducted each day of multi-day events.

Art. 7. *Failing Medical Examinations.* The presence of a communicable skin disease, as determined by the physician or certified athletic trainer, shall be full and sufficient reason for disqualification. Disqualification for a communicable skin disease shall be listed as a medical forfeit in the bracket. (See Rule 1.8.2 for failing medical examinations for a facial hair violation.)

Art. 8. *National Qualifying Events.* Individuals failing medical examinations/skin checks at national qualifying events may be allowed to weigh in and then be listed on the bracket as a medical forfeit.

Art. 9. *Competition While Being Treated.* If a wrestler has been previously diagnosed as having a skin condition and is currently being treated by a physician, who has determined it is safe for the individual to compete without jeopardizing the health of the opponent, the entrant may be considered for competition after review of the required treatment documents.

Art. 10. *Documentation Requirement.* The coach or certified athletic trainer of the wrestler under treatment shall provide a hard copy of current written documentation from the treating physician to the medical professional at the medical examination, with the approved NCAA Skin Evaluation and Participation Status Form describing the following:

- a. The diagnosed skin disease or condition;
- b. The prescribed treatment and time necessary for it to take effect; and

- c. That the skin disease or condition would not be communicable or harmful to the opponent at the time of competition.

Art. 11. *Final Medical Determination.* Final medical determination of the entrant's ability to compete shall be made by the host site's physician or certified athletic trainer who conducts the medical examination after review of any such documentation and the completion of the exam. Non-adherence or the circumvention of this final decision is punishable per Rule 9.7.

Section 2. Weigh-Ins

Art. 1. *Requirement.* All NCAA events shall adhere to the weigh-in and medical examination rules as described in this rule. Additionally, these weigh-in rules apply to all wrestlers listed on an institution's roster.

Art. 2. It is mandatory that the NCAA Official Weigh-In Form, generated by the NWCA OPC system, be used for all competition.

Art. 3. *Location and Personnel.* Weigh-ins shall be conducted in a private, secured area at the site of competition or in an adjacent building to the competition, and attendance shall be limited to the wrestlers, coaches of the wrestlers, required medical personnel, the person(s) supervising the weigh-in and others deemed necessary by the tournament administration. If the medical checks and/or weigh-ins are being held in the competition arena, all spectators and unnecessary personnel shall not be permitted in the competition area until the weigh-ins are completed.

Art. 4. *Undergarments.* All wrestlers shall weigh in wearing a minimum of a suitable undergarment, such as briefs, boxers, shorts or competition singlet. A garment shall not be altered and shall cover the entire buttocks.

Art. 5. *Delivery of Weigh-In Form.* The weigh-in form shall be hand carried or electronically submitted to each NCAA competition host.

Art. 6. *Copy of Completed Weigh-In Form.* A copy of the completed NCAA Official Weigh-In Form shall be made available to each competing institution or wrestler (in open events).

Art. 7. *Weigh-In Form Retention — Coaches.* Coaches shall retain a copy of completed NCAA Official Weigh-In Forms on file for a recommended five years.

Art. 8. *Weigh-In Form Retention — Hosts.* Hosts of all individual and team-advancement tournaments shall record, collect and retain a copy of the NCAA Official Weigh-In Form from all participating institutions. These forms shall be retained for a recommended five years.

Art. 9. *Scales.* It is recommended a digital scale be used for weigh-ins. All scales used for weigh-ins shall be certified before the start of each season. The scale(s) shall be made available to all participants a minimum of one hour before the scheduled weigh-in time.

Art. 10. *Standing on Scales.* At all official weigh-ins, the wrestler shall stand with both feet flat in the middle of the scale and shall not touch any other person, floor or object that might influence the displayed weight.

Art. 11. *Other Scales.* At the official weigh-in, if one scale is being used, a wrestler may step on and off the scale three times to allow for mechanical inconsistencies in the scale. At the official weigh-ins for tournaments, the wrestler may step on the scale one time. If the wrestler misses weight on the

assigned scale, they are allowed, after all other wrestlers have been weighed, to be escorted to each additional scale in which they may weigh in only once per scale. If the wrestler does not make weight on any of the official scales, they are disqualified from competition.

Art. 12. *One Weigh-In per Day.* No team shall weigh in more than once per day.

Art. 13. *Junior Varsity Weigh-Ins.* When junior varsity competition is held before varsity competition, the varsity wrestlers shall weigh in one hour before the scheduled start of varsity meets.

Art. 14. *Reporting for Medical Exams and Weigh-Ins.* At the scheduled time for medical exams and weigh-ins, all wrestlers who wish to compete shall present themselves properly groomed, in a suitable undergarment and not be engaged in any weight loss activity. The penalty for not arriving at the medical exam/ weigh-in area at the prescribed time is disqualification of the competitor.

Art. 15. *Leaving the Medical Exam/Weigh-In Area.* During the medical exam and weigh-in period, wrestlers may not leave the medical exam/ weigh-in area. The penalty for leaving the medical exam/ weigh-in area is disqualification of the wrestler.

Art. 16. *Executing the Medical Exam and Weigh-In.* The medical exams and weigh-ins shall be conducted in either weight class order or by team in weight class order, starting at the lowest weight class.

Art. 17. *Recording Actual Weights.* The actual weight and results of all wrestlers listed on the institution's roster, including those who compete unattached at open tournaments, shall be entered into the NWCA OPC system before a new weigh-in form can be built for the next scheduled competition for each wrestler.

Art. 18. *Closing Weigh-Ins.* When all wrestlers for a weight class have had an opportunity to weigh in, that weight class is closed. Upon completion of the last weight class, weigh-ins are concluded and any competitor that has not weighed in is disqualified from competition.

Art. 19. *Weighing In at Multiple Weight Classes.* A wrestler must weigh in at the same weight class for the second day of competition as weighed in on the first day of competition.

Art. 20. *Failure to Make Weight.* Any wrestler failing to make weight or pass medical exams at the designated time shall be disqualified from competition.

Art. 21. *Recording a Failure to Make Weight.* The actual weight for each entrant who did not make weight shall be recorded on the NCAA Official Weigh-In Form and in the NWCA OPC system. If the wrestler is listed on the NCAA Official Weigh-In Form but did not attempt to make weight, then it shall be recorded on the NCAA Official Weigh-In Form as Did Not Enter (DNE).

Section 3. Weigh-Ins for Dual, Triangular and Quadrangular Meets

Art. 1. *Weigh-In Times.* Wrestlers shall weigh in one hour or sooner before the first match begins. When a team is wrestling multiple dual meets at home or at different sites on the same day, weigh-ins for all teams involved shall be held one hour before the start of the first scheduled contest.

Art. 2. *1-Pound Weight Allowance.* When back-to-back dual, triangular and quadrangular meets occur, all wrestlers shall receive a 1-pound weight allowance on the second day of competition. The 1-pound weight allowance would

include those wrestlers on opposing teams who did not compete the day before. The maximum weight allowance is 1 pound regardless of the number of back-to-back dual, triangular or quadrangular meets that occur. This rule does not apply when a dual, triangular or quadrangular meet precedes an individual or team-advancement tournament.

Section 4. Weigh-Ins for Tournaments

Art. 1. *Verification of Weight Classes.* For NCAA-registered individual advancement tournaments, including open tournaments, the host shall download from the NWCA OPC system the names and allowable weight classes of all rostered wrestlers entered in the tournament to verify each entry is registered in an allowable weight class. Tournaments shall not allow any wrestler to compete at a weight class lower than what is indicated in the NWCA OPC. (See also Rule 3.22.6.)

Art. 2. *Weigh-In Times.* For individual or team-advancement tournaments, weigh-ins shall be held two hours or sooner before the first matches begin on the first day, and one hour or sooner before the first matches on subsequent days.

Art. 3. *Recording Actual Weights and Results.* The actual weights and results from the first and second day weigh-ins shall be recorded on the NCAA Official Weigh-In Form and in the NWCA OPC system, respectively.

Art. 4. *Missing Weight in Two-Day Tournaments.* In two-day team-advancement tournaments, wrestlers who do not make weight on the first day of competition are ineligible to weigh in on the second day of competition.

Art. 5. *1-Pound Weight Allowance for Tournaments.* In tournaments, including team-advancement tournaments requiring multiple-day weigh-ins, a 1-pound weigh allowance for each consecutive day of competition shall be granted.

Art. 6. *Failure to Make Weight — No Re-Bracketing.* If tournament entries are closed, a failure to make weight or pass medical exams shall not result in repairing of the bracket. (See also Rule 3.22.6.)

Section 5. Prohibited Weight-Loss Practices

Art. 1. *General Prohibited Practices.* The use of laxatives, emetics, self-induced vomiting, hot rooms, hot boxes and steam rooms is prohibited for any purpose.

Art. 2. *Saunas.* The use of a sauna is prohibited at any time and for any purpose, on or off campus.

Art. 3. *Diuretics.* The use of diuretics (e.g., water pills) at any time is prohibited by NCAA legislation for all sports.

Art. 4. *Sweating Aids.* Regardless of purpose, the use of vapor-impermeable suits (e.g., rubber, rubberized nylon or neoprene) or any similar devices or material used for weight loss is prohibited.

Art. 5. *Artificial Rehydration.* Artificial means of rehydration (i.e., intravenous hydration) are prohibited.

Art. 6. *Practice-Room Temperature.* The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice. Penalties for this violation will be handled under Rule 9.7.2 and assessed against the coach. It is understood that some practice facilities cannot maintain this exact temperature due to physical plant deficiencies. It is within the spirit of

the rule that every effort shall be made to maintain the 80-degree temperature throughout the practice.

Note: For additional information, refer to the NCAA Sports Medicine Handbook available online at ncaa.org/health-safety.

Section 6. Individual Season Record Form (ISRF)

Art. 1. Mandatory Use. Institutions are required to use the NCAA Individual Season Record Form (ISRF) available on the NWCA OPC system.

Art. 2. Non-Registered Tournaments. Any wrestler whose name appears on an NCAA member institutional roster is prohibited from competing at non-NCAA registered tournaments.

Art. 3. Allowable ISRF Matches. All attached or unattached matches against competitors who compete on intercollegiate teams at four-year, degree-granting institutions and matches against competitors from two-year institutions shall be counted. This includes matches wrestled against competitors listed on an institution's roster when the wrestler is ineligible or redshirting at a four-year, degree-granting institution.

Art. 4. Non-Allowable ISRF Matches. Exhibition matches between teammates, against opponents who are not listed on an institutional roster, a club-level wrestler, a prospective student-athlete or an armed services student-athlete shall not be counted.

Art. 5. Indicating Unattached Wrestlers. Unattached wrestlers shall be listed as unattached followed by their college affiliation (e.g., Unattached-Weber State University).

Art. 6. Ineligible Wrestlers. Ineligible wrestlers shall not count matches on their ISRF that were wrestled while ineligible. Should the wrestler become eligible (e.g., remove his or her redshirt status) at any time during the season, matches wrestled while ineligible shall be placed on the wrestler's ISRF.

Art. 7. Accuracy Requirements. NCAA member institutions are responsible for ensuring each wrestler's ISRF is accurately inputted into the NWCA OPC system. Failure to correctly complete the ISRF may result in the assessment of an institutional penalty. Corrections to the ISRF shall be made in consultation with the opposing institution, tournament directors and Trackwrestling, as appropriate.

Art. 8. Recording Results. Results shall be entered into the NWCA OPC system not more than 24 hours after a home event and not more than 48 hours after an away event. All ISRF results shall be entered before the wrestler's next competition.

Art. 9. Results Approval. Each institution shall approve the results from each competition entered into the NWCA OPC system not more than 48 hours after a home event and not more than 96 hours after an away event.

Section 7. Violations

Art. 1. Severe Weigh-In, Medical Examination and Prohibited Practices Violations. Committing a severe weigh-in or medical examination violation and/or engaging in any of the prohibited practices (e.g., using a rubber suit, intravenous

rehydration, avoiding skin checks, knowingly wrestling with a communicable skin disease, etc.) are subject to the following:

- a. For tournaments, violations shall be reported to the tournament committee. For dual meets, violations shall be reported to the host game management personnel. For violations outside competition dates, violations shall be reported to the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222;
- b. The tournament committee or host game management personnel shall disqualify the wrestler from the event. The tournament committee or host game management personnel shall then notify the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222;
- c. The NCAA Wrestling Rules Committee will investigate and review the violation details;
- d. A first violation will result in:
 1. The wrestler being suspended from the next eight consecutive dates of competition per the official team schedule. The wrestler will not be allowed to compete unattached during this suspension;
 2. The wrestler being required to recertify during the suspension period; and
 3. A private reprimand to the head coach and director of athletics.
- e. A second violation will result in:
 1. The wrestler being suspended for one year from the date of the violation; and
 2. Additional penalties for the head coach and/or institution to be determined by the rules committee.

The above penalty structure outlines the minimum penalty for severe weigh-in, medical examination or prohibited practices violations. The rules committee reserves the right to impose additional penalties to wrestlers, coaches and institutions if the situation warrants further action.

Art. 2. Other Violations. When warranted, the NCAA Wrestling Rules Committee has the authority to investigate other reported violations and determine the appropriate penalty(ies). The following penalties may be imposed by the rules committee for any other weigh-in, medical examination and ISRF violation(s) not outlined in Rule 9.7.1.

- a. Public or private reprimand;
- b. Financial penalty of \$100 per institution or \$50 per individual up to a \$300 maximum penalty;
- c. Disqualification of individual contest(s);
- d. Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
- e. Individual and/or team records or performance adjusted;
- f. Event excluded as an NCAA-registered contest in the NWCA OPC system the subsequent season; and
- g. Other penalties the NCAA Wrestling Rules Committee deems appropriate.

Skin Evaluation and Participation Status Form

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION
SKIN EVALUATION AND PARTICIPATION STATUS
 (Physician Release for Student-Athlete to Participate with Skin Lesion)

Student-Athlete: _____

Date of Exam: ____ / ____ / ____

Institution: _____

Please Mark Location of Lesion(s):

Dual(s)/Tournament: _____

Number of Lesion(s): _____

Cultured: No Yes Location: _____ Date: _____

Diagnosis: _____

Medication(s) and dosage used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____ Time: _____

Earliest Date student-athlete may return to participation: ____ / ____ / ____

Physician Name (Printed): _____

Physician Signature: _____

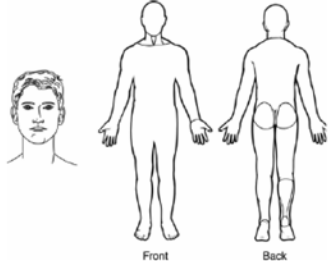
(M.D. or D.O.)

Specialty: _____

Office Address: _____

Contact #: _____

Institution Certified Athletic Trainer Notified: No Yes Signature: _____



Note to Physician: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NCAA Wrestling Rules which state: (refer to the NCAA Wrestling Rules and Interpretations publication for complete information)

"9.6.4 ... The presence of a communicable skin disease ... shall be full and sufficient reason for disqualification."

"9.6.5 ... If a student-athlete has been diagnosed as having such a condition, and is currently being treated by a physician (ideally a dermatologist) who has determined that it is safe for that individual to compete without jeopardizing the health of the opponent, the student-athlete may compete. However, the student-athlete or his/her coach or athletic trainer shall provide current written documentation from the treating physician to the medical professional at the medical examination. ..."

"9.6.6 ... Final determination of the participant's ability to compete shall be made by the host site's physician or certified athletic trainer who conducts the medical examination after review of any such documentation and the completion of the exam."

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling: (please refer to the NCAA Sports Medicine Handbook for complete information)

Adequately covered is defined as: "the lesion is covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged."

Bacterial Infections (Furuncles, Carbuncles, Folliculitis, Impetigo, Cellulitis or Erysipelas, Staphylococcal disease, CA-MRSA): Wrestler must have been without any new skin lesion for 48 hours before the meet or tournament; completed 72 hours of antibiotic therapy and have no moist, exudative or draining lesions at meet or tournament time. Gram stain of exudate from questionable lesions (if available). Active bacterial infections shall not be covered to allow participation.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): Skin lesions must be surmounted by a FIRM ADHERENT CRUST at competition time, and have no evidence of secondary bacterial infection. For primary (first episode of Herpes Gladiatorum) infection, the wrestler must have developed no new blisters for 72 hours before the examination; be free of signs and symptoms like fever, malaise, and swollen lymph nodes; and have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before and at the time of the competition. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over. Active herpetic infections shall not be covered to allow participation.

Tinea Lesions (ringworm): Oral or topical treatment for 72 hours on skin and 14 days on scalp. Wrestlers with solitary, or closely clustered, localized lesions will be disqualified if lesions are in a body location that cannot be adequately covered.

Molluscum Contagiosum: Lesions must be curetted or removed before the meet or tournament and adequately covered.

Verrucae: Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected areas cannot be covered with a mask. Solitary or scattered lesions can be curetted away before the meet or tournament but cannot be seeping. Wrestlers with multiple verrucae plana or verrucae vulgaris must have the lesions adequately covered.

Hidradenitis Suppurativa: Wrestler will be disqualified if extensive or purulent draining lesions are present; covering is not permissible.

Pediculosis: Wrestler must be treated with appropriate pediculicide and re-examined for completeness of response before wrestling.

Scabies: Wrestler must have negative scabies prep at meet or tournament time.

DISCLAIMER: The NCAA shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named physician/provider, or for any subsequent action taken, in whole or in part, in reliance upon the accuracy or veracity of the information provided herein.

Appendix A

Illustrations



Nos. 1, 2 and 3—FRONT, REAR AND SIDE VIEWS OF COMPETITION SINGLET. *Front (with 4-inch inseam), rear and side views. The rear view also shows a wrestler's pinning area. The side view shows the maximum cut length between the armpit and the belt line. Side cuts on singlets shall be this level or higher in the armpit.*



No. 4—FRONT AND REAR VIEW OF LEGAL SPANDEX/LYCRA COMPETITION UNIFORM.



No. 5—APPROPRIATE TEAM WARM-UP. *Team uniformity in clothing, to include the school's official warm-up, is required. Shown is an example of appropriate warm-up suit.*



No. 6—INAPPROPRIATE TEAM WARM-UP UNIFORM. *Example of inappropriate warm-up suit and headwear.*



No. 7—NEUTRAL STARTING POSITION. *Correct starting position for neutral wrestling. Wrestlers should place lead foot on their respective, designated starting lines.*



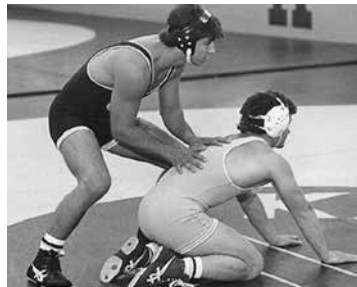
No. 8—NEUTRAL TOUCH START (*vision-impaired*). Each wrestler shall have the fingers of one hand over and the fingers of the other hand under the opponent's fingers.



Nos. 9 and 10—EXAMPLES OF PROPER OFFENSIVE AND DEFENSIVE STARTING POSITIONS.



No. 11—EXAMPLE OF AN IMPROPER OFFENSIVE STARTING POSITION. *The offensive wrestler is not allowed to put a knee or foot on the far side of the defensive wrestler.*



No. 12—EXAMPLE OF A PROPER OPTIONAL OFFENSIVE STARTING POSITION.



No. 13—EXAMPLE OF AN IMPROPER OPTIONAL OFFENSIVE STARTING POSITION.



Nos. 14 and 15—EXAMPLES OF PROPER STARTING POSITIONS FOR THE OFFENSIVE WRESTLER'S HAND ON THE ELBOW.



No. 16—ILLEGAL HAMMERLOCK (*Above Right Angle*). The hammerlock is a legal hold, provided the arm is not bent above the right angle.



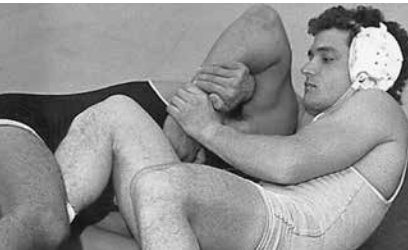
No. 17—ILLEGAL HAMMERLOCK. The hammerlock is a legal hold, provided the hand is not forced away from the body. This illustration shows the hand being pulled away from the body, making it illegal.



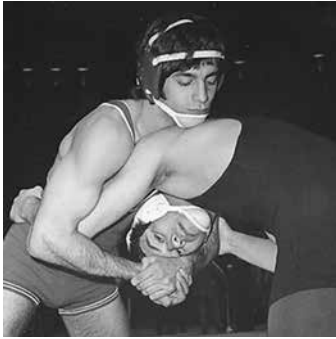
No. 18—ILLEGAL HAMMERLOCK. In this example, the arm is pulled away from the body; therefore, it is illegal.



No. 19—ILLEGAL DOUBLE WRISTLOCK ON THE MAT. 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.



No. 20—LEGAL DOUBLE WRISTLOCK ON THE MAT. The double wristlock on the mat is legal if the direction of the force is perpendicular to the long axis of the body.



No. 21—LEGAL FRONT HEAD-LOCK. *Illustration shows arm alongside of face with arm included.*



No. 22—ILLEGAL FRONT HEAD-LOCK. *A front headlock without an arm included is considered an illegal hold.*



Nos. 23 and 24—EXAMPLES OF ILLEGAL FRONT HEADLOCKS. *Illegal front headlock without an arm encircled.*



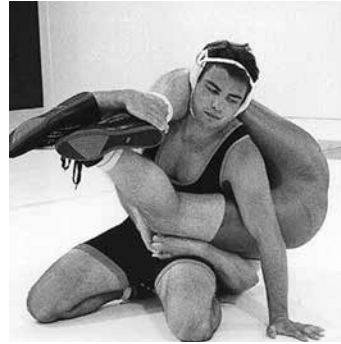
No. 25—ILLEGAL HEAD SCISSORS. *A straight scissors on the head is illegal.*



No. 26—LEGAL FIGURE-FOUR HEAD SCISSORS. *In other than the neutral position, the figure-four head scissors is considered legal when applied as shown.*



No. 27—FIGURE-FOUR HEAD SCISSORS FROM A NEUTRAL POSITION. *This hold, with or without an arm trapped, is a technical violation in the neutral position.*



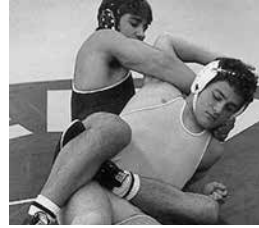
No. 28—DRAPING HEAD SCISSORS. *Legal as shown because there is minimal pressure against the head or neck.*



No. 29—DRAPING HEAD SCISSORS. *Legal as shown.*



No. 30—ILLEGAL HEAD SCISSORS. *Even with the arm included, this is an illegal head scissor.*



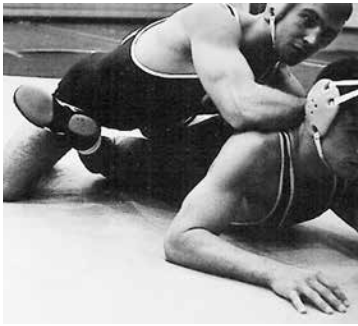
No. 31—FIGURE-FOUR SCISSORS. *This hold around the body or both legs is a technical violation.*



No. 32—STRAIGHT BODY SCISSORS. *A legal hold.*



No. 33—LEG CRADLE. *This hold, which uses the legs to cradle an opponent, is a legal hold.*



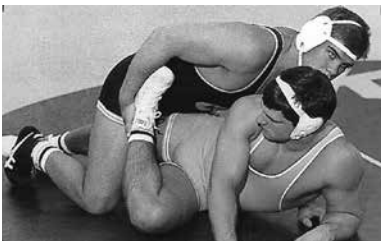
Nos. 34 and 35—ILLEGAL TWISTING KNEE LOCK. *The two illustrations above show a twisting knee lock. It is an illegal hold. The referee should anticipate the danger of injury from this hold and be in a position to block it before it reaches the point of being illegally executed.*



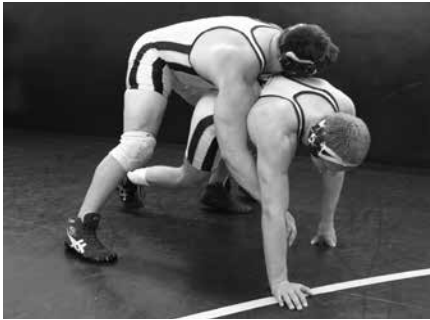
No. 36—ILLEGAL TWISTING KNEE LOCK. *Twisting knee-lock pressure against the normal movement of the knee joint as illustrated constitutes an illegal hold.*



No. 37—LEGAL LEG TRAP. *This is legal if heel goes to buttocks and not to side of hip. If top wrestler does not improve position, the top wrestler can be called for stalling.*



Nos. 38 and 39—ILLEGAL TWISTING KNEE LOCK. *Both illustrations above show illegal twisting knee lock. The pressure is against the normal movement of the knee joint.*



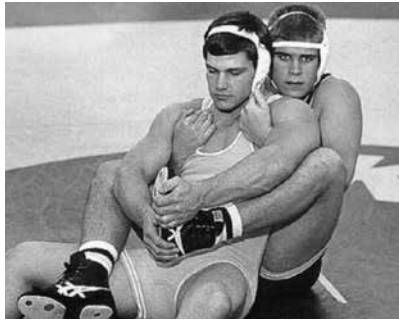
Nos. 40 through 43—EXAMPLES OF SUCCESSFUL IN-BOUNDS TAKEDOWNS. *At the edge of the wrestling area, points shall be awarded when control is established when at least one wrestler remains in bounds.*



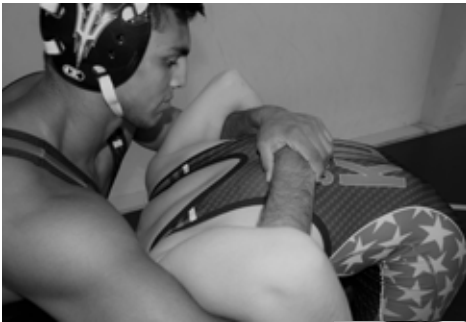
Nos. 44 and 45—EXAMPLES OF SUCCESSFUL IN-BOUNDS TAKEDOWN OR REVER-SAL.



No. 46—HAND-TOUCH TAKE-DOWN. *Rear standing neutral control only requires a hand-touch to award a takedown. Please note. Rear standing control is required in order to apply this rule. The hand-touch criteria may not be applied for takedowns being pursued while wrestlers are down on the mat.*



No. 47—LEGAL FOOT (INSTEP) HOLD. *The defensive wrestler may grasp the instep, heel or ankle to try to escape, providing the pressure is not such as to endanger the ankle, knee or hip joint.*



Nos. 48 and 49—FRONT DOUBLE ARM BAR. *The front double arm bar is illegal when the hands are locked in the center of the back (above). The same move is legal when the hands are locked off to either side (right).*





No. 50—LEGAL LEG BLOCK. *Wrestlers may use their arm or hand to block the leg and then sit back to take the opponent to the mat.*

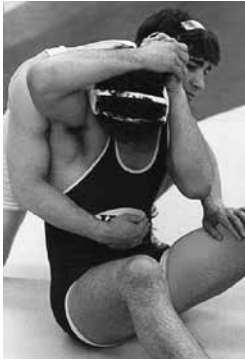


No. 51—ILLEGAL CUT BACK. *Wrestlers are not allowed to use their leg to execute a cut back, regardless of whether the hand is being used.*

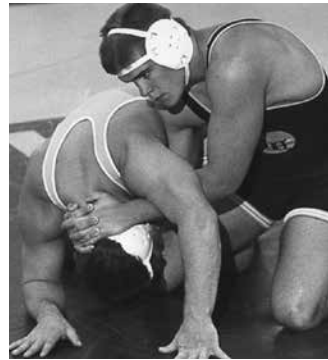


Nos. 52 and 53—ILLEGAL REAR STANDING DOUBLE KNEE KICKBACK. *A wrestler shall not leave their feet to block behind both of their opponent's knees with one or both of their legs, feet or shin bones. This is an example of an illegal double knee kickback because the wrestler has left both feet in order to collapse behind the knees of the opponent.*





No. 54—A LEGAL HOLD. *Pulling the head over the shoulder with hands locked or overlapped is legal. This also applies to a bridge-back situation.*



No. 55—THREE-QUARTER NELSON. *A legal hold.*



No. 56—FULL NELSON. *Illegal upon application.*



No. 57—ILLEGAL FULL NELSON. *Even though the hands of the offensive wrestler are not locked or overlapped, this is a full nelson, which is illegal.*



No. 58—NEAR FALL. *A near fall can be scored if one of the near fall criteria is held for at least two seconds.*



No. 59—NEAR FALL. *Example of a near fall criterion being achieved when the defensive wrestler's shoulders are held within four inches of the mat for at least two seconds.*



No. 60—NEAR FALL. *Example of a defensive wrestler in a near fall criterion position.*



No. 61—NEAR FALL. *Example of an offensive wrestler achieving a near fall criterion.*



No. 62—NEAR FALL IN BRIDGE BACK SITUATIONS. *Example of the defensive wrestler executing bridge back techniques to escape a leg ride. In these situations, near fall criteria shall not be considered until the offensive wrestler has demonstrated control of the defensive wrestler.*



Nos. 63 and 64—ILLEGAL OVERHEAD DOUBLE ARM BAR *This hold is illegal when used as shown above and applied with either one or both arms.*



No. 65—LEGAL GUILLOTINE. *After a near-fall criterion is met, hands can be locked around opponent's head or neck.*



No. 66—POTENTIALLY DANGEROUS GUILLOTINE. *When applying the guillotine, forcing the arm to the limit of normal range of movement parallel to the long axis of the body is to be interpreted as potentially dangerous.*



No. 67—ILLEGAL ARM BAR (CHICKEN WING). *Pressure parallel to the long axis, regardless of whether defensive wrestler's hand is in front or back, makes this an illegal hold.*

No. 68—LEGAL ARM BAR (CHICKEN WING). *The pressure is applied between 45 degrees to the long axis of the body or spine. In addition, the far arm of the defensive wrestler is not blocking the ability to turn with the applied pressure.*



No. 69—EXAMPLE OF A POTENTIALLY DANGEROUS ARM BAR. *The far arm of the defensive wrestler is preventing him or her from rolling through with the applied pressure.*

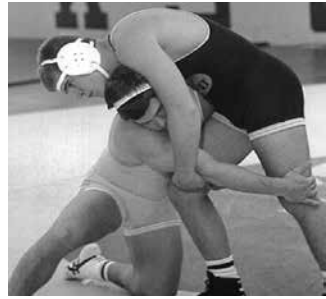
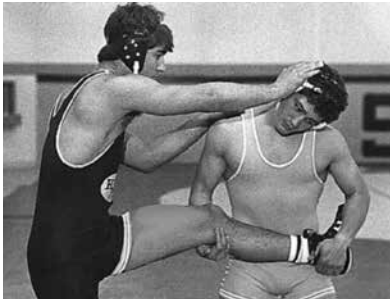


No. 70—EXAMPLE OF A POTENTIALLY DANGEROUS POWER HALF NELSON. *The defensive wrestler is unable to roll in the direction of the pressure because both the arm and hips of the defensive wrestler are preventing the bottom wrestler from rolling through to relieve the pressure.*

No. 71—ILLEGAL HEADLOCK. *Locking arms around the head is illegal with or without the leg being applied.*



No. 72—LEGAL HEAD PRY. *The top wrestler can use this pry as long as hands are locked at the elbow.*



Nos. 73 and 74—EXAMPLES OF ACCEPTABLE BLOCKING ON THE HEAD, CHIN OR SIDE OF FACE.



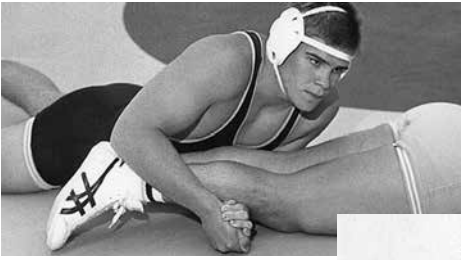
No. 75—EXAMPLE OF ILLEGAL BLOCKING ON FACE *This form of blocking is illegal because it is over mouth, nose and eyes and restricts breathing and vision.*



Nos. 76 and 77—EXAMPLES OF UNACCEPTABLE HANDS TO THE FACE. *The straight arm with hands to the face is considered an unnecessary roughness violation.*

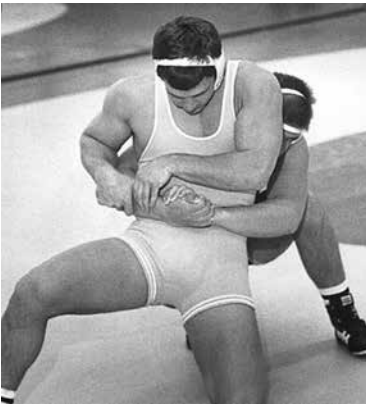
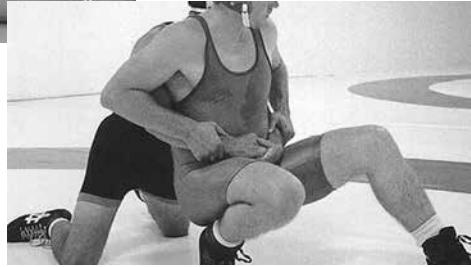


No. 78—EXAMPLE OF AN ACCEPTABLE HEAD RAKE. *The wrestler is raking the head forward and not executing a straight arm jab to the forehead, eyes, nose and mouth region.*

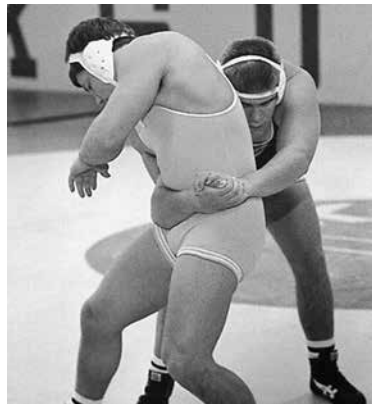


No. 79—INTERLOCKING OF HANDS AROUND LEGS. *This is a technical violation when done by the offensive wrestler.*

No. 80—LEGAL USE OF THE HANDS IN WAIST-LOCK. *Because the defensive wrestler is being supported by his feet, this shows the legal use of the hands of the top wrestler.*



No. 81—INTERLOCKING OF HANDS AROUND THE BODY. *A technical violation. Offensive wrestler is not allowed to lock (overlap) hands, fingers, wrists or arms around body while defensive wrestler is supported by parts other than feet.*



No. 82—LEGAL USE OF HANDS IN BODY LOCK. *This complete body lock is legal because defensive wrestler is in a standing position.*



No. 83—LEGAL BACK BOW. *This move is legal, provided the pressure is NOT driven within the arrows shown (45 degrees toward the bottom wrestler's right shoulder to straight over the head).*



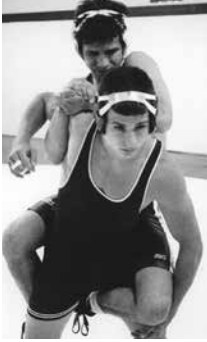
No. 84—EXAMPLES OF AN ILLEGAL NECK BOW. *When in the top position, the offensive wrestler applies a legal head and arm, locked from the side, and then somersaults toward and over the defensive wrestler's head.*



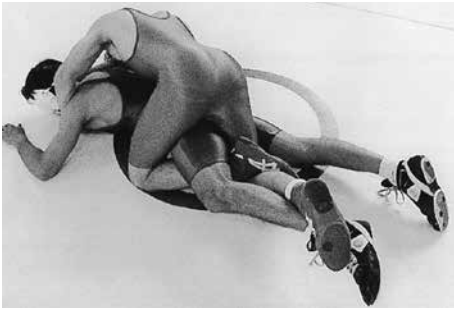
No. 85—ILLEGAL HIGH SINGLE LEG FINISH. *Because it forces the knee and ankle beyond its normal range of motion, the high and outside single leg back trip is illegal as shown.*

Nos. 86 and 87—EXAMPLES OF ILLEGAL OVER SCISSORS LOCKS. *Leg rides applied by the offensive wrestler that hyperextend the knee beyond its normal limits of movement are illegal.*





No. 88—REAR STANDING WITH LEGS IN. *In this and all other instances of the rear standing position, the offensive wrestler is responsible for attempting to take the defensive wrestler back to the mat.*



Nos. 89 and 90—EXAMPLES OF LEGAL LEG LOCKS. *Leg rides applied by the offensive wrestler that do not hyperextend the knee are legal.*



Nos. 91 and 92—INDICATING THE WINNER. *After the wrestlers properly shake hands, the referee indicates the winner of a match by raising the winner's hand. Note: The losing wrestler is not required to remain in the center of the mat after the handshake.*

Appendix B

Referee Signals

Collegiate Referees' Wrestling Signals

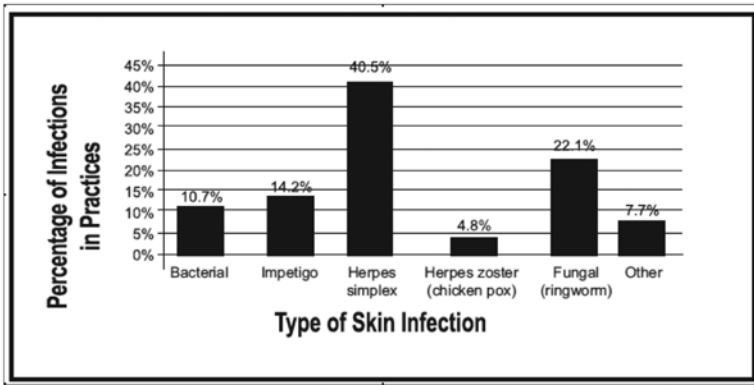
| | | | | |
|--|--|--|--|--|
| 1  Starting the Match | 2  Stopping the Match | 3  Time Out | 4  Start Injury Clock | 5  Indicate Blood Timeout |
| 6  Start Recovery Clock | 7  Stop Injury/ Recovery Clock | 8  Neutral Position | 9  Indicates No Control | 10  Indicates Wrestler in Control Left/Right Hand |
| 11  Out-of-Bounds | 12  Neutral Position Wrestlers Engaged in Action | 13  Pushing or Pulling the Opponent Out of Bounds Left/Right Hand | 14  Defer Choice | 15  Potentially Dangerous Left/ Right Hand |
| 16  Stalemate | 17  Caution-False Start or Incorrect Starting Procedure Left/Right Hand | 18  Stalling Left/Right Hand | 19  Interlocking Hands or Grasping Clothing | 20  Reversal |
| 21  Technical Violation | 22  Illegal Hold | 23  Near-Fall Left/Right Hand | 24  Awarding Points Left/Right Hand | 25  Unsportsmanlike Conduct Left/Right Hand |
| 26  Flagrant Misconduct Left/Right Hand | 27  Control of Mat Area/ Badgering Left/Right Hand | 28  Coach Questioning a Rules Application Left/Right Hand | 29  Unnecessary Roughness Left/Right Hand | |

Appendix C

Skin Infections in Wrestling

Revised July 2013

Data from the NCAA Injury Surveillance program indicate that skin infections are associated with at least 17 percent of the practice time-loss injuries in wrestling.



It is recommended that qualified personnel, including a knowledgeable, experienced physician, examine the skin of all wrestlers before any participation. Male student-athletes shall wear shorts and female student-athletes should wear shorts and a sports bra during medical examinations.

Open wounds and infectious skin conditions that cannot be adequately protected should be considered cause for medical disqualification from practice or competition. The term “adequately protected” means that the wound or skin condition has been deemed as noninfectious and adequately medicated as per treatment criteria listed under Guidelines for Disposition of Skin Infections and is able to be properly covered by a securely attached bandage made of nonpermeable material that will withstand the rigors of competition. An example would be a noncontagious/noninfectious skin condition covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged.

Medical Examinations

Medical examinations must be conducted by knowledgeable physicians and/or certified athletic trainers. The presence of an experienced dermatologist is

recommended. The examination should be conducted in a systematic fashion so that more than one examiner can evaluate problem cases. Provisions should be made for appropriate lighting and the necessary facilities to confirm and diagnose skin infections.

Wrestlers who are undergoing treatment for a communicable skin disease at the time of the meet or tournament shall provide written documentation to that effect from a physician. The NCAA Skin Evaluation and Participation Status form shall be used to confirm time-under-treatment. The status of these individuals should be decided before the screening of the entire group. The decision made by a host event physician and/or certified athletic trainer “on site” should be considered FINAL.

Guidelines for Disposition of Skin Infections

Unless a new diagnosis occurs at the time of the medical examination conducted at the meet or tournament, the student-athlete shall provide the NCAA Skin Evaluation and Participation Status Form from the team physician documenting clinical diagnosis, lab and/or culture results, if relevant, and an outline of treatment to date (i.e., duration, frequency, dosages of medication).

Adequately covered is defined as: “the noninfectious/noncontagious lesion is covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged throughout the sport activity.”

BACTERIAL INFECTIONS (Furuncles, Carbuncles, Folliculitis, Impetigo, Cellulitis or Erysipelas, Staphylococcal disease, MRSA)

1. Wrestler must have been without any new skin lesion for 48 hours before the meet or tournament.
2. Wrestler must have completed 72 hours of antibiotic therapy and have no moist, exudative or draining lesions at meet or tournament time.
3. Gram stain of exudate from questionable lesions (if available).
4. Active purulent lesions shall not be covered to allow participation.

HIDRADENITIS SUPPURATIVA

1. Wrestler will be disqualified if extensive or purulent draining lesions are present.
2. Extensive or purulent draining lesions shall not be covered to allow participation.

PEDICULOSIS

Wrestler must be treated with appropriate pediculicide and re-examined for completeness of response before wrestling.

SCABIES

Wrestler must have negative scabies prep at meet or tournament time.

HERPES SIMPLEX

Primary Infection

1. Wrestler must be free of systemic symptoms of viral infection (fever, malaise, etc.).

2. Wrestler must have developed no new blisters for 72 hours before the examination.
3. Wrestler must have no moist lesions; all lesions must be dried and surmounted by a FIRM ADHERENT CRUST.
4. Wrestler must have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before and at the time of the meet or tournament.
5. Active herpetic infections shall not be covered to allow participation.

Recurrent Infection

1. Blisters must be completely dry and covered by a FIRM ADHERENT CRUST at time of competition, or wrestler shall not participate.
2. Wrestler must have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before and at the time of the meet or tournament.
3. Active herpetic infections shall not be covered to allow participation.

See above criteria when making decisions for participation status.

Questionable Cases

1. Tzanck prep and/or HSV antigen assay (if available).
2. Wrestler's status deferred until Tzanck prep and/or HSV assay results complete. Wrestlers with a history of recurrent herpes labialis or herpes gladiatorum could be considered for season-long prophylaxis. This decision should be made after consultation with the wrestling team physician.

HERPES ZOSTER (shingles)

- Skin lesions must be surmounted by a FIRM ADHERENT CRUST at meet or tournament time, and have no evidence of secondary bacterial infection.

MOLLUSCUM CONTAGIOSUM

1. Lesions must be curetted or removed before the meet or tournament.
2. The only way that coverage assures prevention of transmission is if the molluscum is on the trunk or most uppermost thighs which are assured of remaining covered with clothing; band aids are not sufficient.
3. Solitary or localized, clustered lesions can be covered with a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged.

VERRUCAE (wart)

1. Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected areas cannot be covered with a mask. Solitary or scattered lesions can be curetted away before the meet or tournament but cannot be seeping.
2. Wrestlers with multiple verrucae plana or verrucae vulgaris must have the lesions "adequately covered."

TINEA INFECTIONS (ringworm)

1. A minimum of 72 hours of topical therapy is considered appropriate therapeutic regimen to allow effective drug intervention for most tinea infections. The NCAA Skin Evaluation and Participation Status form shall be used to confirm time-under-treatment.

2. Status of lesions (activity) can be judged by KOH preparation or a review of documented therapeutic regimen.
3. On-site medical personnel will disqualify wrestlers with extensive, multiple lesions following assessment.
4. A minimum of two weeks of systemic (oral) antifungal therapy is required for scalp (diagnosed tinea capitus) lesions.
5. Active lesions may be covered to allow participation if lesions are in a body location that can be “adequately covered.”
6. The final disposition of student-athletes with tinea infections will be decided on an individual basis by the on-site examining physician or certified athletic trainer.

Appendix D

Concussions

Revised April 2016

A concussion is a brain injury that is most commonly caused by a blow to the head or trunk, or by the head or body forcefully impacting the ground. Concussions most commonly occur without loss of consciousness. Typically, there are subtle indications that a concussion has occurred, such as the student-athlete shaking his head, stumbling, or appearing dazed or stunned.

Game officials are often in a best position to observe student-athletes up close, and may be the first to notice the unusual behaviors that indicate a concussion may be present. Student-athletes with a suspected concussion must be removed from competition so that a medical examination can be conducted by the primary athletics healthcare provider (i.e., athletic trainer or team physician).

Importantly, a game official is not expected to evaluate a student-athlete. Instead, if an official notices any unusual behavior, the official should stop play immediately and call an injury timeout so that an appropriate medical examination can be conducted. A simple guide to the official's role is: "When in doubt, call an injury timeout."

An official may observe the following behaviors by a student-athlete with a suspected concussion:

- Appears dazed or stunned.
- Appears confused or incoherent.
- Shakes head.
- Stumbles; has to be physically supported by teammates.
- Moves clumsily or awkwardly.
- Shows behavior or personality changes.

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, either at rest or during exertion, should be removed immediately from practice or competition and should not return to play until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can receive appropriate medical evaluation.

IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if the student-athlete has experienced a blow to the head. Do not allow the student-athlete to just "shake it off." Each student-athlete will respond to concussions differently.

2. **Ensure that the student-athlete is evaluated immediately by an appropriate health care professional.** Do not try to judge the severity of the injury. Call an injury timeout to ensure that the student-athlete is evaluated by one of the primary athletics healthcare providers.
3. **Allow the student-athlete to return to play only with permission from the primary athletics healthcare provider.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate time to return to play.

Please refer to the NCAA Sports Medicine Handbook and the Diagnosis and Management of Sport-Related Concussion Guidelines for additional information and details regarding concussions. Both are available at www.ncaa.org.

Appendix E

Accommodations for Student-Athletes with Disabilities

The NCAA encourages participation by student-athletes with disabilities (physical or mental) in intercollegiate athletics and physical activities to the full extent of their interests and abilities. An NCAA member institution will have the right to seek, on behalf of any student-athlete with a disability participating on the member's team, a reasonable modification or accommodation of a playing rule, provided that the modification or accommodation would not:

1. Compromise the safety of, or increase the risk of injury to, any other student-athlete;
2. Change an essential element that would fundamentally alter the nature of the game; or
3. Provide the student-athlete an unfair advantage over the other competitors.

To request any such modification or accommodation, the member's director of athletics, or his/her designee, must submit a rule waiver request, in writing, to the secretary-rules editor. Such written request should describe:

- a. The playing rule from which relief is sought;
- b. The nature of the proposed modification or accommodation;
- c. The nature of the student-athlete's disability and basis for modification or accommodation; and
- d. The proposed duration of the requested modification or accommodation.

Additionally, each request should be accompanied by documentation evidencing the student-athlete's disability (e.g., a medical professional's letter). Upon receipt of a complete waiver request, the secretary-rules editor will consult with NCAA staff, the applicable sport/rules committee, other sport governing bodies, and/or outside experts, to conduct an individual inquiry as to whether the requested modification or accommodation can be made. In making this assessment, the NCAA may request additional information from the member institution. The secretary-rules editor will communicate the decision in writing (which may be via email) to the requesting member institution. If the request is granted, the member institution should be prepared to provide the written decision to the officiating staff, opposing coach(es), and tournament director (if applicable) for each competition in which the student-athlete will participate. NCAA members are directed to consult Guideline 2P of the NCAA Sports Medicine Handbook for further considerations regarding participation by student-athletes with impairment.

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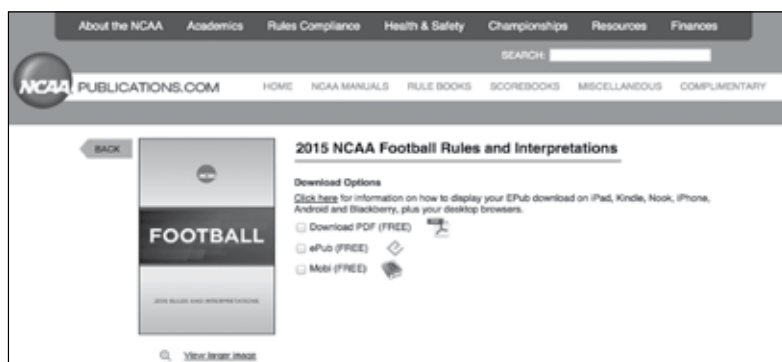
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WRESTLING

2017-18 AND 2018-19

CASE BOOK

2017-18 and 2018-19 NCAA WRESTLING CASE BOOK

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Preface

This document contains rulings that have been approved by the Wrestling Rules Committee as a supplement to the official rules. Included are actual meet-like situations that add meaning to the written code of rules and verify that there can be only one interpretation to any given rule.

The format of the book follows the official NCAA Wrestling Rules Book, rule-by-rule, section-by-section and article-by-article. Its presentation provides clear, realistic meet-type situations that allow the reader to better comprehend the application and adjudication of the official written rules.

The editor hopes that the interpretations will assist officials, coaches, wrestlers and spectators to better appreciate the rules of wrestling so that the collegiate game may become an even better game than it already is.

— **Chuck Barbee, secretary-rules editor**
NCAA Wrestling Rules Committee

Editorial Changes

These changes reflect additions, clarifications or deletions to approved interpretations that are intended to illustrate the wrestling rules. Approved Rulings that illustrate new/edited case plays since the last edition are indicated by a shaded background.

New/Edited Approved Rulings - September 10:

1-8, 5-27, 5-40, 6-10, 9-10

Previously New/Edited Rulings:

1-4, 1-6, 1-7, 2-16, 3-3, 3-5, 3-8, 3-19, 3-20, 3-23, 3-24, 3-25, 3-26, 3-27, 3-28, 3-29, 3-30, 3-31, 3-32, 3-33, 3-34, 3-35, 4-1, 4-2, 4-3, 4-4, 4-10, 4-12, 4-13, 4-14, 5-4, 5-33, 5-41, 5-42, 5-43, 5-44, 5-45, 5-46, 5-47, 6-9, 9-4, 9-8, 9-9 and App.-1

RULE 1

Mats, Uniforms and Equipment

Shoes

A.R. 1-1. While wrestling, Wrestler A's shoelaces are tied but his shoe comes off as he tries to kick out from his opponent's grasp. The referee calls a delay of match and, therefore, a stalling violation against Wrestler A. Does this rule apply since his shoelaces were tied?

RULING: Yes. The wrestling shoes shall reach above the ankle and be tightly secured so they do not come off during competition. The referee shall assess a delay of match and, therefore, a stalling violation to Wrestler A.

(Rule 1.5.3 and 5.7.16)

Ear Protection

A.R. 1-2. This rule states that a protective ear guard must be worn anytime live wrestling takes place. (This includes practice, dual meets and all collegiate and open tournaments.) Does this rule apply to the warm-up period before dual meets and tournaments?

RULING: No. The warm-up period before a dual meet or tournament is not considered live wrestling.

(Rule 1.5.4)

A.R. 1-3. This rule states that the use of tape or decals on the ear protection is prohibited. Clean, fresh athletic tape is permissible on the ear protection if used for medical purposes only. If athletic tape is used for medical purposes on the ear protection for a match, how long can it remain on the headgear?

RULING: All athletic tape used for medical purposes on ear protection shall be removed after the conclusion of each match. Clean, fresh athletic tape shall be reapplied only if needed for medical purposes before/during each match.

(Rule 1.5.4)

Appearance

A.R. 1-4. If a wrestler is asked to trim their facial hair because it is too thick to execute a medical exam, is the wrestler able to weigh-in first, trim the facial hair and then come back for the medical exam?

RULING: No, a wrestler who is asked to trim facial hair so a medical exam can occur must trim the hair immediately and may not proceed to weigh-ins until the medical exam has been completed. Per Rule 9.2.18, the wrestler who is asked to trim their facial hair must have the medical exam complete and be prepared to weigh-in prior to the closing of weigh-ins.

(Rule 1.8.2)

Enforcement of Mat, Uniform and Equipment Rules

A.R. 1-5. Wrestler A appears on the mat ready to wrestle when the referee determines that the competitor is violating an appearance and equipment rule. The referee charges Wrestler A with a non-bleeding injury timeout, and signals to start the injury timeout clock. It takes Wrestler A 50 seconds to become compliant with the rules. Does Wrestler B have choice of starting position when wrestling restarts?

RULING: Yes. Rule 6.1.14 is interpreted to mean that once the first non-bleeding injury timeout is taken by a wrestler at any time, the opponent is given the choice of the top, bottom or neutral positions when wrestling restarts.

(Rule 1.9.2)

Appearance

A.R. 1-6. Is the athletic trainer or other medical personnel executing the skin check supposed to inform wrestlers that their facial hair exceeds ½ inch in length?

RULING: No. Athletic trainers have sole authority to request facial hair be trimmed during medical exams, but this request is only to ensure a proper medical exam takes place. It is not the athletic trainer's responsibility to determine if the facial hair meets the rules for competition.

Referees are responsible for ensuring that wrestlers who report to the mat with facial hair exceeding ½ inch in length have it covered properly or wear a mask. If facial hair exceeding ½ inch in length is not covered when a wrestler steps on the mat to compete, the wrestler will have the length of their injury time to trim the hair to a legal length. If the wrestler fails to trim the hair within the injury time, the wrestler will lose by disqualification.

(Rule 1.8.2)

Shoes

A.R. 1-7. If a wrestler's shoelace comes untied, but the wrestler does not request a timeout in order to retie the shoelace, do the rules require the referee to stop the match and allow the wrestler to retie the laces and issue a stalling warning.

RULING: Yes, Rule 1.5.3 says shoes must be tightly secured. When the laces of a shoe come untied, the shoe is no longer considered to be tightly secured and the referee should stop the match to allow the laces to be retied. Finally, the wrestler whose shoelaces came untied

would be issued a stalling warning per Rule 5.7.16, which says any match delays directly related to shoelaces shall be penalized as stalling. (Rules 1.5.3 and 5.7.16)

Hair Rule

A.R. 1-8. : If a wrestler has cornrows that fall within the legal hair guidelines do they require a hair covering?

RULING: Cornrows are considered a natural state so if it is within the guidelines outlined in Rule 1.8.3 then it would not require a hair covering. Hair coverings are only required when the hair, in the natural state, exceeds the specifications outlined in Rule 1.8.3.

RULE 2

Definitions of Wrestling Terms

Neutral Starting Position — Vision-Impaired

A.R. 2-1. Wrestler A requests to use the finger-touch method of wrestling. How is the wrestler granted the accommodation?

RULING: A request is made to the wrestling secretary-rules editor (SRE) for documentation to complete an individualized inquiry that will determine if the accommodation is necessary. When the documentation evidencing the vision-impairment has been reviewed and accepted, the SRE shall provide documentation to the student-athlete (or its member institution), who will present the documentation to the medical professional at medical examinations/skin checks. The head coach should also notify the opposing coach(es)/tournament director and head referee of the accommodation. The finger-touch method shall not be used absent documentation provided by the SRE.

Note: The student-athlete (or its member institution) should request the accommodation not later than October 10.

(Rule 2.1.2)

A.R. 2-2. Wrestler A has documentation granting him the accommodation to use the finger-touch method of wrestling. What is the proper neutral starting position for the finger-touch method?

RULING: In matches involving vision-impaired wrestlers, a finger-touch method shall be used in the neutral position. (See Illustration No. 8.) Each contestant shall have the fingers of one hand over and the fingers of the other hand under the opponent's fingers. Fingers shall not extend to the palms. Before the start of each match, the referee shall flip his/her (red/green) disc to determine which wrestler has choice of hand position during every neutral start, i.e., which wrestler will have his/her right or left hand palm up or down relative to the mat. The wrestlers shall alternate this choice of palm position throughout the match for each subsequent neutral position start. The meet timekeeper shall indicate to the referee which wrestler has hand position choice. While wrestling, the match shall be stopped whenever contact is not maintained.

(Rule 2.1.2)

Defensive Starting Position

A.R. 2-3. The bottom wrestler assumes a referee's position whereby the top wrestler cannot assume a legal starting position on the side of choice. The referee makes the bottom wrestler adjust position. Can the top wrestler now decide to change sides?

RULING: No. The top wrestler has indicated the desired side to the referee. After the bottom wrestler is forced to adjust, the top wrestler cannot decide to choose a different side.

(Rule 2.1.3)

Imminent Scoring

A.R. 2-4. Wrestler A applies a double-leg takedown to Wrestler B. In the act of being taken down, Wrestler B suffers a bleeding injury. As a result, the injured wrestler's back ends up on the mat after Wrestler B falls. Is there a two-point takedown and a two-point near fall?

RULING: The takedown is awarded, but back points are not. The back points are not awarded because there was no pinning combination and the near fall was not imminent.

(Rule 2.2.4)

A.R. 2-5. Wrestler A applies a legal standing headlock on Wrestler B and takes Wrestler B directly to Wrestler B's back. While going down, Wrestler B suffers a bleeding injury. Should a two-point takedown and a two-point near fall be awarded?

RULING: Yes. The takedown and near fall should be awarded because both the takedown and the near-fall were imminent.

(Rule 2.2.4)

Fall

A.R. 2-6. Wrestler A, who is the offensive wrestler, is pinning Wrestler B. Both wrestlers are inside the out-of-bounds line except for Wrestler B's head and pinning area. Can Wrestler B be pinned in this situation?

RULING: Yes. If Wrestler B's pinning area is touching the mat for one second while any part of either wrestler remains in bounds, Wrestler B is pinned.

(Rule 2.3.1)

A.R. 2-7. Wrestler A, who is the offensive wrestler, has the opponent in a pinning situation. The referee calls a fall by slapping the mat; however, before the referee's hand hits the mat, the buzzer sounds to end the period. The referee could not hear the buzzer. What procedure should the referee follow?

RULING: In this situation, the referee is allowed to consult first with the second referee (if one is being use). If the second referee is uncertain, or one is not available, the referee should consult with the timekeeper to determine if their hand hit the mat before the period ended.

(Rules 2.3.5 and 7.6.2)

Technical Fall

A.R. 2-8. Wrestler A is leading Wrestler B, 13-0. Wrestler A puts Wrestler B on Wrestler B's back and a fall is imminent. The referee starts the near-fall hand count and counts at least two seconds.

- (1) If the referee is aware of the score, should the referee stop the match and award a technical fall?
- (2) If Wrestler B quickly reversed and pinned Wrestler A, what is the ruling?

RULING: (1) No. In a pinning situation, wrestling continues until the pinning situation actually has ended, which gives Wrestler A the possibility of pinning Wrestler B.

(2) Because Wrestler A has earned near-fall points, any action beyond the pinning situation, except for flagrant misconduct by Wrestler A, is disregarded, and Wrestler A would win the match by a technical fall.

(Rule 2.3.6)

A.R. 2-9. Wrestler A, who is winning by 14 points, has Wrestler B in a pinning situation and has earned but has not been awarded a four-point near fall. Wrestler A is pinned while still trying to pin Wrestler B. Does Wrestler A win by technical fall or does Wrestler B win by a fall?

RULING: Wrestler A wins by a technical fall. Wrestler A has earned a 15-point or greater differential and after which can lose only by committing an act of flagrant misconduct.

(Rule 2.3.6)

A.R. 2-10. Wrestler A is winning by 11 points and has earned a four-point near fall, but the period and match end with Wrestler B still in a pinning situation. Wrestler B has riding time. Since the four-point near fall was not awarded before the end of the match, does Wrestler A win by technical fall?

RULING: No. Since the match ended before the awarding of the four-point near fall, riding time was awarded at the same time as the near fall. This means the differential was 14 points.

(Rules 2.3.6 and 4.5.11)

A.R. 2-11. Wrestler A leads by 11 points and places Wrestler B in a pinning position. Wrestler A has earned, but has not been awarded, four near-fall points. Wrestler A commits a technical violation or uses an illegal hold. Should the referee penalize Wrestler A and continue wrestling, or has Wrestler A earned a technical fall?

RULING: Wrestler A has scored a technical fall. According to Rule 2.3.6 a wrestler earning a differential of 15 points can lose only by committing an act of flagrant misconduct.

(Rule 2.3.6)

Default

A.R. 2-12. Wrestler A is injured and wants to default to the next opponent and still continue to be eligible for competition. What is the correct procedure?

RULING: The wrestler should come to their next match ready to compete. Prior to the match beginning, the wrestler would indicate

to the referee that they intend to default the match. The referee will officially start the match and then immediately stop the match after 1 second. After the match is stopped, and the wrestler confirms they are defaulting the match, the referee will indicate the other wrestler as the winner by raising his hand.

Note: It is not the intent of a default to be used for this purpose.

(Rule 2.3.9)

Medical Forfeit

A.R. 2-13. During an individual advancement tournament both wrestlers are injured simultaneously and must default. Which wrestler will drop into the wrestle-back round?

RULING: If both wrestlers are subsequently cleared to compete by medical personnel, they will complete the match beginning where stoppage occurred. The completion of the match will take place at the beginning of the next session. The winner will advance to the wrestle-back bracket. If only one wrestler is cleared for competition, that wrestler will advance to the wrestle-backs by either a medical forfeit or forfeit. If neither wrestler is able to continue, the opponent in the wrestle-back round will advance by receiving a medical forfeit or forfeit.

(Rule 2.3.9)

A.R. 2-14. Both competitors wrestling for fifth and sixth places in a tournament are forced, due to injury, to declare a medical forfeit. Which place, fifth or sixth, should each wrestler be awarded?

RULING: Each competitor will be awarded sixth place. The placement points for fifth and sixth shall be equally divided between the two wrestlers.

(Rule 2.3.12)

A.R. 2-15. A participant becomes ill or is injured during tournament competition and is granted a medical forfeit. Must this wrestler weigh in for the subsequent day competition?

RULING: No. The contestant who forfeits for medical reasons is eliminated from further competition and need not weigh in.

(Rule 2.3.12)

Offensive Starting Position

A.R. 2-16. Is there an offensive starting position called the reverse referee position? Example: If the top wrestler is starting on the right-hand side of the defensive wrestler, the top man would be facing backwards, placing their right arm around the waist, their left palm on the defensive wrestler's right elbow and one or both of their knees down on the opponent's right side. Is this starting position legal?

RULING: Yes, this starting position can be considered legal as long as the following rules requirements are adhered to:

(1) The palm on the near side is on the elbow;

- (2) The hand around the waist is placed loosely around the waist and on the navel of the opponent;
- (3) One or both knees, on the near side, are down on the mat; and
- (4) The head of the offensive wrestler is on the defensive wrestler's back at the midline or above.

If a wrestler attempts to utilize this starting position and all four of those requirements are met, the starting position is correct. As in the case with all starting position violations, if one or more of the requirements is/are not adhered to, the wrestler is issued a caution.

(Rules 2.1.4, 2.2.2 and Penalty Table)

RULE 3

Conduct of Meets and Tournaments

Spectator Removal

A.R. 3-1. The referee is being abused by a spectator and asks the home management to remove the spectator from the premises. The home management instead asks the unruly spectator to sit in the stands and behave. Was home management correct not to abide by the referee's request?

RULING: No. The home management shall be responsible for the removal of spectator(s) upon request by the referee or assistant referee.
(Rule 3.1.5)

Shifts in Weight Class — Dual Meets

A.R. 3-2. Team A weighs in two wrestlers at the 125-pound weight class for a dual meet. Team B has no entry at the 141-pound weight class. Can the noncompeting 125-pounder move up and accept a forfeit at the 141-pound weight class without losing certification at 125 pounds?

RULING: Yes. In fact, this wrestler could accept a forfeit at a higher weight class with the exception of heavyweight without losing certification at the 125-pound weight class.

(Rule 3.7)

Mat-Side Video Review

A.R. 3-3. When using a third-party video reviewer, if a coach throws the brick onto the mat to request a challenge, should the coach explain the challenge to the referee or third-party reviewer?

RULING: The coach would explain the challenge to the third-party reviewer, who would then review the call, make a decision and inform the referee. The referee will then notify each corner, prepare the match to be resumed and make the public announcement

(Rule 3.13.3)

A.R. 3-4. Red and green wrestlers are in the 2nd overtime. Red is in control of green when the red wrestler drops down on green and the referee does not start the mandatory count. Three seconds later, the green wrestler escapes. Can the red coach video review challenge that the referee did not start their count? If so, would the escape be nullified?

RULING: Yes. The red coach can video review challenge this call. The referee would need to be certain there was enough time remaining on the clock so that had the count been started properly it would/could have resulted in a 5th count, which would require the match be stopped to indicate the stall warning. If, per the video review, there was sufficient time to achieve the 5th count, then this is basis for overturning the call, nullifying the escape point and re-wrestling that portion of the match. If, on the other hand for example, there were only four seconds on the clock at the point of the drop down, then this would indicate no substantive error occurred on the part of the referee. The lack of a count in and of itself would not warrant a reversal of this call because even if the count had begun, there was not enough time to reach a 5th count and the escape would stand.

(Rule 3.13.4)

A.R. 3-5. Can a coach request a video review for a control of mat violation?

RULING: No, a coach may only request a video review for calls related to the match and each of the two wrestlers. Control of mat violations are related to the institution and are not subject to video review.

(Rule 3.13.4)

Referee's Video Review

A.R. 3-6. Can the referee, execute a referee's video review when the match is stopped for a coach requested video review challenge?

RULING: No, there is no restriction on the number of times a referee may stop the match for a review. The key to this rule is the term "stop the match." Referees may stop the match whenever they see fit to execute a video review, however, if a coach has already stopped the match, the referee must execute only the coach's challenge and then resume wrestling. This ensures a referee does not inadvertently utilize a referee video review based on something they may have seen while executing the coach's challenge. If a referee wishes to use a video review, they must stop the match and execute the review prior to executing any coach requested challenge. The only exception to this rule is: referees are allowed to use the video to correct timing and/or scoring at any time.

(Rule 3.13.8b)

Coach's Video Review Challenge

A.R. 3-7. What happens if a coach requests a video review challenge, and when the review is being executed, the referee notices the wrestler of the coach calling for the challenge should have received a locked hands call?

RULING: The locked hands call has no bearing on the review that has been requested. Referees are only allowed to evaluate the specific call indicated by the coach. The team requesting the video review cannot be called for violations that were not called by the referee during the regulation portion of the match and then discovered during a coach's video review challenge. There are two acceptable ways the locked

hands call could have been corrected: (1) If the referee believed they may have missed the locked hands call, they could execute a referee's video review prior to the original coach's video review request; or (2) The opposing coach could use a video review challenge after the original coach's video review request.

(Rule 3.13.9)

A.R. 3-8. Is there ever an instance when the coach, after throwing the brick, may retract the request for a video review?

RULING: Yes, there is one instance in which a coach video review request may be retracted. When the coach throws the brick onto the mat indicating a challenge, they are challenging the call on the mat made by the referee. If the referee stops the match and before consulting with the coach, changes the call on the mat, the coach may elect to retract the video review.

(Rule 3.13.9d)

Choice of Positions

A.R. 3-9. Wrestler A has choice at the end of the first period. Wrestler A selects the top position, and the referee tells Wrestler B to take the bottom position. Wrestler A's coach tells Wrestler A to choose bottom. How long does Wrestler A have to change the choice of position?

RULING: For consistency and to avoid delaying the match, once the wrestler with the choice verbally decides and the referee confirms this with the wrestler to prevent misunderstanding, the wrestler cannot change the choice of position.

(Rule 3.14)

A.R. 3-10. The first period ends with neither wrestler able to score (0-0). Wrestler A rides the entire second period accumulating two minutes of advantage time. In the third period, Wrestler A selects the bottom position and escapes immediately. With the escape, Wrestler A leads, 1-0. With six seconds remaining, Wrestler B secures a takedown. The regulation match ends with the score 2-1 in favor of Wrestler B. The referee goes to the table and awards Wrestler A one point for time advantage. The score is now tied, 2-2. Which wrestler will have the choice of position in the first tiebreaker period?

RULING: Wrestler B. The takedown resulted in the first offensive points scored in the match. Time advantage, although earned, cannot be awarded until the conclusion of the regulation match.

(Rules 3.14.3a and 4.5.11)

A.R. 3-11. The regulation match ends with both wrestlers having identical scores and no offensive points scored. When is the determination made as to which wrestler will have the choice in the first tiebreaker period?

RULING: The determination will be made at the completion of the sudden-victory period and before the beginning of the first tiebreaker period by the tossing of the referee's disc.

(Rule 3.14.3b)

Executing the First Round of Overtime

A.R. 3-12. The regulation match ends in a tie. Between the end of the regulation match and the sudden-victory period, Wrestler A takes a first non-bleeding injury timeout. After the timeout, Wrestler B is given choice of position to begin the sudden-victory period and chooses the bottom or defensive position. Wrestler A rides Wrestler B for the entire one-minute sudden-victory period. Does Wrestler A receive a point for one minute of net riding time over his opponent and, therefore, win the match?

RULING: Yes. One minute or more of net time advantage earns the offensive wrestler one point.

(Rules 3.16.1 and 3.17.1)

A.R. 3-13. At the end of the regulation match the score is tied with neither wrestler having scored points. At the end of the first sudden-victory period the score remains tied at zero. The end of the first round of tiebreaker periods finds each wrestler has earned an escape, making the score 1-1 with Wrestler A gaining five seconds net time advantage. Before the second sudden-victory period, Wrestler B takes a first non-bleeding injury timeout. Wrestler A selects the offensive position for the sudden-victory period and rides Wrestler B for 57 seconds when Wrestler B escapes. Since Wrestler A accumulated a combined time advantage of 1 minute and two seconds, should one point be awarded to Wrestler A, tying the match at 2-2?

RULING: No. Wrestler B shall be declared the winner according to Rule 3.10.1. The wrestler who scores the first point(s) in the sudden-victory period shall win.

(Rule 3.16.2)

A.R. 3-14. Between regulation periods and the beginning of the sudden-victory period, Wrestler A is charged with a first non-bleeding injury timeout. At the start of the sudden-victory period, Wrestler B chooses top position and rides Wrestler A for 50 seconds, at which time Wrestler A escapes and is awarded a point. Does Wrestler A win the match?

RULING: Yes. The escape point terminates wrestling in a sudden-victory period.

(Rule 3.16.2)

A.R. 3-15. During the first tiebreaker period, Wrestler A rides Wrestler B for the entire 30-second period. Immediately after the first tiebreaker period, Wrestler B takes a second non-bleeding injury timeout. Before starting the second tiebreaker period, Wrestler A is awarded one point as it is Wrestler B's second non-bleeding injury timeout. Does Wrestler A win by having earned a point?

RULING: No. The second tiebreaker period will be wrestled with the wrestler scoring the most points during both tiebreaker periods declared the winner.

(Rule 3.16.3)

Executing the Second Round of Overtime

A.R. 3-16. Wrestler A takes top position at the beginning of the sudden-victory period because of a first non-bleeding injury timeout charged to the opponent between the regulation periods and sudden victory. Wrestler A rides the opponent for 31 seconds before being charged with a non-bleeding injury timeout. Wrestler B chooses neutral at the restart of the sudden-victory period and no scoring takes place for the remainder of the period. Does the 31 seconds of earned riding time carry over into the tiebreaker periods and add to the net riding time if needed to determine a winner after two complete overtimes end in a tie?

RULING: Yes. Earned riding time accrued during overtimes should be considered as a discriminator in deciding a winner after two overtime periods end in a tie.

(Rule 3.17.4)

Questioning Timing, Scoring or Rules Application

A.R. 3-17. What is the proper way to request the timing and/or scoring for a match be reviewed?

RULING: When the coach wishes to request a review of timing and/or scoring, they shall approach the scorer's table and indicate to the scorer they would like to have the match stopped for timing and scoring review. The individuals working the scorer's table will then notify the referee(s) to stop the bout. Once the bout is stopped and the referee approaches the score table, the coach may state their concern, and return to their appropriate corner so the scorer and the referee can execute the review. Once the review is completed, the referee shall indicate to each corner whether there was a change or no change in the score or time. The scorer's table will make the appropriate changes to the score clock.

(Rule 3.19.1)

Breaking Ties in Dual Meets and Team-Advancement Tournaments

A.R. 3-18. This example demonstrates the correct method to break ties.

| | Team A | Team B |
|--|--------|--------|
| 125 - Cochran (Team A) Decision, Chester (Team B), 6-3 | 3 | 0 |
| 133 - Jones (Team A) Major Decision, Smith (Team B), 10-2 | 7 | 0 |
| 141 - Hoopes (Team B) Decision, Scott (Team A), 7-4 | 7 | 3 |
| 149 - Howes (Team A) Fall, Morter (Team B), 4:23 | 13 | 3 |
| 157 - Letcher (Team B) Decision, Larrick (Team A) 10-3 | 13 | 6 |
| 165 - Painter (Team B) Major Decision, Gregg (Team A), 14-5 | 13 | 10 |
| 174 - Kwait (Team B) Technical Fall, Musgrave (Team A), 16-1 | 13 | 15 |
| 184 - Raber (Team A) Technical Fall, Lonsway (Team B), 18-2 | 18 | 15 |
| 197 - Pawlitz (Team A) Decision, Daniels (Team B), 8-6 | 21 | 15 |
| 285 - Lovejoy (Team B) Forfeit, (Team A) | 21 | 21 |

RULING: Team B wins the dual meet via Rule 3.21c. See below for the details in determining this winner.

(1) Greater number of victories.

Note: Forfeits, defaults and disqualifications count toward total number of victories.

| Team A | Team B |
|--------|--------|
| 5 | 5 |

(Rule 3.21a)**(2) Combined total of falls, forfeits, defaults and disqualifications.**

| Team A | Team B |
|--------|--------|
| 1 | 1 |

Team A (1): Fall @ 149 Team B (1): Forfeit @ 285

(Rule 3.21b)**(3) Total match points scored only from decisions, major decisions and technical falls.**

| Team A | Team B |
|--------|--------|
| 55 | 60 |

Team B 22, Team A 21.

(Rule 3.21c)**Tournaments — Committee and Administration**

A.R. 3-19. If a wrestler starts a match and the opponent injury defaults to them after 30 seconds, would this match be counted in the daily six-match limit?

RULING: Yes, all matches with the exception of forfeits and medical forfeits count toward the daily six-match limit.

(Rule 3.22.5)

A.R. 3-20. This A.R. has been deleted because it was a duplicate of A.R. 3-29.

A.R. 3-21. To begin a session of a tournament, Wrestler A fails to report within five minutes after being called by the tournament announcer as required by rule. How is the original time reference established?

RULING: A tournament official will direct the announcer to start the first match of each round, and the announcer then will call the wrestlers to the first available mat. If the wrestlers do not report to the designated mat upon being called by the announcer, the head timer will start the five-minute count.

(Rule 3.22.10)

A.R. 3-22. Wrestler A fails to report to the specified mat within five minutes after being called by the tournament announcer. How should Wrestler A's failure to appear within the required five minutes be recorded?

RULING: Failure to appear shall be recorded as a forfeit.

(Rule 3.22.10)**Video Review**

A.R. 3-23. If an event is utilizing a third-party video reviewer, can the referee on the mat request the third-party reviewer to consult on a referee video review?

RULING: No, third-party video reviewers may only execute video reviews on coach requested challenges. The third-party reviewer may not request, nor be asked, to participate in a referee initiated review.

(Rule 3.13.3)

A.R. 3-24. Video review rules now require a red and green foam brick with dimensions not to exceed 8" x 5" x 5". How strict should we be in regard to the dimensions indicated in the rules book?

RULING: The rules committee is not interested in penalizing institutions who are off slightly from the suggested dimensions. However, the bricks should adhere as closely as possible to the stated dimensions. There is no flexibility on the fact that the bricks should be made of a foam material and that one should be red and one green.

(Rule 3.13.5)

A.R. 3-25. What happens if the referee arrives and realizes the institution has no bricks whatsoever, or the bricks dimensions are excessively small/large, or are not made of foam?

RULING: The referee should notify the hosting institution/organization to allow them to correct the deficiency. If the deficiency is not corrected by the start of the meet, video review shall not be allowed.

(Rule 3.13.5)

A.R. 3-26. If an institution utilizes a third-party video reviewer, who does the coach explain the review to after throwing the brick and the match is stopped?

RULING: The coach will explain the review to both the third-party reviewer and the referee. While the referee on the mat may listen to the request, he/she shall not participate in the review itself. After the third-party review is completed, the referee on the mat is informed of the results and will announce the results, and ensure the match is restarted properly.

(Rule 3.13.9d)

A.R. 3-27. If an event is utilizing a third-party video reviewer, who decides whether a coach requested video review has been timely requested?

RULING: Video review rules require the coach to immediately throw the brick on a video review challenge. Per Rule 3.13.9f, it is the referee (not the third-party reviewer) who makes the determination on whether the coach delayed throwing the foam brick onto the mat. If the referee believes the coach delayed in requesting the video review challenge, the referee can deny the request. If a referee denies a video review request because of timeliness, the institution will be charged with a control of mat violation using Rule 3.13.9g.

(Rule 3.13.9f and 3.13.9g)

Daily Match Limit

A.R. 3-28. How are matches not contested because of the daily match limit to be recorded on brackets and in the Individual Season Record Form?

RULING: The rules book contains an inaccurate statement when it states, "Any match forfeited because of the match limit..." Matches not competed because of the daily match limit are not forfeited, but rather, listed as No Contest (abbreviation NC). Example: If Wrestler A in a pairing on the bracket is unable to compete in a match because it would be their seventh match, but their competitor, Wrestler B, is allowed to compete because he has not yet reached the daily match limit, Wrestler B would advance in the bracket via no contest. Wrestlers advancing in a bracket via no contest do not receive any advancement or bonus points, but may receive placement points that have been earned.

(Rule 3.22.5)

Tournaments — Committee and Administration

A.R. 3-29. If both wrestlers agree to waive the mandatory 30-minute rest period, during a tournament, can the match be started early?

RULING: No. The mandatory 30-minute rest period between matches may not be waived for any reason.

(Rule 3.22.17)

Control of Mat Area

A.R. 3-30. What happens if a referee needs to enter the reserved zone in order to officiate the match?

RULING: If a referee needs to enter the team personnel's reserved zone in order to officiate the match, it is team personnel and team members responsibility to avoid touching or interfering with the referee. If any member of the team or team personnel interferes or touches the referee while the referee is in the reserved zone officiating the match, they will be called for a control of mat violation (at a minimum). Any individual egregiously interfering with the referee's ability to call the match may also be called for an unsportsmanlike conduct or even a flagrant misconduct violation. The referee has full authority to determine which of the three violations is appropriate (control of mat violation, unsportsmanlike conduct violation or a flagrant misconduct violation).

(Rule 3.22.17)

Correction of Error

A.R. 3-31. Rule 3.18.2 states the deadline for correcting an individual match error for the last match of a dual meet is when the referee signs the scorebook. When there is not a physical scorebook to sign, when is the last match considered final?

RULING: When electronic scoring is used, the last match of a dual meet is final once the referee approaches the table after the last match has concluded and confirms with the scorer the final outcome of the meet.

(Rules 3.18.2 and 3.18.3)

Mat-Side Video Review

A.R. 3-32. When the coach throw the brick onto the mat to request a video review, who are they trying to alert - the scorer or the referee?

RULING: The purpose of the brick is to alert the referee. It is very important to throw the brick away from the wrestlers, but still into the center of mat so the referee can see a video review is being requested.
(Rule 3.13.9d)

Correction of Error

A.R. 3-33. Rules 3.18.1, 3.18.2 and 3.18.3 indicate that all in-match errors must be corrected within the match itself. Why does Rule 3.18.4 indicate that in-match clerical errors can be corrected when discovered?

RULING: Rule 3.18.4 contains an error. As noted on the Center Mat website rules book correction document, the correct wording for Rule 3.18.4 is as follows: "A clerical error in recording match and/or team scoring in a dual meet or tournament may be corrected when discovered."

The proper intent of Rule 3.18.4 is to allow for the correction of clerical errors in the recording of team score only. Rules 3.18.1, 3.18.2 and 3.18.3 are the only rules that govern in-match correction of errors. When determining if a team score error is clerical, the correction shall not require the changing, correcting, re-adding or any other alteration to any match during the competition. An example of a team score clerical error would be a scorekeeper or referee that adds the team points incorrectly. If this occurs, it may be corrected when discovered.

(Rules 3.18.1, 3.18.2, 3.18.3 and 3.18.4)

Control of Mat Area

A.R. 3-34. Rule 3.20.4e states that coaches may leave the reserved zone at the end of the match. Does this rule mean that during the postmatch period a coach can go wherever they want?

RULING: No, during the postmatch period the coach may leave the reserved zone but may not enter the competition circle. Entering the competition circle during the postmatch period is considered grounds for a control of mat violation.

(Rule 3.20.4)

Video Review and Equipment Failure

A.R. 3-35. A dual meet between two teams is using video review and after two matches the video review equipment fails. Because of this failure the next three matches do not have video review, but they are able to get the equipment operating properly again with five matches remaining. Can they begin reusing video review for the remaining five matches?

RULING: No, if the equipment fails and the match proceeds without video review then video review may not be used for any of the remaining matches within that dual meet. This interpretation is to

ensure that malfunctioning video review equipment is not allowed to unfairly impact individual matches and/or repeatedly delay the continuation of the event.

(Rule 3.13.11)

RULE 4

Scoring Meets and Matches

Neutral Danger Zone

A.R. 4-1. If a wrestler is in the neutral danger zone and the referee begins issuing the neutral danger signal (NDS), and the wrestler in the danger zone immediately rolls out of the danger zone and then back into the danger zone, would a new danger signal be issued?

RULING: Yes, anytime a wrestler moves out of the neutral danger zone (NDZ), the danger signal stops and should be restarted, if the wrestler re-enters the danger zone. If, however, the referee has started the NDS and the wrestler is flopping around within the danger zone, the signal should continue.

(Rule 4.2.3)

A.R. 4-2. Is a wrestler able to score near fall points while holding his opponent in the neutral danger zone?

RULING: No, near fall may only be scored once a takedown is awarded. By rule, the NDZ and the NDS are only applicable when in the neutral position.

(Rules 4.2.3 and 4.2.4)

A.R. 4-3. If two wrestlers are tangled up in the neutral position and unable to progress, and one of those wrestlers is in the NDZ, would a stalemate be called?

RULING: No, regardless of whether a wrestler is unwilling or unable to get out of the NDZ, a takedown will be awarded to the other wrestler if the opponent is still in the NDZ at the completion of the danger signal.

(Rule 4.2.3)

A.R. 4-4. Is the referee required to do a verbal and visual count when executing the neutral danger signal?

RULING: No, the referee is only required to issue a verbal announcement; they are not prohibited from executing a visual count but it is not required by the rule.

(Rule 4.2.4)

Near Fall

A.R. 4-5. In a neutral position, Wrestler A takes Wrestler B down to the mat with part of Wrestler A's body remaining in bounds but with Wrestler B's pinning area in contact with the mat outside the out-of-bounds line. The referee awards a takedown since part of Wrestler A is in bounds. After a second on

his back, Wrestler B calls for a bleeding timeout. Should the referee award an additional two points for an imminent near fall?

RULING: Yes. Although not in the wrestling area, Wrestler B's pinning area was exposed to the mat so near-fall points could have been awarded. Additional near-fall points can be awarded, as the near fall was imminent.

(Rule 4.5.7)

A.R. 4-6. Wrestler A had Wrestler B in a pinning combination. Before Wrestler A turned Wrestler B into a near-fall situation, the referee stopped the match for a potentially dangerous situation. Wrestler B did not yell in pain or request the move be broken. But once the action was broken, Wrestler B indicated a slight arm injury. Should the referee award a two-point near fall for imminent near-fall?

RULING: The purpose of Rule 4.5.7 is to prevent a wrestler from breaking a legal pinning situation by yelling and/or faking an injury to prevent being turned. Therefore, since the referee saw a potentially dangerous situation and decided to break it, no near-fall points should be given. Rule 2.2.10 on potentially dangerous allows the referee to stop the action if they determine there is the potential for injury. When potentially dangerous stoppages occur, no imminent points are awarded.

(Rule 4.5.7)

A.R. 4-7. Wrestler A has Wrestler B in a pinning situation and a near-fall criterion is met, after which Wrestler B suffers a bleeding injury and timeout is called. In this situation, when can a four-point near fall be awarded?

RULING: A four-point near fall is awarded when criterion for a two-point near fall is met before Wrestler B is injured.

(Rule 4.5.8)

A.R. 4-8. Wrestler A has Wrestler B in a pinning situation and the criteria for a four-point near fall have been met, after which Wrestler B suffers a bleeding injury. Should a four-point near fall be awarded?

RULING: No. A five-point near fall is awarded when the criteria for a four-point near fall is met before Wrestler B's injury.

(Rule 4.5.9)

A.R. 4-9. Wrestler A uses a Granby roll for a reversal and meets near-fall criteria for a four-point near fall when Wrestler B applies an illegal head scissors. The situation is not allowed to continue since in the referee's opinion the situation is unsafe. Would the referee award two points for the reversal, five points for the near fall and one point for an illegal hold?

RULING: Yes. A five-point near fall would be awarded since the illegal action caused a match stoppage.

(Rule 4.5.9)

A.R. 4-10. Wrestler A uses a Granby roll for a reversal and meets near-fall criteria for a four-point near fall when Wrestler B applies an illegal head scissors. The situation is allowed to continue since the referee feels the situation is not unsafe and the buzzer sounds to end the period. Would the referee award two

points for the reversal, four points for the near fall and one point for the illegal hold?

RULING: Yes. Since the illegal hold did not require a match stoppage, Wrestler A is awarded only a four-point near fall and one point for the illegal hold.

(Rule 4.5.10)

A.R. 4-11. Wrestler A is the defensive wrestler. At the 3:45 minute mark in the match, Wrestler A is charged with a first non-bleeding injury timeout. After the injury timeout ends, Wrestler B is given the choice of position by the referee and chooses the defensive position. How is this recorded on the match scoresheet?

RULING: In Wrestler A's row on the sheet in the second period, the scorer uses the abbreviation INJ(1)3:45 and follows it by an arrow indicating Wrestler A's new starting position. In this case, use an arrow with its head pointing upward. INJ(1)3:45↑. If Wrestler B chose the neutral position, it would be recorded INJ(1)3:45↔.

(Rule 4.10)

Neutral Danger Zone

A.R. 4-12. Wrestler A and Wrestler B are scrambling in the neutral position with ankle locks on each other. Wrestler A comes up slightly and puts Wrestler B in the neutral danger zone (NDZ). After the three count, Wrestler A is awarded a takedown. After the takedown, Wrestler B scrambles and puts Wrestler A in the same situation. Since it is the same situation, would Wrestler B be awarded a reversal?

RULING: The rules currently only prescribe what takedown control is in two instances: The hand touch takedown and the neutral danger zone takedown. In all other scoring situations, the referee is charged with determining whether control has been established, lost or changed. In this example, the initial takedown was awarded utilizing one of the two prescribed methods (NDZ rule). After the takedown was awarded and Wrestler B put his opponent into the same situation, it would be up to the referee to determine if an escape or a reversal should be awarded. Since escapes, reversals, and traditional takedowns do not have a prescribed method for determining control (or loss or change of control), the awarding of points in the situation is not automatic and not situationally dependent but rather up to the judgment of the referee.

(Rule 4.2.3)

A.R. 4-13. Wrestler A hits Wrestler B with a Peterson roll and sits him to his butt. While making an adjustment to get the takedown and near fall, wrestler A puts himself at 60 degrees and gives up a danger takedown. In this situation by rule, the referee will award a takedown to Wrestler B even though he is on his butt locked up in a Peterson roll and about to get scored on.

RULING: The neutral danger zone rule utilizes near fall criteria and substitutes 90 degrees for 45 degrees. Also, if a wrestler's body is in between the shoulder blades and the mat then near fall criteria is

not established (not within four inches of the mat). If in fact after executing this Peterson roll the referee did believe wrestler A was in the danger zone, he would warn him of that by issuing the neutral danger signal (NDS). This announcement of "danger" indicates that he needs to progress immediately out of this situation. If he hears the danger signal and subsequently cannot secure the traditional takedown, or get himself out of the danger zone, then he must be restrained in that situation and a takedown would be awarded to Wrestler B. If after that takedown is awarded, additional scoring action occurs it would be awarded appropriately.

(Rule 4.2.3)

A.R. 4-14. If the red wrestler has the green wrestler in the danger zone and while in the danger zone the green wrestler screams out because of an injury, should the red wrestler receive a takedown?

RULING: For the purposes of Rule 2.2.4 on imminent scoring, the issuance of a neutral danger signal (NDS) will not impact the application of points that should be awarded when an opponent indicates injury and scoring was imminent. Regardless of whether the referee is watching a traditional takedown take place or if they are issuing a NDS, when a wrestler indicates injury by yelling out, the referee will ask themselves if scoring was imminent. If scoring was imminent, then the points should be awarded, if scoring was not imminent points should not be awarded.

(Rule 4.2.4)

RULE 5

Infractions

Assessing Match Penalties

A.R. 5-1. Wrestler A is being reversed by Wrestler B. During the reversal, Wrestler A, who is not in a standing position, locks hands. The referee signals locked hands and allows the match to continue. Wrestler B continues with the reversal, but Wrestler A immediately comes back with another reversal and subsequently pins Wrestler B. Should the match have been stopped after Wrestler B reversed Wrestler A? Does Wrestler A's fall stand since there was a technical violation involved before the fall?

RULING: Yes, the fall stands. During locked hands call, if the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.

(Rule 5.1.2c)

A.R. 5-2. Wrestler A uses a Granby roll for a reversal and meets a near-fall criterion, when Wrestler B applies an illegal head scissors. Should the referee stop the match and award the applicable points?

RULING: No. Rule 5.1.2f states that wrestling may continue even though an illegal hold has been applied, unless stoppage becomes necessary to prevent injury.

(Rule 5.1.2f)

Unsportsmanlike Conduct

A.R. 5-3. May a wrestler be disqualified during a match for unsportsmanlike conduct?

RULING: Yes. During a match, the first unsportsmanlike conduct call on Wrestler A warrants match point(s) being awarded to Wrestler B. If Wrestler A receives a second unsportsmanlike conduct call within the match, they would be disqualified.

(Rule 5.2.4)

A.R. 5-4. If a wrestler receives an unsportsmanlike conduct violation in the second period of a match and then subsequently receives a second unsportsmanlike conduct violation immediately after the third period concludes, would this wrestler be disqualified?

RULING: No, per rule a wrestler is only disqualified for unsportsmanlike conduct when the violations are received within the match itself (start of match to the end of the third period or after a fall, technical fall, default or disqualification). When time expired

in the third period, it immediately went into the postmatch period which has its own penalty sequence on the penalty table.

(Rule 5.2.4)

Flagrant Misconduct

A.R. 5-5. The referee raises Wrestler A's hand at the end of the match. Wrestler A subsequently punches Wrestler B, and the referee calls flagrant misconduct. What is the penalty and what effect does it have on the match?

RULING: Flagrant misconduct by the winner during the post-match period shall result in Wrestler A being disqualified, the deduction of one team point, the removal of the disqualified wrestler from the premises and Wrestler B being declared the winner.

(Rules 5.5.2 and 5.5.3)

A.R. 5-6. During the 165-pound match, the referee calls Wrestler A for flagrant misconduct and Wrestler A is disqualified. After the meet ends (that is, after four subsequent matches) the coach of Wrestler A persuades the referee to reverse his call of flagrant misconduct in the 165-pound match, and reduce it to unsportsmanlike conduct. The referee agrees and informs the table, but not Wrestler B's coach. Can the referee reverse his earlier call?

RULING: No. Once a flagrant misconduct violation has been assessed, it shall not be changed after the subsequent match begins in a dual meet and once the bout sheet leaves the table in a tournament.

(Rule 5.5.8)

Illegal Holds

A.R. 5-7. Wrestler A lifts Wrestler B into the air. While in the air, time expires in the third period and Wrestler B continues bringing Wrestler A to the mat with unnecessary force. Can the referee include illegal-slam penalty points in the match score, since the slam occurred after the third period ended?

RULING: Yes. Since the wrestler was in the process of completing a takedown attempt, it should be considered as having occurred during the match. This situation might be considered unsportsmanlike conduct or flagrant misconduct, if the referee deems Wrestler A's action to be out of disgust or with the intent to injure Wrestler B.

(Rule 5.6.3)

Stalling

A.R. 5-8. Defensive Wrestler A, who is attempting to escape, cuts back and faces Wrestler B while going completely out of bounds. Wrestler B is entirely in bounds. The referee awards an escape to Wrestler A. Should the referee use the neutral out of bounds stalling rule to call a stalling violation on Wrestler A for going out of bounds?

RULING: No. Rule 5.7.5 does not apply when the referee awards an escape for loss of control on the out of bounds line, or if the wrestler who escapes is partially out of bounds when the escape point is awarded. A neutral out of bounds stalling call would only apply if the wrestler

secured the escape in bounds and was balanced and positioned within the competition circle and then backed out of bounds.

(Rule 5.7.5)

A.R. 5-9. How do you determine who was stalling when two wrestlers go out of bounds in the neutral position?

RULING: If Wrestler A is pursuing Wrestler B to compete, and Wrestler B backs out of bounds with minimal to no effort to circle back into the competition area, Wrestler B is considered stalling. The threshold of minimal to no effort applies in all standing neutral wrestling situations, regardless of the hold or lack of a hold one wrestler has on another; any wrestler on the out of bounds line must make substantial effort to circle back into the competition area. If both wrestlers are straddling the out of bounds line and they go out of bounds simultaneously, then they are equally responsible for not circling back into the competition area and they will both be called for out of bounds neutral stalling. The neutral position stalling criteria applies after the referee awards an escape point. However, an escape that is awarded and is immediately followed by an out of bounds call will not warrant a stalling call.

(Rule 5.7.5a)

A.R. 5-10. How do you determine if a wrestler was pushing the opponent out of bounds or just wrestling aggressively?

RULING: If Wrestler A is on or near the out of bounds line and actively trying to circle into the competition area, and Wrestler A is met by his opponent, Wrestler B, who is pushing, simply to impede, inhibit or block Wrestler A's attempts to circle in bounds, and this pushing action results in an out of bounds call, then this is considered neutral out of bounds stalling by pushing on opponent (B). Out of bounds stalling by pushing can occur in any wrestling hold or position in which the wrestlers are in the standing neutral position.

(Rule 5.7.5b)

A.R. 5-11. How do you determine if a wrestler was pulling the opponent out of bounds?

RULING: Pulling an opponent out of bounds to avoid being scored on, and/or to unnecessarily force a restart, is considered neutral out of bounds stalling by pushing. Out of bounds stalling by pulling can occur in any wrestling hold or position in which the athletes are in the standing neutral position.

(Rule 5.7.5b)

A.R. 5-12. How are you able to identify if wrestling action is taking place?

RULING: Action calls are indicated when there is aggressive wrestling by both wrestlers with the out of bounds line playing little to no role in the wrestlers' actions or decisions. Wrestlers actively executing a wrestling maneuver, or working aggressively to score or not be scored on, characterize aggressive wrestling.

(Rule 5.7.5c)

A.R. 5-13. Does the verbal and visual count for indicating an offensive wrestler is utilizing a drop-down technique continue when both wrestlers rise to the rear standing position?

RULING: No. The mandatory verbal and visual count occurs when one or both wrestlers are down on the mat. If both wrestlers rise to the rear standing position, the mandatory count stops; however, at this point, the offensive wrestler is required by rule to make an attempt to return the defensive wrestler back to the mat.

(Rules 5.7.12 and 5.7.15d)

A.R. 5-14. Is it a mandatory stall call when a wrestler kicks out from a lower leg hold?

RULING: No. A wrestler who stays in bounds while kicking out of a lower leg hold in either the neutral or down position, should not be called for stalling unless the referee believes Rule 5.7.1 (avoiding wrestling as an offensive or defensive strategy) applies. If, however, a kick out by a wrestler results in an out of bounds call being made by the referee, then the wrestler kicking out shall be called for stalling

(Rule 5.7.8)

A.R. 5-15. During the tiebreaker period(s), the offensive wrestler applies a hold meant to prevent the defensive wrestler from escaping by locking both arms around the lower leg. Should the referee call a stalemate or stalling?

RULING: The referee shall, after a five-second verbal and visual count, call stalling on the offensive wrestler. If the offensive wrestler improves his position before the five count is reached, then no stalling call is made.

(Rule 5.7.12)

A.R. 5-16. In referee position, the offensive wrestler moves both hands down below the buttocks of the defensive wrestler onto one or both leg(s). After the referee has started his verbal and visual five-second count, the offensive wrestler moves their hands back up above the defensive wrestler's buttocks before the referee reaches the fifth count, the offensive wrestler waits to hear the referee stop his count and then he immediately positions both hands back down below the buttocks.

RULING: If the offensive wrestler attempts a series of dropping down below the buttocks, moving back up and quickly attempting to initiate action and then dropping back down below the buttocks and moving up above the buttocks again, the referee has the option to determine that this is a stalling tactic and can immediately call the offensive wrestler for stalling.

(Rule 5.7.12)

A.R. 5-17. In referee position, the offensive wrestler moves one or both hands down below the buttocks and onto the ankle of the defensive wrestler. The defensive wrestler then pushes the head of the offensive wrestler down toward the mat and ankle and holds the head in that position so the offensive wrestler is unable to move up. Does the referee continue to count the five-second count.

RULING: Yes. When an offensive wrestler initiates the action and executes a drop-down technique, they bear the responsibility to work themselves back up above the waist prior to the stalling violation been issued.

(Rule 5.7.12)

A.R. 5-18. In referee position, the wrestlers are in a scramble situation. The defensive wrestler initiates the action by moving one or both hands down below the buttocks of the offensive wrestler onto one or both leg(s). The offensive wrestler's only counter is to move one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s). Does the referee begin a five-second count on the offensive wrestler?

RULING: No, the referee would not begin a five-second count on the offensive wrestler as the defensive wrestler initiated the action by dropping down below the offensive wrestler's buttocks first, and the only option for the offensive wrestler was to secure one or both his hands down below the buttocks of the defensive wrestler onto one or both leg(s). The referee shall allow wrestling action to continue as the wrestlers work to improve their position, or until neither wrestler can improve his position, at which time the referee may call a stalemate.

(Rule 5.7.12)

A.R. 5-19. In referee position, the offensive wrestler moves one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s). The referee has started his verbal and visual five-second count when the offensive wrestler moves both hands up above the buttocks, at which point the referee stops his count. The offensive wrestler then applies a side headlock to the defensive wrestler.

RULING: In this situation, the offensive wrestler has moved back up above the buttocks, and the referee has stopped his count. When the offensive wrestler applies the side headlock to the defensive wrestler, the referee shall begin a new five-second count.

(Rules 5.7.12 and 5.7.14)

A.R. 5-20. In the neutral position, Wrestler A takes Wrestler B down from behind. Wrestler A finishes the takedown with both hands wrapped around the ankles of Wrestler B and does not immediately work up to above the buttocks. Does the referee immediately begin his five-second count?

RULING: No, the referee is required to give the offensive wrestler an opportunity to work up from the position before starting a mandatory count.

(Rule 5.7.12)

A.R. 5-21. Does the verbal and visual count stop when the offensive wrestler drops down to the defensive wrestler's lower leg(s) and then rises to standing position and the defensive wrestler stays down on the mat?

RULING: No. If the defensive wrestler does not come up to the standing position, the count continues.

(Rule 5.7.12)

A.R. 5-22. In the neutral position, Wrestler A shoots a high-crotch on Wrestler B. Wrestler B cracks down onto his hip and locks his hands around the buttocks of Wrestler A. Wrestler A is awarded the takedown after securing his arms around both legs of Wrestler B. Wrestler B is able to block Wrestler A from moving his hand(s) up around the buttocks of Wrestler B. Does the referee begin the five-second count for Wrestler A?

RULING: No, in this situation Wrestler A has secured the takedown but wrestler B is blocking him from moving up above the buttocks. Therefore, the referee shall call a stalemate and restart the wrestlers in the center of the mat.

(Rule 5.7.12)

A.R. 5-23. If a wrestler is awarded a takedown and then moves into a hand-turk situation (bottom leg cradle), should a verbal and visual count occur?

RULING: No, the hand-turk, or bottom leg cradle situation, is not a position in which the mandatory count should be utilized or continued. Referees should allow this action to continue and if it becomes apparent the wrestler is using the technique as a stalling tactic, then the wrestler can be called for stalling using Rule 5.7.1.

(Rule 5.7.12)

A.R. 5-24. When using the waist and ankle ride, can the offensive wrestler continue to hang onto the ankle once the defensive wrestler is broken down to the mat?

RULING: Unless the offensive wrestler is using the lower leg to execute a pinning or turning combination, the offensive wrestler must release the hold after breaking the defensive wrestler down to the mat.

(Rule 5.7.13)

A.R. 5-25. Should wrestlers who go to the lower leg when utilizing a drape ride or cross body ride receive a mandatory verbal and visual count?

RULING: No, the drape ride or a cross body ride, where the wrestler is grasping the ankle but the top hand is near the neck or in a cross face position, do not require a mandatory count. In these two situations, referees are able to utilize Rule 5.7 to call the offensive wrestler for stalling, if warranted.

(Rule 5.7.13)

A.R. 5-26. Should an offensive wrestler who brings one hand to the opponent's waist and with the other hand reach between the legs of their opponent to secure their wrist receive a mandatory count for executing a drop down?

RULING: No, if the offensive wrestler has one arm around the waist and the other arm through the crotch of the defensive wrestler, and has a clear grasp on the defensive wrestler's wrist (ball and chain type technique), a mandatory count is not required.

(Rule 5.7.13)

A.R. 5-27. Can the offensive wrestler drop down to a lower leg repeatedly or grasp and release the waist and ankle ride repeatedly to avoid receiving a stalling warning?

RULING: No, gaming the rule by dropping down and coming back up or releasing and immediately re-grasping the ankle after the count is stopped can result in an immediate stall call by the referee.

(Rule 5.7.12 & 13)

A.R. 5-28. Do you have to restart the count when a wrestler goes immediately from a waist an ankle to a drop-down, or vice versa?

RULING: No, neither a waist and ankle ride that turns into a drop-down position nor a drop-down position that turns into a waist and ankle ride require a restart of the referees mandatory count.

(Rule 5.7.13)

A.R. 5-29. In referee position, the offensive wrestler has a leg ride and side headlock secured. Can the referee call the offensive wrestler for stalling if they repeatedly release and reapply the side headlock, never allowing the referee to reach the 5th count?

RULING: Yes. When the wrestler repeatedly releases and re-grasps the side headlock in order to avoid a 5th count, the referee can immediately call the offensive wrestler for stalling.

(Rule 5.7.14)

A.R. 5-30. If Wrestler A is in the offensive position and places a side headlock on Wrestler B, should the mandatory verbal and visual count continue if both wrestlers rise to the rear standing position?

RULING: No. Once Wrestler A and Wrestler B rise to the rear standing position the referee shall stop his count. Additionally, if Wrestler A places a side headlock on Wrestler B while in the rear standing position a count shall not start while in the standing position. Once in the rear standing position, Wrestler A is required to make an effort to return Wrestler B to the mat or risk being called for stalling using Rule 5.7.15d. However, if a side headlock is applied while in the rear standing position and both wrestlers return to the mat, then a count shall immediately begin.

(Rules 5.7.14 and 5.7.15d)

A.R. 5-31. Wrestler A is in the offensive position and places a side headlock on Wrestler B that encircles the head and arm of his opponent but closes the loop of the side headlock by using his opponent's wrist. Would this be considered a side headlock and receive a mandatory count?

RULING: Yes. Wrestlers may not use their opponent's wrist to close the circle on a side headlock. This technique would require a mandatory count.

(Rules 5.7.14)

A.R. 5-32. The defensive wrestler stands and controls the offensive wrestler's hands. The offensive wrestler makes several attempts to bring the defensive wrestler to the mat, but is unable to do so. Should the offensive wrestler be called for stalling?

RULING: No, the offensive wrestler shall not be called for stalling in this situation because the offensive wrestler is aggressively attempting to return the defensive wrestler to the mat.

(Rule 5.7.15d)

A.R. 5-33. If Wrestler A is in the offensive rear standing position with Wrestler B, and Wrestler A has a leg ride in on Wrestler B, is Wrestler A obligated to make an attempt to return Wrestler B to the mat?

RULING: Yes, regardless of the situation Wrestler A finds themselves in, they must make an attempt to return their opponent to the mat or risk being called for stalling.

(Rule 5.7.15d)

Interlocking Fingers in Neutral Position

A.R. 5-34. (1) Is grasping all four fingers together in the neutral position considered interlocking fingers? (2) Additionally, do both wrestlers get a warning before they are charged with an interlocking fingers violation?(3) Finally, how exactly should the stall call be made when the 2nd incidence of interlocking fingers occurs?

RULING: (1) Interlocking fingers is described as: the fingers, of either one or both hand(s), of each wrestler laced alternately with the opponent's fingers. One wrestler grasping all four of the opponent's fingers together is not considered interlocking fingers violation. (2) When a referee calls stalemate for the first instance of interlocking fingers, this stalemate is alerting both wrestlers that the next instance of interlocking fingers, as determined by the referee, will be called stalling. (3) If/when a second occurrence of interlocking fingers occurs, the match shall be stopped and the referee will call the appropriate person(s) for stalling. If it is apparent to the referee that both athletes are equally responsible for the interlocking fingers, they can call stalling on both athletes. *Note:* This is the only time a match is stopped in the neutral position to make a stalling call.

(Rule 5.8.1)

A.R. 5-35. If the referee sees interlocking fingers, should they stop the match instantly to make the stalemate/warning call and/or the stalling call?

RULING: The referee can provide for reaction time in calling interlocking fingers. However, if it is clear one or both of the wrestlers is/are continually interlocking and releasing repeatedly, and/or they interlock fingers and hold that position beyond a reaction time, as determined by the referee, then the referee should stop the match immediately and make the appropriate call. If the wrestlers continually interlock fingers and release them (even if released within reaction time) this should be penalized as stalling.

(Rule 5.8.1)

Interlocking Hands

A.R. 5-36. Wrestler A is on the bottom, stands up to both feet and turns into Wrestler B. Wrestler B's knees are on the mat and are supporting him. Wrestler B locks hands around both legs of Wrestler A in a double-leg situation with no loss of control. Wrestler B then lifts Wrestler A, brings Wrestler A to the mat, unlocks hands and moves up. Should Wrestler B be called for locked hands?

RULING: No. The defensive wrestler was supported by both feet only, which allows the offensive wrestler to lock hands and execute a mat return.

(Rule 5.8.2)

A.R. 5-37. The offensive wrestler applies a bear hug on the defensive wrestler, who is in a sitting position facing the offensive wrestler. After the bear hug is applied, the offensive wrestler attempts to pin the opponent. Is this considered a technical violation for locked hands?

RULING: Yes. Locking hands around the body by the offensive wrestler while in a control position on the mat is a technical violation. In a control position, a wrestler cannot lock hands around the opponent and then take the opponent to a pinning situation. Once a near-fall criterion has been met, it is permissible to lock hands.

(Rule 5.8.2)

Leaving Mat Without Permission

A.R. 5-38. The referee is asked to come to the scorer's table at the request of Coach B. The referee instructs the wrestlers to remain in the center of the mat. Wrestler A walks to the edge of the mat to talk to A's coach. What is the ruling?

RULING: The wrestler would be penalized for a technical violation of leaving the mat without permission.

(Rule 5.8.5)

Figure-Four Scissors

A.R. 5-39. When does a leg scissors turn into a figure four around the body or both legs?

RULING: When the foot is placed directly behind the knee (where the knee bends). The foot at the calf or lower is not a figure four.

(Rule 5.8.9)

Penalty Table

A.R. 5-40. Wrestler A is injured by a technical violation (for example, locked hands or figure-four body scissors) and cannot continue the match. Does Wrestler A win the match because of the illegal action of Wrestler B?

RULING: With one exception the answer to this question is no, when a technical violation occurs the individual does not receive recovery time and the offending wrestler is not disqualified if the individual cannot continue. However, there is one important correction that needs to be made in the rules book. Unnecessary roughness violations, which adhere to the technical violation

penalty sequence, are a disqualifying violation if the offended wrestler is unable to continue. Please review Rule 6.3.5, injury from illegal action for the proper way to handle unnecessary roughness violations. (Penalty table and Rule 6.3.5)

Flagrant Misconduct

A.R. 5-41. Are wrestlers serving a suspension for a flagrant misconduct violation allowed to sit on the team bench during the competition in which they are suspended from?

RULING: No. Wrestlers suspended from competition because of a flagrant misconduct violation shall not sit on the team bench during dual meets. Wrestlers serving a suspension from a tournament shall stay in the designated spectator area.

(Rule 5.5)

Unsportsmanlike Conduct

A.R. 5-42. Rule 5.2.5 requires the coach to be notified when an unsportsmanlike conduct call has been made. Does this mean the coach should also be notified for unsportsmanlike conduct calls under Rules 5.2.3 and 5.2.4?

RULING: Yes. If an unsportsmanlike conduct call is made during the pre-match, match or post-match periods (Rules 5.2.3 and 5.2.4), then the referee shall verbally notify the coach of the violation. If during the pre-match, match or post-match time periods a subsequent unsportsmanlike conduct act occurs, prior to the coach being verbally notified of the first violation, the penalties are considered simultaneous penalties and assessed as one violation.

Requiring the referee to notify the coach of all pre-match, match and post-match unsportsmanlike conduct calls ensures each coach is aware of the violation and also reconciles the conflict between one rule that requires notification of an unsportsmanlike penalty (Rule 5.2.5) and two rules that do not (Rules 5.2.3 and 5.2.4). Any other unsportsmanlike conduct calls (those outside of the pre-match, match and post-match periods) may be identified by the referee, or other event personnel, but the notification will occur by the tournament committee.

(Rules 5.2.3, 5.2.4 and 5.2.5)

A.R. 5-43. Can a wrestler in the postmatch period actually be disqualified if they commit two somewhat simultaneous unsportsmanlike conduct acts, such as taking their straps down in the competition circle and then a few seconds later spiking their headgear?

RULING: The rules on this topic are subject to interpretation since Rule 5.2.3 indicates how to handle unsportsmanlike conduct calls for the prematch and postmatch periods. However, according to the match parameters, once two wrestlers have completed a match they are technically considered non-competing wrestlers and subject to the language outlined in Rule 5.2.5. Understanding this

rules challenge, the following interpretation should be used for all instances:

If a wrestler in the postmatch period commits an act of unsportsmanlike conduct, the referee should follow Rule 5.2.5 which indicates to signal the infraction then inform the offending coach and scorekeeper of the one-point team deduction. The important point of emphasis with this ruling is that the referee must inform the coach immediately after signaling the violation. If the wrestler commits a second unsportsmanlike conduct act in between the time the referee signal and the referee notifying the coach, the two unsportsmanlike conduct acts are considered a simultaneous penalty and subject to only one penalty assessment. If, however, the wrestler commits an unsportsmanlike conduct act and the referee signals the penalty and notifies the coach, and then the wrestler commits a second unsportsmanlike conduct act, this is considered a new violation and the wrestler would be assessed the second unsportsmanlike conduct act penalty.

The rules committee is adamant that all unsportsmanlike conduct violations be assessed the proper penalty. However, during the prematch and postmatch periods, it is important to adhere to the notification requirement in Rule 5.2.5 which better ensures the coach and the wrestler are aware of the violation. The proper notification of postmatch unsportsmanlike conduct calls acknowledges the unacceptable nature of these acts and also ensures the fair application of the rule, providing all parties an opportunity to change their behavior so that no additional penalties are assessed.

(Rules 5.2.3 and 5.2.5)

Unnecessary Roughness-Hands to the Face

A.R. 5-44. What is the official interpretation of unnecessary roughness when talking about hands to the face?

RULING: Rule 5.3 states, “a forceful slap to the head or face, gouging or poking the eyes” is considered unnecessary roughness. To interpret this further, it would mean that any wrestling action in which the wrestler places their hand in, on, or around the eyes nose and mouth is considered gouging or poking the eyes. The hand is considered to be any part of the base of the palm of the hand, the palm of the hand itself or any of the fingers or thumb. Additionally, if the hand is not in, on, or around the wrestler’s eyes nose and mouth but is applied forcefully then it is also considered unnecessary roughness.

(Rule 5.3)

A.R. 5-45. Will a wrestler be called for an unnecessary roughness violation if they are in a scramble situation or normal wrestling action (i.e. hand fighting) and their hand inadvertently hits the other wrestler’s face or eyes?

RULING: No, unnecessary roughness refers to physical acts that are deliberate in nature. If a wrestler’s hand comes into contact with

their opponent's face inadvertently and not because of the use of a purposeful hold or tactic then this is not considered unnecessary roughness.

(Rule 5.3)

A.R. 5-46. Why is a wrestler being called for unnecessary roughness when they place their hand on the opponent's face without using excessive force?

RULING: Because of the low amount of force needed to cause injury to a wrestler's eye, placing the hand(s) in on or around the eyes nose or mouth as a hold, tactic, defense or any other purposeful technique, regardless of the force used, is considered deliberate and is unnecessary roughness.

(Rule 5.3)

Stalling by Dropping Down to a Lower Leg

A.R. 5-47. If wrestler A drops down to a lower leg hold on wrestler B and while the referee is issuing the verbal and visual count Wrestler A releases the leg before the fifth count but does not move up above wrestler A's waist. In this situation does the referee stop the count?

RULING: Yes, per rule 5.7.12 releasing the hold is sufficient to stop the mandatory count. However, the rules and interpretations regarding gaming this rule are very strict. If a wrestler releases the hold to stop the count there is an automatic stalling call if at any time in that situation they re-grasp the lower leg. This immediate stall call is because the individual is gaming the drop down rule, which is not allowed. Previous approved rulings regarding this situation can be found in A.R.5-16 and A.R. 5-27.

(Rule 5.7.12)

RULE 6

Injuries, Timeouts and Match Stoppages

Possible Presence of Injury

A.R. 6-1. Wrestler A receives a neck injury. The referee will not allow Wrestler A to continue until receiving a physician's or certified athletic trainer's approval. Both are in the arena; however, it is obvious that neither one will reach the mat area to grant approval before the 1½ minutes of injury time expire. Does Wrestler B win by default?

RULING: No. Once the injured wrestler claims to be recovered, the referee may take an official timeout until the physician or certified athletic trainer has time to evaluate the injured wrestler.

(Rule 6.1.5)

Injury Timeout Assessment Requirement

A.R. 6-2. A wrestler vomits during a match. Is the referee correct in charging a non-bleeding injury timeout to the ill wrestler?

RULING: Yes, Rule 6.1.6 states, with the exception of Rule 6.1.5, when wrestling action is stopped for a non-bleeding injury assessment, an injury timeout shall be assessed.

(Rule 6.1.6)

Non-Bleeding Injury Timeout

A.R. 6-3. What state of readiness should the injured wrestler assume at the completion of injury time?

RULING: At the completion of the 1½ minutes of injury time, the injured wrestler should be prepared to rise and move to the center of the mat to restart the match.

(Rule 6.1.7)

First Non-Bleeding Injury Timeout

A.R. 6-4. If the first non-bleeding injury timeout is taken by Wrestler A between the end of the third period and the beginning of the sudden-victory period, Rule 6.1.14 states that Wrestler B will have the choice of top, bottom or neutral at the beginning of the sudden-victory period. Wrestler B chooses the top position and rides Wrestler A for the entire one-minute sudden-victory period. Does Wrestler B win the match?

RULING: Yes. Wrestler B has accrued one minute of time advantage and is awarded one point. (See Rule 4.5.1.)

(Rule 6.1.14)

A.R. 6-5. Wrestler A takes a first non-bleeding timeout between the first and second tiebreaker periods. Wrestler B had a choice of positions in the first tiebreaker period. Does Wrestler B have choice again as Wrestler A has taken his or her first non-bleeding timeout?

RULING: Yes.

(Rule 6.1.14)

A.R. 6-6. Wrestler A takes top position at the beginning of the sudden-victory period because of a first non-bleeding injury timeout charged to the opponent between the regulation periods and sudden victory, and rides the opponent for 31 seconds before being charged with a non-bleeding injury timeout. Does Wrestler B have choice at the restart?

RULING: Yes.

(Rule 6.1.14)

A.R. 6-7. Wrestler A takes a first non-bleeding injury timeout in the sudden-victory period of the second round of overtime, and at the restart, Wrestler B chooses the offensive position and accrues 20 seconds of riding time at the end of the sudden victory period. Does the 20 seconds carryover and possibly determine the winner?

RULING: Yes.

(Rule 6.1.14)

Second Non-Bleeding Timeout

A.R. 6-8. In a tiebreaker period, Wrestler A is charged with a second non-bleeding injury timeout. One point is awarded to Wrestler B. Does this terminate wrestling with Wrestler B declared the winner?

RULING: No. Both tiebreaker periods in a given round of overtime must be wrestled in their entirety to determine a winner, unless a default, disqualification, fall or technical fall was earned. (See Rule 3.16.4.)

(Rule 6.1.18)

Injury Timeouts

A.R. 6-9. Wrestler A takes his first non-bleeding injury timeout in the middle of period 1. When Wrestler A is ready to go, Wrestler B indicates he is injured and takes his first non-bleeding injury timeout. When wrestling is ready to resume, does either wrestler have choice of position or does wrestling resume as prior to the injuries?

RULING: When first and/or second injury timeouts are taken simultaneously, or the timeout is taken prior to wrestling resuming from the first timeout request, neither wrestler will receive choice or be penalized one point. However, all injury timeouts count towards

each individual wrestlers injury timeout limit. The first wrestler to take a third injury timeout will lose by injury default per Rule 6.1.21. (Rules 6.1.14, 6.1.18 and 6.1.21)

Concussion Evaluation

A.R. 6-10. If during a match a wrestler requires a concussion evaluation, can the medical personnel provided by the event host execute that evaluation and remove a wrestler from competition?

RULING: If the wrestler's institutional medical personnel is available then that individual is the primary authority for executing the concussion evaluation. If the institutions medical personnel is not immediately at mat-side when the concussion evaluation is requested then reasonable efforts need to be made to secure that individual for the evaluation. If however, the institutional medical personnel is not available, then yes, the medical personnel provided by the event host does have the authority to execute the evaluation and may remove the wrestler from competition if they deem it medically appropriate.

RULE 7

Referees and Other Personnel

Referee Jurisdiction, Control and Matters of Judgment

A.R. 7-1. During a match in a tournament, the referee and second referee are at the table with their backs to the wrestlers, who are at the center of the mat. One wrestler commits an unsportsmanlike act that is observed by a tournament referee not involved in the match. What should the nonworking referee do?

RULING: Similar to the proper mechanics used by a second referee, the nonworking referee shall inform the referee who is in control of the match, who shall render a decision. The match referee is responsible for the match, but other referees involved with the competition can offer assistance and report violations.

(Rule 7.2.2)

RULE 8

Weight Management

Weight Class Ascent/Descent Option

A.R. 8-1. A wrestler has been competing at 141 pounds. For the next competition, the wrestler weighs in at 148.6 pounds to compete at the 149 weight class, but ultimately does not end up competing. Can the wrestler return to 141 pounds for a competition two days later?

RULING: No, 149 pounds has become the wrestler's new certified weight class. The wrestler may return to 141 pounds but adhering to the mandatory maximum weight loss per week of 1.5 percent would take the wrestler longer than two days to be eligible for 141 pounds.

(Rule 8.3.8)

Weight Loss Descent Requirement

A.R. 8-2. Wrestler A's weight-loss plan form indicates that he or she can safely reach a lowest certified weight class of 149 pounds no earlier than November 20. Wrestler A enters an open tournament November 18, unattached, pays all expenses and does not use institutional wrestling equipment, weighs in at 149 pounds and competes. Do weight-management guidelines permit Wrestler A to wrestle 149 pounds before the date established by the weight-loss plan, even if Wrestler A does so individually without institutional assistance?

RULING: No. All rostered student-athletes must comply with all weight-management regulations. In addition, Wrestler A may be penalized for a weight-management violation for competing at a weight class prior to being eligible for that weight class per the weight loss descent plan.

(Rule 8.3.12)

RULE 9

Medical Exams, Weigh-Ins and ISRF

Weigh-Ins

A.R. 9-1. For a dual meet, Wrestler A weighs in at 141 pounds, but is slightly overweight. Is it permissible for Wrestler A to weigh in again after the heavyweight class in an attempt to make weight?

RULING: No. However, Wrestler A may step on and off the scale three times at the time of the weigh-in to assure the scale has been properly zeroed and/or allow for mechanical inconsistencies in the scale.

(Rule 9.2.11)

A.R. 9-2. At the time of the medical exam/weigh-in, Wrestler A is still working out in order to make weight. Can Wrestler A elect to bypass the skin check and weigh-in when wrestlers start stepping on the scales?

RULING: No. At the scheduled time for medical exams and weigh-ins, all wrestlers who wish to compete shall present themselves properly groomed, in a suitable undergarment and not be engaged in any weight loss activity. The penalty for not arriving at the medical exam/weigh-in area at the prescribed time is disqualification of the competitor.

(Rule 9.2.14)

Weigh-In Times

A.R. 9-3. Team A wrestles Team B at 7 p.m. Both teams compete earlier that day, Team A at noon and Team B at 1 p.m. At what time will the weigh-in take place?

RULING: All teams shall weigh in one hour before the starting time of the first match of the day. In this situation, the weigh-ins shall take place at 11 a.m.

(Rule 9.3.1)

1-Pound Weight Allowance

A.R. 9-4. If a wrestler weighs in with a 1-pound allowance for a dual meet, will the weight loss descent plan impact their ability to compete at that same weight class in a subsequent competition?

RULING: No, the Optimal Performance Calculator is calibrated such that the weight loss descent plan does not recalibrate whenever weight allowances are provided.

(Rule 9.3.2)

Individual Season Record Form (ISRF)

A.R. 9-5. A wrestler plans on redshirting, but wrestles in several open tournaments at the wrestler's own expense and using his or her own personal equipment. Later, the wrestler's coach changes the wrestler's status regarding redshirting, and the wrestler competes representing the institution. Should the matches in the early-season open tournaments be included on the wrestler's NCAA Individual Season Record Form?

RULING: Yes. Once the wrestler officially represents the institution, all of the matches wrestled during the season shall be included on the season record form.

(Rule 9.6)

A.R. 9-6. At an individual advancement tournament, several participants are eliminated in the early rounds of competition. The wrestlers' coaches agree to pair the wrestlers together to gain additional competition experience. Should the matches be recorded on the NCAA Individual Season Record Form if the matches are wrestled separately from the tournament?

RULING: Yes, per NCAA bylaw. Additional matches contested at, but not part of, the regularly scheduled dual or tournament competition matches against competitors from other institutions are considered exhibition matches and shall count on the NCAA Individual Season Record Form.

(Rule 9.6)

A.R. 9-7. At the conclusion of a dual meet or tournament competition, a coach decides to pair two of his wrestlers together to gain additional experience. Should the matches be recorded on the NCAA Individual Season Record Form?

RULING: No. Additional matches contested at, but not part of, the regularly scheduled dual or tournament competition matches against teammates are not considered exhibition matches and shall not count on the NCAA Individual Season Record Form.

(Rule 9.6)

Weigh-Ins

A.R. 9-8. If a wrestler violates Rule 9.2.14 by showing up late to medical exams or engaging in weight loss activities during medical exams, how is this violation executed?

RULING: The penalty for not reporting on time, or for engaging in weight loss activity after the reporting time, is disqualification*. A disqualification in a dual meet setting is carried out by the offending wrestler's coach, when the opposing coach has logged a complaint regarding a violation. In a tournament, a violation and subsequent disqualification is reported to and handled by the members of the

tournament committee. Complaints about violations not carried out properly should be reported to the Secretary-Rules Editor.

*Wrestlers who are flagged by the medical personnel executing skin checks for having facial hair that does not allow a proper skin evaluation shall be allowed to trim the facial hair prior to proceeding to weigh-ins. These wrestlers shall not be disqualified unless the trimming of the facial hair exceeds the length of time allowed to medically examine and weigh-in all other entrants.

(Rule 9.2.14)

Weigh-In Times

A.R. 9-9. Rule 9.3.1 says that when multiple teams compete on the same day at different times, all teams shall weigh-in one hour prior to the start of the first meet. Does this mean satellite weigh-ins are allowed for the team(s) competing during the second event of the day?

RULING: There are two answers to this question: (1) If participating teams are competing at different times on the same day and also at the same site, then all teams must weigh-in at the competition location together. (2) If the participating teams are competing on the same day at different times and also different locations then the team that is hosting the second event may weigh-in at their home institution if agreed upon in advance of the day of competition by the opposing team. At a minimum, the remote weigh-in would need to be executed by and agreed upon by person who is not a member of the coaching staff.

(Rule 9.3.1)

Weigh-ins and Actual Weight

A.R. 9-10. If a wrestler weighs in but does not compete are you required to input the actual weight into the optimal performance calculator?

RULING: Yes, all wrestlers who weigh in must record their actual weight into the OPC per rule 9.4.3.

(Rule 9.4.3 and 9.2.10)

Appendixes

Appendix C

Tinea Infections (Ringworm)

A.R. App.-1. Does a tinea infection (ringworm) on an area of the body that is coverable require 72 hours of treatment before the wrestler is eligible to practice or compete?

RULING: No, ringworms in a coverable area are not required to have the 72 hours of treatment prior to competition or practice. To further clarify the rules regarding tinea infections, please use the following ruling: Item #1 in Appendix C under tinea infections is referring to diagnosed ringworm that is not in a coverable location. Wrestlers with these types of tinea infections must provide an NCAA Skin Evaluation and Participation Status form that indicates the diagnoses, and a minimum of 72 hours under treatment in order to compete (with the exception of tinea in the scalp which requires 2 weeks per #4). Appendix C #5 under tinea infections indicates that wrestlers with active tinea lesions are allowed to compete immediately, as long as the tinea infection can be covered with a non-permeable membrane and an NCAA Skin Evaluation and Participation Status form is submitted at skin checks. The determination as to whether an active lesion is in a coverable area is made by the physician or certified athletic trainer responsible for completing skin checks. Finally, it is important to note, these are the rules regarding tinea infections and clearing (or not clearing) skin checks for NCAA competitions; institutional team doctors may pursue a more conservative approach for their own student-athletes if they deem it medically indicated.

(Appendix C)

EACH YEAR, MORE THAN
480,000
NCAA STUDENT-ATHLETES

GAIN SKILLS TO
SUCCEED
ON THE FIELD, IN THE CLASSROOM

AND IN
LIFE.

