

***2025-2026 RULE BOOK & GUIDE TO
WOMEN'S WRESTLING
FOR NCAA INSTITUTIONS***

The official rules of
National Collegiate Women's Wrestling (NCWW)
as established by the NWCA Leadership Group and Executive Committee

FOREWORD

NCAA institutions sponsoring women's wrestling must adhere to the rules outlined in this document. Much like men's wrestling, which follows the NCAA Rule book for the administration of competition and the NCAA Manual for all other rules related to the sport, these institutions will use this rule book for administration of the competition while adhering to all the rules and regulations outlined in the divisional NCAA Manual for all other issues.

Anything not covered in this rule book will automatically default to the standing NCAA rule as it pertains to the sport of wrestling. Wrestling, like all other sports, obeys rules that constitute the "Rule of the Game" and define its practice, the aim of which is to "pin" the opponent or to win by scoring more points.

The rules set forth herein must be known and accepted by all wrestlers, coaches, referees and leaders. They call upon those who practice the sport to compete with honesty and fair play for all. USA Wrestling rules have been combined with rules established by the NCWW Executive Committee.

THESE ARE THE PLAYING RULES FOR THE SPORT OF NCAA WOMEN'S WRESTLING, ALL OTHER RULES ARE COVERED IN THE RESPECTIVE NCAA MANUAL FOR EACH DIVISION.

2025-2026 POINTS OF EMPHASIS

Interpretation for officials: Rule 5.4.11 is to be applied as written, with no commentary as to the flexibility of the wrestler, etc. Protect the wrestlers' shoulder joints from any application from going past a 90-degree angle.

RULE 1
MAT, UNIFORM AND EQUIPMENT

SECTION 1. Mat The official international mat consists of four distinct areas:

Art 1. The Center area, which is a 7-meter diameter circle or larger.

Art 2. The Starting area, which is a one-meter circle in the very center of the mat.

Art 3. The Passivity zone, which is a one-meter band around the perimeter of the Center area. The passivity zone may be marked by taping a line of dashes inside the out-of-bounds line.

Art 4. The Protection area, which must extend a minimum of 1.5 meters beyond the Passivity zone.

Art 5. The inner 10-foot Folkstyle circle has no meaning internationally, and when standing, the contestants start in the middle, facing each other about a meter apart. It is not mandatory that the athletes begin the match or subsequent restarts on any "starting" lines.

Art 6. One corner of the mat should be marked in red and the other in blue, so the wrestlers and the coaches know where to report. This can be done with colored chairs, with colored plywood under the chairs, or simply with red and blue signs. The red corner should be on the referee's left as he faces the judge's table.

Art 7. Adequate protection around all mats should be in place.

Art 8. The protection area must be clearly marked. Each pair of wrestlers is entitled to a wrestling area devoid of obstructions, including other wrestlers, coaches and observers, etc.

Art 9. On mats where a line is used to indicate the out-of-bounds, the outermost edge of that line is considered as the true out-of-bounds. For purposes of this rule, the line itself is still considered part of the wrestling area.

Art. 10. International mats are preferred but in the event that international mats are not available, a standard high school or college Folkstyle mat may be used instead.(Revised 2021/02/16)

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.

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.

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.

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.

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.

SECTION 5. Uniform

Art 1. Wrestlers must wear shoes designed specifically for wrestling, with firm ankle support. Furthermore, competitors are required to tape their shoe laces down (wrestlers must provide their own tape) or wear a wrestling shoe fixed with an apparatus that prevents unfastening of the laces. If the laces of a wrestler come undone during a match, that wrestler can be penalized by her opponent receiving one point.

Art 2. Women wrestlers must wear a properly fitting sports bra underneath their singlets.

Art. 3. 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 singlet shall have a minimum inseam length of 4 inches and shall not extend beyond the top of the knees. (Revised 2021/02/16)

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 always remain tucked into the shorts 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. 4. 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. 5. Classic Uniform. A) Two or one piece bodysuit consisting of long legging/tight pants and long sleeves tight shirt. (It should be one color but can be in school colors if so desired.)

Note1: Wrestlers due to their culture or personal taste, tend to cover their hair, they can use nylon stretch cap under the ear guard.

Note2: Wrestlers due to their culture or personal favor can wear T-shirts and shorts over the bodysuit, shorts must conform to the length outlined in the alternative uniform section.

Note 3: designing of uniform- will follow all regular NCAA rules for collegiate NCAA uniforms.

Sample pictures of the Classic female wrestling uniform can be seen in the UWW rule book. This is only to show a sample of the acceptable classic uniform.

https://cdn.uww.org/s3fs-public/2019-01/classic_women_wrestling_rules_2019_012019edit.pdf?VersionId=RwtWVjdKtD7MRRldKP9S8e34yu.oqaL3

SECTION 6. Equipment

Art 1. All wrestlers are prohibited from:

Wearing bandages on wrists, arms or ankles except in the case of injury and on doctor's orders. These bandages must be covered with elastic straps. Hard (knee) braces must be covered with an inch closed cell neoprene padding. Currently, USAW modifications allow for the wearing of the "stocking knee pad as long as skin was visible above and below the covering. There must be a pad at the knee. The chief medical officer or head athletic trainer (or if unavailable, the head wrestling official), prior to competition, has final approval for any accessory taping or protective equipment.

Art. 2. Wearing any tape on only one finger. Tape can be worn to provide support to two or more fingers. Again, the chief medical officer or head athletic trainer has final approval of any accessory taping worn by the athlete.

Art. 3. Apply any greasy or sticky substance to the body.

Art. 4. Arrive at the mat perspiring for the beginning of the first or second periods of a match. It is the responsibility of the coach and the wrestler to report dry and "toweled down". Referees may not mandate that wrestlers "dry off" during the middle of a period.

Art. 5. It is forbidden to wear earrings, barrettes, bracelets, rings, or any metal or rigid object, as well as men's wrestling singlet with a T-shirt underneath. Female wrestlers are prohibited from wearing underwire bras.

Art. 6. The wrestlers must come to the mat fully dressed and prepared to wrestle. If the athletes do not come to the match prepared, they are allowed one minute to conform to the rules, otherwise risking disqualification from the match. Under no circumstances are the athletes allowed to change their singlet mat side-this must be done in a private area at the arena.

SECTION 7. Ear Protection

Art. 1. 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 and must be immediately removed and replaced before each subsequent match. The ear protection should:

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

RULE 2

DEFINITION OF WRESTLING TERMS

SECTION 1. Verbal signals

The referee shall use proper United World Wrestling (UWW) vocabulary in a loud and assertive manner during the course of a match to inform the wrestlers to be more offensive, to stay in the center of the mat, or to warn them about any impending penalties they may be subject to if they do not change what they are doing. It is also essential that the referee use hand gestures to indicate which wrestler is being warned to help the other officials, coaches and spectators understand what they are looking for. UWW vocabulary includes:

Art. 1 ACTION: to inform one or both wrestlers to wrestle more aggressively and actively try to improve position or to attempt more scoring actions.

Art. 2 CONTACT: to inform a wrestler to place her hands on the back of their opponent in a par terre starting position or to assume body-to-body contact in the standing position. This term is often used for wrestlers who are failing to engage holds with their opponent.

Art. 3 OPEN: the wrestler must alter their position to allow their opponent to take hold. Often used when wrestlers are "clammed up" while in par terre, interlocking fingers, or blocking holds of their opponent in a standing position.

Art. 4 NO BLOCK: used to warn a wrestler that they are using their hands, arms or head to block offensive activity from her opponent and must change tactics to allow their opponent to take hold.

Art. 5 ATTENTION: used to warn wrestlers of an illegal action or impending penalty. Often tied to passivity or fleeing type actions.

Art. 6 HEAD UP: used to inform the wrestler to raise their head to avoid using the head as a weapon and/or blocking tool.

Art. 7 CONTINUE: used if the wrestlers stop due to confusion (a whistle on an adjacent mat, e.g.) or if the wrestlers should continue an action where a potential score is developing slowly.

Art. 8 ZONE: used to inform a wrestler that they have entered the 1 meter outer perimeter of the mat area and that they are close to going into the protection area.

Art. 9 CENTER: used to inform the wrestlers to attain position away from the out-of-bounds and closer to the starting area on the mat

Art. 10 PLACE: used to inform the defensive wrestler in par terre that they are getting close to the boundary and should make an effort to stay in the wrestling area.

Art. 11 NO FINGERS: this is to inform the wrestlers to quit grabbing or interlocking fingers from any position on the mat. If twisting is involved, this is an illegal hold and should be penalized immediately. If a wrestler continues to grab fingers after a verbal "open" command has been given, the wrestler at fault will be penalized with a caution and her opponent will receive one point.

Art. 12 PAR TERRE: refers to mat wrestling where the wrestlers are in no advantage position and the defensive wrestler is on her knees (think of a front headlock) or where one wrestler is in the dominant position on top.

Art. 13 INITIAL/DEFENDABLE POSITION: where the defensive wrestler has her chest facing the mat in a par terre position. The defensive wrestler must attain her initial position in order for the offensive wrestler to score multiple times off the same maneuver.

Art. 14 CORRECT HOLD/ACTION/THROW: an action by the offensive wrestler that causes her opponent to change direction or move through the air but does not cause the opponent to expose her back towards the mat. This situation can occur either in a standing or par terre position. It is the job of the

officiating team to reward risk and good technique, hence the rewarding for "correct holds/throws.

Art. 15 DANGER: refers to the position of the defensive wrestler when their back is exposed past 90 degrees. When a defensive wrestler has her back exposed towards the mat, her head, shoulder, or elbow must be in contact with the mat to be considered to be in a "danger" position.

Art. 16 TURN: where the offensive wrestler causes the defensive wrestler to rotate her torso but does not hit any points of danger while being rotated. This position often occurs during an ankle lace where the defensive wrestler is in a "sitting" position as they are being turned.

Art. 17 SLIP: where an offensive wrestler makes a solid attempt at a throw or other scoring action but is unsuccessful through no effort by the defensive wrestler, i.e. "risk." The offensive wrestler must not land directly on her back during the action for it to be considered a "slip." The referee must get confirmation from either the judge or mat chairman prior to stopping the match if they believe a slip occurred. Restarts will occur in the standing position. Slips can occur from either a standing or par terre position.

Art. 18 TAKEDOWN: awarded to the wrestler who takes her opponent to the mat with control and the defensive wrestler hit 3 points of contact (head, hands, and knees). All takedowns are worth two points. To achieve a takedown the offensive wrestler must:

- o Pass behind their opponent from a par terre position, take their opponent down to the mat from a standing position, or gain control of both legs of her opponent while that wrestler is on her hip or in a sitting position on her backside while the plane of the defensive wrestler's back is less than 90 degrees towards the mat or the defensive wrestler plants their hand on the mat.
- o Examples that are not takedowns - if the offensive wrestler spins behind her opponent and the defensive wrestler attains a quadpod position, it is not considered a takedown until the defensive wrestler's head, elbow or knee contact the mat. The "Merkle" position, where one wrestler has her leg encircled inside the leg of her opponent while in par terre and have the head and arm of their opponent locked at the same time is not considered a takedown in international wrestling because the offensive wrestler has not passed behind the defensive wrestler. The hips of the defensive athlete must be covered for the offensive wrestler to achieve a takedown.

Art.19 REVERSAL: awarded to the defensive wrestler who is able to overcome the dominant offensive wrestler from a par terre position and gain control. All reversals are worth one point.

Art. 20 FEET TO BACK: where the offensive wrestler causes her opponent, from a standing position, to go into an immediate danger position on the mat. The offensive wrestler may be on her knees for this to occur. These actions must be continuous-any pause by the wrestlers on the mat prior to the defensive wrestler going to danger will only result in two points. All feet to back actions are scored four points. If a "feet to back" situation is considered to be "grand amplitude," that action should be scored five points (see below).

Art. 21 FLEEING THE MAT: where either wrestler goes out-of-bounds voluntarily and makes no effort to stay in the center wrestling area. This can occur in either standing or par terre wrestling. This is penalized by a caution to the wrestler at fault and one point to the opponent assuming the defensive wrestler is not in danger. Restarts following a fleeing the mat call-are dependent on whether the offensive wrestler finished her scoring action while the defensive wrestler was under attack.

- If the defensive wrestler flees the mat while under attack and the offensive wrestler is able to finish her scoring action, the scoring action will be valid AND the defensive wrestler will

be penalized with a caution PLUS one additional point to the offensive wrestler. Wrestling will resume in the par terre position.

- If the defensive wrestler flees the mat while under attack from the standing position and the offensive wrestler is unable to complete her scoring action, the offensive wrestler will score one point for the step out AND the defensive wrestler will be assessed a caution PLUS one additional point to the offensive wrestler. Wrestling will resume in the standing position. (Revised 8/12/2022)
- **SPECIAL SITUATION: IF THE DEFENSIVE WRESTLER FLEES THE MAT WHILE IN THE DANGER POSITION, THE WRESTLER AT FAULT SHALL RECEIVE A CAUTION AND THE OPPONENT SHALL RECEIVE TWO POINTS. WRESTLING WILL RESTART IN THE PAR TERRE POSITION.** (Revised 8/12/2022)

FLEEING THE HOLD: where either wrestler is avoiding contact with their opponent to prevent being scored upon. This can occur in either standing or par terre wrestling at any point in a match, but most often occurs when time is running out. Restarts following a fleeing the hold call shall start in the position in which the infraction occurred.

Recommended Procedure: If the officiating team recognizes fleeing the hold, they should stop and give an "attention" to the wrestler at fault assuming there is adequate time left in the period. If the same wrestler continues to flee the hold, then the referee should stop and ask for a caution and 1 point. Agreement from the mat chairman is necessary for this call to be valid. By blowing the whistle, this will stop the clock so that there is time left in the bout if the call is confirmed. It is permissible to make this call with less than 15 seconds remaining in the match without a formal stoppage. In this situation, the referee shall loudly and clearly warn the defensive wrestler to "contact" or "take hold." If the defensive wrestler continues to not take hold, the referee must stop the match prior to time running out and ask for a caution and one point.

An attention is offered as the initial warning, followed by caution to the bottom wrestler and two points to the top wrestler for any incorrect starts or subsequent "jumps." In this case, wrestling shall restart in par terre. When setting up for ordered par terre, the top wrestler must immediately move to the proper position and place their hands on the back of their opponent without hesitation. They are not allowed to "dance" around the mat or delay the start in any manner.

Art. 22 STEP-OUT: if the attacking wrestler steps out first while in the process of an action, the following situations may occur:

- If the action is completed, the points will be scored as appropriate
- If the action is not completed, the opponent will score one point because the offensive wrestler stepped out-of-bounds first
- If the offensive wrestler has lifted the defensive wrestler and steps out with both feet, the bout shall be stopped and no points will be awarded. If the offensive wrestler has the defensive wrestler lifted off the mat and only steps out with one foot but is in the process of completing the throw, the action should be allowed to continue and scored appropriately. All in all, if the offensive wrestler has the defensive wrestler lifted off the mat and either steps out with both feet or steps out with one foot and is not able to complete their throw or is not doing anything to try to score, the bout shall be stopped, no points shall be awarded and wrestling will restart in the standing position.

Visible pushouts in either style will not be scored. If a wrestler visibly pushes out their opponent (for e.g.-straight arm push-out), they will be given an "attention". Any subsequent pushouts will not be scored

for either athlete. The "pushing" wrestler will no longer be penalized with a caution and points for her opponent.

Art. 23 GRAND AMPLITUDE: any action or hold by the offensive wrestler from a standing position that causes her opponent to lose contact with the mat, makes her describe a broadly sweeping curve (vertical line) in the air and brings them to the mat. If a grand amplitude throw lands directly in danger, five points shall be awarded. If a grand amplitude throw is executed but the defensive wrestler does not land in danger, four points will be awarded.

Art, 24 STARTING POSITION: in the standing position, athletes shall start the match in the one meter starting area while facing each other. It is not essential for the athletes to be in contact with any start line if using a Folkstyle type mat. In the ordered par terre position, the bottom wrestler shall lie flat on their stomach with their arms stretched out in front and their legs stretched out to the back (neither the arms or legs can be touching or crossed). The bottom wrestler may have their head on or raised above the mat. The top wrestler places BOTH their knees behind the arms of the bottom wrestler. The top wrestler must be positioned to either side of the bottom wrestler and is not allowed to straddle the opponent in any fashion. When ordered, the top wrestler places their hands between the scapulae of the top wrestler without hesitation at which point the referee will blow the whistle. The bottom wrestler is allowed to work themselves to a standing position, if they choose.

RULE 3
CONDUCT OF MEETS AND MATCHES

SECTION 1. Team Scoring in dual meet

Art. 1 Although most tournaments have gone to a straight-line bracket format, some still offer a vertical pairing format for brackets at their events. Because of that, it is important to understand the classification points given to the athletes following a bout. This system is also used to determine team points in dual events. Also, in tournaments, classification points are used for placing purposes.

For the winner: 5 For the loser: 0	Fall (Pin); Injury Default, Disqualification for misconduct; Disqualification for 3 cautions;
For the winner: 4 For the loser: 0	Technical superiority, loser scores no technical points.
For the winner: 4 For the loser: 1	Technical superiority, loser scored technical points.
For the winner: 3 For the loser: 0	Decision, loser scores no technical points
For the winner: 3 For the loser: 1	Decision, loser scores technical points
For the winner: 0 For the loser: 0	Both wrestlers are disqualified for brutality; Both wrestlers forfeit

SECTION 2. Tie breaker for dual and team tournaments

Art. 1. 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 and technical falls.
- d. Total points scored only from five point moves in decisions and technical falls.
- e. Total points scored only from four point moves in decisions and technical falls.
- f. Total points from two point moves in decisions and technical falls.
- g. Total points from one point moves in decisions and technical falls.
- h. Least number of unsportsmanlike conduct calls.
- li. First move scoring two or more points in the dual meet. 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 3. Individual Tournament scoring

<u>Result</u>	<u>Points to winning wrestler</u>
Fall, Forfeit, Medical Forfeit, Default, Disqualification, Flagrant Misconduct	2
Technical Superiority	1.5

Advancement	
Championship Bracket	1.0
Consolation Bracket	.5
Bye followed by a win	
Championship Bracket	1.0
Consolation Bracket	.5

SECTION 4. Weight Classes & Moving Up Weights

Art. 1. All NCAA competition shall be conducted using 10 weight classifications - 103 lbs, 110 lbs, 117 lbs, 124 lbs, 131 lbs, 138 lbs, 145 lbs, 160 lbs, 180 lbs and 207 lbs.

Art. 2. Shifting in weight classes- dual meets. A competitor who weighs in for one weight class may be shifted to a higher weight class with exception of the 207 pound weight class, where any wrestler competing in the 207 pound weight class must weigh a minimum of 146 pounds. (Revised 2/16/2021)(Revised 5/16/2024)

SECTION 5. 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 6. Call to the Mat

Art. 1. 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. Officials will call for the competitors and once it is determined at one competitor is not there the official will have the table set five minutes on the score clock and at each passing minute the table and or official will announce the time remaining to report.

SECTION 7. Out of bounds, stoppages and resumption of action.

Art. 1. The referee is obligated to stop the match if they determine a situation to be potentially dangerous and could possibly cause harm to either wrestler. The mat chairperson should also have an active role in recognizing potentially dangerous actions and inform the referee if they believe the match should be stopped. Wrestling will restart in the standing position.

Art. 2. No athlete is allowed to take the initiative to interrupt the bout by choosing to wrestle in the standing position from par terre or by pulling opponent back to the center from the edge of the mat. If after an "attention" the athlete does this again, they will be penalized by a caution and one point.

Art. 3. Athletes should be given a reasonable amount of time to complete actions from all positions, assuming an action is imminent. If, however, the athlete is given multiple times to score a given action to no avail or has been given adequate time to develop a scoring maneuver to no avail, the referee shall stop the match and restart the wrestlers in a standing position. Confirmation for this procedure is not required. There is no time limit that dictates when the referee should stop the match. If the offensive wrestler is working hard towards a scoring maneuver and not "faking it", the referee is obliged to allow this to continue as long as they like.

Art. 4. Out-of-bounds is determined by:

- a. one opponent having the entirety of their foot outside the boundary area while in a standing position
- b. the whole head of the defensive wrestler touches the protection area while in par terre
- c. the pinning points/chest of the defensive wrestler, while in par terre, are in the protection area, but not necessarily touching the protection area.

- d. if, while in the standing position, the offensive wrestler has her opponent lifted completely off the mat and is in complete control, the offensive wrestler steps with both feet outside of the boundary, this will be deemed to be out-of-bounds. In this same scenario, the offensive wrestler will be allowed to finish her throw if they have one foot outside the boundary and complete their action in one continuous motion but should be stopped immediately once two feet step outside the boundary, assuming no throwing action has started yet.

Art. 5. If a line is used to indicate the out-of-bounds, the outside portion of that line is considered the true "out-of-bounds." If a wrestler starts an action while in the wrestling area, that action will be allowed to continue and scored appropriately if it goes out-of-bounds, regardless of which athlete touches the protection area first. **However, counteractions cannot be scored out-of-bounds. For example, if Red starts a head and arm throw in bounds causing Blue to go to her back out-of-bounds and then Blue initiates a roll through, only the head and arm throw should score. The roll through is not valid since Blue went out-of-bounds prior to starting the roll through.**

Art. 6. All illegal actions should be scored appropriately with wrestling resuming in the position in which the infractions occurred. Control is not required to determine what position the wrestlers will restart after a fleeing the hold or fleeing the mat scenario. Par terre simply refers to mat wrestling, defined as the defensive wrestler being on her knees on the mat; control is not required to be in this position. **For example, if Red snaps Blue down into a front headlock with Blue's knees on the mat and Blue decides to push herself out of bounds to avoid being turned, fleeing the mat could be called and the wrestlers would restart in par terre, Red being on top.** All lifts that start in a par terre position where a foul occurs by the defensive wrestler in the process of being lifted and/or thrown should be restarted in par terre.

Art. 7. If a challenge is requested by a coach immediately after the refereeing body has awarded or failed to award a potential scoring action, the mat chairman will order the referee to stop the bout when the athletes have attained a non-pinning position and no more scoring is imminent. **If the athlete chooses not to want the challenge, it is her prerogative to inform the referee that they don't want to challenge prior to the review being initiated. Referees will no longer ask the athlete if they want to challenge.** The mat chairperson and head official will then review the video of the last scoring action and determine the proper scoring decision. The only situations in which a challenge will not be allowed is in the case of a confirmed fall or in situations of passivity. The actions leading to the fall or the time left in the match before the confirmed fall can be challenged, but the fall itself is not challengeable. The challenge is only available at designated national competitions.

SECTION 8. Rest Between Periods

Art. 1. 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. This rule may not be waived for any reason.

SECTION 9. Daily Match Limit

Art. 1. Daily Match Limit. A wrestler shall be limited to a maximum of 7 actual matches per day. This rule may not be waived for any reason. A forfeit or other matches where no wrestling occurs does not count as a match. The wrestler and coach shall be responsible for tracking the number of matches for each wrestler.

Any matches beyond the limit of 7 will be removed from the season record, team scores adjusted, and other statistical adjustments made.

RULE 4 ENDING BOUTS AND SCORING MEETS AND MATCHES

SECTION 1. Ending the bout

Art. 1 Fall: commonly referred to as "pin." A hand motion indicating the two count is recommended. **Controlled** compression of the shoulder/scapulae simultaneously is necessary to obtain a fall. **There is no such thing as a "touch" fall.** Falls in the protection area are not valid-the head of the defensive wrestler must be in bounds for a fall to be considered valid. The referee and/or judge raises the hand (or paddle) of the offensive wrestler to request confirmation from the mat chairman for a fall. It is not obligatory for all three officials to offer an opinion when a fall call is requested, but the mat chairperson must approve of the fall for it to be official. Once the fall is confirmed by the mat chairperson, the referee should gently slap the mat and blow their whistle to end the match. The mat chairperson, if not in the best position to see a fall, should respect the position of the referee and judge in relation to the athletes in determining whether a fall has been attained in making his or her official decision.

In a fall situation where the defensive athlete nearly has her shoulders to the mat and screams to simulate an injury and a reason for this potential injury is not observed, the refereeing team is obligated to call a fall, with mat chairman approval. (Revised 8/12/2022)

Art. 2. By injury, withdrawal, default, or disqualification of the opponent.

Art. 3. By technical superiority- USA rules indicate that technical superiority is a difference in ten (10) points. If a wrestler attains the point difference for technical superiority during the course of completing an action and the defending wrestler immediately produces a counterattack in bounds, that counterattack is valid and should be scored. In other words, there can be no pause from the offensive action to the counteraction. If after that scoring sequence there is no longer technical superiority, the match should continue without stoppage. It is the duty of the mat chairman to inform the referee to stop the match if technical superiority has been attained.

Art. 4. By decision-one opponent has scored more points or has won based off of criteria.

If the point total is equal at the end of a match, the following criteria will determine the winner, in this order:

1. Highest value scoring actions (most 5 point actions, most 4 point actions, most 2 point actions)
2. Least number of accrued cautions
3. Last point scored

Art. 5. Once the bout has concluded, the mat chairperson should confirm the winner by holding her hand or paddle in the air corresponding to the color of the winning wrestler. The referee shall raise the hand of the winner in the direction of the chairman, and while holding the wrists of both wrestlers, rotate them towards the judge as they raise the hand of the winner. At this point, the referee will have the athletes shake each other's hand and of the opposing coach. It is not obligatory for the athletes to shake the hands of the refereeing crew. The headgear, if worn can be removed and held by the athlete but must not be thrown towards the coach or any spectator. The singlet straps of either athlete must stay up until the athlete has left the wrestling area. If an athlete refuses to shake her competitor's hand or the hand of the opposing coach, they could be disqualified from the match (no classification points) or if egregious, be disqualified from the competition.

SECTION 2. Scoring

Art. 1. 1 POINT

- Step-outs- if the offensive wrestler steps out-of-bounds first while completing an action, allow the action to continue and score. If the action results in no points, the opponent of the wrestler who stepped out-of-bounds first will be given one point (see exception immediately above). If there is no clear action that lead to the athletes going out-of-bounds, the opponent of the wrestler who goes out-of-bounds first will get one point.
- To the opponent of a wrestler designated as passive who fails to score during a 30-second activity period (see "passivity" section for further clarification).
- Reversals.
- All cautions with the exception of fouls and fleeing the mat in the danger position, will result in one point to the opponent of the wrestler at fault.
- To the attacking wrestler whose opponent flees the mat in a standing or par terre position. Wrestling shall restart in the position in which the fleeing action occurred.
- To the attacking wrestler whose opponent commits an illegal hold that prevents the execution of that hold.
- To the top wrestler whose opponent refuses correct par terre position after a friendly "attention." If the bottom wrestler commits the infraction, she will receive a caution and one point is awarded to the top wrestler; wrestling will restart in par terre. If the top wrestler refuses to start correctly after a friendly "attention," no cautions or points are awarded-wrestling will resume in the standing position.
incorrect start by the top wrestler.

To the opponent of the wrestler whose coach requested a challenge and the call that is made after video review does not benefit the challenging wrestler.

Art. 2. 2 POINTS

- All takedowns
- All correct holds/actions from a standing or lifting position.
- Any turn that begins in par terre. Danger does not need to occur.
- Any low amplitude lift where the defensive wrestler does not land in a danger position.
- To the defensive wrestler who is able to effectively counter an offensive action and hold the offensive wrestler in a position of danger.
- To the offensive wrestler whose opponent flees the mat or commits a foul while in a position of danger. Wrestling shall restart in par terre.

Art. 3. 4POINTS

- All feet to back situations (the defensive wrestler must contact her head, shoulder, or elbow to the mat all while the back is facing the mat), with the exception of grand amplitude actions that land in danger.
- All grand amplitude throws where the defensive wrestler does not land in danger.

Art. 4. 5POINTS

- Any grand amplitude throw where the opponent lands directly in a danger position.

RULE 5 INFRACTIONS

SECTION 1. Passivity

Art. 1 Passivity is a tool that the officiating crew can use to stimulate action from a wrestler who is not actively attempting to score. Passivity can be observed as:

- Evading attacks without counterattacks
- Attacking without direct contact with opponent
- Faked attacks
- Not able to control center
- Grabbing wrists without starting an attack
- Regaining initial position after beginning an attack
- Evading into and maintaining position within the passivity zone
- Fixing one's opponent within passivity zone
- Defensive wrestling
- Wrestling on one's knees while not in contact with opponent

SECTION 2. Freestyle Passivity Procedure

Art. 1 1st passivity violation

- Referee signals passivity with an open hand and outstretched arm, gets confirmation from judge or mat chairperson. To indicate confirmation is received, referee raises hand of passive wrestler.
- Stop the match for verbal warning: "Red or blue, attention". Using one hand in a circular motion, indicate to the passive wrestler to be more active as well as clarify why wrestler is being passive.

Art. 2 2nd passivity violation

- Stop the match once confirmation is given and there is no imminent scoring action in progress
- Indicate the 30-second activity period to the passive wrestler using both hands in a circular motion. It is not necessary to give any gestures or verbalize to the coaches that the activity time is started. The referee shall wait until the activity time is clearly indicated on scoreboard prior to restarting match.
- If an athlete is put on activity time and does not score, the active wrestler will get one point on top of any points he or she scores in activity time.
- The passive athlete on activity time must score in that 30 seconds or their opponent will receive one point. The point will be awarded without stopping the match. (Revised 8/12/2022)

Art. 3 Further passivity violations

- Further penalty periods can be initiated directly-no warnings are given after the first verbal warning. The first verbal warning does carry over between periods.
- No activity period shall be given after 2:30

Art. 4 All passivity calls must be confirmed by the mat chairman. It is obligatory that the officiating crew stop the match around 2:00 and prior to 2:30/1:30 if the score is 0-0, consult, and immediately put a wrestler into a 30-second activity period. The first period in every freestyle match must never end 0-0.

The 1•1 passivity violation should be denoted as "V" in the match paperwork; all subsequent passivity violations shall be denoted by "P."

(If a wrestler is put on activity time, they must score within the :30 time frame allotted. If she starts an action prior to the :30 time frame being completed, she will be allowed to finish their action, but if that action does not score by the end of :30, the opposing wrestler will be given one point. The match will not be stopped to award this point. A caution for not scoring in the :30 activity period no longer applies.

It is possible for acts that are deemed to be passive early on in a period, could be considered fleeing the hold if done later in a period, especially with short time on the clock (less than 30 seconds). If the referee wants to warn a wrestler for fleeing the hold, they should stop the match and offer a verbal "attention" to the wrestler at fault as well as to her coach. This way, the athletes, coaches, and fans will be able to differentiate when a wrestler is being called for passivity versus fleeing the hold.

If after restarting the match, the actions that lead to the "attention" persist, the referee should stop the bout, signal for a caution to the less active wrestler and score one point to the opponent.)

SECTION 3. Negative Wrestling

Art. 1 Tactics employed by wrestlers whose only objective is to prevent scoring actions, avoid "open" wrestling, or deliberately cause harm to their opponent are considered negative wrestling. This can include, but is not limited to:

- Interlocking fingers
- Blocking the opponent with one's head, one or two hands to the face, or blocking at the opponent's chest
- Fleeing the mat or fleeing the hold
- Brutality

Art. 2 Two approaches can be taken by the referee team to penalize a wrestler for negative wrestling:

1. Referee stops match and gives wrestler an "Attention," clarifying to them what they need to change. If the negative wrestling persists, referee should stop match, ask for a caution and award one point (FIS) or two points (B) to opponent. The mat chairperson must confirm this call to be valid.
 2. If the negative wrestling prevents an active scoring action or is considered beyond fair play (i.e. brutality), the referee can ask for a caution and one point immediately without a formal "Attention." The mat chairperson must confirm this call to be valid.
- Negative wrestling must be strictly applied.

SECTION 4. Illegal Actions and Holds

Art. 1 Pulling the hair, ears, genitals, pinch the skin, bite, twist fingers or toes.

Art. 2 Kick, head-butt, push, apply force against a joint or the spine, step on the feet of ones opponent or touch the face of her opponent between the eyebrows and line of the mouth.

Art. 3 Thrusting the elbow or knee into an opponent.

Art. 4 Grabbing the singlet or headgear

Art. 5 Clinging to or grasping the mat.

Art. 6 Talking during the bout.

Art. 7 Seizing the sole of the opponent's foot or toes (only seizing the upper part of the foot is permitted).

Art. 8 Agreeing to the match result between themselves.

Art. 9 Throat holds or any other position of strangulation.

Art. 10 Any hold where the defensive wrestler's head is cinched between her chest and the offensive wrestler's body, most commonly seen in standing front headlock maneuvers, where the pressure is not applied to the side.

Art. 11 Twisting of arms more than 90° including forming an acute angle with the forearm in an armbar situation.

Art. 12 Arm lock applied to the forearm.

Art. 13 Holding the head or neck with two hands in any position without an arm encircled.

Art. 14 Full Nelson, *under any circumstances. (Revised 2021/02/16)*

Art. 15 In a standing position where the defensive wrestler has attained a "pike" position (head down with legs extended into the air), all actions must occur to the side.

Art. 16 Lifting the opponent who is in a bridge position and throwing her to the mat.

Art. 17 Breaking the bridge by pushing the offensive wrestler's face or head.

Art. 18 Figure four or scissors of anything other than one leg or arm. This includes a "leg cradle."

Art. 19 The defensive wrestler in par terre must maintain center mat position. They are allowed to defend an action by inching forward or moving side to side to alter the position of the offensive wrestler, but they are strictly forbidden from "swimming" towards the edge of the mat. If this occurs, the referee must move in front of the defensive wrestler, yell "attention, stop" to the defensive wrestler. If the "swimming" persists, caution and one/two points to the offensive wrestler shall be awarded for fleeing the hold.

(In any case, it is the discretion of the officiating crew of what constitutes a potentially dangerous situation and whether or not the match should be stopped for the safety and overall benefit of the athletes. In most cases, if the attacking wrestler is found to have violated the rules during execution of a hold, the action in question shall be completely void and on the first offense, the referee shall give an "attention" to the attacking wrestler at fault. If the attacker repeats her violation, she will be punished by a caution and one point being awarded to her opponent. If the defending wrestler, by an illegal action, prevents her opponent from developing their hold, the defending wrestler will be given a strict "attention» by the referee during the course of the match (assuming there are no safety concerns with either athlete) to warn them of an infraction in the rules. If the illegal action persists, the referee will stop the match and caution the wrestler at fault. If confirmation from the mat chairman is attained, her opponent will receive one point.)

SECTION 5. Brutality

Art. 1 It is against the rules to intentionally inflict pain on the opponent by using unnecessary roughness with the clear intent to injure an opponent. The wrestler who uses these types of holds and moves will be disqualified from the match they are competing in, and may be disqualified from the tournament. If the officials decide to call brutality against a wrestler, it must be unanimous among all three officials. Any calls for the wrestler who committed brutality to be removed from the tournament will be reviewed by the head official.

SECTION 6. 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, aggressively throwing ear protection (regardless of anger or

excitement), failure to stop on the whistle, indicating excessive 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 competition uniform straps down while still inside the competition circle or other acts generally considered by the referee 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 tournament session will be disqualification, the deduction of one team point and removal from the premises for the remainder of the event. In addition to using the appropriate signal, the referee shall verbally notify a member of the offending coaching staff immediately after the violation. If the coaching staff has vacated the reserved zone, the referee shall inform the tournament committee, which will be responsible for notifying the institution.

Additional unsportsmanlike conduct violations that occur by the same wrestler before the verbal notification are considered simultaneous violations.

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. In addition to using the appropriate signal, the referee shall verbally notify a member of the offending coaching staff immediately after the violation. Additional unsportsmanlike conduct violations that occur by the same wrestler before the verbal notification are considered simultaneous violations.

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. In addition to using the appropriate signal, the referee shall verbally notify a member of the offending coaching staff immediately after the violation. If the coaching staff has vacated the reserved zone, the referee shall inform the tournament committee, which will be responsible for notifying the institution. Additional unsportsmanlike conduct violations that occur by the same individual before the verbal notification are considered simultaneous violations.

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 7. Illegal Substance on Skin

Art. 1. 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 8. 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, executing an intentional drill or forceful fall back on 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 5.8.9 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 5.8.9 for mandatory suspension requirements.)

Art. 5. Institutional Representative. If the offender is an institutional representative other than the competing and noncompeting wrestlers and medical staff, 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 5.8.9 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 offender shall be restricted to the designated spectator area for the remainder of the event, including multi-day events. The member of the team's medical staff shall continue to serve the team's medical needs. (Also see Rule 5.8.9 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 wrestler or institutional representative other than medical staff who commits an act of flagrant misconduct shall be suspended from participation until after the team's next regularly scheduled event. A member of the team's medical staff who commits an act of flagrant misconduct shall be suspended from participation during the team's next regularly scheduled home event. If flagrant misconduct occurs during the last event of the season, the suspension carries over to the first event of the next season. During the suspension, the suspended person(s) shall not sit on the team bench.

Art. 10. Reporting of Flagrant Misconduct Violations. The referee shall notify the NCWWC Compliance Coordinator by text or email and copy the Supervisor of Officials of the Flagrant Misconduct as soon as possible after the match. Text 928-856-0949 or email jfallis@nwca.cc.

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. The referee or 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 studentathletes, 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.

RULE 6 **INJURIES, TIME OUTS, MAT STOPPAGES**

SECTION 1. Injury time outs

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 Nonbleeding 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 or delay the match to communicate with the wrestler or consult with medical personnel.

Art. 6. Injury Timeout Assessment Requirement. *Except for an official calling injury time out, when wrestling action is stopped for a nonbleeding injury assessment, an injury timeout shall be assessed.*

Art. 7. Nonbleeding 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. 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.

Art. 8. Coaching Nonbleeding 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. 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.

Art. 13. Penalty for Coaching an Injured Wrestler. Failure to comply with the rules related to coaching an injured wrestler will be penalized *for violating the mat control rule. Control of mat violation results in one team point being deducted.*

Art. 14. 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.

Nonbleeding Injury Timeout.

Art. 15. First Nonbleeding Injury Timeout. Once the first nonbleeding injury timeout is taken by a wrestler at any time, the wrestlers will be returned to the position they were in prior to the injury. If the second wrestler

calls injury timeout before wrestling resumes, then she is also charged with a timeout and they will return to the position they were in prior to the injury.

Art. 16. Second Nonbleeding Timeout. Once the second nonbleeding injury timeout is taken by a wrestler at any time, there will be no penalty and the wrestlers return to the position they were in prior to the injury. If both wrestlers request their second nonbleeding timeout simultaneously then both are charged with a timeout but neither wrestler is awarded a point and action resumes in the position in which it was stopped.

Art. 17. Third and more Nonbleeding Timeout. Wrestlers will be allowed to take the necessary time outs during a match but will not be able to exceed the 1 ½ minutes of accumulated injury time. The non-injured wrestler shall be declared the winner by injury default.

Bleeding Injury Timeout.

Art. 18. 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. 19. Time Allowed for Bleeding Timeout. Timeout for bleeding shall not count against the wrestler's 1 ½ 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 an inordinate number of timeouts, the referee, in consultation with medical personnel, shall have the authority to default the match.

Art. 20. Blood on the Competition Uniform. Blood on a competition 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 special equipment. If another competition uniform is not available, the match shall be defaulted and the other wrestler declared the winner.

Art. 21. 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. If the injured wrestler's institutional medical personnel is available, they are the primary authority for conducting the concussion evaluation. If the institution's medical personnel is not immediately available, reasonable efforts should be made to allow that individual to come to the mat to conduct the evaluation. If the institutional medical personnel are not reasonably available, the medical personnel provided by the event host has the authority to conduct the evaluation and may remove the wrestler from competition, if deemed medically appropriate.

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 can request a concussion evaluation. See Rules 6.1.8 and 6.1.9 for coaching during injury timeouts.

SECTION 3. Other 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 with the position prior to stoppage.

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

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 and/or return to play guidelines.

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.

SECTION 5. Mat Stoppages

Art. 1. The referee is obligated to stop the match if they determine a situation to be potentially dangerous and could possibly cause harm to either wrestler. The mat chairperson should also have an active role in recognizing potentially dangerous actions and inform the referee if they believe the match should be stopped. Wrestling will restart in the standing position.

Art. 2. No athlete is allowed to take the initiative to interrupt the bout by choosing to wrestle in the standing position from par terre or by pulling her opponent back to the center from the edge of the mat. If after an "attention" the athlete does this again, they will be penalized by a caution and one point.

Art. 3 Athletes should be given a reasonable amount of time to complete actions from all positions, assuming an action is imminent. If, however, the athlete is given multiple times to score a given action to no avail or has been given adequate time to develop a scoring maneuver to no avail, the referee shall stop the match and restart the wrestlers in a standing position. Confirmation for this procedure is not required. There is no time limit that dictates when the referee should stop the match. If the offensive wrestler is working hard towards a scoring maneuver and not "faking it", the referee is obliged to allow this to continue as long as they like.

Art. 4 Out-of-bounds is determined by:

1. one opponent having the entirety of their foot outside the boundary area while in a standing position
2. the whole head of the defensive wrestler touches the protection area while in par terre
3. the pinning points/chest of the defensive wrestler, while in par terre, are in the protection area, but not necessarily touching the protection area.
4. if, while in the standing position, the offensive wrestler has her opponent lifted completely off the mat and is in complete control, the offensive wrestler steps with both feet outside of the boundary, this will be deemed to be out-of-bounds. In this same scenario, the offensive wrestler will be allowed to finish her throw if they have one foot outside the boundary and complete their action in one continuous motion but should be stopped immediately once two feet step outside the boundary, assuming no throwing action has started yet.

Art. 5. If a line is used to indicate the out-of-bounds, the outside portion of that line is considered the true "out-of-bounds." If a wrestler starts an action while in the wrestling area, that action will be allowed to continue and scored appropriately if it goes out-of-bounds, regardless of which athlete touches the protection area first. **However, counteractions cannot be scored out-of-bounds. For example, if Red starts a head and arm throw in bounds causing Blue to go to her back out-of-bounds and then Blue initiates a roll through, only the head and arm throw should score. The roll through is not valid since Blue went out-of-bounds prior to starting the roll through.**

Art.6. All illegal actions should be scored appropriately with wrestling resuming in the position in which the infractions occurred. Control is not required to determine what position the wrestlers will restart after a fleeing the hold or fleeing the mat scenario. Par terre simply refers to mat wrestling, defined as the defensive wrestler being on her knees on the mat; control is not required to be in this position. **For example, if Red snaps Blue down into a front headlock with Blue's knees on the mat and Blue decides to push herself out of bounds to avoid being turned, fleeing the mat could be called and the wrestlers would restart in par terre, Red being on top.** All lifts that start in a par terre position where a foul occurs by the defensive wrestler in the process of being lifted and/or thrown should be restarted in par terre.

Art. 7. If a challenge is requested by a coach immediately after the refereeing body has awarded or failed to award a potential scoring action, the mat chairperson will order the referee to stop the bout when the athletes have attained a non-pinning position and no more scoring is imminent. **If the athlete chooses not to want the challenge, it is her prerogative to inform the referee that they don't want to challenge prior to the review being initiated. Referees will no longer ask the athlete if they want to challenge.** The mat chairman and head official will then review the video of the last scoring action and determine the proper scoring decision. The only situations in which a challenge will not be allowed is in the case of a confirmed fall or in situations of passivity. The actions leading to the fall or the time left in the match before the confirmed fall can be challenged, but the fall itself is not challengeable. The challenge is only available at designated national competitions.

RULE 7 **OFFICIALS AND OTHER PERSONAL**

SECTION 1. Officials *The Refereeing Body*

(Officials are expected to enforce all the rules outlined in this rule book. While some of the rules may differ from international rules the intent is to mirror NCAA rules as much as possible without changing the basic intent of the free style rules.)

Art. 1 All officials should look professional and well groomed. Jewelry, outside of a wedding ring and watch to accurately determine the end time of a match, should not be worn. The official's uniform for the USWOA shall include: a black polo shirt, grey trousers, black belt, black socks and black shoes. The officials will wear a blue armband on their right wrist and a red armband on their left wrist. They shall have a functioning whistle and lanyard available.

Art.2 If possible, each bout should consist of three officials-a mat chairperson, a referee, and a judge.

Art.3 However, if the size of the tournament at local, state, and regional events exceeds the available number of officials, it is acceptable to not use three officials. Decisions must be made unanimously or by majority in all cases of judgment. (In situations where there is only the referee, then they serve as mat chairperson)

Art. 4 The mat chairperson is seen as the leader of the crew, whose opinion is only necessary when the referee and judge disagree in evaluation of the match.

Art.5 However, it is necessary that the mat chairperson approve all cases of fall, all cautions, and in all cases of passivity.

Art.6 In no way is the mat chairperson allowed to change the call of the referee or judge without consultation of the entire crew. It is also the duty of the mat chairperson to consult with his or her crew when they see a blatant misapplication of a rule or an obvious mistake.

Art. 7 If a challenge is requested by the coach or athlete, the mat chairperson, along with the assigned UWW delegate or USA Wrestling head official, will watch the video of the action in question to decide the most appropriate score.

Art.8 Under no circumstance may the mat chairperson ask to review the video of a scoring situation if no official challenge has been presented by either athlete or coach. The mat chairperson is the only person that is allowed to confer with the coaches if they have a question.

Art. 9 The judge's duties include calling actions and holds as they see them. They may initiate calls, including falls, if they feel the referee was not in proper position to evaluate those actions. The referee's main duties include maintaining the safety of the wrestlers at all times, starting and stopping the match appropriately, and in most cases, being the first to offer their judgment in evaluating actions. It is essential for the referees to move with the wrestlers and anticipate the actions of the wrestlers to be in the best position to evaluate actions as they occur.

SECTION 2. Coaches

Art. 1 Each athlete is allowed two coaches in her corner during each bout. If the team has an athletic trainer in attendance they may also join the coaches and sit or stand behind the two coaches. Photographers, videographers, etc. are allowed in the corner but count toward the two coach limit.(Revised 2021/02/16)

If the competition doctor or trainer allows, the coach can assist their athlete during injury treatment. The coach is strictly forbidden from stepping onto the wrestling surface away from their designated corner. The coach is also strictly forbidden from influencing the decisions or insulting the refereeing body. He or she may

only speak to their athlete. The coach is allowed to give the athlete water or sports drink during the break. It is the duty of the coach to wipe his or her wrestler of sweat during the break using a dry towel.

Art. 2 If these restrictions are not observed, the referee is obliged to ask the mat chairperson to present the coach with a YELLOW card (warning); if the coach persists, the mat chairperson will present him or her with a RED card (elimination). The mat chairperson may also present a yellow or red card on his or her own initiative. The name of the coach given a yellow or red card shall be noted on the bout sheet.

Art. 3 A yellow card may be given to a coach for misconduct/unsportsmanlike behavior. A red card may be given to a coach for continued and/or repeated misconduct/unsportsmanlike behavior (second yellow card), or may be given for severe misconduct/unsportsmanlike behavior. When a yellow/red card is issued to a coach, the official shall inform the coach, team leader, and tournament director. If a red card is given, the credentials of the coach will be taken and the coach must leave the arena. The coach is not allowed to be present for the remainder of the competition.

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. Input the team's first day of practice into the NWCA OPC;
- b. Input the team's competition schedule into the NWCA OPC; and
- c. 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 Track wrestling ticket, requesting a transfer of the wrestler's certification information to their school. After securing permission from the NCAA Weight Management Liaison, Track wrestling 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 vigilance required regarding 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 NCWWC Compliance Director at 9288560949 or jfallis@nwca.cc. 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 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 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 17%. A penalty shall not be assessed for a wrestler who has below 17 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 NCWWC Compliance Director at 928-856-0949 or jfallis@nwca.cc;

- b. The NCWWC Compliance Director 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 NCWWC Executive Committee (EC) has the authority to investigate other reported violations and determine the appropriate penalty(ies). The following penalties may be imposed by the EC 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 will be payable to the NCWWC National Championship fund;
- 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 NCWWC Executive Committee deems appropriate.

RULE 9 MEDICAL EXAMS, WEIGH INS, 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 enough reason for disqualification. Disqualification for a communicable skin disease shall be listed as a medical forfeit in the bracket.

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. Weigh-In Times. For all competition types, the weigh-in times shall be two hours or sooner from the start time of competition. If the coaches participating in an event do not mutually agree to a weigh-in time less than two hours, the weigh-in time will default to two hours prior to the start time of competition.

Art. 4. 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. 5. Weigh in garment. All wrestlers shall weigh in wearing a team issued unmodified competition uniform.(Revised 8/12/2022)

Art. 6. Delivery of Weigh-In Form. The weigh-in form shall be hand carried or electronically submitted to each NCAA competition host.

Art. 7. 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. 8. 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. 9. 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. 10. 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. 11. 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. 12. 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. 13. One Weigh-In per Day. No team shall weigh in more than once per day.

Art. 14. 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. 15. 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. 16. 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. *The medical exam/ weigh in area is the line in which the wrestlers are placed prior to medical exams and weigh ins. A wrestler leaving that line for any reason will be disqualified. During this time wrestlers are prohibited from any and all weight loss activity.(e.g. Uniform modifications, Cutting hair, spitting, exercising of any type, see Section 5 for more examples)(Revised 8/12/2022) (Reaffirmed 8/31/2023)*

Art. 17. 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. 18. 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. 19. 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. 20. 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. 21. Failure to Make Weight. Any wrestler failing to make weight or pass medical exams at the designated time shall be disqualified from competition.

Art. 22. 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. See Rule 9.2.3. Medical Examinations, Weigh-Ins and ISRF

a. When a team is wrestling multiple dual meets at home on the same day, weigh-ins for all teams involved shall be held at the site of competition two hours or sooner before the start time of competition. (See Rule 9.2.3.)

b. When a team is wrestling multiple dual meets on the same day but at different sites, all teams shall weigh in two hours or sooner before the start time of competition. Teams may arrange with the opposing team for weigh-ins at the site of their competition. (See Rule 9.2.3.)

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. In order for the 1 pound allowance to be utilized, all back to back competitions must be an official team date of competition per NCAA bylaws. The 1 pound weight allowance will not alter a wrestler's weight loss descent plan for subsequent weigh ins. (Effective 16/11/2023)

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. See Rule 9.2.3.

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 weight allowance for each consecutive day of competition shall be granted.

Art. 6. 1- Pound weight allowance for back to back Events. See Rule 9.3.2 (This rule affirms that regardless of the type of events held back to back the maximum weight allowance is 1 pound!)

Art. 7. 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.)(Effective 16/11/2023)

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 during the season 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 nonNCAA 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 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 Track wrestling, 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 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:

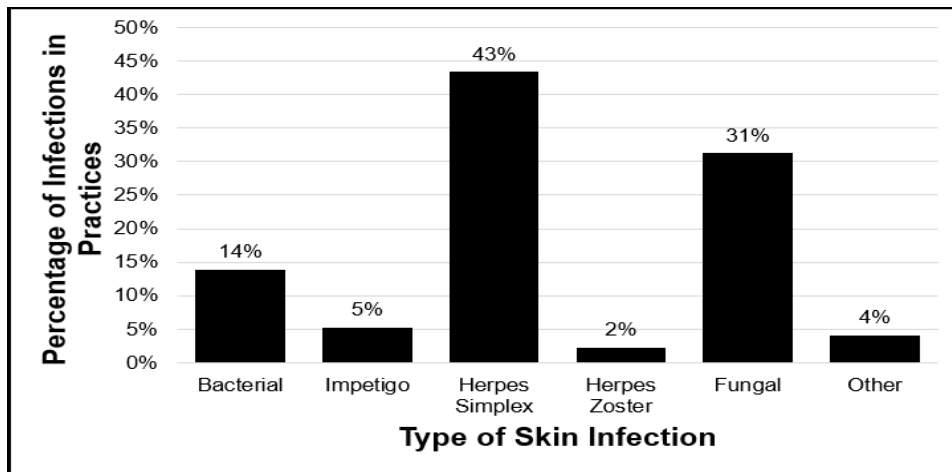
- a. For tournaments, violations shall be reported to the tournament committee. For dual meets, violations shall be reported to the host game management personnel. For violations outside competition dates, violations shall be reported to the NCWWC Compliance Director at 928-956-0949;
- b. The tournament 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 NCWWC Compliance Director at 928-956-0949;
- c. The NCWWC Compliance Director 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 NCWWC Compliance Director 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 NCWWC Compliance Director deems appropriate.

APPENDIX C
Skin Infections in Wrestling
Revised August 2019

Data from the NCAA Injury Surveillance Program from the 2013-14 -2017-18 academic years indicate that skin infections are associated with at least 21% of the practice injuries and illnesses that require medical attention 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. This form is available at ncaa.org/playingrules. 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 reexamined 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 the start time of competition.
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 prescription effective topical antifungal agent therapy is considered appropriate therapeutic regimen to allow effective drug intervention for most Tinea infections. Fungi static or over-the-counter medications are inappropriate for treatment. Wrestlers with these types of Tinea infections must provide at weigh-in the NCAA Skin Evaluation and Participation Status Form to confirm time-under-treatment.

2. Student-athletes presenting appropriate documentation of a diagnosed Tinea infection, is under treatment and the infection is in a coverable area may participate even though the 72 hours have not expired.

3. Active lesions may be covered to allow participation if lesions are in a body location that can be “adequately covered” and are under documented treatment.

4. Adequately covered is defined as “the noninfectious/noncontagious lesion is under treatment by a prescription effective topical antifungal agent covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged throughout the sport activity.”

5. The physician or certified athletic trainer responsible for completing skin checks shall make the determination as to whether a Tinea infection is in a coverable area.

6. On-site medical personnel will disqualify wrestlers with extensive, multiple lesions, or lesions that are not under documented treatment following assessment.

7. A minimum of two weeks of systemic, prescription (oral) antifungal therapy is required for scalp (diagnosed Tinea Capitus) lesions.

8. 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 May 2025

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. Signs and symptoms may present immediately or evolve over minutes or hours.

Game officials are often in the best position to observe student-athletes after they have had a blow to the head or body, and may be the first to notice the behaviors that indicate a concussion may be present. 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.

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 behavior that suggests a concussion, 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."

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, must be removed from practice or competition and may not return to sport activity on that day. The athlete must undergo medical evaluation and follow a return-to-learn/return-to-sport protocol under the supervision of the team physician, and may not return to sport 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 if the primary athletics healthcare provider has determined that the student-athlete did not suffer a concussion. Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate management.

Additional information and details regarding concussions can be found at naa.org/sports/health-safety

INDEX

<u>Topic</u>	<u>Page</u>
Forward	2
New Rules & Points of Emphasis	3
Rule 1 Mat, Uniform	4-7
Rule 2 Definition of Wrestling Terms	8-11
Rule 3 Conduct of Meets and Matches	12-15
Rule 4 Ending bouts and scoring meets and matches	16-17
Rule 5 Infractions	18-23
Rule 6 Injuries, Time outs,	24-27
Rule 7 Officiating and other personnel	28-29
Rule 8 Weight Management	30-32
Rule 9 Medical Exams, Weigh Ins, ISRF	33-37
Appendix C	38-40
Appendix D	41