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david h. adams, editor

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Address all correspondence to the Publishing Department, P.O. Box 1906, Mission, Kansas 66201 (913/384-3220). Ted C. Tow, *Assistant Executive Director*; Wallace I. Renfro, *Director of Publishing*; Thomas A. Wilson, *Editor-in-Chief, The NCAA News*; Bruce L. Howard, *Managing Editor, The NCAA News*; David P. Seifert, *Assistant Director of Publishing*; Maxine R. Alejos, *Circulation Manager*; Michael V. Earle, *Publications Editor*; Timothy J. Lilley, *Publications Editor*; David D. Ravel, *Publications Production Coordinator*; James A. Sheldon, *Publications Editor*.

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Major Rules Changes for 1983-84

The figures below refer to rule and section respectively.

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NCAA Wrestling Committee



Robert Kopnisky



Dave Adams



Al Abraham



R. Wayne Baughman



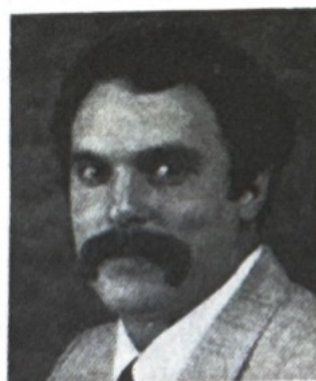
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Mike Edwards



Stephen Erber



Ron Finley



Frank Millard



Grady Peninger



Ade Sponberg

NCAA Wrestling Committee

Chair: Robert Kopnisky Division I
University of Missouri, Columbia, Missouri 65205

Secretary-Editor: David H. Adams Division I
San Jose State University, San Jose, California 95192

Allen J. Abraham Division II
San Francisco State University, San Francisco, California 94132

R. Wayne Baughman Division I
U.S. Air Force Academy, Air Force Academy, Colorado 80840

J. Barron Bremner Division III
Cornell College, Mount Vernon, Iowa 52314

Robert G. Bubb Division I
Clarion University, Clarion, Pennsylvania 16214

Tony DeCarlo Division III
John Carroll University, University Heights, Ohio 44118

Mike Edwards Division II
Winston-Salem State University, Winston-Salem, North Carolina 27110

Stephen P. Erber Division III
Binghamton State University, Binghamton, New York 13901

Ron Finley Division I
University of Oregon, Eugene, Oregon 97403

Frank Millard Junior College
State University of New York, Delhi, Delhi, New York 13753

Grady Peninger Division I
Michigan State University, East Lansing, Michigan 48823

Ade L. Sponberg Division II
North Dakota State University, Fargo, North Dakota 58105

Major High School Differences

High School

APPEARANCE—No facial hair allowed.

COACHING INJURED WRESTLER—No rule.

OPTIONAL OFFENSIVE STARTING POSITION—No rule.

RIDING TIME—No riding time.

FALL—Two seconds.

WEIGHT CLASSES—98 [44.5kg], 105 [47.6kg], 112 [50.8kg], 119 [54.0kg], 126 [57.2kg], 132 [59.9kg], 138 [62.6kg], 145 [65.8kg], 155 [70.3kg], 167 [75.7kg], 185 [83.9kg], unl.

LENGTH OF MATCH—Three two-minute periods.

CONSOLATION MATCHES—Three periods; first, one minute, second and third, two minutes.

SIGNALING FOR STALLING—Same as college except do not stop match for warning offensive wrestler. Stop to warn in neutral. Stop to penalize in all positions.

NUMBER OF MATCHES—No wrestler shall compete in more than four full-length matches in any day.

WEIGHT ALLOWANCE—Allowance of two pounds [0.9kg] added to growth allowance beginning on December 25. An additional pound is added on February 1 and March 1 for a net allowance of four pounds [1.8 kg].

WEIGH-IN—Shoulder-to-shoulder weigh-in within a maximum of one hour and a minimum of one-half hour before the time a dual meet is scheduled to begin.

College

Mustache is allowed.

Unsportsmanlike conduct.

Can choose to use modified version of international start.

One point for one minute or more accumulated time advantage more than opponent.

One second.

118 [53.5kg], 126 [57.2kg], 134 [60.8kg], 142 [64.4kg], 150 [68.0kg], 158 [71.7kg], 167 [75.8kg], 177 [80.3kg], 190 [86.2kg], unl.

First period, three minutes; second and third periods, two minutes.

Three two-minute periods.

Stop match when warning and penalizing in all situations except when warning or penalizing the defensive or neutral wrestler.

No similar rule.

Three-pound [1.4kg] allowance in November and December, two pounds [0.9kg] in January, one pound [0.5kg] in February, except qualifying tournaments which are scratch weight.

Maximum of five hours and minimum of one-half hour unless otherwise mutually agreed upon. (Contestant must face away from the dial or weight indicator of the scale.)

COMPETITION—A wrestler weighing in for one weight class may be shifted to a higher weight, provided it is not more than one weight class above that for which his actual stripped weight qualifies him.

A contestant may wrestle any weight class above the one for which he weighed in except unlimited weight class contestants, who must weigh a minimum of 177 pounds.

SWEAT BOX—The use of sweat box or similar heat devices for weight reduction purposes is prohibited.

No similar rule.

UNLIMITED WEIGHT CLASS—Unlimited class contestants must weigh a minimum of 184 lbs. [83.6kg].

Contestants must weigh a minimum of 177 lbs. [80.3kg].

ILLEGAL HOLDS—Any Salto or suplay in which a contestant goes to the top of his head from the standing position is illegal.

Straight back suplay and overscissors are illegal.

OVERTIME—Is a completely new match and warnings and penalties are not accumulative from match to overtime period. Criteria will determine winner if OT ends in a draw.

Same—Injury time carries over.

NEUTRAL STALLING—When a wrestler continuously avoids contact and plays the edge of the mat. When the wrestler steps out-of-bounds, it provides a sequence of: 1. Warning visually, and 2. Penalizing.

Stalling warning will be given one wrestler at end of first period of regulation time if no points have been scored or no stalling warning has been given.

DELAY OF MATCH—Treated as a technical violation.

Treated as stalling.

Coaches Code of Ethics

It is the moral obligation of every collegiate wrestling coach to conduct himself in such a way as to reflect credit upon his institution, his profession and himself. Moral obligation and ethical conduct are part of the winning and losing. Good sportsmanship, appearance, pride, honor and concern for the welfare of the competitors should be placed before all else. The rules have been established in the spirit of the above statement.

Athletes Statement of Conduct and Responsibility

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

RULE 1

A Match, Wrestlers, Uniforms & Equipment

A Match

Length

SECTION 1. A match shall be conducted in each of the 10 weight classifications between wrestlers of the same weight class. Matches shall be seven minutes in length divided into three periods.

Representation

SECTION 2. An institution shall be represented by only one wrestler in each weight class, and no substitution is allowed for injured wrestlers in dual meets or tournaments.

Team Captains

SECTION 3. Each team shall designate to the referee one contestant as its captain, who shall call the coin toss for choice of position for each weight class at the start of the second period. However, a team may be represented by more than one individual.

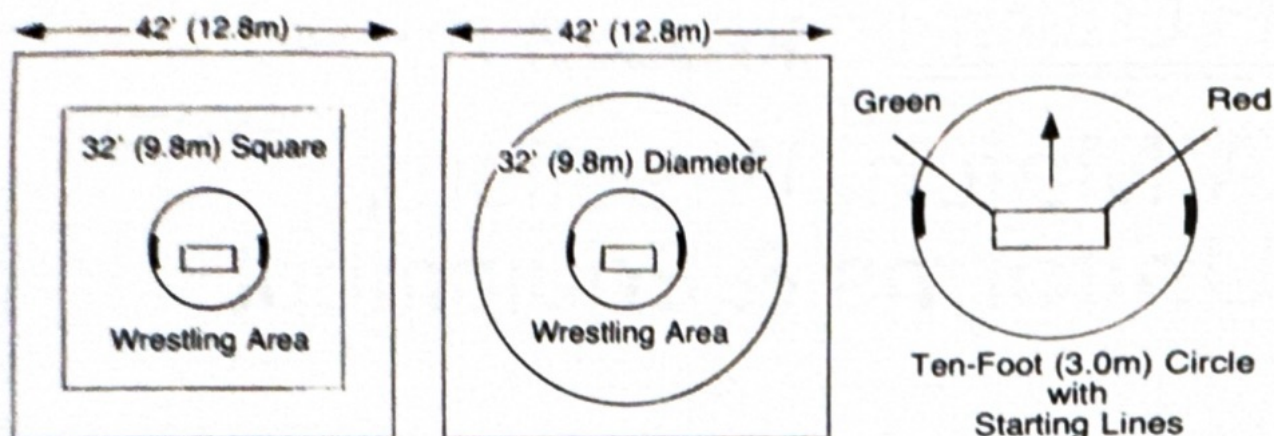
Persons Subject to the Rules

SECTION 4. All wrestlers, coaches, trainers and other persons affiliated with the teams are subject to the rules and shall be governed by the decisions of the officials.

Mats

Dimensions

SECTION 5. Mats shall have a wrestling area not less than a square 32 feet by 32 feet [9.8 by 9.8m] or a circular area 32 feet [9.8m] in diameter, nor



more than a square 42 feet by 42 feet [12.8m] or a circular area 42 feet [12.8m] in diameter. There shall be a mat area of approximately five feet [1.5m] in width that extends entirely around the wrestling area. The entire mat area shall be the same thickness, which shall not be more than four inches [10.2cm] nor less than the thickness of a mat that has shock-absorbing qualities of a two-inch [5.1cm] thick hair felt mat. All mats that are in sections shall be secured together.

The wrestling area shall be marked on the mat by painted lines two inches [5.1cm] in width. At the center of the mat there shall be similarly painted a circle 10 feet [3.0m] in diameter, and it is recommended a different color be used than that for the boundary line.

Starting Lines

SECTION 6. There shall be placed at the center of the cover or mat, two one-inch [2.5cm] *starting lines*, one of which lies in the diameter of the 10-foot [3.0cm] circle, three feet [0.9m] in length and 10 inches [25.4cm] apart. A one-inch [2.5cm] line shall close the ends of the starting lines. Green shall be toward the home team and red toward the visitors. In starting the match and resuming wrestling in a neutral position, contestants will return to the center of the mat and place the lead foot or both feet on their respective designated area. Neither foot can extend beyond these starting lines toward one's opponent. (See diagram above and illustration No. 4.)

Wrestlers

Limitations

SECTION 7. No contestant shall be permitted to represent his institution in more than one weight class in any meet.

Forfeits

SECTION 8. A contestant may not accept a forfeit in one weight class and compete in another class.

Shift Weight Class

SECTION 9. A contestant who weighs in for one weight may be shifted to a higher weight class.

Uniforms and Equipment

Uniforms

SECTION 10. The uniform shall consist of either a or b, and it must include d, e and f:

- a. Full-length tights, close-fitting outside short trunks and sleeveless shirt without fasteners at the shoulder and fastened down at the crotch. Shirts shall not be cut away in excess of the shirt illustrated in Figs. 1 and 2 (picture of legal shirt, back and front view). The front and back of the shirt shall not be cut lower than the level of the armpit, and under the arms the shirt shall not be cut lower than one-half the distance between the armpit and the belt line. It is required that all wrestlers wear an undergarment similar to male briefs or light weight tank suit when tights are not worn with a singlet.
- b. Properly cut one-piece or two-piece uniform is optional. This uniform must meet all requirements listed for the shirt and also will have a minimum of *four-inch* [10.2cm] *inseam* at the legs. Team uniformity in clothing is recommended in dual meets.
- c. It is recommended that the name or initials of the wrestler's institution be on the meet uniforms.
- d. Light heelless wrestling shoes reaching above the ankle and laced by means of eyelets.
- e. A protective earguard.
- f. In all tournaments, the home management shall have immediately available some means for clearly identifying the contestants. Such provisions may consist of red and green anklets approximately three inches [7.6cm] wide.

Appearance

SECTION 11. Contestants shall be clean-shaven, sideburns trimmed no lower than earlobe level and hair trimmed and well groomed. Because of the body contact involved, this rule has been approved in the interests of health, sanitary and safety measures. The hair in the back shall not extend below the top of an ordinary shirt collar and on the sides the hair shall not extend below earlobe level. A neatly trimmed mustache that does not extend below the line of the lower lip shall be permissible.

Special Equipment

SECTION 12. Any mechanical device which does not allow normal movement of the joints and prevents one's opponent from applying normal holds, shall be barred. Any legal device that is hard and abrasive must be covered and padded. Artificial limbs and loose pads are prohibited. The use of special medication during a match or timeout because of a pre-existent condition such as asthma, diabetes, etc., shall result in disqualification.

Enforcement

SECTION 13. a. The legality of all facilities and equipment (mat markings, uniforms, headgear, devices, pads, etc.) and contestant's appearance shall be decided by the referee.

b. The referee also shall determine whether each contestant has complied with specified health, sanitary and safety measures as to appearance. These shall constitute the sole reasons for disqualification as to application of this rule and shall not be arbitrary or capricious.

RULE 2

Definitions

Decisions

SECTION 1. If no fall has resulted after expiration of the three regular periods of any match as provided in 4-3, the referee shall award the match to the contestant who has scored the greater number of points as provided by the point system in 5-2. If there is a tie in the number of points scored, the referee shall declare the match a draw in dual meets. (See 4-6 for tournaments.)

Default

SECTION 2. A default is awarded in a match when one of the wrestlers is unable to continue wrestling for any reason. (See 4-11c for tournaments,)

Disqualification

SECTION 3. Disqualification is a situation in which a contestant is banned from participation in accordance with the Infraction Penalty Table.

Escape

SECTION 4. An escape occurs when the defensive wrestler gains a neutral position and the offensive wrestler has lost control while the supporting points of either wrestler are within the wrestling area.

Fall

SECTION 5. Any part of both shoulders or area of both scapulas held in contact with the mat for one second constitutes a fall. The one-second count (one-thousand-and-one) shall be a silent count by the referee and shall start only after the referee is in such position that he can observe that a fall is imminent, after which the shoulders or scapula area must be held in continuous contact with the mat in bounds for one second before a fall is awarded.

- a. A fall shall not be awarded unless both shoulders or both scapulas of the defensive wrestler are in bounds. (See 2-8 and illustrations Nos. 32 and 33.)

- b. If either wrestler is handicapped by having any portion of his body out of bounds, no fall shall be awarded and out of bounds shall be declared.
- c. When the match is stopped for out of bounds in a fall situation, the match shall be resumed in the starting position on the mat. (See 2-11, 2-14.)

Forfeit

SECTION 6. A forfeit is received by a wrestler when his opponent, for any reason, fails to appear for the match. In order to receive a forfeit, a wrestler must be dressed in wrestling uniform and appear on the mat. (See 1-8, 3-6, 4-11b.)

Neutral Position

SECTION 7. A neutral position is one in which neither wrestler has control.

Out of Bounds

SECTION 8. Contestants are considered in bounds if the supporting parts of either wrestler are inside the boundary lines. The line is considered out of bounds. A wrestler's supporting points are the parts of the body within or touching the mat (wrestling area) which bear the wrestler's weight, other than those parts with which he is holding his opponent. When down on the mat, the usual points of support may be hands, the knees, the side of the thigh and the buttocks. Wrestling shall continue as long as the supporting parts of either wrestler remain in bounds; however, near-fall points or a fall may be earned only while both shoulders or both scapula areas of the defensive wrestler are in bounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the official may stop the match.

Position of Advantage

SECTION 9. A position of advantage is a position in which a contestant is in control and maintaining restraining power over his opponent. Control is the determining factor. The failure of the offensive wrestler to get his head out from the defensive wrestler's arm does not necessarily prevent the offensive wrestler from having control. The offensive wrestler is entitled to this advantage until such time as his opponent gains a neutral position or a reversal.

Near Fall

SECTION 10. a. A near fall is a position in which the offensive wrestler has his opponent in a controlled pinning situation with:

- (1) Both shoulders or both scapulas of the defensive wrestler held (stopped) touching the mat, or when the wrestler is held (stopped) in a high bridge or on both elbows, or when one shoulder or the head is touching the mat and the other shoulder is held (stopped) at an angle of 45 degrees or less to the mat or both shoulders or both scapulas are held within four inches of the mat. Two points shall be awarded for such near fall situations. A continuous roll through is not to be considered a near fall. (See illustrations Nos. 44-47.)
- b. The criteria for a near fall having been met uninterrupted for five seconds, three points shall be awarded. A verbal and, whenever possible, a visual hand count is to be used in determining a three-point near fall.
- c. A near fall is ended when the defensive wrestler gets out of a pinning situation. The referee must not signal the score for a near fall until the situation is ended and only one near-fall shall be scored in each pinning situation, regardless of the number of times the offensive wrestler places the defensive wrestler in a near-fall position during the pinning situation.

Only the wrestler with the advantage, who has his opponent in a pinning situation, may score a near fall. Bridgebacks in body scissors or bridgeovers with a wristlock are not considered near-fall situations, even though a fall may be scored.

When the defensive wrestler places himself in a precarious situation during an attempted escape or reversal, particularly leg vines and body scissors, a near-fall shall not be scored unless the offensive wrestler has control of and has definitely restrained his opponent in a pinning situation beyond normal reaction time. (See illustration No. 47.)

Resumption of Wrestling After Out of Bounds

SECTION 11. The position to be assumed by the contestants at the resumption of a match shall be neutral or in the starting position on the mat as determined by the position held upon going out of bounds. If neither wrestler has control, the match shall be resumed with both

wrestlers opposite each other and with one foot on the green or red area of the starting lines. If one wrestler has the advantage, he will take the offensive starting position at the center of the mat.

Reversal

SECTION 12. A reversal occurs when the defensive wrestler gains control of his opponent, either on the mat *or in a standing position*, while the supporting points of either wrestler are within the wrestling area.

Stalemate

SECTION 13. When the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve his position, the referee shall, *as soon as possible*, stop the match; and wrestling will be resumed as for out of bounds.

Starting Position

SECTION 14. a. *Defensive wrestler*. The defensive wrestler takes a stationary position at the center of the mat in which he is on his hands and knees as positioned by the referee. He must keep both knees on the mat even with and behind the rear starting line. The heels of both hands must be on the mat in front of the forward starting line. The elbows shall not touch the mat. (See illustrations Nos. 5 and 6, Starting Position.)

b. *Offensive wrestler*. 1. The offensive wrestler shall be on the right or left side of his opponent with at least one knee on the mat and his head above the mid line of his opponent's back. One arm (right or left) is placed loosely around the defensive wrestler's body perpendicular to the long axis of the body with the palm of the hand placed loosely against the defensive wrestler's navel and the palm of his other hand (left or right) placed on or over the back of the near elbow, this being the near side. One knee shall be on the mat to the outside of the near leg, not touching the defensive wrestler; and a knee or foot may be placed in back of the defensive wrestler's feet, not touching the defensive wrestler. However, one knee must be touching the mat. (See illustrations Nos. 5 and 6, Starting Position.)

2. *Optional Offensive Starting Position*. The offensive wrestler may use an optional start whereby he positions himself on either side or to the rear of his opponent supporting all his weight on both feet, one knee or both knees. He is to place his hands on his opponent's back (area between neck and waist), thumbs touching,

and only his hands are to be in contact with the defensive wrestler. The offensive wrestler is not to place his foot or feet, or knee(s), between his opponent's feet or legs, nor may he straddle his opponent. (See illustrations Nos. 7 and 8.)

3. The referee is authorized to direct the offensive man to take a starting position after the defensive man is stationary in his starting position on the mat.

Takedown

SECTION 15. When, from a neutral position, a contestant gains control and places his opponent's supporting points down on the mat (held beyond reaction time, while the supporting points of either wrestler are within the wrestling area) he has gained a takedown. Down on the mat, the usual points of support may be: knee(s), the side of the thigh and the buttocks. When the hand(s) bear the majority of the defensive wrestler's weight, the hand(s) are considered supporting points.

Time Advantage

SECTION 16. The offensive wrestler who has control in an advantage position over his opponent is gaining time advantage. A timekeeper assigned to each wrestler records his accumulated time advantage throughout the match. A multiple timer may be used to record the time advantage. At the end of the match, the referee subtracts the lesser time advantage from the greater. If the contestant with the greater time advantage has less than one minute of net time advantage, no point is awarded. If he has one minute or more of net time advantage, he is awarded a maximum of one point.

RULE 3

Weight Classification and Weighing In

Weight Classification

10 Weight Classes

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

118 lbs	53.5kg	158 lbs	71.7kg
126 lbs	57.2kg	167 lbs	75.8kg
134 lbs	60.8kg	177 lbs	80.3kg
142 lbs	64.4kg	190 lbs	86.2kg
150 lbs	68.0kg	Unl.	Unl.

NOTES

1. A contestant in the unlimited weight class must weigh in at a minimum of 177 pounds (80.3kg).

2. In 1986 the heavyweight class will have a maximum limit of 275 pounds.

Dual Meets

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

Weighing In

Time

SECTION 3. a. *Dual meets.* Contestants may weigh in a maximum of five hours and a minimum of one-half hour before the meet is scheduled to

begin, unless otherwise mutually agreed upon, on scales provided by the host school.

- b. ***Quadrangular, Triangular Matches.*** Contestants may weigh in a maximum of five hours and a minimum of one-half hour before the first scheduled match, unless otherwise mutually agreed upon.
- c. ***Tournaments.*** Each day of a tournament, contestants will weigh in a maximum of five hours and a minimum of four hours before the meet is scheduled.

NOTE—Teams may weigh in on home scales by mutual agreement of coaches and shall furnish the weight list with actual weights listed. It is mandatory that the accuracy of all scales be certified by a qualified scale authority prior to the first official weigh-in each year.

Supervision

SECTION 4. The referee or other authorized person shall supervise the weigh-in of contestants. At all weigh-ins, the wrestler will stand with both feet flat in the middle of the scale, facing away from the dial or weight indicator.

Weight Allowance

SECTION 5. a. ***Dual meets and tournaments.*** For all dual meets and tournaments, three pounds [1.4kg] allowance shall be given over the regular weight during November and December, two pounds [0.9kg] during January and one pound [0.5kg] during February, not including qualifying tournaments. All qualifying tournaments shall be wrestled at scratch weight. No additional weight is permitted nor should it be requested. Members of both teams will be allowed one additional pound [0.5kg] per day when one team is wrestling on two or three successive days, excluding Sundays (maximum of two pounds [0.9kg]). Meets held on Saturday and Monday are considered to be on successive days.

- b. ***Tournaments.*** In tournaments, a one-pound [0.5kg] allowance shall be given each day over the weight limit of the previous day (maximum of two pounds [0.9kg]). The tournament committee will stipulate the time for the first weigh-in.

All contestants shall weigh in without clothing for dual meets and tournaments.

NOTE—A 118 pounder [53.5kg] may weigh 121 pounds [54.9kg] in

November and December, 120 pounds [54.4kg] in January and 119 [54.0kg] pounds in February except for the qualifying tournaments.

Failure to Make Weight

SECTION 6. Any contestant failing to make weight at the minimum time shall be ineligible for that weight class. If a contestant fails to weigh in on the second or subsequent days of a tournament (after having qualified for the tournament) a forfeit shall be awarded his opponent, and points for the forfeit and advancement shall be scored. (See 4-11e and g.)

Medical Examinations

SECTION 7. A physician or physicians shall be present to examine contestants for communicable diseases in all tournaments and meets. It is recommended that an examination of all contestants be made at the time of weigh-in and the presence of a communicable disease or any other condition which, in the opinion of the examining physician, makes the participation of that individual inadvisable shall be full and sufficient reason for disqualification.

RULE 4

Conduct of Matches and Tournaments

The Matches

Notification And Agreement

SECTION 1. All modifications of rules of competition, "ground rules," etc. proposed by the home coach must be submitted to the coach of the visiting team, or teams, a sufficient length of time before the date of the meet for agreement to be reached on same; and no such action is binding unless approved by the visiting team or teams.

NOTE—In case the coaches are unable to agree on a shorter maximum weighing in time than the five hours specified as the maximum in these rules, it is understood that the maximum amount of time as specified in the rules shall hold.

The visiting team may request that the home management notify the visiting team at least 10 days prior to the date of the meet the exact time and place of the meet and the name of the referee, *who should be mutually agreed upon.*

Intentional Delay

SECTION 2. The home team's contestant shall be sent onto the mat first, and he cannot be withdrawn or replaced. A team intentionally delaying its appearance on the mat beyond five (5) minutes of established meet starting time shall have one team point deducted.

Length of Matches

SECTION 3. All regular matches shall be seven minutes in length divided into three periods, with the first period three minutes and the second and third periods two minutes each. The first period will start with both contestants standing opposite each other with the lead foot on the green

or red area of the starting lines and the other foot even with or behind the lead foot. The wrestlers will come forward, shake hands and step back to their designated areas and, when the referee sounds his whistle, begin wrestling. A fall during this or either subsequent period terminates the match. If neither contestant secures a fall in the first period, the referee shall stop the match and place the wrestlers in the starting position on the mat (2-14) with the appropriate contestant in the position of advantage (4-5). The second period shall be started immediately by the referee's whistle. If no fall occurs during this second period, upon its expiration, the referee shall again stop the match, place the contestant who started the second period in the position of advantage underneath and start the third period as before.

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

End of Match

SECTION 4. If no fall occurs during the final period and after the match is concluded, wrestlers will return to and remain on their respective (green or red) areas while the referee checks with the scorers' and timers' tables. Upon the referee's return to the mat, the contestants will shake hands and the referee will declare the winner in accordance with Officials' Signals. This action terminates the match. The time of the match is continuous except when the referee stops and starts a match.

Failure to comply with end-of-match procedure, after being directed to do so, shall result in penalty points being assessed in dual meets and tournaments. The match is not ended until the referee declares the outcome of the match with both contestants remaining on the mat. Failure to comply shall constitute unsportsmanlike conduct.

The wrestler will not shake hands with the referee or the opposing coach at the conclusion of his match.

Choice of Position

SECTION 5. a. *Dual meets.* Immediately before the contest starts, the referee shall call the captains to the center of the mat and decide by the toss of a coin which team has the choice of position at the start of the second period in each weight class. The winner of the toss may choose the odd or even number of the weight classes listed consecutively. The choice of odd or even matches in dual meets is not altered in case of a fall, default, forfeit or disqualification.

- b. **Tournaments.** Immediately following the end of the first period, the referee shall determine by toss of a coin or disc which wrestler has the choice of position at the start of the second period.

Overtimes

SECTION 6. In tournament competition when the match ends in a tie in points, the contestants shall wrestle three extra periods of one minute each (consolation matches included) starting the first of these periods on the feet and conducting the entire overtime as in a regular match. There will not be a mandatory warning at the end of the first overtime period.

NOTE—At the end of regulation time, the scorekeeper shall record the net time advantage.

The choice of position shall be determined by the toss of a coin. There shall be a one-minute rest between the regular match and the overtime match. The points and time advantage are not cumulative throughout the match and overtime periods. Warnings, cautions and number of infractions do not carry over into the overtime. However, injury time does carry over. When there is a tie in points at the end of the overtime, the following criteria will be applied, in the order listed, to determine the winner:

- a. **Abusive and unsportsmanlike conduct:** If the wrestler has been penalized for abusive and unsportsmanlike conduct, he shall lose.
- b. **Near falls:** The wrestler that has accumulated the greater number of points for near falls shall be declared the winner.
- c. **Takedowns:** If none of the above has produced a winner, the wrestler with the greater number of takedowns shall be declared the winner.
- d. **Reversals:** If none of the above has produced a winner, the wrestler with the greater number of reversals shall be declared the winner.
- e. **Escapes:** If none of the above has produced a winner, the wrestler with the greater number of escapes shall be declared the winner.
- f. **Riding time:** If none of the above has produced a winner, the wrestler with 15 seconds or more of riding time advantage shall be declared the winner.
- g. **Stalling:** If the above has produced equal points or no points for either wrestler, any wrestler having been (1) **Penalized** for stalling shall lose, or (2) **Warned** for stalling shall lose.

NOTE—If one man has been warned and penalized for stalling and the other has been warned, the one who has been penalized will lose. The man penalized the greatest number of times for stalling will lose.

- h. **Illegal holds:** If none of the above has produced a winner, the wrestler penalized the least for illegal holds shall be declared the winner.
- i. **Technical violations and unnecessary roughness:** If none of the above has produced a winner, the wrestler penalized the least for technical violations (other than stalling) and unnecessary roughness shall be declared the winner.
- j. **Regular match:** If none of the above has produced a winner, the criteria a. through i. shall apply to the regular match to determine the winner.
- k. **Time advantage:** If none of the above has produced a winner, the wrestler with the greater amount of riding time in overtime shall be declared the winner.
- l. **Other:** If none of the above has produced a winner, the referee shall determine the winner, based on his opinion as to which wrestler was the superior wrestler.

Consolation Matches

SECTION 7. Consolation matches shall consist of three two-minute periods conducted in the same manner as regular matches in championships.

Control of Mat Area

SECTION 8. a. All personnel, other than actual participating contestants, shall be restricted to an area reserved for such use. This area shall be at least 10 feet [3.0m] from the mat and scoring table.

b. During tournaments a maximum of *two team personnel* will be permitted in the restricted area.

c. Failure to comply will be treated in the following manner: first violation—warning; second violation—deduct one team point; third and subsequent violations—deduct one team point and remove individual(s) involved from the arena. These offenses are accumulated per institution throughout (1) each dual meet; (2) each day of quadrangular and triangular meets; (3) each session of a tournament. Penalties for 8c and 9d shall be cumulative and sequential.

Correction of Error

- SECTION 9. a. When an error has been made in positioning a wrestler in the top or bottom position at the start of the third period, all points and time advantage gained during the third period are cancelled. Following a rest period of one minute, the period shall be re-wrestled. (Errors occurring during first or second periods shall be corrected with wrestling resumed immediately.)
- b. If there is an error on the part of the timekeeper, scorers or referee, the error shall be corrected; and the referee will then render his decision accordingly. When possible, this correction should be made by the referee and should take place prior to the contestants leaving the mat area. Any error not resolved by the referee shall be arbitrated by the tournament committee. During a dual meet, correction shall be made by the referee prior to the start of a subsequent match. An error during the last match of a dual meet must be corrected prior to the referee having signed the scorebook.
- c. A clerical error in recording team scoring in dual meet or tournament which does not necessitate additional wrestling may be corrected when discovered.
- d. When a coach believes the referee has misapplied a rule (other than questioning judgment), he may approach the official's table and request that the match be stopped when there is no significant action. The referee and coach shall discuss the situation in a rational manner directly in front of the official table. Both wrestlers shall remain on the mat. At this point, there are only two alternatives for the referee to consider. If there was a misapplication of a rule, the referee will make the necessary adjustments at the scoring table and resume the match. If there was no misapplication error, the referee shall determine the coach's action as intentional delay of the match and he shall penalize the coach according to 4-8c.

Tournaments

Tournament Committee

- SECTION 10. a. All tournaments shall have a tournament committee designated before the start of competition.

- b. This committee shall consist of at least three members and no more than five members.
- c. Duties:
 - 1. Administration of the tournament.
 - 2. Arbitration of all disputes.

Administration

SECTION 11. a. Failure to verify entries by the stipulated deadline will result in disqualification from a tournament. Contestants thereafter failing to make verified weight will not be allowed to participate in another weight classification.

- b. Contestants will be allowed a maximum of five (5) minutes to appear ready to compete at the specified mat. Failure to appear will result in forfeit to opponent.
- c. Defeat due to injury in a tournament does not eliminate a contestant from further competition.
- d. In case of injury or illness, the tournament physician, in consultation with the chairman of the tournament committee, will rule on contestant's ability to continue. Extenuating circumstances concerning any injury or illness as it relates to defaults and forfeits will be considered by the tournament committee.
- e. A forfeit will eliminate a contestant from further competition in tournaments.
- f. A disqualification *may* eliminate a contestant from further competition in tournaments. (See Note under Infraction Penalty Table and see 5-4a)
- g. Any contestant who fails to check in or to make weight for each day of a tournament is ineligible for further competition and cannot place in the tournament, except as covered in 4-11d.
- h. No contestant shall be required to wrestle two matches in any tournament with less than one (1) hour rest between such matches.
- i. The sports committee recommends that medals and team trophies be formally presented in a ceremony made as impressive as possible.

When athletes are receiving awards, they shall wear their official school's warmup. No extra equipment (hats, signs, etc.) may be worn or carried at the awards ceremony.

- j. Any conference or other tournament may be conducted under any bracketing agreed upon by participating schools.

Mat Judge

SECTION 12. In tournament competition, it is recommended that one judge be assigned to assist the referee. The use of a mat judge is designed to minimize human error. The judge will be granted the same mobility as the referee and complement the referee during the match by making visual signals, visual point calls and assisting calls; however, the referee will be in control of the match. When possible, the mat judge should be in a position to observe simultaneously mat action and the clock at the expiration of each period.

Mat Judge Procedure

- SECTION 13. a. Verbal communication between judge and referee is encouraged.
- b. When the judge disagrees with the referee, it is mandatory that he immediately bring it to the referee's attention.
 - c. When the judge disagrees with the referee, the match will be stopped as soon as it is practical and referee's timeout will be indicated. The referee will avoid interrupting the match while significant action is in progress.
 - d. When necessary, the judge and referee will meet quickly in front of scorers' table to discuss the disagreement.
 - e. A judge may support, disagree or have no opinion relative to a decision. However, the referee shall prevail in the event of a disagreement.
 - f. When a decision is reached, the referee will inform the scorers' table of any change in the match scoring.
 - g. The referee, judge and two contestants are the only individuals permitted to step onto the wrestling mat. Coaches are not permitted to address the judge. (Failure to comply will be penalized according to 4-8c.)

- h. If the judge determines that a coach, contestant or other personnel is in violation of rules pertaining to unsportsmanlike conduct, control of the mat area or questioning judgment, he shall notify the violator and the referee when appropriate. The referee shall inform the scorer's table.

Places Scored

SECTION 14. In tournaments awarding four places, the loser in the final first-place match shall automatically take second place. The winner in the final consolation match shall be awarded third place and the loser fourth place. In tournaments where six places are scored, the defeated wrestlers in the consolation semifinals shall wrestle for fifth and sixth places. In tournaments where eight places are scored, the defeated wrestlers in consolation quarterfinals shall wrestle for seventh and eighth places.

Drawings

SECTION 15. Immediately after the verification of entries, drawings will be made in accordance with the graphic illustration as provided on pages WR-29 and WR-30.

Seeding

SECTION 16. Whenever there are two outstanding contestants in any class, the name of one of these contestants shall be placed in the upper half of the drawing bracket and the name of the other in the lower half. In case several seeded men are of equal ability, their seeded positions shall be determined by drawing.

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

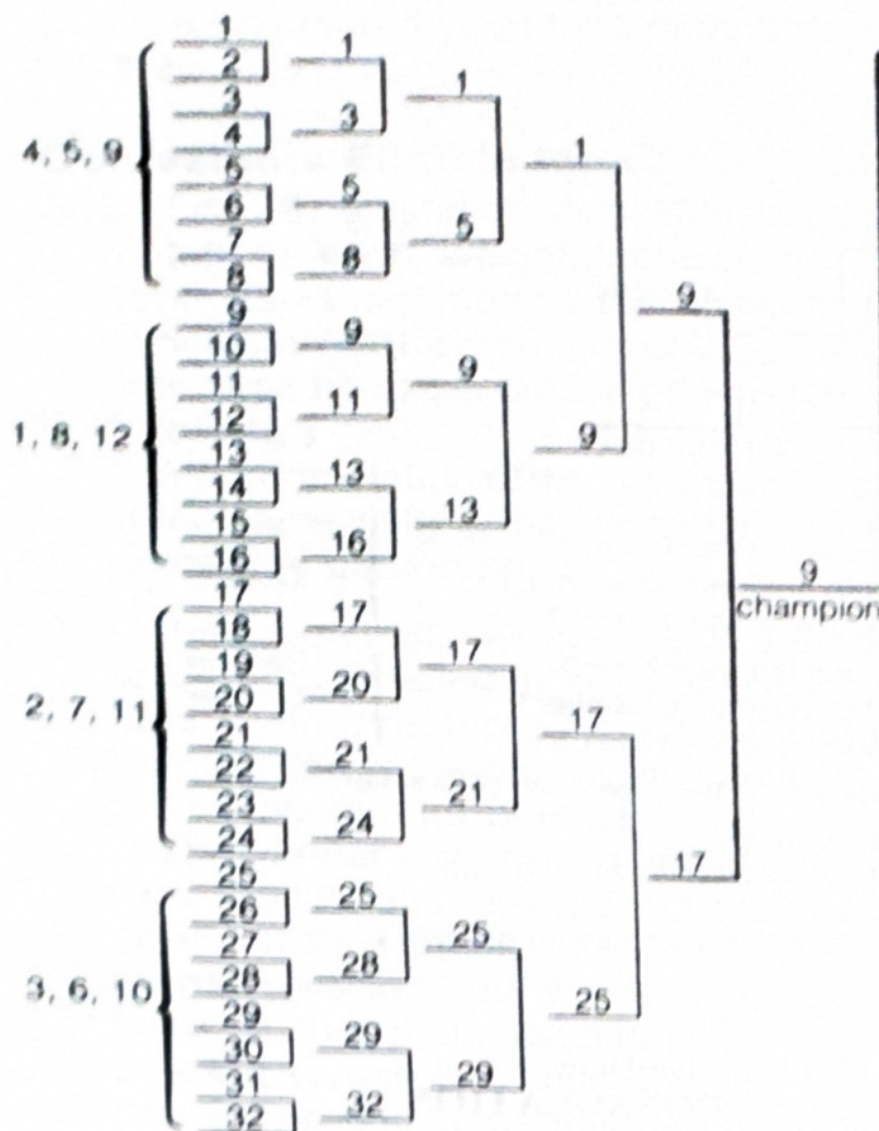
Consideration for determining seeded wrestlers, but not necessarily in this order, is given to: (a) returning place winner, (b) a contestant with an undefeated season record, (c) head-to-head competition, and (d) common opponents.

Byes

SECTION 17. When the number of competitors is not a power of two (that is, 4, 8, 16, 32, 64) there shall be "byes" in the first round. The number of byes will be equal to the difference between the number of competitors and the next higher power of two. The number of pairs which meet in the

Graphic Illustration of Drawings and Seedings

Seeds Prelim- First Second Third Final
 inaries Round Round Round Round



When using a 32-man bracket, if byes are drawn, they will take their places as shown in the first round column as follows:

First bye—Line 32

Second bye—Line 2

Others, in order—Lines 18, 16, 28, 6, 22, 12, 30, 4, 24, 10, 26, 8, 20

When using a 16-man bracket, byes will take their places in the same order as shown in the second round column. In making pairings for the 16-man brackets, or smaller, drawings should be made for the number one seed to draw any place in the bracket. This is followed by drawing for the second seed to any place in the half bracket opposite the number one seed. The third seed then draws to the quarter bracket opposite the second seed and the fourth seed to the quarter bracket opposite the first seed.

No. 1 seeded man draws for possible positions 9 through 16 in 2nd quarter.

No. 2 seeded man draws for possible positions 17 through 24 in 3rd quarter.

No. 3 seeded man draws for possible positions 25 through 32 in 4th quarter.

No. 4 seeded man draws for possible positions 1 through 8 in 1st quarter.

No. 5 seeded man draws for position in opposite half of 1st quarter.

No. 6 seeded man draws for position in opposite half of 4th quarter.

No. 7 seeded man draws for position in opposite half of 3rd quarter.

No. 8 seeded man draws for position in opposite half of 2nd quarter.

No. 9 seeded man draws for position in opposite 1/16th bracket from No. 4.

No. 10 seeded man draws for position in opposite 1/16th bracket from No. 3.

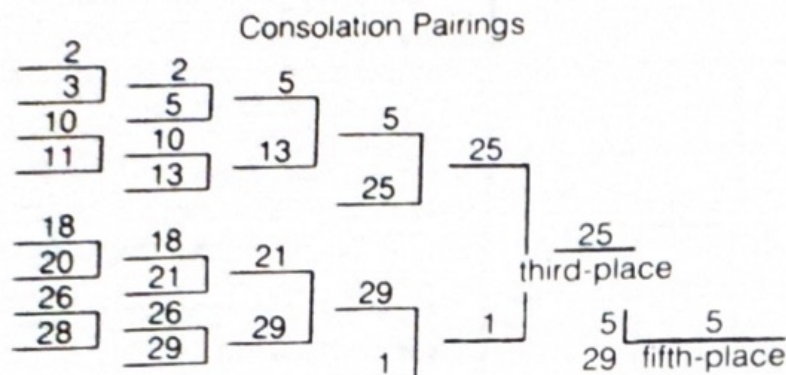
No. 11 seeded man draws for position in opposite 1/16th bracket from No. 2.

No. 12 seeded man draws for position in opposite 1/16th bracket from No. 1.

NOTE—When 12 men are seeded, numbers nine through 12 will be placed in the quarter

bracket as indicated in the illustration. These men will be drawn into the eighth bracket with the lowest seeded man.

If seedings hold true, quarterfinals should pit No. 4 against No. 5, No. 1 against No. 8, No. 2 against No. 7, and No. 3 against No. 6



2 represents first man defeated by quarterfinal winner 1
 3 represents second man defeated by quarterfinal winner 1
 5 represents third man defeated by quarterfinal winner 1

10 represents first man defeated by quarterfinal winner 9
 11 represents second man defeated by quarterfinal winner 9
 13 represents third man defeated by quarterfinal winner 9

25 represents loser of championship semifinal in lower half of bracket

Loser of consolation final (1) places fourth.

Losers of consolation semifinals (5 and 29) compete for fifth place;

Loser of this bout places sixth.

Losers of consolation quarterfinals (13 and 21) compete for seventh place;

Loser of this bout places eighth.

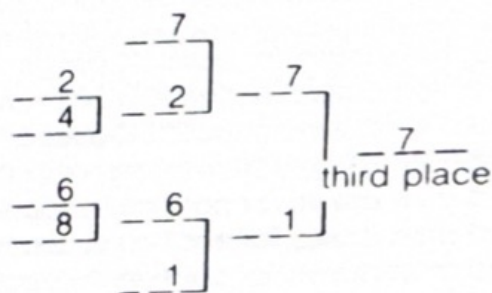
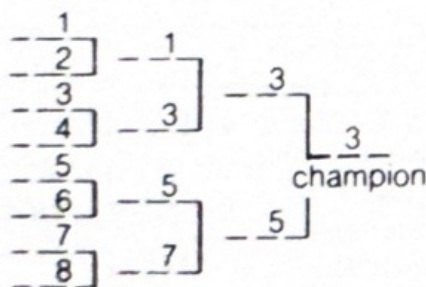
} First
Quarter

} Second
Quarter

Graphic Illustration of Bracketing for Eight-Man Draw:

CHAMPIONSHIP

CONSOLATION



first round shall be equal to the difference between the number of competitors and the next lower power of two. There will be no byes after the first round and no further drawing is necessary for the first place or consolation rounds. The byes, if even in number, shall be equally divided between top and bottom. If the number of byes should be uneven, there shall be one more bye at the bottom than at the top, as shown on page WR-29.

Contestants Eligible for Third-Place Matches (Consolations)

SECTION 18. a. Immediately after completion of the first quarterfinal match in each weight, consolation rounds shall start among all contestants defeated by the winner of this quarterfinal match. At the conclusion of the championship semifinals, the losers of those semifinals shall be cross bracketed into the consolation semifinals (See b. following.)

After completion of the second, third and fourth quarterfinal matches in the same weight, the same plan shall be followed as indicated in the preceding paragraph.

- b. Consolation matches to determine third place and subsequent places shall be conducted in accordance with the original first-round drawings. Therefore, those eligible for the third-place consolations should be matched in the order in which they were defeated by the semifinalists in this quarter-bracket.

The winner of the consolation matches involving eligible wrestlers from the first quarter-bracket should be matched with the winner of the consolation matches involving eligible wrestlers from the second quarter-bracket. The winner of this match should be paired with the loser of the championship semifinal bout in the *lower half* of the bracket (cross bracketing) in the consolation semifinals. The same procedure should be followed with the consolation winners from the third and fourth quarters, the winner being matched against the semifinal loser from the *upper half*.

The eligible contestants are designated in a. of this section.

- c. In the event two wrestlers who have competed against each other previously in the tournament are paired again for either third place or for fifth place, the matches shall be wrestled and scored as if they had not met previously.
- d. Under the unique situation when both wrestlers are disqualified due to technical violations or illegal holds, the criteria used for overtime matches will be used to determine who advances to the consolation bracket.

Example

SECTION 19. Referring to the Graphic Illustration on WR-29, those eligible for the third-place rounds are 2, 3 and 5 from the first quarter; 10, 11 and 13 from the second quarter and 25 as the loser of the championship semifinal in the lower half; plus 18, 20 and 21 from the third quarter; 26, 28 and 29 from the fourth quarter and 1 as the loser of the championship semifinal in the upper half. Only the semifinal losers are cross bracketed.

Assume that 2 wins from 3 and 5 wins from 2; that 10 wins from 11 and 13 wins from 10, that 18 wins from 20 and 21 wins from 18; that 26 wins from 28 and 29 wins from 26.

5 then wins from 13 and is matched in the consolation semifinals against 25. 29 wins from 21 and is matched in the consolation semifinals against 1. The winners of the consolation semifinals compete for third and fourth places and the losers compete for fifth and sixth places.

All third-place, fifth-place and seventh-place matches shall be conducted prior to the first-place championship matches.

Protest

SECTION 20. Committees can be appointed at tournaments to hear all protests. Coaches only may protest errors in recording points or match results and nonjudgment errors in the application of rules. The coach must inform the official scorer and the referee of his intent to protest the bout before the boutsheet is removed from the scorer's table. The referee will note this intent to protest the bout on the boutsheet and will notify the opposing wrestler not to leave the area until the matter is settled. These protests must be filed with the tournament committee in writing within a 10-minute period following the bout.

RULE 5

Scoring

Match

Scoring and Timing

SECTION 1. Match scoring and timing must be kept in plain view of spectators, contestants and coaches. It is strongly recommended that a timing device be available and visible for the purpose of recording time advantage. Information on time advantage shall be made available to coaches during the progress of the match by the timekeeper.

Individual

Points

SECTION 2. In all matches, the contestants are awarded points by the referee in accordance with the following system:

Takedown (by each wrestler) (2-15)	2 points
Escape (2-4)	1 point
Reversal (2-12)	2 points
Near fall (2-10)	2 or 3 points
Time advantage (2-16)	1 point for one minute or more of net accumulated time in the advantage position. One point is the maximum to be awarded for the match, and this point shall be recorded on the final score.

Penalties (See Rule 7 and the Infraction Penalty Table).

NOTE—Method of recording score for an overtime match.

*Example: 3-3, 1-0 (OT)**

3-3, 1-1 (Criteria)

**OT—Overtime*

TOURNAMENT SCORING CHART

	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	<i>6th</i>	<i>7th</i>	<i>8th</i>
Four Places	10	7	4	2				
Six Places	16	12	9	7	5	3		
Eight Places	16	12	9	7	5	3	2	1

Team

Dual Meets

SECTION 3. a. *Fall*. Six team points shall be scored toward the team total for each contestant who wins by a fall, default, forfeit or disqualification.

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

b. *Decision*. A decision by a margin of less than eight points shall score three team points. When the margin is eight points or more, four team points will be scored. When the margin is 12 points or more, five team points will be scored.

c. *Draw*. In case of a tie, two points shall be scored for each team.

Tournaments

SECTION 4. a. *Places*. In tournaments, individual placement points shall be awarded as soon as earned. Placement points already earned will be deducted in case of forfeit or disqualification for flagrant misconduct.

In tournaments scoring eight places, the winner of each championship quarterfinal shall be awarded three (3) place points, the winner of each championship semifinal shall be awarded nine (9) additional place points and the winner of each championship final shall be awarded four (4) additional place points. The winner of the final preliminary round of consolations shall receive one (1) place point. The winner of the quarterfinal consolation match shall receive two (2) additional place points, the winner of the consolation semifinals shall receive four (4) additional place points. The winner of third place and the winner of fifth place shall receive two (2) additional place points, while the winner of seventh place shall receive one (1) additional place point.

In tournaments scoring six places, the winner of each championship quarterfinal shall be awarded three (3) place points, the winner of each championship semifinal shall be awarded nine (9) additional place points and the winner of each championship final shall be awarded four

(4) additional place points. The winner of the quarterfinal consolation match shall receive three (3) place points. The winner of the consolation semifinals shall receive four (4) additional place points. The winner of third place and the winner of fifth place shall receive two (2) additional place points.

In tournaments scoring four places, the winner of each championship semifinal shall be awarded seven (7) place points, and the winner of each championship final shall be awarded three (3) additional place points. The winner of each consolation semifinal shall receive two (2) place points, and the winner of third place shall receive two (2) additional place points.

- b. **Advancement points.** One team point shall be scored for each match won in the championship bracket and one-half point in the consolation bracket except for the final first-, third-, fifth- and seventh-place matches.
- c. An additional point shall be scored for each match won by fall, default, forfeit or disqualification throughout the tournament.

One-half point shall be awarded for each match won by eight or more points. Three-quarter point shall be awarded for each match won by 12 or more points.

- d. One point in the championship bracket and one-half point in the consolation bracket may be awarded for a bye if the wrestler receiving the bye wins his next bout.

SUMMARY OF SCORING

Dual Meet

Fall	6 pts.
Forfeit	6 pts.
Default	6 pts.
Disqualification	6 pts.
Decision	
(by 12 or more pts.)	5 pts.
(by 8 thru 11 pts.)	4 pts.
(by less than 8 pts.)	3 pts.
Draw	2 pts.

Tournament

Fall	1 pt.
Default	1 pt.
Forfeit	1 pt.
Disqualification	1 pt.
Advancement	
Championship Bracket	1 pt.
Consolation Bracket	½ pt.
Decision	
(by 12 or more pts.)	¾ pt.
(by 8 or more pts.)	½ pt.
Bye followed by a win	
Championship Bracket	1 pt.
Consolation Bracket	½ pt.

Individual Match

Takedown	2 pts.	Near-Fall	2 or 3 pts.
Escape	1 pt.	Time-Advantage	1 pt.
Reversal	2 pts.	(Maximum for 1 full minute)	

RULE 6

Infractions

Abusive or Unsportsmanlike Conduct

SECTION 1. Abusive or unsportsmanlike conduct during or immediately following a match includes any conduct which interferes with the orderly progress of the match. This includes coaches, contestants, all team personnel (manager, trainer, physician). First penalty—deduct one team point; second penalty—deduct one team point and remove from premises, by home management.

A spectator who acts in an unsportsmanlike manner may be removed from the premises. The home management shall be responsible for the removal of spectator(s) upon request by the referee or mat judge. This will be done without penalty to either team.

Flagrant Misconduct

SECTION 2. a. Either before, during or following a match, flagrant misconduct such as intentionally striking an opponent or continued unnecessary roughness shall be penalized by the deduction of one team point, disqualification of the contestant and removal from the premises. A contestant so disqualified in tournament competition is not entitled to placement points or individual tournament award, nor will he be credited with advancement and fall points earned prior to the incident, with other contestants remaining in their respective positions.

b. Any item under unnecessary roughness (See 6-3) may be interpreted by the referee as flagrant misconduct.

c. If the offender is someone other than a contestant (coach, trainer, manager, etc.), the penalty is deduction of one team point and removal from the premises.

Unnecessary Roughness

SECTION 3. Either before, during or following a match, any action beyond normal aggressiveness such as striking, gouging, kicking, hair pulling,

butting, elbowing, biting or an act which endangers life or limb shall be penalized. A forceful trip may be considered as unnecessary roughness.

NOTE—Points for unnecessary roughness will be awarded in addition to points earned.

Foreign Substance On Skin

SECTION 4. The use of oil or greasy substances which cannot be completely removed shall be grounds for disqualification at the discretion of the referee. Timeout for the removal of such foreign substances shall be cumulative with the timeout for injuries throughout the match. The total timeout shall not exceed two minutes. (See 7-5.) A timeout for toweling off perspiration shall not be permitted during the match.

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

Holds

Illegal

SECTION 5. Any hold shall be allowed except the hammerlock above the right angle; the twisting hammerlock; full nelson; toe hold; front headlock without the arm; headlock without the arm; the straight head scissors (even though the arm is included); over-scissors; strangle holds; all body slams; twisting kneelock; key lock; overhead double arm bar; the bending, twisting or forcing of the head or any limb beyond its normal limits of movement; locking the hands behind the back in a double arm bar from the neutral position; full back suplay from a rear standing position and any hold used for punishment alone. (See Illustrations.)

Any holds over the mouth, eyes or front of the throat shall not be permitted. Pressure from the side of the hand, forearm or wrist is considered a hold and therefore barred when used on the mouth, nose, eyes or throat. Forcing such a hold may be considered unnecessary roughness, depending on the intent of the act as determined by the referee, and penalized accordingly. (See illustrations Nos. 15-20, 42, and 57 through 61.)

NOTES

1. *Contestants may grasp all four fingers in an effort to break a hold, but pulling back the thumb, or one, two or three fingers, is illegal.*

2. The term "slam" is interpreted as lifting and bringing an opponent to the mat with unnecessary roughness. It is the responsibility of the wrestler who lifts his opponent off the mat to safely return him to the mat. This infraction may be committed by a contestant in either the top or bottom position on the mat as well as during a takedown. When a contestant lifts his opponent off the mat and brings him to the mat with excessive force, a slam will be called. A slam shall be called without hesitation following the situation occurring. A forceful trip may be considered as unnecessary roughness.
3. An intentional drill or forceful fall back is illegal when the defensive wrestler is in a standing position and the offensive wrestler has a scissor hold or a cross body ride.
4. A leg hooked over the top toe of an opponent's straight body scissors is interpreted as an over-scissor and therefore illegal. (See illustration No. 22.)
5. A wrestler applying a legal hold should not be penalized when his opponent turns the legal hold into an illegal hold. The referee shall cause the hold to be released if there is a danger of injury. However, the match need not be stopped unless the referee finds it necessary to do so in order to correct the situation.
6. Whenever possible, an illegal hold should be prevented rather than called. When an illegal hold cannot be prevented, it must be penalized. (Example: A twisting knee lock. See illustrations Nos. 24-29.)
7. The three-quarter nelson is not to be interpreted as a headlock. (See illustration No. 41.)
8. Pulling the head over the shoulder with hands locked or overlapped is not to be interpreted as a headlock. (See illustration No. 40.)
9. The double arm bar is legal while in a neutral position if hands are locked at the side. (See Illustrations Nos. 36-37.)
10. Points for illegal holds will be awarded in addition to points earned by the offended wrestler.

Potentially Dangerous

SECTION 6. The double wristlock, chicken wing, split scissor, guillotine,

when being applied with the limb forced beyond normal range of movement, and other holds which may cause injury when used legally are considered potentially dangerous holds. (See Illustrations Nos. 14, 50-52 and 54-55.)

Contestants should know the dangers of these holds and the block for them. The referee should anticipate danger of injury from these holds and be in position to block them before they reach the danger point. Furthermore, all referees, coaches and contestants should understand that any and all holds used in such a way as to endanger life or limb are illegal; and all referees should verbally caution contestants against forcing a potentially dangerous hold into an illegal position.

The chicken wing is a legal but potentially dangerous hold. When the hand of the defensive wrestler goes behind the back with parallel pressure to the long axis of the body, it becomes a twisting hammerlock and is illegal. (See Illustrations Nos. 52-55.) The double wristlock and chicken wing become illegal when forced into a twisting hammerlock position, as in the case of applying the force parallel instead of perpendicular to the long axis of the body. The reinforced half nelson or the half nelson may become potentially dangerous when the defensive wrestler is unable to roll in the direction of the pressure. (See illustration No. 56).

No contestant should ever be put in a position where he must forfeit a neutral position, a position of advantage or a fall because of an injury or danger to life or limb. If a legitimate hold is forced to such an extent as to endanger a contestant, or if it becomes a punishing hold, the referee shall stop the match and require the hold to be broken. No penalty points should be awarded. The match shall be resumed in the neutral or starting position on the mat as determined by the position held at the time the match was stopped.

Technical Violations

Misconduct

SECTION 7. Misconduct by either wrestler includes swearing, throwing the headgear or indicating displeasure with a decision and shall be treated as a technical violation.

Stalling

SECTION 8. a. *It is the responsibility of contestants, officials and coaches to avoid the use of stalling tactics* or allowing the use thereof. Action is to be maintained throughout the match by the

contestants making an honest attempt to stay in the circle and wrestling aggressively whether on the top, bottom or neutral positions. This concept shall be demonstrated by those responsible *with strict enforcement by officials*. A stalling penalty is preceded by a warning, and there shall be only one warning per contestant per match.

When an official *recognizes* stalling occurring at any time and in any position, he will warn the offender and thereafter violations will be penalized when stalling recurs. *These provisions require the referee to penalize stalling without hesitation.*

When either wrestler fails to improve his position, the referee may begin an audible and visual hand count without indicating which wrestler the count is against. If there is no improvement by the end of five seconds, he may stop the match and either call a stalemate or warn or penalize either or both wrestlers for stalling. If either wrestler is repeatedly (two or more times) creating inactivity, it shall be considered stalling. The hand count is recommended in these situations to aid in communications. It need not, however, precede a stalling warning or penalty.

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

- c. *Neutral position—Each wrestler must make an honest attempt to work towards the center of the mat and maintain an attack to secure a takedown regardless of the time or score of the match. Contestants may maneuver outside the center circle and avoid the tie up if such action is taken to acquire a takedown. Repeated movement away from the opponent without attempting a takedown is defined as fleeing the opponent and is stalling. Withdrawing from the tie up is not stalling if such action is intended to improve position and is directed towards the opponent. A contestant who continuously*

avoids contact without initiating an attack, plays the edge of the mat, secures a single leg and does not attempt to finish the move or uses upper body tie-ups to control and move his opponent without attempting a takedown is stalling. Repeated use of the head as a lever to acquire a defensive position while in the tie up is stalling.

- d. The referee is required to warn one of the wrestlers for stalling at the end of the first regulation period if no points or no warning has occurred. The wrestler who was least aggressive must be warned for stalling. Aggressiveness should be determined by the number of legitimate attempts for takedowns made during the period.
- e. ***Advantage position***—The contestant in the advantage position on the mat must wrestle aggressively and attempt to secure a fall. Whenever the offensive wrestler is content to hold his opponent on the mat and not work for a fall, he is stalling. Typical holds contributing to stalling include: cross body ride, scissors on the near leg, lacing both legs of the defensive wrestler, spiral and half nelson ride. Intentionally releasing an opponent is not considered stalling. The released wrestler is to be allowed reaction time before a takedown can be attempted. The responsibility to improve the position in the rear standing position lies with the offensive wrestler. Failure to attempt to take the opponent back to the mat should be treated as stalling. Repeatedly applying the legs while in the rear standing position is stalling.
- f. ***Defensive position***—Refusing to wrestle aggressively in the defensive position is stalling. The contestant in the defensive position must initiate action designed to escape or reverse his opponent. Failure to make these attempts is stalling and shall be penalized as a technical violation. Referee will give both visual and verbal warning without stopping the match. (See Infraction Penalty Table.)

NOTE 1—When there is no action in the mat position, the responsibility for initiating action rests with both wrestlers.

NOTE 2—A stalemate or stalling should not be called on a defensive wrestler when, in reality, the offensive wrestler was responsible for the inactivity because he made no attempt to improve his position or turn his opponent. Examples are: double or single bar arms, double leg grape vine, inside turk figure four ride.

- 9 **Delaying match**—Delaying the match such as straggling back from out of bounds, unnecessarily changing or adjusting equipment, is stalling and shall be penalized as stalling.

Interlocking Hands

SECTION 9. The wrestler in the position of advantage may not interlock or overlap his hands, fingers or arms around his opponent's body or both legs unless his opponent has all of his weight supported entirely on his feet or he has him in a pinning situation. The mere touching of the defensive wrestler's hands to the mat is not considered a change in this position unless the hands are used as support parts, in which case, the offensive wrestler is allowed reaction time to release the lock. It is unethical for the defensive wrestler to touch his hands or one knee to the mat in order to release the offensive wrestler's lock and the referee shall not call a violation if the lock is held in such cases. (See Illustrations Nos. 62 and 64 through 67.)

NOTE 1—The referee shall not stop action when signaling the violation when the defensive man is in the process of a reversal or escape. The defensive man is allowed to complete the reversal or escape provided he does so in a continuous maneuver. If the defensive man fails to complete the reversal or escape after an opportunity to do so, the referee shall stop the match and award the penalty. (See Penalty Chart and Signals.)

NOTE 2—Time advantage should be stopped at the time the referee signals that the offensive wrestler has an unfair advantage, such as locked hands or an illegal hold. The referee is to signal this by giving the locked hands or illegal hold signals as shown on Officials' Signals page.

Figure Four Scissors

SECTION 10. The figure four scissors is a technical violation when applied by the offensive wrestler around the body or around both legs of the defensive wrestler.

Leaving Mat Without Permission

SECTION 11. It is a technical violation to leave the mat without first receiving permission to do so from the referee.

Going Off Wrestling Area

SECTION 12. Voluntarily leaving the wrestling area or forcing an opponent out of the wrestling area at any time is a technical violation.

Grasping Clothing

SECTION 13. Grasping of clothing, mat, equipment or headgear by a contestant is a technical violation, and any advantage gained thereby shall be nullified.

NOTE 1—(Treat same as Note under Section 9.)

NOTE 2—Points for unnecessary roughness, illegal holds and technical violations will be awarded in addition to points earned.

False Starts and Starting Positions

SECTION 14. Assuming incorrect starting position and making false starts are technical violations. The sequence of penalty will be:

- a. First violation—visual caution, signified by a C, formed by the forefinger and thumb.
- b. Second and subsequent violations—one penalty point for each occurrence.

Common Stalling Tactics

SECTION 15. Although each one of these maneuvers is not necessarily a stalling tactic in itself and may be a significant maneuver, it is the repeated (two or more times) use of these techniques for nonaction that leads to stalling.

- a. Repeatedly blocking the opponent's attack without attempting counter attacks.
- b. Repeatedly dropping the head to the opponent's chest or shoulder without attempting to score.
- c. Repeated and prolonged underhooks or overhooks without demonstrated effort to use the hold for scoring.
- d. Repeatedly tying and pushing without demonstrated effort to use as part of a takedown (i.e., Russian, two on one).
- e. Assuming a static, wide, low stance without attacking.
- f. Repeated blocking off of the opponent by forcing a forearm and hand against his chest or neck.

- g. Repeated grabbing and holding of the opponent's hand(s), fingers or elbow(s).
- h. Defensive wrestler repeatedly going out of bounds to gain additional escape or reversal opportunity.
- i. Repeatedly countering the leg by reaching over the opponent's hips and locking hands between the legs, around the waist in the crotch area, thereby creating a stalemate.
- j. The wrestler repeatedly initiating takedown maneuvers only after blocking his opponent's takedown attempts.
- k. Repeatedly shooting and hanging onto a single leg, or shooting on a single leg and standing without attempting to complete the take-down.
- l. When the offensive wrestler is content to hold his opponent on the mat and does not work for a fall.
- m. Repeatedly using front head and arm without attempting to score.
- n. Defensive wrestler continually holding offensive wrestler's wrist or arm to avoid activity.
- o. Straggling back from out of bounds, or unnecessary changing or adjusting equipment.
- p. Repeatedly starting a fireman's carry without attempting to complete the move.

RULE 7

Penalties and Warnings, Injuries And Defaults

Penalties and Warnings

Infraction Penalty Table

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

Indicating Infractions

SECTION 2. When indicating an infraction, the referee shall stop the match, except when warning and penalizing either wrestler in the neutral or defensive position for stalling, give the hand signal to indicate the point(s), warning or caution (See Officials' Signals) and announce the penalty so the contestants, scorers, coaches and spectators are aware of the infraction.

Coaching Injured Contestant

SECTION 3. Any coaching to the injured contestant during injury timeout shall be penalized as unsportsmanlike conduct by the coach. During injury time out, both wrestlers shall remain on the mat. The referee shall position himself near the injured wrestler. The coach of the injured wrestler may approach his wrestler, but any verbal communication (other than that regarding the injury) shall be interpreted by the referee as coaching. The coach of the noninjured wrestler may coach his wrestler.

Warnings and Sequence of Penalties

SECTION 4. The Penalty Chart indicates the sequence of warnings and penalties, which are cumulative throughout the match.

Injuries and Defaults

Timeout

SECTION 5. a. An injured contestant may be awarded up to a maximum timeout of two minutes which is cumulative throughout the match, including the overtime. There shall be no limit to the number of timeout periods which may be taken in any match, but the total timeout shall not exceed two minutes. If, at the expiration of the timeout, he is able to continue wrestling, the match shall be resumed as if the contestants had gone out of bounds. Only the referee may call such timeouts.

NOTE—Timeout is not permitted to recover from fatigue or to regain one's composure. Such action is considered unsportsmanlike conduct.

b. Nosebleed or any other excessive bleeding shall be interpreted as an injury and shall be treated as an injury timeout without the recording of time. The number and length of timeout periods for such bleeding is left to the discretion of the referee.

c. The coach has the prerogative to default (stop) a match in progress, or during a timeout or injury timeout, by orderly walking onto the edge of the wrestling area and bringing to the attention of the official his intentions. The contestant may stop the match by clearly and verbally stating to the official his intent to default. It is understood by the coach, contestant and the official that either of these procedures terminates the bout in progress.

Unconscious or Serious Injury

SECTION 6. If a contestant is rendered unconscious, he shall not be permitted to continue after regaining consciousness without the approval of a physician. If the injured contestant is unable to continue wrestling, the match shall be awarded in accordance with Secs. 7 and 8 of this rule.

Similarly, a contestant who receives a serious injury to the head, neck or spinal column must have a physician's approval before he may continue to compete.

Accidental Injury

SECTION 7. a. If a contestant is accidentally injured and is unable to continue the match, his opponent shall be awarded the match by default.

- b. Any time a hold is executed legally and criteria for near fall are met and a contestant is injured, action will stop and near fall points will be awarded.
- c. When a pinning combination is legally executed but the contestant is injured before near-fall criteria are met, action will be stopped and a two-point near fall shall be awarded.

Injury from Illegal Action

SECTION 8. If a contestant is injured by any illegal action to the extent that he is unable to continue following a maximum of two minutes rest, the match shall be defaulted to the injured contestant. In case of an intentional attempt to injure an opponent, the offender shall be disqualified. Timeout for injury because of an illegal hold ***does not count*** against an injured wrestler's injury time. (Max. two minutes.) (See 6-3, and Penalty Chart for Flagrant Misconduct.)

Attendants During Timeout

SECTION 9. No more than two attendants and a physician shall be permitted on the mat with the wrestler during timeout.

RULE 8

Officials

Referee

The Wrestling Committee recommends that all collegiate officials utilized for dual meet and tournament competition be current members of the National Wrestling Officials Association and view the NCAA rules interpretation videotape.

Attire

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

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

Other accessories—silver coin or colored disc and whistle.

Responsibility

SECTION 2. On matters of judgment, the referee shall have full control of the meet and his decisions shall be final; however, a referee may immediately change a call if he feels his call was in error. On matters of a technical nature, the current NCAA rules shall be the final authority.

Duties

SECTION 3. a. Before the contestants come to the mat, the referee shall:

- (1) Inspect contestants for grooming, presence of oils or greasy substances, rosin, objectionable pads, improper clothing, finger

rings, long fingernails, and advise against the chewing of gum during the match as a health hazard.

- (2) *Inspect contestants wearing singlets without long tights to be sure they are wearing undergarments.*
 - (3) Inspect mat for official markings. (See Rule 1.)
 - (4) Clarify the rules with coaches and contestants.
 - (5) Advise contestants to report to their designated areas (red and green) on the circle at the center of the mat opposite each other and ready to wrestle.
- b. Before a dual meet starts, the referee will call the team captains to the center of the mat for the toss of the coin to determine the choice of position at the start of the second period. (4-5a.)
- c. The referee will use the Wrestling Officials' Signals (WR-72).
- d. The referee shall notify the timekeepers as follows:
- (1) When the match is started or stopped for any reason.
 - (2) When time advantage begins or ends for a contestant.
 - (3) Whenever timeout is involved in any situation occurring in the match.
- e. *The referee will signal and verbally notify the scorer and contestants when warnings or points are awarded* to either contestant. The referee is to be sure to let the wrestlers know when near fall points have been earned.
- f. *The referee shall be firm in enforcing the letter and spirit of the rules and penalize consistently any repeated infractions. He must enforce vigorously and promptly the penalties for the infractions as provided in Rules 6 and 7. On each warning and penalty, except the warning and penalty for neutral or defensive stalling, the referee shall stop the match and announce the penalty in the prescribed manner so that the contestants, scorers, coaches and spectators are aware of it. (See Signals for Referees.)*
- g. The referee shall caution the user of a potentially dangerous or illegal hold in order to prevent possible injury. Such holds should be stopped

by the referee, if possible, before reaching the dangerous stage.

- h. The referee shall not verbally instruct the wrestlers to correct their stalling tactics. He shall only warn and penalize them.
- i. The referee shall position himself near the injured wrestler during injury timeout. He is to watch for coaching of the injured wrestler. Coaching the injured wrestler is a technical violation.
- j. The referee should not place his hands under the shoulders of a contestant unless absolutely necessary to determine a fall.
- k. The referee should meet promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.
- l. If, at the end of a match, there is a doubt as to the winner, the referee shall order the contestants to stay at their designated areas while he checks the time advantage and the scorer's records to decide the winner. The time advantage, if any, shall be recorded on the score-board, and the referee shall declare the winner. In dual meets, if the match is a draw, the referee will raise the hands of both wrestlers. (See 4-4.) (See Referees' Signals.)
- m. The referee shall sign official score sheet or score book certifying final results.
- n. The referee is responsible for the seating arrangement at the officials table in accordance with one of the diagrams below:

WHEN INDIVIDUAL CLOCKS OR STOP WATCHES ARE USED

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

Timekeeper	Visiting Scorer	Announcer or Home Scorer
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Other Officials

Match Timekeeper

SECTION 4. The match timekeeper is responsible for:

- a. Assistant timekeepers and scorers, and should be constantly checking their activities at all times.
- b. Keeping the overall time of the match.
- c. Keeping and recording accumulated timeouts for injury. The time remaining shall be called out at intervals of one minute, 45 seconds, 30 seconds and counted down from 15 seconds to zero.
- d. Notifying the referee after a significant situation has passed, or the match is stopped, or a disagreement by the official scorers or timekeepers, or when requested by the coach to discuss a possible error.
- e. Assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period.
- f. Calling the minutes to the referee, contestants and spectators in each match. The last minute of each period shall be reported at 15-second intervals. (45, 30, 15 seconds.)

NOTE—The home institution shall provide each timekeeper with an accumulative time clock for recording the time during the match. The match timekeeper shall be provided with two extra accumulative time clocks for recording time out in case of injury to the contestants. The match timekeeper also shall be provided with a gong, horn or bell. A multiple timer may be used in place of time clocks.

- g. Informing contestants and coaches, when requested, of time advantage accumulated if visual clock is not available.

Assistant Timekeepers

SECTION 5. The assistant timekeepers are responsible for:

- a. Recording the accumulative time advantage of the contestants to whom they have been assigned (usually opponents) when indicated by the referee.

- b. Constantly checking each other's time-advantage recording.
- c. Constantly checking the match timekeeper's time recording.
- d. Showing the referee the actual recording of the time advantage each contestant has accumulated at the end of the match.
- e. Stopping time advantage when the referee signals illegal interlocking of hands or illegal holds and grasping clothing.

Scorers

SECTION 6. The scorers are responsible for:

- a. Recording which contestant has the down position at the start of the second and third periods.
- b. Recording points scored by both contestants when signaled by the referee.
- c. Constantly checking each other's scoring.
- d. Immediately advising the match timekeeper when they are in disagreement regarding the score.
- e. Keeping the scoreboard operator continually advised of the official score during each match.
- f. Showing the referee the score card at the end of each match.
- g. Recording the time-advantage point, if earned, in the final match score.
- h. Before overtime, record net accumulative riding time advantage earned during the regular match.

INFRACTION PENALTY TABLE†

Infraction	Rule, Section	Warnings, Cautions	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Unnecessary roughness ¹	6-3	No	1 match pt.	1 match pt.	2 match pts.	Disqualify
Illegal holds ¹	6-5	No	1 match pt.	1 match pt.	2 match pts.	Disqualify
Technical violations ^{1,2}	6-7--6-15	See Footnote 2 and Summary	1 match pt.	1 match pt.	2 match pts.	Disqualify
False starts and illegal starting positions	6-14	Yes	1 match pt.	1 match pt.	1 match pt.	1 match pt.
Abusive and/or unsportsmanlike conduct ³	6-1	No	Deduct 1 team pt.	Deduct 1 team pt.; remove from premises ⁴		
Flagrant misconduct	6-2	No	Disqualify; deduct 1 team pt.; remove from premises			
Coach intentionally delaying match or questioning referee's judgment ⁵	4-9-d	Yes	Deduct 1 team pt.	Deduct 1 team pt.; remove from premises	Deduct 1 team pt.; remove from premises	Deduct 1 team pt.; remove from premises
Foreign substances on skin or illegal costume or equipment	6-4 <i>Also Rule 1</i>	No	Disqualify if not removed or corrected within contestant's remaining injury time ⁶			
Control of mat area ⁵	4-8-c 4-13-g	Yes	Deduct 1 team pt.	Deduct 1 team pt.; remove from premises	Deduct 1 team pt.; remove from premises	Deduct 1 team pt.; remove from premises

†Note A—Any combination of four penalties, excluding false starts and assuming incorrect starting position, accumulated during a regular match or during an overtime match will result in disqualification.

Note B—Disqualification due to technical violation, illegal holds, or unnecessary roughness does not eliminate a contestant from further tournament competition. Disqualification for flagrant misconduct eliminates that contestant from further competition in that tournament, and he forfeits all points and placement earned in the tournament.

¹Points for unnecessary roughness, technical violations and illegal holds will be awarded in addition to points earned by the offended wrestler.

²Stalling (including delay of match) is a technical violation with penalties awarded for such action being preceded by a visual warning.

³The penalties are accumulative throughout a dual meet or a tournament session for coaches, trainers, managers, and physicians. They are accumulative for a contestant for a match or dual meet. These penalties are accumulative per institution.

⁴Removal is for the duration of the dual meet or tournament session in which it occurred.

⁵A warning precedes the first penalty. The warning and penalties are accumulative for each institution throughout: each dual meet, each day of a quadrangular or triangular meet, or for each session of a tournament.

⁶Referee may declare an official's timeout to correct equipment or uniform that becomes illegal or inoperative during use.

SUMMARY OF TECHNICAL VIOLATIONS

Misconduct (6-7)

Stalling (6-8-a.)—First, warn

Holding legs (6-8-b)

Delaying match (6-8-g)—(treat under stalling)

Interlocking hands (6-9)

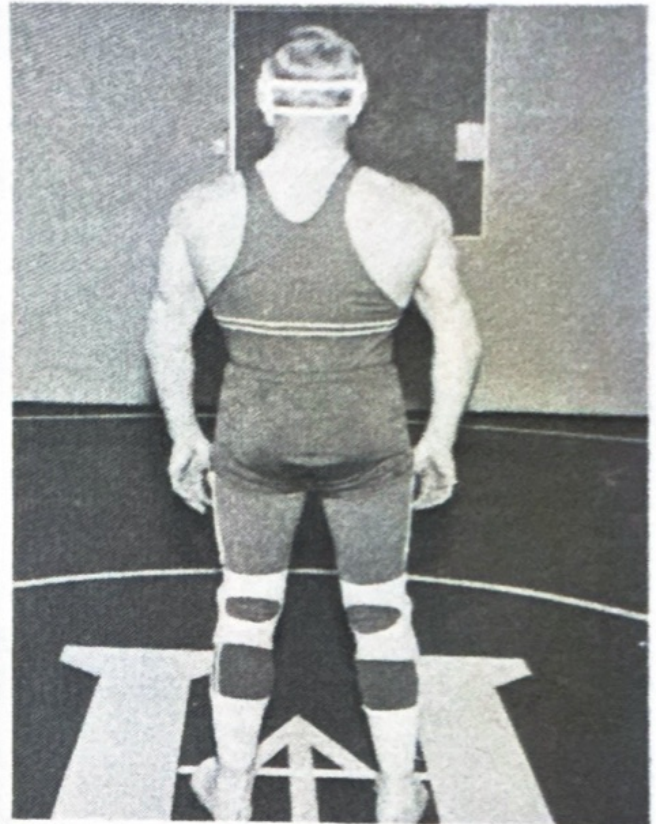
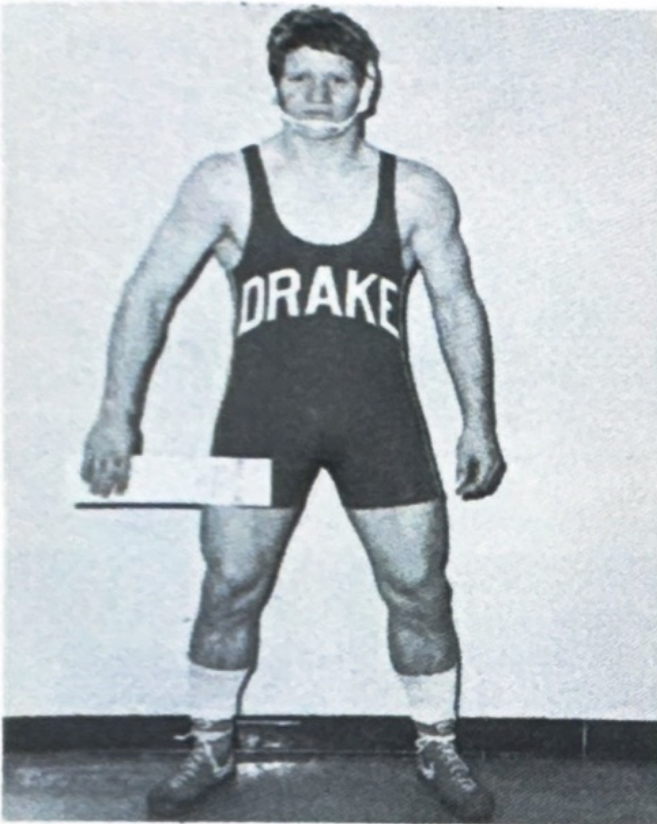
Leaving mat without permission (6-10)

Going off wrestling area (6-12)

Grasping clothing, etc. (6-13)

Coaching injured contestant (7-3)

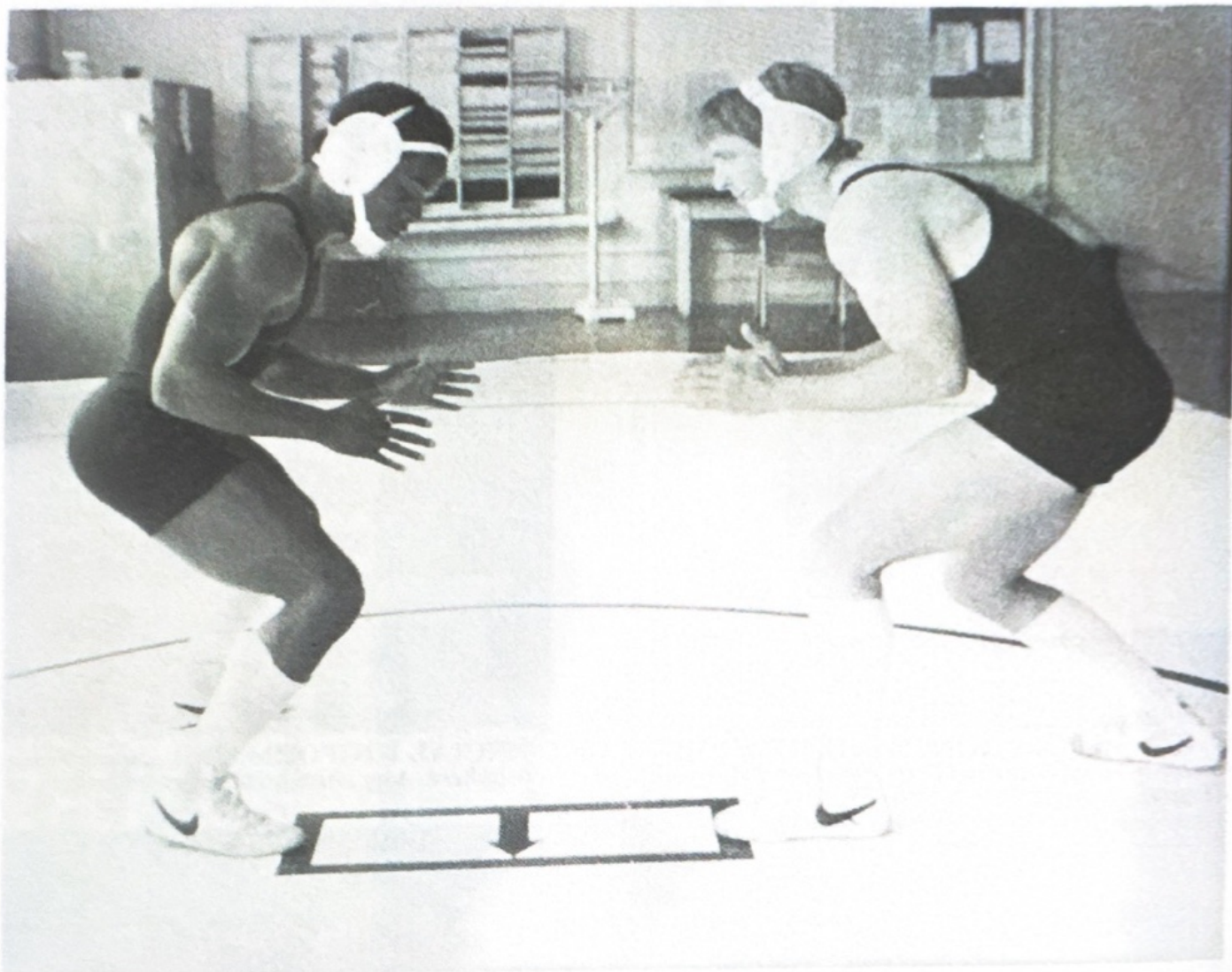
Figure four scissors (6-10)



Nos. 1 and 2—FRONT AND REAR VIEW OF OFFICIAL UNIFORM. *This shows front (with 4" inseam and lettering) and rear view of official shirt. Any shirt with more exposure is illegal.*



No. 3—TOUCH START (Sight Handicapped)
Each contestant shall have fingers of one hand over and the fingers of the other hand under his opponent's fingers. Fingers shall not extend beyond the knuckles.



No. 4—NEUTRAL STARTING POSITION

Illustration demonstrates correct starting position for neutral wrestling. Wrestlers should place lead foot or both feet on their respective, designated area.



Nos. 5 and 6—STARTING POSITION

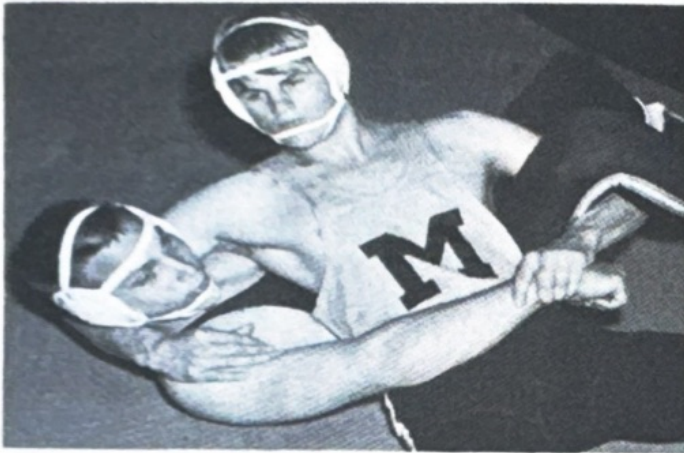
As required in Rule 2, Sec. 14a and b. (Note starting lines, Rule 1, Sec. 6.)



No. 7—OPTIONAL OFFENSIVE
STARTING POSITION (Rule 2-14-b-2)



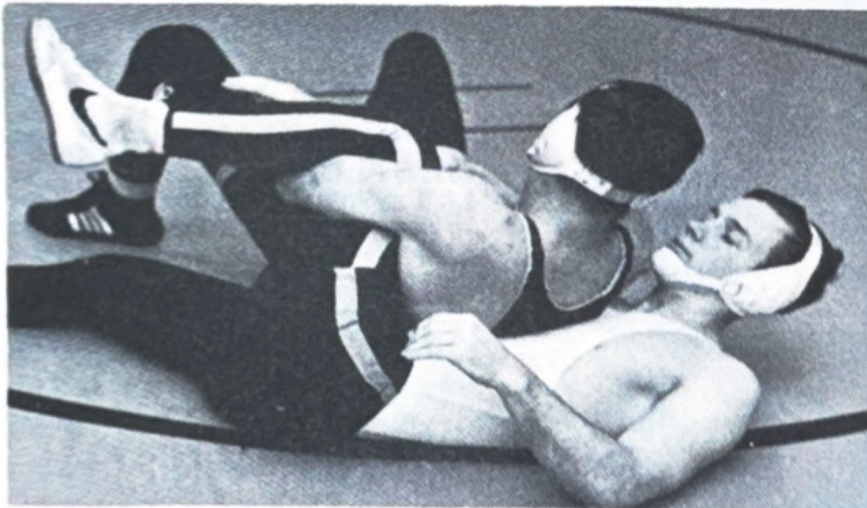
No. 8—ILLEGAL OPTIONAL OFFENSIVE STARTING POSITION.
Wrestler cannot straddle opponent's body. (Rule 2-14-b-2).



No. 9—CONTROL
Illustration demonstrates control following allowance for reaction time.



No. 10—CONTROL
Illustration demonstrates control following allowance for reaction time.



No. 11—CONTROL
Illustration demonstrates possible control by controlling the top leg.



No. 12—ILLEGAL HAMMERLOCK (ABOVE RIGHT ANGLE)

The hammerlock is a legal hold, provided the arm is not bent above the right angle (i.e., provided that the arm is not carried above the small of the back); and provided, further, that the hand is not forced out away from the body, making it a twisting hammerlock. In this illustration the arm is carried distinctly above the right angle and is illegal.

→
No. 13—ILLEGAL DOUBLE WRISTLOCK ON THE MAT. This shows double wristlock turned into a typical twisting hammerlock that will injure opponent's shoulder if the arm is forced upward, unless opponent turns with the pressure, which often he is unable to do promptly enough to prevent injury to the shoulder.



←
No. 14—LEGAL DOUBLE WRISTLOCK ON THE MAT. The double wristlock on the mat is legal if the direction of the force is perpendicular to the long axis of the body.




No. 15—LEGAL FRONT HEAD LOCK
Illustration shows arm along side of face with arm included.



No. 16—ILLEGAL FRONT HEAD LOCK
Illustration shows front head lock without arm included.



No. 17—ILLEGAL HEAD SCISSORS
This straight scissors on the head is illegal.

No. 18—LEGAL HEAD SCISSORS (FIGURE 4 HEAD SCISSORS).  *The figure 4 head scissors is considered legal when taken as shown, with the hold on either side of the face.*





No. 19—LEGAL FIGURE 4 HEAD
SCISSORS

The eyes, nose and mouth are not covered.



No. 20—ILLEGAL FIGURE 4
HEAD SCISSORS

The leg covers eyes, nose or mouth and is illegal.



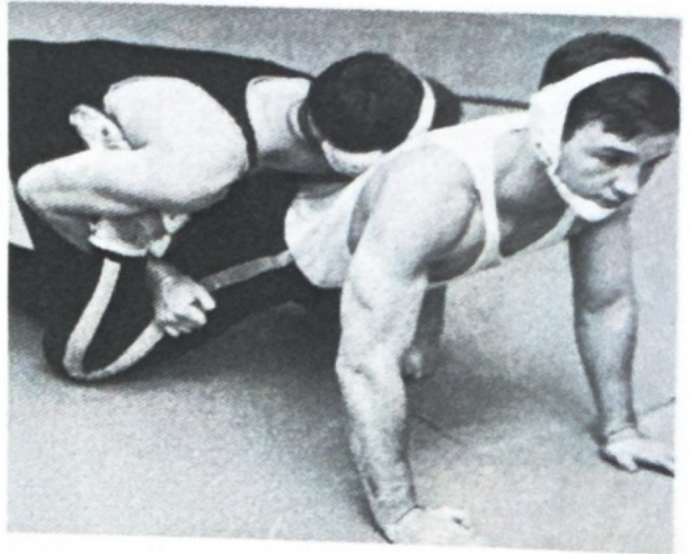
No. 21—FIGURE FOUR
SCISSORS. *This hold around
the body or both legs is a tech-
nical violation.*



↑
No. 22—OVER-SCISSORS
(AN ILLEGAL HOLD). *The
over-scissors is barred entirely
under these rules because it is
only a punishing hold and is of
no value unless defensive con-
testant who uses it is allowed
to force the hold, which there-
by endangers the ankle and
knee of his opponent.*



←
No. 23—STRAIGHT BODY
SCISSORS—
A LEGAL HOLD



Nos. 24 and 25—ILLEGAL TWISTING KNEE LOCK.

This shows a twisting knee lock. It is an illegal hold (Rule 6, Section 6). The referee should anticipate the danger of injury from this hold and be in a position to block it before it reaches the danger point. (See Rule 6, Sec. 6, Note 6.)



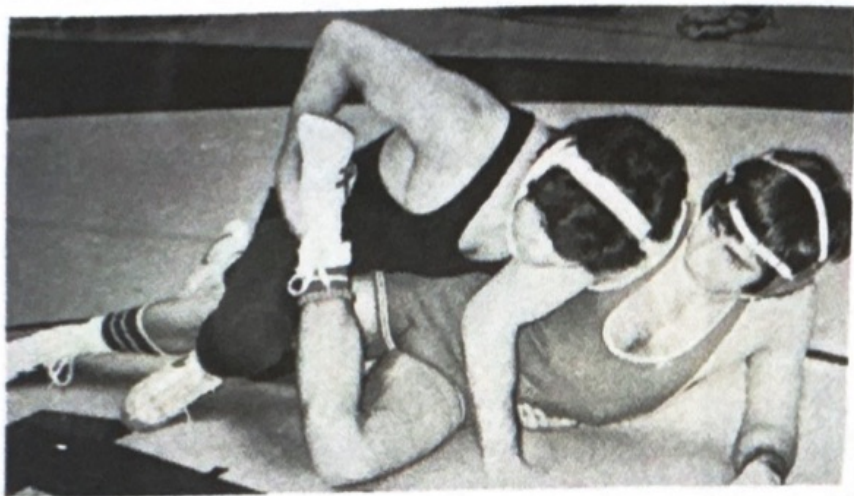
No. 26—TWISTING KNEE LOCK

Twisting knee lock pressure against the normal movement of the knee joint as illustrated constitutes an illegal hold.

No. 27—LEGAL LEG TRAP

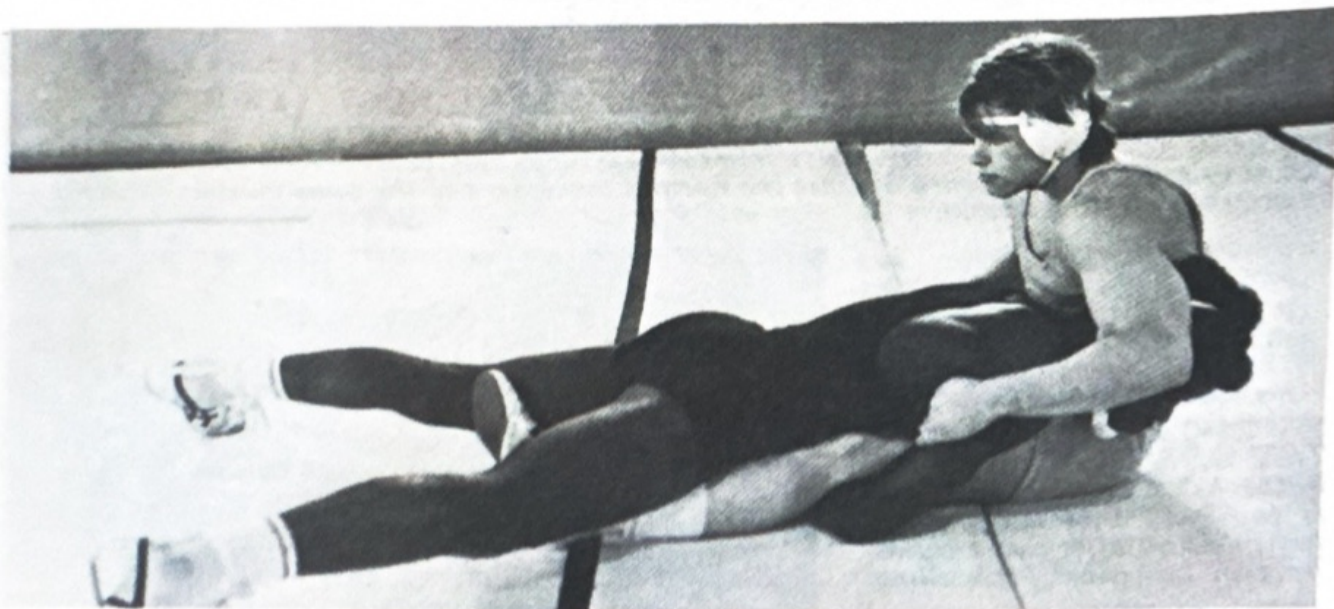
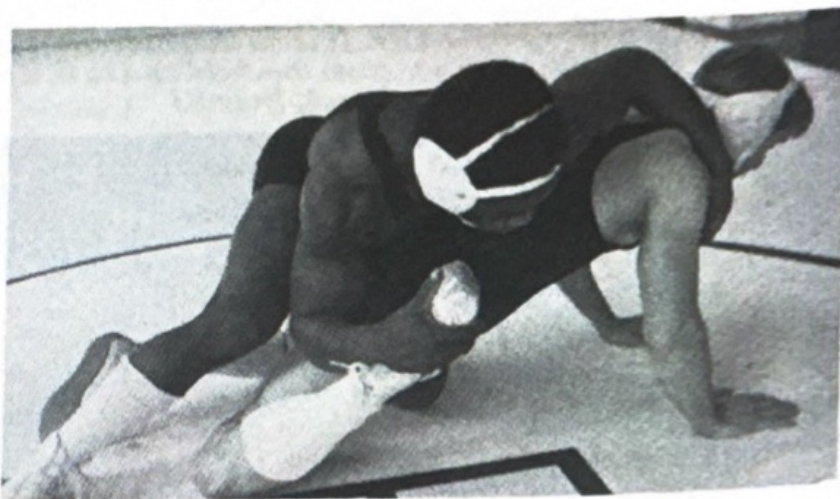
This is legal if heel goes to buttocks and not to side of hip. If top man does not improve his position after five seconds, he can be called for stalling.





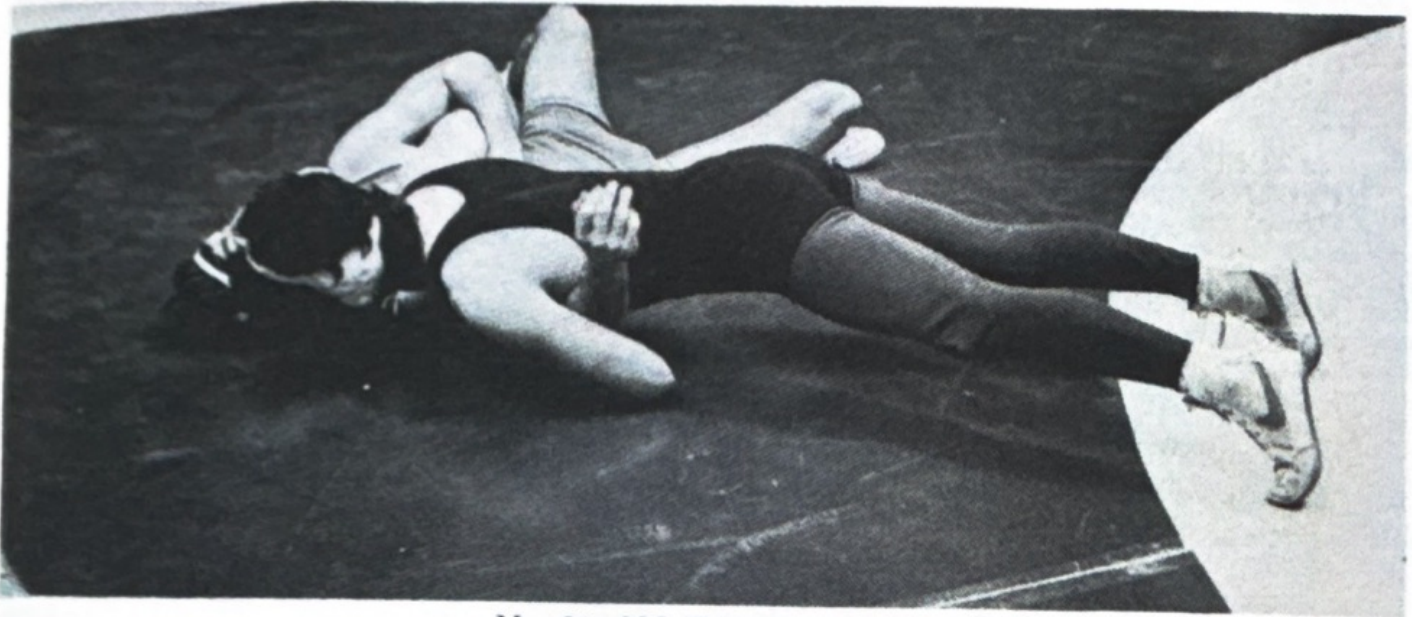
Nos. 28 and 29—ILLEGAL TWISTING KNEE LOCK

Both illustrations show illegal twisting knee lock. The pressure is against the normal movement of the knee joint.



No. 30—LEGAL TAKEDOWN

A takedown is to be awarded in this situation. The supporting points of the man securing the takedown are his knees and they are in bounds. If his knees had touched out of bounds, they would be out of bounds.

**No. 31—NO TAKEDOWN**

The knees of the man attempting to secure the takedown have broken the plane of the wrestling area; therefore, they are out of bounds.

**No. 32—NO NEAR-FALL**

The shoulder and scapula of the defensive wrestler have broken the plane of the mat area. No near-fall or fall can be awarded in this position.

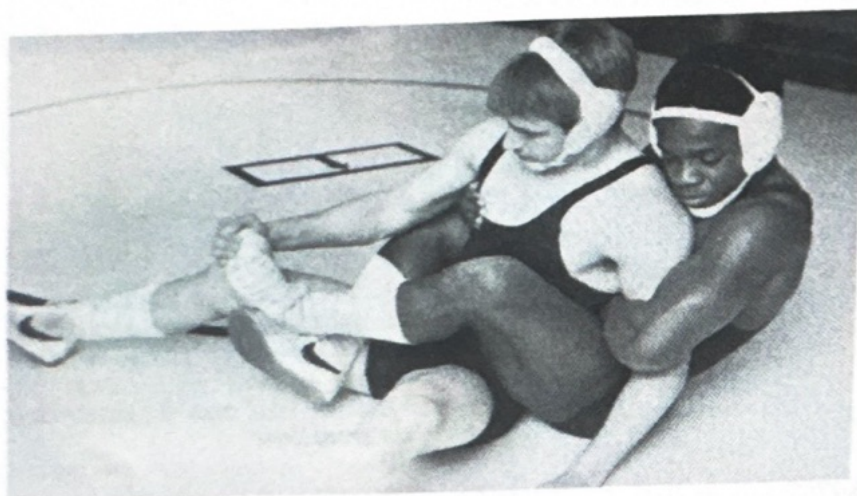
No. 33—IN BOUNDS

The shoulders or scapula of the defensive man are in bounds and a fall can occur.



→
No. 34—LEGAL FOOT (IN-STEP) HOLD

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



←
No. 35—TOE HOLD.
This is an illegal hold.



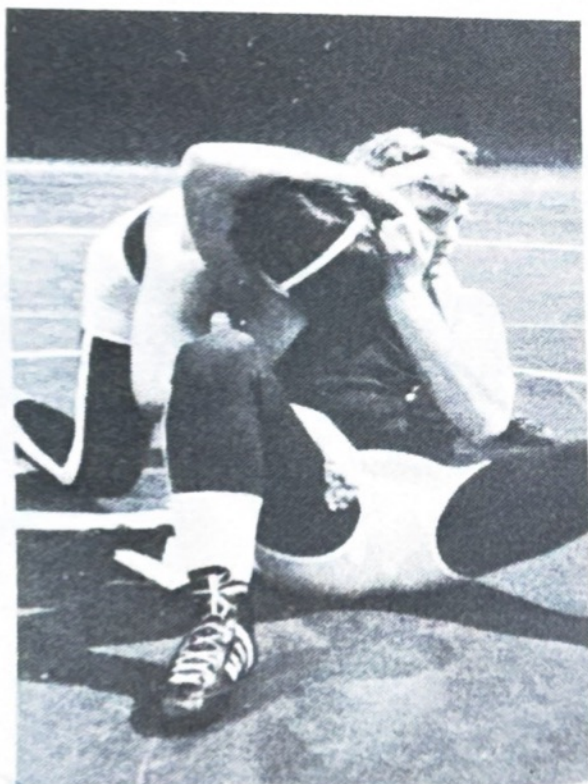
Nos. 36 and 37—LEGAL (left) and ILLEGAL (right) DOUBLE ARM BAR
Locking hands behind the back in a double arm bar from neutral position. Note that the double arm bar is legal when hands are locked at side (under armpit).



No. 38—ILLEGAL HEAD LOCK
Locking the arm around the head.



No. 39—LEGAL HEAD LOCK
Opponent's arm is included in the lock.



No. 40—A LEGAL HOLD
Pulling the head over the shoulder with hands locked or overlapped.



No. 41—THREE-QUARTER NELSON
A LEGAL HOLD



No. 42—ILLEGAL HAND POSITION
This shows an illegal position of hand and wrist on the throat. Also, a form of stalling.



No. 43—ILLEGAL FULL NELSON
The top man may not apply the full nelson.



Nos. 44 and 45—NEAR-FALL
In illustration above (left) a near-fall can be scored if criteria are met. Illustration on right shows defensive man on elbows. Near-fall shall be awarded.

No. 46—NEAR-FALL

In illustration, defensive wrestler is bridging. The offensive wrestler has firm control near the crotch and is able to put weight down to break the bridge. A near-fall shall be awarded if criteria are met.



**No. 47—NEAR-FALL**

Illustration shows defensive wrestler bridging back to break body scissors and cross body ride. In neither case should the near-fall be awarded when he is in a bridge unless he cannot turn out of the bridge when the offensive wrestler starts to assume control of the pinning situation. In cases where the defensive wrestler initiates a bridge to free himself from the use of legs he should be given time to get out of the bridge.

**Nos. 48 and 49—ILLEGAL OVERHEAD DOUBLE ARM BAR.**

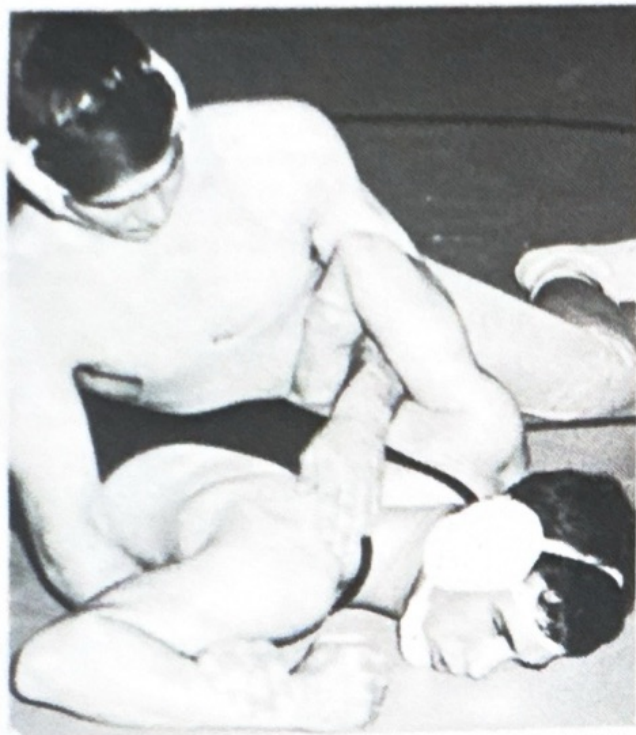
This hold is illegal when used as shown above either with or without the scissors and applied with either one or both arms.

**No. 50—LEGAL GUILLOTINE**

Arm is locked around opponent's head or neck.

**No. 51—POTENTIALLY DANGEROUS GUILLOTINE**

When applying the guillotine, forcing the arm beyond normal range of movement parallel to the long axis of the body is to be interpreted as potentially dangerous.



No. 52—LEGAL CHICKEN WING
No evidence of illegal pressure or twisting hammerlock.

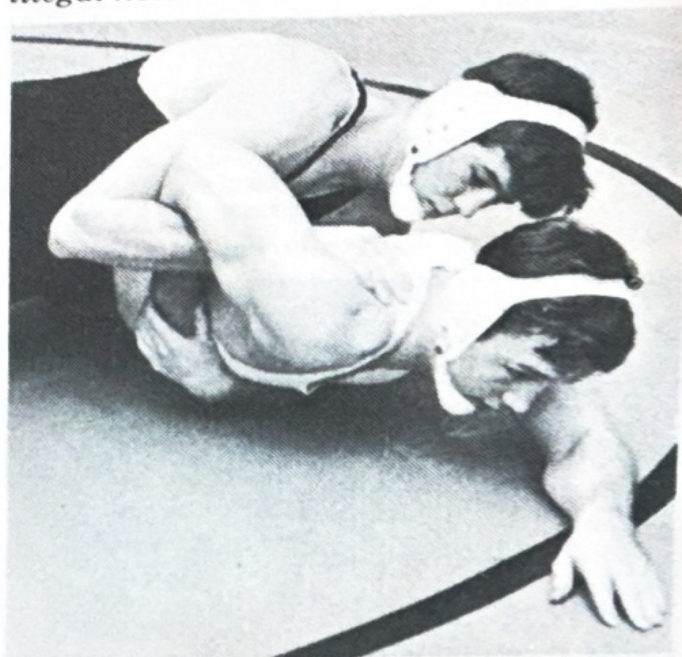


No. 53—ILLEGAL CHICKEN WING
Pressure (force) parallel to the long axis, regardless of whether defensive wrestler's hand is in front or back, makes this an illegal hold.



No. 54—POTENTIALLY DANGEROUS CHICKEN WING

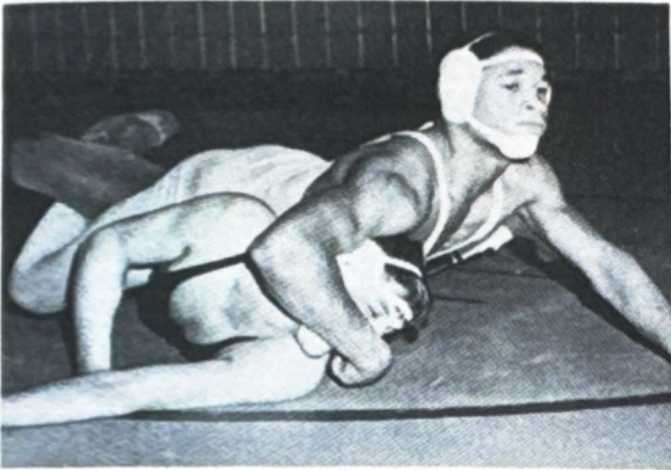
While pressure (force) is neither parallel nor perpendicular to defensive wrestler's long axis, possible twisting hammerlock causes hold to become potentially dangerous.



No. 55—LEGAL CHICKEN WING
This illustrates a legal chicken wing showing the hand held in front of the body.



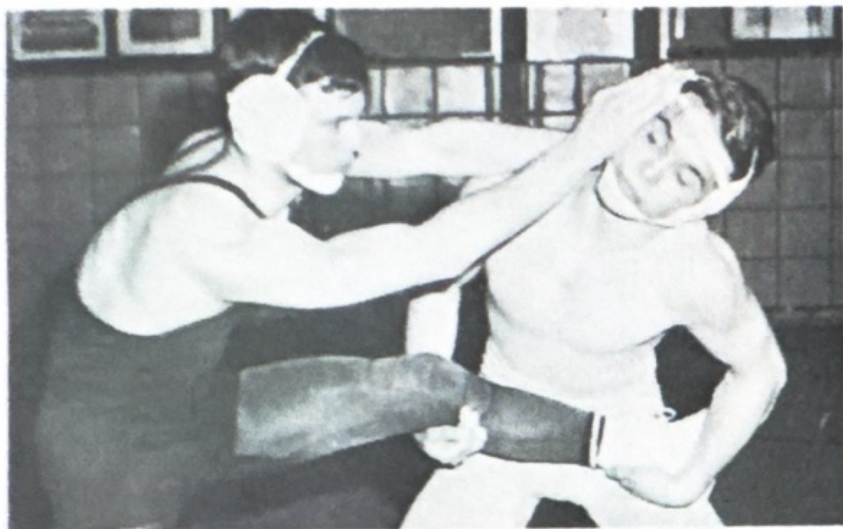
No. 56—POTENTIALLY DANGEROUS BAR HALF. *The defensive wrestler is unable to roll in the direction of the pressure.*



Nos. 57 and 58—ILLEGAL (left) and LEGAL (right) FACE HOLD



No. 59—LEGAL HEAD PRY
The top man can use this pry as long as he includes the arm or shoulder.



No. 60—LEGAL BLOCKING ON FACE (ON CHIN). *Blocking on chin or forehead is legal.*

No. 61—ILLEGAL BLOCKING ON FACE (ON FACE PROPER). *This form of blocking is illegal because it is over mouth, nose and eyes, in contrast to position in No. 60.*



No. 62—INTERLOCKING OF HANDS AROUND THE BODY. *A technical violation. Offensive wrestler is not allowed to lock (overlap) hands, fingers, wrists or arms around body while defensive wrestler is supported by parts other than his feet.*



No. 63—A LEGAL CROSS FACE. *It is an effective and legal block for the double leg pick-up.*

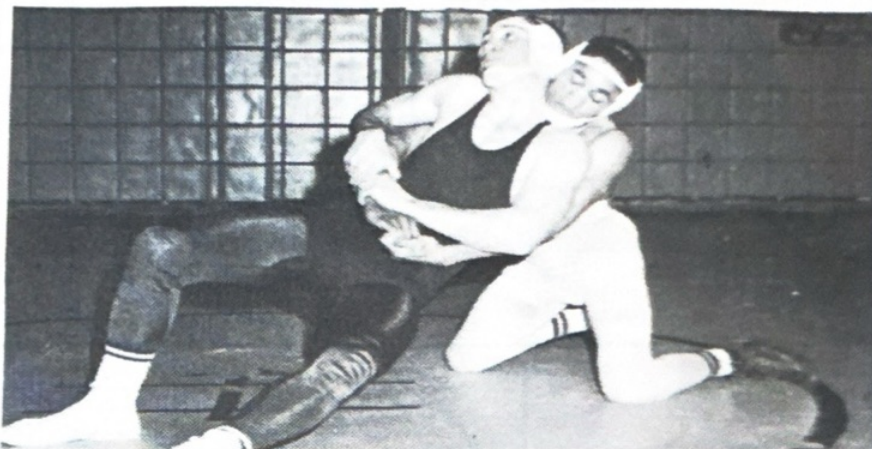




No. 64—INTERLOCKING OF HANDS AROUND LEGS. *This is a technical violation when done by the offensive wrestler.*

No. 65—LEGAL USE OF THE HANDS IN WAISTLOCK.

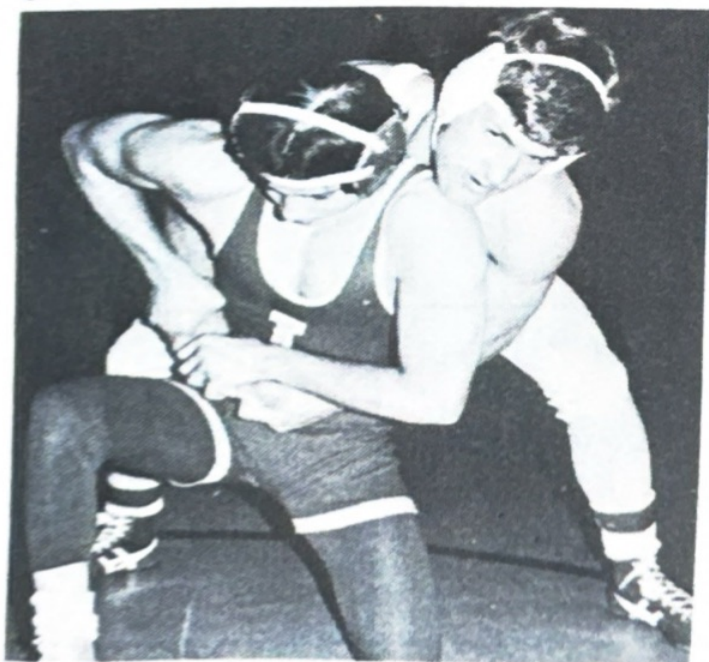
This shows the legal use of the hands of the top man. The defensive contestant's supporting parts, except feet, are clearly off the mat.



No. 66—INTERLOCKING HANDS

It is unethical for the defensive wrestler to touch his hands or one knee to the mat in order to release the offensive wrestler's lock and the referee shall not call a violation if the lock is held in such cases.

This would be an illegal lock if the defensive wrestler had started on the mat and had not gained his feet yet.



No. 67—LEGAL USE OF HANDS IN BODYLOCK

This complete bodylock is legal because defensive wrestler is in a standing position. This hold would be a technical violation if defensive wrestler had one or both knees on the mat.



Date Due

Returned

Due

Received



Unsportsmanlike Conduct
and Flagrant Misconduct



Stopping the
Match



Technical Violation
and Unnecessary Roughness



Out-of-Bounds



Indicating No Control



Awarding Points



Reversal



Interlocking Hands
or Grasping Clothing



Near-Fall



Caution for
False Start



Warning



Illegal Hold



Indicating Wrestler
in Control



Stalemate



Time Out



Neutral Position



Potentially Dangerous
Hold

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