

# **1987 NCAA WRESTLING**

**Rules and Interpretations**

GV  
1195  
.04  
1467



---

# **1987 NCAA WRESTLING RULES AND INTERPRETATIONS**

David H. Adams, editor

---

**NATIONAL COLLEGIATE ATHLETIC ASSOCIATION**



GV  
1195  
.04  
1987

HEALTH &  
PHYS. ED.  
P. 11



[ISSN 0736-511X]

**PUBLISHED ANNUALLY** by The National Collegiate Athletic Association. John R. Davis, Institutional Athletics Representative, Oregon State University, *President*; Wilford S. Bailey, Professor, Auburn University, *Secretary-Treasurer*; Lewis A. Cryer, Commissioner, Pacific Coast Athletic Association, *Division I Vice-President*; Asa N. Green, President, Livingston University, *Division II Vice-President*; Judith M. Sweet, Director of Athletics, University of California, San Diego, *Division III Vice-President*; Walter Byers, *Executive Director*.

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*; Maxine R. Alejos, *Circulation Manager*; Lacy Lee Baker, *Publications Editor*; Richard M. Campbell, *Publications Editor*; Jack L. Copeland, *Publications Editor*; Michael V. Earle, *Assistant Director of Publishing*; Timothy J. Lilley, *Managing Editor, The NCAA News*; Victor M. Royal, *Publications Production Coordinator*.

NCAA, NCAA seal, NCAA logo and National Collegiate Athletic Association are registered marks of the Association and use in any manner is prohibited unless prior approval is obtained from the Association.

COPYRIGHT, 1982, BY THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION  
REPRINTED 1983, 1984, 1985, 1986  
PRINTED IN THE UNITED STATES OF AMERICA



---

# Contents

---

	page
Rules Changes for 1986-87 .....	WR- 4
NCAA Wrestling Committee .....	WR- 5
Major High School Differences .....	WR- 7
Hypohydration Statement .....	WR- 9
Codes of Ethics .....	WR-10
Official NCAA Wrestling Rules	
Rule 1—A Match, Wrestlers, Uniforms & Equipment .....	WR-12
Rule 2—Definitions .....	WR-16
Rule 3—Weight Classification and Weighing In .....	WR-21
Rule 4—Conduct of Meets and Tournaments .....	WR-24
Rule 5—Scoring .....	WR-37
Rule 6—Infractions .....	WR-40
Infraction Penalty Table .....	WR-48
Rule 7—Injuries and Defaults .....	WR-50
Rule 8—Officials .....	WR-53
Illustrations .....	WR-58
Officials' Wrestling Signals .....	WR-76
Wrestling Rules Interpretations .....	WI- 2
Index to Rules .....	92



# Major Rules Changes for 1986-87

*The figures below refer to rule and section respectively. Each changed segment is indented and identified in the rules by a screened background.*

	<i>page</i>
2-11	Offensive wrestlers must hold their opponents in a controlled pinning situation for two seconds to gain a near fall .....WR-18
3-1	Weight limit goes into effect for heavyweight class .....WR-21
6-4	Unsportsmanlike conduct divided into time segments (i.e., during the match or before or after the match) .....WR-40
6-10	Edge violation deleted .....WR-44
7-1-a	Injury time reduced to 1½ minutes .....WR-50
7-1-d	Referee may call officials timeout for medical consultant ....WR-50



# NCAA Wrestling Committee



Robert G. Bubb



David H. Adams



Armand G. Brett



John D. Bridgers



Bob Carlson



Mike Denney



Ronald L. Finley



Royce N. Flippin Jr.

**Chair:** Robert G. Bubb.....Division I  
Clarion University, Clarion, Pennsylvania 16214

**Secretary-Editor:** David H. Adams.....Division I  
University of Akron, Akron, Ohio 44325

Armand G. Brett.....Division II  
California State University, Chico, California 95929

John D. Bridgers.....Division I  
University of New Mexico, Albuquerque, New Mexico 87131

Bob Carlson.....Division I  
Utah State University, Logan, Utah 84322





Blaine Gomey



Ronald F. Gray



David B. Icenhower



Myron Roderick



Richard A. Walker

Mike Denney.....	Division II
University of Nebraska, Omaha, Nebraska 68182	
Ronald L. Finley.....	Division I
University of Oregon, Eugene, Oregon 97403	
Royce N. Flippin Jr.....	Division III
Massachusetts Institute of Technology, Cambridge, Massachusetts 02139	
Blaine Gomey.....	Division II
Livingstone College, Salisbury, North Carolina 28144	
Ronald F. Gray.....	Division I
Kent State University, Kent, Ohio 44242	
David B. Icenhower.....	Division III
Trenton State College, Trenton, New Jersey 08625	
Myron Roderick.....	Division I
Oklahoma State University, Stillwater, Oklahoma 74078	
Richard A. Walker.....	Division III
Wartburg College, Waverly, Iowa 50677	



---

# Major High School Differences

---

## High School

**COACHING INJURED WRESTLER**—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], Hwt. 184-225 [83.6-123.8kg].

**LENGTH OF MATCH**—Three two-minute periods.

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

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

**WEIGHT ALLOWANCE**—Allowance of 2 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 4 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

## College

Unsportsmanlike conduct.

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], Hwt. 177-275 [80.3-123.8kg].

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

Three two-minute periods.

No similar rule.

Three-pound [1.4kg] allowance in November and December, 2 pounds [0.9kg] in January, 1 pound [0.5kg] in February, except qualifying tournaments that 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



scheduled to begin.

**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.

**SWEAT BOX**—The use of sweat box or similar heat devices for weight reduction purposes is prohibited. Rubber, vinyl and plastic suits also are prohibited.

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

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

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

indicator of the scale.)

A contestant qualified to wrestle at one weight class may wrestle at higher weight classes.

No similar rule.

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

Straight back suplay and overscissors are illegal. Toe hold is potentially dangerous.

Same—Except injury time carries over.



---

# Hypohydration

---

In agreement with the concerns stated in the NCAA Competitive Safeguards and Medical Aspects of Sports Committee in Policy No. 19 of the NCAA Sports Medicine Handbook, the NCAA Wrestling Committee has adopted the following position regarding hypohydration:

There are two general types of weight loss that are common to student-athletes who participate in intercollegiate wrestling (i.e., loss of body water and loss of stored body liquid (fat) and body tissue). The loss of body water or the process of dehydration, which leads to a state of negative water balance, is the hypohydrated state.

There are no valid reasons for subjecting the student-athlete's body to a hypohydrated state because of the variety of adverse physiological effects and possible pathology that accompany hypohydration. These include reduced strength, smaller plasma and blood volume, modified cardiac functioning (including higher heart rates, smaller stroke volume and lesser cardiac output), impaired thermoregulation, decreased kidney blood flow and filtration, reduced liver glycogen stores and greater loss of electrolytes.

When hypohydration is extensive, attempts at rehydration after weigh-in are usually insufficient for body fluid and electrolyte homeostasis to be restored.

The practice of excessive fluid deprivation that leads to hypohydration should be discouraged. In order to facilitate discouragement, it is imperative that student-athletes and coaches be educated about the physiological and pathological consequences of hypohydration. The use of laxatives, emetics and diuretics should be prohibited. Similarly, the use of vapor impermeable suits (e.g., rubber or rubberized nylon), hot rooms, hot boxes and steam rooms that subject a student-athlete to hypohydration is discouraged.

Hypohydration constitutes an unnecessary potential health hazard that acts synergistically with undernutrition and intense exercise to compromise athletic ability.



## **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.

## **Referees Code of Conduct**

The wrestling referee has the responsibility for conducting the match in a dignified, professional and unbiased manner and shall deal with all situations in the spirit of good sportsmanship and in the best interest of the wrestler and the sport. The character and conduct of the referee must be above reproach. The referee must keep himself prepared both physically and mentally to administer the match. He will firmly and fairly enforce the rules in both letter and spirit in such a way that attention is drawn to the wrestlers rather than himself.



---

# Part I:

## THE RULES

---

NCAA Wrestling Rules and Interpretations have been designated as either administrative rules or conduct rules. Typically, administrative rules are those dealing with preparation for the contest. The conduct rules are those that have to do directly with the playing of the contest. Some administrative rules (as indicated) may be altered by the mutual consent of the competing institutions. Others (as indicated) are unalterable. No conduct rule may be changed by mutual consent. All NCAA member institutions are required to conduct their intercollegiate contests according to these rules.

In the 1987 Wrestling Rules, the administrative rules that may be altered by mutual consent of the competing institutions are Rules 3-1 through 3-7, 4-11 through 4-22, 5 (tournament scoring chart) and 5-4. The administrative rules that may not be altered are Rules 1-5 and 8-1. All of the other rules are conduct rules and may not be altered.



---

# **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. Multiple matches may be less than seven minutes in length (double duals, quadrangulars, tournaments, etc.).

#### **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**

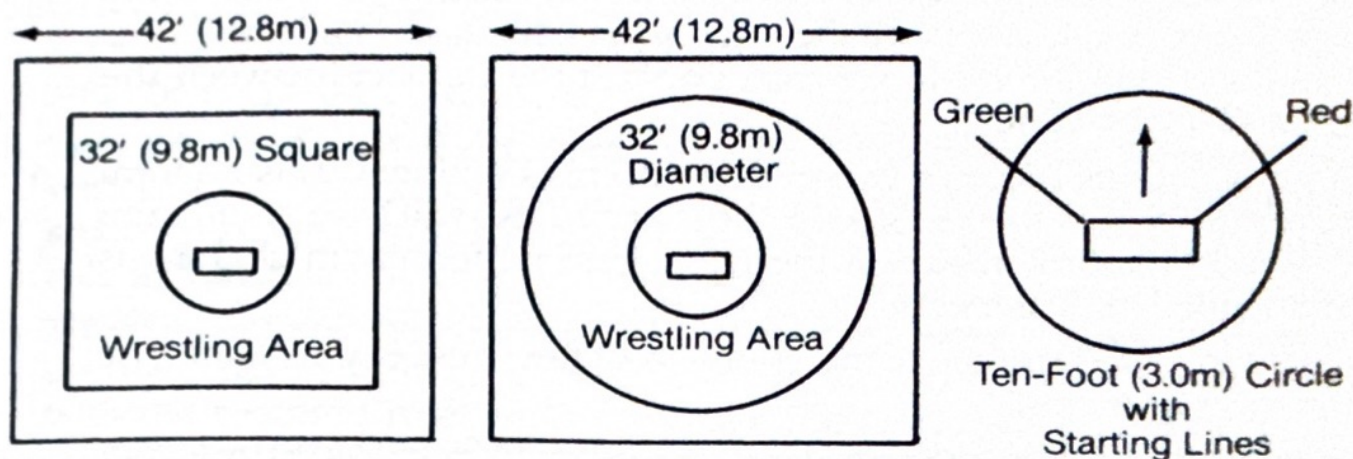
#### **Dimensions**

SECTION 5. Mats should 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 5 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 4 inches [10.2cm] nor less than the thickness of a mat that has shock-absorbing qualities of a 2-inch [5.1cm] thick hair felt mat. All mats that are in sections shall be secured together.

The wrestling area should be marked on the mat by painted lines 2 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 1-inch [2.5cm] *starting lines*, one of which lies in the diameter of the 10-foot [3.0m] circle, 3 feet [0.9m] in length and 10 inches [25.4cm] apart. A 1-inch [2.5cm] line shall close the ends of the starting lines. Green shall be toward the home team and red toward the visitors.

## 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 shall 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. (Heavyweights must weigh a minimum of 175 pounds.)



## Uniforms and Equipment

### Uniforms

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

- 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 photographs Nos. 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.
- b. A 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 a 4-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 immediately have available some means for clearly identifying the contestants. Such provisions may consist of red and green anklets approximately 3 inches [7.6cm] wide.
- g. Uniforms (including warm-ups) purchased after November 7, 1983, may bear only a single manufacturer's or distributor's label or trademark not to exceed 1½ inches [3.81cm] square in size. All other items of apparel (e.g., socks, headbands, wrist bands, T-shirts, visors, knee pads, etc.) may not include any visible commercial identification.

### 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 that 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. Loose pads are prohibited. The use of special medication during a match or timeout because of a preexistent condition such as asthma, diabetes, etc., shall result in disqualification.

**Enforcement**

SECTION 13. a. The legality of all facilities and equipment (mat markings, mat size, 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.

c. When a contestant appears on the mat ready to wrestle in a dual meet or tournament and the referee determines that the contestant does not comply with the required rules as to appearance and equipment, the offending contestant shall be charged injury time until the referee determines that the contestant is in compliance. The time used shall be cumulative with the offender's 1½ minutes of allowed injury time. If the contestant is not in compliance at the end of 1½ minutes, he shall be disqualified from participation.



---

# **RULE 2**

## **Definitions**

---

### **Decisions**

SECTION 1. If no fall has resulted after expiration of the three regular periods of any match as provided in Rule 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 Rule 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 Rule 4-7 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 Rule 4-12-c 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 in bounds.

### **Fall**

SECTION 5. Any part of both shoulders or part of both scapulae 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 any part of both shoulders or part of both scapulae of the defensive wrestler are in bounds. (See Rule 2-9 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 Rules 2-12, 2-15.)
- d. A fall will be indicated by the referee striking the mat with the palm of the hand.

### **Technical Fall**

SECTION 6. A technical fall occurs when a wrestler is awarded a 15-point advantage over his opponent.

*NOTE—A time advantage point cannot be awarded until the complete match time has expired.*

### **Forfeit**

SECTION 7. 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 Rules 1-8, 3-6, 4-12-b.)

### **Neutral Position**

SECTION 8. A neutral position is one in which neither wrestler has control.

### **In Bounds**

SECTION 9. Contestants are considered to be in bounds if the supporting parts of either wrestler are inside the boundary lines. A wrestler's supporting points are the parts of the body touching, or within, the wrestling area that 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 are 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. When the defensive wrestler is on his back while the supporting parts of either wrestler are in bounds, wrestling shall continue as long as there is a possibility of the offensive wrestler bringing his opponent back into the in-bounds area. In this situation the defensive wrestler's shoulders (scapulae) are his supporting parts. Near fall points or a fall may be earned only while the defensive man's shoulders (scapulae) are in bounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match.

### **Position of Advantage**

SECTION 10. A position of advantage is a situation 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 11.** a. A near fall is a position in which the offensive wrestler has his opponent in a controlled pinning situation for two seconds and:

- (1) The wrestler is held 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 at an angle of 45 degrees or less to the mat or both shoulders or both scapulae are held within 4 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 for two seconds. (See illustration No. 47.)*

### **Resumption of Wrestling After Out of Bounds**

**SECTION 12.** 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 13. A reversal occurs when the defensive wrestler comes from underneath and gains control of his opponent, either on the mat *or in a rear standing position*, while the supporting points of either wrestler are in bounds.

### **Stalemate**

SECTION 14. 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 15. a. *Neutral Position.* The match will start with both contestants standing opposite each other with their lead foot on the green or red area of the starting lines and their other foot even with or behind the lead foot. When the referee sounds his whistle, the wrestlers will begin wrestling. At the start of the designated areas and await the referee's whistle.

- b. *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 directed 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. This position also must allow the offensive wrestler to be able to assume a legal starting position on the side of his choice. (See illustration Nos. 5 and 6, Starting Position.)
- c. *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. (See illustration 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 illustration 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 16. 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 17. 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 one point.



---

# RULE 3

## Weight Classification and Weighing In

---

### Weight Classification

#### 10 Weight Classes

SECTION 1. Competition should be divided into 10 weight classes for duals, double duals, quadrangulars, etc., 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	Hwt. 177-275 lbs....	80.3-123.8kg

#### Dual Meets

SECTION 2. Competition in dual meets should be conducted in the weight order listed.

### 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 should weigh in a



maximum of 24 hours and a minimum of 30 minutes 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 before the first official weigh-in each year.*

### **Supervision**

SECTION 4. The referee or other authorized person should supervise the weigh in of contestants. At all weigh ins, the wrestler should 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, 3 pounds [1.4kg] allowance should be given over the regular weight during November and December, 2 pounds [0.9kg] during January and 1 pound [0.5kg] during February, not including qualifying tournaments. All qualifying tournaments should be wrestled at scratch weight. Additional weight should not be permitted nor should it be requested. Members of both teams may be allowed 1 additional pound [0.5kg] per day when one team is wrestling on two or three successive days, excluding Sundays (maximum of 2 pounds [0.9kg]). Meets held on Saturday and Monday are considered to be on successive days.

b. *Tournaments.* In tournaments, a 1-pound [0.5kg] allowance should be given each day over the weight limit of the previous day (maximum of 2 pounds [0.9kg]). The tournament committee may stipulate the time for the first weigh in.

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

*NOTE 1—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.*

*NOTE 2—This weight allowance applies to heavyweights as well as other weight classes.*

### **Failure to Make Weight**

SECTION 6. Any contestant failing to make weight at the minimum time may 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 should be awarded his opponent, and points for the forfeit and



advancement should be scored. (See Rules 4-12-e and g.)

**Medical Examinations**

SECTION 7. It is recommended that a physician or physicians 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 Meets and Tournaments

---

### The Matches

#### Notification And Agreement

SECTION 1. All options of rules of competition, "ground rules," etc. proposed by the home coach must be submitted to the coach of the visiting team(s) a sufficient length of time before the date of the meet for agreement to be reached 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 before the date of the meet to verify 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 the established meet starting time shall have one team point deducted.

#### Length of Matches

SECTION 3. For dual meets, all 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. Multiple dual meets and tournament bouts may be less than seven minutes in length and divided into three periods. Tournaments may be less than seven minutes in length. A fall terminates the



match. If neither contestant secures a fall in the first period, the referee shall stop the match and grant the proper wrestler his choice of position (see Rule 4-6.) 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 and grant the wrestler who did not have his option his choice of position.

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

### **Consolation Matches**

SECTION 4. Consolation matches may be seven minutes or less in length, consisting of three periods conducted in the same manner as regular matches in championships.

### **End of Match**

SECTION 5. If no fall occurs during the final period and after the match is concluded, wrestlers will return to and remain in the center of the mat 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. (See illustrations Nos. 69 and 70.) The time of the match is continuous except when the referee stops and starts a match.

Failure to comply with end-of-match procedures, 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 and both contestants have left the mat. Shaking hands with the referee or opposing coach at the conclusion of the match constitutes failure to comply with end-of-match procedures. Failure to comply shall constitute unsportsmanlike conduct.

### **Choice of Position**

SECTION 6. 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 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 at the start of the second period.



- c. *Choice.* If no fall occurs during the first period, the referee shall begin the second period with the wrestler who has the option of selecting top, bottom, neutral or to defer his choice until the third period. The wrestler who does not have the first option may select top, bottom or neutral when it is his choice.

### Overtimes

SECTION 7. In tournament competition when the match ends in a tie in points, the contestants will 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.

*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 should 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 wrestler has been warned and penalized for stalling and the other has been warned, the one who has been penalized will lose. The wrestler*



*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. **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.
- k. **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.
- 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.

### **Team Tie Breaker**

SECTION 8. In "team-advance" tournaments, when two teams end in a tie, the following criteria should be applied to determine the winner:

- a. Number of victories.
- b. Most six-point matches (including falls, technical falls, forfeits and defaults).
- c. Most superior decisions.
- d. Most major decisions.
- e. Most decisions.
- f. Least time of accumulated falls (pins) including accumulated technical falls.
- g. Greatest amount of total match points scored.
- h. Coin toss.

### **Control of Mat Area**

SECTION 9. 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—verbal warning; second violation—warning; third violation—deduct one



team point; fourth 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 4-9-c, 4-9-d and 4-10-d shall be cumulative and sequential.

- d. No talking to or badgering of the official during the match by the coach or any member of the team shall be allowed. Failure to comply shall be considered questioning the referee's judgment and penalized as provided in Rule 4-9-c.

### **Correction of Error**

SECTION 10. 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 then will render his decision accordingly. When possible, this correction should be made by the referee and should take place before the contestants leave 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 before the start of a subsequent match. An error during the last match of a dual meet must be corrected before the referee has signed the scorebook.
- c. A clerical error in recording team scoring in a dual meet or tournament that does not necessitate additional wrestling may be corrected when discovered.
- d. When a coach believes the referee has misapplied a rule 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 in the center of the mat and shall not receive any coaching. (Failure to comply will be penalized as a technical violation). 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 Rule 4-9-c.



*NOTE—A coach shall be permitted, without penalty, to approach the scorer's table with the intent of correcting or asking for an interpretation of the score or time.*

## **Tournaments**

### **Tournament Committee**

- SECTION 11. a. All tournaments should have a tournament committee designated before the start of competition.
- b. This committee should consist of at least three members.
- c. Duties:
1. Administration of the tournament.
  2. Arbitration of all disputes.

### **Administration**

- SECTION 12. a. Failure to verify entries by the stipulated deadline may result in disqualification from a tournament. Contestants thereafter failing to make verified weight may not be allowed to participate in another weight classification.
- b. Contestants may be allowed a maximum of five (5) minutes to appear ready to compete at the specified mat. Failure to appear may 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, may rule on a contestant's ability to continue. Extenuating circumstances concerning any injury or illness as it relates to defaults and forfeits may be considered by the tournament committee.
- e. A forfeit may 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 Rule 5-4-a.)
- g. Any contestant who fails to check in or to make weight for each day of a tournament should be ineligible for further competition and should not place in the tournament, except as covered in Rule 4-12-d.
- h. It is recommended that no contestant 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 should wear their school's official warmup. No extra equipment (hats, signs, etc.) may be worn or carried at the awards ceremony. If a contestant fails to wear his official school uniform, he should not be allowed to participate in the official ceremony.
- j. Any conference or other non-NCAA qualifying tournament may be conducted under any bracketing agreed upon by participating schools.

### **Assistant Referee**

SECTION 13. In tournament competition, it is recommended that one assistant referee be assigned to assist the referee. The use of an assistant referee is designed to minimize human error. The assistant referee 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 assistant referee should be in a position to observe simultaneously mat action and the clock at the expiration of each period.

### **Assistant Referee Procedures**

- SECTION 14. a. Verbal communication between the assistant referee and referee is encouraged.
- b. When the assistant referee disagrees with the referee, it is mandatory that he immediately bring it to the referee's attention.
  - c. When the assistant referee disagrees with the referee, the match should be stopped as soon as it is practical and referee's timeout will be indicated. The assistant referee should avoid interrupting the match while significant action is in progress.
  - d. When necessary, the assistant referee and referee should meet quickly in front of the scorer's table to discuss the disagreement.
  - e. An assistant referee may support, disagree or have no opinion relative to a decision. However, the referee should prevail in the event of a disagreement.
  - f. When a decision is reached, the referee should inform the scorer's table of any change in the match scoring.
  - g. The referee, assistant referee and two contestants are the only individuals permitted to step onto the wrestling mat. Coaches are not permitted to



address the assistant referee. (Failure to comply will be penalized according to Rule 4-9-c.)

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

### **Places Scored**

SECTION 15. In tournaments awarding four places, it is recommended that the loser in the final first-place match automatically take second place. The winner in the final consolation match should be awarded third place and the loser should be awarded fourth place. In tournaments where six places are scored, the defeated wrestlers in the consolation semifinals should wrestle for fifth and sixth places. In tournaments where eight places are scored, the defeated wrestlers in consolation quarterfinals should wrestle for seventh and eighth places.

### **Drawings**

SECTION 16. Immediately after the verification of entries, drawings should be made in accordance with the graphic illustration as provided on pages WR-33-34.

### **Seeding**

SECTION 17. Whenever there are two outstanding contestants in any class, it is recommended that the name of one of these contestants be placed in the upper half of the drawing bracket and the name of the other in the lower half. In case several seeded wrestlers are of equal ability, their seeded positions should 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 should 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 18. When the number of competitors is not a power of two (that is, 4, 8, 16, 32, 64) there should be "byes" in the first round. The number of byes



should be equal to the difference between the number of competitors and the next higher power of two. The number of pairs that meet in the first round should be equal to the difference between the number of competitors and the next lower power of two. There should 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, should be equally divided between top and bottom. If the number of byes should be uneven, there should be one more bye at the bottom than at the top, as shown on page WR-33.

### Contestants Eligible for Third-Place Matches (Consolations)

SECTION 19. a. Immediately after completion of the first match of the round of 16 in each weight, consolation rounds should start among all contestants defeated by the winner of this round of 16 match. At the conclusion of the championship quarterfinals, the losers of those quarterfinals should be cross bracketed into the third round of consolations. At the conclusion of the championship semifinals, the losers of those semifinals should be bracketed into the consolation semifinals. (See Rule 4-19-b.)

After completion of the second through eighth matches in the round of 16 for the same weight, the same plan in the preceding paragraph should be followed.

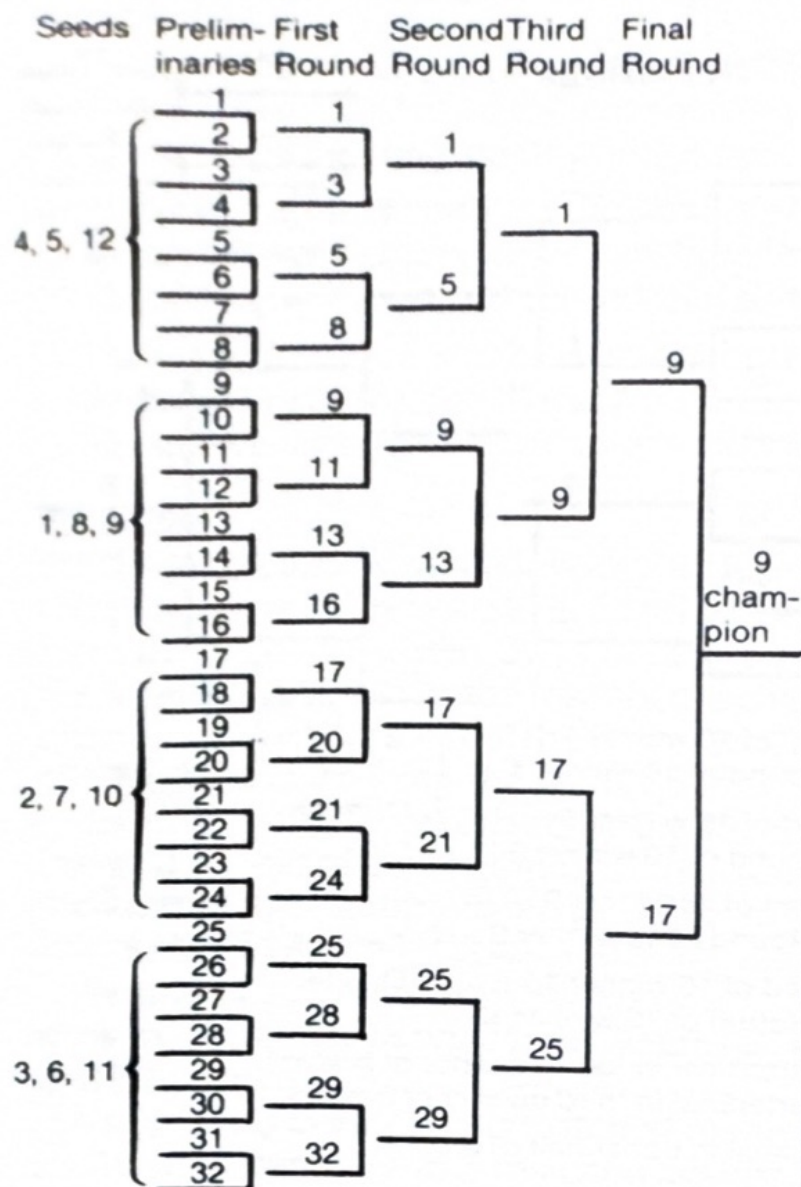
- b. Consolation matches to determine third place and subsequent places may be conducted in accordance with the original first-round drawings. Therefore, those eligible for the third-place consolations should be matched in the order in which they were defeated by the quarterfinalists in each eighth-bracket.

The winner of the consolation matches involving eligible wrestlers from the first eighth-bracket should be matched with the winner of the consolation matches involving eligible wrestlers from the second eighth-bracket. The winner of this match should be paired with the loser of the championship quarterfinal match in the **fourth quarter** of the bracket (cross bracketing) in the third round of consolations. Following the same procedure, the winner of consolation matches drawn from the third and fourth eighth-bracket are matched against the losers from the **third quarter** of the bracket, the winner from the fifth and sixth eighth-brackets against the loser from the **second quarter** of the bracket, and the winner from the seventh and eighth eighth-brackets against the loser from the **first quarter** of the bracket.

The losers of the championship semifinals are not cross-bracketed. The loser of the upper bracket semifinal is placed in the upper bracket of the



# Graphic Illustration of Drawings and Seedings



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. 8.

No. 10-seeded man draws for position in opposite 1/16th bracket from No. 7.

No. 11-seeded man draws for position in opposite 1/16th bracket from No. 6.

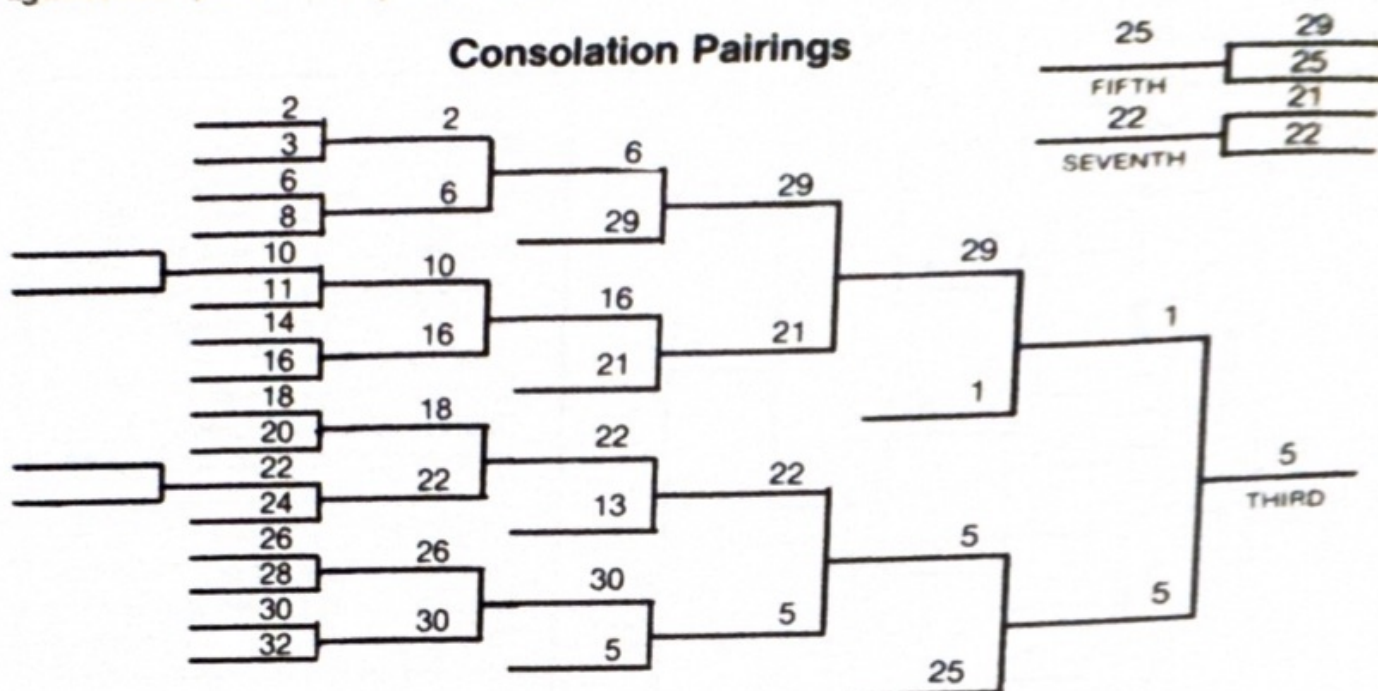
No. 12-seeded man draws for position in opposite 1/16th bracket from No. 5.

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 lesser of the two seeds.



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

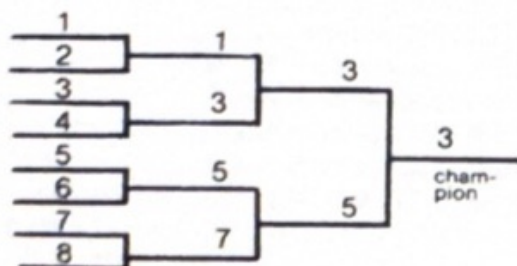
### Consolation Pairings



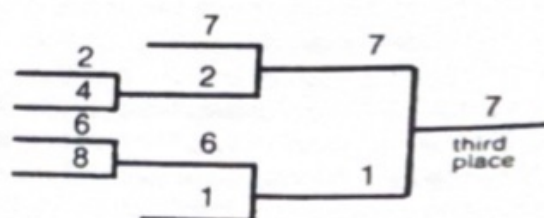
- 2 represents first man defeated by Round of 16 winner 1
- 3 represents second man defeated by Round of 16 winner 1
- 6 represents first man defeated by Round of 16 winner 5
- 8 represents second man defeated by Round of 16 winner 5
- 10 represents first man defeated by Round of 16 winner 9
- 11 represents second man defeated by Round of 16 winner 9
- 14 represents first man defeated by Round of 16 winner 13
- 16 represents second man defeated by Round of 16 winner 13
- 29 represents loser of championship quarterfinal in fourth quarter of bracket.
- 21 represents loser of championship quarterfinal in third quarter of bracket.
- 1 represents loser of championship semifinal in upper half of bracket.
- Loser of consolation final (1) places fourth.
- Loser of consolation semifinals (29 and 25) compete for fifth place.
- Loser of this bout places sixth.
- Loser of consolation quarterfinals (21 and 22) compete for seventh place.
- Loser of this bout places eighth.

### Graphic Illustration of Bracketing for Eight-Man Draw

#### CHAMPIONSHIP



#### CONSOLATION





consolation semifinals, and the loser of the lower bracket semifinal is placed in the lower bracket of the consolation semifinal.

The eligible contestants are designated in Rule 4-19-a.

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

### Example

SECTION 20. Referring to the Graphic Illustration on WR-34, those eligible for the third-place rounds are 2, 3, 6 and 8 from the first quarter; 10, 11, 14 and 16 from the second quarter; 29 as the loser of the championship quarterfinal in the fourth quarter; 21 as the loser of the championship quarterfinal in the third quarter and 1 as the loser of the championship semifinal in the upper half; plus 18, 20, 22 and 24 from the third quarter; 26, 28, 30 and 32 from the fourth quarter; 13 as the loser of the championship quarterfinal in the second quarter; five as the loser of the championship quarterfinal in the first quarter; and 25 as the loser of the championship semifinal in the lower half. Only the quarterfinal losers should be cross-bracketed.

Assume that 2 wins from 3 and 6 wins from 8; that 10 wins from 11 and 16 wins from 14, that 18 wins from 20 and 22 wins from 24; that 26 wins from 28 and 30 wins from 32.

6 then wins from 2 and is matched in the third round of consolations against 29. 16 wins from 10 and is matched against 21. 22 wins from 18 and is matched against 13. 30 wins from 26 and is matched against 5.

29 wins from 6 and from 21 and is matched in the consolation semifinals against 1. 5 wins from 30 and from 22 and is matched in the consolation semifinal. 1 and 5 compete for third and fourth places. The losers of the consolation semifinals, 29 and 25, compete for fifth and sixth places. The losers of the consolation quarterfinals, 21 and 22, compete for seventh and eighth places.

All third-place, fifth-place and seventh-place matches should be conducted before the first-place championship matches.

### Protest

SECTION 21. 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 should inform the



official scorer and the referee of his intent to protest the bout before the bout sheet is removed from the scorer's table. The referee will note this intent to protest the bout on the bout sheet and should notify the opposing wrestler not to leave the area until the matter is settled. These protests should be filed with the tournament committee in writing within a 10-minute period following the bout.

**Optional Bracketing**

SECTION 22. Any conference or other non-NCAA qualifying tournament may be conducted under any bracketing agreed upon by the participating schools.



---

# RULE 5

## Scoring

---

### Match

#### Scoring and Timing

SECTION 1. Match scoring and timing should 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 should 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) (2-16).....2 points

Escape (2-4).....1 point

Reversal (2-13).....2 points

Near fall (2-11).....2 or 3 points

Time advantage (2-17).....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 6 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*



### RECOMMENDED TOURNAMENT SCORING CHART

Recommended	1st	2nd	3rd	4th	5th	6th	7th	8th
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, technical 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 should be awarded as soon as earned. Placement points already earned may be deducted in case of forfeit or disqualification for flagrant misconduct.

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

In tournaments scoring six places, the winner of each championship quarterfinal should be awarded three (3) place points, the winner of each championship semifinal should be awarded nine (9) additional place points and the winner of each championship final should be awarded four (4) additional place points. The winner of the quarterfinal consolation match should receive three (3) place points. The winner of the consolation



semifinals should receive four (4) additional place points. The winner of third place and the winner of fifth place should receive two (2) additional place points.

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

- b. **Advancement points.** One team point should 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 should be scored for each match won by fall, default, forfeit or disqualification throughout the tournament.

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

<i>Dual Meet</i>		<i>Tournament</i>	
Fall.....	6 pts.	Fall.....	1 pt.
Technical Fall.....	6 pts.	Technical Fall.....	1 pt.
Forfeit.....	6 pts.	Default.....	1 pt.
Default.....	6 pts.	Forfeit.....	1 pt.
Disqualification.....	6 pts.	Disqualification.....	1 pt.
Decision		Advancement	
(by 12 or more pts.).....	5 pts.	Championship Bracket.....	1 pt.
(by 8 thru 11 pts.).....	4 pts.	Consolation Bracket.....	½ pt.
(by less than 8 pts.).....	3 pts.	Decision	
Draw.....	2 pts.	(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.
		<i>Individual Match</i>	
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

### Infraction Penalty Table

SECTION 1. The infractions of the rules are penalized in accordance with the penalties listed on the Infraction Penalty Table (WR-48).

### 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. The referee also should not stop the match for locked hands or grasping clothing committed during a successful reversal, escape or takedown.

*NOTE—See Exceptions in Rule 6-11, Note 1 (page WR-46) and Rule 6-16, Notes 1 and 2 (page WR-46).*

### Warnings and Sequence of Penalties

SECTION 3. The Penalty Table indicates the sequence of warnings and penalties, which are cumulative throughout the match.

### Unsportsmanlike Conduct

SECTION 4. Unsportsmanlike conduct can occur before, during or after a match. It would include, but is not limited to, such acts as swearing, baiting an opponent, throwing headgear, repeatedly dropping one knee to the mat to break locked hands, indicating displeasure with a call or failure to comply with end-of-match procedures. The penalty for unsportsmanlike conduct by a wrestler: (a) during the match will result in a match point being awarded to his opponent, and (b) before or after a match will result in a one-team point deduction. The penalty for unsportsmanlike conduct by other team personnel before, during or after a match will result in a one team point deduction.

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.

### **Unnecessary Roughness**

SECTION 5. Unnecessary roughness involves physical acts that occur during a match. It includes any act that exceeds normal aggressiveness. It would include, but is not limited to, a forceful application of a crossface, a forceful trip or a forearm or elbow used in a punishing way, such as on the spine or the back of the head or neck.

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

### **Flagrant Misconduct**

SECTION 6. a. Either before, during or following a match, flagrant misconduct such as intentionally striking an opponent, continued unnecessary roughness or unsportsmanlike conduct, or any act serious enough to disqualify a wrestler from a match, 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 an individual tournament award, nor will he be credited with advancement and fall points earned before the incident, with other contestants remaining in their respective positions.

- b. Any item under unnecessary roughness (See Rule 6-5) 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.

### **Foreign Substance On Skin**

SECTION 7. The use of oil or greasy substances that 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 1½ minutes. (See Rule 7-1.)

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



## Holds

### Illegal

SECTION 8. Any hold shall be allowed except the hammerlock above the right angle; the twisting hammerlock; full nelson; 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 knee lock; key lock; overhead double arm bar; the bending, twisting or forcing of the head or any limb beyond its normal limits of movement; locking the hands behind the back in a double arm bar from the neutral position; full back suplay from a rear standing position; leg cut back, 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 illustration Nos. 15-20, 42, and 57 through 60.)

### 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 after the situation occurs. 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 illustration 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 Illustration Nos. 36-37.)*
- 10. Points for illegal holds will be awarded in addition to points earned by the offended wrestler.*
- 11. The match shall be stopped to penalize the offending wrestler who has applied an illegal hold except when he is the defensive wrestler in a pinning situation. In this instance the referee should not stop the match to penalize the offending wrestler until the pinning situation has ended unless it is necessary to prevent an injury.*

### **Potentially Dangerous**

SECTION 9. The double wristlock, toe hold, split scissor and guillotine, when being applied with the limb forced beyond normal range of movement and other holds that may cause injury when used legally, are considered potentially dangerous holds. (See Illustration Nos. 14, 50-52 and 54-56.)

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 and arm bar are legal holds. 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 Illustration 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

### Stalling

SECTION 10. 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 referees. A stalling penalty is preceded by a warning, and there shall be only one warning per contestant per match.*

When a referee *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.*

- 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(s) 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(s) 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(s) 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. *Advantage position*—The contestant in the advantage position on the mat must wrestle aggressively and attempt to secure a fall when action permits. 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.
- e. *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. The referee will give both visual and verbal warnings 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 grapevine, inside turk figure four ride.*

- f. *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 11. 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 Illustration Nos. 61 and 63 through 66.)

*NOTE 1 — The referee shall stop the match when it is obvious that the defensive wrestler will not complete an escape or reversal. If the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.*

*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 the Officials' Signals page.*

### **Figure Four Scissors**

SECTION 12. 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 13. It is a technical violation to leave the mat without first receiving permission to do so from the referee.

### **Going Off Wrestling Area**

SECTION 14. Voluntarily leaving the wrestling area or forcing an opponent out of the wrestling area at any time is a technical violation.

### **Toweling Off**

SECTION 15. A timeout for toweling off perspiration shall not be permitted during the match and is a technical violation.

### **Grasping Clothing**

SECTION 16. 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 Notes under Section 11.)*

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



**False Starts**

SECTION 17. Making false starts is a technical violation. 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.  
The sequence of penalties is inclusive with incorrect starting positions.

**Incorrect Starting Positions**

SECTION 18. Assuming an incorrect starting position can be a technical violation when, in the judgement of the referee, a wrestler assumes an incorrect starting position to:

- a. Gain a distinct advantage over his opponent.
- b. Repeatedly assume an incorrect starting position.
- c. Demonstrate obvious disregard for the referee's instructions or the rules.

Other incorrect starting positions shall be corrected by the referee by verbal communication with the wrestler(s).

The sequence of penalties is inclusive with false starts.



# INFRACTION PENALTY TABLE†

Infraction	Rule, Section	Warnings, Cautions	First Penalty	Second Penalty	Third Penalty	Fourth Penalty
Unnecessary roughness <sup>1</sup>	6-6	No	1 match pt.	1 match pt.	2 match pts.	Disqualify
Illegal holds <sup>1</sup>	6-8	No	1 match pt.	1 match pt.	2 match pts.	Disqualify
Technical violations, <sup>1,2</sup>	6-10—	See Note 2	1 match pt.	1 match pt.	2 match pts.	Disqualify
	6-18	and Summary				
False starts and incorrect starting positions	6-17, 6-18	Yes	1 match pt.	1 match pt.	1 match pt.	1 match pt.
Unsportsmanlike conduct <sup>3</sup> Nonparticipating team personnel; Contestants before and after match	6-4	No	Deduct 1 team pt.	Deduct 1 team pt.; disqualify, remove from premises		
Unsportsmanlike conduct <sup>3</sup> contestants	6-4	No	1 match pt.	1 match pt.	2 match pts.	Disqualify
Flagrant misconduct	6-5	No	Disqualify; deduct 1 team pt.; remove from premises			
Coach intentionally delaying match	4-9-d	Yes (verbal)	Warning	Deduct 1 team pt.	Deduct 1 team pt.; remove from premises	Deduct 1 team pt.; remove from premises
Foreign substances on skin or illegal uniform or equipment	6-7 Also Rule 1	No	Disqualify if not removed or corrected within contestant's re- maining injury time <sup>6</sup>			
Control of mat area <sup>5</sup>	4-8 4-13-g	Yes (verbal)	Warning	Deduct 1 team pt.	Deduct 1 team pt.; remove from premises	Deduct 1 team pt.; remove from premises



<sup>†</sup>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, unnecessary roughness or unsportsmanlike conduct 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.

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

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

<sup>3</sup>The 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.

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

<sup>5</sup>A verbal warning and a 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.

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

---

## SUMMARY OF TECHNICAL VIOLATIONS

Stalling (6-10-a.)—First, warn

Holding legs (6-10-b)

Delaying match (6-10-f)—(treat under stalling)

Interlocking hands (6-11)

Leaving mat without permission (6-13)

Going off wrestling area (6-14)

Grasping clothing, etc. (6-16)

Figure four scissors (6-12)

Towelng off (6-15)



---

# RULE 7

## Injuries and Defaults

---

### Timeout

**SECTION 1.** a. An injured contestant may be awarded up to a maximum timeout of 1½ minutes, which is cumulative throughout the match, including the overtime. There shall be no limit to the number of timeout periods that may be taken in any match, but the total timeout shall not exceed 1½ 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.

- d. When a contestant returns to the mat ready to wrestle following an injury timeout and the referee questions the contestant's ability to continue, he may call an official timeout for medical consultation. The medical personnel can examine, but not treat, the contestant



during this time.

### **Coaching Injured Contestant**

SECTION 2. Any coaching to the injured contestant during injury timeout shall be penalized as unsportsmanlike conduct by the coach. Coaching of a wrestler who has been injured as a result of illegal action is permitted. During injury timeout, 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 uninjured wrestler may coach his wrestler.

### **Unconsciousness or Serious Injury**

SECTION 3. 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 Sections 4 and 5 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 4. 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 legally executed 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 and a near fall is imminent, action will be stopped and a two-point near fall shall be awarded.

### **Injury from Illegal Action**

SECTION 5. If a contestant is injured by any illegal hold or unnecessary roughness to the extent that he is unable to continue, he then is allowed a maximum of two minutes of recovery time to be ready to wrestle. This time does not count against his cumulative 1½-minute injury time. If at the end of two minutes of recovery time he is not able to continue, then the match is awarded to the injured contestant and



scored as a default. However, if he recovers and wrestling resumes, he then cannot be awarded the match by default for this illegal action. In the case of an intentional attempt to injure an opponent, the offender is guilty of flagrant misconduct (Rule 6-6) and shall be disqualified.

**Attendants During Timeout**

SECTION 6. No more than two attendants and a physician/trainer 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. The Referee will be neatly attired. A referee's recommended attire for all dual meets and tournaments is:

- 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. Red and green wrist bands may be worn.
- f. Other accessories—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 mat for official markings. (See Rule 1.)



- (3) Clarify the rules with coaches and contestants.
- (4) 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. (See Rule 4-6-a.)
- c. The referee will use the Wrestling Officials' Signals (WR-76).
- 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 Rule 6. 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.) The referee also should not stop the match for locked hands or grasping clothing committed during a successful reversal, escape or takedown.
- 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 may verbally instruct the wrestlers.
- i. The referee shall position himself near the injured wrestler during injury timeout. He is to watch for coaching of the injured wrestler, which is unsportsmanlike conduct. (See Rule 7-2.)
- 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 scoreboard, and the referee shall declare the winner. In dual meets, if the match is a draw, the referee will raise the hands of both wrestlers. (See Rule 4-5.) (See Referees' Signals.)
- m. The referee shall sign the official score sheet or score book certifying final results.
- n. The referee is responsible for the seating arrangement at the official's table in accordance with the diagrams on page WR-56.

## 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 and recovery timeout. 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 a visual clock is not available.



- h. Inform the referee when a differential of 15 points occurs.

### WHEN INDIVIDUAL CLOCKS OR STOPWATCHES ARE USED

Home Team Assistant Timekeeper	Visiting Team Assistant Timekeeper	Match Timekeeper	Visiting Team Scorer	Home Team Scorer
--------------------------------------	--	---------------------	-------------------------	---------------------

### WHEN MULTIPLE TIMER IS USED

Timekeeper	Visiting Scorer	Announcer or Home Scorer
------------	-----------------	--------------------------

### Assistant Timekeepers

SECTION 5. The assistant timekeepers may be assigned and are responsible for:

- Recording the accumulative time advantage of the contestants to whom they have been assigned (usually opponents) when indicated by the referee.
- Constantly checking each other's time-advantage recording.
- Constantly checking the match timekeeper's time recording.
- Showing the referee the actual recording of the time advantage each contestant has accumulated at the end of the match.
- 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:

- Recording which contestant has the down position at the start of the second and third periods.
- Recording points scored by both contestants when signaled by the referee.
- Constantly checking each other's scoring.
- Immediately advising the match timekeeper when they are in disagreement regarding the score.
- Keeping the scoreboard operator continually advised of the official score during each match.
- Showing the referee the score card at the end of each match.

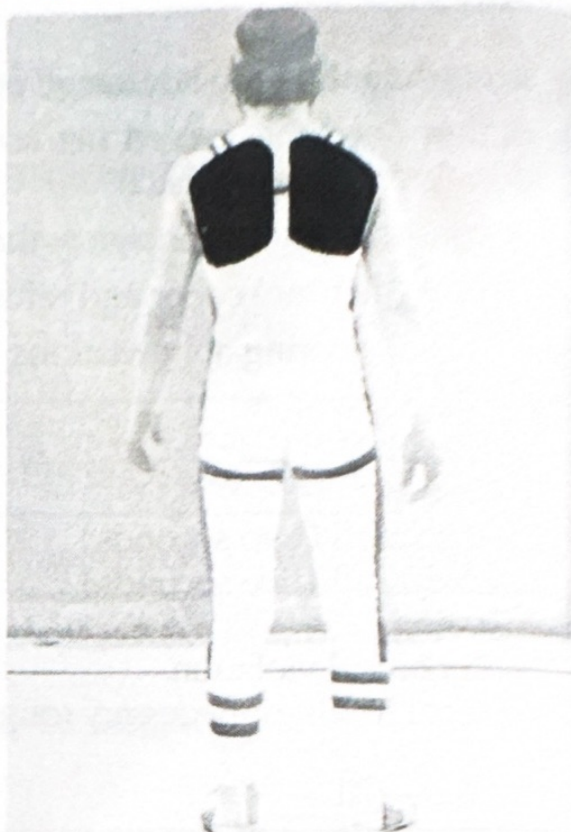
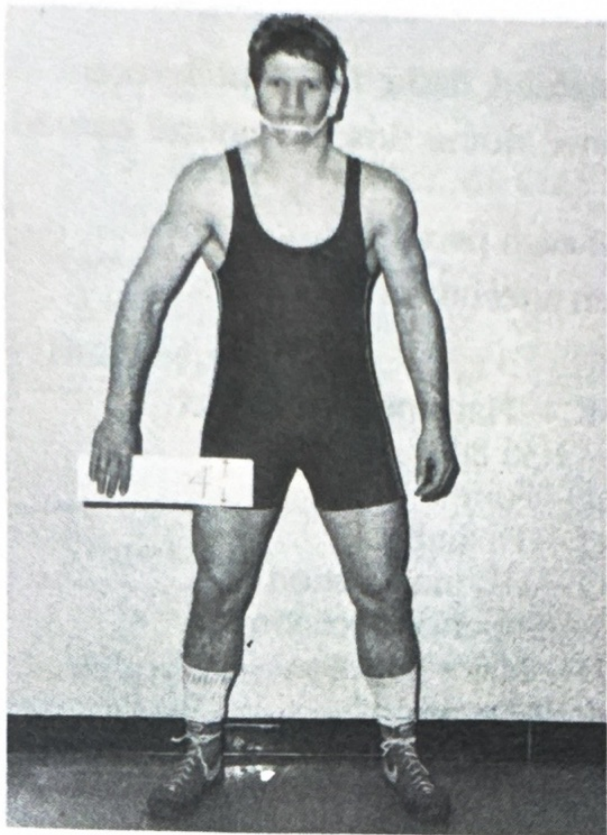


- g. Recording the time-advantage point, if earned, in the final match score.
- h. Before overtime, record net accumulative riding time advantage earned during the regular match.
- i. Record the time advantage at the end of each period.
- j. Inform the timekeeper and referee when a technical fall occurs.

SECTION 7. Scoring abbreviations:

T-2 — Takedown	FMC — Flagrant Misconduct
R-2 — Reversal	F — 1:36 fall
E-1 — Escape	For — Forfeit
N-2 — Near fall (two seconds)	Def. — Default
N-3 — Near fall (five seconds)	DQ — Disqualification
S — Stalling	SD — Superior decision
TV — Technical violation	MD — Major decision
P — Illegal holds, unnecessary roughness	Dec. — Decision
C — Caution	DR — Draw
C-1 — Points earned after a caution	RT — Riding time
W — Warning	TF — 5:19 technical fall
UC — Unsportsmanlike conduct	↔ — Neutral
VW — Verbal warning	↑ — Top
	↓ — Bottom



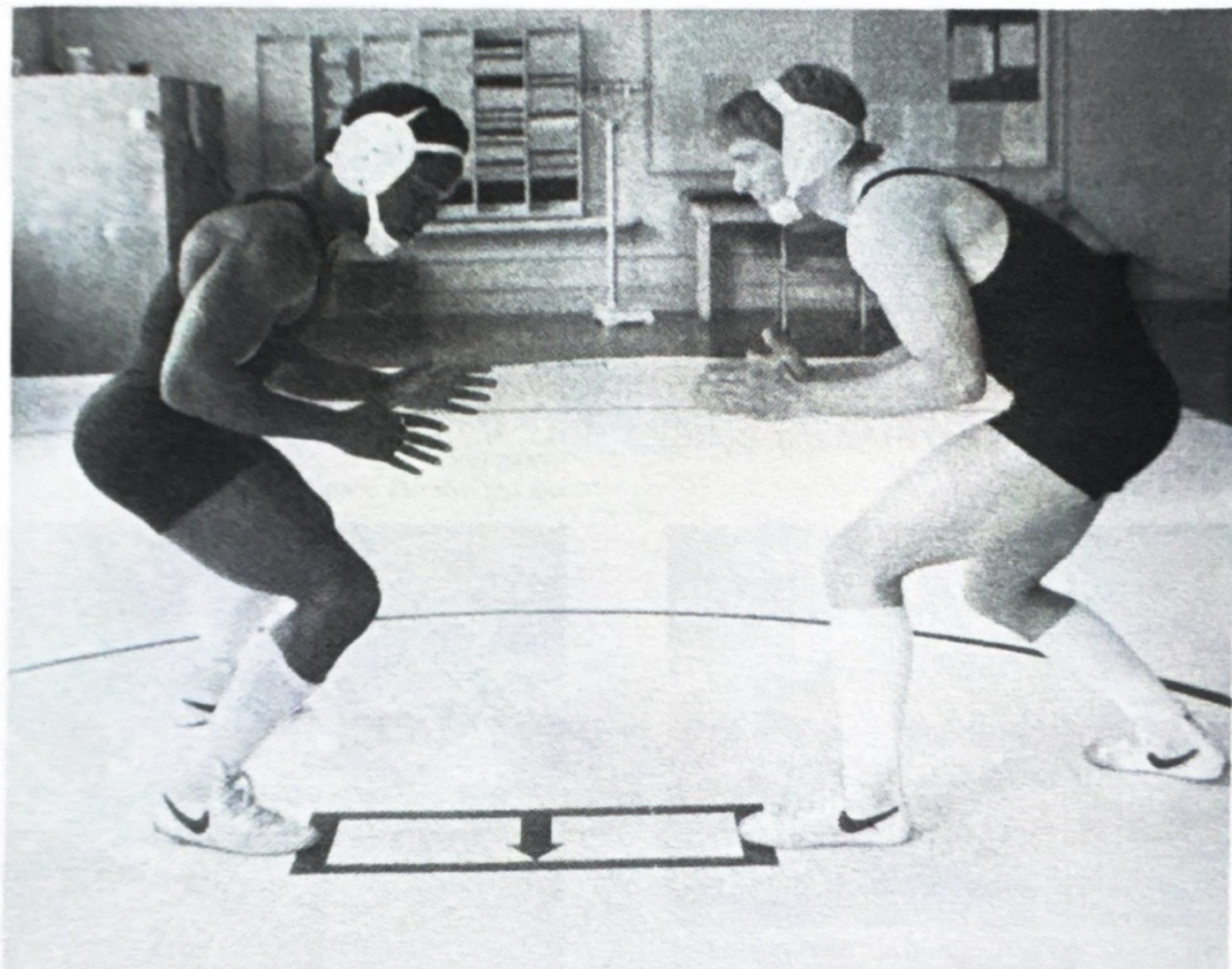


Nos. 1 and 2—FRONT AND REAR VIEW OF OFFICIAL UNIFORM. *Front (with 4" inseam and lettering) and rear view of official shirt. Any shirt with more exposure is illegal. The rear view also shows a wrestler's pinning area.*

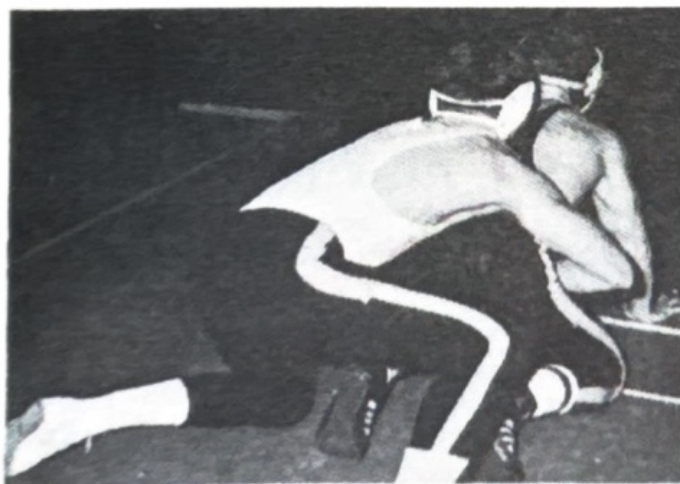


No. 3—TOUCH START (Sight Handicapped). *Each contestant shall have fingers of one hand over and the fingers of the other hand under his opponent's fingers. Fingers shall not extend beyond the knuckles.*





NO. 4—NEUTRAL STARTING POSITION. *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 2-15-a-b. (Note starting lines, Rule 1-6.)*





No. 7—OPTIONAL OFFENSIVE STARTING POSITION (Rule 2-15-b-2).



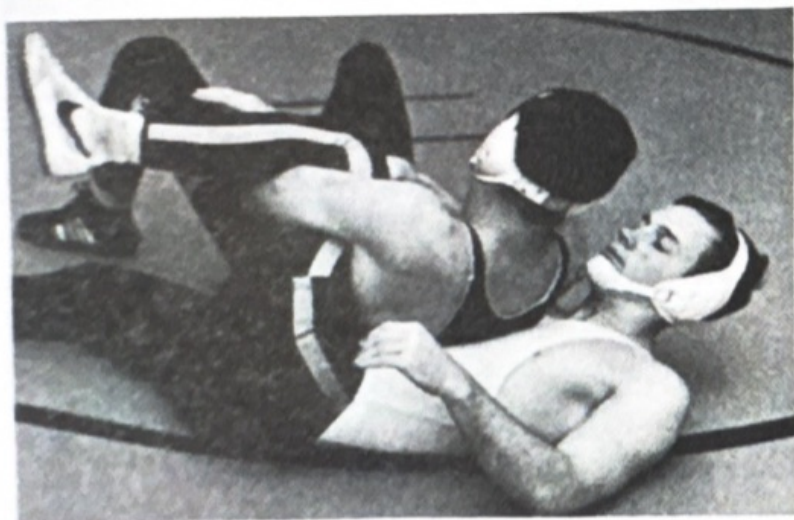
No. 8—ILLEGAL OPTIONAL OFFENSIVE STARTING POSITION. *Wrestler cannot straddle opponent's body. (Rule 2-15-b-2).*



No. 9—CONTROL. *Control following allowance for reaction time.*

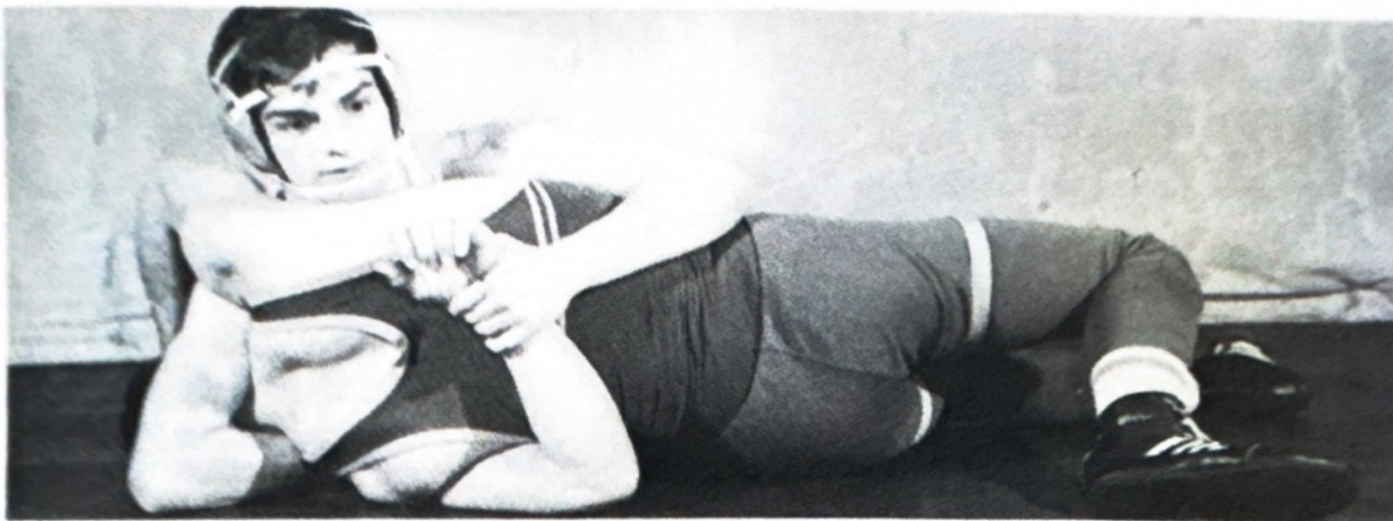


No. 10—CONTROL. *Control following allowance for reaction time.*



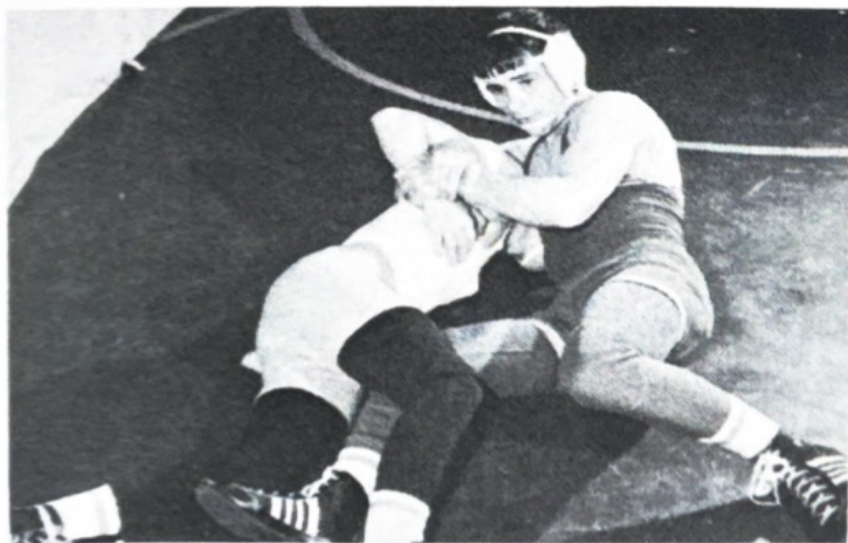
No. 11—CONTROL. *Possible control by controlling the top leg.*





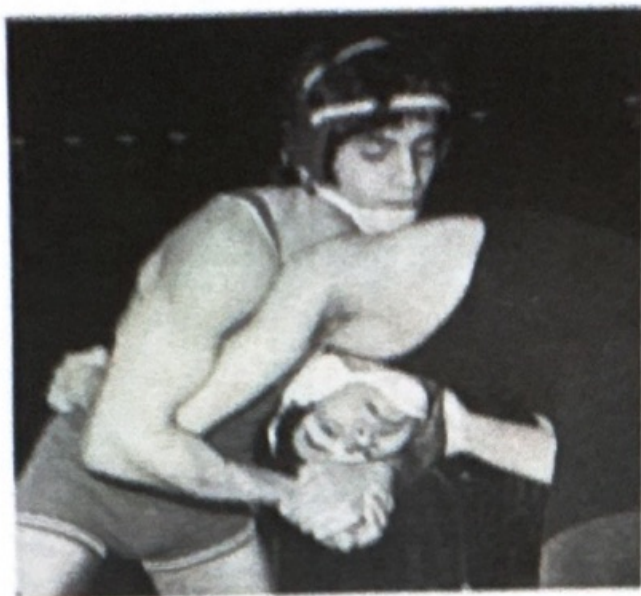
No. 12—ILLEGAL HAMMERLOCK (ABOVE RIGHT ANGLE). *The hammerlock is a legal hold, provided the arm is not bent above the right angle (i.e., provided that the arm is not carried above the small of the back); and provided, further, that the hand is not forced out away from the body, making it a twisting hammerlock. In this illustration the arm is carried distinctly above the right angle and is illegal.*

No. 13—ILLEGAL DOUBLE WRISTLOCK ON THE MAT. *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. *Illegal 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 technical violation.*

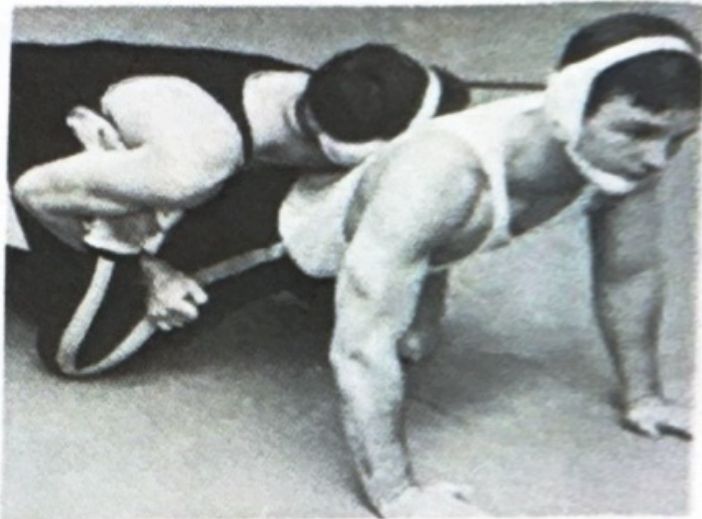


No. 22—OVER SCISSORS (AN ILLEGAL HOLD). *The over-scissors is barred entirely under these rules because it is only a punishing hold and is of no value unless defensive contestant who uses it is allowed to force the hold, which thereby endangers the ankle and knee of his opponent.*

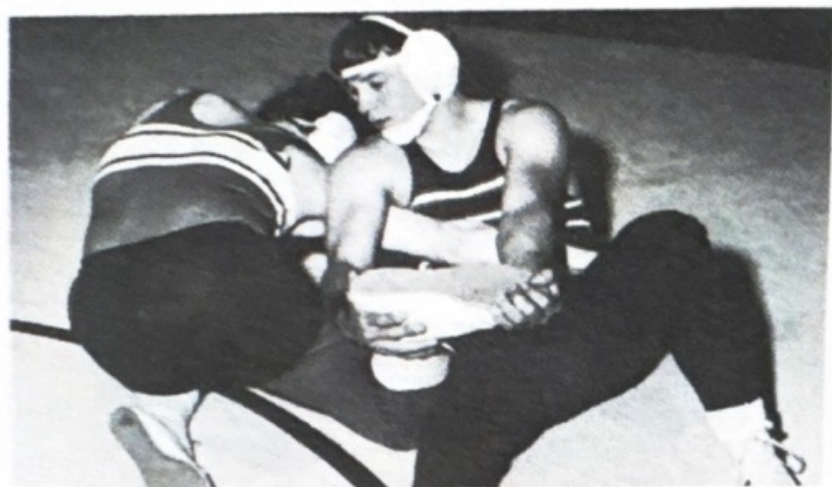


No. 23—STRAIGHT BODY SCISSORS—A legal hold.





Nos. 24 and 25—ILLEGAL TWISTING KNEE LOCK. *This shows a twisting knee lock. It is an illegal hold (Rule 6-8). 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 6-9.)*



No. 26—TWISTING KNEE LOCK. *Twisting knee lock pressure against the normal movement of the knee joint as illustrated constitutes an illegal hold.*

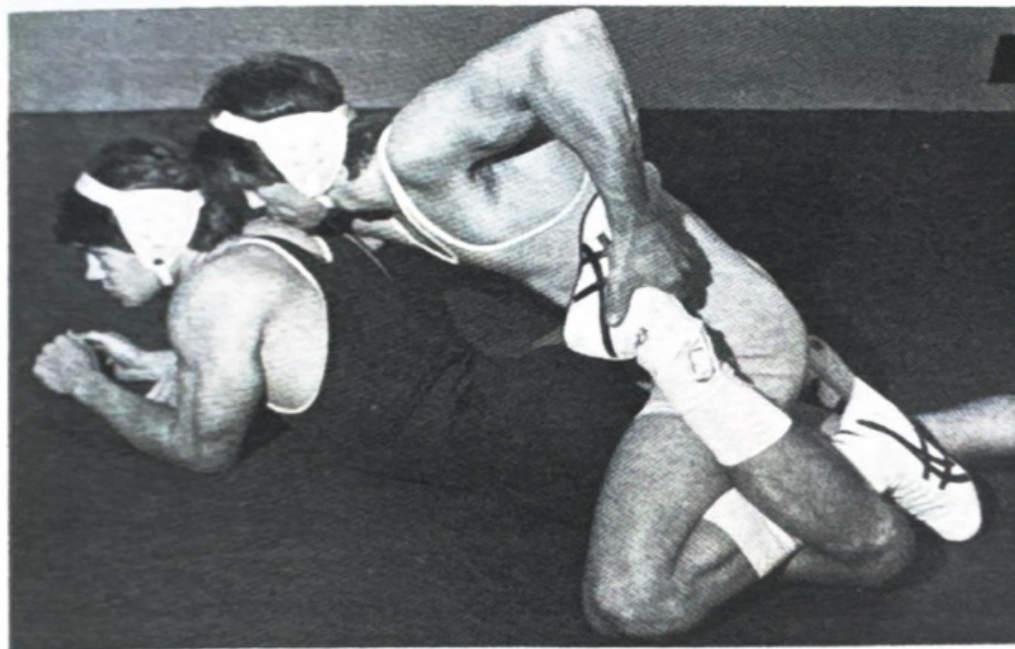


No. 27—LEGAL LEG TRAP. *This is legal if heel goes to buttocks and not to side of hip. If top man does not improve his position, he can be called for stalling.*



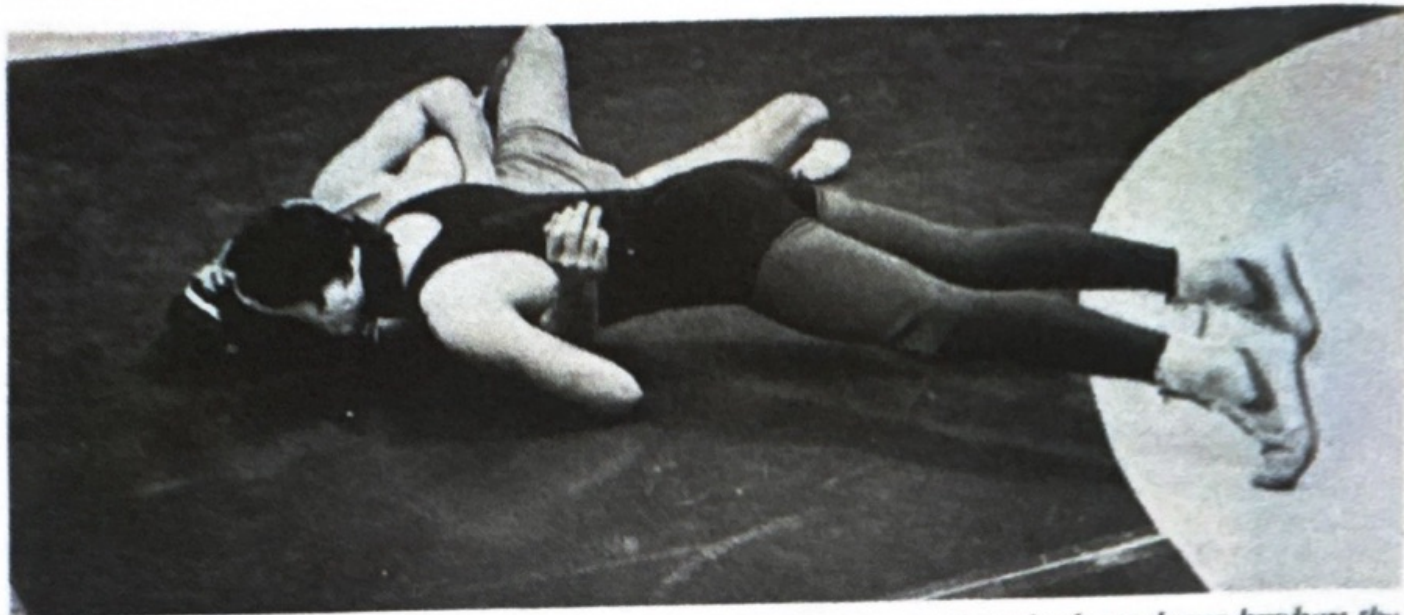


Nos. 28 and 29—ILLEGAL TWISTING KNEE LOCK. Both illustrations show illegal twisting knee lock. The pressure is against the normal movement of the knee joint.



No. 30—ILLEGAL KNEE LOCK. The top man has obstructed the normal movement of the knee joint.





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.*



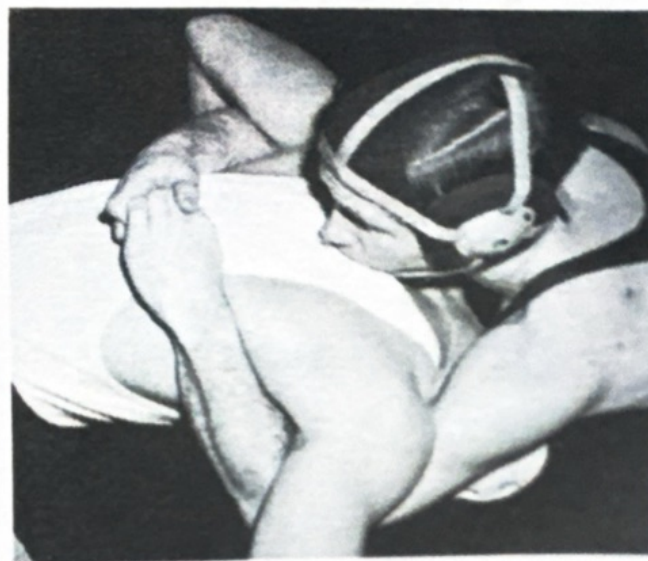
No. 33—IN BOUNDS. *The shoulders or scapula of the defensive man are in bounds and a fall can occur.*



No. 34—LEGAL FOOT (INSTEP) 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 a potentially dangerous 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—LEGAL LEG BLOCK. *The defensive wrestler may use his arm to block the leg and then sit back to take his opponent to the mat.*



No. 39—ILLEGAL LEG BLOCK (cut back). *The defensive wrestler is not allowed to use his leg in a whip-like fashion to take his opponent back to the mat.*



No. 40—A LEGAL HOLD. *Pulling the head over the shoulder with hands locked or overlapped. This also applies to a bridge back situation.*



No. 41—THREE-QUARTER NELSON—A LEGAL HOLD.





No. 42—ILLEGAL HAND POSITION. This shows an illegal position of hand and wrist on the chest. 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. 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.



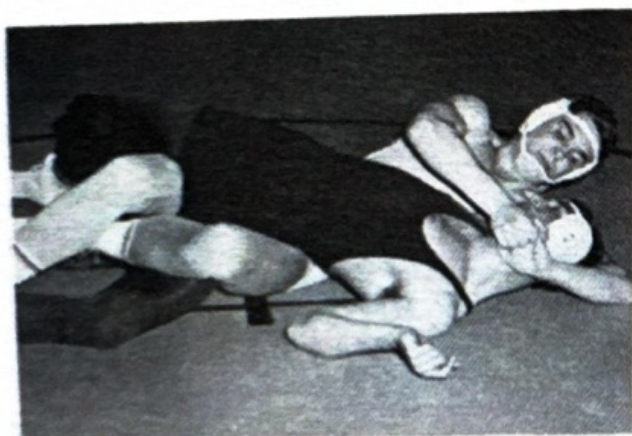




No. 47—NEAR-FALL. *Illustration shows defensive wrestler bridging back to break body scissors and cross body ride. In neither case should the near fall be awarded when he is in a bridge unless he cannot turn out of the bridge when the offensive wrestler starts to assume control of the pinning situation. 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.*

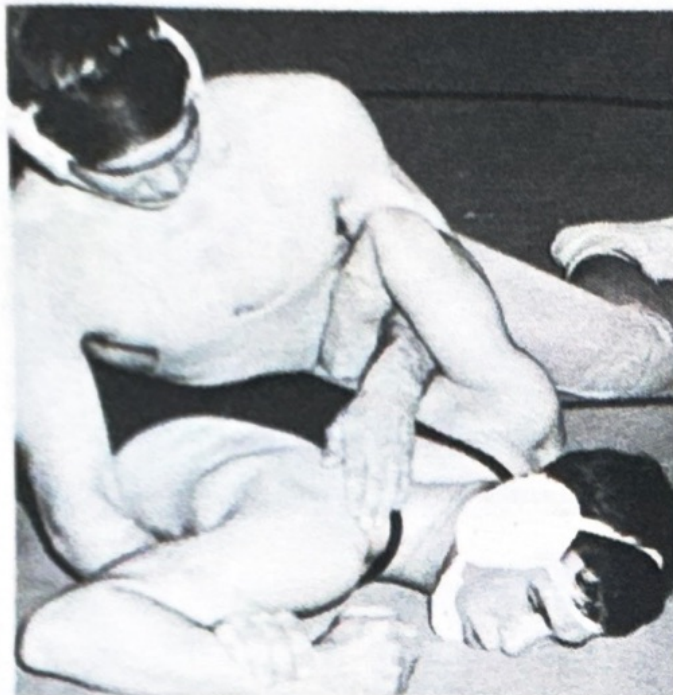


No. 50—LEGAL GUILLOTINE. *Arm is locked around opponent's head or neck.*

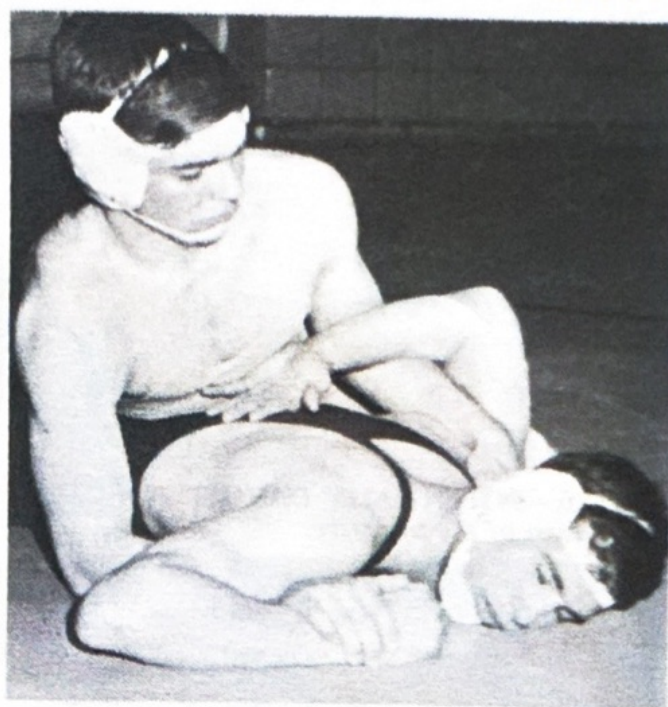


No. 51—POTENTIALLY DANGEROUS GUILLOTINE. *When applying the guillotine, forcing the arm beyond normal range of movement parallel to the long axis of the body is to be interpreted as potentially dangerous.*





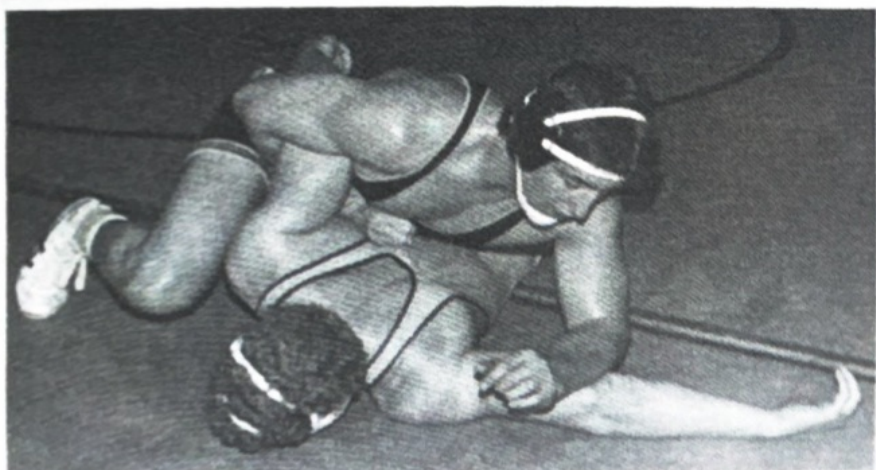
No. 52—LEGAL CHICKEN WING. *No evidence of illegal pressure or twisting hammerlock.*



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—LEGAL ARM BAR. *The pressure is perpendicular to the long axis of the body and the far arm is not blocking the bottom wrestler's ability to turn.*



No. 55—POTENTIALLY DANGEROUS ARM BAR. *While the pressure is perpendicular to the long axis, the far arm is blocking the bottom wrestler's ability to turn.*





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



No. 57—ILLEGAL HEAD LOCK. *Locking arms around the head.*



No. 58—LEGAL HEAD PRY. *The top man can use this pry as long as he includes the arm or shoulder.*





No. 59—LEGAL BLOCKING ON FACE (ON CHIN). *Blocking on chin or forehead is legal*

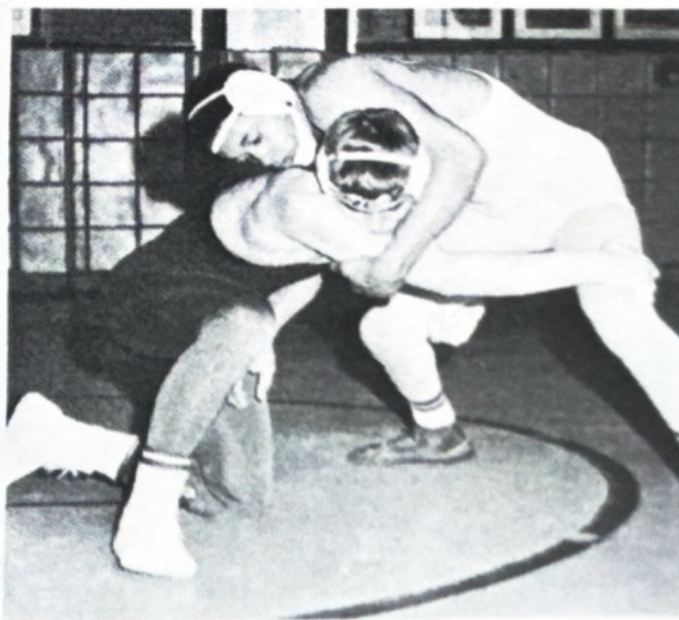
No. 60—ILLEGAL BLOCKING ON FACE (ON FACE PROPER). *This form of blocking is illegal because it is over mouth, nose and eyes, in contrast to position in No. 59.*



No. 61—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. 62—A LEGAL CROSS FACE. *It is an effective and legal block for the double leg pick-up.*





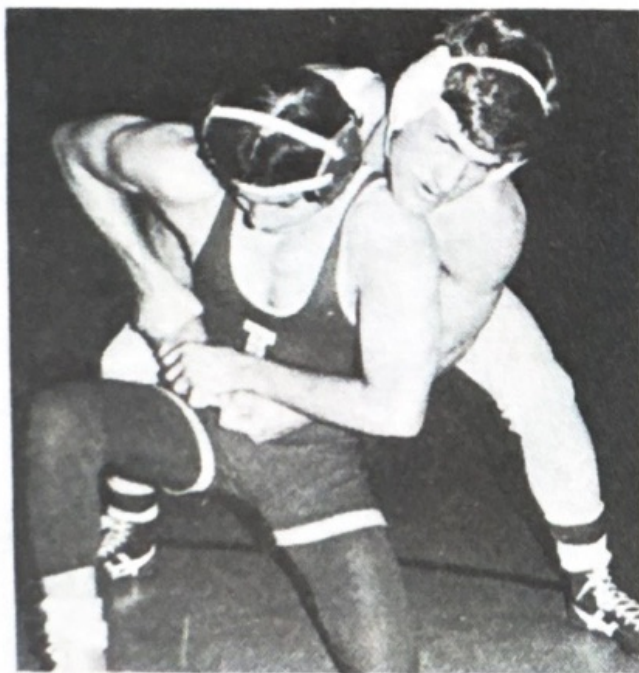


No. 63—INTERLOCKING OF HANDS AROUND LEGS. *This is a technical violation when done by the offensive wrestler.*

No. 64—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. 65—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.*

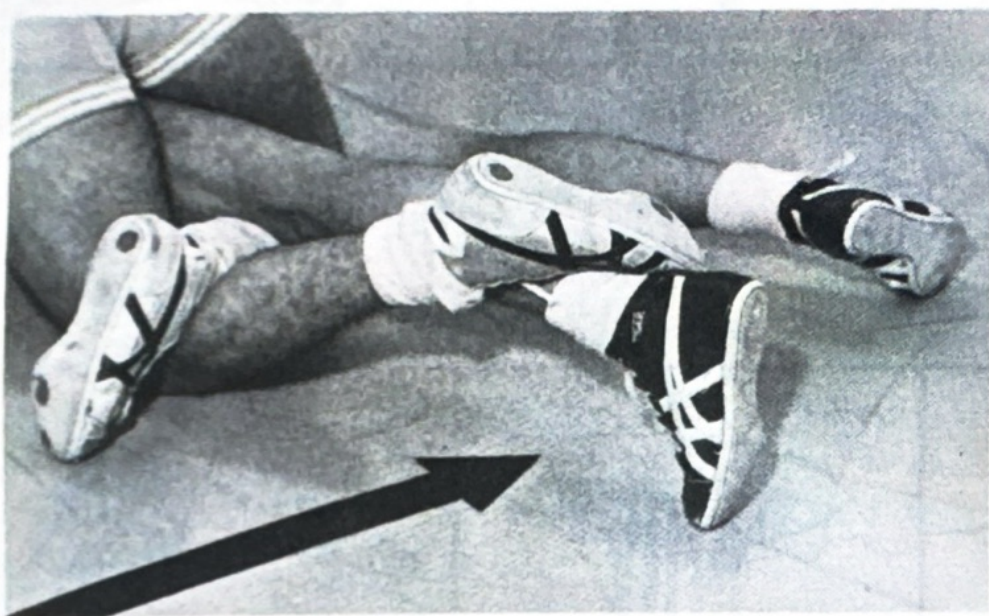


No. 66—LEGAL USE OF HANDS IN BODYLOCK. *This complete bodylock is legal because defensive wrestler is in a standing position. This hold would be a technical violation if defensive wrestler had one or both knees on the mat.*





No. 67—ILLEGAL BACK BOW. This move is only legal when the pressure is perpendicular to the long axis of the body.



No. 68—FIGURE FOUR OVERSCISSORS. With the figure four scissors above the knee and the over-scissors on the lower leg pressure is against the normal movement of the knee. This move is illegal.



No. 69—INDICATING THE WINNER. The referee indicates the winner of a match by raising his hand.



No. 70—INDICATING A TIE MATCH. When a match ends in a tie, a draw is indicated by raising a hand of each wrestler.





# OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



Unsportsmanlike Conduct  
and Flagrant Misconduct



Stopping the  
Match



Technical Violation



Out-of-Bounds



Indicating No Control



Awarding Points



Reversal



Interlocking Hands  
or Grasping Clothing



Near-Fall



Caution for  
False Start



Stalling



Illegal Hold  
and Unnecessary Roughness



Indicating Wrestler  
in Control



Stalemate



Time Out



Neutral Position



Potentially Dangerous  
Hold



---

**Part II:**

**INTERPRETATIONS**

---



---

# **RULE 1**

## **A Match, Wrestlers, Uniforms & Equipment**

---

### **Enforcement**

SECTION 13. a. SITUATION: Team A is videotaping its bout during a tournament. During the 126-pound match, Team B's wrestler is awarded a takedown at the end of the first period. Team A's coach feels that time had expired before the takedown was awarded and asks the referee to check the videotape. **QUESTION:** Can videotapes be used to make corrections in match scores, riding time or judgment calls? **RULING:** No.



---

# RULE 2

## Definitions

---

### Escape

SECTION 4. SITUATION 1: Wrestler B is on the bottom and applies an overhook on Wrestler A. Wrestler B faces Wrestler A and comes to his feet with the overhook still in. **QUESTION:** When should an escape be awarded? **RULING:** Once Wrestler A's hand passes the midline of Wrestler B's back, the referee should award the escape.

SITUATION 2: Wrestler A is riding Wrestler B. Wrestler A moves in front of Wrestler B and applies a front head and arm pinch or a head and underhook tie up. **QUESTION:** When should an escape be awarded? **RULING:** An escape only should be awarded when Wrestler B totally breaks away from Wrestler A. In this situation Wrestler A still maintains control and is using this position as a possible pinning situation.

SITUATION 3: Wrestler B stands up, gets hand control and begins to run away from Wrestler A. Both wrestlers go out of bounds. When the referee called the wrestlers out, Wrestler B was away from Wrestler A but was not facing him. **QUESTION:** Since no control was evident when both wrestlers went off the mat, should an escape be awarded? **RULING:** In order for an escape to be awarded, Wrestler B must be facing Wrestler A before the whistle.

SITUATION 4: Wrestler B does a quick sit out and turns in. Wrestler B is facing Wrestler A. Wrestler A immediately spins behind Wrestler B for control. **QUESTION:** Was this situation an escape for Wrestler B and a takedown for Wrestler A? **RULING:** The referee should be aware and cognizant of reaction time. Wrestler B should be allowed reaction time to counter Wrestler A's moves. This is a subjective call on the part of the referee. The referee must use his judgment regarding reaction time and the situation. Although control was lost for an instant, the referee must decide if Wrestler B had the time to appropriately react.

SITUATION 5: Wrestler A assumes an optional offensive start. On the whistle, Wrestler A pushes Wrestler B away, backs up a few feet and jumps back onto



Wrestler B. **QUESTION:** When should an escape be awarded? **RULING:** An escape is awarded only when Wrestler B faces Wrestler A after totally breaking contact and after proper reaction has elapsed.

SITUATION 6: Wrestler B hits a switch; however, just before coming on top for a reversal, both wrestlers go out of bounds. It was imminent that Wrestler A would have been reversed and that he lost control of Wrestler B. **QUESTION:** Should a reversal, escape or nothing be awarded? **RULING:** Because control was lost and no reversal occurred before going out of bounds, the referee should award an escape.

SITUATION 7: Wrestler B comes out from under Wrestler A and immediately drops in for a double leg and lifts his opponent off the mat with control as the period ends. **QUESTION:** Does Wrestler B get credit for a reversal? **RULING:** No. Only one point for the escape should be awarded.

### Fall

SECTION 5. SITUATION 1: Wrestler A is pinning Wrestler B. Both wrestlers are in bounds except for Wrestler B's head and shoulders. **QUESTION:** Can Wrestler B get pinned in this situation? **RULING:** Yes. If any part of Wrestler B's scapulae (both) are touching the mat in bounds for one second he can be pinned even though Wrestler B's head and shoulders are out of bounds.

SITUATION 2: Wrestler A has his opponent in a pinning situation. The referee calls a fall by blowing his whistle and slapping the mat. The referee first blew his whistle then began to move his hand down to slap the mat; however, before his hand hits the mat the buzzer sounds to end the period. The main timekeeper was watching the referee's hand because the whistle could not be heard over the crowd noise. The referee could not hear the buzzer to end the period because of crowd noise. **QUESTIONS:** Was there a fall or did the period end? Should the fall be called by the whistle or by the slap of the hand? **RULING:** Rule 2-5-d states that a fall shall be indicated by the referee striking the mat with the palm of his hand.

### Technical Fall

SECTION 6. SITUATION 1: Wrestler A is leading Wrestler B 13-0. Wrestler A puts Wrestler B on his back and a fall is imminent. The referee starts his near-fall hand count. **QUESTION:** If the referee is aware of the score should he stop the match and award the technical fall? **RULING:** No. In a pinning situation, wrestling continues until the pinning situation actually has ended, which gives Wrestler A the possibility of pinning Wrestler B. **QUESTION:** If Wrestler B quickly reversed Wrestler A and pinned him, what is the ruling? **RULING:** Because Wrestler A technically had acquired near-fall points, any action



beyond the pinning situation is disregarded and Wrestler A would win the match by a technical fall.

**SITUATION 2:** Wrestler A is winning by 14 points and has Wrestler B in a pinning situation and has earned a three-point near fall. Wrestler A, in the process of trying to pin Wrestler B, pins himself while still in a control position. **QUESTION:** Does Wrestler A win by a technical fall or does Wrestler B win by a fall? **RULING:** Wrestler B wins by a fall.

**SITUATION 3:** Wrestler A is winning by 12 points and Wrestler B is on his back. Wrestler A has earned a three-point near fall; but, the period and match ends with Wrestler B still on his back. Wrestler B has riding time. **QUESTION:** Since the three-point near fall was not awarded before the end of the match, does Wrestler A win by a technical fall? **RULING:** No. Since the match ended before the awarding of the three-point near fall, riding time was awarded at the same time as the near fall. This means the differential was 14 points.

### In Bounds

**SECTION 9. SITUATION 1:** Wrestler A has Wrestler B in a single leg and both wrestlers are standing. Wrestler A steps out of bounds with both feet; however, one of Wrestler B's legs still is in bounds. **QUESTION:** Are the wrestlers out of bounds? **RULING:** The wrestlers still are in bounds since the supporting parts of one wrestler still are inside the boundary line.

### Reversal

**SECTION 13. SITUATION 1:** As Wrestler A stands up he does a standing switch and subsequently grabs Wrestler B's leg up and off the mat in a single leg position. **QUESTION:** What is the referee's call? **RULING:** At this point no change is made. Wrestler B receives riding time and no points are awarded. Wrestler A can release Wrestler B's leg and receive one point for an escape or he may retain the single leg and attempt to earn two points for a reversal by putting Wrestler B on the mat. A single leg position is not enough control to justify a reversal. An escape cannot be awarded because Wrestler A could put Wrestler B to the mat for two more points for a total of a three-point move. If the period ends or both wrestlers go out of bounds while Wrestler A has Wrestler B's leg up, the referee should award a one-point escape because Wrestler B lost control. **QUESTION:** When is control lost by Wrestler B? **RULING:** Control is lost by Wrestler B when he turns his back to Wrestler A in an attempt to escape from the single leg position. At this point the referee should award a two-point reversal even though Wrestler B, after turning away, comes back into Wrestler A to fight the single leg.



**Starting Position**

SECTION 15. SITUATION: The bottom man assumes a referee position whereby the top man cannot assume a legal starting position on the side of his choice. The referee makes the bottom man adjust his position. **QUESTION:** Can the top man now decide to change sides? **RULING.** No. The top man has indicated to the referee which side he wanted. After the bottom man is forced to adjust, the top man cannot decide to mount a different side.



---

# RULE 3

## Weight Classification and Weighing In

---

### Weight Allowance

**SECTION 5. SITUATION:** Team A wrestles a January 31 dual meet on the road. The weight for the meet was January weight (flat weight plus 2 pounds, i.e., 118-120). The next day, February 1, Team A has another dual meet on the road. **QUESTION:** Is the weight for the February 1 dual meet flat weight plus 2 pounds or flat weight plus 3 pounds? **RULING:** The weight for the second dual meet would be flat weight plus 2 pounds. The teams would receive 1 pound due to travel then lose 1 pound due to moving to February weight.



---

# RULE 4

## Conduct of Matches and Tournaments

---

### Matches

#### Choice of Position

SECTION 6. SITUATION: Wrestler A has his choice at the end of the first period. Wrestler A takes the top position and the referee tells Wrestler B to take his position. Wrestler A's coach tells him to choose bottom. **QUESTION:** How long does Wrestler A have to change his mind? **RULING:** For consistency and to avoid delaying the match, once the wrestler with the choice verbally decides and the referee confirms this with him to prevent misunderstanding, the wrestler cannot alter his decision.

#### Control of Mat Area

SECTION 8. SITUATION: According to Rule 4-9-c, Team A has been verbally warned, officially warned and penalized with one team point deduction during a dual meet. A situation occurs where the head coach and the assistant coach approach the table and begin a confrontation with the referee. Again, the referee penalizes Team A according to Rule 4-9-c. **QUESTION:** This being Team A's fourth infraction, whom does the referee remove from the arena — both coaches, the head coach or the assistant coach? **RULING:** The referee will remove the head coach in this situation.

#### Correction of Error

SECTION 9. SITUATION: In a tournament situation, Team A has been verbally warned, officially warned and penalized with one team point deduction during the session of a tournament. The assistant coach begins badgering and arguing with the referee. The referee penalizes Team A according to Rule 4-9-c. **QUESTION:** Whom does the referee remove from the arena? **RULING:** The referee will remove the last person penalized — the assistant coach.



## Tournaments

### Administration

**SECTION 11. b. SITUATION:** Wrestler A fails to report to the specified mat within five minutes after being called by the tournament announcer. **QUESTION:** How is the original time reference established? **RULING:** A tournament official will direct the announcer to start the first bout of each round and the announcer then will call the wrestlers to the first available mat. If the wrestlers do not report to the designated mat upon being called by the announcer, the head timer will start the five-minute count.



---

# RULE 6

## Infractions

---

### Unsportsmanlike Conduct

SECTION 4. SITUATION: Wrestler A finished his match with a one-point victory and shook hands with his opponent. On the way to the bench he throws his headgear. **QUESTION:** Should Wrestler A be called for misconduct or unsportsmanlike conduct? **RULING:** He would be penalized according to the penalty table for unsportsmanlike conduct.

### Flagrant Misconduct

SECTION 5. a. SITUATION: The referee raises the hand of Wrestler A at the end of the match. Wrestler A subsequently punches Wrestler B and the referee calls flagrant misconduct. **QUESTION:** What is the penalty and what affect does it have on the match? **RULING:** Wrestler B is declared the winner. Wrestler A is disqualified and removed from the premises. A contestant so disqualified in tournament competition is not entitled to placement points or individual tournament awards and will not be credited with advancement and fall points earned before he was disqualified. His team also shall be penalized one team point.

## Holds

### Illegal

SECTION 8. SITUATION: Wrestler A is winning 5-3. Wrestler A is in a takedown situation with Wrestler B. Wrestler A lifts Wrestler B and slams him to the mat very forcefully after the buzzer to end the match and the referee calls the slam. After a 1½-minute injury timeout the doctor and/or trainer states that Wrestler B cannot continue to wrestle. **QUESTION:** Does Wrestler A win the match 5-4 because the match ended before Wrestler B was slammed or does Wrestler B win due to the slam and not being able to continue? **RULING:** According to Rule 4-4, the contestants will shake hands and the referee will declare the winner in accordance with Officials' Signals. The match is not ended until the referee declares the outcome of the match and both contestants have left the mat. Therefore, Wrestler B will win the match due to the illegal slam.



**Stalling**

**SECTION 10. RULING:** The basic intent of Rule 6-10-c is to assure that both wrestlers are making an honest attempt to wrestle in the 10-foot circle. At the same time, the rule is not intended to punish a wrestler for moving out of the circle to set up his opponent and to get out of a tie up. The repeated movement away from the opponent without attempting a takedown is defined as fleeing the opponent and is stalling. Therefore, if a wrestler repeatedly backs out of the circle with no obvious reason other than to avoid contact, he is stalling. Backing out of the circle to avoid an underhook or body lock is not stalling as long as the defensive counter is followed with an offensive attack. Circling out of the 10-foot circle is not stalling as long as movement is followed by an offensive attack.

**SECTION 10. SITUATION 2:** Wrestler A has his legs on Wrestler B. Wrestler B stands up with the legs still in. The referee stops the match for a stalemate. Wrestler A again gets the legs on Wrestler B while on the mat. Wrestler B again stands up. The referee stops the match. **QUESTION:** Who should be called for stalling? **RULING:** Wrestler B should be called for stalling for standing up to break a legal move.

**Interlocking Hands**

**SECTION 11. SITUATION 1:** Wrestler A is being reversed by Wrestler B. During the reversal Wrestler A locks his hands. The referee signals locked hands and allows the match to continue. Wrestler B continues with the reversal but Wrestler A immediately comes back with another reversal and subsequently pins Wrestler B. **QUESTIONS:** Should the match have been stopped after Wrestler B reversed Wrestler A's fall? Does Wrestler A's fall stand since there was an illegal hold involved before the fall? **RULING:** The fall stands. Rule 6-11 Note 1 states that if the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.

**SITUATION: 2:** Wrestler A is injured by a technical violation (i.e. locked hands or figure four on the body) and cannot continue the match. **QUESTION:** Does Wrestler A win the match because of the illegal action of Wrestler B? **RULING:** No. If Wrestler A cannot continue he will default the match to Wrestler B. Technical violations are separate from illegal holds. Illegal holds generally affect the "life or limb" of an opponent, whereas a technical violation, in most situations, does not affect the "life or limb" of an opponent. If a technical violation is executed so violently that it affects the "life or limb" of an opponent, the referee then can call a flagrant misconduct violation for the move instead of a technical violation.



**SITUATION 3:** Wrestler A is on the bottom, stands up and turns into Wrestler B, who is on his knees. Wrestler B locks his hands around both legs of Wrestler A in a double leg situation with no loss of control. Wrestler B then lifts Wrestler A, brings him to the mat, unlocks his hands and moves up. **QUESTION:** According to Rule 6-11, the wrestler in the position of advantage may not interlock or overlap his hands, fingers or arms around his opponent's body unless his opponent has all of his weight supported entirely on his feet or he has him in a pinning situation. What is the correct call in this situation? **RULING:** The wrestler in the advantage position could lock hands once the bottom wrestler's weight is supported entirely on his feet. Once the wrestler brings his opponent to the mat, he then has reaction time to break his grip.

**SITUATION 4:** The offensive wrestler applies a bear hug on the defensive wrestler, who is facing him in a sitting position. After the bear hug is applied, the offensive wrestler attempts to pin his opponent. **QUESTION:** Is this considered a technical violation for locked hands? **RULING:** Locking hands around the body by the offensive wrestler while in a control position on the mat is illegal. In a control position a wrestler cannot lock his hands around his opponent and then take him to a pinning situation. Once near-fall criteria have been met, it is permissible to lock hands.

### Figure Four Scissors

**SECTION 12. QUESTION:** When does a leg scissors turn into a figure four around the body or both legs? **RULING:** When the foot is placed directly behind the knee (where the knee bends). The foot at the calf or lower is not a figure four.

### Leaving Mat Without Permission

**SECTION 13. SITUATION:** The referee is asked to come to the scorer's table to confer with Coach B per his request, The referee instructs the wrestlers to remain in the center of the mat. Wrestler A walks to the edge of the mat to talk to his coach. **QUESTION:** What is the ruling? **RULING:** In this situation the penalty would be a technical violation and Wrestler B would be awarded a match point.

### False Starts and Incorrect Starting Positions

**SECTIONS 17 & 18. SITUATION 1:** There has been confusion by many referees on this rule. False starts and incorrect starting positions have been separated to prevent a wrestler from losing a match because his foot was off of the starting



line by 1 inch. This would give the referee some flexibility to work with. Although false starts were separated from the incorrect starting positions, the penalties were not. The penalties remain unchanged. Wrestler A false starts and a caution is awarded. If Wrestler A repeatedly assumes an incorrect starting position, the referee would then penalize Wrestler A one point. Wrestler A already has a caution for a false start.



---

# RULE 7

## Injuries And Defaults

---

### Coaching Injured Contestant

SECTION 2: **QUESTION:** Can wrestlers who were hurt because of illegal action be coached? **RULING:** Yes. A wrestler who was injured because of an illegal action can be coached. Rule 7-5 states that 1½-minute recovery time because of an illegal hold does not count against an injured wrestler's injury time.

### Unconsciousness or Serious Injury

SECTION 3. **SITUATION:** Wrestler A receives a neck injury. The referee will not allow Wrestler A to continue until receiving a physician's approval. There is a physician in the arena; however, it is obvious that he will not get to the mat area before the 1½-minute injury time expires. **QUESTION:** Does Wrestler B win by injury default? **RULING:** Once the wrestler says he is recovered, the official may take a referee's timeout until the doctor has time to evaluate the injured wrestler (within a reasonable amount of time).

### Accidental Injury

SECTION 4. c. **SITUATION 1:** Wrestler A applies a double leg takedown to Wrestler B. In the act of being taken down Wrestler B hurts his knee, falls to his back and calls time. **QUESTION:** Is there a two-point takedown and a two-point near fall? **RULING:** The takedown is awarded but back points are not. The back points were not awarded because there was no pinning combination and the near fall was not imminent.

**SITUATION 2:** Wrestler A throws a standing head lock on Wrestler B and takes him directly to his back. On the way to his back Wrestler B is injured and calls time. **QUESTION:** Should a two-point takedown and a two-point near fall be awarded? **RULING:** Yes. The takedown and near fall should be awarded.

### Accidental Injury

**SITUATION 3:** Wrestler A had Wrestler B in a pinning combination. Before Wrestler A turned Wrestler B into a near-fall situation, the referee stopped the



match for a potentially dangerous situation. Wrestler B did not yell in pain or request the move be broken. But once the action was broken, Wrestler B indicated a slight injury to his arm. **QUESTION:** Should the referee award a two-point near fall based upon Rule 7-4-c, which states: "When a pinning combination is legally executed but the contestant is injured before near-fall criteria are met and a near fall is imminent, action will be stopped and a two-point near fall shall be awarded." **RULING:** The purpose of Rule 7-4-c is to prevent a wrestler from breaking a legal pinning situation by yelling and/or faking an injury to prevent from being turned. Therefore, since the referee saw a potentially dangerous situation and decided to break it of his own accord, no near-fall points should be given. Rule 7-4-c is not intended to prevent the referee from stopping any action he sees as potentially dangerous. If a move is stopped by the referee with no action taken by the bottom wrestler, points should not be awarded.

**SITUATION 4:** Wrestler A has Wrestler B in a pinning situation and near-fall criteria are met four seconds when Wrestler B screams in pain. **QUESTION:** Under present rules there is an automatic two points for a near fall even though the criteria are not met, but a fall is imminent. **QUESTION:** In this situation, when can a three-point near fall be awarded? **RULING:** A three-point near fall only can be given after the five-second count for a near fall is met before Wrestler B's scream.



# Index to Rules

	Rule	Sec.	Page		Rule	Sec.	Page
Accidental injury.....	7	4	51	Neutral position.....	2	8	17
Appearance.....	1	11	14	Neutral start.....	2	12	18
Attendants during timeout.....	7	6	52	Officials—attire, duties.....	8	1	53
Captains.....	1	3	12	Optional offensive start.....	2	15	19
Coaching injured contestant.....	7	2	51	Out of bounds.....	2	9	17
Codes of Ethics.....	-	-	10	Overtimes.....	4	7	26
Consolation matches.....	4	4	25	Penalizing.....	6	2	40
Contact Lens.....	6	7	41	Penalty table.....	-	-	48
Control of mat area.....	4	9	27	Persons subject to rules.....	1	4	12
Correction of error.....	4	10	28	Points.....	5	2	37
Decisions.....	2	1	16	Potentially dangerous.....	6	9	43
Default.....	2	2	16	Protests.....	4	20	35
Delay of match (intentional).....	6	10	44	Referee.....	8	-	53
Disqualification.....	2	3	16	Reversal.....	2	13	19
Draw.....	2	1	16	Riding time.....	2	17	20
End of match.....	4	5	25	Scorers.....	8	6	56
Equipment (legality).....	1	12	15	Scoring.....	5	-	37
Errors (correction).....	4	10	28	Seeding.....	4	17	31
Escape.....	2	4	16	Serious injury.....	7	3	51
Fall.....	2	5	16	Shaking hands.....	4	5	25
False start.....	6	17	47	Sideburns.....	1	11	14
Flagrant misconduct.....	6	6	41	Sight handicap.....	-	-	58
Figure four.....	6	12	46	Signals—referee.....	-	-	76
Fingers, pulling.....	6	8	42	Slam.....	6	8	42
Foreign substances.....	6	7	41	Sportsmanship.....	8	3-k	54
Forfeit.....	2	7	17	Sportsmanship.....	2	14	19
Grasping clothing.....	6	16	46	Stalemate.....	6	10	44
Ground rules.....	4	1	24	Stalling.....	1	6	13
Hair (legality).....	1	11	14	Starting lines.....	2	15	19
High school differences.....	-	-	7	Starting routine.....	2	16	20
Illegal holds.....	6	8	42	Takedown.....	2	6	17
Illegal injuries.....	7	5	51	Technical fall.....	2	6	17
Illegal starts.....	6	17	47	Technical violations.....	6	10	44
Illustrations.....	-	-	58	Time advantage.....	2	17	20
Inbounds.....	2	9	17	Timekeeper.....	8	4	55
Infraction penalty table.....	-	-	48	Timeout.....	7	1	50
Infractions.....	6	-	40	Tournaments.....	4	11	29
Injuries.....	7	-	50	Tournament committee.....	4	11	29
Leaving mat.....	6	13	46	Tournament scoring chart.....	5	-	38
Length of match.....	4	3	24	Toweling off.....	6	15	46
Locked hands.....	6	11	45	Unconscious.....	7	3	51
Matches.....	1	-	12	Uniform.....	1	10	14
Mats.....	1	5	12	Unnecessary roughness.....	6	5	41
Mat judge.....	4	12	29	Unsportsmanlike conduct.....	6	4	40
Medication.....	1	12	15	Warning.....	6	2	40
Misconduct.....	6	5	41	Weighing in.....	3	3	21
Mustache.....	1	11	14	Weigh-in time.....	4	1	24
Near fall.....	2	11	18	Weight allowance.....	3	5	22
				Weight classes.....	3	1	21



