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WRESTLING

Rules and
Interpretations



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THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

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Major Rules Changes for 2003

The numbers at the left below refer to rule and section, respectively. Page numbers are listed at the far right. Each changed segment is indented and identified in the rules by a shaded background.

<i>Rule</i>	<i>Description of change</i>	
1-11-a	Match uniforms worn by team participants must be identical in design and color	WR-13
1-11-c	Wrestling headgear required anytime wrestling takes place.....	WR-13
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Coaches' Code of Conduct

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

Student-Athletes' Statement of Conduct and Responsibility

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

Referees' Code of Conduct

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

Spectator Sportsmanship

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

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 deal directly with the contest itself. Some administrative rules (as indicated) may be altered by the mutual consent of the competing institutions. Such rules are listed below and designated within the text. All other rules are unalterable and cannot be changed by mutual consent. **All NCAA member institutions are required to conduct their intercollegiate contests according to these rules.**

The administrative rules that may be altered by mutual consent of the competing institutions are Rule 4-16 through 4-26, 5-2 (tournament scoring chart) and 5-4.

Those seeking interpretations or clarifications of NCAA wrestling rules may call or write to the secretary-rules editor: Robert G. Bubb, 946 Forest Drive, Clarion, Pennsylvania 16214-4548. Office Phone: 814/764-6374; Home Phone: 814/764-5365; Fax: 814/764-6395.

Those seeking information regarding refereeing organizations, techniques or clinics may call or write to the national wrestling officiating coordinator: M. Patrick McCormick, 4 Waters Edge, Poquoson, Virginia 23662. Phone: 757/868-1253.

RULE 1

A Match, Mats, Wrestlers, Uniforms and 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 long, divided into three periods, with the first period three minutes and the second and third periods two minutes each. Multiple matches may be less than seven minutes long (double duals, quadrangulars, tournaments, etc.). Matches less than six minutes long shall not be included on a wrestler's official NCAA Individual Season Wrestling Record Form.

However, matches wrestled against competitors that are ineligible shall count on the NCAA Individual Season Wrestling Record Form. The ineligible wrestler may not count those matches wrestled during this period.

Representation

SECTION 2. An institution shall be represented by only one wrestler in each weight class, and no substitution is allowed for an injured wrestler in a dual meet or tournament.

Home-Team Designation

SECTION 3. For scoring and identification purposes, the home team will be considered "green" and the visiting team, "red." (For exception, see 8-1-e.)

Team Captains

SECTION 4. Each team shall designate to the referee one or more contestant(s) as its captain(s). One of the visiting captain(s) shall call a disk toss. The colored disk shall fall unimpeded to the mat and shall determine: (1)

choice of options at the beginning of the second period for each weight class and (2) which individual is to appear on the mat first for each weight class. The winner of the disk toss may choose the odd or even number of the 10 weight classes, with 125 being odd, 133 being even, etc. (See 4-6 and 4-10.)

Persons Subject to the Rules

SECTION 5. All wrestlers, coaches, athletic trainers and other persons affiliated with the teams are subject to the rules and shall be governed by the decisions of the officials. (For crowd-control measures, see 6-4-b.)

Mats

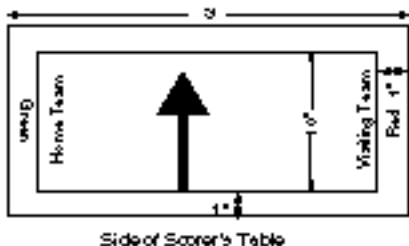
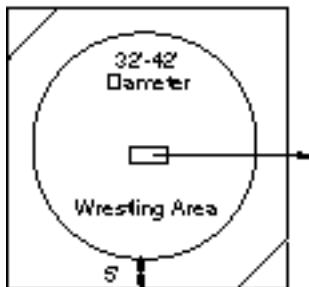
Dimensions

SECTION 6. Mats should have a wrestling area between 32 and 42 feet in diameter. There shall be a mat area (or apron) with a minimum width of 5 feet that extends entirely around the wrestling area. The apron area shall be designated by use of either contrasting colors or a two-inch wide line.

The entire wrestling area and apron shall be the same thickness, which shall not be more than 4 inches nor less than the thickness of a mat that has the shock-absorbing qualities of a 2-inch-thick hair-felt mat. All mats that are in sections shall be secured together.

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

It is the responsibility of the home institution's game-management personnel to ensure that the wrestling mat(s) and surrounding facilities meet all regulations. The meet referee shall verbally alert home management of any variance from the stated facility and mat requirements, with questions



and/or disagreements being resolved by the participating institutions' representatives.

Starting Lines

SECTION 7. There shall be placed at the center of the mat two 1-inch starting lines, one of which shall be in the center of the mat. The lines shall be 3 feet long and 10 inches apart. Two 1-inch lines shall close the ends of the starting lines. One of the two lines shall be green and located closest to the home team, and the other shall be red and located closest to the visiting team. (See 8-1-e note.) When in the down starting position, the defensive wrestler shall assume a position facing away from the scorer's table. The arrow in the diagram on the preceding page should point away from the scorer's table.

Wrestlers

Limitations

SECTION 8. Contestants shall not be permitted to represent their institution in more than one weight class in any meet.

Forfeits

SECTION 9. A contestant shall not accept a forfeit in one weight class and compete in another class.

Shift in Weight Class

SECTION 10. A contestant who weighs in for one weight may be shifted to a higher weight class. (Heavyweights must weigh a minimum of 183 pounds.)

Uniforms and Equipment

Uniforms

SECTION 11. Mandatory competition equipment shall conform to the following guidelines:

- a. The uniform shall consist of a one-piece singlet that may be worn with or without full-length tights.

The portion of the uniform covering the upper torso shall not be cut away in excess of the uniform pictured in illustration Nos. 1, 2 and 3. Specifically, the front and back of the uniform shall not be cut lower than the armpit. Under the arms, the uniform shall not be cut lower than one-half the distance between the armpit and the belt-line. The outermost garment shall have a minimum inseam length of four inches and shall not extend beyond the top of the knees. Whereas full-length tights are acceptable under a one-piece uniform, Bermuda-length un-

dergarments and other accessories that extend beyond the inseam of the one-piece uniform are not permitted. The name or initials of the wrestler's institution shall be displayed on competition uniforms with letters at least two inches high.

Team uniformity in clothing, to include the school's official warm-up and match uniforms, is required.

For dual meets and each session of a tournament (including NCAA Championships competition) the match uniform worn by team participants must be identical in design and color. This rule does not apply to open and early-season tournaments.

(See 4-3-a and 4-17-h and illustration Nos. 1, 2 and 3.)

- b. Light, heelless wrestling shoes reaching above the ankle and tightly secured shall be worn. Other than during a scoring situation, any match delay or stoppage directly related to shoelaces shall be treated as delay of match and therefore a stalling violation.

- c. A protective ear guard must be worn anytime wrestling takes place (this includes practice, dual meets and all collegiate and open tournaments).

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

- d. In all tournaments, the home management shall provide red and green anklets approximately three inches wide for identification of the wrestlers. It is also recommended that these anklets be used in dual meets.

Note: Uniforms and all other items of apparel and equipment (e.g., warm-ups, socks, T-shirts, headgear, and towels) may bear only the manufacturer's normal label or trademark as it is used on all such items for sale to the general public. This label or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram) that does not exceed 2¼ square inches. This restriction is applicable to all apparel worn by student-athletes during the conduct of the institution's competition, which includes any pregame or postgame activities. Noncompliance can affect a student-athlete's eligibility. See NCAA Bylaw 12.5.4 for more information.

Appearance

SECTION 12. Contestants shall be cleanshaven, with sideburns trimmed no lower than ear-lobe 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 its natural state, shall not extend below the top of an ordinary shirt collar and on the sides shall not extend below ear-lobe level. A neatly trimmed mustache that does not extend below the line of the lower lip is permissible.

If an individual has hair longer than allowed by rule, it may be braided or rolled if it is contained in a cover so that the hair rule is satisfied. The cover shall either be a part of the headgear or worn under the headgear. A bandanna is not considered a legal hair cover. The cover must be of a solid material and be non-abrasive. All hair covers will be considered special equipment.

Special Equipment

SECTION 13. Special equipment is defined as any equipment worn that is not required by rule and includes, but is not limited to, haircoverings, face masks and braces. In addition, anything 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. (See 1-14-a.) It is recommended that all wrestlers wear a protective mouth guard.

Enforcement

SECTION 14. a. The legality of mat markings and equipment (official team warm-ups, uniforms, headgear, special equipment, pads, etc.) and each 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. These shall constitute the sole reasons for disqualification as to application of this rule and shall not be arbitrary or capricious. (Regarding communicable skin diseases, see 3-9 and Appendix D.)
- 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 an injury timeout until the referee determines that the contestant is in compliance. (See 7-1.) The time used shall be cumulative with the offender's 1½ minutes of allowed

injury time and shall count as the contestant's first timeout. If the contestant is not in compliance at the end of 1½ minutes, that contestant shall be disqualified from participation.

- d. The wearing of wrestling equipment, e.g., headgear, knee pads, that repeatedly causes delays in the normal progression of the match may result in an injury timeout being called. (See 7-1.)

Videotaping

SECTION 15. Videotapes shall not be used in dual meets to make corrections in match scores, determination of riding time or judgment calls. (For tournaments see 4-25.)

Rules interpretations can be found in the back of this book on the designated page.

- 1) *Shoelaces, 1-11-b, WI-2*
- 2) *Videotaping, 1-15, WI-2*

RULE 2

Definitions

Wrestling Positions

Starting Position

SECTION 1. 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. This is the neutral position, in which neither wrestler has control. When the referee sounds the whistle, the wrestlers will begin wrestling. (See illustration No. 5.)

In matches involving sight-handicapped wrestlers, a finger-touch method shall be used in the neutral position and contact shall be maintained throughout the match. (See illustration No. 4.)

- b. *Defensive starting position.* The defensive wrestler takes a stationary position at the center of the mat with both hands and knees on the mat, as directed by the referee. Both knees must be 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 the offensive wrestler's choice. (For legal starting position, see illustration Nos. 6 and 7.)
- c. *Offensive starting position.* The offensive wrestler shall be on the right or left side of the opponent with at least one knee on the mat and head on or above the midline of the 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 the 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. (For legal starting position, see illustration Nos. 6, 7 and 8.)

- d. Optional offensive starting position. Wrestlers selecting the optional starting position must indicate their intent to the referee. The referee shall inform the defensive wrestler of the offensive wrestler's intention and allow the defensive wrestler to adjust. (See 6-18.)

The offensive wrestler may select a position on either side or to the rear of the defensive wrestler with all weight supported by both feet, one knee or both knees. The offensive wrestler is to place both hands on the opponent's back (area between neck and waist), thumbs touching. Only the hands of the offensive wrestler are to be in contact with the defensive wrestler.

The offensive wrestler is not to place one or both feet or knees between the opponent's feet or legs, or in front of the forward starting line or the line extended. In addition, the offensive wrestler is not to straddle the opponent. (See illustration Nos. 9 and 10.)

- e. For either the offensive or optional starts, the referee will direct the offensive wrestler to take a starting position after the defensive wrestler is stationary in the starting position.

Stalemate

SECTION 2. When the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve their position, the referee shall stop the match as soon as possible; wrestling will be resumed as for out of bounds. (See 2-5.)

Position of Advantage

SECTION 3. A position of advantage is a situation in which a contestant is in control and maintaining restraining power over the opponent. Control is the determining factor. The offensive wrestler is entitled to this advantage until such time as the opponent gains a neutral position or a reversal.

In Bounds

SECTION 4. Contestants are considered to be in bounds if the supporting parts of either wrestler are inside the inner edge of 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 being used to hold the opponent. (Down on the mat, the usual points of support are the knees, the side of the thigh, the buttocks and the hands.) Wrestling shall continue as long as the supporting parts of either wrestler remain in bounds. When the defensive wrestler's back is exposed to the mat in a pinning situation while at least the supporting

points of either wrestler are in bounds, wrestling shall continue as long as there is a possibility of the offensive wrestler bringing the opponent back in bounds. In this situation, the defensive wrestler's shoulders (scapulae) are the supporting parts. Near-fall points may be earned only while any part of the defensive wrestler'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.

Resumption of Wrestling After Out of Bounds

SECTION 5. The contestants at the resumption of a match shall be in the neutral or 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, that contestant will take the offensive starting position at the center of the mat, and the opponent will assume the defensive starting position.

Scoring Opportunities

Takedown

SECTION 6. A takedown shall be awarded when, from the neutral position, a contestant gains control and places the opponent's supporting point(s) down on the mat beyond reaction time. (See illustration Nos. 37, 38 and 39.)

For the purpose of awarding takedown points at the edge of the mat, such points shall be awarded when control is established while the supporting points of either wrestler are in bounds or while at least the feet of the scoring contestant finish down on the mat in bounds. (See illustration Nos. 35 and 36.)

Escape

SECTION 7. A defensive wrestler is awarded an escape when the offensive wrestler loses control of the opponent while the supporting points of either wrestler are in bounds. An escape may be awarded while the wrestlers are still in contact.

Reversal

SECTION 8. A reversal occurs when the defensive wrestler comes from underneath and gains control of the opponent, either on the mat or in a rear-standing position.

For the purpose of awarding reversal points at the edge of the mat, such points shall be awarded when control is established while the supporting

points of either wrestler are in bounds or while at least the feet of the scoring contestant finish down on the mat in bounds. (See illustration No. 41.)

Near Fall

SECTION 9. a. A near fall is a position in which the offensive wrestler has the opponent in a controlled pinning situation in which (1) the defensive wrestler is held in a high bridge or on both elbows, or (2) any part of one shoulder or scapula, or the head is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less to the mat, or (3) any part of both shoulders or both scapulae are held within four inches of the mat. Two points shall be awarded for such near-fall situations when one of these three criteria have been met for two seconds. (See illustration Nos. 57, 58 and 59.) A continuous roll-through is not to be considered a near fall.

- b. If a criterion for a near fall is met and held uninterrupted for five seconds, three points shall be awarded.
- c. A verbal count and, whenever possible, a visual hand count is to be used in determining a near fall. (See 8-3-e.) 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. 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 the opponent in a pinning situation, may score a near fall. Bridge-backs in body scissors or bridge-overs with a wristlock are not considered near-fall situations, even though a fall may be scored.

When defensive wrestlers place themselves in precarious situations during attempted escapes or reversals, particularly leg vines and body scissors, a near fall shall not be scored unless the offensive wrestler has control of and definitely has restrained the opponent in a pinning situation for two seconds. (See illustration No. 59.)

- d. When a pinning combination is executed legally and a near fall is imminent, but the contestant is injured, indicates an injury or has excessive bleeding before a near-fall criterion is met, action will be stopped and a two-point near fall shall be awarded.
- e. When a criterion for a near-fall is met and the match is stopped for an injury, the contestant indicates an injury or has excessive bleeding, action will stop and a three-point near fall shall be awarded.

- f. When a criterion for a three-point near-fall is met, and a match is stopped for an injury, the contestant indicates an injury or has excessive bleeding, a fourth point shall be awarded.
- g. Except for a bleeding injury in (d.), (e.), and (f.) above, an injury timeout must be assessed. (See 7-1-b.)

Imminent Scoring

SECTION 10. When a match is stopped for an injury during a scoring situation (e.g., takedown, reversal, escape) and the referee determines that scoring would have been successful if the wrestling had continued, the referee shall charge an injury timeout to the injured contestant and award applicable points to the non-injured wrestler. (See 2-9-d, e and f; For imminent scoring with locked hands, see 6-11.)

Time Advantage

SECTION 11. The offensive wrestler who has control in an advantage position is gaining time advantage (i.e., "riding time"). A timekeeper records that wrestler's 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 a contestant has one minute or more of net time advantage, that wrestler is awarded one point.

End of Match

Fall

SECTION 12. Any part of both shoulders or part of both scapulae of either wrestler held in contact with the mat for one second constitutes a fall. The one-second count (one-thousand-one) shall be a silent count by the referee and shall start only after the referee is in position to observe that a fall is imminent, 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 part of both shoulders or part of both scapulae are in bounds. (See 2-4 and illustration Nos. 42 and 43.)
- b. If any portion of the body of one of the wrestlers is out of bounds so that the wrestler is disadvantaged, no fall shall be awarded and out of bounds shall be declared.
- c. When the match is stopped for out of bounds in a fall situation, the match shall be resumed in the starting position on the mat. (See 2-1-b and c and 2-5.)

- d. As soon as the criteria listed in the first part of this section are met, the referee shall indicate the fall by striking the mat with the palm of the hand. (See 8-3-p.)
- e. When the referee is able to determine that a fall has occurred and the period ends before the referee strikes the mat, the fall shall be awarded. (See 8-3-p.)
- f. If the referee cannot determine that a fall has occurred before the period ends because of crowd noise or other circumstances, the assistant referee, if available, shall be consulted. If there is no assistant or if the assistant referee is in doubt, the referee shall ask the match timekeeper if the signal hand hit the mat before the period ended. (See 8-3-p.)

Technical Fall

SECTION 13. A technical fall terminates the match and occurs when a wrestler has earned a 15-point advantage over the opponent. A time-advantage point cannot be awarded until the third period has concluded. A wrestler earning a differential of 15 points during a match can lose only by committing an act of flagrant misconduct. (See 5-3-b, c and 5-4-c.)

Major Decision

SECTION 14. A major decision occurs when the margin of victory after three periods is eight through 14 points. (See 5-3-d and 5-4-c.)

Decision

SECTION 15. A decision occurs when the margin of victory is fewer than eight points. A decision also is credited to the wrestler who is awarded the first points in an overtime match that does not end with a fall, default or disqualification. (See 4-11 and 5-3-e.)

Default

SECTION 16. A default is awarded in a match when one of the wrestlers is unable to continue for any reason. A default shall be included as a win or loss in each wrestler's season record. (See 4-17-c and 7-1-c and d.)

Disqualification

SECTION 17. A disqualification is a situation in which a contestant is banned from participation in accordance with the Penalty Table. (See 4-22-d.) A disqualification shall be included as a win or loss in each wrestler's season record.

Forfeit

SECTION 18. A forfeit is received by a wrestler when the opponent, for any

reason, fails to appear for the match. In order to receive a forfeit or medical forfeit, the nonforfeiting wrestler must be dressed in a wrestling uniform and appear on the mat. A forfeit or medical forfeit shall be included as a win in the victor's season record. (See 1-9, 2-19, 3-6, and 4-17-b, c and d.)

Medical Forfeit

SECTION 19. A medical forfeit may be declared when a contestant is injured or becomes ill during the course of tournament competition. (See 4-23.)

Note: For the list of proper terms and abbreviations for recording the results of a match, see 5-2.

Rules interpretations can be found in the back of this book on the designated pages.

- 1) Defensive starting position, 2-1-b, WI-3
 - 2) Escape, 2-7, WI-3
 - 3) Reversal, 2-8, WI-4
 - 4) Near Fall, 2-9, WI-5
 - 5) Imminent Scoring, 2-10, WI-6
 - 6) Fall, 2-12, WI-6
 - 7) Technical Fall, 2-13, WI-6
 - 8) Default, 2-16, WI-8
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RULE 3

Weight Certification, Classification, and Weighing In

Weight Certification

SECTION 1. *a. Establishing a Weight Class.* Each school shall have a physician or athletic trainer conduct an initial weight assessment of its student-athletes not competing in a fall sport no sooner than the first official day of classes in the fall semester, trimester or quarter and no later than the first official practice (144-day calendar in Divisions I and II and 21-weeks in Division III per NCAA Bylaw 17). During the initial weight assessment, a wrestler's minimum wrestling weight class for the season will be determined.

Student-athletes competing in a fall sport may have their weight assessment conducted during their preseason physical examination. These student-athletes should be reassessed by a doctor or athletic trainer following their fall sports season. **All wrestlers who appear on an institutional squad list must comply with weight management regulations (e.g., wrestlers competing in open competition).**

b. Procedures for two certifications. All student-athletes appearing on an institutional squad list for the first time and who have not been tested through the NCAA's Weight Certification Program in previous years are required to complete both Section I and II of the Weight Certification Program. Once a minimum wrestling weight has been established, each wrestler has the option of modifying that weight, until a permanent weight class is established, no later than December 16, 2002.

Wrestlers under the two-certification format may weigh-in and compete at a higher weight class until completing their second certification no later than December 16. A wrestler may not compete at his or her lowest certified weight class before the date indicated on the NCAA Weight Loss Plan

Form. The first competition after the second certification establishes the certified weight class for the remainder of the season. All wrestlers must follow weight management regulations while modifying their weight.

A student-athlete joining the team after December 16 must follow procedures listed above for two certifications with one exception: A student-athlete reporting after December 16 does not have the option of competing while modifying his or her weight. A wrestler must follow the Weight Loss Plan Form and the first competition determines his or her weight class for the season.

c. Procedures for one certification.

A student-athlete completing the NCAA's Weight Certification Program previously is only required to complete Section I of the weight certification program. **Wrestlers using this procedure may weigh-in and compete at a higher weight class until reaching their lowest certified weight class, no later than December 16, 2002.**

A wrestler may not compete at his or her lowest certified weight class before the date indicated on the NCAA Weight Loss Plan Form. The first competition after reaching the lowest certified weight establishes the wrestler's weight class for the season. (See Most Frequently Asked Weight Management Questions at the end of this section.)

A student-athlete joining the team after December 16 must follow the procedures listed above for one certification with one exception: A student-athlete reporting after December 16 does not have the option of competing while modifying his or her weight. A wrestler must follow the Weight Loss Plan Form and the first competition determines his or her weight class for the season.

d. Two certification option. A student-athlete meeting the requirements for a one-time certification may select the two-certification program. (See 3-1-c.) A wrestler using this option shall follow the procedures detailed in Rule 3-1-b.

e. Weight Class Re-Certification. A wrestler weighing in at a weight class no higher than one class above his or her **original wrestled weight** may return to the original weight class upon completing Forms A and B of the NCAA Wrestling Weight Re-Certification Program. This provision may only be used one time per wrestler, per season. A wrestler may not lose more than 1.5% of body weight on average per week while making the descent. **The last allowable date in which a competitor may reach his or her original certified weight is February 17, 2003.** The re-certifying wrestler is allowed to wrestle at the higher weight until reaching his or her original wrestled weight class.

f. Additional weigh-in regulations. No wrestler may compete below the established minimum wrestling weight. A wrestler may weigh in at the certified weight class and compete at a higher weight classification. If a wrestler weighs in at the 141-pound weight class, but competes at the 149-pound weight class the wrestler does not relinquish the right to wrestle at the 141-pound class. If a student-athlete weighs in at a weight class greater than the **original wrestled certified weight**, that classification becomes the wrestler's certified weight.

It should be noted that wrestlers weighing in two weight classes above the original certified weight class are not allowed to return to the original wrestled weight class. For example, if a wrestler's weight class is 149 and the wrestler weighs in at 165, the athlete is ineligible to return to the 149-pound weight class. The lowest weight class at which this wrestler may compete is 157.

Note 1: Additional information concerning weight certification and weight management procedures can be found in Appendix H. In addition, it is recommended that coaches refer to the preseason weight certification memorandum titled "2002-03 Wrestling Weight Certification Program," mailed by the NCAA to head coaches and athletic trainers.

Note 2: A number of frequently asked questions and answers relating to the NCAA's Weight Management Program can be found at the conclusion of this chapter.

Weight Classification

Weight Classes

SECTION 2. Competition shall be divided into the following 10 weight classes for dual meets, multiple duals and tournaments.

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

Determining wrestling order

SECTION 3. Immediately following the weigh-in for a dual meet or multiple dual meets conducted on the same day, coaches may mutually agree to determine the order of matches to be wrestled, allowing for a particular weight class to be featured. Once the first weight class is established, subsequent matches will continue in the traditional sequence.

If coaches cannot agree on the wrestling order, a random draw shall be conducted to determine which weight class will be wrestled first.

Note: For example, if the 165-pound weight class is selected by mutual consent or random draw, the sequence of weight classes would be 165, 174, 184, 197, Heavyweight and then 125 through 157. (See 1-4.)

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

Weighing In

Time

SECTION 4. a. Weigh-ins shall be conducted in a private, secured area at the site of competition or in an adjacent building to the competition and attendance shall be limited to the contestants, coaches of the contestants, required medical personnel, the person(s) supervising the weigh-in and others deemed necessary. The referee or other authorized persons should supervise the weighing-in of contestants. It is recommended that all con-

testants weigh-in with shorts for dual meets and tournaments. It is recommended that a digital scale be used for weigh-ins.

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. (See 3-6.)

b. Dual, triangular, quadrangular meets. Contestants shall weigh in one hour or less before the first match begins, on a predetermined scale provided by the host school or organization. Teams failing to comply with the weigh-in rules shall forfeit. (See 4-2.) When a team is wrestling multiple dual meets at home or at different sites on the same day, weigh-ins for all teams involved shall be held one hour before the start of the first scheduled contest. The team(s) at subsequent site(s) shall conduct an honor weigh-in at the same time at their site. No team shall weigh in more than once a day.

At the scheduled time for weigh-ins, all student-athletes who wish to compete must present themselves at the scale(s). During the weigh-in period contestants may not leave the weigh-in area and activities that promote dehydration are prohibited. The weigh-in shall proceed through the weight classes beginning at the lowest weight class. Upon completion of the heavyweight class, weigh-ins are concluded. No additional time shall be granted. At the official weigh-in, a contestant may step on and off the scale three times to allow for mechanical inconsistencies in the scale.

c. Tournaments. Weigh-ins will be held two hours or less before the first matches begin on the first day and one hour or less before the first matches begin on subsequent days.

At the scheduled time for weigh-ins, all activities that promote dehydration must cease and all student-athletes who wish to compete must present themselves at the scales. The weigh-in shall proceed through the weight classes beginning at the lowest weight class.

If a contestant fails to make weight on one of the designated scales, the contestant may step on each additional official scale one time in an attempt to make weight immediately following the heavyweight class. The contestant may not leave the weigh-in area. At this time, weigh-ins are concluded.

All tournament directors must follow NCAA weigh-in guidelines. In addition, currently-enrolled student-athletes listed on an institution's squad list must adhere to NCAA rules relating to weighing-in.

d. Subsequent-day weigh-ins for tournaments, multiday dual meets and dual meets shall be conducted with no weight allowance permitted, nor can an allowance be mutually agreed upon.

e. For dual meets, both coaches shall keep on file a copy of the official weigh-in sheet until the end of the season. In tournament competition, the host site shall be responsible for retaining a copy of the official weigh-in sheet(s).

Prohibited Practices

SECTION 5. The use of laxatives, emetics, excessive food and fluid restriction, self-induced vomiting, hot rooms, hot boxes, saunas, and steam rooms is prohibited for any purpose. The use of diuretics at any time is prohibited by NCAA legislation for all sports. Regardless of purpose, the use of vapor-impermeable suits (e.g., rubber or rubberized nylon) or any similar devices used solely for dehydration is prohibited. Artificial means of rehydration (i.e., intravenous hydration) are also prohibited. Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation would result in suspension for the remainder of the season.

Failure to Make Weight

SECTION 6. Any contestant failing to make weight at the designated time shall be ineligible for that weight class. For dual meets, a forfeit shall be scored and team points awarded to the opponent. In tournaments, a forfeit should be awarded to the opponent and points for the forfeit and advancement should be scored or the tournament bracket redrawn. A contestant who fails to make weight on the second or subsequent day(s) of a tournament shall forfeit all points previously earned. (See 2-18, and 4-17-d and f and the Summary of Scoring Chart.)

Practice-Room Temperature

SECTION 7. The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice.

It is understood that some practice facilities cannot maintain this exact temperature due to physical plant deficiencies. It is within the spirit of the rule that every effort shall be made to maintain the 80-degree temperature

throughout the practice. The penalty for this violation is the same as for using prohibited dehydration methods and is assessed against the coach. (See 3-5.)

CPR and First Aid Training

SECTION 8. All coaches, including volunteers, shall be certified in cardiopulmonary resuscitation (CPR) annually by the date of the first practice. Similarly, coaches and volunteers must be certified in basic first aid every three years.

Medical Examinations

SECTION 9. A physician or a certified athletic trainer shall examine all contestants for communicable skin diseases before all tournaments and meets.

The certified athletic trainer responsible for the examination must be of the same gender as the student-athlete being examined. It is recommended that the physician also be of the same gender.

It is recommended that this examination be made at the time of weigh-in. The presence of a communicable skin disease (or any other condition that, in the opinion of the examining physician or certified athletic trainer, makes the participation of that individual inadvisable), shall be full and sufficient reason for disqualification.

If a team official suspects a student-athlete of having such a condition, and consults a physician (ideally a dermatologist) who determines that it is safe for that individual and his opponent to compete, that contestant's coach shall provide current written documentation from that physician to the examining physician or athletic trainer at the medical examination describing: (1) the diagnosed skin disease or condition; (2) the prescribed treatment and the time necessary for it to take effect; and (3) that the skin disease or condition would not be communicable or harmful to the opponent at the time of competition. Such documentation shall be furnished at the medical examination.

Final determination of the participant's ability to compete shall be made by the host site's physician or certified athletic trainer who conducts the medical examination, after review of any such documentation and the completion of the exam. (For physicians' and certified athletic trainers' guidelines regarding the dispensation of skin infections, see Appendix D.)

Rules interpretations may be found in the back of this book on the designated pages.

1) Weighing in: 3-4-b, WI-9

ANSWERS TO THE MOST FREQUENTLY ASKED WEIGHT MANAGEMENT QUESTIONS:

General Questions

Question 1: *Can a coach perform unofficial specific gravity and skin fold evaluations?*

Answer: YES. There may be an unlimited number of unofficial evaluations performed prior to assessment and certification.

Question 2: *Must Section I and the Weight Loss Plan Form be completed prior to an athlete's first official practice?*

Answer: YES. All student-athletes on the institution's squad list must be assessed. The institution may schedule assessment no earlier than the first day of classes in the fall semester, trimester or quarter and no later than the first official practice (144-day calendar for Divisions I and II and 21 weeks in Division III per NCAA Bylaw 17). An exception is permissible for student-athletes participating in a fall sport. In this case, the assessment can be performed during their pre-season physical examination.

Question 3: *Is there a penalty assessed for a wrestler that has 4 percent body fat upon certification?*

Answer: NO, provided the wrestler (1) is not below his previously determined Minimum Wrestling Weight; (2) has not lost more than 1.5 percent of the body weight per week on average over the weight-loss time period; and, (3) passed the hydration test.

Question 4: *If a student-athlete comes out for the team after December 16 (due to injury, academics, transfer, etc.), what steps are necessary to get the athlete certified?*

Answer: The student-athlete shall follow the procedures for one or two certifications for which they qualify in Rule 3-1-b or 3-1-c. The exception to this rule is that the wrestler may not compete while reaching the established certified weight class and the first competition will determine his or her lowest weight class for the season.

Question 5: *Can a student-athlete whose Minimum Wrestling Weight was determined to be 126 pounds during the initial certification be certified at the 125-pound class if he has a specific gravity of 1.020 and weighs 123 pounds later in the season?*

Answer: NO. The student-athlete is not permitted to wrestle below his Minimum Wrestling Weight of 126 pounds, which was determined at the initial assessment.

Question 6: *May a student-athlete wrestle at the certified weight class before the date shown on the Weight Loss Plan form?*

Answer: NO. The Weight Loss Plan must be followed to ensure safe and proper weight loss.

Question 7: *Wrestler A's Lowest Allowable Weight (LAW) as determined by Section I of the NCAA Wrestling Weight Management Form is 141 pounds. Wrestler A completes the required NCAA Weight Loss Plan Form and reaches the goal of 141 pounds, weighs in and competes. If Wrestler A later moves up and weighs in at the 149-pound weight class, is Wrestler A permitted to return to the original wrestled weight class of 141-pounds under the re-certification rule?*

Answer: YES. There are four keys to this scenario:

1. Wrestler A must have weighed in and competed at 141 pounds after completing the prescribed weight loss plan;
2. Wrestler A must not wrestle more than one weight class above the original wrestled weight;
3. Wrestler A must have completed Forms A and B of the Re-Certification Plan and mailed them to the NCAA;
4. Following the Weight Loss Plan Form, Wrestler A must **complete** the descent to 141 pounds by February 17, 2003.

Question 8: *Wrestler A is using the one certification procedure and Wrestler B is using the two certification procedure. Both wrestlers established their LAW in the 141 pound weight class. Neither wrestler competed at 141 pounds on or before December 16, 2002, but both wrestled at the 149-pound weight class. Q: Can Wrestlers A and B re-certify using the re-certification rule and drop to the 141-pound weight class as their LAW permits?*

Answer: NO. Both wrestlers must have wrestled at 141 pounds for the first competition following certification on or before December 16, 2002.

Questions About Wrestlers Required to Complete Sections I and II

Question 1: *During the initial assessment, a wrestler required to complete Sections I and II has a specific gravity of less than 1.020. For example, the wrestler weighs-in at 123 pounds during the initial assessment and plans to compete at the 125-pound weight class for the season. Is it necessary to perform a second hydration test and weigh-in?*

Answer: NO. It is permissible to use the initial assessment hydration test and hydrated body weight measurement for both Section I and Section II, so long as both forms are completed in their entirety and forwarded to the NCAA national office.

Question 2: *Do those required to complete Section II have to do so at the same time on the same day?*

Answer: NO. The institution may schedule certification anytime after the initial assessment and prior to the first match at the certified weight class, but no later than December 16. This flexibility is meant to accommodate the schedules of the student-athletes and sports medicine staff.

Section II forms may be sent to the NCAA individually or all at one time, on or before December 16, 2002.

Question 3: *Will a junior-college transfer who has not been previously tested through the NCAA Weight Certification Program be required to complete both Sections I and II of this program?*

Answer: YES. This student-athlete shall adhere to the same weight certification guidelines and requirements as listed in the 2002-03 NCAA Weight Certification Program.

Question 4: *What if a student-athlete comes out for the team after the first official practice and prior to December 16?*

Answer: For a wrestler required to complete Sections I and II, the institution will determine the student-athlete's Minimum Wrestling Weight at the time an appropriate hydrated weight is obtained. The length of time between the assessment of Minimum Wrestling Weight and December 16 provides the maximum time for weight loss. Section I, accompanied by the Weight Loss Plan form, must be sent to the NCAA national office as soon as the assessment is completed, and prior to the student-athlete's first practice.

Question 5: *If a student-athlete required to complete Section II has a Minimum Wrestling Weight of 157 pounds and his or her weight on December 6 was 157.38, could the wrestler be certified for the 157-pound class?*

Answer: NO. As with all weigh-ins throughout the season, there will be

no weight allowance. Thus, student-athletes must pass the specific gravity test and weigh in at "scratch weight" in order to be certified for a certain weight class.

Question 6: *Can a student-athlete, after completing Section I, wrestle at his or her certified weight class prior to completing Section II?*

Answer: NO. Section II of the Weight Management Program must be completed prior to any competition at the certified weight class, no later than December 16.

Questions About Wrestlers Required to Complete Section I Only

Question 1: *If a student-athlete has previously been tested through the NCAA Wrestling Weight Certification Program, is the athlete required to complete both Sections I and II?*

Answer: NO. The student-athlete is required to complete Section I and the Weight Loss Plan Form only.

Question 2: *When are the Section I and the Weight Loss Plan forms required to be sent to the NCAA?*

Answer: All Section I and Weight Loss Plan forms for all individuals on the roster must be sent to the NCAA national office before the first practice.

Question 3: *What if a student-athlete previously tested through the NCAA Weight Certification Program comes out for the team after the first official practice and prior to December 16?*

Answer: A wrestler required to complete Section I only must file the appropriate forms with the NCAA national office prior to his or her first practice. The length of time between the assessment of minimum wrestling weight and December 16 provides the maximum time for weight loss.

Question 4: *Is a student-athlete that has previously been tested through the NCAA Wrestling Weight Certification Program and using the one certification procedure allowed to compete at a higher weight class while modifying his or her weight?*

Answer: YES. The wrestler must follow the NCAA Weight Loss Plan Form, losing no more than 1.5 % of body weight on average per week. The wrestler must reach the determined certified weight class no later than December 16, 2002.

Question 5: *May a wrestler previously tested through the NCAA Wrestling Weight Certification Program (i.e., eligible for the one certification option) select the two-certification program instead?*

Answer: YES. Although a wrestler has been tested in previous years, he or she may opt to follow the two-certification program. This option must be circled at the top of the Weight Loss Plan Form when completing Section I prior to the first practice.

RULE 4

Conduct of Meets and Tournaments

Match Parameters

SECTION 1. A match begins with the start of the first period and ends with the conclusion of wrestling. The conclusion of wrestling occurs when time expires at the end of the third period, when overtime ends, or when a fall, technical fall, disqualification or default occurs.

Notification and Agreement

SECTION 2. All options of rules of competition (including ground rules) 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. No such action is binding unless approved by the visiting team or teams.

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 mutually be agreed upon.

Contestants and Coaches Attire

SECTION 3. a. *Contestants Attire*. All contestants shall be uniformly attired in their school's official warm-up and match uniform. No hats, stocking caps or other inappropriate apparel are permitted. Violation of this rule shall result in the head coach being penalized under control of mat area. (See 4-13-d.)

b. *Coaches Attire*. The wearing of jeans, T-shirts, sweatsuits and warm-up suits, headwear and similar apparel are not suitable attire for coaches during dual and tournament competition and, therefore, are prohibited. Each coach in violation of this rule shall be penalized under control of mat area. (See 4-13-d.) Further, the coach(es) in violation shall not sit in the designated reserved zone for coaching if the prohibited apparel is not replaced with suitable attire.

Prematch Period and Procedures

SECTION 4. The prematch period is defined as from the time a contestant steps onto the mat until the first period of the match begins, as indicated by the referee's whistle. Failure to comply with prematch procedures, and other acts of unsportsmanlike conduct, will result in penalization for unsportsmanlike conduct according to Rule 6-4 and the Penalty Table. It is recommended that each team's competing contestants be introduced by name and weight class prior to the start of a meet.

Intentional Delay During Prematch Period

SECTION 5. A team intentionally delaying its appearance on the mat beyond five minutes of the established meet starting time shall have one team point deducted.

Starting the Match

SECTION 6. In dual-meet competition, the wrestlers must be ready to go onto the mat immediately when called by the referee. The wrestler to be sent onto the mat first, who then cannot be withdrawn or replaced, shall be determined by the premeet disk toss. If the even-numbered matches (second, fourth, sixth, etc.) are selected, the coach would send a wrestler onto the mat first for the even matches. The opposing team would then send its wrestler onto the mat first for the odd-numbered matches. (See 4-10.) As soon as either contestant steps onto the mat, that contestant cannot be withdrawn or replaced.

Length of Matches

SECTION 7. For dual meets, all matches shall be seven minutes long, divided into three periods, with the first period lasting three minutes and the second and third periods, two minutes each. The time of the match is continuous, except when the referee stops or starts a match. Multiple dual meets and tournament bouts may be less than seven minutes long and divided into three periods. (See 1-1.) A default, disqualification, fall or technical fall terminates the match. If neither contestant secures a fall or a 15-point differential in the first period, the referee shall stop the match and grant the proper wrestler choice of position. The second period shall be started immediately by the referee's whistle. If no fall or technical fall occurs during this second period, upon its expiration the referee shall stop the match and grant the appropriate wrestler the choice of position for the third period. (See 4-10.)

Wrestle-back Matches

SECTION 8. Wrestle-back matches may be seven minutes or less in length, consisting of three periods. (See 1-1.)

Postmatch Period and Procedures

SECTION 9. a. The postmatch period is defined as from the conclusion of

wrestling until the contestants leave the mat. During this period, the wrestlers will return to and remain in the center of the mat while the referee checks with the scorer's table. Upon the referee's return to the mat, the contestants will give a traditional handshake in a sportsmanlike manner and the referee will declare the winner in accordance with the Referee Signals. (See illustration No. 86.)

- b. Failure to comply with the postmatch procedures, including unsportsmanlike conduct and flagrant misconduct, will be penalized according to 6-4, 6-6 and the Penalty Table.

Choice of Position

SECTION 10. 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 colored disk which team has the choice at the start of the second period in each weight class. The winner of the disk toss may choose the odd or even number of the weight classes. (See 1-4.)

The wrestler who has the choice may select the top, bottom or neutral position, or defer choice until the third period. If the wrestler with choice defers, the opponent may select top, bottom or neutral. If the wrestler with the choice does not defer, the opponent will have the choice of top, bottom or neutral to begin the third period. 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 after the end of the first period, the referee shall determine by toss of a colored disk which wrestler has the choice at the start of the second period. The wrestler granted the choice shall have the options listed in Rule 4-10-a. The other wrestler shall have the choice at the start of the third period.
- c. *Dual meets and tournaments.* If the score is tied at the end of the regulation match (third period), the choice of top or bottom position in the tiebreaker period shall be determined. (See 4-11-b.)

Overtimes

SECTION 11. a. *Sudden victory.* In tournament or dual-meet competition when the contestants are tied at the end of three regular periods, they will wrestle a sudden-victory period a maximum of one minute with no rest between the regular match and the sudden-victory period (wrestle-back matches included).

The sudden-victory period will begin with both wrestlers in the neutral position. The wrestler who scores the first point(s) will be declared the winner. If the first points were awarded simultaneously, as in a double stall, the match will

proceed immediately to the tiebreaker period.

b. *Tiebreaker.* If no winner has been declared at the end of the one-minute sudden-victory period, a 30-second tiebreaker period will be wrestled. The choice for position in the tiebreaker period will be determined at the conclusion of the regulation match and granted to the wrestler who scores the first points other than penalty points and escapes in the regulation match. Time advantage of one minute or more for either wrestler shall be included in this determination.

When the only points scored are either escapes and/or penalty points, the choice of position will be granted to the winner of a toss of a colored disk. The referee will allow the disk to fall to the mat unimpeded and shall take place at the conclusion of the sudden victory period. The wrestler winning the toss may select the top or bottom position.

The wrestler who is awarded the first point(s) during the tiebreaker period will be declared the winner. If no scoring occurs in 30 seconds, the offensive wrestler will be declared the winner.

If a wrestler takes an opponent directly to a position that meets a near-fall criterion, wrestling shall continue until the near fall or fall is awarded or until the period ends.

c. The sudden-victory and tiebreaker periods will be regarded as extensions of the regular match. All points, penalties, cautions, warnings, timeouts and injury time will be cumulative throughout the regular match, the sudden-victory period and the tiebreaker period; however, time advantage does not carry over.

d. In a situation in which both wrestlers are penalized an equal number of points during the sudden-victory period, those points will be added to both scores, the sudden-victory period will be terminated, and the wrestlers will wrestle the tiebreaker period. If an injury occurs as a result of an illegal act during the sudden-victory or tiebreaker period, recovery time is not applicable.

e. A wrestler earning the first point(s) in either the sudden-victory or tiebreaker periods can lose only by committing flagrant misconduct. (See 6-6.)

Breaking Team Ties

SECTION 12. When two teams finish in a tie, the following criteria shall be applied to determine a winner:

- a. Greater number of victories.
- b. Greater number of six-point victories (including falls, forfeits and defaults and disqualifications).
- c. Greater number of five-point technical falls.

- d. Greater number of four-point technical falls.
- e. Greater number of major decisions.
- f. Greater number of decisions.

g. Fewest number of matches forfeited.

- h. Greater number of total near-fall points earned. (This should include additional points earned for excessive bleeding or injury when near-fall points are awarded).
- i. Greater number of takedowns.
- j. Greater number of reversals.
- k. Greater number of escapes.
- l. Greater number of riding-time points.
- m. Greater number of stalling points.
- n. Colored disk toss.

Note: The method of recording the score in breaking team ties shall be the score followed by the letter of criteria that broke the tie (e.g., Team A 16, Team B 16, criterion e.)

Control of Mat Area

SECTION 13. All personnel, other than actual participating contestants, shall be restricted to a designated reserved zone.

- a. For dual meets, this zone shall be at least 10 feet from the mat and scorer's table.
- b. For tournaments, an eight-foot restricted zone shall be placed in any two corners of the mat. A maximum of three team personnel will be permitted in the restricted area. If three team personnel are used, two must hold coaching credentials and one must be a properly credentialed medical person. A chair will be placed behind the coaches for a credentialed medical person. Unauthorized team personnel in the corner shall be penalized according to Rule 4-13-d.
- c. Coaches and medical personnel may leave this zone only to (1) approach the scorer's table to correct the score or time or to ask for an interpretation of score or time, (2) approach the scorer's table to question the referee's application of a rule, or (3) move toward the mat during a charged timeout or at the end of a match. (See 4-15.)

d. Failure to comply will be treated in the following manner: first violation—warning; second violation—warning; third violation—deduct one team point; fourth and subsequent violations—deduct two team points and remove individual(s) involved from the premises.

These offenses are accumulated per institution throughout each dual meet and for the duration of multiple duals and tournaments, including dual meet tournaments. Penalties for control of the mat area and for questioning the referee shall be cumulative and sequential.

Correction of Error

SECTION 14. a. Errors occurring during the first or second periods shall be corrected with wrestling resuming immediately. If the incorrect wrestler is given the choice at the start of the second period, no rewrestling is necessary. The opponent shall be given the choice at the start of the third period.

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 a decision accordingly. 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. For a tournament the correction shall be made by the referee and shall take place before the contestants leave the mat area. (See 4-16-c and 4-24.) Any error not resolved by the referee shall be arbitrated by the tournament committee.

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.

Questioning the Referee

SECTION 15. a. 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.

When a coach believes the referee has misapplied a rule, the coach may approach the scorer's table and request that the match be stopped when there is no significant action. The referee and coach shall discuss the situation in a rational manner directly in front of the scorer's table. Both wrestlers shall remain in the center of the mat. Failure to comply will be penalized as a control-of-mat-area violation. (See 4-13-d.)

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 scorer's 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 shall penalize the coach according to Rule 4-13-d.

b. Badgering of the referee by the coach or any member of the team shall not be permitted. Failure to comply shall be considered questioning the referee's judgment and shall be penalized according to Rule 4-13-d.

c. Penalties for questioning the referee and for control of the mat area shall be cumulative and sequential.

Tournaments

Tournament Committee (alterable)

SECTION 16. 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. The committee should have the following duties:

- (1) Administration of the tournament.
- (2) Arbitration of all disputes. (For protest protocol, see Appendix A.)
- (3) Consideration of extenuating circumstances relating to tournament operations.
- (4) Address immediately sportsmanship violations by team personnel.

Administration (alterable)

SECTION 17. a. Failure to verify entries by the stipulated deadline may result in disqualification from a tournament. Contestants thereafter failing to make verified weight shall not be allowed to participate in another weight classification.

b. Contestants shall be allowed a maximum of five minutes to appear ready to compete at the specified mat. Failure to appear shall result in forfeit. (For exception, see 4-23.)

c. Defeat due to injury in a tournament does not eliminate a contestant from further competition, except when a medical forfeit has been granted. A contestant who sustains injury or becomes ill during the course of tournament competition may request a medical forfeit in subsequent rounds of the tournament without appearing on the mat, providing that medical personnel or an authorized institutional representative has informed the official scorer of the wrestler's inability to continue. (See 4-23.) A contestant who forfeits for medical reasons shall retain advancement points and placement points pre-

viously earned but cannot advance further in the tournament.

d. A forfeit shall eliminate a contestant from further competition in that tournament.

e. A disqualification may eliminate a contestant from further competition in tournaments. In cases in which the disqualified wrestler is eliminated from further competition, all vacancies created in the tournament pairing shall be scored as forfeits. (See Note B under Penalty Table and 5-4-a.)

f. Any contestant who fails to make weight for each day of a tournament shall forfeit all points previously earned, be ineligible for further competition and shall not place in the tournament, except as covered in Rule 4-23.

g. It is recommended that no contestant wrestle two matches in any tournament with less than 45 minutes of rest between matches.

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

i. It is recommended that the coach of the winning wrestler sign the bout sheet.

Places Scored (alterable)

SECTION 18. In tournaments awarding four or more places, it is recommended that the loser in the final first-place match automatically take second place. The winner in the final wrestle-back match should be awarded third place, and the loser should be awarded fourth place. In tournaments where six or more places are scored, the defeated wrestlers in the wrestle-back semifinals should wrestle for fifth and sixth places. In tournaments where eight places are scored, the defeated wrestlers in wrestle-back quarterfinals should wrestle for seventh and eighth places.

Drawings (alterable)

SECTION 19. Immediately after the verification of entries, drawings should be made in accordance with the illustrations provided in this rule. It is recommended that the championship and wrestleback drawings for each weight class be on the same page and indicate the sessions in which each round will be contested.

Seeding (alterable)

SECTION 20. When there are two outstanding contestants in any class, it is

recommended that they be placed in opposite halves of the drawing bracket. 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 half-bracket opposite from the outstanding wrestler.

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

Byes (alterable)

SECTION 21. When the number of competitors is not 4, 8, 16, 32, 64 or another power of 2, there shall be byes in the first round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of 2. The number of pairs that meet in the first round shall be equal to the difference between the number of competitors and the next lower power of 2. There shall be no byes after the first round, and no further drawing is necessary for the first-place or wrestle-back rounds. The byes, if even in number, shall be divided equally between top and bottom.

When byes are required for the first round, they shall be placed by mutual consent or drawn so that they are distributed evenly throughout the bracket. No $\frac{1}{8}$, $\frac{1}{4}$ or $\frac{1}{2}$ bracket shall have more than one more bye than its paired bracket.

Contestants Eligible for Third-Place Matches (Wrestle-backs) (alterable)

SECTION 22. a. Immediately after completion of the first match of the round of 16 in each weight, wrestle-back 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 wrestle-backs. At the conclusion of the championship semifinals, the losers of those semifinals should be bracketed into the wrestle-back semifinals. (See 4-22-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.

In the double-elimination format, all defeated wrestlers (except those ejected for flagrant misconduct) are eligible for wrestle-backs.

b. Wrestle-back matches to determine third place and subsequent places

may be conducted in accordance with the original first-round drawings. Therefore, those eligible for the third-place wrestle-backs should be matched in the order in which they were defeated by the quarterfinalists in each eighth-bracket.

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

The losers of the championship semifinals are not cross-bracketed. The loser of the upper-bracket semifinal is placed in the upper bracket of the wrestle-back semifinals, and the loser of the lower-bracket semifinal is placed in the lower bracket of the wrestle-back semifinal.

The eligible contestants are designated in Rule 4-22-a.

The order of bouts and the specific method of cross bracketing depends on the size (in number of competitors) of the brackets used. Some examples are shown in the charts at the end of this rule.

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

d. In the unusual case in the wrestle-back and championship brackets when both wrestlers are disqualified for an offense other than flagrant misconduct, the match shall go immediately to tiebreaker. If both wrestlers are disqualified for flagrant misconduct, neither wrestler shall continue in the tournament. (See 6-6.)

Medical Forfeit (alterable)

SECTION 23. A contestant who is injured or becomes ill during the course of tournament competition may declare a medical forfeit in subsequent rounds of the tournament without appearing on the mat, providing medical personnel or an authorized institutional representative has informed the official scorer of the wrestler's inability to continue.

A contestant who forfeits for medical reasons is eliminated from further

competition. However, that contestant shall retain advancement points and placement points previously earned in the tournament.

A medical forfeit shall count as a win but not as a loss on the wrestler's season record. The nonforfeiting wrestler must appear on the mat in uniform to have his or her hand raised in order to win by medical forfeit. (See 2-18.) Even though no one is charged with a loss, all medical forfeits must be represented on each wrestler's Official NCAA Individual Season Wrestling Record Form.

Protests (alterable)

SECTION 24. Tournament administrators should appoint a committee to hear all protests at respective tournaments. Coaches only may protest errors in recording points or match results and nonjudgment errors in the application of rules. Coaches shall inform the official scorer and the referee of their 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 shall 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 after the bout. (See 4-14, 4-16-c-2, 4-25 and Appendix A.)

Use of Video During Protests (alterable)

SECTION 25. In tournaments, the official videotape may be used to correct errors in the mechanics of scoring and other nonjudgment areas as a part of a formal protest. The official videotape shall be designated by the tournament committee and used to record all tournament matches. (See 1-15.)

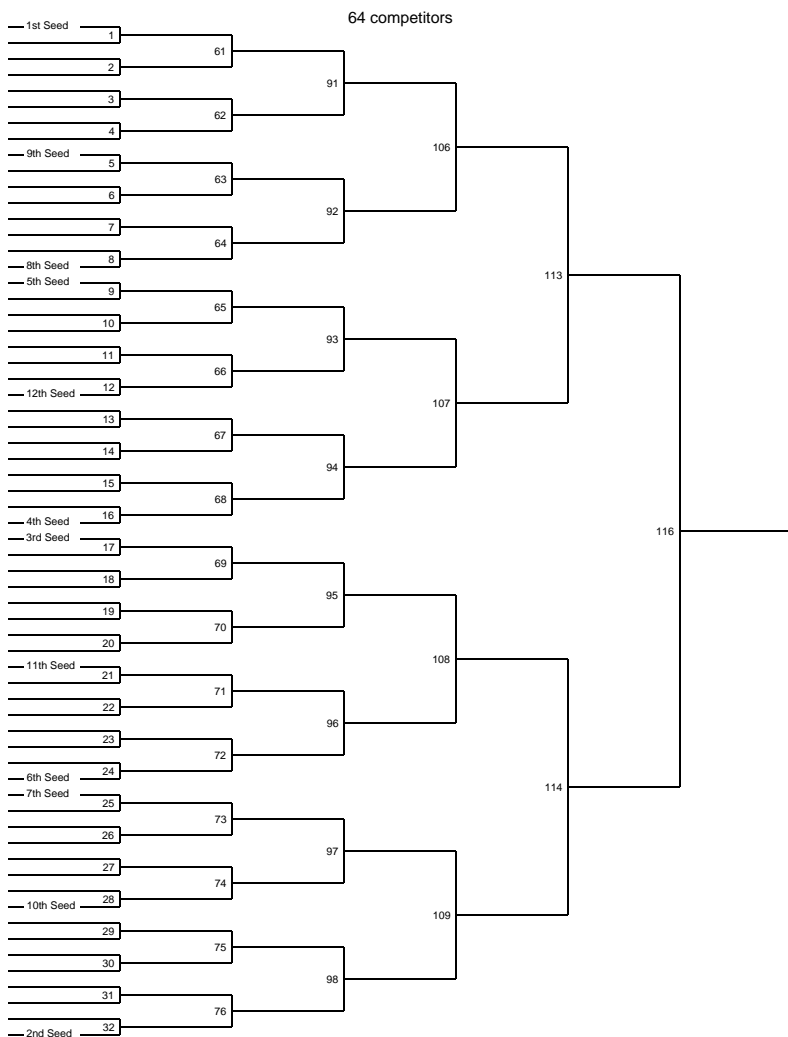
Optional Bracketing (alterable)

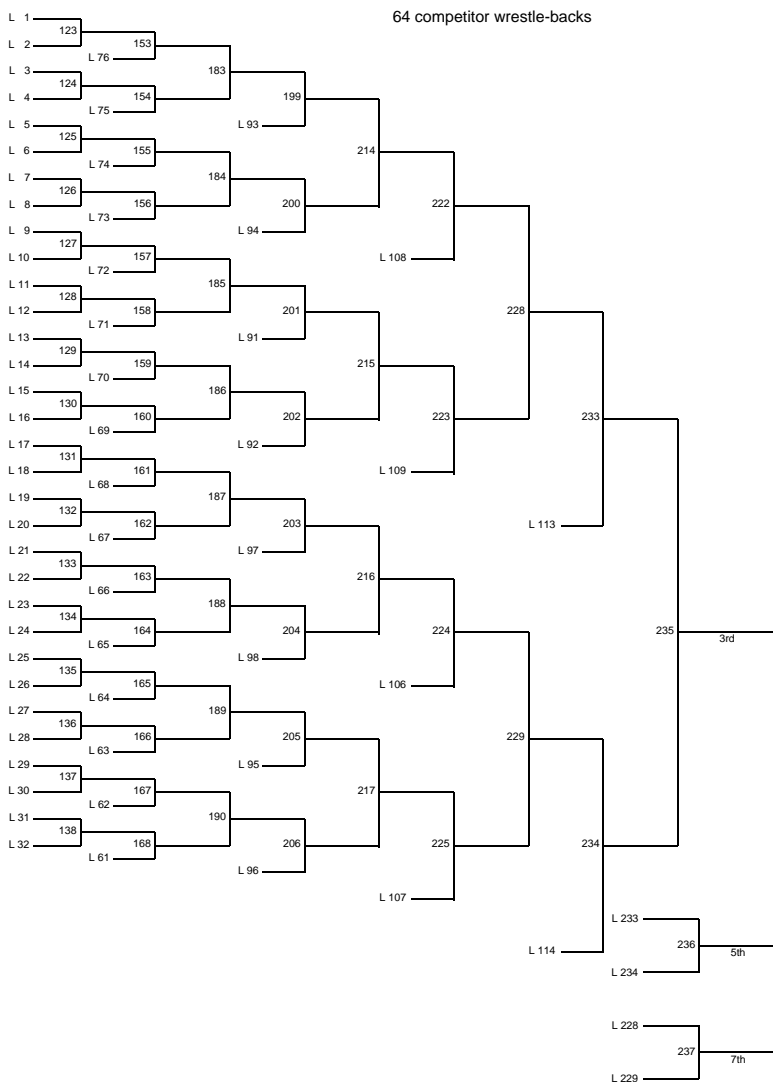
SECTION 26. Any non-NCAA qualifying tournament may use bracketing agreed upon by the participating schools.

Rules interpretations can be found in the back of this book on the designated pages.

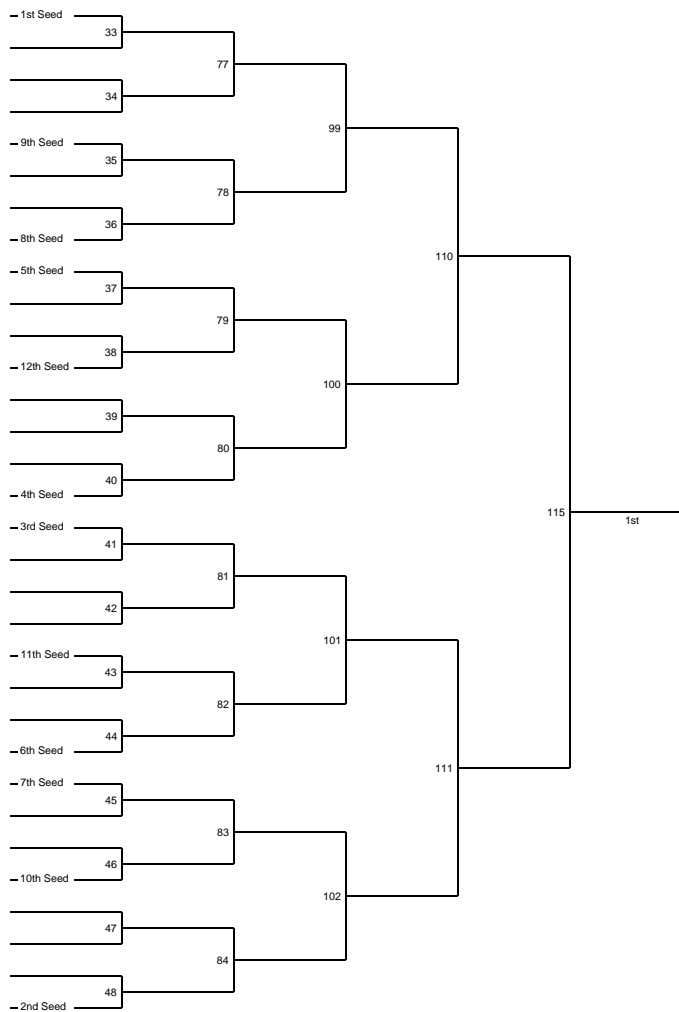
- 1) Post-Match Procedures, 4-9, WI-10
 - 2) Choice of Position, 4-10, WI-10
 - 3) Overtime, 4-11-b, WI-10
 - 4) Control of Mat Area, 4-13, WI-11
 - 5) Questioning the Referee, 4-15, WI-11
 - 6) Tournament Committee, 4-16, WI-12
-

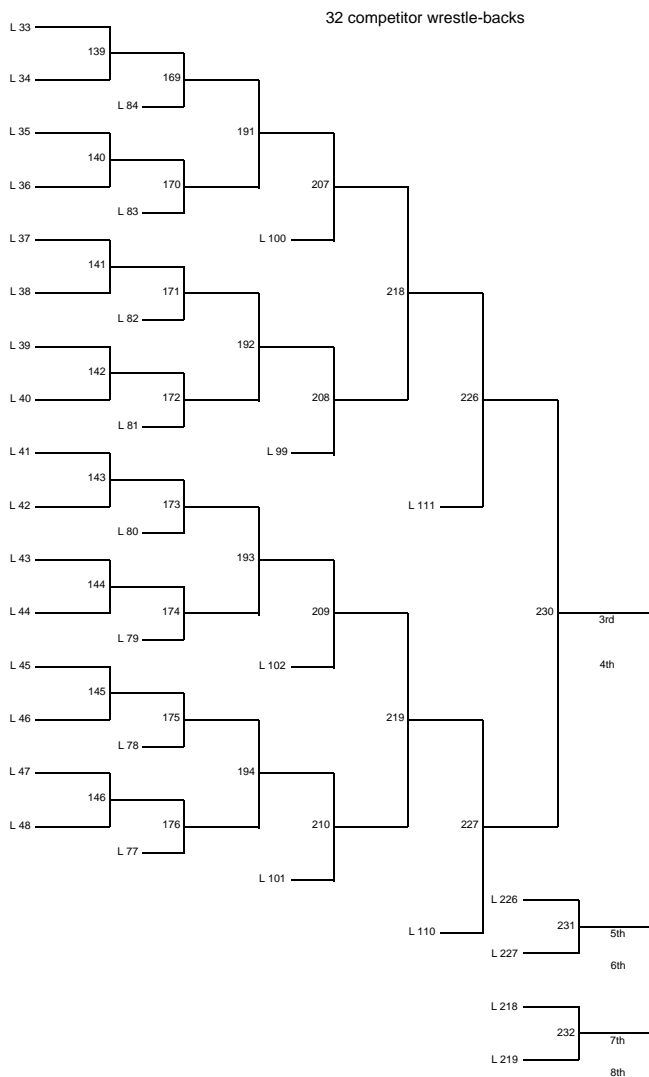
Graphic Illustration of Brackets



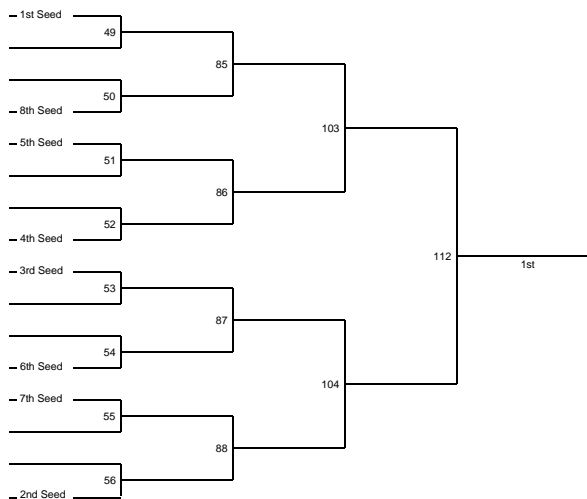


32 competitors

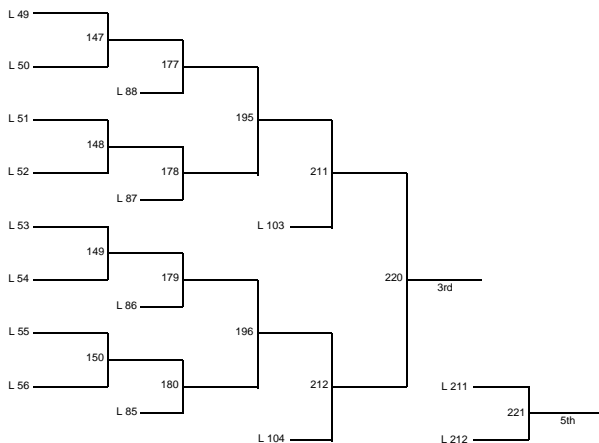




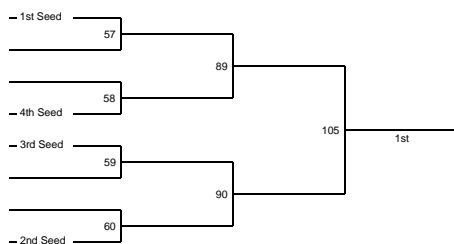
16 competitors



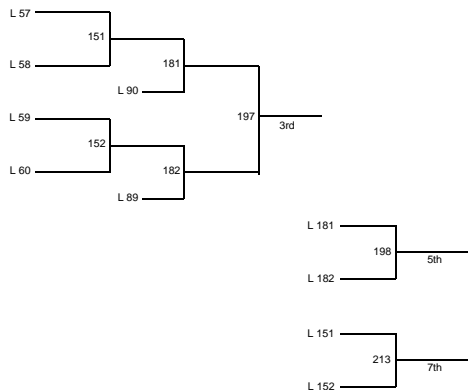
16 competitor wrestle-backs



8 competitors



8 competitor wrestle-backs



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 recommended strongly 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. The numbers in parentheses show the rule and section under which the situation is defined.

Takedown (2-6)	2 points
Escape (2-7)	1 point
Reversal (2-8)	2 points
Near Fall (2-9)	2, 3 or 4 points
Time Advantage (2-11)	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. This point shall be included in the final score.

(See Rule 6 and the Penalty Table for the effect of penalties on scoring.)

Note: Method of recording score for an overtime match.

*Example: 5-3 (SV)**

*7-6 (TB)***

*6-6 (TB)****

*Fall 7:26(SV) or Fall 8:22 (TB)*****

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

***Use TB designation only for overtime matches that end in the tiebreaker period.*

****Correct method of recording result when no points are scored in the tiebreaker period, i.e., the offensive wrestler wins.*

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

The score at the end of regulation shall not be listed. In matches that go to the sudden-victory or tiebreaker period, the regulation-match score would have been tied at the eventual loser's final score.

TOURNAMENT SCORING CHART (Alterable)

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

Team

Dual Meets

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

Note: A team forfeit shall be scored 60-0 (six points for each weight class).

- b. Five team points shall be scored for a technical fall if the winning wrestler was awarded a near fall during the match.
- c. Four team points shall be scored for a technical fall if the winning wrestler failed to score a near fall during the match.
- d. Four team points shall be scored for a major decision.
- e. Three team points shall be scored for a decision.

Note: For definitions of the above a, b, c and d, see Rule 2, Definitions.

Tournaments (alterable)

SECTION 4. a. *Places.* In tournaments, individual placement points should be awarded as soon as earned. Placement points already earned shall be deducted in case of forfeit or disqualification for flagrant misconduct. (For medical forfeits, see 4-23 and 4-17-c.)

In events scoring eight places, the winner of each championship quarterfinal should be awarded six place points, the winner of each championship semifinal should be awarded six additional place points and the winner of each championship final should be awarded four additional place points.

The winner of the wrestle-back semifinals receives three points. In the previous wrestle-back round, the winner receives three points and before that, three points.

The winner of third place and the winner of fifth place should receive one additional place point, while the winner of seventh place should receive one additional place point.

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

In tournaments scoring four places, the winner of each championship semifinal should be awarded seven place points and the winner of each championship final should be awarded three additional place points. The winner of each wrestle-back semifinal should receive two place points, and the winner of third place should receive two additional place points.

b. *Advancement points.* One team point shall be scored for each match won in the championship bracket and one-half point in the wrestle-back bracket, except for the final first-, third-, fifth- and seventh-place matches. One point in the championship bracket and one-half point in the wrestle-back bracket shall be awarded for a bye if the wrestler receiving the bye wins in the next round.

c. *Additional points.* Two additional points shall be scored for each match won by fall, default, forfeit or disqualification throughout the tournament. A total of 1½ points shall be awarded for each match won by a technical fall if the winning wrestler was awarded a near fall during the match. One point shall be awarded for each match won by a major decision or technical fall if the winning wrestler failed to score a near fall during the match.

SUMMARY OF SCORING*Dual Meet*

Fall.....	6
Forfeit.....	6
Default.....	6
Disqualification.....	6
Technical Fall (by 15-point differential with near fall).....	5
Major Decision (by 8 through 14 pts.) or Technical Fall (by 15-point differential without near fall).....	4
Decision (by fewer than 8 pts.).....	3

Tournament

Fall.....	2
Forfeit.....	2
Default.....	2
Disqualification.....	2
Advancement	
Championship Bracket.....	1
Wrestle-Back Bracket.....	1/2
Technical Fall (with near fall)	1 1/2
Technical Fall (without near fall) or	
Major Decision.....	1
Bye followed by a win	
Championship Bracket.....	1
Wrestle-back Bracket.....	1/2

Individual Match

Takedown.....	2
Escape.....	1
Reversal.....	2
Near Fall.....	2, 3 or 4
Time Advantage.....	1
(Maximum for 1 minute or more)	

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

Scoring Abbreviations

T-2.....	Takedown	FMC.....	Flagrant misconduct
R-2.....	Reversal	F 1:36.....	Fall at 1:36
E-1.....	Escape	For.....	Forfeit
N-2.....	Near fall (two seconds)	M. For.....	Medical forfeit
N-3.....	Near fall (five seconds)	Def.....	Default
N-4.....	Near fall (as a result of injury)	DQ.....	Disqualification
FS.....	False start	TF-5-5:19.....	Technical fall-5 team points at 5:19 (with near-fall)
S.....	Stalling	TF-4-5:19.....	Technical fall-4 team points at 5:19 (without near-fall)
TV.....	Technical violation	TF-1 ¹ / ₂ -5:19.....	Technical fall-1 ¹ / ₂ tournament team points at 5:19 (with near-fall)
P.....	Illegal holds, unnecessary roughness	TF-1-5:19.....	Technical fall-1 tournament team point at 5:19 (without near-fall)
MD.....	Major decision		
Dec.....	Decision		
W.....	Warning		
C.....	Caution		
UC.....	Unsportsmanlike conduct		
RT....	Riding time/time advantage		
SV.....	Sudden victory		
TB.....	Tiebreaker		

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

RULE 6

Infractions

Penalty Table

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

Indicating Infractions

SECTION 2. A match shall not be stopped to indicate an infraction: (1) when warning or penalizing either wrestler for stalling, **except when penalizing the wrestler in the advantage position;**

(2) for locked hands or grasping clothing committed during a successful reversal, escape or takedown; (3) for applying a figure-four scissors around the head from neutral during a successful takedown; (4) for applying a figure-four scissors around both legs or the body from an advantage position during a successful reversal or escape; and (5) for illegal holds, unnecessary roughness or unsportsmanlike conduct during scoring situations, unless it is necessary to prevent an injury.

Note: Under (5) above, the referee shall stop the match after scoring has occurred or if scoring no longer is imminent (See 6-11-b and c.)

Warnings and Sequence of Penalties

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

Unsportsmanlike Conduct

SECTION 4. a. Unsportsmanlike conduct can occur before, during or after a match. It may include, but is not limited to, such acts as swearing, baiting an opponent, throwing headgear, failure to stop on the whistle, indicating displeasure with a call, failing to comply with postmatch procedures or coaching an injured nonbleeding contestant during an injury timeout. (See 7-2.)

Intentional breaches of decorum shall not be tolerated. This includes

such acts as spitting or blowing of the nose (into other than designated receptacles and repositories), uniform straps down while still on the wrestling area or other acts generally considered to be distasteful to spectators, coaches and fellow competitors. Such acts shall be penalized as unsportsmanlike conduct.

The penalty for unsportsmanlike conduct by a wrestler during the pre- or postmatch period will be deduction of one team point for the first violation; the penalty for the second violation will be disqualification, the deduction of one team point and removal from the premises. Unsportsmanlike conduct before, during or after a match by coaches, athletic trainers, managers, physicians and noncompeting wrestlers will follow the same sequence of penalties.

The penalty for unsportsmanlike conduct by a wrestler during the match will be one match point for the first violation, one match point for the second violation, two match points for the third violation and disqualification for the fourth violation.

The penalties for unsportsmanlike conduct are cumulative throughout a dual meet or a tournament session for coaches, athletic trainers, managers and physicians. These penalties are cumulative per institution. They also are cumulative for a contestant for a match or dual meet.

b. *Spectator Sportsmanship.* The public address announcer at all dual meets and tournaments should read the following sportsmanship statement for spectators before competition begins for each dual meet or tournament session: "The NCAA promotes good sportsmanship by student-athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the premises." (See Spectator Sportsmanship under Code of Conduct)

The home management shall be responsible for the removal of spectator(s) upon request by the referee or assistant referee. This shall 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. Points for unnecessary rough-

ness will be awarded in addition to points earned. (See Penalty Table for sequence of penalties.)

Flagrant Misconduct

SECTION 6. a. During the prematch, match or postmatch period, flagrant misconduct committed by either wrestler, such as intentionally striking an opponent, deliberately attempting to injure an opponent, or any act serious enough to disqualify a wrestler from an event shall be penalized by the deduction of one team point, disqualification of that contestant, removal from the premises, the opponent declared the winner and six team points awarded. For tournaments, a team point shall be deducted from the offender's team score, the opponent declared the winner and two team points awarded.

In addition, that contestant will not be credited with points earned before the incident, nor receive placement points or an individual tournament award. Other contestants will remain in their respective positions.

Flagrant misconduct may consist of nonphysical as well as physical acts of misbehavior.

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

If a noncompeting wrestler commits an act of flagrant misconduct, the same sanctions apply as if the student-athlete were a competing wrestler.

b. If the offender is an institutional representative other than the competing and noncompeting wrestlers, the penalty shall be the deduction of one team point and the offender shall be removed from the premises for the duration of the event, including multiple-day events.

c. The use of tobacco products by student-athletes, coaches or other team personnel on the premises during an event is a flagrant misconduct violation. (For referees, see 8-9.) Additionally, in NCAA-sponsored competition, a tobacco violation may be penalized as misconduct as defined by NCAA Bylaw 11.1.7, with the penalty to be determined by the NCAA Wrestling Committee.

Illegal 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 substances shall be cumulative with

the timeout for injuries throughout the match and shall count against the wrestler's total of two timeouts. The total time used shall not exceed 1½ minutes. (See 7-1.)

Holds

Illegal

SECTION 8. Any hold shall be allowed except the hammerlock above the right angle; twisting hammerlock; full nelson; front headlock without the arm; headlock without the arm; 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 front double arm bar; full back suplay from a rear-standing position; leg cut back; and any hold used for punishment alone. (See illustrations section for examples.)

Any hold with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation is illegal.

Any leg ride that hyperextends the knee of the defensive wrestler beyond the normal limits of movement shall be called illegal (see illustration Nos. 81 and 82). A variety of leg rides may be applied that do not exert hyperextensive pressure on the knee and therefore are permissible. (See illustration Nos. 84 and 85.)

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 force. 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 the opponent off the mat and brings that wrestler to the mat with excessive force, a slam shall be called without hesitation after the situation occurs.*
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 is therefore illegal. (See illustration No. 26.)*
5. *The offensive wrestler cannot lock hands around the head of the defensive wrestler when using the guillotine until the offensive wrestler meets a near-*

fall criterion.

6. *For injury caused by illegal action, see 7-5.*
7. *A wrestler applying a legal hold should not be penalized when the opponent turns the legal hold into an illegal hold. The referee shall cause the hold to be released when it becomes illegal. However, the match need not be stopped unless the referee finds it necessary to do so in order to correct the situation. (See 6-9.)*
8. *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. 28-30 and 32-33.)*
9. *The three-quarter nelson is not to be interpreted as a headlock. (See illustration No. 51)*
10. *Pulling the head over the shoulder with hands locked or overlapped is not to be interpreted as a headlock. (See illustration No. 50.)*
11. *The front double arm bar is legal if hands are locked at the side. (See illustration Nos. 46 and 47.)*
12. *Points for illegal holds will be awarded in addition to points earned by the offended wrestler.*

Potentially Dangerous

SECTION 9. Any hold that forces a limb to the limit of the normal range of motion, and other holds or situations that will cause injury, are potentially dangerous and shall be stopped by the referee. When “potentially dangerous” is called, no penalty points shall be awarded. The match is resumed in the neutral or starting position on the mat as determined by the position held at the time the match was stopped.

As a combative sport, wrestling allows for a level of discomfort in many legal positions. Contestants should realize, however, that any legal hold can be turned into a potentially dangerous or illegal position. Referees should verbally caution contestants against turning a legal hold into a potentially dangerous or illegal position.

Technical Violations

Stalling

SECTION 10. a. *It is the responsibility of contestants, referees and coaches to avoid the use of stalling tactics or allow their use.* Action is to be maintained throughout the match by the contestants making an honest attempt to stay near the center of the mat and wrestle aggressively whether in the top, bot-

tom or neutral position. 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 *unquestionably* occurring at any time and in any position, the offender will be warned and subsequent violations will be penalized. (See Penalty Table for sequence of penalties.). *These provisions require the referee to penalize stalling without hesitation. (See 6-10-g.)*

Note: For double stalling disqualifications in tournaments, see 4-22-d.

- 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 down the adversary 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 down the defensive wrestler or to maintain control is a violation under this rule. When the defensive wrestler has gained a standing position, the wrestler in the advantage position is allowed reaction time to begin a breakdown.
- c. *Neutral position.* Each wrestler must make an honest attempt to work toward 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. 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 the 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 the opponent on the mat and not work for a fall, the offensive wrestler is stalling.

When stalling is called in the advantage position, the match shall be stopped, the offensive wrestler penalized and wrestling resumed in the offensive starting position.

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 in the rear-standing position lies with the both wrestlers. Failure to attempt to take the opponent back to the mat should be treated as stalling.

- e. Repeatedly applying the legs while in the rear-standing position is stalling.
- f. *Defensive position.* Refusing to wrestle aggressively in the defensive position is stalling. The contestant in the defensive position must initiate action designed to escape or reverse the opponent. Failure to make these attempts is stalling. The referee will give both visual and verbal warnings without stopping the match.

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

- g. *Stalling in the final 15 to 20 seconds of a match.* With the increased excitement among coaches, referees and spectators during the closing seconds of many matches, stalling penalties often are called unjustly and unfairly. These frequently are penalties that would not be called during comparable action earlier in the match. Stalling should be called consistently through the match. A stalling warning or penalty should be called during the concluding moments of a match only when stalling unquestionably is occurring.
- h. *Delaying match.* Delaying the match—such as straggling back from out of bounds or unnecessarily changing or adjusting equipment—shall be penalized as stalling.

Interlocking Hands

SECTION 11. a. Wrestlers in the position of advantage may not interlock or overlap their hands, fingers or arms around their opponent's body or both legs unless all of their opponent's weight is supported entirely by the opponent's feet or the defensive wrestler's pinning area is meeting a near-fall criterion. (See 2-9.)

The offensive wrestler may continue to keep locked hands after a body-

lock or double-leg takedown when a near fall is imminent. The referee shall verbally inform the wrestlers when a near fall is imminent by saying “imminent.” When the near fall is no longer imminent, the referee shall say “not imminent” and grant the offensive wrestler reaction time to release locked hands. (See illustration Nos. 55-56.)

The mere touching of the defensive wrestler’s hands to the mat is not considered a change in this position unless the hands are weight-bearing, in which case the offensive wrestler is allowed reaction time to release the lock. It is inappropriate conduct for the defensive wrestler to touch either or both hands or one knee to the mat in order to release the offensive wrestler’s lock, and the referee shall not call a violation if the lock is held in such cases. (See illustration Nos. 76, 77 and 78.)

b. 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.

c. Time advantage shall be stopped at the time the referee signals that the offensive wrestler has an unfair advantage, such as locked hands, other technical violations or illegal holds. The referee is to signal this violation by giving the locked-hands or illegal-hold signals as shown on the Referee Signals page in the back of the book.

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 or around the head, with or without the arm included, in a neutral position by either wrestler. (See illustration Nos. 22 and 23.)

The referee shall stop the match when it is obvious that the offended wrestler will not complete the takedown, reversal or escape. If the offensive wrestler completes the takedown, the match shall not be stopped and points shall be awarded as in interlocking of hands.

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.

Fleeing Wrestling Area

SECTION 14. Fleeing the wrestling area or forcing an opponent out of the wrestling area as a means of avoiding being scored upon is a technical violation. Both wrestlers should make every effort to remain in bounds. When the referee feels that either wrestler has failed to make every effort to stay in

bounds under fleeing situations, the offending wrestler shall be penalized.

Toweling Off

SECTION 15. A timeout for toweling off perspiration during a match is a technical violation.

Grasping Clothing

SECTION 16. Grasping of clothing, the mat, equipment or headgear by a contestant is a technical violation, and any advantage gained thereby shall be nullified.

False Starts

SECTION 17. Making false starts is a technical violation. The sequence of penalties will be:

- a. First and second violations—visual caution, signified by a “C” formed by the forefinger and thumb.
- b. Third 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 judgment of the referee, a wrestler repeatedly assumes an incorrect starting position to:

- a. Gain a distinct advantage over the opponent or
- b. 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.

Rules interpretations can be found in the back of this book on the designated pages.

- 1) Flagrant Misconduct, 6-6, WI-13
 - 2) Stalling, 6-10, WI-13
 - 3) Interlocking Hands, 6-11, WI-14
 - 4) Figure-Four Scissors, 6-12, WI-15
 - 5) False Starts and Incorrect Starting Position, 6-17, 6-18, WI-15
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PENALTY TABLE

Infraction	Rule, Section	First Violation	Second Violation	Third Violation	Fourth Violation	Fifth Violation
Unnecessary roughness ¹	6-5	1 match pt.	1 match pt.	2 match pts.	Disqualify	—
Illegal holds ¹	6-8	1 match pt.	1 match pt.	2 match pts.	Disqualify	—
Technical violations ¹	6-10— 6-18	1 match pt.	1 match pt.	2 match pts.	Disqualify	—
Stalling (and delaying match)	6-10 (6-10-h)	Warning	1 match pt.	1 match pt.	2 match pts.	Disqualify
False starts Incorrect starting positions	6-17 6-18	Caution	Caution	1 match pt.	1 match pt.	1 match pt.
Unsportsmanlike conduct ² — nonparticipating team personnel; wrestlers before and after match	6-4	Deduct 1 team pt.	Disqualify; deduct 1 team pt.; remove from premises ³	—	—	—
Unsportsmanlike conduct ² — wrestler during match	6-4	1 match pt.	1 match pt.	2 match pts.	Disqualify	—
Flagrant misconduct— wrestlers	6-6	Disqualify; deduct 1 team pt.; remove from premises ³ ; opponent declared the winner	—	—	—	—
institutional representatives		Deduct 1 team pt.; remove from premises ³				

Infraction	Rule, Section	First Violation	Second Violation	Third Violation	Fourth Violation
Control of mat area	4-3	Warning	Warning	Deduct 1 team pt.	Deduct 2 team pts. Removal from premises
Questioning the referee ⁴	4-13 4-15 8-5-h				
Illegal substances on skin, appearance, or illegal uniform or equipment	1-11 1-12 6-7	Disqualify if not removed or corrected within contestant's remaining injury time ⁵	—	—	—
Prohibited dehydration practices	3-5	Suspend for next competition(s)	Suspend for season	—	—
Violation—practice-room temperature	3-7	Suspend for next competition(s)	Suspend for season	—	—
Tobacco use by match official	8-9	Report to event administrator	—	—	—
Communicable skin diseases	3-9 Appendix D	Disqualify	—	—	—

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- Note A: Any combination of four penalties, excluding false starts and assuming incorrect starting position, accumulated during a match (including overtime) 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. (For exceptions see 4-22-d.) Disqualification for flagrant misconduct eliminates that contestant from further competition in that tournament, and that contestant forfeits all points and placement earned in the tournament. (See 4-22-d.)
- ¹Points for unnecessary roughness, technical violations and illegal holds will be awarded in addition to points earned by the offended wrestler.
- ²The penalties are cumulative throughout a dual meet or a tournament session for coaches, athletic trainers, managers and physicians. They are cumulative for a contestant for a match or dual meet. These penalties are cumulative per institution.
- ³Removal is for the duration of the event in which it occurs. This includes single-day and multiple-day events.
- ⁴These offenses are cumulative per institution throughout each dual meet and for the duration of triangular meets, quadrangular meets and tournaments.
- ⁵Referee may declare an official timeout to correct equipment or uniform that becomes illegal or inoperative during use.
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SUMMARY OF TECHNICAL VIOLATIONS

Stalling (6-10)	Fleeing wrestling area (6-14)
Delaying match (6-10-h)—(treat under stalling)	Towel off (6-15)
Interlocking hands (6-11)	Grasping clothing, etc. (6-16)
Figure-four scissors (6-12)	False starts (6-17)
Leaving mat without permission (6-13)	Incorrect starting position (6-18)

RULE 7

Injuries and Timeouts

Timeout

SECTION 1. a. An injured or ill contestant may be awarded timeout up to a maximum of 1½ minutes, which is cumulative throughout the match, including overtime periods.

Additionally, there shall be a limit of two nonbleeding timeouts taken by each wrestler in any match. After the second injury timeout taken by a wrestler, the noninjured wrestler is granted the choice of top, bottom or neutral position on the restart. If the second timeout is taken at the conclusion of the first period, the noninjured wrestler will have the choice at the start of the second and third periods. If the second timeout is taken at the end of the second period, the opponent will have the choice at the start of the third period.

If the second non-bleeding timeout is taken at the conclusion of the third period, the opponent would have the choice of any one of the three starting positions at the beginning of the sudden victory period. In a similar manner, if the second timeout is taken any time during the sudden victory period, the opponent will receive the choice of starting position when the match is restarted. If the second timeout is taken at the conclusion of the sudden victory period, the opponent shall receive the choice of either top or bottom position at the beginning of the tiebreaker period. If the second timeout occurs during the tiebreaker period, the opponent shall have the choice of top or bottom when the match is restarted.

- b. Taking an injury timeout for a noninjury situation is unethical. (See Coaches Code of Conduct and Student-Athletes' Statement of Conduct and Responsibility.) If, at the expiration of the timeout, the contestant is able to continue wrestling, the match shall be resumed as if the contestant had gone out of bounds. Only the referee may call such timeouts. Additionally, the referee shall have the prerogative to stop the match to determine the presence of an injury to a contestant before starting the

injury time or recovery time. A contestant who indicates an injury for the purpose of preventing scoring or being pinned must be charged with an injury timeout. (See 2-9-g.)

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

Timeout for bleeding shall not count against the wrestler's total of two allowed timeouts or against the wrestler's 1½ minutes of injury time.

The number and length of timeouts for bleeding is left to the discretion of the referee. If bleeding becomes excessive or causes an inordinate amount of timeouts, the referee, in consultation with a certified athletic trainer or physician, shall have the authority to default the match.

Blood on a uniform does not necessarily require a uniform change; however, in the rare case when a wrestler's uniform becomes saturated with blood, that wrestler shall be directed to change into another official uniform. (See 1-11-a and Appendix B.) If another official uniform is not available, the match shall be defaulted, with the other wrestler declared the winner.

- d. The coach has the prerogative to default (stop) a match in progress, or during a timeout or injury timeout, by walking onto the edge of the wrestling area in an orderly manner to notify the referee. The contestant may terminate the match by stating clearly and verbally to the referee the intent to default. It is understood by the coach, contestant and referee that either of these procedures terminates the bout in progress.
- e. When a contestant returns to the center of the mat ready to wrestle after an injury timeout or recovery timeout and the referee questions the contestant's ability to continue, the referee may call an official timeout for medical consultation. The official timeout occurs only after the contestant's injury time has expired. The medical personnel can examine, but not treat, the contestant during this time.
- f. Time used to recover or replace a dislodged or lost contact lens may be charged against a contestant's 1½ minutes of injury time and count as an injury timeout if the referee determines that this disrupts the flow of the match.

Coaching an Injured Nonbleeding Contestant

SECTION 2. Coaching an injured nonbleeding contestant during an injury timeout is unsportsmanlike conduct. The offending coach shall be penalized according to Rule 6-4. During an injury timeout, both wrestlers shall remain on the mat. The referee shall take a position near the injured wrestler. The injured wrestler's coach may approach the injured contestant, but any verbal communication (other than that regarding the injury) shall be interpreted by the referee as coaching. The uninjured wrestler may receive coaches' instruction during this time. Coaching an injured wrestler is permitted during a bleeding timeout or during an injury resulting from illegal action.

Match-Ending Injury

SECTION 3. If an injured contestant is unable to continue wrestling, the match shall be awarded in accordance with Sections 4 and 5 of this rule. If a contestant is rendered unconscious, that wrestler shall not be permitted to continue in the match after regaining consciousness without the approval of a physician.

A contestant who receives a temporary injury to the head, neck or spinal column that does not render that contestant unconscious shall not be permitted to continue the match without approval of a physician or certified athletic trainer.

Accidental Injury

SECTION 4. If a contestant is injured accidentally and is unable to continue the match, the opponent shall be awarded the match by default.

Injury From Illegal Action

SECTION 5. Each time a contestant is injured by an opponent using an illegal hold, or commits an act of unnecessary roughness or unsportsmanlike conduct and is unable to continue, that wrestler is allowed a maximum of two minutes of recovery time to be ready to wrestle. This time does not count against that wrestler's cumulative 1½ minutes of injury time. If that contestant is not able to continue at the end of two minutes of recovery time, then the match is awarded to the injured contestant and scored as a default. However, if the injured contestant recovers and wrestling resumes, that contestant then cannot be awarded the match by default for this illegal action.

Attendants During Timeout

SECTION 6. No more than two attendants and a physician/athletic trainer shall be permitted on the mat with the wrestler during a timeout.

Rules interpretations can be found in the back of this book on the designated pages.

- 1) Timeout, 7-1, WI-16
 - 2) Coaching an Injured Contestant, 7-2, WI-16
 - 3) Match-Ending Injury, 7-3, WI-16
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RULE 8

Officials

Referee

The NCAA Wrestling Rules Committee recommends that all collegiate referees used for dual meets and tournaments be members of the National Wrestling Officials Association and view the current NCAA rules-interpretation videotape.

Note: Beginning with the 2003-04 season, all collegiate referees must be NCAA certified. Referees who wish to officiate collegiate meets, tournaments or NCAA championships competition must view the NCAA Wrestling Rules Videotape presentation and complete a registration card with the NCAA.

Attire

SECTION 1. The referee shall be dressed neatly. A referee's attire for all dual meets and tournaments shall consist of:

- Black-and-white referee's short-sleeve knit shirt,
- Black full-length trousers,
- Black socks and black gym shoes,
- Black belt,
- Red and green wristbands,

Note: Referees should wear green on their right wrist and red on their left to correspond to the starting lines of the home and visiting teams, respectively. However, referees shall have the flexibility to switch color assignments to match team uniforms.

- Other accessories—colored disk and whistle.

Jurisdiction Time and Responsibility

SECTION 2. The jurisdiction of the referee begins upon arrival at the site

of competition and concludes with the signing of the scorebook in dual meets or after the last match is completed in tournaments.

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

Duties

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

- (1) Verbally alert home management of any variance from the stated facility and mat requirements (See 1-6 and 1-7);

(2) Inspect contestants for improper grooming, the presence of oils or greasy substances, objectionable braces, pads or taping, or the wearing of improper warm-ups and/or clothing, finger rings, jewelry, or chewing gum, none of which shall be allowed.

- (3) Clarify the rules with coaches and contestants;
- (4) Advise contestants to report to their designated areas (red and green) at the center of the mat, opposite each other and ready to wrestle; and

(5) Advise coaches of proper coaching attire. (See 4-3-b.)

- b. Before a dual meet starts, the referee shall call the team captains to the center of the mat for the toss of the disk to determine the choice of position at the start of the second period. (See 1-4 and 4-6.)
- c. The referee shall use the Referee Signals illustrated in the back of this book.
- d. The referee shall signal 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 should 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. The referee must enforce vigorously and promptly the penalties for the infractions as provided in Rule 6.
- g. The referee shall caution the user of a potentially dangerous hold in order to prevent possible injury. Such holds should be stopped by the referee, if possible, before reaching the dangerous stage. (See 6-9.)
- h. The referee may use oral commands, i.e., "action, improve, center, imminent, not imminent," to instruct, but not coach wrestlers.
- i. The referee shall take a position near the injured wrestler during a non-bleeding injury timeout. The referee is to watch for coaching of the injured wrestler, which is unsportsmanlike conduct. (See 6-4 and 7-2.)
- j. When possible, the referee should award points in on-the-edge-of-the-mat situations before blowing the whistle.
- k. The referee should not place either or both hands under the shoulders of a contestant unless absolutely necessary to determine a fall.
- l. The referee should meet promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.
- m. If, at the end of a match, there is a doubt as to the winner, the referee shall order the contestants to stay on the mat, then check the time advantage and the scorers' records to decide the winner. The time advantage, if any, shall be recorded on the scoreboard, and the referee shall declare the winner.
- n. The referee shall sign the official score sheet or score book to certify the final results.
- o. The referee is responsible for the seating arrangement at the scorer's table in accordance with the diagram.

SEATING ARRANGEMENT AT SCORER'S TABLE

WHEN INDIVIDUAL CLOCKS OR STOPWATCHES ARE USED

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

Timekeeper	Visiting Scorer	Announcer or Home Scorer
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- p. If the referee determines that a fall, near fall, takedown, reversal, escape or any infraction has occurred, and the period ends before the referee can so indicate, the fall or points shall be awarded or the offending wrestler penalized. If the referee is in doubt as to whether such a situation has occurred before or after the period has ended, the referee shall consult with the assistant referee, if available. If there is no assistant referee or if the assistant referee also is in doubt, the referee shall ask the match timekeeper if the indication was made by hand signal before the period ended. (See 2-12-f.)
- q. A referee shall cooperate with the assistant referee and not hesitate to ask for assistance remembering that the main objective is to make correct and fair decisions.
- r. If a correction is made, the referee should advise the wrestlers, coaches and table personnel as soon as possible.

Other Officials

Assistant Referee

SECTION 4. In tournament competition, it is recommended that one assistant referee be assigned. 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.

Assistant referees must aggressively take part in the officiating of each match.

When possible, the assistant referee should be in a position to observe mat action and the clock simultaneously at the expiration of each period if a towel tapper is not utilized.

Assistant-Referee Procedures

- SECTION 5. a. Verbal communication between the assistant referee and referee is encouraged.
- b. When the assistant referee disagrees with the referee, he/she must immediately alert the referee.
 - c. When the assistant referee disagrees with the referee, the match should be stopped as soon as it is practical and an official 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 with 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. (See 4-13-b and c.)
- h. If the assistant referee determines that a coach, contestant or other team representative is in violation of rules pertaining to unsportsmanlike conduct, control of the mat area or questioning judgment, the assistant referee should notify the violator and the referee when appropriate. The referee shall inform the scorer's table.
- i. The assistant referee shall remain on the mat until both contestants leave the mat area.

Match Timekeeper

SECTION 6. The match timekeeper is responsible for the following:

- a. Overseeing assistant timekeepers and scorers, constantly checking their activities.
- b. Keeping the overall time of the match.
- c. Keeping and recording injury-charged timeouts. The time remaining shall be called out at intervals of one minute, 45 seconds and 30 seconds and counted down from 15 seconds to zero.
- d. Notifying the referee of a disagreement among the official scorers or timekeepers or when requested by the coach to discuss a possible error. The timekeeper should wait until significant action has ceased before notifying the referee, who then will stop the match.
- 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).
- g. The home institution shall provide each timekeeper with (an) accumu-

lative time clock(s) 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.

- h. Informing contestants and coaches, when requested, of time advantage accumulated if a visual clock is not available.
- i. Informing the referee when a 15-point differential occurs.

Assistant Timekeepers

SECTION 7. The assistant timekeepers may be assigned and are responsible for the following:

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

Scorers

SECTION 8. The scorers are responsible for the following:

- a. Recording points scored by both contestants when signaled by the referee.
- b. Constantly checking each other's scoring.
- c. Keeping the scoreboard operator continually advised of the official score during each match.
- d. Immediately advising the match timekeeper when they are in disagreement regarding the score.
- e. Recording the time advantage at the end of each period.
- f. Recording which contestant has the choice of position at the start of the third period.
- g. Informing the timekeeper and referee when a contestant has exceeded the allotted number of injury timeouts.
- h. Informing the timekeeper and referee when a technical fall occurs.

- i. Circling the first points scored in the regulation match, excluding escapes and penalty points. It is recommended that a visual method be used to indicate which wrestler scored these first points, thus informing the referee, wrestlers, coaches and spectators as to which wrestler will have the choice in the tiebreaker period, if necessary. (See 4-11-b.) For example, the basketball red and green possession arrow clock may be used.
- j. Recording the time-advantage point, if earned, in the final match score.
- k. Showing the referee the scorebook at the end of each match.
- l. Recording the time of the fall, technical fall, disqualification or default both on the bout sheet and in the scorebook.

Tobacco Use by Match Officials

SECTION 9. Match officials, including referees, assistant referees, time-keepers and scorers, are prohibited from using tobacco in the wrestling venue before, during or after a dual meet or tournament. Violations should be reported to the event administrator. (For student-athletes, coaches and other team personnel, see 6-6-c.)

Rules interpretations can be found in the back of this book on the designated page.

- 1) Responsibility of the Referee, 8-2, WI-18
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Nos. 1, 2 and 3—FRONT, REAR AND SIDE VIEW OF OFFICIAL UNIFORM. *Front (with 4-inch inseam) and rear view of official shirt. Any shirt with more exposure is illegal. The rear view also shows a wrestler's pinning area.*



No. 4—TOUCH START (sight-handicapped). *Each contestant shall have the fingers of one hand over and the fingers of the other hand under the opponent's fingers. Fingers shall not extend beyond the knuckles.*



No. 5—NEUTRAL STARTING POSITION. *Correct starting position for neutral wrestling. Wrestlers should place lead foot or both feet on their respective, designated starting line.*



Nos. 6 and 7—LEGAL STARTING POSITION. *As required in 2-1-b-c. (Note starting lines, 1-7.)*



No. 8—ILLEGAL OFFENSIVE STARTING POSITION. *The offensive wrestler is not allowed to put a knee or foot on the far side of the defensive wrestler. In this illustration, the offensive wrestler has placed a foot on the far side in the area defined by the arrows, making it a technical violation.*



No. 10—ILLEGAL OPTIONAL OFFENSIVE STARTING POSITION. *Wrestler cannot straddle opponent's body. [2-1-d]*



No. 12—CONTROL. *Control after allowance for reaction time.*



No. 9—LEGAL OPTIONAL OFFENSIVE STARTING POSITION. [2-1-d.]



No. 11—CONTROL. *Control after allowance for reaction time.*



No. 13—CONTROL. *Possible control by controlling the top leg.*



No. 14—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 away from the body, making it a twisting hammerlock. In this illustration, the arm is carried distinctly above the right angle and the hold is illegal.*



No. 15—ILLEGAL HAMMERLOCK. *The hammerlock is a legal hold, provided the hand is not forced away from the body. This illustration shows the hand being pulled away from the body, making it an illegal twisting hammerlock.*



No. 16—ILLEGAL HAMMERLOCK. *The arm is forced above a right angle and pulled away from the body; therefore, it is illegal.*



No. 17—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 the opponent is unable to do to prevent injury to the shoulder, is illegal.*



No. 18—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. 19—LEGAL FRONT HEADLOCK. *Illustration shows arm alongside of face with arm included.*



No. 20—ILLEGAL FRONT HEADLOCK. *Illegal front headlock without arm included.*



No. 21—ILLEGAL HEAD SCISSORS. *This straight scissors on the head is illegal.*



No. 22—LEGAL HEAD SCISSORS (FIGURE-FOUR HEAD SCISSORS). *In other than the neutral position, the figure-four head scissors is considered legal when applied as shown.*



No. 23—FIGURE-FOUR HEAD SCISSORS FROM A NEUTRAL POSITION. *This hold, with or without an arm trapped, is a technical violation in the neutral position.*



No. 24—DRAPING HEAD SCISSORS. *Legal as shown because there is minimal pressure against the head or neck.*



No. 25—FIGURE-FOUR SCISSORS. *This hold around the body or both legs is a technical violation.*



No. 26—OVER-SCISSORS (AN ILLEGAL HOLD). *The over-scissors is barred because it is a punishing hold. Forcing the over-scissors endangers the ankle or the knee of the opponent.*

No. 27—STRAIGHT BODY SCISSORS. *A legal hold.*



Nos. 28 and 29—ILLEGAL TWISTING KNEE LOCK. *This shows a twisting knee lock. It is an illegal hold (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 6-9.)*



No. 30—ILLEGAL TWISTING KNEE LOCK. *Twisting knee-lock pressure against the normal movement of the knee joint as illustrated constitutes an illegal hold.*

No. 31—LEGAL LEG TRAP. *This is legal if heel goes to buttocks and not to side of hip. If top wrestler does not improve position, the top wrestler can be called for stalling.*





Nos. 32 and 33—ILLEGAL TWISTING KNEE LOCK. *Both illustrations show illegal twisting knee lock. The pressure is against the normal movement of the knee joint.*



No. 34—ILLEGAL KNEE LOCK. *The top wrestler has obstructed the normal movement of the knee joint.*



Nos. 35 and 36—LEGAL TAKEDOWNS. *At the edge of the mat, takedown points shall be awarded when control is established while at least the feet of either wrestler finish down on the mat in bounds. The knees can be on or above the mat when the takedown is awarded.*



No. 37—TAKEDOWN. *A takedown shall be awarded when this position is attained beyond reaction time with one or both hands bearing weight.*

Nos. 38 and 39—TAKEDOWN. *The offensive wrestler has stopped the defensive wrestler's crotch-lift roll-through attempts. In these situations, when the defensive wrestler cannot improve the position, a takedown shall be awarded.*





No. 40—NO TAKEDOWN. *Top man must have control of both legs before a takedown is awarded in this situation.*



No. 41—LEGAL REVERSAL. *At the edge of the mat, reversal points shall be awarded when control is established while the supporting points of either wrestler are in bounds or while at least the feet of the scoring contestant finish down on the mat in bounds.*



No. 42—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. 43—IN BOUNDS. *The shoulders or scapulae of the defensive wrestler are in bounds and a fall can occur.*



No. 44—LEGAL FOOT (INSTEP) HOLD. *The defensive wrestler may grasp the instep, heel or ankle to try to escape, providing the pressure is not such as to endanger the ankle, knee or hip joint.*

No. 45—TOEHOLD. *This is a potentially dangerous hold.*





Nos. 46 and 47—LEGAL (left) and ILLEGAL (right) FRONT DOUBLE ARM BAR. *Locking hands behind the back in a double arm bar. Note that the double arm bar is legal when hands are locked at side (under armpit).*



No. 48—LEGAL LEG BLOCK. *Defensive wrestlers may use their arm or hand to block the leg and then sit back to take the opponent to the mat.*



No. 49—ILLEGAL LEG BLOCK (cut back). *Defensive wrestlers are not allowed to use their leg in a whip-like fashion to take their opponent back to the mat.*



No. 50—A LEGAL HOLD. *Pulling the head over the shoulder with hands locked or overlapped is legal. This also applies to a bridge-back situation.*



No. 51—THREE-QUARTER NELSON—A legal hold.



No. 52—ILLEGAL FULL NELSON. *The top wrestler may not apply a full nelson.*



Nos. 53 and 54—NEAR FALL. *In both illustrations above, a near fall can be scored if held for at least two seconds.*



Nos. 55 and 56—IMMINENT NEAR FALL. *The offensive wrestler may keep “locked-hands” after a bodylock or double-leg takedown when there is an imminent near fall. In the situations shown, the offensive wrestler has a body lock or double-leg takedown, has not met a near-fall criterion, and is allowed to keep locked hands while a near fall is imminent.*



No. 57—NEAR FALL. *Although the defensive wrestler’s back is not within 45 degrees, the offensive wrestler has put one of the defensive wrestler’s shoulders on the mat and the other within 45 degrees of the mat and therefore can earn a near fall if held for at least two seconds.*

No. 58—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 one of the criteria are met.*





No. 59—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 the defensive wrestler is in a bridge, unless the defensive wrestler cannot turn out of the bridge when the offensive wrestler starts to assume control of the pinning situation. In cases where defensive wrestlers initiate a bridge to free themselves from the use of legs, they should be given time to get out of the bridge.*



Nos. 60 and 61—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. 62—LEGAL GUILLOTINE. *After a near-fall criterion is met, arms can be locked around opponent's head or neck.*



No. 63—POTENTIALLY DANGEROUS GUILLOTINE. *When applying the guillotine, forcing the arm to the limit of normal range of movement parallel to the long axis of the body is to be interpreted as potentially dangerous.*



No. 64—LEGAL CHICKEN WING. *There is no evidence of illegal pressure or twisting hammerlock; therefore, the hold is legal.*



No. 65—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. 66—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. 67—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.*



Nos. 68 and 69—POTENTIALLY DANGEROUS POWER HALF NELSON. *The defensive wrestler is unable to roll in the direction of the pressure because legs are being applied.*



No. 70 — ILLEGAL HEAD LOCK. *Locking arms around the head.*



No. 71—LEGAL HEAD PRY. *The top wrestler can use this pry as long as it includes the arm or shoulder.*



No. 72—BLOCKING ON HEAD, CHIN OR SIDE OF FACE IS LEGAL.

No. 73—ILLEGAL BLOCKING ON FACE (ON FACE PROPER). *This form of blocking is illegal because it is over mouth, nose and eyes and restricts breathing and vision, in contrast to position in No. 72.*



No. 74—A LEGAL CROSSFACE. *This hold is an effective and legal block for the double-leg pickup.*





No. 75—INTERLOCKING OF HANDS AROUND LEGS. *This is a technical violation when done by the offensive wrestler.*

No. 76—LEGAL USE OF THE HANDS IN WAIST-LOCK. *This shows the legal use of the hands of the top wrestler. The defensive contestant's supporting parts, except feet, are clearly off the mat.*



No. 77—INTERLOCKING OF HANDS AROUND THE BODY. *A technical violation. Offensive wrestler is not allowed to lock (overlap) hands, fingers, wrists or arms around body while defensive wrestler is supported by parts other than feet.*



No. 78—LEGAL USE OF HANDS IN BODY LOCK. *This complete body lock 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. 79—LEGAL BACK BOW. *This move is legal, provided the pressure is NOT driven within the arrows shown (45 degrees toward the bottom wrestler's right shoulder to straight over the head).*



No. 80—ILLEGAL BACK BOW. *The top wrestler may not excessively twist the ankle of the bottom wrestler.*



Nos. 81 and 82—ILLEGAL LEG LOCKS. *Leg rides applied by the offensive wrestler that hyperextend the knee beyond its normal limits of movement are illegal.*





Nos. 84 and 85—LEGAL LEG LOCKS.
Leg rides applied by the offensive wrestler that do not hyperextend the knee are legal.

No. 83—POSSIBLE STALL, STALEMATE OR POTENTIALLY DANGEROUS. *The defensive wrestler is stalling if he repeatedly stands to cause a stalemate. The top (offensive) wrestler is stalling if he repeatedly applies legs after the defensive (bottom) wrestler is already standing. If neither wrestler can improve this position, a stalemate may be called. If, in the opinion of the referee, this situation becomes unstable, "potentially dangerous" may be called.*



No. 86—INDICATING THE WINNER. *After the contestants properly shake hands, the referee indicates the winner of a match by raising the winner's hand.*



OFFICIAL WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



1  Stopping the Match	2  Time Out	3  Start Injury Clock	4  Start Blood Clock	5  Stop Blood/Injury Clock
6  Neutral Position	7  Indicates No Control	8  Out-of-Bounds	9  Indicates Wrestler in Control Left or Right Hand	
10  Deter Choice	11  Potentially Dangerous Left/Right Hand	12  Stalemate	13  Caution—False Start or Incorrect Starting Procedure	
14  Stalling Left/Right Hand	15  Interlocking Hands or Grasping Clothing	16  Reversal	17  Technical Violation	18  Illegal Hold or Unnecessary Roughness
19  Near-Fall	20  Awarding Points Left/Right Hand	21  Unsportsmanlike Conduct Left/Right Hand	22  Flagrant Misconduct Left/Right Hand	

Part II:

INTERPRETATIONS

RULE 1

A Match, Mats, Wrestlers, Uniforms and Equipment

Uniforms and Equipment

SECTION 11. b. SITUATION: Wrestler A fails to secure shoelaces. When wrestling begins, a shoelace becomes untied other than during a scoring situation. The referee correctly calls a delay of match violation against Wrestler A. Once the shoe is tied, Wrestler A goes to the apron of the mat and has a coach or trainer tape the shoelace. **QUESTION:** Has another violation occurred? **RULING:** Yes. The referee shall call an injury timeout to Wrestler A.

Videotaping

SECTION 15. SITUATION: Team A is videotaping its bout during a dual meet. During the 125-pound match, Team B's wrestler is awarded a takedown at the end of the first period. Team A's coach protests 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, determination of riding time or judgment calls? **RULING:** No. The use of videotapes to make corrections in a dual meet is prohibited.

RULE 2

Definitions

Wrestling Positions

Starting Position

SECTION 1. SITUATION: The bottom wrestler assumes a referee's position whereby the top wrestler cannot assume a legal starting position on the side of choice. The referee makes the bottom wrestler adjust position.

QUESTION: Can the top wrestler now decide to change sides? **RULING:** No. The top wrestler has indicated the desired side to the referee. After the bottom wrestler is forced to adjust, the top wrestler cannot decide to mount a different side.

Scoring Opportunities

Escape

SECTION 7. SITUATION 1: Wrestler B is on the bottom and applies an over-hook on Wrestler A. Wrestler B faces Wrestler A and stands up with the over-hook 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-under-hook tie-up. **QUESTION:** When should an escape be awarded?

RULING: An escape should be awarded only when Wrestler B breaks totally 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 Wrestler A. **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 or be a considerable distance away, such that Wrestler A

has no chance to bring Wrestler B back under control.

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 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 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 react appropriately.

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 time has elapsed.

SITUATION 6: Wrestler B attempts to reverse Wrestler A with a switch; however, just before Wrestler B comes on top for a reversal, both wrestlers go out of bounds. It was imminent that Wrestler A would have been reversed and that Wrestler A 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 the opponent off the mat with control but fails to bring Wrestler A to the mat as the period ends. **QUESTION:** Does Wrestler B get credit for a reversal? **RULING:** No. Only one point for the escape should be awarded.

Reversal

SECTION 8. SITUATION: As Wrestler A, who is the defensive wrestler, stands up, Wrestler A 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 continues to receive riding time, and no points are awarded. Wrestler A can release Wrestler B's leg and receive one point for an escape, or Wrestler A 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.

Near Fall

SECTION 9. SITUATION 1: Wrestler A had Wrestler B in a pinning combination. Before Wrestler A turned Wrestler B into a near-fall situation, the referee stopped the match for a potentially dangerous situation. Wrestler B did not yell in pain or request the move be broken. But once the action was broken, Wrestler B indicated a slight arm injury. **QUESTION:** Should the referee award a two-point near fall based upon 2-9-d, which states: "When a pinning combination is executed legally but the contestant is injured before a near-fall criterion is met and a near fall is imminent, action will be stopped, an injury timeout assessed and a two-point near fall shall be awarded"? **RULING:** The purpose of 2-9-d is to prevent a wrestler from breaking a legal pinning situation by yelling and/or faking an injury to prevent being turned. Therefore, since the referee saw a potentially dangerous situation and decided to break it, no near-fall points should be given. Rule 2-9-d is not intended to prevent the referee from stopping any action the referee sees as being potentially dangerous. If a move is stopped by the referee with no action taken by the bottom wrestler, points should not be awarded.

SITUATION 2: Wrestler A has Wrestler B in a pinning situation and a near-fall criterion is met when Wrestler B screams in pain. **QUESTION:** In this situation, when can a three-point near fall be awarded? **RULING:** According to 2-9-e, a three-point near fall is awarded when one criterion for a near fall is met before Wrestler B screams.

SITUATION 3: Wrestler A has Wrestler B in a pinning situation and the criteria for a three-point near fall have been met, when Wrestler B screams in pain. **QUESTION:** Should a three-point near fall be awarded? **RULING:** No. According to 2-9-f, a four-point near fall is awarded when the criteria for a three-point near fall is met before Wrestler B's scream.

SITUATION 4: Wrestler A uses a Granby roll for a reversal and meets a near-fall criterion when Wrestler B applies an illegal head scissors. **QUESTION:** Should the referee stop the match and award the applicable points? **RULING:** No. Rule 6-2 states that wrestling may continue even though an illegal hold has been applied, unless stoppage becomes necessary to prevent injury.

Imminent Scoring

SECTION 10. SITUATION 1: Wrestler A applies a double-leg takedown to Wrestler B. In the act of being taken down, Wrestler B suffers a knee injury. As a result, the injured wrestler's back ends up on the mat after Wrestler B falls. **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 are not awarded because there was no pinning combination and the near fall was not imminent.

SITUATION 2: Wrestler A applies a legal standing headlock on Wrestler B and takes Wrestler B directly to Wrestler B's back. While going down, Wrestler B 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.

End of Match

Fall

SECTION 12. 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) is touching the mat in bounds for one second, Wrestler B is pinned even though Wrestler B's head and shoulders are out of bounds.

SITUATION 2: Wrestler A has the opponent in a pinning situation. The referee calls a fall by slapping the mat; however, before the referee's hand hits the mat, the buzzer sounds to end the period. The referee could not hear the buzzer. **QUESTION:** What procedure should the referee follow? **RULING:** Rule 2-12-f states that if the referee cannot determine that a fall has occurred before the period ends because of crowd noise or other circumstances, the assistant referee shall be consulted. If there is no assistant or if the assistant referee is in doubt, the referee shall ask the match timekeeper whether the referee's signal hand hit the mat before the period ended.

Technical Fall

SECTION 13. SITUATION 1: Wrestler A is leading Wrestler B, 13-0. Wrestler A puts Wrestler B on Wrestler B's back and a fall is imminent. The referee starts the near-fall hand count and counts at least two seconds. **QUESTION:** If the referee is aware of the score, should the referee stop the match and award a 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 and pinned Wrestler A, what is the ruling?

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

SITUATION 2: Wrestler A, who is winning by 14 points, has Wrestler B in a pinning situation and has earned but has not been awarded a three-point near fall. Wrestler A is pinned while still trying to pin Wrestler B. **QUESTION:** Does Wrestler A win by technical fall or does Wrestler B win by a fall? **RULING:** Wrestler A wins by a technical fall. Wrestler A has earned a 15-point differential and can lose only by committing an act of flagrant misconduct.

SITUATION 3: Wrestler A is winning by 12 points and has earned a three-point near fall, but the period and match end with Wrestler B still in a pinning situation. 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 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.

SITUATION 4: Wrestler A leads by 12 points and places Wrestler B in a pinning position. Wrestler A has earned, but has not been awarded, three near-fall points. Wrestler A commits a technical violation or uses an illegal hold. **QUESTION:** Should the referee penalize Wrestler A and continue wrestling or has Wrestler A earned a technical fall? **RULING:** Wrestler A has scored a technical fall. According to Rule 2-13, a wrestler earning a differential of 15 points can lose only by committing an act of flagrant misconduct.

SITUATION 5: Wrestler A is leading Wrestler B, 26-12, without scoring a near fall. Wrestler A takes Wrestler B down to the mat, meeting a near-fall criterion. After a consecutive three-count by the referee, the period ends. A technical fall has been earned. **QUESTION:** In a dual meet, would the technical fall be scored as four or five points? Similarly, in tournament competition, would the technical fall be scored as 1 or 1½ points? **RULING:** Wrestler A's team shall be awarded five points for the technical fall in a dual meet and 1½ points in a tournament. The final score shall be 30-12.

Default

SECTION 16. SITUATION: Wrestler A is injured and wants to default to the next opponent and still continue to be eligible for competition. **QUESTION:** What is the correct procedure? **RULING:** In order for this wrestler to default to the next opponent, the match must officially begin and time elapse from the clock. Note: It is not the intent of a default to be used for this purpose.

RULE 3

Weight Certification, Classification, and Weighing in

Weighing In

SECTION 4-b. SITUATION 1: Team A wrestles Team B at 7 p.m. Both teams compete earlier that day, Team A at 12 p.m. and Team B at 1 p.m. **QUESTION:** At what time will the weigh-in take place? **RULING:** All teams shall weigh-in one hour prior to the starting time of the first match of the day. In this situation, the weigh-ins shall take place at 11 a.m.

SITUATION 2: At the time of the weigh-in, Wrestler A is still working out in order to make weight. **QUESTION:** Can Wrestler A elect to bypass the weight class and weigh-in at the conclusion of the heavyweight class? **RULING:** No. During the weigh-in period, no weight loss activities are permitted.

SITUATION 3: For a dual meet, Wrestler A weighs-in at 141 pounds, but is slightly overweight. **QUESTION:** Is it permissible for Wrestler A to weigh-in again after the heavyweight class in an attempt to make weight? **RULING:** No. However, Wrestler A may step on and off the scale three times at the time of the weigh-in to assure the scale has been properly zeroed and/or allow for mechanical inconsistencies in the scale.

SITUATION 4: Wrestler A fails to make weight at 125 pounds. **QUESTION:** Is it permissible for Wrestler A to make weight and wrestle at 125 pounds for the next competition? **RULING:** Yes.

SITUATION 5: Wrestler A has been competing at 141 pounds. For the next competition, wrestler A weighs-in at 149 but does not wrestle. **QUESTION:** Can wrestler A return to 141 pounds for the next competition? **RULING:** No. Furthermore, 149 pounds has become Wrestler A's new certified weight class.

RULE 4

Conduct of Meets and Tournaments

Postmatch Procedures

SECTION 9. SITUATION: The match ends, and Wrestler A lifts Wrestler B into the air and brings Wrestler B to the mat with unnecessary force after the whistle has blown. **QUESTION:** Can the referee include illegal-slam penalty points in the match score since the slam occurred after the third period ended? **RULING:** Yes. Since the wrestler was in the process of completing a takedown attempt, it should be considered as having occurred during the match. This situation might be considered unsportsmanlike conduct or flagrant misconduct if the referee deems Wrestler A's action to be out of disgust or with the intent to injure Wrestler B.

Choice of Position

SECTION 10. SITUATION: Wrestler A has choice at the end of the first period. Wrestler A selects the top position, and the referee tells Wrestler B to take the bottom position. Wrestler A's coach tells Wrestler A to choose bottom. **QUESTION:** How long does Wrestler A have to change choice of position? **RULING:** For consistency and to avoid delaying the match, once the wrestler with the choice verbally decides and the referee confirms this with the wrestler to prevent misunderstanding, the wrestler cannot change choice of position.

Overtimes

SECTION 11-b. SITUATION 1: During the tiebreaker, the offensive wrestler applies a hold meant to prevent the defensive wrestler from escaping by locking both arms around the lower leg. **QUESTION:** Can the referee call a stalemate? **RULING:** Yes. The referee may call a stalemate more quickly in the tiebreaker than in regulation or sudden-victory period. The referee shall call stalling if this type of hold is repeated by the offensive wrestler.

SITUATION 2: The first period ends with neither wrestler able to score (0-0). Wrestler A rides the entire second period accumulating two minutes of advantage time. In the third period, Wrestler A selects the bottom position and escapes immediately. With the escape, wrestler A leads 1-0. With six seconds remaining, Wrestler B secures a takedown. The regulation match ends with the score 2-1 in favor of Wrestler B. The referee goes to the table and awards Wrestler A one point for advantage time. The score is now tied, 2-2. **QUESTION:** Which wrestler will have the choice of position in the tiebreaker period? **RULING:** Wrestler B. The takedown resulted in the first offensive points scored in the match. Advantage time, although earned, can not be awarded until the conclusion of the regulation match.

SITUATION 3: The regulation match ends with both wrestlers having identical scores and no offensive points scored. **QUESTION:** When is the determination made as to which wrestler will have the choice in the tiebreaker period? **RULING:** The determination will be made at the completion of the sudden victory period and before the beginning of the tiebreaker period by the tossing of the referee's disk.

Control of Mat Area

SECTION 13. SITUATION 1: The referee is asked to come to the scorer's table to confer with Coach B at the request of Coach B. The referee instructs the wrestlers to remain in the center of the mat. Wrestler A walks to the edge of the mat to talk to A's coach. **QUESTION:** What is the ruling? **RULING:** The coach of Wrestler A would be in violation of *control of mat area* and therefore would be penalized according to Rule 4-13-d.

SITUATION 2: Team A has been warned twice and penalized once for control of mat area. A situation occurs in which the head coach and the assistant coach approach the table and begin a confrontation with the referee. The referee penalizes Team A according to Rule 4-13-d. **QUESTION:** This being Team A's fourth infraction, whom does the referee remove from the premises? **RULING:** The referee will remove the head coach.

Questioning the Referee

SECTION 15. SITUATION: In a tournament, Team A has been warned twice and penalized once. The assistant coach begins badgering and arguing with the referee. The referee penalizes Team A according to Rule 4-13-d. **QUESTION:** Whom does the referee remove from the premises and for how long? **RULING:** The referee removes the last person penalized, who in this case was the assistant coach, for the duration of the tournament.

Tournaments

Tournament Committee

SECTION 16-c-1. 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

Flagrant Misconduct

SECTION 6. a. **SITUATION:** The referee raises Wrestler A's hand at the end of the match. Wrestler A subsequently punches Wrestler B, and the referee calls flagrant misconduct. **QUESTION:** What is the penalty and what effect does it have on the match? **RULING:** Flagrant misconduct by the winner during the postmatch period shall result in Wrestler A being disqualified, the deduction of one team point, the removal of the disqualified contestant from the premises and Wrestler B being declared the winner. A contestant so disqualified in a tournament is not entitled to placement points or an individual tournament award, nor will that contestant be credited with advancement and fall points earned before the incident. (See 4-9-b and 6-6.)

Technical Violations

Stalling

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

SITUATION 1: Wrestler A has legs on Wrestler B. Wrestler B stands up with the legs still on. 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. **QUESTION:** Who should be called for stalling? **RULING:** Wrestler B should be called for stalling for repeatedly standing up to break a legal move.

SITUATION 2: The defensive wrestler stands and controls offensive wrestler's hands. The offensive wrestler attempts to bring the defensive wrestler to the mat but is unable to do so. **QUESTION:** Should the offensive wrestler be called for stalling? **RULING:** The offensive wrestler shall not be called for stalling in this situation because the offensive wrestler is aggressively attempting to improve and return the defensive wrestler to the mat.

Interlocking Hands

SECTION 11. SITUATION 1: Wrestler A is being reversed by Wrestler B. During the reversal, Wrestler A locks hands. The referee signals locked hands and allows the match to continue. Wrestler B continues with the reversal, but Wrestler A immediately comes back with another reversal and subsequently pins Wrestler B. **QUESTIONS:** Should the match have been stopped after Wrestler B reversed Wrestler A? Does Wrestler A's fall stand since there was a technical violation involved before the fall? **RULING:** The fall stands. Rule 6-11-b 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 (e.g., locked hands or figure-four body scissors) 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, Wrestler A will default the match to Wrestler B. Technical violations are separate from illegal holds. Illegal holds generally have the potential to injure an opponent, whereas a technical violation, in most situations, does not; however, if a technical violation is executed with the intent to injure an opponent, the referee can call flagrant misconduct instead of a technical violation.

SITUATION 3: Wrestler A is on the bottom, stands up and turns into Wrestler B. Wrestler B's knees are on the mat and are supporting him. Wrestler B locks hands around both legs of Wrestler A in a double-leg situation with no loss of control. Wrestler B then lifts Wrestler A, brings Wrestler A to the mat, unlocks hands and moves up. **QUESTION:** Should Wrestler B be called for locked hands? **RULING:** The wrestler in the advantage position could lock hands once the bottom wrestler's weight is supported entirely by both feet. Once the wrestler brings the opponent to the mat, the wrestler with the advantage has reaction time to break the grip.

SITUATION 4: The offensive wrestler applies a bear hug on the defensive

wrestler, who is in a sitting position facing the offensive wrestler. After the bear hug is applied, the offensive wrestler attempts to pin the opponent.

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 a technical violation. In a control position, a wrestler cannot lock hands around the opponent and then take the opponent to a pinning situation. Once a near-fall criterion has been met, it is permissible to lock hands.

SITUATION 5: From a neutral position, Wrestler A applies a bear hug to Wrestler B and takes him directly to his back, nearly meeting a near-fall criterion. **QUESTION:** Can Wrestler A keep locked hands after a bodylock takedown when there is an imminent near fall?

RULING: A wrestler may keep locked hands after a bodylock takedown when there is an imminent near fall. The referee shall verbally alert the wrestlers if a near fall is imminent by saying “imminent,” which indicates whether the offensive wrestler may keep locked hands. If and when the referee says “not imminent,” the offensive wrestler shall be given reaction time to release his lock. Note that a bear hug is considered a bodylock.

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.

False Starts and Incorrect Starting Positions

SECTIONS 17 AND 18. RULING: False starts and incorrect starting positions have been separated to prevent a wrestler from being disqualified because of having a foot off the starting line by one inch. This gives the referee some flexibility. Although false starts were separated from the incorrect starting positions, the penalties were not. Example: Wrestler A false-starts twice, and cautions are awarded. If Wrestler A repeatedly assumes an incorrect starting position, the referee would then penalize Wrestler A one point. Wrestler A already has cautions for a false start.

RULE 7

Injuries and Timeouts

Timeout

SECTION 1. QUESTION: What state of readiness should the wrestler assume at the completion of injury time? **RULING:** At the completion of the 1½ minutes of injury time, the injured wrestler should be prepared to rise and move to the center of the mat to restart the match.

SITUATION: A wrestler is injured. After being attended to, the wrestler returns to the center of the mat with the intent of continuing to wrestle. The referee has indicated that the injury-time clock be stopped. The wrestler has used one minute of injury time. The referee questions the injured wrestler's ability to continue. **QUESTION:** How does the referee use an official timeout to have the wrestler examined by medical personnel for consultation? **RULING:** As indicated in Rule 7-1-e, the official timeout is to be used in this situation only after the wrestler has used the entire 1½ minutes of injury time. In this situation, the referee would indicate that the wrestler's injury time be restarted and would call for examination by medical personnel. If the remainder of the wrestler's injury time is used and the medical examination has not been completed, the referee will use a referee's timeout at this point.

Coaching an 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 the two-minute recovery time because of an illegal hold does not count against an injured wrestler's injury time.

Match-Ending Injury

SECTION 3. SITUATION: Wrestler A receives a neck injury. The referee will not allow Wrestler A to continue until receiving a physician's or certified athletic trainer's approval. Both are in the arena; however, it is obvious

that neither one will reach the mat area to grant approval before the 1½ minutes of injury time expire. **QUESTION:** Does Wrestler B win by default? **RULING:** Once the injured wrestler claims to be recovered, the referee may take an official timeout until the physician or certified athletic trainer has time to evaluate the injured wrestler (within a reasonable amount of time).

RULE 8

Officials

Responsibility

SECTION 2. SITUATION: During a match in a tournament, the referee and assistant referee are at the table with their backs to the wrestlers who are at the center of the mat. One wrestler commits an unsportsmanlike act that is observed by a tournament referee not involved in the match. **QUESTION:** What should the nonworking referee do? **RULING:** Similar to the proper mechanics used by an assistant referee, the nonworking referee shall inform the referee who is in control of the match, who shall render a decision. According to Rule 8-2, the match referee is responsible for the match but other referees involved with the competition can offer assistance and report violations.

Appendix A

Tournament Protest Protocol

- a. Coach informs scoring table and referee of intent to protest.
- b. Match referee informs nonprotesting coach that a protest has been filed.
- c. Scorer's table personnel or referee informs head table.
- d. Protest committee member directs the scorer's table personnel and the respective referee and assistant referee to be available if needed for a protest hearing.
- e. The offended coach takes protest and the required protest fee to head table to chair of protest committee or designee within 10 minutes of end of match.
- f. The tournament protest committee reviews the protest with the offended coach to ensure it is in proper form, is understandable, and is not a question of judgment. Designated tournament personnel decide whether to release mat for continued wrestling.
- g. Protest committee decides on order of hearing.
- h. Protest committee reviews and discusses written protest.
- i. Offended coach presents case.
- j. Decision made of need to view videotape, if available.
- k. Hearing of the other principals, where applicable, as needed to include but not limited to: (1) coach who did not protest; (2) referee; (3) assistant referee; (4) scorer's table personnel.
- l. Re-examine video, if needed.
- m. Vote and render decision.
- n. Chair informs: (1) coach who protested; (2) nonprotesting coach; (3) head table and announcer of final decision.

Appendix B

Blood-Borne Pathogens

Revised August 2000

Blood-borne pathogens are disease-causing microorganisms that can be potentially transmitted through blood contact. The blood-borne pathogens of concern include (but are not limited to) the hepatitis B virus (HBV) and the human immunodeficiency virus (HIV). Infections with these (HBV, HIV) viruses have increased throughout the last decade among all portions of the general population. These diseases have potential for catastrophic health consequences. Knowledge and awareness of appropriate preventive strategies are essential for all members of society, including student-athletes.

The particular blood-borne pathogens HBV and HIV are transmitted through sexual contact (heterosexual and homosexual), direct contact with infected blood or blood components, and perinatally from mother to baby. In addition, behaviors such as body piercing and tattoos may place student-athletes at some increased risk for contracting HBV, HIV or Hepatitis C.

The emphasis for the student-athlete and the athletics health-care team should be placed predominately on education and concern about these traditional routes of transmission from behaviors off the athletics field. Experts have concurred that the risk of transmission on the athletics field is minimal.

Hepatitis B Virus (HBV)

HBV is a blood-borne pathogen that can cause infection of the liver. Many of those infected will have no symptoms or a mild flu-like illness. One-third will have severe hepatitis, which will cause the death of one percent of that group. Approximately 300,000 cases of acute HBV infection occur in the United States every year, mostly in adults.

Five to 10 percent of acutely infected adults become chronically infected with the virus (HBV carriers). Currently in the United States there are approximately one million chronic carriers. Chronic complications of HBV infection include cirrhosis of the liver and liver cancer.

Individuals at the greatest risk for becoming infected include those practicing risky behaviors of having unprotected sexual intercourse or sharing intravenous (IV) needles in any form. There is also evidence that household contacts with chronic HBV carriers can lead to infection without having had sexual intercourse or sharing of IV needles. These rare instances probably occur when the virus is transmitted through unrecognized wound or mucous-membrane exposure.

The incidence of HBV in student-athletes is presumably low, but those participating in risky behavior off the athletics field have an increased likelihood of infection (just as in the case of HIV). An effective vaccine to prevent HBV is available and recommended for all college students by the American College Health Association. Numerous other groups have recognized the potential benefits of universal vaccination of the entire adolescent and young-adult population.

HIV (AIDS Virus)

The Acquired Immunodeficiency Syndrome (AIDS) is caused by the human immunodeficiency virus (HIV), which infects cells of the immune system and other tissues, such as the brain. Some of those infected with HIV will remain asymptomatic for many years. Others will more rapidly develop manifestations of HIV disease (i.e., AIDS). Some experts believe virtually all persons infected with HIV eventually will develop AIDS and that AIDS is uniformly fatal. In the United States, adolescents are at special risk for HIV infection. This age group is one of the fastest growing groups of new HIV infections. Approximately, 14 percent of all new HIV infections occur in persons aged between 12-24 years. The risk of infection is increased by having unprotected sexual intercourse, as well as the sharing of IV needles in any form. Like HBV, there is evidence that suggests that HIV has been transmitted in household-contact settings without sexual contact or IV needle sharing among those household contacts. Similar to HBV, these rare instances probably occurred through unrecognized wound or mucous membrane exposure.

Comparison of HBV/HIV

Hepatitis B is a much more “sturdy/durable” virus than HIV and is much more concentrated in blood. HBV has a much more likely transmission with exposure to infected blood; particularly parenteral (needle-stick) exposure, but also exposure to open wounds and mucous membranes. There has been one well-documented case of transmission of HBV in the athletics setting, among sumo wrestlers in Japan. There are no validated

cases of HIV transmission in the athletics setting. The risk of transmission for either HBV or HIV on the field is considered minimal; however, most experts agree that the specific epidemiologic and biologic characteristics of the HBV virus make it a realistic concern for transmission in sports with sustained close physical contact, such as wrestling. HBV is considered to have a potentially higher risk of transmission than HIV.

Testing of Student-Athletes

Routine mandatory testing of student-athletes for either HBV or HIV for participation purposes is not recommended. Individuals who desire voluntary testing based on personal reasons and risk factors, however, should be assisted in obtaining such services by appropriate campus or public-health officials.

Student-athletes who engage in high-risk behavior are encouraged to seek counseling and testing. Knowledge of one's HBV and HIV infection is helpful for a variety of reasons, including the availability of potentially effective therapy for asymptomatic patients, as well as modification of behavior, which can prevent transmission of the virus to others. Appropriate counseling regarding exercise and sports participation also can be accomplished.

Participation by the Student-Athlete with Hepatitis B (HBV) Infection

Individual's Health—In general, acute HBV should be viewed just as other viral infections. Decisions regarding ability to play are made according to clinical signs and symptoms, such as fatigue or fever. There is no evidence that intense, highly competitive training is a problem for the asymptomatic HBV carrier (acute or chronic) without evidence of organ impairment. Therefore, the simple presence of HBV infection does not mandate removal from play.

Disease Transmission—The student-athlete with either acute or chronic HBV infection presents very limited risk of disease transmission in most sports. However, the HBV carrier presents a more distinct transmission risk than the HIV carrier (see previous discussion of comparison of HBV to HIV) in sports with higher potential for blood exposure and sustained close body contact. Within the NCAA, wrestling is the sport that best fits this description.

The specific epidemiologic and biologic characteristics of hepatitis B virus form the basis for the following recommendation: If a student-athlete develops acute HBV illness, it is prudent to consider removal of the indi-

vidual from combative, sustained close-contact sports (e.g., wrestling) until loss of infectivity is known. (The best marker for infectivity is the HBV antigen, which may persist up to 20 weeks in the acute stage). Student-athletes in such sports who develop chronic HBV infections (especially those who are e-antigen positive) should probably be removed from competition indefinitely, due to the small but realistic risk of transmitting HBV to other student-athletes.

Participation of the Student-Athlete with HIV

Individual's Health—In general, the decision to allow an HIV positive student-athlete to participate in intercollegiate athletics should be made on the basis of the individual's health status. If the student-athlete is asymptomatic and without evidence of deficiencies in immunologic function, then the presence of HIV infection in and of itself does not mandate removal from play.

The team physician must be knowledgeable in the issues surrounding the management of HIV-infected student-athletes. HIV must be recognized as a potentially chronic disease, frequently affording the affected individual many years of excellent health and productive life during its natural history. During this period of preserved health, the team physician may be involved in a series of complex issues surrounding the advisability of continued exercise and athletics competition.

The decision to advise continued athletics competition should involve the student-athlete, the student-athlete's personal physician and the team physician. Variables to be considered in reaching the decision include the student-athlete's current state of health and the status of his/her HIV infection, the nature and intensity of his/her training, and potential contribution of stress from athletics competition to deterioration of his/her health status.

There is no evidence that exercise and training of moderate intensity is harmful to the health of HIV-infected individuals. What little data that exists on the effects of intense training on the HIV-infected individual demonstrates no evidence of health risk. However, there is no data looking at the effects of long-term intense training and competition at an elite, high-ly competitive level on the health of the HIV-infected student-athlete.

Disease Transmission—Concerns of transmission in athletics revolve around exposure to contaminated blood through open wounds or mucous membranes. Precise risk of such transmission is impossible to calculate but

epidemiologic and biologic evidence suggests that it is extremely low (see section on comparison of HBV/HIV). There have been no validated reports of transmission of HIV in the athletics setting. Therefore, there is no recommended restriction of student-athletes merely because they are infected with HIV, although one court has upheld the exclusion of an HIV-positive athlete from the contact sport of karate.

Administrative Issues

The identity of individuals infected with a blood-borne pathogen must remain confidential. Only those persons in whom the infected student-athlete chooses to confide have a right to know about this aspect of the student-athletes medical history. This confidentiality must be respected in every case and at all times by all college officials, including coaches, unless the student-athlete chooses to make the fact public.

Athletics Health-Care Responsibilities

The following recommendations are designed to further minimize risk of blood-borne pathogen transmission in the context of athletics events and to provide treatment guidelines for caregivers. These are sometimes referred to as “universal precautions,” but some additions and modifications have been made as relevant to the athletics arena.

1. Pre-event preparation includes proper care for wounds, abrasions, cuts or weeping wounds that may serve as a source of bleeding or as a port of entry for blood-borne pathogens. These wounds should be covered with an occlusive dressing that will withstand the demands of competition. Likewise, care providers with healing wounds or dermatitis should have these areas adequately covered to prevent transmission to or from a participant. Student-athletes may be advised to wear more protective equipment on high-risk areas, such as elbows and hands.

2. The necessary equipment and/or supplies important for compliance with universal precautions should be available to caregivers. These supplies include appropriate gloves, disinfectant bleach, antiseptics, designated receptacles for soiled equipment and uniforms, bandages and/or dressings and a container for appropriate disposal of needles, syringes or scalpels.

3. When a student-athlete is bleeding, the bleeding must be stopped and the open wound covered with a dressing sturdy enough to withstand the demands of activity before the student-athlete may continue participation in practice or competition. Current NCAA policy mandates the immediate,

aggressive treatment of open wounds or skin lesions that are deemed potential risks for transmission of disease. Participants with active bleeding should be removed from the event as soon as is practical. Return to play is determined by appropriate medical staff personnel. Any participant whose uniform is saturated with blood, regardless of the source, must have that uniform evaluated by appropriate medical personnel for potential infectivity and changed if necessary before return to participation.

4. During an event, early recognition of uncontrolled bleeding is the responsibility of officials, student-athletes, coaches and medical personnel. In particular, student-athletes should be aware of their responsibility to report a bleeding wound to the proper medical personnel.

5. Personnel managing an acute blood exposure must follow the guidelines for universal precaution. Sterile latex gloves should be worn for direct contact with blood or body fluids containing blood. Gloves should be changed after treating each individual participant and after glove removal, hands should be washed.

6. Any surface contaminated with spilled blood should be cleaned in accordance with the following procedures: With gloves on, the spill should be contained in as small an area as possible. After the blood is removed, the surface area of concern should be cleaned with an appropriate decontaminate.

7. Proper disposal procedures should be practiced to prevent injuries caused by needles, scalpels and other sharp instruments or devices.

8. After each practice or game, any equipment or uniforms soiled with blood should be handled and laundered in accordance with hygienic methods normally used for treatment of any soiled equipment or clothing before subsequent use. This includes provisions for bagging the soiled items in a manner to prevent secondary contamination of other items or personnel.

9. Finally, all personnel involved with sports should be trained in basic first aid and infection control, including the preventive measures outlined previously.

Member institutions should ensure that policies exist for orientation and education of all health-care workers on the prevention and transmission of blood-borne pathogens. Additionally, in 1992, the Occupational Safety and Health Administration (OSHA) developed a standard directed to eliminating or minimizing occupational exposure to blood-borne pathogens. Many of the recommendations included in this guideline are part of the

standard. Each member institution should determine the applicability of the OSHA standard to its personnel and facilities.

Source: NCAA Sports Medicine Handbook. For updated information, refer to the most recent edition.

Appendix C

Weight Loss— Hypohydration

Sport-Specific Introduction: Competitive wrestling can generate approximately 15 kilocalories of heat each minute; practice sessions can average over 600 kilocalories per hour. Additional heat can come from the environment if the wrestling room is too hot. Complete evaporation of one liter of sweat removes 580 kilocalories of heat. To maintain thermal equilibrium, a wrestler, or any athlete, needs to evaporate more than one liter (about one quart) of sweat for each hour of practice. Maintenance of body fluids is essential if sweating is to be maintained. This means that athletes must hydrate before, during and after practice.

One method to estimate replacement fluid requirements is to weigh athletes before and after practice. For each pound of weight loss, one should replace the lost weight with one pint of extra fluid.

Athletes should limit caffeine in coffee and colas since caffeine increases fluid loss in the urine. Alcoholic drinks, which interfere with rehydration by increasing urine production, also should be avoided.

Athletes themselves can assess their hydration level by observing the volume, color and concentration of their urine. Low volumes of dark, concentrated urine indicate a serious need for rehydration. Other signs of dehydration include a rapid resting or working heart rate, weakness, excessive fatigue and dizziness.

Revised June 2002

There are two general types of weight loss common to student-athletes who participate in intercollegiate sports: loss of body water or loss of body weight (fat and lean tissue). Dehydration, the loss of body water, leads to a state of negative water balance called dehydration. It is brought about by withholding fluids and carbohydrates, the promotion of extensive sweating and the use of emetics, diuretics or laxatives. The problem is most evident in those who must be certified to participate in a given weight class, but it also is present in other athletics groups.

There is no valid reason for subjecting the student-athlete's body to

intentional dehydration, which can lead to a variety of adverse physiological effects, including significant pathology and even death. Dehydration in excess of 3-5 percent leads to reduced strength and muscular endurance, reduced plasma and blood volume, compromised cardiac output (elevated heart rate, smaller stroke volume), impaired thermoregulation, decreased kidney blood flow and filtration, reduced liver glycogen stores and loss of electrolytes. Pathological responses include life-threatening heat illness, rhabdomyolysis (severe muscle breakdown), kidney failure and cardiac arrest.

With extensive dehydration, attempts at acute rehydration usually are insufficient for body fluid and electrolyte homeostasis to be restored before competition. For example, in wrestling this is especially true between the official weigh-in and actual competition.

All respected sports medicine authorities and organizations have condemned the practice of fluid deprivation. To promote sound practices, student-athletes and coaches should be educated about the physiological and pathological consequences of dehydration. The use of laxatives, emetics and diuretics should be prohibited. Similarly, the use of excessive food and fluid restriction, self-induced vomiting, vapor-impermeable suits (e.g., rubber or rubberized nylon), hot rooms, hot boxes and steam rooms should be prohibited. Excessive food restriction or self-induced vomiting may be symptoms of serious eating disorders.

Note: This is a general guideline that is not specific to wrestling. For the rules regarding these practices and substances in wrestling, see Rule 3-5 in the main body of this book.

Dehydration is a potential health hazard that acts with poor nutrition and intense exercise to compromise health and athletic performance. The sensible alternative to dehydration weight loss involves: preseason determination of an acceptable (minimum) competitive weight, gradual weight loss to achieve the desired weight, and maintenance of the weight over the course of the competitive season. Standard body composition procedures should be utilized to determine the appropriate competitive weight. Spot checks (body composition or dehydration) should be used to assure compliance with the weight standard during the season.

Student-athletes and coaches should be informed of the health consequences of dehydration, educated in proper weight-loss procedures, and subject to disciplinary action when approved rules are violated.

Appendix D

Skin Infections

July 1981 • Revised June 2000

Data from the NCAA Injury Surveillance System (ISS) indicate that skin infections are associated with at least 10 percent of the time-loss injuries in wrestling. It is recommended that qualified personnel, including a knowledgeable, experienced physician examine the skin over the entire body and hair of the scalp and pubic area of all wrestlers before any participation.

As such, all student-athletes must be completely nude for the medical checks.

Open wounds and infectious skin conditions that cannot be adequately protected should be considered cause for medical disqualification from practice or competition. The term “adequately protected” means that the wound or skin condition has been deemed as non-infectious and adequately medicated as per treatment criteria listed under Guidelines for Disposition of Skin Infections and is able to be covered by a securely attached bandage made of nonpermeable material that will withstand the rigors of competition. (See WA-12.)

Medical Examinations

Medical examinations must be conducted by knowledgeable physicians and/or certified athletic trainers. The presence of an experienced dermatologist is required. The examination should be conducted in a systematic fashion so that more than one examiner can evaluate problem cases.. Provisions should be made for appropriate lighting and the necessary facilities to confirm and diagnose skin infections.

Wrestlers who are undergoing treatment for a communicable skin disease at the time of the meet or tournament shall provide written documentation to that effect from a physician. This documentation should include the wrestler's diagnosis, culture results (if possible), date and time therapy began and the exact names of medication for treatment. The status

of these individuals should be decided before the screening of the entire group. The decision made by a physician and/or certified athletic trainer "on site" shall be considered FINAL.

Guidelines for Disposition of Skin Infections

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

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

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

HIDRADENITIS SUPPURATIVA

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

PEDICULOSIS

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

SCABIES

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

HERPES SIMPLEX

Primary Infection

1. Wrestler must be free of systemic symptoms of viral infection (fever, malaise, etc.).
2. Wrestler must have developed no new blisters for 72 hours before the examination.

3. Wrestler must have no moist lesions; all lesions must be dried and surmounted by a FIRM ADHERENT CRUST.

4. Wrestler must have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before and at the time of the meet or tournament.

5. Active herpetic infections shall not be covered to allow participation. See above criteria when making decisions for participation status.
Recurrent infection

1. Blisters must be completely dry and covered by a FIRM ADHERENT CRUST at time of competition, or wrestler shall not participate.

2. Wrestler must have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before and at the time of the meet or tournament.

3. Active herpetic infections shall not be covered to allow participation. See above criteria when making decisions for participation status.

Questionable Cases

1. Tzanck prep and/or HSV antigen assay (if available).

2. Wrestler's status deferred until Tzanck prep and/or HSV assay results complete.

Wrestlers with a history of recurrent herpes labialis or herpes gladiatorum should be considered for season-long prophylaxis with Zovirax (acyclovir) or Valtrex. This decision should be made after consultation with the wrestling team physician.

HERPES ZOSTER (chicken pox)

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

MOLLUSCUM CONTAGIOSUM

1. Lesions must be curetted or removed before the meet or tournament.

2. Solitary or localized, clustered lesions can be covered with a gas-permeable membrane such as Op-Site or Bioclusive, followed by ProWrap and stretch tape.

VERRUCAE

1. Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected areas cannot be covered with a mask. Solitary or scattered lesions can be curetted away before the meet or tournament.

ment.

2. Wrestler with multiple verrucae plana or verrucae vulgaris must have the lesions “adequately covered.”

TINEA INFECTIONS (ringworm)

1. A minimum of 72 hours of topical therapy is required for skin lesions. The topical antifungals terbinafine or naftifine (Lamisil or Naftin) are suggested for treatment. 2. A minimum of two weeks of systemic antifungal therapy is required for scalp lesions.

3. Wrestlers with extensive and active lesions will be disqualified. Activity of treated lesions can be judged either by use of KOH preparation or a review of therapeutic regimen. Wrestlers with solitary, or closely clustered, localized lesions will be disqualified if lesions are in a body location that cannot be “adequately covered.”. Covering routine should include selenium sulfide washing of lesion or ketoconazole shampoo (Nizoral), followed by application of naftifine gel or cream (Naftin) or terbinafine cream (Lamisil), then gas-permeable dressing such as Op-site or Bioclusive, followed by ProWrap and stretch tape. Dressing changes should be done after each match so that lesion can air dry.

4. The disposition of tinea cases will be decided on an individual basis as determined by the examining physician and/or certified athletic trainer.

Appendix E

Nutritional Ergogenic Aids

January 1990 • Revised June 2002

Nutritional supplements are marketed to student-athletes to improve performance, recovery time, and muscle-building capability. Many student-athletes use nutritional supplements despite their having been proven ineffective. In addition, such substances are expensive and may be harmful to health or performance.

It is well known that a high-carbohydrate diet is associated with improved performance and enhanced ability to train. The carbohydrate content of the diet should be 55-65 percent of total energy intake (about 5-10 gm/kg body weight).

The lower end of the range should be ingested during regular training; the high-end during intense training. High-carbohydrate foods alone can provide the necessary amount of carbohydrate. Supplements should be used only if student-athletes have problems consuming the needed amount of carbohydrate in their diet because of the large volume of food they may need. Energy bars marketed for student-athletes can augment carbohydrate intake during intense training or provide a quick boost of energy.

Protein and amino acid supplements are popular with bodybuilders and strength-training student-athletes. Although protein is needed to repair and build muscles after strenuous training, most studies have shown that student-athletes ingest a sufficient amount without supplements. The recommended amount of protein in the diet should be 12-15 percent of total energy intake (about 1.4-1.6 gm/kg of body weight) for all types of student-athletes.

Although selected amino acid supplements are purported to increase growth hormone, studies using manufacturer-recommended amounts

have not found an increase in growth hormone and muscle mass. Ingesting high amounts of single amino acids is contraindicated because they can affect the absorption of other essential amino acids and produce nausea or impair both training and performance.

Other commonly advertised supplements are vitamins and minerals. Most scientific evidence shows that selected vitamins and minerals will not enhance performance. Some vitamins and minerals are marketed to student-athletes for other benefits. For example, the antioxidants, vitamin E, C and beta-carotene are used by many student-athletes because they believe that these antioxidants will protect them from the damaging effects of aerobic exercise.

Although such exercise can cause muscle damage, studies have found that training will increase the body's natural antioxidant defense system so that megadoses of antioxidants may not be needed. The mineral chromium has been suggested to increase muscle mass and decrease fat, but studies have not substantiated this claim.

Similarly, magnesium is purported, but not proven, to prevent cramps. To obtain necessary vitamins and minerals, student-athletes should eat a wide variety of foods because not all vitamins and minerals are found in every food.

Other substances naturally occurring in foods, such as carnitine, herbal extracts and special enzyme formulations do not provide any benefit to performance. The high-protein diet has received recent attention, but data showing that this diet will enhance performance are weak, plus there is concern that such a diet will negatively affect health. Creatine has been found in some laboratory studies to enhance short-term, high-intensity exercise capability, delay fatigue on repeated bouts of such exercise and increase strength.

Several studies have contradicted these claims, and, moreover, the safety of creatine supplements has not been verified. Weight gains of one to three kilograms per week have been found in creatine users, but the cause is unclear.

A high-carbohydrate diet consisting of complex carbohydrates, five servings of fruits and vegetables a day, low-fat dairy products, adequate protein and whole grains is the optimal diet for peak performance. Many "high-tech" nutritional supplements may seem to be effective at

first, but this is likely a placebo effect — if student-athletes believe these substances will enhance performance, they may train harder or work more efficiently. Ultimately, most nutritional supplements are ineffective, costly and unnecessary.

Athletics departments and student-athletes also should be concerned about “nutritional” supplements from another perspective. Many compounds obtained from specialty “nutrition” stores and from mail order businesses may not be subject to the strict regulations set by the United States Food and Drug Administration.

Therefore, contents of many of these compounds are not represented accurately on the list of ingredients and may contain impurities or banned substances, which may cause a student-athlete to test positive. Positive drug-test appeals based on the claim that the student-athletes did not know the substances they were taking contained banned drugs have not been successful. Therefore, student-athletes should be instructed to consult with the university’s sports medicine staff before taking ANY nutritional supplement.

Student-athletes should be aware that nutritional supplements are not limited to pills and powders; “energy” drinks that contain stimulants are now becoming popular. Many of these contain large amounts of caffeine and ephedrine, both of which can result in a positive drug test. Student-athletes should be wary of drinks that promise an “energy boost” because they frequently contain banned stimulants. In addition, the use of stimulants while exercising can increase the risk of heat illness.

Student-athletes should be provided accurate and sound information on nutritional supplements. It is not worth risking eligibility for products that have not been scientifically proven to improve performance and may contain banned substances.

Given the above information and consistent with NCAA Bylaw 16.5.2.2 (Nutritional Supplements), which states, “An institution may provide only nonmuscle-building nutritional supplements to a student-athlete at any time for the purpose of providing additional calories and electrolytes, provided the supplements do not contain any NCAA banned substances,” athletics staff should not distribute or endorse nutritional supplements.

The National Center for Drug Free Sport Inc., hosts the Resource Exchange Center (REC), funded by the NCAA, which provides information on banned substances and nutritional supplements. Contact the REC at the following Web site:

www.drugfreesport.com/rec

Appendix F

Prevention of Heat Illness

Sport-Specific Introduction: Any time physical work is performed, the majority of the energy produced is in the form of heat; therefore, the body must be proficient at dissipating heat. The use of hot rooms and rubber suits is completely contrary to this principle.

Rule 3, Weight Certification, Classification and Weighing In as been written to minimize the incentive to attempt rapid weight loss.

June 1975 • Revised June 2002

Practice or competition in hot and/or humid environmental conditions poses special problems for student-athletes. Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illness are rare, constant surveillance and education are necessary to prevent heat-related problems. The following practices should be observed:

1. An initial complete medical history and physical evaluation, followed by the completion of a yearly health-status questionnaire before practice begins, should be required. A history of previous heat illness, and the type and duration of training activities for the previous month, also are essential.
2. Prevention of heat illness begins with aerobic conditioning, which provides partial acclimatization to the heat. Student-athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of seven to 10 days to achieve heat acclimatization. Each exposure should involve a gradual increase in the intensity and duration of exercise until the exercise is comparable to that likely to occur in competition. When conditions are extreme, training or competition should be held during a cooler time of day. Hydration should be maintained during training and acclimatization.
3. Clothing and protective equipment such as helmets, shoulder pads, and shin guards increase heat stress by interfering with the evaporation of sweat as well as inhibiting other pathways for heat loss. Dark-colored clothing increases the body's absorption of solar radiation.

tion. Frequent rest periods should be scheduled so that the gear and clothing can be loosened to allow heat loss. During the acclimatization process, it may be advisable to use a minimum of protective gear and clothing and to practice in T-shirts, shorts, socks and shoes. Excessive tape and outer clothing that restrict sweat evaporation should be avoided. Rubberized suits should never be used. (See 3-5.)

4. To identify heat stress conditions, regular measurements of environmental conditions are recommended. Use the ambient temperature and humidity to assess heat stress (see Figure 1). Utilize the wet-bulb temperature, dry-bulb temperature and globe temperature to assess the potential impact of humidity, air temperature and solar radiation. A wet-bulb temperature higher than 75 degrees Fahrenheit (24 degrees Celsius) or humidity above 90 percent may represent dangerous conditions, especially if the sun is shining or the student-athletes are not acclimatized. A wet-bulb globe temperature (WBGT) higher than 82 degrees Fahrenheit (28 degrees Celsius) suggests that careful control of all activity be undertaken. The value for caution may need to be adjusted down when wearing protective equipment. (See reference No. 6)

5. Dehydration must be avoided not only because it hinders performance, but also because it can result in profound heat illness. Fluid replacement must be readily available. Student-athletes should be encouraged to drink as much and as frequently as comfort allows. They should drink one to two cups of water in the hour proceeding practice or competition, and continue drinking during activity (every 15-20 minutes). For activity up to two hours in duration, most weight loss represents water loss, and that fluid loss should be replaced as soon as possible. Following activity, the student-athlete should rehydrate with a volume that exceeds the amount lost during the activity. A two-pound weight loss represents approximately one quart of fluid loss. Urine volume and color can be used to assess general hydration. If output is plentiful and the color is "pale yellow or straw colored" the student-athlete is not dehydrated.

Water and carbohydrate/electrolyte drinks are appropriate for exercise in heat. Carbohydrate/ electrolyte drinks enhance fluid intake, and the electrolytes aid in the retention of fluid. In addition, the carbohydrates provide energy and help maintain immune and cognitive function.

6. By recording the body weight of each student-athlete before and

after workout or practice, progressive dehydration or loss of body fluids can be detected, and the potential harmful effects of dehydration can be avoided. Those who lose five percent of their body weight or more over a period of several days should be evaluated medically and their activity restricted until rehydration has occurred.

7. Some student-athletes may be more susceptible to heat illness. Susceptible individuals include those with: inadequate acclimatization or aerobic fitness, excess body fat, a history of heat illness, a febrile condition, inadequate rehydration, and those who regularly push themselves to capacity. Also, substances with a diuretic effect or that act as stimulants may increase risk of heat illness. These substances may be found in some prescription and over-the-counter drugs, nutritional supplements and foods.

Student-athletes should be informed of and monitored for signs of heat illness such as: cessation of sweating, weakness, cramping, rapid and weak pulse, pale or flushed skin, excessive fatigue, nausea, unsteadiness, disturbance of vision and incoherency. If heat illness is suspected, prompt emergency treatment is recommended. When training in hot and/or humid conditions, student-athletes should train with a partner or be under observation by a coach or athletic trainer.

First aid for heat illness

Heat exhaustion—Symptoms usually include profound weakness and exhaustion, and often dizziness, syncope, muscle cramps and nausea. Heat exhaustion is a form of shock due to depletion of body fluids. First aid should include rest in a cool, shaded environment. Fluids should be given orally. A physician should determine the need for electrolytes and additional medical care. Although rapid recovery is not unusual, student-athletes suffering from heat exhaustion should not be allowed to practice or compete for the remainder of that day.

Heatstroke—Heatstroke is a medical emergency. Medical care must be obtained at once; a delay in treatment can be fatal. This condition is characterized by a very high body temperature and usually (but not always) hot, dry skin, which indicates failure of the primary temperature-regulating mechanism (sweating), and possibly seizure or coma. First aid includes immediate cooling of the body without causing the student-athlete to shiver. Recommended methods for cooling include using ice, immersion in cold water, or wetting the body and fanning vigorously. Victims of heatstroke should be hospitalized and monitored carefully.

RISK FACTORS

Air temperature, humidity, and dehydration are common risk factors associated with heat illness. In addition, the following factors also put student-athletes at increased risk:

1. Nutritional supplements. Nutritional supplements may contain stimulants, such as ephedrine, ma huang or caffeine.* These substances can dehydrate the body and/or increase metabolism and heat production. They are of particular concern in people with underlying medical conditions such as hypertension, asthma and thyroid dysfunction.
2. Medication/drugs. Certain medications and drugs have similar effects. These substances may be ingested through over-the counter or prescription medications or with food. Examples include antihistamines, decongestants, certain asthma medications, Ritalin, diuretics and alcohol.
3. Medical conditions. Examples include illness with fever, gastrointestinal illness or sickle cell trait.
4. Acclimatization/fitness level. Lack of acclimatization to the heat or poor conditioning.
5. Clothing. Dark clothing absorbs heat. Protective equipment limits heat dissipation.

**NOTE: Stimulant drugs such as amphetamines, ecstasy, ephedrine and caffeine are on the NCAA banned substance list and may be known by other names. A complete list of banned substances classes can be found on the NCAA Web site at www.ncaa.org/sports_sciences/drugtesting/banned_list.html.*

Appendix G

Assessment of Body Composition

June 1991 • Revised June 2002

The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports acknowledges the significant input of Dr. Dan Benardot, Georgia State University, who authored a revision of this guideline.

Athletic performance is, to a great degree, dependent on the ability of the athlete to overcome resistance and to sustain aerobic and/or anaerobic power. Both of these elements of performance have important training and nutritional components and are, to a large degree, influenced by the athlete's body composition. Coupled with the common perception of many student-athletes who compete in sports where appearance is a concern (swimming, diving, gymnastics, skating, etc.), attainment of an 'ideal' body composition often becomes a central theme of training.

Successful student-athletes achieve a body composition that is within a range associated with performance achievement in their specific sport. Each sport has different norms for the muscle and fat levels associated with a given height, and the student-athlete's natural genetic predisposition for a certain body composition may encourage them to participate in a particular sport or take a specific position within a sport. For instance, linemen on football teams have different responsibilities than receivers, and this difference is manifested in physiques that are also different.

Besides the aesthetic and performance reasons for wanting to achieve an optimal body composition, there may also be safety reasons. A student-athlete who is carrying excess weight may be more prone to injury when performing difficult skills than the student-athlete with a more optimal body composition. However, the means student-athletes often used in an attempt to achieve an optimal body composition may be counterproductive. Diets and excessive training often result in such a severe energy deficit that, while total weight may be reduced, the constituents of weight also change, commonly with a lower muscle mass and a relatively higher fat mass. The resulting higher body fat percentage and lower muscle mass inevitably results in a performance reduction that motivates the student-

athlete to follow regimens that produce even greater energy deficits. This downward energy intake spiral may be the precursor to eating disorders that places the student-athlete at serious health risk. Therefore, while achieving an optimal body composition is useful for high-level athletic performance, the processes student-athletes often use to attain an optimal body composition may reduce athletic performance, may place them at a higher injury risk, and may increase health risks.

Purpose of Body Composition Assessment

The purpose of body composition assessment is to determine the student-athlete's distribution of lean (muscle) mass and fat mass. A high lean mass to fat mass ratio is often synonymous with a high strength to weight ratio, which is typically associated with athletic success. However, there is no single ideal body composition for all student-athletes in all sports. Each sport has a range of lean mass and fat mass associated with it, and each student-athlete in a sport has an individual range that is ideal for them. Student-athletes who try to achieve an arbitrary body composition that is not right for them are likely to place themselves at health risk and will not achieve the performance benefits they seek. Therefore, a key to body composition assessment is the establishment of an acceptable range of lean and fat mass for the individual student-athlete, and the monitoring of lean and fat mass over regular time intervals to assure a stability or growth of the lean mass and a proportional maintenance or reduction of the fat mass. Importantly, there should be just as much attention given to changes in lean mass (both in weight of lean mass and proportion of lean mass) as the attention traditionally given to body fat percent.

In the absence of published standards for a sport, one strategy for determining if a student-athlete is within the body composition standards for the sport is to obtain a body fat percent value for each student-athlete in a team (using the same method of assessment), and obtaining an average and standard deviation for body fat percent for the team. Student-athletes who are within 1 standard deviation (i.e., a Z-score of ± 1) of the team mean should be considered within the range for the sport. Those greater than or less than ± 1 standard deviation should be evaluated to determine the appropriateness of their training schedule and nutrient intake. In addition, it is important for coaches and student-athletes to use functional performance measures in determining the appropriateness of a student-athlete's body composition. Student-athletes outside the normal range of body fat percent for the sport may have achieved an optimal body composition for their genetic makeup, and may have objective performance measures (i.e.,

such as jump height) that are well within the range of others on the team.

Body composition can be measured indirectly by several methods, including hydrostatic weighing, skinfold and girth measurements (applied to a nomogram or prediction equation), bioelectrical impedance analysis (BIA), dual-energy x-ray absorptiometry (DEXA), ultrasound, computerized tomography, magnetic-resonance imagery, isotope dilution, neutron-activation analysis, potassium-40 counting, and infrared interactance. The most common of the methods now used to assess body composition in student-athletes are skinfold measurements, DEXA, hydrostatic weighing, and BIA. While hydrostatic weighing and DEXA are considered by many to be the “gold standards” of the indirect measurement techniques, there are still questions regarding the validity of these techniques when applied to humans. Since skinfold-based prediction equations typically use hydrostatic weighing or DEXA as the criterion methods, results from skinfolds typically carry the prediction errors of the criterion methods plus the added measurement errors associated with obtaining skinfold values. BIA has become popular because of its non-invasiveness and speed of measurement, but results from this technique are influenced by hydration state. Since student-athletes have hydration states that are in constant flux, BIA results may be misleading unless strict hydration protocols are followed. In general, all of the commonly used techniques should be viewed as providing only estimates of body composition, and since these techniques use different theoretical assumptions in their prediction of body composition, values obtained from one technique should not be compared with values obtained from another technique.

Concerns with Body Composition Assessment

1. Using Weight as a Marker of Body Composition—While the collection of weight data is a necessary adjunct to body composition assessment, by itself weight may be a misleading value. For instance, young student-athletes have the expectation of growth and increasing weight, so gradual increases in weight should not be interpreted as a body composition problem. A student-athlete who has increased resistance training to improve strength may also have a higher weight, but since this increased weight is likely to result from more muscle, this should be viewed as a positive change. The important consideration for weight is that it can be (and often is) misused as a measure of body composition, and this misuse can detract from the purpose of body composition assessment.

2. Comparing Body Composition Values with Others Athletes—

Student-athletes often compare body composition values with other student-athletes, but this comparison is not meaningful and it may drive a student-athlete to change body composition in a way that negatively impacts both performance and health. Health professionals involved in obtaining body composition data should be sensitive to the confidentiality of this information, and explain to each student-athlete that differences in height, age, and gender are likely to result in differences in body composition, without necessarily any differences in performance. Strategies for achieving this include:

- Obtaining body composition values with only one student-athlete at a time, to limit the chance that the data will be shared.
- Giving student-athletes information on body composition using phrases such as “within the desirable range” rather than a raw value, such as saying “your body fat level is 18 percent”.
- Providing athletes with information on how they have changed between assessments, rather than offering the current value.
- Increasing the focus on muscle mass, and decreasing the focus on body fat.
- Using body composition values as a means of helping to explain changes in objectively measured performance outcomes.

3. Seeking an Arbitrarily Low Level of Body Fat—Most student-athletes would like their body fat level to be as low as possible. However, student-athletes often try to seek a body fat level that is arbitrarily low and this can increase the frequency of illness, increase the risk of injury, lengthen the time the student-athlete can return to training following an injury, reduce performance, and increase the risk of an eating disorder. Body composition values should be thought of as numbers on a continuum that are usual for a sport. If a student-athlete falls anywhere on that continuum it is likely that factors other than body composition (training, skills acquisition, etc.) will be the major predictors of performance success.

4. Frequency of Body Composition Assessment—Student-athletes who have frequent weight and/or skinfolds taken are fearful of the outcome, since the results are often (inappropriately) used punitively. Real changes in body composition occur slowly, so there is little need to assess student-athletes weekly, biweekly, or even monthly. If body composition measurements are sufficient and agreed upon by all parties, measurement fre-

quency of twice a year should be sufficient. In some isolated circumstances where a student-athlete has been injured or is suffering from a disease state, it is reasonable for a physician to recommend a more frequent assessment rate to control for changes in lean mass. Student-athletes and/or coaches who desire more frequent body composition or weight measurement should shift their focus to assessments of objective performance-related measurers.

Summary

The assessment of body composition can be a useful tool in helping the student-athlete and coach understand the changes that are occurring as a result of training and nutritional factors. However, the body composition measurement process as well as the values obtained can be a sensitive issue for the student-athlete. A legitimate purpose for body composition assessment should dictate usage of these measurement techniques. Health professionals involved in obtaining body composition data should focus on using the same technique with the same prediction equations to derive valid comparative data over time. Institutions should have a protocol in place outlining the rationale for body composition measurements, who is allowed to measure the student-athlete, who is permitted to discuss the results with the student-athlete, and what frequency of body composition measurement is appropriate. The student-athlete should not feel forced or obligated to undergo body composition or weight measurement.

Everyone involved directly or indirectly with body composition measurement should understand that inappropriate measurement and usage of body composition might contribute to the student-athlete experiencing unhealthy emotional stress. This stress can lead to the development or enhancement of eating disorders in the student-athlete (see Guideline 2f). All coaches (sport or strength/conditioning) should be aware of the sizable influence they may have on the behaviors and actions of their student-athletes. Many student-athletes are sensitive about body fat, so care should be taken to apply body composition measurement, when appropriate, in a way that enhances the student-athlete's welfare.

Appendix H

Weight Certification Procedures

The NCAA Wrestling Committee and the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports have provided this information to assist those individuals who will perform the minimum wrestling weight certification.

SECTION ONE: Minimum Wrestling Weight - Can be determined no earlier than the first day of classes. An exception is permissible if the student-athlete is participating in a fall sport and the assessment is being conducted as part of an institution's official physical. In this case, it is the responsibility of the institution to have a follow-up assessment at the conclusion of the fall sport to insure that the student-athlete is still able to comply with the 1.5% guideline and make his previously determined minimum wrestling weight.

LOWEST ALLOWABLE WEIGHT-ONE [LAW1]

Step No. 1. Hydrated Weight (BW) In order to obtain an accurate body composition, the athlete must be in a hydrated state. Urine specific gravity has been selected as the most practical, cost-efficient measure of hydration.

Record date of test and have wrestler provide a witnessed urine sample. Check urine sample for specific gravity using refractometer (gold standard) or urometer to provide a valid specific gravity value. [Test strips are no longer a permissible measuring device for specific gravity.]

If specific gravity is greater than 1.020, wrestler must return no earlier than 24 hours in a hydrated state for a retest.

If specific gravity is less than or equal to 1.020, wrestler's initial weight is recorded to the tenth of a pound.

Step No. 2. Body Density (BD) Body density can be calculated by either (a) skinfold measurement with calipers approved by medical per-

sonnel or (b) underwater weighing with a direct measure of residual volume.

Option A: Skin Folds

- Measure in serial order (e.g., triceps, subscapular, abdomen, repeat series two more times).
- Add median values for triceps, subscapular and abdominal skin-folds to get SUM SF, the sum of skin-folds.
- **Median skin-fold measurement is:**
 - a. the middle (quantity not space) value, if there are three distinct values (e.g., 13mm, 11mm, 12mm. Median = 12mm).
 - b. the duplicate value, if two or all three measurements are identical (e.g., 12 mm, 12 mm, 15 mm. Median = 12 mm).
- SUM SF is inserted into appropriate body density equation and BD calculated.

Option B: Hydrostatic weighing.

- Calculate a value for body density using standard underwater weighing technique with a direct measure of residual volume.
- Provide the following as an attachment to any form:
 - a. Residual Volume (RV) measurement technique;
 - b. Raw data and calculations associated with RV;
 - c. Raw data for underwater weighing.
 - d. Calculations of body density.

Step No. 3. Percentage Body Fat (%BF). Use appropriate equation to calculate %BF.

Step No. 4. Fat Weight (FW). Use appropriate equation to calculate FW.

Step No. 5. Fat Free Weight (FFW). Use appropriate equation to calculate FFW.

Step No. 6. Lowest Allowable Weight- ONE [LAW1]. Use appropriate equation to calculate LAW1.

LOWEST ALLOWABLE WEIGHT-TWO [LAW2]

Step No. 7. Number of weeks of weight loss. Determine the number of weeks by using the NCAAWeight Loss Plan form.

Step No. 8. Lowest Allowable Weight-TWO [LAW2]. Use appropriate equation to calculate LAW2.

Step No. 9. Minimum Wrestling Weight [MWW] Compare LAW1 and LAW2 to determine MWW.

EACH STUDENT-ATHLETE ON THE SQUAD LIST WHO IS PARTICIPATING IN OFFICIAL ACTIVITIES SHALL HAVE A MINIMUM WRESTLING WEIGHT DETERMINED. THE MINIMUM WRESTLING WEIGHT CALCULATION FORM (SECTION ONE) AND WEIGHT LOSS PLAN FORM MUST BE MAILED TO THE NCAA NATIONAL OFFICE.

Note: There will be no appeal process for minimum wrestling weight. If there is concern about results from a skin-fold measurement, analysis using the “gold standards” for specific gravity (refractometer) and body density (underwater weighing with a direct measure of residual volume) should be used. The results of this analysis will be the final determination of the minimum wrestling weight and the appropriate wrestling weight class.

SECTION TWO: Certified Weight Class (for those required to complete two certifications) — Determined no later than December 16, 2002.

If desired, the wrestler has the time between initial weight assessment and December 16 to modify his weight in a controlled fashion that does not allow more than 1.5% on average of the original BW to be lost in a given week and does not go below the MWW. A retest for hydrated body weight must occur sometime after the initial assessment and prior to December 16. The second body weight determines the wrestler's certified weight class. If the second hydrated body weight falls between two weight classes, the higher value will be the certified weight class.

Section II of the certification form must be forwarded to the NCAA national office postmarked prior to any competition at the certified weight class but no later than December 16, 2002. Once certified, the wrestler must compete at the designated certified weight class or weigh-in at the certified weight class and compete at the next higher weight class.

Examples:

No. 1

Athlete A has a urine specific gravity of 1.025 on September 6. The athlete is instructed to return in 24 hours to be re-tested. Twenty-four hours later, the urine specific gravity is 1.011. The athlete is allowed to weigh-in and weighs 168 pounds. The skin-folds are measured and when calculated, give the athlete a body fat percentage of 12 percent. The fat weight of 20 pounds is calculated by multiplying 168 pounds by 12 percent. His fat-free weight of 148 pounds is calculated by subtracting 20 pounds from 168 pounds. Taking his fat-free weight of 148 pounds and dividing by 0.95

equals 156 pounds. This is the Lowest Allowable Weight-One (LAW1) calculated with 5 percent body fat.

Those student-athletes required to pass the two-certification program now have until December 16 to lose this weight if they so choose (a maximum of 15 weeks). The Lowest Allowable Weight-Two (LAW2) is calculated over 15 weeks losing no more than 1.5 percent of the original body weight on average per week. Calculated out, the LAW2 is 130.2 pounds.

However, his minimum wrestling weight must take into account by the LAW1 and LAW2. Therefore, the higher of LAW1 and LAW2 will be the Minimum Wrestling Weight (MWW) for the season. $MWW = 156$ pounds.

1. Specific Gravity = 1.025
- 1a. Specific Gravity = 1.011 (24-hours later.)
2. BW = 168 lb.
3. BF = 12%
4. FW = 168 lb. \times 0.12 = 20 lb.
5. FFW = 168 lb. - 20 lb. = 148
6. LAW1 = 148 lb. \div 0.95 = 156 lb.
7. # of weeks = 15 weeks.
8. LAW2 = $168 - (1.5\% \times 15 \text{ wks} \times 168) = 130.2 \text{ lb.}$
9. LAW1 = 156 lb. > LAW2 = 130.2 lb.

Therefore, LAW1 = MWW = 156 lb.

Two months later, the wrestler reports for the weight class determination. The urine specific gravity is 1.013 and the hydrated body weight is 156.3 pounds. Therefore, the weight class is set at 157 pounds for the entire season.

No. 2

The following example only applies to those student-athletes who are required to complete both Section I and Section II of the weight certification program.

Using Athlete A again, let's say that at the initial weight assessment, the weight was still 168 pounds, but the percentage of body fat was calculated to be 6 percent. That means the fat weight would be 10 pounds (168×0.06) and his fat-free weight would be 158 pounds ($168 - 10$). The Lowest Allowable Weight-one (LAW1) would be 166 pounds ($158 / 0.95$). Therefore Athlete A would already be at the Minimum Wrestling Weight and could not drop a weight class. Athlete A can use the Section I assessment as the Section II Certification because the wrestler is not allowed to go to a lower weight class.

1. Specific Gravity = 1.011
 2. BW = 168 lb.
 3. BF = 6%
 4. FW = 168 lb. \times 0.06 = 10 lb.
 5. FFW = 168 lb. - 10 lb. = 158 lb.
 6. LAW1 = 158 lb. / 0.95 = 166 lb.
 7. # of weeks = 15 weeks.
 8. LAW2 = 168 - (1.5% \times 15 wks \times 168) = 130.2 lb.
 9. LAW1 = 166 lb. > LAW2 = 130.2 lb.
- Therefore, LAW1 = MWW = 166 lb.

No. 3

Our next example is Athlete B. On October 25, the hydrated body weight is 225 pounds and the percentage of body fat is 18 percent. This gives him a fat weight of 40.5 pounds (225×0.18) and a fat-free weight of 184.5 pounds ($225 - 40.5$). His LAW1 with 5 percent body fat is 194 pounds ($184.5 / 0.95$). His LAW2 is 198 pounds. Calculated by losing a maximum of 1.5 % of the original body weight on average per week [$225 - (0.15 \times 8)$ (225)]. Since the LAW2 is greater than the LAW1, the LAW2 of 198 pounds becomes the MWW. Although close, the wrestler could not compete in the 197 pound weight class; he must compete at heavyweight (285).

If desired, the athlete could re-test using the gold standards of the refractometer and underwater weighing with a direct measure of residual volume. The MWW achieved with these measurements would form the basis for the certified weight class.

1. Specific Gravity = 1.016
 2. BW = 225 lb.
 3. BF = 18%
 4. FW = 225 lb. \times 0.18 = 40.5 lb.
 5. FFW = 225 lb. - 40.5 lb. = 184.5 lb.
 6. LAW1 = 184.5 lb. / 0.95 = 194 lb.
 7. # OF WEEKS = 8 WEEKS
 8. LAW2 = $225 - (1.5\% \times 8)(225) = 198$ lb.
 9. LAW2 > LAW1; therefore, LAW2 becomes MWW of 198 lb.
- Weight Class = 285 HWT

No. 4

Athletes C and Dare respectively an incoming freshman wrestler and also a two-year college transfer student-athlete. As those two student-athletes would be appearing on the institutional squad list for the first time and have not been tested through the NCAA Weight Certification

Program in a previous year, they would be required to complete Sections I, II and the Weight Loss Plan form in the Weight Certification Program.

No. 5

Athlete E is a four-year college transfer student-athlete who wrestled the previous year for a four-year NCAA Division II institution. This wrestler is only required to complete Section I of the Weight Certification Program and the Weight Loss Plan form at his or her new institution, since the student-athlete completed the NCAA Weight Certification Program previously. In addition, Athlete E may select the two certification option. (See 3-1-d.)

No. 6

Athlete F is a returning wrestler from the previous academic year. The athlete must only complete Section I of the Weight Certification Program and also the Weight Loss Plan form showing how much body weight can be lost in a given week over the weight-loss period and still not go below the Minimum Wrestling Weight (MWW).

Such a student-athlete may wrestle at a higher weight class while modifying his or her weight.

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