

WRESTLING

2010 AND 2011 RULES AND INTERPRETATIONS



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2010 and 2011 NCAA WRESTLING RULES AND INTERPRETATIONS

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P.O. BOX 6222

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Manuscript Prepared By: Robert G. Bubb, *Secretary-Rules Editor, NCAA Wrestling Committee.*

Edited By: Teresa Smith, *Assistant Director of Playing Rules Administration.*

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NCAA Wrestling Committee



Chair
Brad Traviolia
Division I
Big Ten Conference
Phone: 847/696-1010
E-mail:
btraviolia@bigten.org
Term Expires: 9-1-10



Secretary-Rules Editor
Robert G. Bubb
(non-voting member)
Division I
Clarion University
of Pennsylvania
Phone: 814/764-6374
E-mail: bubb@windstream.net
Term Expires: 9-1-11



Steve Garland
Division I
University of Virginia
Phone: 434/982-5738
E-mail:
sjg4k@virginia.edu
Term Expires: 9-1-11



Gary Taylor
Division I
Rider University
Phone: 609/896-5201
E-mail: gtaylor@rider.edu
Term Expires: 9-1-13



Andy Noel
Division I
Cornell University
Phone: 607/255-8832
E-mail: jan16@cornell.edu
Term Expires: 9-1-12



Derek van der Merwe
Division I
Central Michigan
University
Phone: 989/774-6662
E-mail:
vande1df@cmich.edu
Term Expires: 9-1-11



Jim Zalesky
Division I
Oregon State
University
Phone: 541/737-3252
E-mail: jim.zalesky@oregonstate.edu
Term Expires: 9-1-11



Dan Lewis
(Division II chair)
Division II
Colorado School
of Mines
Phone: 303/273-3374
E-mail:
dlewis@mines.edu
Term Expires: 9-1-10



Jeff Swenson
(Division III chair)
Division III
Augsburg College
Phone: 612/330-1241
E-mail: swensonj
@augsborg.edu
Term Expires: 9-1-11



Matt DeWitt
Division II
Newberry College
Phone: 803/321-5247
E-mail:
matthew.dewitt@
newberry.edu
Term Expires: 9-1-12



Gary Franke
Division III
Washington and Lee
University
Phone: 540/458-8666
E-mail: frankeg@
wlu.edu
Term Expires: 9-1-13



Robin Ersland
Division II
University of Central
Missouri
Phone: 660/543-8511
E-mail:
ersland@ucmo.edu
Term Expires: 9-1-11



Jon G. Laudenslager
Division III
Wilkes University
Phone: 570/408-4035
E-mail:
laudensl@wilkes.edu
Term Expires: 9-1-10



Doug Peters
Division II
Minnesota State
University Moorhead
Phone: 218/477-2306
E-mail: petersd@
mnstate.edu
Term Expires: 9-1-13



Frank O'Brien
Division III
University of
Wisconsin, Stevens
Point
Phone: 715/346-3888
E-mail: fobrien@
uwsp.edu
Term Expires: 9-1-12

Major Changes for 2010 and 2011

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

<i>Rule</i>	<i>Description of change</i>	<i>WR-</i>
2.1.2,	Defensive and Offensive Starting Positions.	
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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 or warm-up suits (top or bottom), headwear, and similar apparel are not considered suitable attire and are prohibited. Moral obligation and ethical conduct are part of winning and losing. Good sportsmanship, appearance, pride, honor and concern for the well-being of the competitors should be placed before all else. The rules have been established in the spirit of this statement.

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

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:

RULES OF COMPETITION

NCAA Wrestling Rules contained within Part I have been designated as conduct rules. The conduct rules are those that deal directly with the contest itself and are unalterable except where indicated.

**All NCAA member institutions are required to
conduct their intercollegiate contests
according to the rules contained within this book.**

Those seeking interpretations or clarifications of the **NCAA weight-management program** may contact:

Ron Beaschler

NCAA Weight-Management Program Liaison

525 South Main Street, Ada, Ohio 45810

Office: 419/772-2453; Cell: 567/674-5133

Fax: 419/772-3079; E-mail: r-beaschler@onu.edu

Those seeking interpretations or clarifications of **NCAA wrestling rules** may contact:

Robert G. Bubb

NCAA Wrestling Secretary-Rules Editor

946 Forest Drive, Clarion, Pennsylvania 16214-4548

Office: 814/764-6374; Home: 814/764-5365

Fax: 814/764-6395; E-mail: bubber@windstream.net

Those seeking information regarding **wrestling refereeing** may contact:

M. Patrick McCormick

NCAA National Wrestling Officiating Coordinator

4 Waters Edge, Poquoson, Virginia 23662

Phone: 757/719-5061; E-mail: pat.mccormick@hamptonu.edu

RULE 1

Meet, Mats, Wrestlers, Uniforms and Equipment

Meet

1.1 Persons Subject to the Rules

All wrestlers, coaches, athletic trainers and other persons affiliated with a team are subject to the rules and shall be governed by the decisions of the referee. (For crowd-control measures, see Rule 5.4.3.)

1.2 Match Duration

A meet shall be conducted in 10 weight classifications or matches between wrestlers of the same weight class. Matches shall be seven minutes in duration, divided into three periods, with the first period three minutes and the second and third periods two minutes each. Matches less than seven minutes long shall not count. (See Rules 3.7 and 9.8.2.)

1.3 Weight Classes

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.)

1.4 Representation

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

1.5 Shifts in Weight Class

A contestant who weighs in for one weight class may be shifted to a higher weight class. Heavyweights must weigh a minimum of 183 pounds. (See Rule 1.3.)

1.6 Determining Wrestling Order

Immediately after the weigh-in for a dual meet or multiple dual meets conducted on the same day, coaches may mutually agree to determine the 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 of increasing weight class.

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, an even-numbered weight, 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.

The team whose captain(s) chose the even weight classes would have its choice to start the second period at 165 pounds. (See Rules 1.8 and 3.10.1.)

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

1.7 Home-Team Designation

For scoring and identification purposes, the home team will be considered “green” and the visiting team “red.” (For exception, see Rule 7.2.7.)

1.8 Team Captains

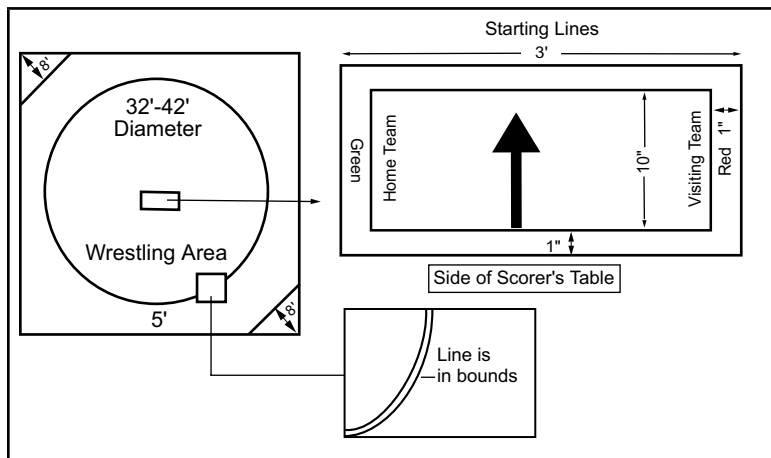
Each team shall designate to the referee one or more contestant(s) as its captain(s). One of the visiting captain(s) shall call a disc toss. The colored disc shall fall unimpeded to the mat and shall determine: (1) choice of options at the beginning of the second period for each weight class and (2)

which individual is to appear on the mat first for each weight class. The winner of the disc toss may choose the odd or even number of the 10 weight classes, with 125 being odd, 133 being even, etc. (See Rules 1.6, 3.6 and 3.10.)

Mats

1.9 Dimensions

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 2-inch-wide line. This 2-inch-wide line that outlines the edge of the wrestling area is a part of the wrestling area and therefore in bounds. (See illustration below.)



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.

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.

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.

1.10 Starting Lines

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. (For exception, see Rule 7.2.7.) 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.

1.11 Mat Safety and Hygiene

It is recommended that the mat(s) be cleaned and disinfected before all competitions, as well as between tournament rounds and multiple dual meet events. It is also recommended that a shoe cleaning and disinfecting mechanism is available before a wrestler steps onto the mat. Event management, medical personnel, referees and coaches should also follow shoe hygiene recommendations before stepping onto the mat.

It is recommended that when competition is held on a concrete floor or like surface, sufficient padding be placed under the mat for the protection of the participants.

Uniforms and Equipment

1.12 Uniforms

Mandatory competition equipment shall conform to the following guidelines:

1.12.1 *Uniform.* The uniform shall consist of either a one-piece singlet that may be worn with or without full-length tights, or a spandex/lycra-type shirt and shorts.

1.12.1.1 *Singlet.* A singlet 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 singlet shall not be cut lower than the armpit. Under the arms, the singlet shall not be cut lower than half the distance between the armpit and the belt-line. The outermost garment shall have a minimum inseam length of 4 inches and shall not extend beyond the top of the knees. (See Illustration Nos. 1 and 3.)

- 1.12.1.2 *Spandex/lycra*. The shirt shall be a T-shirt style form-fitted, sleeveless or short-sleeved and shall not cover or extend beyond the elbow. In addition, the length of the shirt must be longer than the torso to prevent the shirt from becoming untucked. The shirt shall remain tucked into the shorts at all times during competition. The shorts shall be form-fitting with a minimum 4-inch inseam and shall not extend beyond the top of the knees. (See Illustration No. 4.)

Bermuda-length undergarments and other accessories that extend beyond the 4-inch inseam of a uniform are not permitted.

- 1.12.1.3 *Legal Upper-body Undergarment*. If sufficient reason is determined by the referee, the only acceptable upper-body undergarment is a tight-fitting, short-sleeved unadorned T-shirt.

- 1.12.2 *Team Uniformity in Clothing*. Team uniformity in clothing, to include the school's official warm-up and match uniforms, is required. The name or initials of the wrestler's institution shall be displayed on competition uniforms with letters at least 2 inches high.

For dual meets and each session of a tournament, the match uniform worn by team participants shall be identical in design and color. This rule does not apply to open and early-season tournaments. (See Rule 3.3.1 and Illustration Nos. 1 through 6.) (For violations, see Rule 3.13.4.)

- 1.12.3 *Footwear*. Light, heelless wrestling shoes reaching above the ankle and tightly secured shall be worn. Any match delay or stoppage directly related to shoelaces shall be treated as delay of match and, therefore, a stalling violation.
- 1.12.4 *Ear Protection*. A protective ear guard shall be worn anytime live wrestling takes place (this includes practice, dual meets and all collegiate and open tournaments). This rule does not apply to passive drilling or the warm-up period before competition.

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.

- 1.12.5 *Anklets*. In all tournaments, the home management shall provide red and green anklets approximately 3 inches wide for identification of the wrestlers. It is also recommended that these anklets be used in dual meets.
- 1.12.6 *Legal Apparel and Equipment*. 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 $2\frac{1}{4}$ -square inches in area. 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.

1.13 Appearance

Contestants shall not wear finger rings and/or jewelry, must be clean-shaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well-groomed and be free of oils and/or greasy substances. (See Rule 5.7.) 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 earlobe level. A neatly trimmed mustache that does not extend below the line of the lower lip is permissible. (See Rule 7.4.1.2.)

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 nonabrasive. All hair covers will be considered special equipment.

1.14 Special Equipment

Special equipment is defined as any equipment worn that is not required by rule and includes, but is not limited to, hair coverings, face masks, pads and braces. Any device, apparatus or tape that does not allow normal movement of the joints and prevents one's opponent from applying normal holds shall be barred. Any legal device that is hard and abrasive must be covered and padded. Loose pads are prohibited. (See Rule 1.15.1.) It is recommended that all wrestlers wear a protective mouth guard.

1.15 Enforcement

- 1.15.1 *Legality—Mat Markings, Equipment and Appearance.* 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.
- 1.15.2 *Health and Safety Measures.* The referee also shall determine whether each contestant has complied with specified health, sanitary and safety measures. (See Rule 1.13.) 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 Rule 9.6.4 and Appendix B.)
- 1.15.3 *Noncompliance—Appearance and Equipment.* 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, the injury clock started, and the injury clock stopped when the referee determines that the contestant is in compliance. (See Rule 6.1.) 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.
- 1.15.4 *Equipment Delays.* The wearing of wrestling equipment (e.g., headgear, uniforms, knee pads) that repeatedly causes delays in the normal progression of the match may result in an injury timeout being charged to the violator. (See Rule 6.1.)

1.16 Videotaping

Videotapes shall not be used in dual meets to make corrections. (For tournaments, see Rule 3.23.)

Rules interpretations can be found in Part III at the back of this book on the designated WI page:

- 1) *Shift in Weight Class, 1.5, WI-2*
- 2) *Shoelaces, 1.12.3, WI-2*
- 3) *Ear Protection, 1.12.4, WI-2*
- 4) *Videotaping, 1.16, WI-3*

RULE 2

Definitions

Wrestling Positions

2.1 Starting Position

- 2.1.1 *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. In the neutral position, neither wrestler has control. When the referee sounds the whistle, the wrestlers will begin wrestling. (See Illustration No. 8.)

In matches involving sight-impaired wrestlers, a finger-touch method shall be used in the neutral position and contact shall be maintained throughout the match. (See Illustration No. 7.)

- 2.1.2 *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 either side of the defensive wrestler. (See Illustration Nos. 9 and 10.) When the defensive wrestler assumes the starting position, the referee will say, “Set.” At this time, the defensive wrestler shall remain stationary (motionless).

- 2.1.3 *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 to the outside of the near leg, not touching the defensive wrestler. A knee or foot may be placed in back of the defensive wrestler’s feet, not touching the defensive wrestler. The head shall be placed on or above the midline of the opponent’s back. One arm (right or left) is first placed loosely around the defensive wrestler’s body perpendicular to the long axis of the body, with the palm of the hand placed loosely against the defensive wrestler’s navel, and the palm of the other hand (right or left) is placed on or over the back of the near elbow, this being the near side. Once the offensive wrestler assumes the correct starting position,

the referee will say, “Set.” At this time the offensive wrestler shall remain stationary (motionless). (See Illustration Nos. 9 through 11.)

The sequence to be followed in assuming the offensive position is to:

- 1) Set the knee(s) and feet;
- 2) Place the palm of one hand loosely on the navel;
- 3) Place the head on or above the midline of the opponent’s back;
- 4) Place the palm of the other hand on or over the near elbow;
- 5) The referee will say, “Set,”; and
- 6) With both wrestlers stationary (motionless), the referee will start the wrestling.

2.1.4 *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. The referee shall direct the offensive wrestler to assume the optional offensive starting position.

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

The offensive wrestler is not to place one or both feet or knees between the opponent’s feet or legs, or in front of the forward starting line or the line extended. In addition, the offensive wrestler is not to straddle the opponent. (See Illustration Nos. 12 and 13.)

2.2 Stalemate

When the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve position, the referee shall stop the match as soon as possible; wrestling will be resumed as for out of bounds. (See Rule 2.5.)

2.3 Position of Advantage

The offensive wrestler maintains the position of advantage until the opponent (defensive wrestler) is awarded an escape or a reversal by the referee.

2.4 In Bounds

Contestants are considered to be in bounds if any part of either wrestler is on or inside the boundary line. Wrestling shall continue as long as either wrestler remains in bounds. For the purpose of awarding a point(s) at the edge of the wrestling area, a point(s) shall be awarded when control is established or lost while any part of either wrestler finishes on the mat in bounds.

When the defensive wrestler's back is exposed to the mat in a pinning situation while any part of either wrestler is in bounds, wrestling shall continue as long as there is a possibility of the offensive wrestler bringing the opponent back in bounds. Near-fall points may be earned or a fall called if any part of the defensive wrestler's pinning area is in bounds. (See Illustration Nos. 59 and 60.)

If there is no action at the edge of the mat, the referee may stop the wrestling.

2.5 Resumption of Wrestling After Out of Bounds

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 the wrestlers are neutral, the match shall be resumed with both wrestlers opposite each other and with one foot or both feet 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

2.6 Takedown

A takedown shall be awarded when, from the neutral position, a contestant gains control by taking the opponent down to the mat in bounds and beyond reaction time. (See Illustration Nos. 49 through 52.) When a significant portion of the defensive wrestler's weight is borne on a hand(s), it is considered control.

For the purpose of awarding takedown points at the edge of the wrestling area, points shall be awarded when control is established while any part of either wrestler finishes in bounds. (See Illustration Nos. 43 through 49.) If both feet of the wrestler attempting a takedown were outside the wrestling area, breaking the boundary of an imaginary cylinder surrounding and extending above the wrestling area and the opponent is out of bounds, a takedown shall not be awarded. (See Illustration No. 54.)

2.7 Escape

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

2.8 Reversal

A reversal occurs when the defensive wrestler comes from the bottom/defensive position and gains control of the opponent, either on the mat or in a rear-standing position. For the purpose of awarding reversal points at the edge of the wrestling area, points shall be awarded when control is established while any part of either wrestler remains in bounds. (See Illustration Nos. 57 and 58.)

2.9 Near Fall

2.9.1 Two-point Near Fall. 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 has been met for two seconds. (See Illustration Nos. 74 through 78.) In any pinning situation, a near fall may occur if any part of the defensive wrestler's pinning area remains in bounds. (See Illustration Nos. 59 and 60.) A continuous roll-through is not to be considered a near fall.

2.9.2 Three-point Near Fall. If a criterion for a near fall is met and held uninterrupted for five seconds, three points shall be awarded.

2.9.3 Counting the Near Fall. A verbal count and, whenever possible, a visual hand count shall be used in determining a near fall. (See Rule 7.4.5.) 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 when using the same pinning combination, 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 at least two seconds. (See Illustration No. 78.)

- 2.9.4 *Injury, Two Points.* When a pinning combination is executed legally and a near fall is imminent, but the defensive wrestler is injured, indicates an injury or has excessive bleeding before a near-fall criterion is met, action will be stopped and a two-point near fall shall be awarded.
- 2.9.5 *Injury, Three Points.* When a criterion for a two-point near fall is met and the match is stopped for an injury, the defensive wrestler indicates an injury or has excessive bleeding, action will stop and a three-point near fall shall be awarded.
- 2.9.6 *Injury, Four Points.* When the criteria for a three-point near fall are met, and a match is stopped for an injury, the defensive wrestler indicates an injury or has excessive bleeding, a fourth point shall be awarded.
- 2.9.7 *Assessing Penalty Points in Near-fall Situations.* Points for unnecessary roughness, unsportsmanlike conduct, technical violations or illegal holds committed by the defensive wrestler during near-fall situations shall be added in addition to points earned, including the points awarded as described in Rules 2.9.4, 2.9.5 and 2.9.6. In addition, wrestling shall continue during a violation(s) by the defensive wrestler if no risk of injury exists. (See Penalty Table No. 1 and WI, Rule 2.9, Situation 5.)
- 2.9.8 *Injury Timeout Assessment.* When wrestling action is stopped for an injury assessment, an injury timeout must be assessed except in the case of a bleeding injury in Rules 2.9.4, 2.9.5 and 2.9.6. (See Rule 6.1.2.)

2.10 Imminent Scoring

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 noninjured wrestler. (See Rules 2.9.4, 2.9.5 and 2.9.6; for imminent scoring with locked hands, see Rule 5.11.1.)

2.11 Time Advantage

- 2.11.1 *Recording Time Advantage.* 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. (See Rule 3.11 for Overtime.)
- 2.11.2 *Use of Time Advantage in Dual Meets and Tournaments.* The recording of time advantage (riding time) is required for use in all competition. Dual meets, team-advancement tournaments and tournament competition that do not use time advantage shall not count on the NCAA Individual Season Record Form. (See Rule 9.8.)

Determination of the Winner

2.12 Fall

Any part of both shoulders or part of both scapulae (For pinning area, see Illustration No. 2.) 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 scapulae area must be held in continuous contact with the mat for one second before a fall is awarded.

- 2.12.1 *Awarding a Fall at Edge of Wrestling Area.* When awarding a fall at the edge of the wrestling area, a fall may be awarded when any part of the pinning area is in bounds. (See Rule 2.4 and Illustration Nos. 59 and 60.)
- 2.12.2 *No Fall.* 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.
- 2.12.3 *Out of Bounds.* 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 with the offensive wrestler in the advantage position.
- 2.12.4 *Indicating the Fall.* 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 and blowing the whistle.

- 2.12.5 *End of Period.* 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 Rule 7.4.16.)
- 2.12.6 *Determining Fall.* 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 Rule 7.4.16.)

2.13 Technical Fall

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. Five team points shall be scored for a technical fall if the winning wrestler was awarded a near fall during the match. Four team points shall be scored for a technical fall if the winning wrestler fails to score a near fall. A wrestler earning a differential of 15 points during a match can lose only by committing an act of flagrant misconduct. (See Rules 4.3.2, 4.3.3 and 4.4.3.)

2.14 Major Decision

A major decision occurs when the margin of victory after three periods is eight through 14 points. (See Rules 4.3.4 and 4.4.3.)

2.15 Decision

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 point(s) in the sudden victory of an overtime match that does not end with a fall, default or disqualification. (See Rule 4.3.5.)

2.16 Default

A default is awarded in a match when one of the wrestlers is unable to continue due to an injury or by choice of his or her coach. A default shall be included as a win or loss in each wrestler's individual season record. (See Rules 3.17.3 and 6.1.6.)

2.17 Disqualification

A disqualification is a situation in which a contestant is banned from participation in accordance with the Penalty Table. (See Rules 3.17.5 and 3.24.4.) A disqualification shall be included as a win or loss in each wrestler's individual season record. (See Rule 9.8.)

2.18 Forfeit

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. Similarly, a contestant shall not accept a forfeit in one weight class and compete in another class. (See Rules 3.17.2, 3.17.3, 3.17.4 and 9.2.)

2.19 Medical Forfeit

A medical forfeit may be declared when a contestant is injured or becomes ill during the course of tournament competition. (See Rules 3.21 and 9.6.4 for the proper protocol for declaring a medical forfeit.)

Note: For the list of proper terms and abbreviations for recording the results of a match, see Rule 4.

Rules interpretations can be found in Part III at the back of this book on the designated WI page.

- 1) *Defensive starting position, 2.1.2, WI-4*
- 2) *Escape, 2.7, WI-4*
- 3) *Reversal, 2.8, WI-5*
- 4) *Near Fall, 2.9, WI-6*
- 5) *Imminent Scoring, 2.10, WI-7*
- 6) *Fall, 2.12, WI-8*
- 7) *Technical Fall, 2.13, WI-8*
- 8) *Default, 2.16, WI-9*

RULE 3

Conduct of Meets and Tournaments

3.1 Match Parameters

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

3.2 Notification and Agreement

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. 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, time of the weigh-ins, and the name of the NCAA certified referee, who should be mutually agreed upon.

3.3 Contestants, Coaches and Medical Personnel Attire

3.3.1 *Contestants' Attire.* All contestants shall be uniformly attired in their school's official warm-up and match uniform. For all competition, it is required that all clothing (i.e., sweats, warm-ups, shorts, T-shirts) worn by a student-athlete in the competition area be either unadorned (plain) or of the representative institution's school colors. (See Illustration Nos. 1 through 6.) No hats, stocking caps or other inappropriate apparel are permitted. If the item contains a logo, it is required that it be of the school that is represented. Coaches and student-athletes should be aware of NCAA brand name restrictions. Violation of this rule shall result in the head coach being penalized under control of mat area. (For penalties, see Rule 3.13.4.)

3.3.2 Coaches' Attire. The wearing of jeans, T-shirts, sweatsuits and warm-up suits (top and/or bottom), 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 Rule 3.13.4.) 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. (See Rule 7.6.8.)

3.3.3 Medical Personnel Attire. Medical personnel must be appropriately attired. For dual and tournament competition, no T-shirts, sweatsuits, jeans, shorts or headwear may be worn. Violations shall be penalized under control of mat area. (See Rule 3.13.4.)

Note: The NATA strongly encourages trainers to dress in a manner befitting their profession.

3.4 Prematch Period and Procedures

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 5.4 and the Penalty Table.

It is recommended that each team's competing contestants be introduced by name and weight class before the start of a meet.

3.5 Intentional Delay During Premeet Period

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

3.6 Starting the Meet

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 shall be determined by the premeet disc 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 Rules 1.8 and 3.10.) As soon as either contestant steps onto the mat, that contestant cannot be withdrawn or replaced.

3.7 Duration of Matches

For all competition, matches shall be seven minutes in duration, 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. (See Rule 1.2.) A default, disqualification, fall or technical fall terminates the match. At the conclusion of the first period, the referee shall grant the proper wrestler choice of position to begin the second period, which shall be started as soon as possible by the referee. Upon expiration of the second period, the referee shall grant the appropriate wrestler the choice of position for the third period, which shall start as soon as possible. (See Rule 3.10.)

3.8 Wrestle-back Matches

Wrestle-back matches consist of three periods and shall be seven minutes in duration.

3.9 Postmatch Period and Procedures

3.9.1 *Postmatch Period.* The postmatch period is defined as the time 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 Nos. 108 and 109.)

3.9.2 *Failure to Comply.* Failure to comply with the postmatch procedures, including unsportsmanlike conduct and flagrant misconduct, will be penalized according to Rules 5.4, 5.6 and the Penalty Table.

3.10 Choice of Position

3.10.1 *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 disc that shall fall to the mat unimpeded and determine which team has the choice at the start of the second period in each weight class. The winner of the disc toss may choose the odd or even number of the weight classes. (See Rule 1.8.)

The wrestler who has the choice may select the top, bottom or neutral position, or defer choice until the third period. (For exceptions, see Rule

3.11.1.) 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.

3.10.2 *Tournaments*. Immediately after the end of the first period, the referee shall determine by toss of a colored disc that shall fall to the mat unimpeded and shall determine which wrestler has the choice at the start of the second period. The wrestler granted the choice shall have the options listed in Rule 3.10.1. The other wrestler shall have the choice at the start of the third period.

3.10.3 *Dual Meets and Tournaments*. If the score is tied at the end of the regulation match (third period), see Rule 3.11.1 to determine which wrestler has the choice of top or bottom position in the tiebreaker periods.

It is recommended that a visual method at the scorer's table be used to indicate which wrestler has the choice in the first tiebreaker period in the first round of overtime. For example, the basketball red or green possession arrow indicator may be used or a dowel rod painted accordingly. (See Rule 7.9.9.)

3.11 Overtime

3.11.1 *First Round of Overtime*. In tournament or dual-meet competition when contestants are tied at the end of three regular periods, the first round of overtime will begin with a sudden-victory period of 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. (For exception, see Rule 6.1.1.) The wrestler who scores the first point(s) will be declared the winner. If a wrestler in the neutral position is awarded a takedown while meeting a near-fall criterion, wrestling shall continue until a fall or near-fall points are awarded. Any near-fall points are added to the winner's match score.

If a second nonbleeding injury timeout is taken between the end of the third period and the beginning of the sudden-victory period, and if the wrestler in the offensive position controls (rides) the opponent the

entire sudden-victory period, that wrestler shall be declared the winner by virtue of one minute of time advantage.

If the first points were awarded simultaneously, as in a double stall, the match will proceed immediately to the tiebreaker periods.

If no winner has been declared at the end of the one-minute sudden-victory period, two 30-second tiebreaker periods will be wrestled. The two tiebreaker periods will be wrestled in their entirety. The choice for position in the first 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. (For time advantage use in tournaments, see Rule 2.11.2.)

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 disc. The referee will toss the disc at the conclusion of the sudden-victory period and allow it to fall to the mat unimpeded. The wrestler winning the toss may select only the top or bottom position.

A wrestler choosing the defensive (bottom) position in the first tiebreaker period shall assume the offensive (top) position in the second tiebreaker period. (For exception, see Rule 6.1.1.)

The two 30-second tiebreaker periods will be wrestled with the time advantage kept and recorded (See Rule 2.11.2.), and all points scored. However, if due to a second injury timeout the offensive wrestler accrues at least one minute of time advantage in the tiebreaker periods, that contestant shall be awarded one point. The contestant with the greater number of points, or who is awarded a fall, default or disqualification, is declared the winner.

- 3.11.2 *Second Round of Overtime.* If the score remains tied after the 30-second tiebreaker periods in the first round of overtime, a second round begins with a sudden-victory period of a maximum of one minute.

If the score remains tied after the sudden-victory period, two 30-second tiebreaker periods will be wrestled. The choice for position

will be granted to the contestant who did not have the choice in the first tiebreaker round.

The two 30-second tiebreaker periods will be wrestled in their entirety, time advantage shall be kept and recorded (See Rule 2.11.2.), and all points will be scored. The contestant with the greater number of points, or who is awarded a fall, technical fall, default or disqualification, is declared the winner.

If the score remains tied at the end of the second round of overtime, time advantage shall be used to determine the winner. If a contestant has one second or more of net time advantage accumulated from the two rounds of tiebreaker periods, that wrestler is declared the winner. (See Rule 2.11.2.)

- 3.11.3 *Continuation of Overtime.* If the score remains tied after the second and any subsequent round(s) of overtime, and no net time advantage exists, the match will continue in the same fashion (sudden-victory period of a maximum of one minute, two 30-second tiebreaker periods). The winner is declared using the same methods described in Rule 3.11.2.
- 3.11.4 *Overtime as Extension of Regulation Match.* The sudden-victory and tiebreaker periods will be regarded as extensions of the regulation match. All points, penalties, cautions, warnings, timeouts and injury time will be cumulative throughout the regulation match, the sudden-victory period and the tiebreaker periods; however, time advantage from the regulation match does not carry over.
- 3.11.5 *Equal Number of Penalties—Sudden-Victory Period.* In a situation in which both wrestlers are penalized an equal number of points simultaneously during the sudden-victory period in any round of overtime, those points will be added to both scores, the sudden-victory period will be terminated, and the wrestlers will proceed to the tiebreaker periods.
- 3.11.6 *Injury Due to Illegal Act in Overtime.* If an injury occurs as a result of an illegal act during the sudden-victory period of any round of overtime, the match is concluded. If an injury occurs as a result of an illegal act during the tiebreaker periods of any round of overtime, recovery time is applicable. (See Rule 6.4.)

- 3.11.7 *Flagrant Misconduct in Overtime.* A wrestler earning the first point(s) in the sudden-victory period of any round of overtime can lose only by committing flagrant misconduct. A wrestler who is declared the winner at the end of any round of overtime can lose only by committing flagrant misconduct. (See Rule 5.6.)

3.12 Breaking Team Ties in Dual-Meet Advancement Tournaments

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

- 3.12.1 Greater number of victories.
- 3.12.2 Greater number of six-point victories (including falls, forfeits, defaults and disqualifications).
- 3.12.3 Greater number of five-point technical falls.
- 3.12.4 Greater number of four-point technical falls.
- 3.12.5 Greater number of major decisions.
- 3.12.6 Fewest number of matches forfeited.
- 3.12.7 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).
- 3.12.8 Greater number of takedowns.
- 3.12.9 Greater number of reversals.
- 3.12.10 Greater number of escapes.
- 3.12.11 Greater number of riding-time points.
- 3.12.12 Greater number of stalling points.
- 3.12.13 Colored disc toss.

One team point shall be awarded to the team winning by criteria. The method of recording the score in breaking team ties shall be the score followed by the number of criteria that broke the tie (e.g., Team A 17, Team B 16, criterion 3.12.5.) In regular-season dual-meet competition, team ties shall not be broken.

3.13 Control of Mat Area

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

3.13.1 *Dual Meets.* For dual meets, this zone shall be at least 10 feet from the mat and scorer's table.

3.13.2 *Tournaments.* For tournaments, an 8-foot restricted zone shall be placed in any two corners of the mat. The 8 feet should be measured from the corner, along a line connecting the center to that corner. (See diagram in Rule 1.9.)

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 3.13.4.

3.13.3 *Coaches and Medical Personnel.* Coaches 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 Rule 3.15.) Medical personnel may leave the restricted zone only during an injury timeout.

3.13.4 *Failure to Comply.* 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.

3.14 Correction of Error

3.14.1 *First or Second Period.* Errors occurring during the first or second period 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.

- 3.14.2 *Timekeeper, Scorers, Referee.* If there is an error on the part of the timekeeper, scorers or referee, the error shall be corrected and the referee will inform the wrestlers, coaches and announcer of the correction. 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. Any error not resolved by the referee shall be arbitrated by the tournament committee.
- 3.14.3 *Clerical Error.* A clerical error in recording team scoring in a dual meet or tournament that does not necessitate additional wrestling may be corrected when discovered.

3.15 Questioning the Referee

- 3.15.1 *Coach.* 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 shall be penalized as a control-of-mat-area violation. (See Rule 3.13.4.)

At this point, there are only two alternatives for the referee to consider. If there was a misapplication of a rule, the referee shall 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 3.13.4.

- 3.15.2 *Badgering—Coach or Team Member.* Badgering the referee by the coaching staff 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 3.13.4.

- 3.15.3 *Penalties Cumulative and Sequential.* Penalties for questioning the referee and for control of the mat area shall be cumulative and sequential.

Tournaments

3.16 Tournament Committee

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

- 3.16.1 Administration of the tournament.
- 3.16.2 Arbitration of all disputes. (For protest protocol, see Appendix A.)
- 3.16.3 Consideration of extenuating circumstances relating to tournament operations.
- 3.16.4 Address immediately sportsmanship violations by team personnel.

3.17 Administration

- 3.17.1 *Verification of Entries.* Individual or team entry for tournament competition becomes official at registration. 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.
- 3.17.2 *Mat Reporting Time.* 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 Rule 3.21.)
- 3.17.3 *Defeat Due to Injury.* In a tournament, defeat due to injury 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 before the ill or injured contestant is called to the mat of the wrestler's inability to continue. (See Rule 3.21, medical forfeit.)
- 3.17.4 *Forfeit.* A forfeit shall eliminate a contestant from further competition in that tournament.

- 3.17.5 *Disqualification.* 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.)
- 3.17.6 *Failure to Make Weight.* 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 3.21.
- 3.17.7 *Rest Between Matches.* It is recommended that no contestant wrestle two matches in any tournament with less than 45 minutes of rest between matches.
- 3.17.8 *Presentation of Awards.* 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.

3.18 Drawings and Optional Bracketing

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 wrestle-back drawings for each weight class be on the same page and indicate the sessions in which each round will be contested.

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

3.19 Seeding

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.

3.20 Byes

Byes shall be determined for each individual weight class. The first round for each weight class shall be determined based on the number of byes for that weight class. At no time shall there be equal or more byes than the number of competitors in a weight class. When the number of competitors is four, eight, 16, 32, 64 or another power of two, there shall be no byes in the first round.

When the number of competitors is not equal to a power of two, the number of byes shall be equal to the difference between the number of competitors and the next higher power of two. This establishes the bracket size and the bracket's first round. The number of pairs that meet in the first round shall be equal to the difference between the number of competitors and the next lower power of two.

There shall be no byes after the first round, and no further drawing is necessary for the championship or wrestle-back rounds. The byes, if even in number, shall be divided equally between top and bottom. When byes are required for the first round, they shall be placed by mutual consent or drawn so that they are distributed evenly throughout the bracket. No 1/2, 1/4, 1/8, etc., bracket shall have more than one more bye than its paired bracket. (See Rule 4.4.2.)

Examples:

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

If a wrestler receives a bye and then wins the next match, one point in the championship bracket and 1/2 point in the wrestle-back bracket shall be awarded. (See Rule 4.4.2.)

3.21 Medical Forfeit

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, provided medical personnel or an authorized institutional representative has informed the official scorer of the wrestler's inability to continue. In order to retain advancement and placement points previously earned in the tournament, this declaration must be made to the official scorer before the ill or injured wrestler is called to the mat. A participant declaring a medical forfeit is excused from further weigh-ins.

If both contestants are forced, due to injury, to declare a medical forfeit, the next round's opponent wins by medical forfeit. (For scoring abbreviations, see Rule 4.4.5.)

A contestant who forfeits for medical reasons shall retain advancement points and placement points previously earned but cannot advance farther in the tournament. (See Rule 9.6.4.) 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 Rule 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. (See Rule 9.8.2.)

3.22 Protests

Tournament administrators should appoint a committee to hear all protests at respective tournaments. A coach only may protest errors in recording points or match results and nonjudgment errors in the application of rules. A coach shall inform the official scorer and the referee of his or her intent to protest the match **before** the match sheet is removed from the scorer's table. The referee will note this intent to protest the match on the match sheet and shall notify the opposing wrestler and coach 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 match. (See Rules 3.16.2, 3.23 and Appendix A.)

3.23 Use of Video During Protests

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 Rule 1.16.)

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

3.24.1 *Establishing Wrestle-back Order.* Immediately after completion of the first match of the round of 16 in each weight class, wrestle-back rounds should start among all contestants defeated by the winner of this round of 16. At the conclusion of the championship quarterfinals, the losers of those quarterfinals should be cross-bracketed into the third round of wrestle-backs. At the conclusion of the championship semifinals, the losers of those semifinals should be bracketed into the wrestle-back semifinals.

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

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

3.24.2 *Establishing Order for Third Place and Subsequent Places.* Wrestle-back matches to determine third place and subsequent places may be conducted in accordance with the original first-round drawings. Therefore, those eligible for the third-place wrestle-backs should be matched in the order in which they were defeated by the quarterfinalists in each eighth-bracket.

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

The non-winners 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 3.24.1.

The order of matches depends on the number of competitors in the brackets. Each bracket shall be cross-bracketed based on the size of each individual bracket. Some examples are shown in the charts at the end of this rule.

- 3.24.3 *Rematch in Wrestle-back.* If two wrestlers who previously have competed against each other in the tournament are paired again in the wrestle-back bracket, the matches should be conducted and scored as if they had not wrestled previously.
- 3.24.4 *Disqualification—Both Wrestlers.* If both wrestlers are disqualified simultaneously, the match shall go immediately to overtime. Any subsequent point violation by either wrestler will result in disqualification.

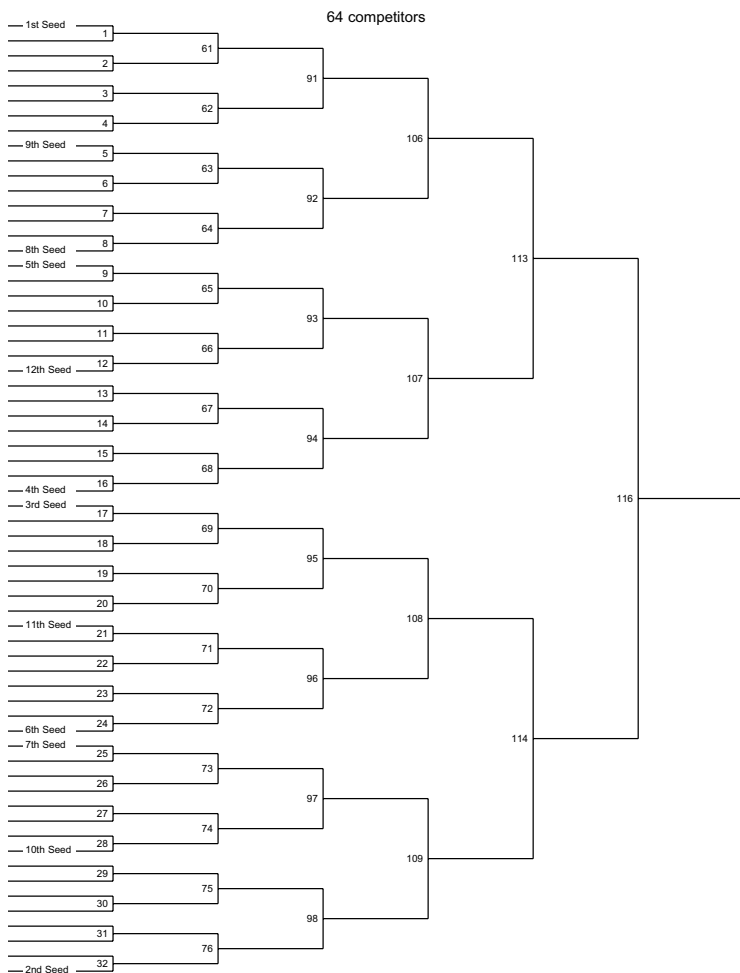
If both wrestlers are disqualified for flagrant misconduct, neither wrestler shall continue in the tournament. (See Rule 5.6.)

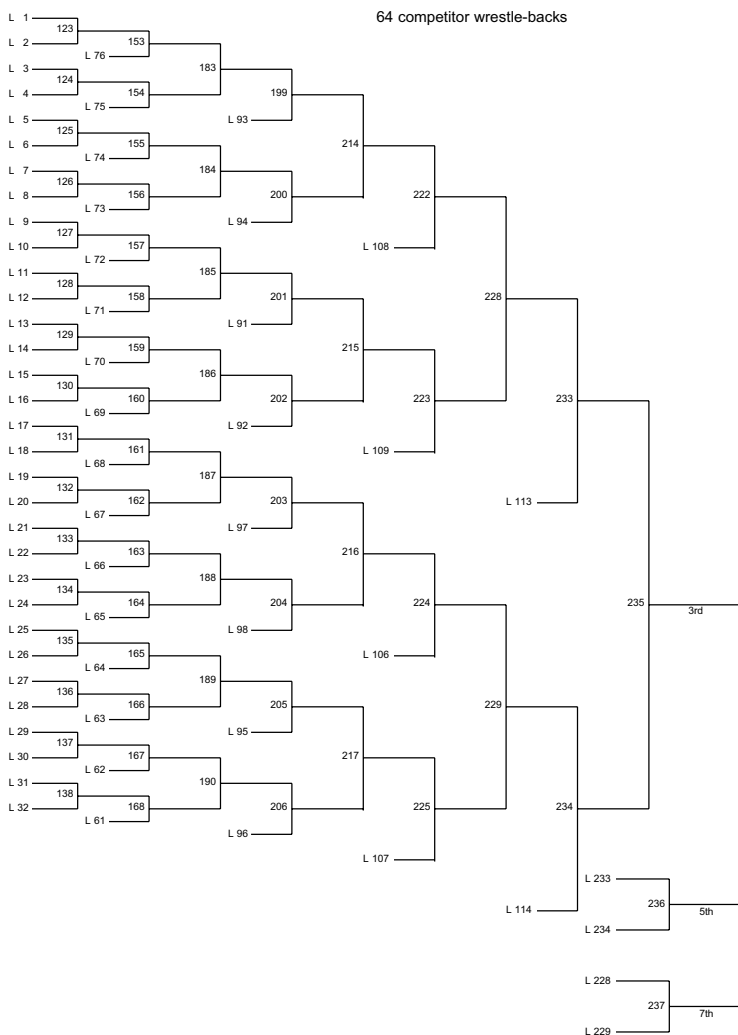
3.25 Places Scored

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 in which six or more places are scored, the defeated wrestlers in the wrestle-back semifinals should wrestle for fifth and sixth places. In tournaments in which eight places are scored, the defeated wrestlers in wrestle-back quarterfinals should wrestle for seventh and eighth places.

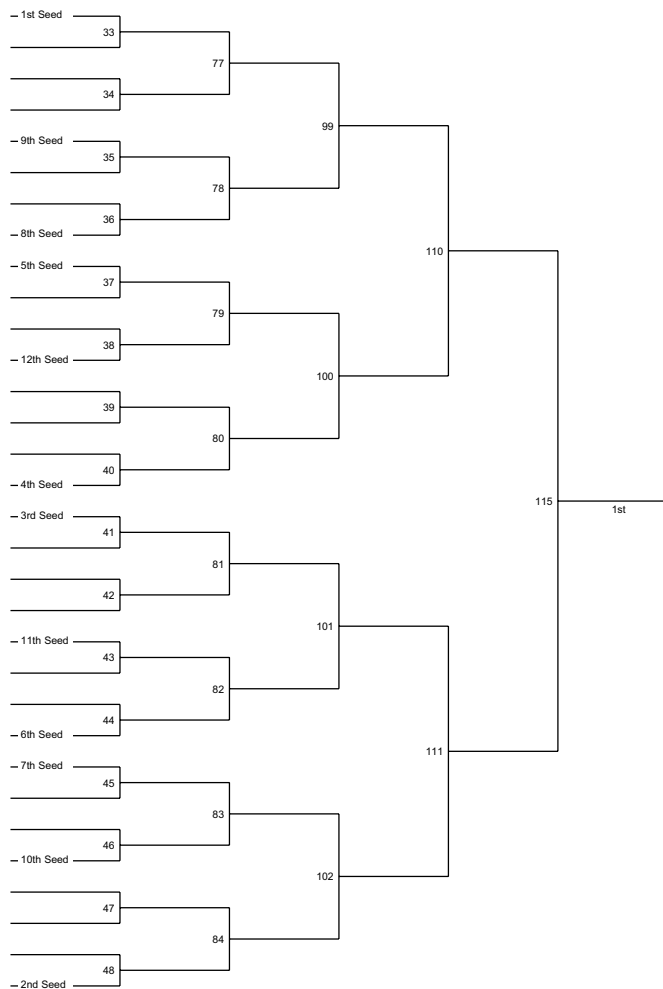
Rules interpretations can be found in Part III at the back of this book on the designated WI page.

- 1) *Postmatch Procedures, 3.9.1, WI-10*
- 2) *Choice of Position, 3.10, WI-10*
- 3) *Overtime, 3.11.1, WI-10*
- 4) *Control of Mat Area, 3.13, WI-11*
- 5) *Questioning the Referee, 3.15.1, WI-12*
- 6) *Tournament Committee, 3.16, WI-12*
- 7) *Medical Forfeit 3.21, WI-12*





32 competitors

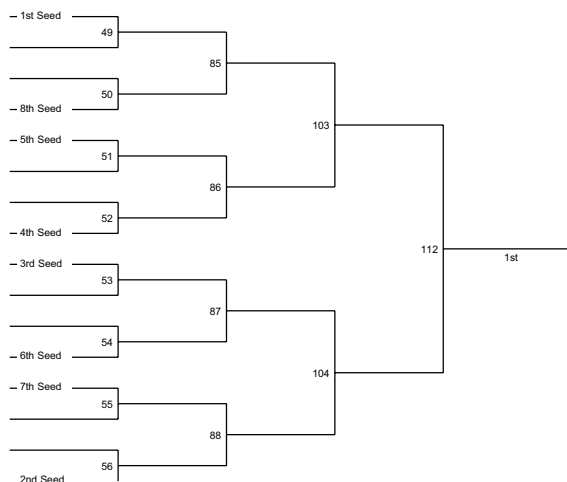


32 competitor wrestle-backs

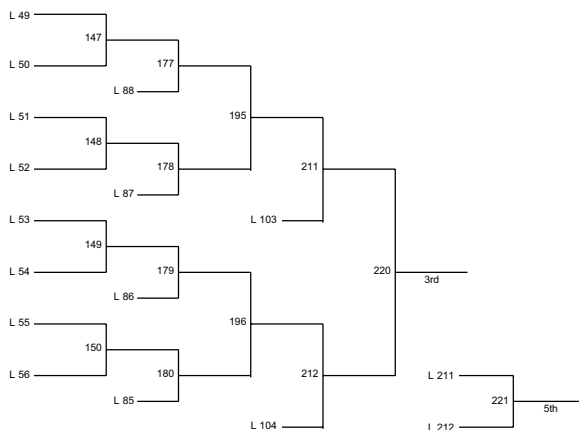
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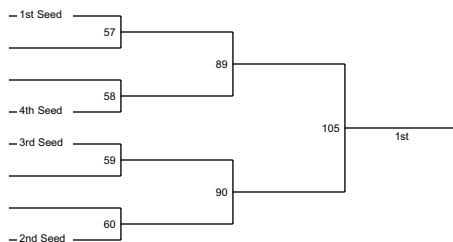
16 competitors



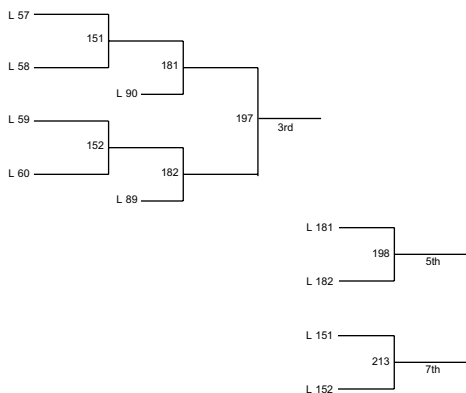
16 competitor wrestle-backs



8 competitors



8 competitor wrestle-backs



CHAMPIONSHIP

[illegible]

WRESTLE BACKS

[illegible]

RULE 4

Scoring

Match

4.1 Scoring and Timing

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

Individual

4.2 Points

In all matches, the contestants are awarded points by the referee in accordance with the following system. The numbers in parentheses show the rule under which the situation is defined.

Takedown (Rule 2.6) 2 points

Escape (Rule 2.7)..... 1 point

Reversal (Rule 2.8)..... 2 points

Near Fall (Rule 2.9)..... 2, 3 or 4 points

Time Advantage (Rule 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 5 and the Penalty Table for the effect of penalties on scoring.)

Note 1: Method of recording score for an overtime match.

*Example: 5-3 (SV-1) or 3-1 (SV-2)**

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

*6-6 RT (TB-2)****

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

Note 2: The use of the number designates the overtime round (i.e., SV-2 indicates the second overtime.)

- * Use SV designation only for overtime matches that end in the sudden-victory period.
- ** Use TB designation only for overtime matches that end at the conclusion of the tie-breaker periods.
- *** Correct method of recording result when no points are scored in the second round and one wrestler wins by net time advantage.
- **** Correct method of recording a fall in either the sudden-victory or tiebreaker periods.

The score at the end of regulation shall not be listed.

TOURNAMENT SCORING CHART

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

Team

4.3 Dual Meets

- 4.3.1 Six team points shall be scored toward the team total for each contestant who wins by a fall, default, forfeit or disqualification.
- 4.3.2 Five team points shall be scored for a technical fall if the winning wrestler was awarded a near fall during the match.
- 4.3.3 Four team points shall be scored for a technical fall if the winning wrestler failed to score a near fall during the match.
- 4.3.4 Four team points shall be scored for a major decision.
- 4.3.5 Three team points shall be scored for a decision.

Note: For definitions of the above 4.3.1 through 4.3.4, see Rule 2, Definitions.

4.4 Tournaments

- 4.4.1 *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 Rules 3.17.3 and 3.21.)

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, the winner of fifth place and 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.

4.4.2 Advancement Points. One team point shall be scored for each match won in the championship bracket and $\frac{1}{2}$ point in the wrestle-back bracket, except for the final first-, third-, fifth- and seventh-place matches. One point in the championship bracket and $\frac{1}{2}$ point in the wrestle-back bracket shall be awarded for a bye if the wrestler receiving the bye wins in the next round.

4.4.3 Additional Points. Two additional points shall be scored for each match won by fall, default, forfeit or disqualification throughout the tournament. A total of $1\frac{1}{2}$ 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.

4.4.4 *Summary of Scoring.*

<i>Dual Meet</i>		<i>Tournament</i>	
Fall	6	Fall	2
Forfeit.....	6	Forfeit.....	2
Default.....	6	Default.....	2
Disqualification.....	6	Disqualification.....	2
Technical Fall (by 15-point differential with near fall).....	5	Advancement	
Major Decision (by 8 through 14 pts.) or		Championship Bracket.....	1
Technical Fall (by 15-point differential without near fall)....	4	Wrestle-Back Bracket.....	½
Decision (by fewer than 8 pts.).....	3	Technical Fall (with near fall)	1½
		Technical Fall (without near fall) or Major Decision.....	1
		Bye followed by a win	
		Championship Bracket.....	1
		Wrestle-Back Bracket	½
<i>Individual Match</i>			
Takedown.....	2	Near Fall	2, 3 or 4
Escape	1	Time Advantage.....	1
Reversal.....	2	(Maximum for 1 minute or more)	
<i>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.</i>			

4.4.5 *Scoring Abbreviations.*

T-2	Takedown	FL-1	Fleeing
R-2	Reversal	FMC	Flagrant misconduct
E-1	Escape	F 1:36	Fall at 1:36
N-2	Near fall (two seconds)	For.	Forfeit
N-3	Near fall (five seconds)	Inj(1)1:45	First injury
N-4	Near fall (as a result of injury)	Inj(2)3:15↓	Second injury*
FS	False start	M. For.	Medical forfeit
S	Stalling	Def.	Default
TV	Technical violation	DQ	Disqualification
P	Illegal holds, unnecessary roughness	DQW	Disqualification for weight-management violation
MD	Major decision	TF-5-5:19	Technical fall-5 team points at 5:19 (with near fall)
Dec.	Decision	TF-4-5:19	Technical fall-4 team points at 5:19 (without near fall)
W	Warning	TF-1½-5:19	Technical fall-1½ tournament team points at 5:19 (with near fall)
C	Caution	TF-1-5:19	Technical fall-1 tournament team point at 5:19 (without near fall)
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.

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

***For proper use of overtime abbreviations, see Rule 4.2 (Note 1).*

Rules interpretations can be found in Part III at the back of this book on the designated WI page.

1) Scoring Abbreviations, 4.4.5, WI-13

RULE 5

Infractions

5.1 Penalty Table

The infractions of the rules are penalized in accordance with the penalties listed on the Penalty Table found at the end of this rule.

5.2 Indicating Infractions

A match shall not be stopped to indicate an infraction:

- 1) When warning or penalizing either wrestler for stalling in the neutral position; or for warning or penalizing for stalling the defensive wrestler or the offensive (advantage) wrestler while in the standing position. (See Rule 5.10.4.) Except for the standing position, a match shall be stopped when warning and penalizing the offensive (advantage) wrestler for stalling (See Rule 5.10.5.);
- 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. The referee shall stop the match after scoring has occurred or if scoring no longer is imminent. (See Rules 5.11.2 and 5.11.3.)

5.3 Warnings and Sequence of Penalties

The Penalty Table indicates the sequence of violations, which are cumulative throughout the match. (See Note A under the Penalty Table for exceptions.)

5.4 Unsportsmanlike Conduct

5.4.1 *Description of Unsportsmanlike Conduct.* 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 or failing to comply with postmatch procedures.

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.

5.4.2 *Penalties for unsportsmanlike conduct.* A wrestler called for an act of unsportsmanlike conduct during the pre- or postmatch period will result in the deduction of one team point for the first violation; the penalty for the second violation will be disqualification, the deduction of one team point and removal from the premises.

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

Unsportsmanlike conduct before, during or after a match by coaches, athletic trainers, managers, physicians and noncompeting wrestlers will follow the sequence of penalties listed in the Penalty Table.

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.

5.4.3 *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 referees 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.

5.5 Unnecessary Roughness

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

5.6 Flagrant Misconduct

5.6.1 *Prematch, Match or Postmatch Period.* 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. (For flagrant misconduct in overtime, see Rule 3.11.7.)

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.

A wrestler disqualified for committing an act of flagrant misconduct shall be suspended from competing until after the team's subsequent event. If flagrant misconduct occurs during the last event of the season, the suspension carries over to the first event of the next season. The referee shall alert the National Coordinator of Officials as soon after the match as possible that a flagrant misconduct violation occurred.

Pat McCormick, National Coordinator of Officials

pat.mccormick@hamptonu.edu

757/719-5061

The National Coordinator of Officials will contact the respective divisional chair who will communicate with the violating student-athlete's institutional administration to ensure the suspension is served.

Flagrant misconduct may consist of nonphysical and physical acts of misbehavior.

In triangular, quadrangular, tournament or similar dual-team events, an individual(s) penalized for flagrant misconduct shall be disqualified and removed from the premises for the duration of the event, including multiple-day competitions. "Premises" is defined as the building in which the event takes place. The table scorer is required to inform the head coach that a team member, who must be identified by name, has been charged with a flagrant misconduct violation. (See Rule 7.9.13.)

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

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

5.6.3 Use of Tobacco Products. The use of tobacco products by student-athletes, coaches or other team personnel on the premises during an event is a flagrant misconduct violation. (For referees, see Rule 7.10.) Additionally, in NCAA 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.

5.7 Illegal Substance on Skin

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. The total time used shall not exceed 1½ minutes. (See Rule 6.1.1.)

Holds

5.8 Illegal

5.8.1 *Holds*. 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 (must encircle at the elbow or above); 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 Illustration 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. 103 and 104.) A variety of leg rides may be applied that do not exert hyperextensive pressure on the knee and therefore are permissible. (See Illustration Nos. 106 and 107.)

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. 37, 38, 39, 41 and 42.)

5.8.2 *Grasping Fingers*. 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.

5.8.3 *Slam*. The term "slam" is interpreted as lifting and bringing an opponent to the mat with unnecessary force. This infraction may be committed by a contestant in either the top or bottom position on the mat and 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.

- 5.8.4 *Intentional Drill*. 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.
- 5.8.5 *Over-Scissors*. A leg hooked over the top toe of an opponent's straight body scissors is interpreted as an over-scissor and is therefore illegal. (See Illustration No. 34.)
- 5.8.6 *Locked Hands—Guillotine*. The offensive wrestler cannot lock hands around the head of the defensive wrestler when using the guillotine until the offensive wrestler meets a near-fall criterion.
- 5.8.7 *Injury—Illegal*. For injury caused by illegal action, see Rule 6.4.
- 5.8.8 *Legal Hold—to Illegal*. A wrestler applying a legal hold should not be penalized when the opponent turns the legal hold into an illegal hold. The referee shall 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 Rule 5.9.)
- Points for illegal holds will be awarded in addition to points earned by the offended wrestler.
- 5.8.9 *Three-quarter Nelson*. The three-quarter nelson is not to be interpreted as a headlock. (See Illustration No. 69.)
- 5.8.10 *Legal Head Lock*. Pulling the head over the shoulder with hands locked or overlapped is not to be interpreted as a headlock. (See Illustration No. 68.)
- 5.8.11 *The Double Arm Bar*. The front double arm bar is legal if hands are locked at the side. (See Illustration Nos. 63 and 64.)
- 5.8.12 *Rear Double Knee Kickback*. It is illegal, when in the rear standing position, the offensive wrestler uses both feet to kick behind the knees of the opponent in an attempt to bring the opponent to the mat. (See Illustration No. 67.)

5.9 Potentially Dangerous

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

5.10 Stalling

5.10.1 It is the responsibility of contestants, referees and coaches to avoid the use of stalling tactics. 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, bottom 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 without hesitation. (See Penalty Table for sequence of penalties.)

5.10.2 *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 sometimes 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 throughout the match. A stalling warning or penalty should be called during the concluding moments of a match only when stalling unquestionably is occurring.

Note: For double stalling disqualifications in tournaments, see Rule 3.24.4.

5.10.3 *Stalling by 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 opponent 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.

- 5.10.4 *Stalling in the 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 to avoid the tie-up if such action is taken to improve position or acquire a takedown. Repeated movement away from the opponent without attempting a takedown is defined as fleeing the opponent and is stalling. 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.
- 5.10.5 *Stalling in the 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 warning or penalizing a wrestler for stalling in the advantage position, except in the standing position, the match shall be stopped, the offensive wrestler penalized according to the Penalty Table and wrestling resumed in the offensive starting position. (See Rule 5.2[1].)

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 both wrestlers. Failure to attempt to take the opponent back to the mat should be treated as stalling.

- 5.10.6 *Stalling in the Rear-Standing Position.* Repeatedly applying the legs while in the rear-standing position is stalling.

- 5.10.7 *Stalling in the 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.

- 5.10.8 *Stalling by Delaying Match.* Delaying the match—such as straggling back from out of bounds or unnecessarily changing or adjusting equipment—shall be penalized as stalling.

5.11 Interlocking Hands

- 5.11.1 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 Rule 2.9.)

The offensive wrestler may continue to keep locked hands after a bodylock 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. 79 and 80.)

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. 97 through 99.)

- 5.11.2 *Stopping the Match.* 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.
- 5.11.3 *Stopping Time Advantage.* 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 (except when warning or penalizing the defensive wrestler for stalling or the offensive wrestler while in the standing position, or fleeing in the offensive position) 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 chart at the end of the Illustrations section.

5.12 Figure-Four Scissors

The figure-four scissors is a technical violation when applied by the offensive wrestler around the body or around both legs of the defensive wrestler, or around the head, with or without the arm included, in a neutral position by either wrestler. (See Illustration No. 29.)

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, reversal or escape, the match shall not be stopped, and points shall be awarded as in interlocking of hands.

5.13 Leaving Mat Without Permission

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

5.14 Fleeing Wrestling Area

Fleeing or attempting to flee the wrestling area, or forcing or attempting to force 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. Fleeing occurs any time a wrestler avoids wrestling by intentionally going or trying to go out of bounds, by pulling or attempting to pull the opponent out of bounds or by pushing or attempting to push the opponent out of bounds. Fleeing the wrestling area shall not follow the disqualification sequence. The penalty shall be one point for each infraction. (See Penalty Table.)

5.15 Toweling Off

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

5.16 Grasping Clothing

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

5.17 False Starts

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

5.17.1 *First and Second Violations.* Visual caution, signified by a “C” formed by the forefinger and thumb.

5.17.2 *Third and Subsequent Violations.* One penalty point for each occurrence.

The sequence of penalties is inclusive with incorrect starting positions.

5.18 Incorrect Starting Position

Assuming an incorrect starting position (See Illustration Nos. 11 and 13.) can be a technical violation when, in the judgment of the referee, a wrestler assumes an incorrect starting position to:

5.18.1 Gain a distinct advantage over the opponent; or

5.18.2 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 Part III at the back of this book on the designated WI page.

1) *Penalties for Unsportsmanlike Conduct, 5.4.2, WI-15*

2) *Spectator Sportsmanship, 5.4.3, WI-15*

3) *Flagrant Misconduct, 5.6.1, WI-15*

4) *Stalling, 5.10, WI-16*


5) *Interlocking Hands, 5.11, WI-16*

6) *Figure-Four Scissors, 5.12, WI-18*

7) *Fleeing the Wrestling Area, 5.14, WI-18*

8) *False Starts and Incorrect Starting Positions, 5.17, 5.18, WI-18*

PENALTY TABLE

Infraction	Rule	First Violation	Second Violation	Third Violation	Fourth Violation	Fifth Violation
Unnecessary roughness ¹	5.5		1 point	2 points	Disqualify	
Illegal holds ¹	5.8					
Unsportsmanlike conduct ² —wrestler during match	5.4					
Technical Violations ¹	5.11, 5.12, 5.13, 5.15, 5.16					
Technical Violations (exceptions to above)						
Stalling	5.10	}	Warning	1 point	2 points	Disqualify
Delaying of match	5.10.8					
Fleeing wrestling area ³	5.14		1 point for each violation.			
False starts	5.17	}	Caution	1 point for this and subsequent violations		
Incorrect starting positions	5.18					
Unsportsmanlike conduct ² —nonparticipating team personnel; wrestlers before and after match	5.4		1 team point	Disqualify; 1 team point; remove from premises ⁴		

Infraction	Rule	First Violation	Second Violation	Third Violation	Fourth Violation	Fifth Violation
Flagrant misconduct—wrestlers	5.6	Disqualify; 1 team point; remove from premises ⁴ ; opponent declared winner				
institutional representatives		1 team point; remove from premises ⁴				
Control of mat area ⁵	3.3					
Questioning the referee ⁵	3.13	Warning	Warning	1 team point	2 team points; remove from premises ⁴	
	7.6.8					
	3.15					
	7.6.7					
Illegal substances on skin, appearance or illegal uniform or equipment	1.12	Disqualify if not removed or corrected within contestant's remaining injury time ⁶				
	1.13					
	1.14					
	1.15.1					
	5.7					
Prohibited dehydration practices	9.3	Suspend wrestler for next competition(s)	Suspend wrestler for season			
Violation—practice-room temperature	9.4	Suspend coach for next competition(s)	Suspend coach for season			
Tobacco use by match official	7.10	Report to event administrator				
Communicable skin diseases	9.6.4,	Disqualify				
	Appendix B					

Note A: Any combination of four penalties, excluding cautions, warnings, false starts, assuming incorrect starting position and fleeing the mat accumulated during a match (including overtime) will result in disqualification.

Example of Cumulative Infractions. Offensive Wrestler A locks hands around the body of Wrestler B down on the mat.

Penalty: One point.

In the second period, Wrestler A is warned for stalling and then applies an illegal head scissors.

Penalty: One point.

In the third period, Wrestler A is called for stalling.

Penalty: Two points.

Later in the third period, Wrestler A is called for unsportsmanlike conduct.

Penalty: Disqualification.

Note B: Defaults and disqualification due to technical violation, illegal holds, injury, unnecessary roughness or unsportsmanlike conduct do not eliminate a contestant from further tournament competition. (For exceptions, see Rule 3.24.4.) 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 Rule 3.24.4.)

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.

³Fleeing the wrestling area is a technical violation, but penalties do not follow the disqualification sequence. The penalty is one point for each infraction.

⁴Removal is for the duration of the event in which it occurs. This includes single-day and multiple-day events.

⁵These offenses are cumulative per institution throughout each dual meet and for the duration of triangular meets, quadrangular meets and tournaments.

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

SUMMARY OF TECHNICAL VIOLATIONS

Stalling (5.10)	Fleeing wrestling area (5.14)
Delaying match (5.10.8)—(treat under stalling)	Toweling off (5.15)
Interlocking hands (5.11)	Grasping clothing, etc. (5.16)
Figure-four scissors (5.12)	False starts (5.17)
Leaving mat without permission (5.13)	Incorrect starting position (5.18)

RULE 6

Injuries and Timeouts

6.1 Timeout

6.1.1 *Injury Timeout.* 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.

After the second nonbleeding 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 nonbleeding 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. (See Rule 3.11.1.) 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 first tiebreaker period.

If the second timeout occurs at the conclusion of the first tiebreaker period, the opponent shall have the choice of either top or bottom position in the second tiebreaker period. If the second timeout occurs during either of the tiebreaker periods, the opponent shall have the choice of top or bottom when the match is restarted.

A third nonbleeding injury timeout will terminate the match. The noninjured wrestler shall be declared the winner by default.

6.1.2 *Unethical Timeouts.* Taking an injury timeout for a noninjury situation is unethical. (See Coaches Code of Conduct, and Student-Athletes'

Statement of Conduct and Responsibility.) A contestant who indicates an injury for the purpose of preventing scoring or being pinned must be charged with an injury timeout. (See Rule 2.9.8.)

- 6.1.3 *Resumption of Wrestling.* 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.
- 6.1.4 *Calling Timeout.* Only the referee may call timeout. 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.
- 6.1.5 *Bleeding Timeout.* 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 1½ minutes of injury time. When a student-athlete is bleeding, the bleeding shall be stopped and the open wound covered with a dressing sturdy enough to withstand the demands of activity before the student-athlete may continue participation in practice or competition.

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. If another official uniform is not available, the match shall be defaulted, with the other wrestler declared the winner.

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

- 6.1.6 *Defaulting the Match.* The coach has the prerogative to default (stop) a match in progress, or during a timeout, injury timeout or recovery timeout, by walking onto the edge of the wrestling area in an orderly manner to notify the referee. The 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 match in progress.

- 6.1.7 *Referee Timeout*. 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 a referee's timeout for medical consultation. The referee's timeout occurs only after the contestant's injury time has expired. The medical personnel may examine, but not treat, the contestant during this time.
- 6.1.8 *Displacement of Contact Lens*. 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.

6.2 Match-Ending Injury

If an injured contestant is unable to continue wrestling, the match shall be awarded in accordance with Rules 6.3 and 6.4. 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.

6.3 Accidental Injury

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

6.4 Injury From Illegal Action

Each time a contestant is injured by an opponent who uses an illegal hold or who 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. (See Rule 6.1.6.) However, if the injured contestant recovers and wrestling

resumes, that contestant then cannot be awarded the match by default for this illegal action.

6.5 Attendants During Timeout

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 Part III at the back of this book on the designated WI page.

- 1) *Timeout, 6.1, WI-19*
- 2) *Match-Ending Injury, 6.3, WI-20*

RULE 7

Referees and Other Personnel

7.1 Referee

7.1.1 *Registration.* A referee who wishes to be eligible to officiate regular-season and/or postseason competition must complete the following requirements:

- 1) The referee shall register by watching, annually, the NCAA Rules Presentation (DVD) not later than October 19 of each year.
- 2) The referee shall attend an in-person NCAA Wrestling Referee Enhancement Program fall clinic once every three years.
- 3) The referee shall complete an online examination and receive a minimum passing score of 80 percent.

7.1.2 *Institutional Penalty.* An institution using a nonregistered referee shall be subject to any or all of the following penalties:

7.1.2.1 Monetary fine (\$50 up to a \$300 maximum penalty);

7.1.2.2 Disqualification of head coach for one or more competitions;
and

7.1.2.3 Private or public reprimand.

Coaches and/or administrators are encouraged to contact the NCAA Wrestling Rules Committee chair or a committee member, the NCAA wrestling secretary-rules editor or an NCAA staff liaison to report a potential violation.

7.2 Attire

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

- 7.2.1 Black-and-white striped or black-and-gray striped referee's short-sleeve knit shirt. When officiating tournaments or multiple duals, shirt uniformity is required.
- 7.2.2 Black full-length trousers.
- 7.2.3 Black socks and black gym shoes.
- 7.2.4 Black belt.
- 7.2.5 Red and green wristbands.
- 7.2.6 Other accessories—colored disc and whistle.
- 7.2.7 Referees shall wear a green wristband on their right wrist and red wristband on their left wrist to correspond to the starting lines of the home and visiting teams, respectively. However, referees shall have the flexibility to switch color assignments to match team uniforms.

7.3 Jurisdiction Time and Responsibility

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.

7.4 Duties

7.4.1 *Premeet Instruction.* Before the contestants and coaches come to the mat, the referee shall:

- 7.4.1.1 Verbally alert home management of any variance from the stated facility and mat requirements (See Rule 1.9 and 1.10.);
- 7.4.1.2 Inspect contestants for improper grooming, the presence of oils or greasy substances, long fingernails, 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;
- 7.4.1.3 Clarify the rules with coaches and contestants;
- 7.4.1.4 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
- 7.4.1.5 Advise coaches of proper coaching attire. (See Rule 3.3.2.)

- 7.4.2 *Team Captains.* Before a dual meet starts, the referee shall call the team captains to the center of the mat for the toss of the disc to determine the choice of position at the start of the second period. (See Rules 1.8 and 3.6.)
- 7.4.3 *Referee Signals.* The referee shall use the Referee Signals Chart at the end of the Illustrations section.
- 7.4.4 *Timekeeper.* The referee shall signal the timekeepers as follows:
- 7.4.4.1 When the match is started or stopped for any reason.
 - 7.4.4.2 When time advantage begins or ends for a contestant.
 - 7.4.4.3 Whenever timeout is involved in any situation occurring in the match.
- 7.4.5 *Warning/Awarding Points.* The referee will signal and verbally notify the scorer and contestants when warnings or points are awarded to either contestant. The referee will use a verbal and point signal when calling fleeing. This can occur in the neutral, offensive and defensive positions, and while a wrestler(s) is in the wrestling area. Advantage time, if applicable, will not be stopped after the penalty. The referee should let the wrestlers know when near-fall points have been earned.
- 7.4.6 *Enforcing the Rules.* The referee shall be firm in enforcing the letter and spirit of the rules and penalize consistently any infractions. The referee must enforce vigorously and promptly the penalties for the infractions as provided in Rule 5.
- 7.4.7 *Potentially Dangerous.* 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 Rule 5.9.)
- 7.4.8 *Oral Commands.* The referee may use oral commands, i.e., “action, improve, center, imminent, not imminent,” to instruct, but not coach wrestlers.
- 7.4.9 *Injury Timeout—Nonbleeding.* Coaching an injured nonbleeding contestant is permitted.
- 7.4.10 *Awarding Points—Edge of Mat.* When possible, the referee should award points in on-the-edge-of-the-mat situations before blowing the whistle.

- 7.4.11 *Use of Hands in Pinning Situations.* The referee should not place either or both hands under the shoulders of a contestant unless absolutely necessary to determine a fall.
- 7.4.12 *Unexpected Developments.* The referee should meet promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.
- 7.4.13 *Match Winner in Doubt.* 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, and 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.
- 7.4.14 *Certifying Final Results.* The referee shall sign the official scoresheet or scorebook to certify the final results.
- 7.4.15 *Seating—Scorer's Table.* 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-Team Scorer	Home-Team Scorer/Announcer	
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- 7.4.16 *Period Ends Before Awarding Fall, Point(s) or Assessing Infraction.* If the referee determines that a fall, near fall, takedown, reversal, escape or any infraction has occurred, and the period ends before the referee can so indicate, 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 Rule 2.12.6.)

7.4.17 *Use of Assistant Referee.* 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.

7.4.18 *Making Corrections.* If a correction is made, the referee should advise the wrestlers, coaches and table personnel as soon as possible.

7.5 Assistant Referee

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; 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 used.

7.6 Assistant-Referee Procedures

7.6.1 *Verbal Communication.* Verbal communication between the assistant referee and referee is encouraged.

7.6.2 *Disagreement.* 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.

7.6.3 *Resolving Questions or Disagreements.* The assistant referee and the referee should discuss questions pertaining to scoring and/or timing in front of the scorer's table. When discussing a disagreement, the assistant referee and the referee should meet quickly on the apron, away from contestants and the scorer's table.

7.6.4 *Options.* 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.

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

7.6.6 *Persons Permitted on Mat.* The referee, assistant referee and two contestants are the only individuals permitted to step onto the wrestling

mat. For coaches and medical personnel during a tournament, see Rules 3.13.2 and 3.13.3.

- 7.6.7 *Reporting Violations.* 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.
- 7.6.8 *Pre-/Postmatch Procedure.* The assistant referee shall check each corner for dress-code violations before a match begins. In addition, the assistant referee shall remain on the mat to observe potential inappropriate conduct by coaches and/or contestants until all participants leave the mat area.

Other Personnel

7.7 Match/Meet Timekeeper

The match timekeeper is responsible for the following:

- 7.7.1 Overseeing assistant timekeepers and scorers, constantly checking their activities.
- 7.7.2 Keeping the overall time of the match.
- 7.7.3 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.
- 7.7.4 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.
- 7.7.5 Assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period.
- 7.7.6 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).
- 7.7.7 The home institution shall provide each timekeeper with a cumulative time clock(s) for recording the time during the match. The match timekeeper shall be provided with two extra cumulative time clocks

for recording time out in case of injury to the 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.

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

7.7.9 Informing the referee when a 15-point differential occurs.

7.8 Assistant Timekeepers

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

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

7.8.2 Constantly checking each other's recording of time advantage.

7.8.3 Constantly checking the match timekeeper's recording of time.

7.8.4 Showing the referee the actual recording of the time advantage each contestant has accumulated at the end of the match.

7.8.5 Stopping time advantage when the referee signals loss of control, illegal interlocking of hands, illegal holds or grasping of clothing.

7.9 Scorers

The scorers are responsible for the following:

7.9.1 Recording points scored by both contestants when signaled by the referee.

7.9.2 Constantly checking each other's scoring.

7.9.3 Keeping the scoreboard operator continually advised of the official score during each match.

7.9.4 Immediately advising the match timekeeper when they are in disagreement regarding the score.

7.9.5 Recording the time advantage at the end of each period.

7.9.6 Recording which contestant has the choice of position at the start of the third period.

7.9.7 Informing the timekeeper and referee when a contestant has exceeded the allotted number of injury timeouts.

- 7.9.8 Informing the timekeeper when a technical fall occurs. (See Rule 7.7.9.)
- 7.9.9 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 first choice in the tiebreaker period, if necessary. (See Rule 3.10.3.)
- 7.9.10 Recording the time-advantage point, if earned, in the final match score.
- 7.9.11 Showing the referee the scorebook at the end of each match.
- 7.9.12 Recording the time of the fall, technical fall, disqualification or default, both on the match sheet and in the scorebook.
- 7.9.13 Informing the head coach that a team member (state the name of the violator) has been charged with a flagrant misconduct violation and, by rule, disqualified from further competition. (See Rule 5.6.1.)

7.10 Tobacco Use by Referees and Other Personnel

All personnel, including referees, assistant referees, timekeepers and scorers, are prohibited from using tobacco in the wrestling venue before, during or after a dual meet or tournament. Violations should be reported to the event administrator. (For student-athletes, coaches and other team personnel, see Rule 5.6.3.)

Rules interpretations can be found in Part III at the back of this book on the designated WI page.

- 1) *Responsibility, 7.3, WI-21*

Part II:

WRESTLING ADMINISTRATIVE RULES

The use of NCAA Wrestling Rules contained within Part II, Wrestling Administrative Rules, shall be mandatory and cannot be altered. The procedures for weight management, weighing in, medical examinations and the use of the Individual Season Record Form are tied to wrestling competition. Therefore, all conduct and administrative rules are enforceable by the NCAA Wrestling Committee.

Those seeking an explanation or clarification, or seeking to report a violation of the **NCAA Weight-Management Program or optimal performance calculator (OPC)** may contact:

Ron Beaschler

NCAA Weight-Management Program Liaison

525 South Main Street, Ada, Ohio 45810

Office: 419/772-2453; Cell: 567/674-5133

Fax: 419/772-3079; E-mail: r-beaschler@onu.edu

Those seeking to report a violation of the **NCAA Weight-Management Program** procedures may also contact:

Jim Thornton

NCAA Wrestling Rules Committee Certified Athletic Trainer Liaison

Clarion University of PA, Intercollegiate Athletics

Tippin Gymnasium, Clarion, Pennsylvania 16214-1232

Office: 814/393-2456; E-mail: jthornton@clarion.edu

RULE 8

Weight Management

Weight-Management Program

8.1 Weight Certification

All wrestlers whose names appear on an institution's roster shall comply with all Weight-Management Program regulations (e.g., wrestlers competing in open competition). It is mandatory that the NCAA Official Weigh-In Form, generated by the NWCA Web site, be used for all competition. A wrestler has until (on or before) February 15 to reach the lowest certified weight class.

8.1.1 *Student-Athlete Reporting on or Before February 15.* A student-athlete shall follow the appropriate weight-certification procedure listed in Rule 8.3.2. A student-athlete joining the team after the first official practice shall be tested before his or her first practice. This student-athlete must have joined the team on or before February 15. The length of time between the assessment of minimum wrestling weight and February 15 provides the maximum time for weight loss. Section I certification shall be completed as soon as the assessment is performed and before the student-athlete's first practice.

8.1.2 *Student-Athlete Reporting After February 15.* A student-athlete joining the wrestling team after February 15 shall not have the option of competing while reaching the certified weight. The wrestler's first competition determines the minimum weight class for the season. Section I certification shall be completed as soon as the assessment is performed and prior to the student-athlete's first practice. (See Rule 8.3.2.)

8.1.3 *Transfer Student-Athletes.* Junior college and NAIA transfers who have previously tested using the NCAA Weight-Management Program shall be required to complete Section I at their respective NCAA institution.

8.2 Weight Certification Requirements

8.2.1 *Requirements to Submit Data.* There are several required components of the NCAA Weight-Management Program that are housed in the Optimal

Performance Calculator (OPC) on the NWCA Web site at NWCAonline.com. The NCAA Weight-Management Program liaison has read-only access to each institution's Section I form, weight-loss plans and Individual Season Record Form (ISRF).

Directors of individual advancement tournaments shall register their tournament(s) in the OPC system by midnight September 1 of each year in order for the results to count on the ISRF. It shall be the responsibility of the tournament director to enter all of the tournament's match results into the OPC system. For entry deadline in the OPC system, see Rule 9.8.2.

8.2.2 *Head Coach.* Each head coach is required to view the annual NCAA Wrestling Rules Presentation. Once the coach has viewed the presentation and registered, the coach is given access to enter the following required information.

8.2.2.1 The team's first day of practice.

8.2.2.2 The team's competition schedule.

8.2.2.3 The team's complete roster.

The above information shall be entered into the OPC system before midnight October 1.

Note: Only after the above requirements are fulfilled, coaches will have access to the OPC assessment in the Coaches Preseason Weight Evaluation portal.

8.2.3 *Assessor:* A person called the assessor, who performs the assessment and submits the data, shall be a member of the institution's athletics medical staff (e.g., physician, certified athletic trainer or registered dietitian). Each team assessor is required to view the NCAA Wrestling Rules Presentation. Once the assessor has viewed the presentation, the assessor is given access to enter Section I assessment data.

It is the assessor's responsibility to conduct certifications with particular vigilance to the administration of the hydration test. The discovery of improprieties involving an attempt to circumvent the mandated assessment protocol shall be reported immediately to the playing rules administration liaison for wrestling at the NCAA national office at 317/917-6222. All sources will be kept confidential.

8.2.4 *Copies of Forms.* Each assessor shall retain a copy of each student-athlete's individual assessment data that was collected for Section I. In

addition, each institution shall keep on file a copy of its wrestlers' NCAA Weight-Management Program forms.

8.3 Weight Certification Procedures

8.3.1 Establishing a Weight Class. All wrestlers whose names appear on an institution's roster shall comply with weight-management regulations (e.g., wrestlers competing in open competition) and certify using Section I of the NCAA Wrestling Weight-Management Program. (See Rule 8.3.2.) Each institution's assessor shall conduct an initial weight assessment of its student-athletes not sooner than the first official day of classes in the fall semester, trimester or quarter and not later than the first official practice (144-day calendar in Divisions I and II, and 19 weeks in Division III per NCAA Bylaw 17). An exception is granted to any institution whose classes start after the application of NCAA Bylaw 17. During the initial weight assessment, a wrestler's minimum wrestling weight class for the season shall be determined. The final assessment of each individual on the institution's roster shall be confirmed by the assessor and head coach before the start of the team's first official practice. If an individual's assessment is not completed before the team's first day of practice, that individual cannot practice with the team until the assessment is completed and confirmed.

Once the assessor enters the student-athletes' data in the OPC, the information is stored in the system for 48 hours. Coaches will have read-only access during this official certification process. Within the 48-hour window, the head coach and assessor shall discuss and review the entered data. The coach shall discuss and review the assessment data with each student-athlete before confirming the assessment. Both the assessor and head coach SHALL verify the data as the "official assessment" for each student-athlete. As soon as the assessor and the head coach confirm and accept the established minimum-weight classes, the information is permanently saved and is unalterable.

Note: Once the official assessment data have been entered in the OPC, it cannot be changed or altered. An incorrect entry may not be appealed.

If no action is taken to accept (confirm) the assessment within the 48-hour review period, the assessment information is automatically deleted from the institution's file. Failure to verify the assessment during the 48-hour period means the student-athlete must be reassessed and the certification process repeated.

8.3.1.1 Coaches will have access to a separate preseason weight-management assessment portal to estimate: 1) a student-athlete's lowest allowable weight class; and 2) the first date a student-athlete may compete at that weight class as determined by the student-athlete's weight-loss plan. This portal has been developed for coaches as an educational and informational tool and is NOT the official weight-certification assessment. The Coaches Set-up/Portal Instructions may be found in the annual Wrestling Weight-Management Program preseason mailing.

8.3.2 *Procedures for Certification.* All student-athletes are required to complete Section I certification. Wrestlers descending to their lowest certified weight class shall not weigh in more than one weight class above their predetermined lowest weight class. Each student-athlete has until (on or before) February 15 to reach his or her lowest certified weight class.

A wrestler shall not compete at his or her lowest allowable weight class before the date indicated on the weight-loss plan. The first competition after reaching the lowest allowable weight class establishes the wrestler's certified weight class for the season. All wrestlers are required to follow weight-management program regulations while modifying their weight.

8.3.3 *Weight Class Ascent/Descent Option.* A wrestler wishing to weigh in at a weight class no higher than one class above his or her original wrestled weight may return to the original weight class by following the mandatory requirements listed in Rule 8.3.4. This provision may be applied multiple times during the season up to February 15. A wrestler returning to his or her lowest allowable weight class shall follow the prescribed weight-loss plan. The weight-loss plan shall indicate that the wrestler's original weight class can be reached not later than February 15.

It should be noted that the weight-loss plan is recalculated any time a weigh-in exceeds the weight indicated on the weight-loss plan.

8.3.4 *Descent and the 1.5 Percent Regulation.* The NCAA Weight-Loss Plan mandates that a wrestler shall not lose more than 1.5 percent of body weight per week from the weekly weigh-in (seven days) while making the descent to the lowest certified weight class. (See Rules 8.3.2 and 8.3.3.)

8.3.5 *Additional Weigh-In Regulations.*

- 8.3.5.1 A penalty shall not be assessed for a wrestler who has below five percent body fat on Section I.
- 8.3.5.2 A wrestler shall not compete below the established minimum wrestling weight. A wrestler may weigh in at the certified weight class and compete at a higher weight classification. For example, 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. (See Rules 8.3.3 and 8.3.4.)
- 8.3.5.3 A wrestler whose most recently scheduled competition is before February 15, but who is not eligible to certify at the minimum weight class until after the competition, shall certify with a member of the institution's athletics medical staff on or before February 15. The assessor shall record the weigh in on the institution's "competition page" in the OPC system. It should be noted that the next weigh-in and competition after the certification establishes the wrestler's minimum weight class for the season.
- 8.3.5.4 A wrestler weighing in two weight classes above an original certified weight class shall forfeit his or her right to return to the original wrestled weight class. This includes preseason competition while a wrestler is making the descent toward his or her lowest allowable certified weight. For example, if a wrestler's lowest allowable weight class is 149 and the wrestler weighs in at 165, the student-athlete is ineligible to return to the 149-pound weight class. The lowest weight class at which this wrestler may compete is 157.
- 8.3.5.5 Hosts of all individual and team-advancement tournaments, including preseason open tournaments, shall record and retain a copy of the NCAA Official Weigh-In form, which shall also include the results of medical examinations. (See Rule 8.2.1.)
- 8.3.5.6 If a student-athlete transfers from one NCAA institution to another NCAA institution, the individual's weight-management certification information shall transfer to the new institution.

Penalties

8.4 Weight Management Violations

There are clearly health and safety risks involved in cutting weight outside the designated weight-management protocol. The weight-loss rules are in place to help protect the safety and well-being of the student-athlete. If you, as a student-athlete, coach, certified athletic trainer or physician, become aware that an individual wrestler or team members are engaging in unsafe weight loss (See Rules 9.3 and 9.4.) including improper weight assessment procedures or weight-reduction procedures outside of the approved weight-management protocol, which may lead to dehydration, heat stress and catastrophic outcomes, please contact the playing rules administration liaison for wrestling at the NCAA national office at 317/917-6222. All sources will be kept confidential.

The following penalties may be imposed by the NCAA Wrestling Rules Committee for any violation(s) of the NCAA Wrestling Weight-Management Program and violation of rule(s) that do not have a specific penalty set forth elsewhere in the rule book:

- 1) Public or private reprimand;
- 2) Financial penalty of \$100 per institution or \$50 per individual up to a \$300 maximum penalty;
- 3) Disqualification of individual contest(s);
- 4) Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
- 5) Team records or performance adjusted; and
- 6) Other penalties the NCAA Wrestling Rules Committee deems appropriate.

When warranted, the NCAA Wrestling Rules Committee has the authority to investigate reported violations and determine the appropriate penalty or penalties.

Rules interpretations can be found in Part III at the back of this book on the designated WI page.

- 1) *Establishing a Weight Class, 8.3.1, WI-22*

RULE 9

Weighing In, Medical Examinations and Individual Season Record Form

Weighing In

9.1 Time

9.1.1 *Weigh-Ins.* 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. All contestants shall weigh in wearing a minimum of a suitable undergarment, such as briefs, boxers, shorts or competition singlet. The referee or other authorized persons should supervise the weighing in of contestants. It is mandatory that the NCAA official weigh-in form, generated by the NWCA Web site, be used for all competition.

It is recommended that a digital scale be used for weigh-ins. All scales used for weigh-ins shall be certified before the start of each season.

At all official weigh-ins, the wrestler should stand with both feet flat in the middle of the scale, facing away from the dial or weight indicator. (For failure to make weight, see Rule 9.2.)

9.1.2 *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. When junior varsity competition is held before varsity competition, the varsity contestants shall weigh in one hour before the scheduled start of the varsity meets. Teams failing to comply with the weigh-in rules shall forfeit. 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 its site(s). No team shall weigh in more than once a day. Weigh-in times for multiple team competitions not covered by rule shall be resolved by the host school's athletic administration. A weight allowance is not permitted for dual meets conducted on consecutive days.

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. When all wrestlers for a weight class have had an opportunity to weigh in and the next class is called, that weight class is closed. 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.

9.1.3 Tournaments. Wrestlers reporting to weigh-ins for team-advancement tournaments or individual-advancement tournaments shall appear properly groomed. For example, cleanshaven and with hair not longer than allowed by rule.

For individual or team-advancement 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. These weigh-ins may be conducted by team or by weight classes.

In two-day team-advanced tournaments, wrestlers who do not make weight on the first day of competition are ineligible to weigh in on the second day of competition. Subsequently, wrestlers must weigh in at the same weight class for the second day of competition as they weighed in at on the first day of competition. A wrestler who does not weigh in and compete on the first day of competition may weigh in at scratch weight and compete on the second day of competition.

In tournaments, including team-advancement tournaments requiring multiple-day weigh-ins, a 1-pound allowance for each consecutive day

of competition shall be granted. In team-advancement tournaments, the 1-pound allowance will only be granted to individuals who made weight during the first day of competition.

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 by team or by 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 after the heavyweight class. The contestant may not leave the weigh-in area. At this time, weigh-ins are concluded.

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

9.1.4 *Subsequent-day Weigh-Ins.* Dual meets and multi-day dual meets shall be conducted with no weight allowance permitted, nor can an allowance be mutually agreed upon.

9.1.5 *NCAA Official Weigh-In Form.* For dual meets, both coaches shall retain on file a copy of the NCAA official weigh-in form, the only acceptable form permitted by rule and generated by the NWCA Web site, until the end of the season. A copy of the NCAA official weigh-in form shall be hand carried to each site of competition, including tournaments. It is recommended in tournament competition that coaches retain a copy of their team's NCAA official weigh-in form. For all individual-advancement tournaments, including preseason open tournaments, in order to verify the student-athlete's lowest allowable weight class, the NCAA official weigh-in form shall be submitted before weighing in a team or an individual student-athlete. A computer-generated weigh-in sheet may be used to record the actual weights for individual-advancement tournaments to include preseason open tournaments. In tournament competition, the host site shall be responsible for retaining both the NCAA official weigh-in form(s) and the actual weights of each participant. The actual weight and results of all student-athletes listed

on the institution's roster who compete unattached at open tournaments shall be entered into the NWCA online system.

9.1.6 Noise Restrictions. Recorded music shall not be played, bands shall not perform and artificial noisemakers shall not be used during wrestling action.

9.2 Failure to Make Weight

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 shall be awarded to the opponent and points for the forfeit and advancement shall be scored or the tournament bracket redrawn. In addition, a contestant who fails to make weight on the second or subsequent day(s) of a tournament shall forfeit all points previously earned. (See Rules 2.18, 3.17.4 and 4.4.4.)

9.3 Prohibited Practices

9.3.1 Prohibited Practices and Substances. 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 (e.g., water pills) 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. For additional information, refer to the NCAA Sports Medicine Handbook available online at NCAA.org/health-safety.

Note: Spot checks for body composition or dehydration should be used to assure compliance with the weight standard during the season. One method to estimate replacement fluid requirements is to weigh student-athletes before and after practice. For each pound of weight loss, one should replace the lost weight with one pint of extra fluid. Student-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.

9.4 Practice-Room Temperature

The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice. The penalty for this violation is the same as for using prohibited dehydration methods and is assessed against the coach. (See Rule 8.4.)

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

Note: Competitive wrestling can generate approximately 15 kilocalories of heat each minute; practice sessions can average more than 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 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 student-athletes must hydrate before, during and after practice. For additional information, refer to the NCAA Sports Medicine Handbook available online at NCAA.org/health-safety.

9.5 CPR and First Aid Training

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

Medical Examinations

9.6 Medical Examinations

9.6.1 *Qualified Examiners.* A physician or a certified athletic trainer shall examine all contestants for communicable skin diseases before all tournaments and meets. (For guidelines regarding the dispensation of skin infections, see Appendix B, Skin Infections in Wrestling.) It is recommended that this examination be made at the time of weigh-in.

Medical professionals of both genders may participate in the medical examinations.

9.6.2 *Dress for Examinations.* Male student-athletes shall wear shorts and female student-athletes shall wear shorts and a sports bra during examinations.

9.6.3 *Medical Examinations/Skin Checks—Tournaments.* At the time of medical examinations/skin checks, all competitors are required to report to the designated area. Medical examinations/skin checks will start at the lowest weight class. The medical examinations/skin checks will proceed through all weight classes in the weight class order. When all wrestlers for a weight class have been examined and the next class is called, that weight class is closed. The medical examination/skin check is completed once all heavyweight wrestlers have been examined. The games committee may consider extenuating circumstances. (See Rule 3.16.3.) Medical examinations/skin checks shall be conducted each day of competition and shall take place at the site of competition.

9.6.4 *Presence of Communicable Skin Disease.* 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. Disqualification for communicable skin disease shall be listed as a medical forfeit in the bracket. The disqualified contestant shall retain advancement points and placement points previously earned. (See Rule 3.21.)

9.6.5 *Written Documentation.* If a student-athlete has been diagnosed as having a skin condition and is currently being treated by a physician (ideally a dermatologist) who has determined that it is safe for that individual to compete without jeopardizing the health of the opponent, the student-athlete may compete. However, the student-athlete, coach or athletic trainer shall provide current written documentation from the treating physician to the medical professional at the medical examination with the approved NCAA Skin Evaluation and Participation Status Form describing: (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.

- 9.6.6 *Final Determination.* 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.

9.7 Medical Examination Violations

The following penalties may be imposed by the NCAA Wrestling Rules Committee for any violation(s) of the wrestling medical examinations:

- 1) Public or private reprimand;
- 2) Financial penalty of \$100 per institution or \$50 per individual up to a \$300 maximum penalty;
- 3) Disqualification of individual contest(s);
- 4) Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
- 5) Team records or performance adjusted; and
- 6) Other penalties the NCAA Wrestling Rules Committee deems appropriate.

When warranted, the NCAA Wrestling Rules Committee has the authority to investigate reported violations and determine the appropriate penalty or penalties.

Individual Season Record Form

9.8 Individual Season Record Form (ISRF)

- 9.8.1 *Correct Use.* Institutions are required to use the NCAA Individual Season Record Form (ISRF) available only on the NWCA Web site. When compiling a student-athlete's win-loss record for the season, all matches against competitors who compete on intercollegiate teams at four-year, degree-granting institutions and matches against competitors from two-year institutions shall be counted.

All matches competed during the season as defined in NCAA Bylaw 17.30 of the current NCAA Manual, including open or unattached competition, must be listed. Unattached student-athletes must be

listed with their college affiliation (e.g., Unattached State University). Matches shall not be counted if the opponent is a student-athlete not listed on an institution's roster, a club-level student-athlete or an armed services student-athlete.

Matches wrestled against competitors listed on an institution's roster when the student-athlete is ineligible or redshirting at four-year, degree-granting institutions shall be counted. However, the ineligible student-athlete shall not count those matches wrestled during this period.

Should the student-athlete become eligible (e.g., remove his or her redshirt status) at anytime during the season, matches wrestled while ineligible shall count on the wrestler's ISRF.

- 9.8.2 *Completing the ISRF.* When completing the ISRF, the person(s) who is responsible for its accuracy is reminded to record all required information. Failure to correctly complete the ISRF may result in the assessment of an institutional penalty.

Results shall be entered immediately after competition, which translates to as soon as possible after competition, but not more than 24 hours after a home event and not more than 48 hours after an away contest. It is imperative the results are entered in a timely manner and before the student-athlete wrestles in the next event.

A wrestler unable to continue in a match due to injury shall be counted as a loss and shall be listed as an injury default on the ISRF. The opponent is credited with a win by default on the ISRF. (See Rule 4.4.5 for scoring abbreviations.)

A wrestler who is granted a medical forfeit during a tournament shall list the matches on the ISRF, but the match shall not count as a loss. The opponent winning by medical forfeit shall record and count the win on the ISRF.

Matches less than seven minutes in duration shall not count on the ISRF. (See Rule 1.2.)

Rules interpretations can be found in Part III at the back of this book on the designated WI page.

1) *Weighing In, 9.1, WI-23*

2) *Individual Season Record Form, 9.8, WI-24*

National Collegiate Athletic Association
SKIN EVALUATION AND PARTICIPATION STATUS
 (Physician Release for Student-Athlete to Participate with Skin Lesion)

Student-Athlete: _____

Date of Exam: ____ / ____ / ____

Institution: _____

Please Mark Location of Lesion(s):

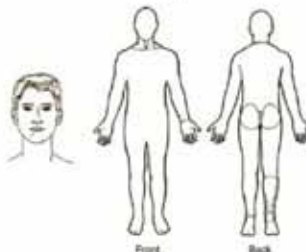
Dual(s)/Tournament: _____

Number of Lesion(s): _____

Culture: ☐ No ☐ Yes

Diagnosis: _____

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



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

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

Physician Name (Printed): _____

Physician Signature: _____

Specialty: _____

Office Address: _____

Contact #: _____

Institution Certified Athletic Trainer Notified: ☐ No ☐ Yes Signature: _____

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

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

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

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

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

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

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

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

Molluscum Contagiosum Lesions must be treated or removed before the meet or tournament and covered.

Verrucae Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected area cannot be covered with a mask. Solitary or scattered lesions can be covered away before the meet or tournament. Wrestlers with multiple verrucae plans or verrucae require must have the lesions adequately covered.

Herpes Simplex Wrestler will be disqualified if recurrent or prodromal draining lesions are present, covering is not permissible.

Polioidosis Wrestlers must be treated with appropriate poliovirus and re-examined for completion of response before wrestling.

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

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

NCAA Wrestling Individual Season Record Form

Name: Joe Fortynine

Institution:

Cranberry University

Certified Weight Class: 149

Year in School: JR

Date of Certification: 10/18/2009

First date student-athlete came to the weigh-in at the certified weight class was 10/19/2009
above per the weight-loss plan.

DATE	Actual Weight	Weight Class	Score	Opponent's Name	Opponent's Institution	Competition/Place
11/15/2009	148.80	149.00	5-4	Smith, Tom	Blue Test	Dual Meet
12/02/2009	148.90	149.00	5-1	John	Green Test	Dual Meet
12/29/2009	148.60	149.00	FALL 1:45	Brad	Orange Univ.	Midwest Invite(4th)
12/29/2009	148.60	149.00	12-0	Takeover Mark	Purple Univ.	Midwest Invite(4th)
12/29/2009	148.60	149.00		Esch, Randy	Silver Univ.	Midwest Invite(4th)
12/29/2009	148.60	149.00	Mfor	Fall, Univ.	Midwest Invite(4th)
12/29/2009	148.60	149.00	Mfor	Tech, Joe	... Univ.	Midwest Invite(4th)
Season Totals:		4	2			

*** - Indicates a violation of the weekly Weight Loss Rule

By submitting this form, I declare this to be accurate to the best of my knowledge, and I also verify that the student-athlete listed above has watched the tape of the NCAA rules clinic.

ILLUSTRATIONS

ILLUSTRATION DESCRIPTION	ILLUSTRATION NO.	WR PAGE(S)
Arm bars - chicken wings.....	85-88	116
Back bow.....	100	120
Blocking face or head.....	93-94	118
Control after reaction time	14-16	101
Crossface	95	118
Double wristlock	20-21	102-103
Foot holds.....	61-62	111
Front double arm bar	63-64	112
Front headlock.....	23-26, 91	103, 117
Guillotine.....	83-84	115
Hammerlock	17-19	102
Head-body scissors.....	27-35	104-105
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Reversal.....	47-48	108
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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.*



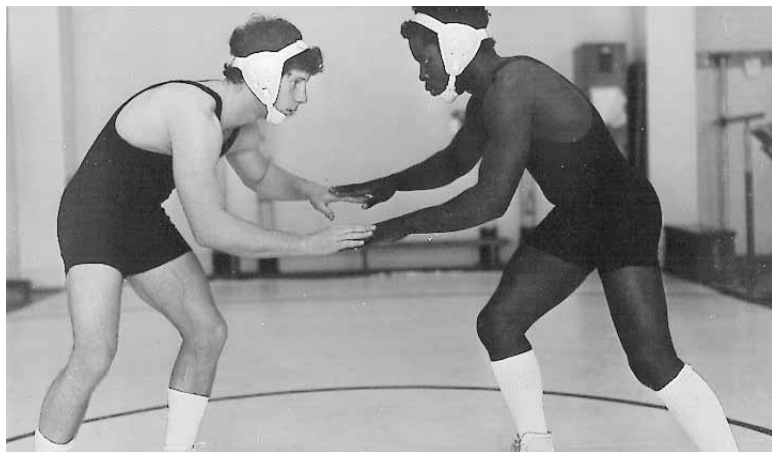
No. 4—FRONT AND REAR VIEW OF LEGAL SPANDEX/LYCRA UNIFORM.



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



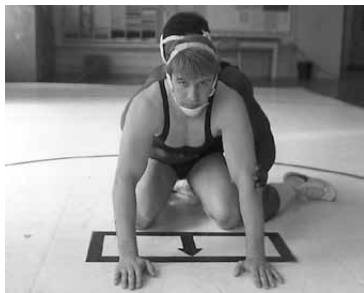
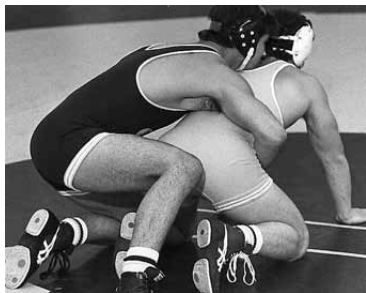
No. 6—INAPPROPRIATE TEAM WARM-UP UNIFORM. *Inappropriate warm-up suit and headwear are shown.*



No. 7—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. 8—NEUTRAL STARTING POSITION. *Correct starting position for neutral wrestling. Wrestlers should place lead foot or both feet on their respective, designated starting line.*



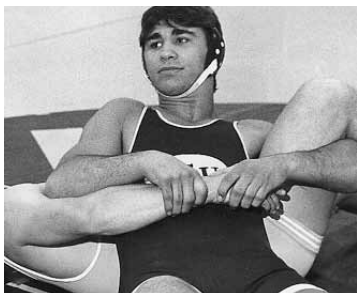
Nos. 9 and 10—LEGAL STARTING POSITION. *As required in Rules 2.1.2 and 2.1.3. (Note starting lines, Rule 1.10.)*



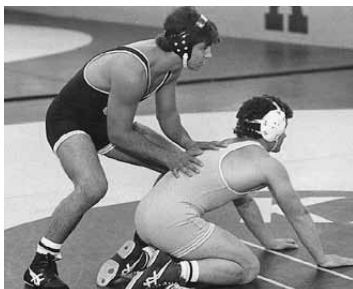
No. 11—TECHNICAL VIOLATION—OFFENSIVE STARTING POSITION. *The offensive wrestler is not allowed to put a knee or foot on the far side of the defensive wrestler. In this illustration, the offensive wrestler has placed a foot on the far side in the area defined by the arrows, making it a technical violation.*



No. 13—TECHNICAL VIOLATION—OPTIONAL OFFENSIVE STARTING POSITION. *Wrestler cannot straddle opponent's body. (See Rule 2.1.4.)*



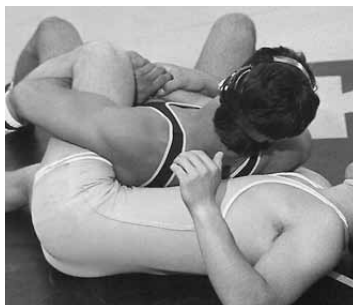
No. 15—CONTROL. *Control after allowance for reaction time.*



No. 12—LEGAL OPTIONAL OFFENSIVE STARTING POSITION. *(See Rule 2.1.4.)*



No. 14—CONTROL. *Control after allowance for reaction time.*



No. 16—CONTROL. *Possible control by controlling the top leg.*



No. 17—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. 18—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. 19—ILLEGAL HAMMERLOCK. *The arm is forced above a right angle and pulled away from the body; therefore, it is illegal.*



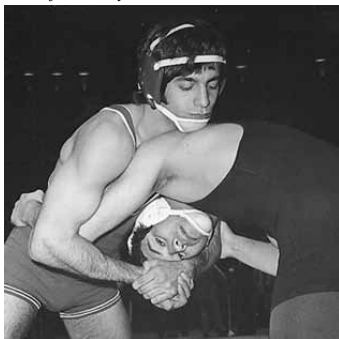
No. 20—ILLEGAL DOUBLE WRISTLOCK ON THE MAT. *Double wristlock turned into a typical twisting hammerlock that will injure opponent's shoulder if the arm is forced upward, unless opponent turns with the pressure, which often the opponent is unable to do to prevent injury to the shoulder, is illegal.*



No. 21—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. 22—ILLEGAL KEYLOCK. *An illegal keylock by the offensive wrestler is shown. The keylock is used for punishment and is illegal in any position.*



No. 23—LEGAL FRONT HEADLOCK. *Illustration shows arm alongside of face with arm included.*



No. 24—ILLEGAL FRONT HEADLOCK. *Illegal front headlock without arm included.*



No. 25 & 26—ILLEGAL FRONT HEADLOCK. *Illegal front headlock without an arm encircled.*

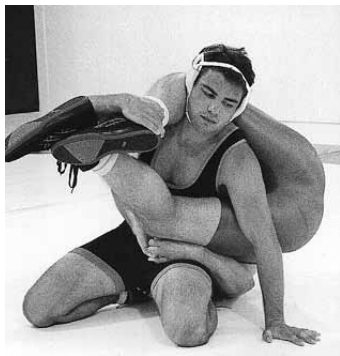
No. 27—LEGAL HEAD SCISSORS (FIGURE-FOUR HEAD SCISSORS). *In other than the neutral position, the figure-four head scissors is considered legal when applied as shown.*



No. 28—ILLEGAL HEAD SCISSORS. *This straight scissors on the head is illegal.*



No. 29—TECHNICAL VIOLATION—FIGURE-FOUR HEAD SCISSORS FROM A NEUTRAL POSITION. *This hold, with or without an arm trapped, is a technical violation in the neutral position.*



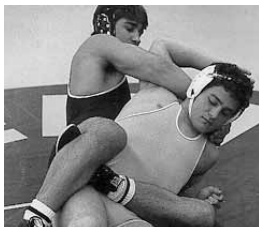
No. 30—LEGAL DRAPING HEAD SCISSORS. *Legal as shown because there is minimal pressure against the head or neck.*



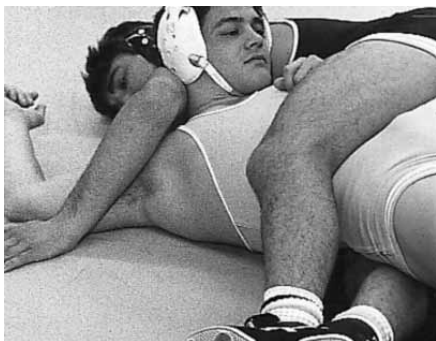
No. 31—LEGAL DRAPING HEAD SCISSIONS. *Legal as shown.*



No. 32—ILLEGAL HEAD SCISSIONS. *Even with the arm included, this is an illegal head scissors.*



No. 33—TECHNICAL VIOLATION—FIGURE-FOUR SCISSIONS. *This hold around the body or both legs is a technical violation.*

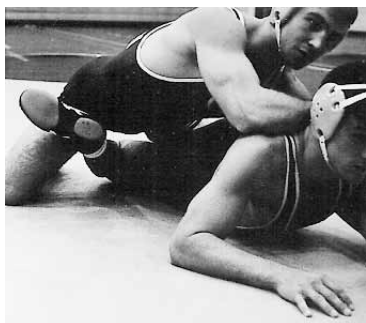


No. 35—LEGAL STRAIGHT BODY SCISSIONS. *A legal hold.*

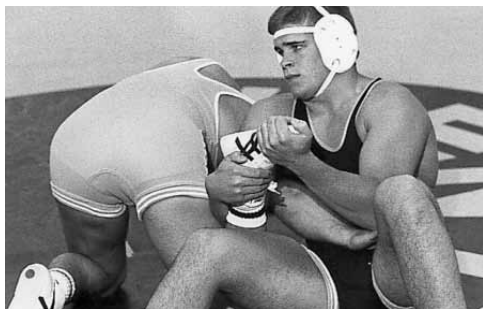


No. 34—OVER-SCISSIONS (AN ILLEGAL HOLD). *The over-scissors is barred because it is a punishing hold. Forcing the over-scissors endangers the ankle or the knee of the opponent.*

No. 36—LEGAL LEG CRADLE. *This hold, which uses the legs to cradle an opponent, is a legal hold.*

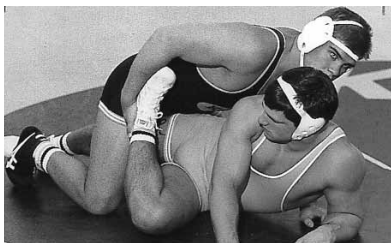


Nos. 37 and 38—ILLEGAL TWISTING KNEE LOCK. *This shows a twisting knee lock. It is an illegal hold. (See Rule 5.8.) The referee should anticipate the danger of injury from this hold and be in a position to block it before it reaches the danger point. (See Rule 5.9.)*



No. 39—ILLEGAL TWISTING KNEE LOCK. *Twisting knee-lock pressure against the normal movement of the knee joint as illustrated constitutes an illegal hold.*

No. 40—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.*

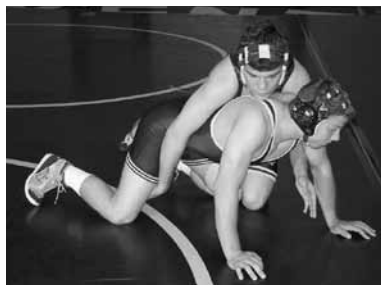


Nos. 41 and 42—ILLEGAL TWISTING KNEE LOCK. *Both illustrations show illegal twisting knee lock. The pressure is against the normal movement of the knee joint.*

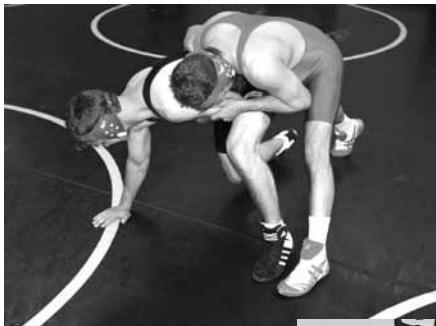




Nos. 43 through 46—TAKEDOWNS. *At the edge of the wrestling area, points shall be awarded when control is established while any part of either wrestler remains in bounds.*

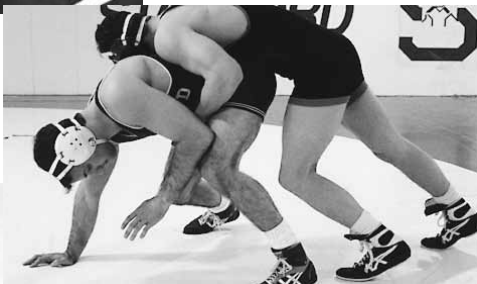


Nos. 47 and 48—TAKEDOWN or REVERSAL AWARDED.

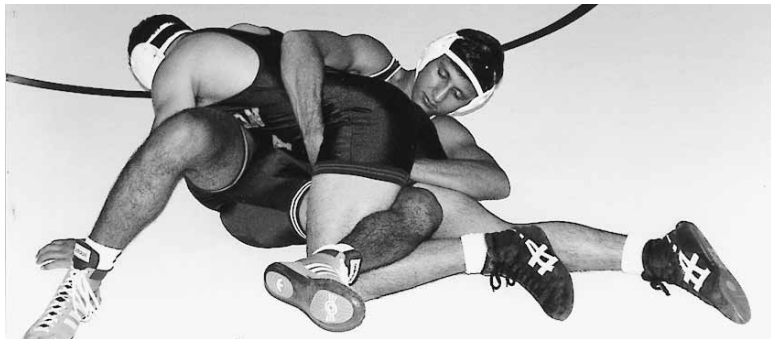


No. 49—TAKEDOWN. *This is a takedown because a part of the hand and a part of the head of the defensive wrestler remain in bounds.*

No. 50—TAKEDOWN. *A takedown shall be awarded when this position is attained beyond reaction time with one or both hands bearing weight.*



Nos. 51 and 52—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. 53—IN BOUNDS. *The wrestlers are in bounds since the elbow of the offensive wrestler and part of the head of the defensive wrestler are inside the imaginary cylinder surrounding the wrestling area.*

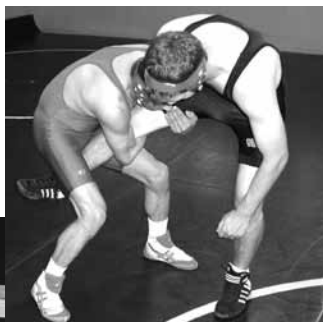


No. 54—OUT OF BOUNDS. *Both feet are outside the wrestling area, breaking the boundary of an imaginary cylinder surrounding the wrestling area.*

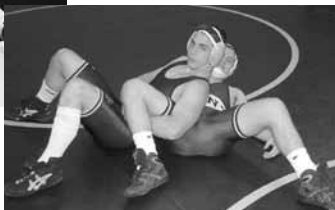


No. 55—NO TAKEDOWN. *Top man must have control of both legs before a takedown is awarded in this situation.*

No. 56—WRESTLING CONTINUES. *During takedown attempts, wrestling continues as long as any part of either wrestler remains in bounds.*

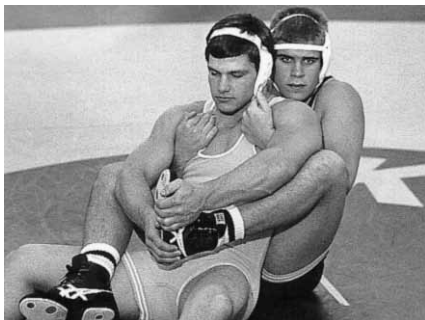
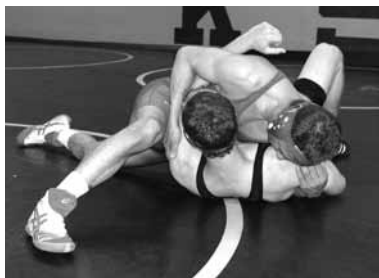


Nos. 57 and 58—REVERSAL. *At the edge of the mat, reversal points shall be awarded when control is established while any part of either wrestler remains in bounds.*





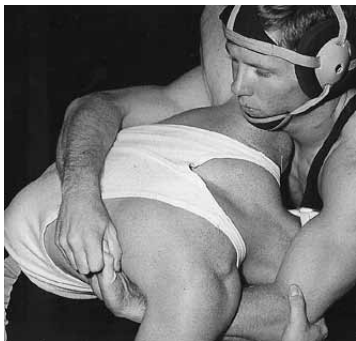
No. 59 and 60—IN BOUNDS. *The shoulder or scapulae of the defensive wrestler are in bounds and a **near fall** or **fall** may occur.*



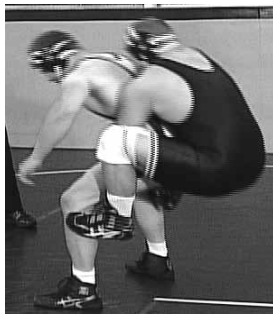
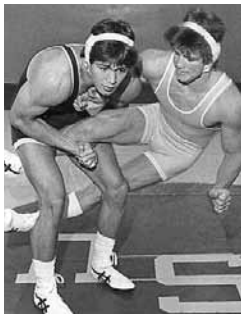
No. 61—LEGAL FOOT (INSTEP) HOLD. *The defensive wrestler may grasp the instep, heel or ankle to try to escape, providing the pressure is not such as to endanger the ankle, knee or hip joint.*

No. 62—POTENTIALLY DANGEROUS TOE HOLD.





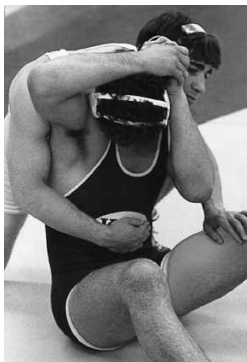
Nos. 63 and 64—LEGAL (left) and ILLEGAL (right) FRONT DOUBLE ARM BAR. Locking hands behind the back in a double arm bar. Note that the double arm bar is legal when hands are locked at side (under armpit).



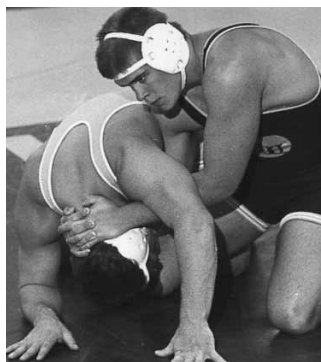
No. 65—LEGAL LEG BLOCK. Defensive wrestlers may use their arm or hand to block the leg and then sit back to take the opponent to the mat.

No. 66—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.

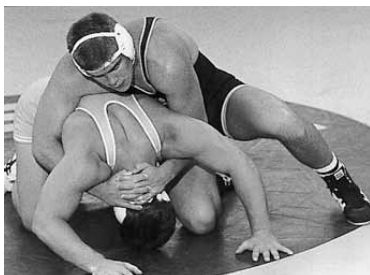
No. 67—ILLEGAL REAR-STANDING DOUBLE-KNEE KICKBACK. The offensive wrestler shall not use this maneuver in an attempt to bring the defensive wrestler to the mat.



No. 68—A LEGAL HOLD. *Pulling the head over the shoulder with hands locked or overlapped is legal. This also applies to a bridge-back situation.*



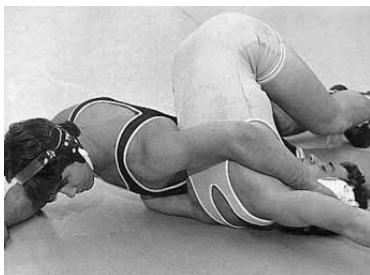
No. 69—LEGAL THREE-QUARTER NELSON.



No. 70—ILLEGAL FULL NELSON. *The top wrestler may not apply a full nelson.*



No. 71—ILLEGAL FULL NELSON. *Even though the hands of the offensive wrestler are not locked or overlapped, this is a full nelson, which is illegal.*



Nos. 72 and 73—NEAR FALL. *In both illustrations above, a near fall can be scored if held for at least two seconds.*



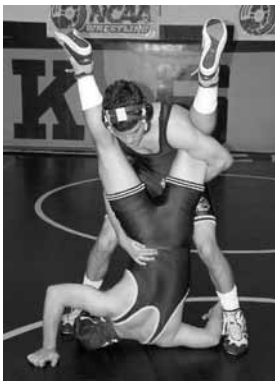
No. 74—NEAR FALL. *A near fall can be scored in a pinning situation if both scapula of the defensive wrestler are held within four inches of the mat for at least two seconds. Note that the elbows of the defensive wrestler are not touching the mat.*



No. 75—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.*



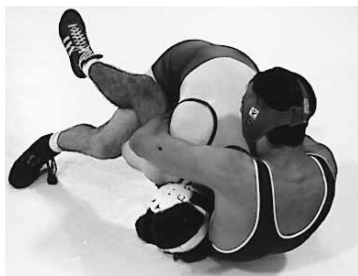
No. 77—NEAR FALL. *The offensive wrestler is in control and holding the defensive wrestler in a bridge position. A near fall shall be awarded if this position is held for at least two seconds.*



No. 76—NEAR FALL. *The offensive wrestler is in control and holding the defensive wrestler's shoulder to the mat with the other shoulder at an angle of 45 degrees to the mat. A near fall shall be awarded if this position is held for at least two seconds.*



No. 78—NEAR FALL. *The offensive wrestler is controlling the defensive wrestler in a high bridge pinning situation. A near fall shall be awarded when the situation is held for two or more seconds.*



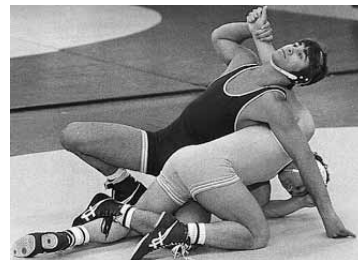
Nos. 79 and 80—IMMINENT NEAR FALL. *The offensive wrestler may keep "locked-hands" after a body lock or double-leg takedown when there is an imminent near fall. In the situations shown, the offensive wrestler has a body lock or double-leg takedown, has not met a near-fall criterion, and is allowed to keep locked hands while a near fall is imminent.*



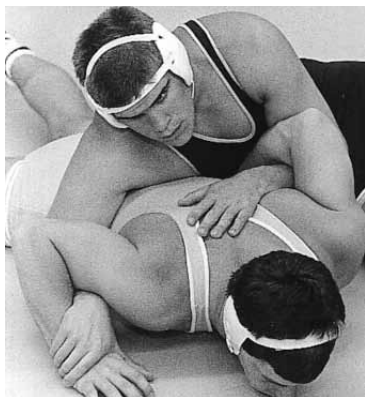
Nos. 81 and 82—ILLEGAL OVERHEAD DOUBLE ARM BAR. *This hold is illegal when used as shown above, either with or without the scissors and applied with either one or both arms.*



No. 83—LEGAL GUILLOTINE. *After a near-fall criterion is met, arms can be locked around opponent's head or neck.*



No. 84—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. 85—LEGAL CHICKEN WING. *There is no evidence of illegal pressure or twisting hammerlock; therefore, the hold is legal.*



No. 86—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. 87—LEGAL ARM BAR. *The pressure is applied between 45 and 90 degrees to the long axis of the body or spine. In addition, the far arm of the defensive wrestler is not blocking the ability to turn with the applied pressure.*



No. 88—POTENTIALLY DANGEROUS ARM BAR. *The far arm of the defensive wrestler is preventing him or her from rolling through with the applied pressure.*



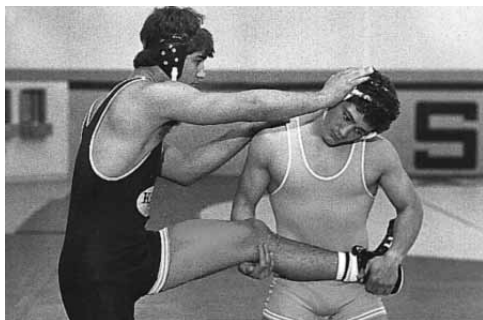
Nos. 89 and 90—POTENTIALLY DANGEROUS POWER HALF NELSON. *The defensive wrestler is unable to move his hip (88) or hips (89) to relieve the pressure on his shoulder.*



No. 91—ILLEGAL HEAD LOCK. *Locking arms around the head.*



No. 92—LEGAL HEAD PRY. *The top wrestler can use this pry as long as it includes the arm or shoulder.*

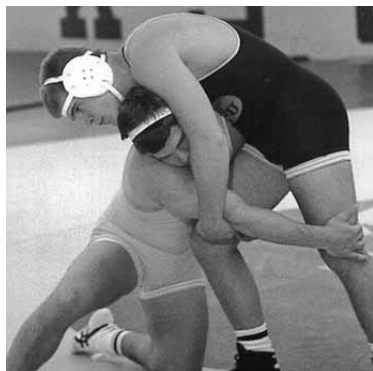


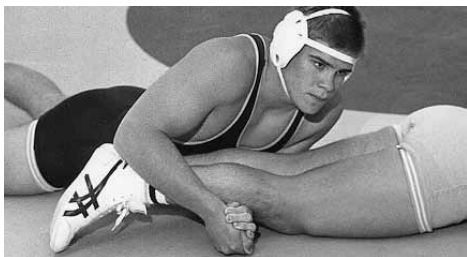
No. 93—BLOCKING ON HEAD, CHIN OR SIDE OF FACE IS LEGAL.

No. 94—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. 92.*



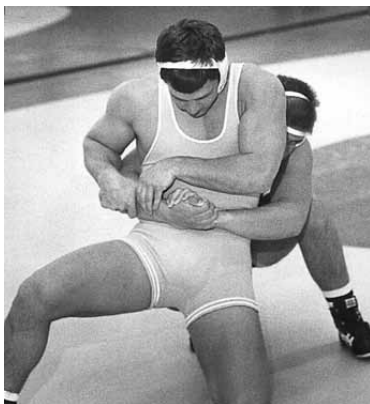
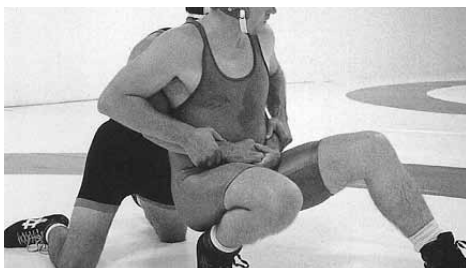
No. 95—A LEGAL CROSSFACE. *This hold is an effective and legal block for the double-leg pickup.*



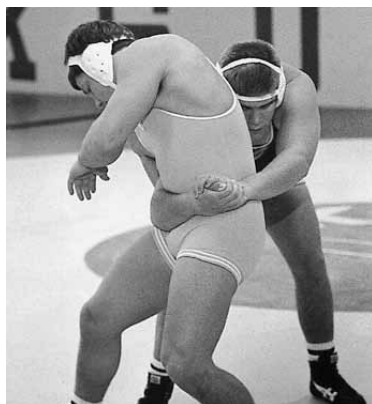


No. 96—TECHNICAL VIOLATION—INTERLOCKING OF HANDS AROUND LEGS BY THE OFFENSIVE WRESTLER.

No. 97—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. 98—TECHNICAL VIOLATION—INTERLOCKING OF HANDS AROUND THE BODY. *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. 99—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. 100—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. 101—ILLEGAL TWISTING ANKLE LOCK. *The ankle is being twisted beyond its normal limits of movement.*



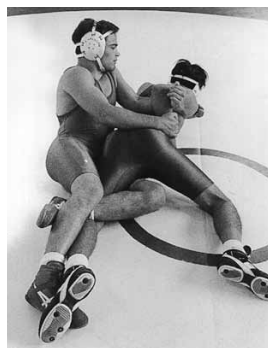
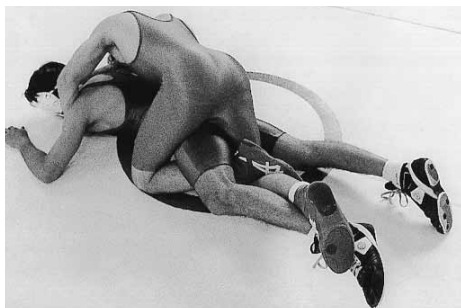
No. 102—ILLEGAL KNEE LOCK. *The top wrestler has obstructed the normal movement of the knee joint.*



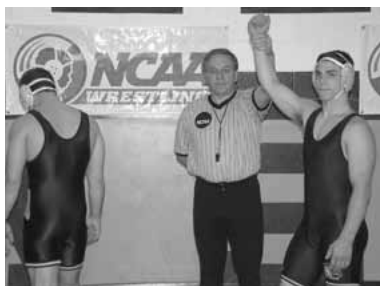
Nos. 103 and 104—ILLEGAL LEG LOCKS. *Leg rides applied by the offensive wrestler that hyperextend the knee beyond its normal limits of movement are illegal.*



No. 105—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.*



Nos. 106 and 107—LEGAL LEG LOCKS. *Leg rides applied by the offensive wrestler that do not hyper-extend the knee are legal.*



No. 108 and 109—INDICATING THE WINNER. *After the contestants properly shake hands, the referee indicates the winner of a match by raising the winner's hand. Note: The losing wrestler is not required to remain in the center of the mat after the hand shake.*



REFEREES' WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



1 Starting the Match	2 Stopping the Match	3 Time Out	4 Start Injury Time	5 Start Blood Time Out	6 Start Recovery Time
7 Stop Blood/Injury/Recovery Time	8 Neutral Position	9 Indicates No Control	10 Out-of-Bounds	11 Indicates Wrestler in Control Left/Right Hand	
12 Defer Choice	13 Potentially Dangerous Left/Right Hand	14 Stalemate	15 Caution - False Start or Incorrect Starting Procedure	16 Stalling Left/Right Hand	
17 Interlocking Hands or Grasping Clothing	18 Reversal	19 Technical Violation	20 Illegal Hold or Unnecessary Roughness	21 Near Fall	
22 Awarding Points Left/Right Hand	23 Unsportsmanlike Conduct Left/Right Hand	24 Flagrant Misconduct Left/Right Hand	25 Coach Misconduct Left/Right Hand		

Part III:

WRESTLING INTERPRETATIONS

RULE 1

Meet, Mats, Wrestlers, Uniforms and Equipment

Rule 1.5 Shift in Weight Class

SITUATION: Team A weighs in two wrestlers at the 125-pound weight class for a dual meet. Team B has no entry at the 141-pound weight class. QUESTION: Can the noncompeting 125-pounder move up and accept a forfeit at the 141-pound weight class without losing certification at 125 pounds? RULING: Yes. In fact, this wrestler could accept a forfeit at a higher weight class with the exception of heavyweight (See Rules 1.5 and 8.3.5.2) without losing certification at the 125-pound weight class.

Rule 1.12.3 Footwear

SITUATION: Wrestler A fails to secure shoelaces. When wrestling begins, Wrestler A's shoelace becomes untied. 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 assess an injury timeout to Wrestler A.

Rule 1.12.4 Ear Protection

SITUATION: This rule states that a protective ear guard must be worn any time live wrestling takes place. (This includes practice, dual meets and all collegiate and open tournaments.) QUESTION: Does this rule apply to the warm-up period before dual meets and tournaments? RULING: No. The warm-up period before a dual meet or tournament is not considered live wrestling.

Rule 1.16 Videotaping

SITUATION: Team A is videotaping its match 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

Rule 2.1.2 Defensive Starting Position

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

Rule 2.7 Escape

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 the referee determines control by Wrestler A is lost. 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.

Rule 2.8 Reversal

SITUATION: Wrestler A, who is the defensive wrestler, stands up and 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.

Rule 2.9 Near Fall

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 Rule 2.9.4, 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 Rule 2.9.4 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 2.9.4 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: In a neutral position, Wrestler A takes Wrestler B down to the mat with Wrestler B's pinning area in contact with the mat but out of bounds. The referee awards a takedown since part of Wrestler A is in bounds. After a second or two on his back, Wrestler B indicates he is injured. The referee stops the wrestling and signals to begin injury time for Wrestler B. QUESTION: Should the referee award an additional two points for an imminent near fall? RULING: No, since Wrestler A's pinning area was not in the wrestling area and no near-fall points could have been awarded. No additional near-fall points can be awarded, as the near fall was not imminent.

SITUATION 3: 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 Rule 2.9.5, a three-point near fall is awarded when one criterion for a near fall is met before Wrestler B screams.

SITUATION 4: 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 Rule 2.9.6, a four-point near fall is awarded when the criteria for a three-point near fall is met before Wrestler B's scream.

SITUATION 5: 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 5.2(5) states that wrestling may continue even though an illegal hold has been applied, unless stoppage becomes necessary to prevent injury.

Rule 2.10 Imminent Scoring

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 indicates an injury. QUESTION: Should a two-point takedown and a two-point near fall be awarded? RULING: Yes. The takedown and near fall should be awarded.

SITUATION 3: In the neutral position, Wrestler A takes Wrestler B to the mat with the wrestler's pinning area in contact with the mat but out of bounds. The referee awards a takedown, as Wrestler A's supporting point(s) is (are) in bounds. After a short time, Wrestler B indicates he is injured. The referee stops the wrestling and signals to begin the injury clock for Wrestler B. QUESTION: Should the referee award additional points for an imminent near fall? RULING: No. Wrestler B's pinning area was not in the wrestling area; therefore, near-fall points cannot be awarded.

End of Match

Rule 2.12 Fall

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 pinning area is touching the mat in bounds for one second, Wrestler B is pinned.

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 2.12.6 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.

Rule 2.13 Technical Fall

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.

Rule 2.16 Default

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

Conduct of Meets and Tournaments

Rule 3.9.1 Postmatch Period and Procedures

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.

Rule 3.10 Choice of Position

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

Rule 3.11.1 Overtime

SITUATION 1: The regulation match ends in a tie. Between the end of the regulation match and the sudden-victory period, Wrestler A takes his second injury timeout. After the timeout, Wrestler B is given choice of position to begin the sudden-victory period and chooses the bottom or defensive position. Wrestler A rides Wrestler B for the entire one-minute sudden-victory period. QUESTION: Does Wrestler A receive a point for one minute of net riding time over his opponent and, therefore, win the match? RULING: Yes. One minute or more of net time advantage earns the offensive wrestler one point.

SITUATION 2: During the tiebreaker period(s), the offensive wrestler applies a hold meant to prevent the defensive wrestler from escaping by locking both arms around the lower leg. QUESTION: Should the referee call a stalemate or stalling? RULING: The referee shall call the tiebreaker period(s) in the same manner as he or she would the regulation match or sudden-victory period.

SITUATION 3: The first period ends with neither wrestler able to score (0-0). Wrestler A rides the entire second period accumulating two minutes of advantage time. In the third period, Wrestler A selects the bottom position and escapes immediately. With the escape, Wrestler A leads, 1-0. With six seconds remaining, Wrestler B secures a takedown. The regulation match ends with the score 2-1 in favor of Wrestler B. The referee goes to the table and awards Wrestler A one point for time advantage. The score is now tied, 2-2. QUESTION: Which wrestler will have the choice of position in the first tiebreaker period? RULING: Wrestler B. The takedown resulted in the first offensive points scored in the match. Time advantage, although earned, cannot be awarded until the conclusion of the regulation match.

SITUATION 4: 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 first tiebreaker period? RULING: The determination will be made at the completion of the sudden-victory period and before the beginning of the first tiebreaker period by the tossing of the referee's disc.

SITUATION 5: During the first tiebreaker period, Wrestler A rides Wrestler B for the entire 30-second period. Immediately after the first tiebreaker period, Wrestler B takes a second nonbleeding injury timeout. Before starting the second tiebreaker, Wrestler A is given the choice of the top or bottom position. Wrestler A selects the top or offensive position and rides Wrestler B for the entire 30-second period. QUESTION: Does Wrestler A win by having earned a net riding time of one minute? RULING: Yes. As stated in Rule 3.11.1, Wrestler A has accumulated a net of one minute of advantage time and, therefore, is awarded one match point. (See Rules 3.11.1 and 2.11.)

Rule 3.13 Control of Mat Area

SITUATION 1: 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 3.13.4. QUESTION: This being Team A's fourth

infraction, whom does the referee remove from the premises? **RULING:** The referee will remove the head coach.

SITUATION 2: 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 3.13.4. **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.

Rule 3.15.1 Questioning the Referee

SITUATION: The referee is asked to come to the scorer's table at the request of Coach B. The referee instructs the wrestlers to remain in the center of the mat. Wrestler A walks to the edge of the mat to talk to A's coach. **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 3.13.4.

Tournaments

Rule 3.16 Tournament Committee

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

Rule 3.21 Medical Forfeit

SITUATION 1: Both competitors wrestling for fifth and sixth places in a tournament are forced, due to injury, to declare a medical forfeit. **QUESTION:** Which place, fifth or sixth, should each wrestler be awarded? **RULING:** Each competitor will be awarded sixth place. The placement points for fifth and sixth shall be equally divided between the two wrestlers.

SITUATION 2: A participant becomes ill or is injured during tournament competition and is granted a medical forfeit. **QUESTION:** Wishing to retain advancement and placement points earned during the tournament, must the wrestler weigh in on a subsequent day(s)? **RULING:** No. The contestant who forfeits for medical reasons is eliminated from further competition and need not weigh in.

RULE 4

Scoring

Rule 4.4.5 Scoring Abbreviations

SITUATION: Wrestler A is the defensive wrestler. At 3:45 in the second period, Wrestler A is charged with his second injury timeout. After the injury timeout ends, Wrestler B is given his choice of position by the referee, and he chooses the defensive position. QUESTION: How is this recorded on the match scoresheet? RULING: In Wrestler A's row on the sheet in the second period, the scorer uses the abbreviation INJ(2)3:45 and follows it by an arrow indicating Wrestler A's new starting position. In this case, use an arrow with its head pointing upward. INJ(2)3:45↑. If Wrestler B chose the neutral position, it would be recorded INJ(2)3:45↔.

RULE 5

Infractions

Rule 5.4.2 Unsportsmanlike Conduct

SITUATION: May a wrestler be disqualified during a match for unsportsmanlike conduct? RULING: Yes. During a match, an unsportsmanlike conduct call on Wrestler A warrants match point(s) being awarded to Wrestler B. If this call were the fourth violation, excluding warnings, fleeing, false starts or incorrect starting position violations, this unsportsmanlike call would disqualify Wrestler A.

Rule 5.4.3 Spectator Sportsmanship

SITUATION: The referee is being abused by a spectator and asks the home management to remove the spectator from the premises. The home management instead asks the unruly spectator to sit in the stands and behave. QUESTION: Was the home management correct not to abide by the referee's request? RULING: No, the home management shall be responsible for the removal of spectators upon request by the referee or assistant referee.

Rule 5.6.1 Flagrant Misconduct

SITUATION 1: 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 post-match 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. Further, the contestant shall be suspended from the team's next date of competition. (See Rules 3.9.2 and 5.6.1.)

SITUATION 2: During the 165-pound match, the referee calls Wrestler A for flagrant misconduct and Wrestler A is disqualified. After the meet ends

(i.e., after four subsequent matches) the coach of Wrestler A persuades the referee to reverse his call of flagrant misconduct in the 165-pound match, and reduce it to unsportsmanlike conduct. The referee agrees and informs the table, but not Wrestler B's coach. QUESTION 1: Can the referee reverse his earlier call? RULING: No. Rule 3.14.2, correction of an error, states that if there is an error on the part of the timekeeper, scorers or referee during a dual meet, correction shall be made by the referee before the start of a subsequent match (weight class). Therefore, the referee did not have the prerogative to change his call of flagrant misconduct after the subsequent match began. QUESTION 2: Should the referee have discussed the changing of his call from flagrant misconduct to unsportsmanlike conduct with the coach of Wrestler B? RULING: Yes. Rule 7.4.18 states that if a correction is made, the referee should advise the wrestlers, coaches and table personnel as soon as possible. It would not be necessary to inform the wrestlers in this case.

According to Rule 5.6.1, the referee who calls a flagrant misconduct shall remind the table scorer that he or she is required to inform the head coach that a team member identified by name has been charged with a flagrant misconduct violation. This is especially important if the coach is not at mat side during the match. If the head coach is mat side during the flagrant misconduct violation call, once the referee informs the table scorer of the call, he will then inform the coach.

A wrestler disqualified for committing an act of flagrant misconduct shall be suspended from competing until after the team's subsequent event. If flagrant misconduct occurs during the last event of the season, the suspension carries over to the first event of the next season. As soon after the match as possible, the referee shall alert the national coordinator of officials that a flagrant misconduct violation occurred. Describe the reason(s) for the call, the wrestler's name, weight class, school and event in which it occurred; include the opponent's name and school. This notification should take place not later than 48 hours after the meet via e-mail (preferable) or telephone. Contact information for Patrick McCormick may be found in the front of this rules book.

SITUATION 3: May a wrestler be disqualified during a match for unsportsmanlike conduct? RULING: Yes. During a match, an unsportsmanlike conduct call on Wrestler A warrants match point(s) being

awarded to Wrestler B. If this call were the fourth violation, excluding warnings, fleeing, false starts or incorrect starting position violations, this unsportsmanlike call would disqualify Wrestler A.

Technical Violations

Rule 5.10 Stalling

RULING: The basic intent of 5.10.4 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 applies 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 the 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.

Rule 5.11 Interlocking Hands

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 5.11.2 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.

Rule 5.12 Figure-Four Scissors

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.

Rule 5.14 Fleeing Wrestling Area

SITUATION 1: Wrestler A attempts a takedown on Wrestler B, who tries to prevent the takedown by fleeing the wrestling area. Without stopping the wrestling, the referee calls Wrestler B for fleeing. Before going out of bounds, however, Wrestler B is able to takedown Wrestler A within the wrestling area. QUESTION: May Wrestler B score the takedown after being called for fleeing? RULING: Yes, the takedown is considered a separate situation independent of the previous fleeing call. The referee indicates the fleeing call (See Rule 5.14.) without stopping wrestling, awards the point to Wrestler A, and then awards the takedown two points to Wrestler B. If the takedown occurs before the referee awards the fleeing point, the referee will award the takedown points first so that riding time may begin, followed by one point awarded to Wrestler A for fleeing.

Rules 5.17 and 5.18 False Starts and Incorrect Starting Positions

RULING: False starts and incorrect starting positions have been separated from the sequence of penalties in the Penalty Table. For example, this prevents a wrestler from being disqualified for 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: A wrestler false-starts twice, and cautions are awarded. If the wrestler repeatedly assumes an incorrect starting position, the referee would then penalize the wrestler one point. The wrestler already has cautions for a false start.

RULE 6

Injuries and Timeouts

Rule 6.1 Timeout

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 1: 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 6.1.7, 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.

SITUATION 2: A second nonbleeding injury timeout is taken by Wrestler A between the end of the third period and the beginning of the sudden-victory period. Rule 6.1.1 states that Wrestler B will have the choice of any one of the three starting positions at the beginning of the sudden-victory period. Wrestler B chooses the top position and rides Wrestler A for the entire one-minute sudden-victory period. QUESTION: Does Wrestler B win the match? RULING: Yes. Wrestler A has accrued one minute of time advantage and is awarded one point. (See Rules 2.11.1 and 3.11.1.)

SITUATION 3: Wrestler A takes a second nonbleeding timeout between the first and second tiebreaker periods. Wrestler B has had the choice of positions in the first tiebreaker period. QUESTION: Does Wrestler B have the choice again as Wrestler A has taken a second nonbleeding timeout? RULING: Yes.

SITUATION 4: A wrestler vomits during a match. Is the referee correct in charging an injury timeout to the ill wrestler? RULING: Yes, Rule 6.1.1 states injury timeout may be called for injured or ill contestants. Vomiting is considered being ill. The time for the ill wrestler to recover and be ready to wrestle constitutes the injury timeout. After the wrestler recovers, any further cleanup that is necessary shall not be counted as injury timeout.

Rule 6.3 Match-Ending Injury

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 7

Referees and Other Personnel

Rule 7.3 Responsibility

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 7.3, the match referee is responsible for the match, but other referees involved with the competition can offer assistance and report violations.

RULE 8

Weight Management

Rule 8.3.1 Establishing a Weight Class

SITUATION: Wrestler A's weight-loss plan form indicates that he or she can safely reach their lowest certified weight class of 149 pounds no earlier than November 20. Wrestler A enters an open tournament November 18, unattached, pays all expenses and does not use institutional wrestling equipment, weighs in at 149 pounds and competes. QUESTION: Do weight-management guidelines permit Wrestler A to wrestle 149 pounds before the date established by the weight-loss plan, even if Wrestler A does so individually without institutional assistance? RULING: No. All rostered student-athletes must comply with all weight-management regulations. In addition, Wrestler A may be penalized for a weight-management violation. (See 8.4.)

RULE 9

Weighing In, Medical Examinations and Individual Season Record Form

Rule 9.1 Weighing In

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

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. All contestants are required to weigh in with their respective weight class. No weight-loss activities are permitted once weigh-ins begin.

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: A wrestler has been competing at 141 pounds. For the next competition, the wrestler weighs in at 149 pounds but does not wrestle. QUESTION: Can the wrestler return to 141 pounds for the next competition? RULING: 149 pounds has become the wrestler's new certified weight class. The wrestler may return to 141 pounds following Rules 8.3.3 and 8.3.4.

Rule 9.8 Individual Season Record Form

SITUATION 1: A wrestler plans on redshirting, but wrestles in several open tournaments at the wrestler's own expense and using his or her own personal equipment. Later, the wrestler's coach changes the wrestler's status regarding redshirting, and the wrestler competes representing the institution.

QUESTION: Should the matches in the early-season open tournaments be included on the wrestler's NCAA Individual Season Record Form?

RULING: Yes. Once the wrestler officially represents the institution, all of the matches wrestled during the season shall be included on the season record form.

SITUATION 2: At an individual advancement tournament, several participants are eliminated in the early rounds of competition. The coaches of these wrestlers agree to pair the wrestlers together to gain additional competition experience.

QUESTION: Should the "extra" matches be recorded on the NCAA Individual Season Record Form if the matches are wrestled separately from the tournament? RULING: Yes, per NCAA Bylaws 17.02 and 17.30.

Appendix A

Tournament Protest Protocol

- a. Coach informs the table scorer of his intent to protest. The protesting coach must declare his intention to protest before the match sheet leaves the table.
- b. The table scorer informs the head table who informs the announcer that a protest has been filed.
- c. The table scorer informs both the match referee and the assistant referee that the protesting coach has filed a protest.
- d. The match referee informs the nonprotesting coach that a protest has been filed.
- e. The protest committee chair goes to the scorer's table to inform both coaches of the Misconduct Bylaw (31.1.10 in Division I and 31.1.8 in Divisions II and III).
- f. The protest committee chair informs the protesting coach that he has 10 minutes to provide a written account of the protest situation and pay the required fee. The written protest must include the specific rule being protested.
- g. A three-person committee, composed of the protest committee chair, the secretary-rules editor and the national coordinator of officials, reads the protest and listens to a verbal explanation of the protest to ensure understanding of the protest situation. The three-person committee determines if the protested situation is valid. This determination is made matside. Majority vote carries the decision. If the protested situation is deemed valid of further review, it is referred to the protest committee.
- h. If the protest situation is referred to the protest committee, the protest committee chair or his designee directs the scorer, all mat table personnel, the match referee and the assistant referee to be available if needed for a protest hearing.

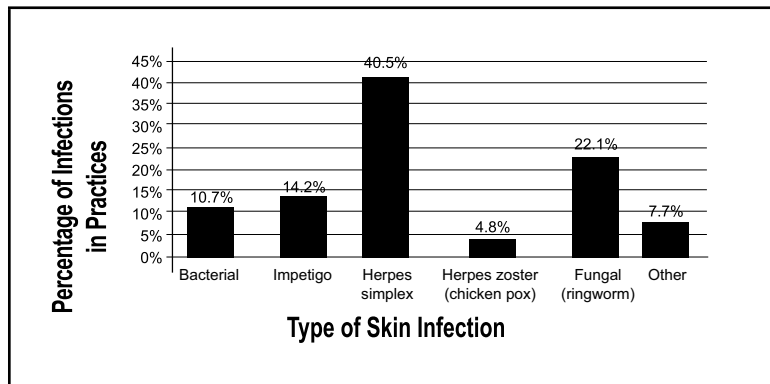
- i. The protest committee chair or designee decides whether to release the mat for continued wrestling and informs the head table of the decision.
- j. Once the protest committee has reached its conclusion, the protest committee chair informs: 1) the protesting coach; 2) the nonprotesting coach; 3) all mat personnel (referee, assistant referee and the table scorer); and 4) the head table who informs the announcer.

Appendix B

Skin Infections in Wrestling

July 1981 • Revised July 2008

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



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

Open wounds and infectious skin conditions that cannot be adequately protected should be considered cause for medical disqualification from practice or competition. The term “adequately protected” means that the wound or skin condition has been deemed as noninfectious and adequately medicated as per treatment criteria listed under Guidelines for Disposition of Skin Infections and is able to be covered by a securely attached

bandage made of nonpermeable material that will withstand the rigors of competition.

Medical Examinations

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

Wrestlers who are undergoing treatment for a communicable skin disease at the time of the meet or tournament shall provide written documentation to that effect from a physician. 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" should be considered FINAL.

Guidelines for Disposition of Skin Infections

Unless a new diagnosis occurs at the time of the medical examination conducted at the meet or tournament, the student-athlete shall provide 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, CA-MRSA)

1. Wrestler must have been without any new skin lesion for 48 hours before the meet or tournament.
2. Wrestler must have completed 72 hours of antibiotic therapy and have no moist, exudative or draining lesions at meet or tournament time.
3. Gram stain of exudate from questionable lesions (if available).
4. Active 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 could be considered for season-long prophylaxis. This decision should be made after consultation with the wrestling team physician.

HERPES ZOSTER (chicken pox)

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

MOLLUSCUM CONTAGIOSUM

1. Lesions must be curetted or removed before the meet or tournament.
2. Solitary or localized, clustered lesions can be covered with a gas permeable membrane, followed by 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.
2. Wrestlers with multiple verrucae plana or verrucae vulgaris must have the lesions "adequately covered."

TINEA INFECTIONS (ringworm)

1. A minimum of 72 hours of topical therapy is required for skin lesions.
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."
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 C

Concussions

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. **Concussions can occur without loss of consciousness or other obvious signs.** A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage, and even death.

Recognize and Refer: To help recognize a concussion, watch for the following two events among your student-athletes during both games and practices:

1. A forceful blow to the head or body that results in rapid movement of the head.

-AND-

2. Any change in the student-athlete’s behavior, thinking, or physical functioning (see signs and symptoms).

SIGNS AND SYMPTOMS

Signs Observed By Coaching Staff

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays.
- Is unsure of game, score or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows behavior or personality changes.
- Can’t recall events before hit or fall.
- Can’t recall events after hit or fall.

Symptoms Reported By Student-Athlete

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light.
- Sensitivity to noise.
- Feeling sluggish, hazy, foggy or groggy.
- Concentration or memory problems.
- Confusion.
- Does not “feel right.”

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

IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if your student-athlete has experienced a blow to the head. Do not allow the student-athlete to just “shake it off.” Each individual athlete will respond to concussions differently.
2. **Ensure that the student-athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of the injury yourself. Immediately refer the student-athlete to the appropriate athletics medical staff, such as a certified athletic trainer, team physician or health care professional experienced in concussion evaluation and management.
3. **Allow the student-athlete to return to play only with permission from a health care professional with experience in evaluating for concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the athlete to establish the appropriate time to return to play. A return-to-play progression should occur in an individualized, step-wise fashion with gradual increments in physical exertion and risk of contact. Follow your institution’s physician supervised concussion management protocol.
4. **Develop a game plan.** Student-athletes should not return to play until cleared by the appropriate athletics medical staff. In fact, as concussion management continues to evolve with new science, the care is becoming more conservative and return-to-play time frames are getting longer. Coaches should have a game plan that accounts for student-athletes to be out for at least the remainder of the day.

For further details please refer to the “NCAA Sports Medicine Handbook Guideline on Concussions” or online at www.NCAA.org/health-safety and www.CDC.gov/Concussion.

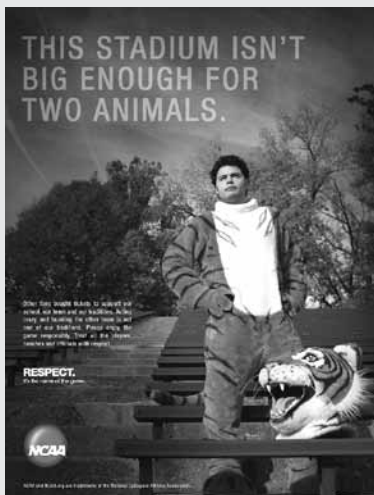


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Sportsmanship is a core value of the NCAA. The NCAA's Committee on Sportsmanship and Ethical Conduct has identified *respect* and *integrity* as two critical elements of sportsmanship and launched an awareness and action campaign at the NCAA Convention in January 2009.

Athletics administrators may download materials and view best practices ideas at the Web sites below:

**www.NCAA.org, then click on
"Academics and Athletics," then
"Sportsmanship"
and
www.ncaachampspromotion.com**



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400,000 student-athletes
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