



WRESTLING

2015-16 AND 2016-17
RULES AND INTERPRETATIONS

Rules Changes for Rules 6.1.2, 6.1.2.1 and 6.1.5

Rule 6.1.2

A wrestler that wishes to request an injury timeout shall notify the referee, who is solely responsible for calling match timeouts. When an injury timeout is called by the referee, the injury time clock shall not be started until the medical personnel arrive at the mat. If a wrestler requests and receives an injury timeout, and then subsequently indicates they are ready to return to the match before the injury time clock starts, the referee shall charge the wrestler with a timeout and ensure that 1 second of injury time is recorded. Referees shall also have the prerogative to stop the match to communicate with the wrestler regarding the possible presence of an injury before requesting that medical personnel be summoned and the injury time or recovery time clock be started.

Rule 6.1.2.1

Coaching an injured wrestler is not permitted. Coaching of the non-injured wrestler is permitted during an injury timeout or a referee timeout. Coaching of both wrestlers is allowable during a bleeding timeout. In the case of a severe or traumatic situation, medical personnel may request the wrestler's coach to assist in the calming of the wrestler but must remove themselves from the situation during any assessment period related to the injury or concussion evaluation. Failure to comply with the rules related to coaching an injured wrestler will be penalized under Rule 3.13 Control of Mat Area.

Rule 6.1.5

In the case of a possible concussion, the referee shall stop the match for a concussion evaluation. The medical staff conducting the evaluation shall have unlimited and unimpeded time to evaluate the wrestler. In cases of uncertainty, the medical staff shall be granted the ability to remove the wrestler from the competition area to perform the concussion evaluation. During the evaluation, the match will be suspended until a decision is rendered. During this match suspension period, the referee, the coaches of each wrestler, and the non-injured wrestler are to remain on the mat. A concussion evaluation timeout shall not count towards the wrestler's injury timeout or recovery timeout. An injury timeout that gets converted to a concussion evaluation timeout, shall be handled only as a concussion evaluation timeout and the injured wrestler shall not be charged with an injury timeout. Only the referee or the medical personnel are allowed to request a concussion evaluation. See rule 6.1.2.1 for coaching during injury timeouts.

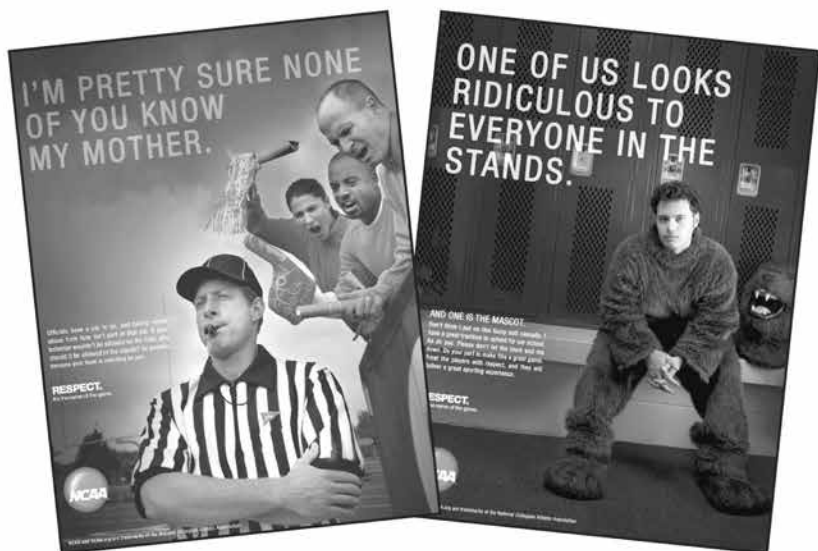
For more information, please visit: http://www.ncaa.org/sites/default/files/2016DIMWR_1617_Wrestling_Rules_Changes_20160627.pdf



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2015-16 and 2016-17 NCAA WRESTLING RULES AND INTERPRETATIONS

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NCAA Wrestling Rules Committee

The chart below lists the members of the committee who voted on and approved the rules included in this edition of the book. This information is being included for historical purposes.

Name	Institution	Term Expiration
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Tom Gioglio	East Stroudsburg University	9-1-15
Todd Hibbs	Alma College	9-1-18
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Doug Schwab	Northern Iowa University	9-1-16
Jeff Swenson, chair	Augsburg College	9-1-16

*Non-voting member

For a complete and current listing of the NCAA Wrestling Rules Committee, please go to www.ncaa.org/playingrules.

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Major Changes for 2015-16 and 2016-17

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.

1.12.1.4	Recommends home and visitor singlets be of contrasting color in dual meets.....	13
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Codes of Conduct

Sportsmanship is a core value of the NCAA and the NCAA Wrestling Rules Committee believes that participation in athletics is an integral part of the educational experience for student-athletes. Therefore, it expects the highest standards of sportsmanship, integrity and conduct of all individuals associated with contests, as well as administration of all aspects of weight management reporting and monitoring, data and urine collection. In particular, the standards are especially stringent for coaches and referees, as well as assessors of the NCAA Weight Management Program, all who are role models, authority figures and representatives of intercollegiate athletics.

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, sweatshirts/sweatpants and noninstitutional logoed warm-up suits (top and/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 while 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.

Points of Emphasis

In each edition of the NCAA Wrestling Rules, there are several areas that are given special attention. These are identified as points of emphasis. While they may not represent any rules changes as such, their importance must not be overlooked. In some cases, the points of emphasis are as important as some of the rules changes. When a topic is included in the points of emphasis, there has been evidence during the previous years that there has been inconsistency in administering the rule.

Points of emphasis are accentuated with a frame around the specific rule within the main text of the rules book.

The figures below refer to the rule and section of those points the Wrestling Rules Committee has decided to emphasize for the 2015-16 and 2016-17 seasons.

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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.

RULE 1

Meet, Mats, Wrestlers, Uniforms and Equipment

Meet

1.1 Match Duration

A meet shall be conducted in 10 weight classifications or matches. 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 scheduled less than seven minutes long shall not count. (See Rules 3.7 and 9.8.2.)

1.2 Weight Classes

Competition shall be divided into the following 10 weight classes for dual meets, multiple duals, individual and team-advancement tournaments.

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

1.3 Representation

An institution shall **not enter a wrestler in more than one** weight class, and no substitution is allowed for an injured wrestler in any individual match.

1.4 Shifts in Weight Class

A contestant who weighs in for one weight class may be shifted to a higher weight class with the exception of the heavyweight class, in which a wrestler must weigh a minimum of 183 pounds. (See Rules 1.2 and 8.3.3.)

1.5 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 1.7 and 3.9.1.)

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.

1.6 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.)

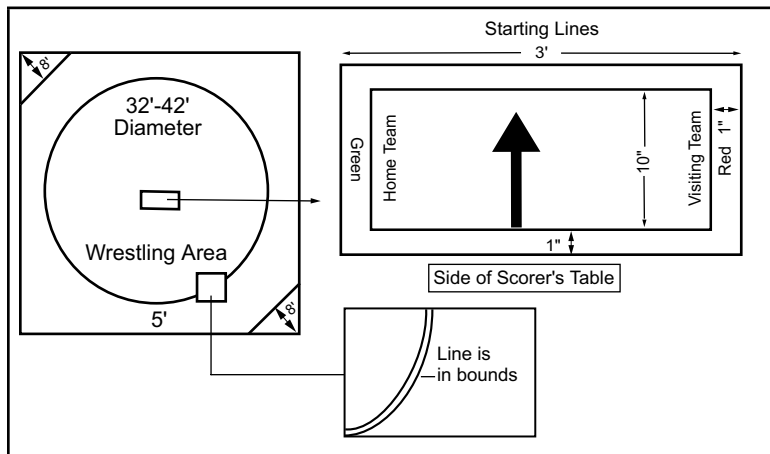
1.7 Team Captains

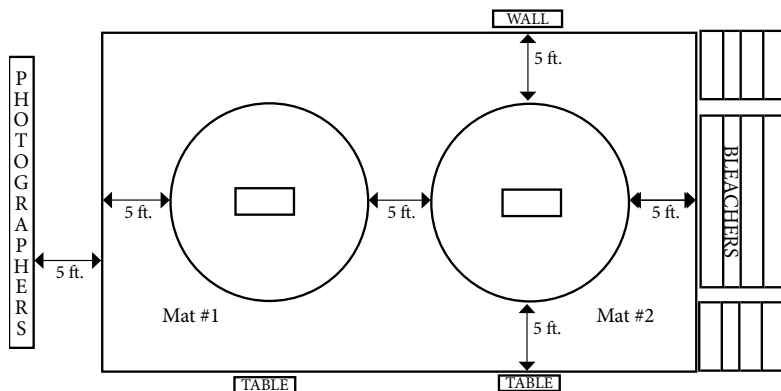
Each team shall designate to the referee one or more contestant(s) as its captain(s). Before the beginning of a dual meet, the captains shall report to the middle of the mat when the referee calls them for a disc toss. The disc shall be red on one side and green on the other corresponding usually to the visiting team (red) and the home team (green). (For exception, see Rule 7.2.7.) 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 1.5, 3.8 and 3.9.)

Mats

1.8 Dimensions

Mats shall 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.)





- The matted apron around the wrestling area shall extend a minimum of 5 feet between out-of-bounds lines when two mats are side by side.
- The matted apron around the wrestling area shall extend a minimum of 5 feet from the out-of-bounds line and any obstruction such as a table, bleacher or walls.
- Photographers using still or motion devices, excluding official video review equipment, shall not be permitted within 5 feet of the edge of the wrestling mat.

The matted apron shall extend at least five feet between out-of-bounds lines when two mats are side-by-side and at least five feet from the out-of-bounds line and any obstruction such as a table, bleachers or walls.

For tournaments, it is recommended that two chairs for coaches be placed in each of the restricted zones (red and green). A chair will be placed behind the coaches for a credentialed medical person.

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.

1.9 Institutional Game-Management Responsibility

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, or the head referee of a tournament, shall verbally alert home management of any variance from the stated facility and mat requirements, with questions and/or disagreements being resolved by the participating institutions' representatives.

The host game management shall determine if official mat-side video is to be used. The host shall provide notification to participating coaches before weigh-ins.

Home game management shall see that recorded music not be played, bands not perform and artificial noisemakers not be used during wrestling action. Photographers using still or motion devices, excluding official video review equipment, shall not be permitted within 5 feet of the edge of the wrestling mat.

1.10 Starting Lines

There shall be placed on 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 above 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 be available before a wrestler steps onto the mat. Event management, medical personnel, referees and coaches should also follow shoe hygiene recommendations before stepping onto the mat.

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, 2 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.

1.12.1.4 Color. When competing in a dual meet, it is recommended that teams wear contrasting colored singlets. The host school should select and communicate its preference, the lighter or darker colored singlet, to the visiting team in a timely manner.

- 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 tournaments. (See Rule 3.4.1 and Illustration Nos. 1 through 6.) (For violations, see Rule 3.13.5.)

- 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.

The use of tape or decals on the headgear is prohibited. Clean, fresh athletic tape is permissible on the headgear if used for medical purposes only.

- 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 (for example, 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 (that is, 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 the current NCAA Division I, II or III Manual for more information.

1.13 Appearance

Contestants shall not wear finger rings and/or jewelry, must be cleanshaven, with sideburns trimmed no lower than earlobe level and hair trimmed and well-groomed, and must 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/or abrasive must be covered and padded. Any protective equipment that is hard and/or abrasive shall be covered and properly padded with high density foam. Loose pads are prohibited. (See Rule 1.15.1.)

1.14.1 Mouth Guards. 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 Rules 1.12, 1.13 and 1.14.) 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 A.)

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 a nonbleeding injury timeout, the injury clock started, and the injury clock stopped when the referee determines that the contestant is in compliance. (For nonbleeding injury timeout penalty, see Rule 6.1.3.) 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 (for example, headgear, uniforms, knee pads) that repeatedly causes delays in the normal progression of the match may result in a nonbleeding injury timeout being charged to the violator. (See Rule 6.1.3.)

RULE 2

Definitions of Wrestling Terms

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 wrestlers assume the starting position, the referee shall say, “Set,” and at this time both wrestlers shall remain stationary (motionless) until the referee sounds the whistle. (See Illustration No. 7.)

2.1.1.1 In matches involving vision-impaired wrestlers, a finger-touch method shall be used in the neutral position. (See Illustration No. 8.) Each contestant shall have the fingers on one hand over and the fingers of the other hand under the opponent’s fingers. Fingers shall not extend to the palms. Before the start of each match, the referee shall flip his/her (red/green) disc to determine which wrestler has choice of hand position during every neutral start, i.e., which wrestler will have his/her right or left hand palm up or down relative to the mat. The wrestlers shall alternate this choice of palm position throughout the match for each subsequent neutral position start. The meet timekeeper shall indicate to the referee which wrestler has hand position choice. While wrestling, the match shall be stopped whenever contact is not maintained. At the time of medical examinations/skin checks, the coach or medical personnel shall provide written documentation identifying the impairment. (For procedure to request accommodation, see Interpretation 2.1.1.1.)

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 shall say, "Set." At this time the offensive wrestler shall remain stationary (motionless) and the referee shall wait a minimum of one second before sounding the whistle. With both wrestlers stationary (motionless), the referee will start the wrestling. (See Illustration Nos. 9 through 11.)

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.)

2.1.5 *Granting an Escape.* Before assuming an offensive starting position, the offensive wrestler may signal to the referee the neutral position. The defensive wrestler is awarded an escape, and wrestling begins from the neutral position.

2.2 Stalemate

When the contestants are interlocked in a position other than a pinning situation in which neither wrestler is improving 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. It is the responsibility of both wrestlers to maintain action by staying 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, near-fall points may be earned or a fall called. (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. (For exception, see Rule 2.1.5 Granting an Escape.)

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. (See Illustration Nos. 49 through 52.)

If the defensive wrestler's hand comes in contact with the mat, 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 remains in bounds. (See Illustration Nos. 43 through 49.) If the opponent's body and the body of the wrestler attempting a takedown are outside the wrestling area, breaking the boundary of an imaginary cylinder surrounding and extending above the wrestling area, 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

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. In any pinning situation, a near fall may occur if any part of either wrestler remains in bounds. (See Illustration Nos. 53, 59 and 60.) A continuous roll-through is not to be considered a near fall.

2.9.1 *Two-point Near Fall.* If a criterion for a near fall is met and held uninterrupted for two seconds, two points shall be awarded. (See Illustration Nos. 72 through 78.)

2.9.2 *Four-point Near Fall.* If a criterion for a near fall is met and held uninterrupted for four seconds, four 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. Likewise, a referee shall verbally inform the wrestlers when near-fall points have been earned. A near fall is ended when the defensive wrestler is no longer in 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 hold, 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 by the offensive wrestler 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 to the offensive wrestler. (For a nonbleeding injury timeout penalty, see Rule 6.1.3.)

2.9.5 *Injury—Four 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 four-point near fall shall be awarded to the offensive wrestler. (For a nonbleeding injury timeout penalty, see Rule 6.1.3.)

2.9.6 *Injury—Five Points.* When the criteria for a four-point near fall are met, and a match is stopped for an injury, the defensive wrestler indicates an injury or has excessive bleeding, a fifth point shall be awarded to the offensive wrestler. (For a nonbleeding injury timeout penalty, see Rule 6.1.3.)

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.)

2.9.8 Injury Timeout Assessment. When wrestling action is stopped for an injury assessment by the medical personnel, 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 6.1.4 and 6.1.5.)

2.10 Imminent Scoring

When a match is stopped for an injury during a scoring situation (for example, 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, 2.9.6 and 6.1.3.)

2.11 Potentially Dangerous

Any hold that forces a limb to the limit of the normal range of motion, and other holds or situations that may cause injury, are potentially dangerous and may 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.

2.12 Time Advantage

2.12.1 Recording Time Advantage. The offensive wrestler who has control in an advantage position is gaining time advantage (that is, “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 3.10 for Overtime.)

2.12.2 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

2.13 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.

- 2.13.1 *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 either wrestler is in bounds. (See Rule 2.4 and Illustration Nos. 59 and 60.)
- 2.13.2 *No Fall.* If any portion of the body of one of the wrestlers is out of bounds so that either wrestler is disadvantaged, no fall shall be awarded and out of bounds shall be declared.
- 2.13.3 *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. (For exception, see Rule 2.1.5.)
- 2.13.4 *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.
- 2.13.5 *Fall—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 7.5.10.)
- 2.13.6 *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 7.5.10.)

2.14 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. 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 and 4.4.3.)

2.15 Major Decision

A major decision occurs when the margin of victory after three periods is eight through 14 points. (See Rules 4.3.3 and 4.4.3.)

2.16 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 4.3.4.)

2.17 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 3.17.4, 6.1.7 and 9.8.2.)

2.18 Disqualification

A disqualification is a situation in which a contestant is banned from participation in accordance with the Penalty Table. (See Rules 3.17.6 and 3.22.4.) A disqualification shall be included as a win or loss in each wrestler's individual season record. (See Rule 9.8.)

2.19 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 3.17.3, 3.17.4, 3.17.5 and 9.2.)

2.20 Medical Forfeit

A medical forfeit may be declared when a contestant is injured or becomes ill during the course of tournament competition. (See Rules 3.17.4, 6.5 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.

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

3.2.1 *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. (See Rule 1.12.1.4.)

3.2.2 *Notification.* 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 People Subject to the Rules

All wrestlers, coaches, athletic trainers and other people 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.)

3.4 Contestants, Coaches and Medical Personnel Attire

3.4.1 *Contestant's 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 (that is, 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 3.13.5.)

3.4.2 *Coaches' Attire.* The wearing of jeans, T-shirts, sweatshirts/sweatpants and noninstitutional logoed warm-up suits (tops and/or bottom), headwear and similar apparel are not suitable attire for coaches during dual and

tournament competition and, therefore, are prohibited. Institutional logoed tops/jackets are permissible. Each coach in violation of this rule shall be penalized under control of mat area. (See Rule 3.13.5.) 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 Rules 3.4.1 and 7.7.8.)

3.4.3 Medical Personnel Attire. Medical personnel must be appropriately attired. The wearing of shorts, jeans, T-shirts, sweatshirts/sweatpants and noninstitutional logoed warm-up suits (top and/or bottom) headwear and similar apparel are not suitable attire for medical personnel during dual and tournament competition and, therefore, are prohibited. Violations shall be penalized under control of mat area. (See Rule 3.13.5.)

Note: The National Athletic Trainers' Association strongly encourages athletic trainers to dress in a manner befitting their profession.

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 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. Before starting the match, the referee will direct the contestants to shake hands in the traditional handshake fashion. 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.

3.7 Duration of Matches

For all competition, matches, including wrestle-back 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 1.1.) 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 3.9.)

3.8 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 1.7 and 3.9.) As soon as either contestant steps onto the mat, that contestant cannot be withdrawn or replaced.

3.9 Choice of Position

3.9.1 *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 1.7.)

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 3.10.1.) 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.

3.9.2 *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 3.9.1. The other wrestler shall have the choice at the start of the third period.

3.9.3 *Dual Meets and Tournaments.* If the score is tied after the sudden-victory period, the choice of top or bottom will be granted to the wrestler who scored the first points in the regulation match excluding escapes and penalty points.

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 7.10.9.)

3.10 Overtime

3.10.1 *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 6.1.3.) 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, the opponent

shall be awarded one point at the beginning of the sudden-victory period and the match is concluded. (See Rule 6.1.3.)

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 if no fall, default or disqualification occurs. The choice for the top or bottom 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 2.12.2.)

When the only points scored are escapes and/or penalty points, the choice of position to start the first tiebreaker period 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 6.1.3.)

The two 30-second tiebreaker periods will be wrestled with the time advantage kept and recorded (see Rule 2.12.2), and all points scored. However, if due to the first nonbleeding injury timeout, the offensive wrestler accrues at least one minute of time advantage in the tiebreaker periods, that contestant shall be awarded one point. (For second nonbleeding injury timeout, see Rule 6.1.3.) The contestant with the greater number of points, or who is awarded a fall, default or disqualification, is declared the winner.

- 3.10.2 *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 2.12.2), 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 2.12.2.)

- 3.10.3 *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 3.10.2.

- 3.10.4 *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.
- 3.10.5 *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.
- 3.10.6 *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.) (For Flagrant Misconduct in Overtime, see Rule 5.6.)
- 3.10.7 *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.)

3.11 Correction of Error

- 3.11.1 *Error—First or Second Period.* Errors occurring in dual meets or tournaments 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.
- 3.11.2 *Error by Timekeeper and/or Scorers.* If there is an error on the part of the timekeeper and/or scorers, 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 **both** contestants leave the mat area or the bout sheet leaves the scorer's table.

- 3.11.3 *Error—Referee.* A referee may not reconsider or reverse an unsportsmanlike or flagrant misconduct violation call once the subsequent match begins in a dual meet or after the bout sheet leaves the scorer's table in a tournament. Similarly, the referee may not assess an unsportsmanlike or flagrant misconduct penalty during subsequent matches in a dual meet or later in a tournament session for action(s) in an earlier match.

- 3.11.4 *Clerical Error*. A clerical error in recording match and/or team scoring in a dual meet or tournament that does not necessitate additional wrestling may be corrected when discovered.

3.12 Questioning the Referee

3.12.1 *Coach*.

- a) A coach shall be permitted, without penalty, to approach the scorer's table with the intent of correcting or asking for an interpretation of the score or time.
- b) 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. After the discussion, 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 with no penalty to the coach. If the referee determines 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 3.12.2.
- c) Both wrestlers shall remain in the center of the wrestling area during the discussion of score, time or misapplication of a rule. Failure to comply shall be penalized as control of mat area. (See Rule 3.13.5.)

3.12.2 *Failure to Comply - Questioning the Referee*. 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 dual meets and tournaments, including dual-meet tournaments. Penalties for questioning the referee shall be cumulative and sequential. (See Rule 7.7.7.)

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. It is recommended when using mat-side video review that the corner of the mat directly to the right of mat-side table be the red corner, and the corner of the mat directly to the left of the mat-side table be the green corner. The 8 feet should be measured from the corner, along a line connecting the center to that corner. (See diagram in Rule 1.8.)

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 3.13.5.

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 request a video review; or (3) move toward the mat during a charged timeout or at the end of a match. (See Rule 3.12.) Medical personnel may leave the restricted zone and move onto the mat only during an injury or blood timeout.

3.13.4 *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 control of mat area and shall be penalized according to Rule 3.13.5.

3.13.5 *Failure to Comply - Control of Mat Area.* Failure to comply will be treated in the following manner: first violation - warning; second violation - deduct one team point; third violation - 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 shall be cumulative and sequential. (See Rule 7.7.7.)

3.14 Postmatch Period and Procedures

3.14.1 *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. 107 and 108.)

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

3.15 Breaking Ties in Dual Meets and Team-Advancement Tournaments

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

3.15.1 Greater number of victories.

Note: Forfeits, defaults and disqualifications count toward total number of victories.

3.15.2 Combined total number of falls, forfeits, defaults and disqualifications.

3.15.3 Total match points scored only from decisions, major decisions and technical falls.

3.15.4 Total near fall points scored only from decisions, major decisions and technical falls. (Example: N-2 + N-2 + N-4 = Total of 8 near fall points scored for one team.)

3.15.5 Total number of takedowns scored only from decisions, major decisions and technical falls. (Example: T-2 + T-2 + T-2 = Total of 3 takedowns scored for one team.)

3.15.6 Least number of unsportsmanlike conduct calls.

3.15.7 First takedown scored of the dual meet.

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 criterion number that broke the tie (for example, Team A 17, Team B 16, criterion 3.15.1.)

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.

3.16.3 Designation of the official mat-side video review system shall be determined by the host institution. The host shall also determine the number of mats and the rounds the mat-side video review system will be used. The host shall provide notification to participating coaches before weigh-ins.

3.16.4 Consideration of extenuating circumstances relating to tournament operations.

3.16.5 Immediately address sportsmanship violations by team personnel.

3.17 Administration

3.17.1 *Scholastic Participation Prohibited.* Tournaments are to be organized and conducted so that collegiate and scholastic student-athletes compete in separate divisions.

A tournament director who allows competition between collegiate and scholastic student-athletes will have the event excluded as an NCAA-registered contest in the NWCA OPC system for the subsequent season. If the tournament is held, its results will not be calculated for NCAA championship selection purposes.

All team advancement and individual advancement tournaments, including open tournaments, shall follow all NCAA rules and requirements listed in the NCAA Wrestling Rules and Interpretations book. Any tournament found not following the rules and requirements will be excluded as an NCAA registered event in the NWCA OPC system the subsequent season. If the tournament is held, its results will not count on the Individual Season Record Form and will not be calculated for NCAA championship selection purposes.

3.17.2 *Verification of Entries.* For NCAA registered individual advancement tournaments, including open tournaments, the host shall download from the NWCA OPC system the names and weight classes of all rostered wrestlers entered in the tournament.

Before medical exams, the host shall collect and retain a copy of all participating institutions' NCAA Official Weigh-In Forms.

Individual or team entry for tournament competition becomes official at registration. Failure to verify entries by the stipulated deadline shall result in disqualification from a tournament. Contestants thereafter failing to make verified weight shall not be allowed to participate in another weight classification.

The actual weight for each contestant who did not make weight shall be recorded on the NCAA Official Weigh-In Form and in the NWCA OPC system. If the contestant is listed on the NCAA Official Weigh-In Form but did not attempt to make weight, then it shall be recorded on the NCAA Official Weigh-In Form as Did Not Enter (DNE).

- 3.17.3 *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. (See Rule 3.17.5.) (For exception, see Rule 6.5.)
- 3.17.4 *Defeat Due to Illness or Injury.* In a tournament, defeat due to illness or 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 6.5, Medical Forfeit.)
- 3.17.5 *Forfeit.* A forfeit shall eliminate a contestant from further competition in that tournament.
- 3.17.6 *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. (For Disqualification—Both Wrestlers, see Rule 3.22.4 and Note B under Penalty Table.)
- 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.

With the exception of NCAA-sponsored regional qualifying tournaments, a conference qualifier may use bracketing agreed upon by the participating coaches.

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; and (c) common opponents.

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 Mat-Side Video Review

Mat-side video review may be used for dual competition, team advancement tournaments and individual advancement tournaments, excluding open tournaments.

Designation of the official mat-side video review system shall be determined by the host institution. The host shall also determine the number of mats and the rounds the mat-side video review system will be used. The host shall provide notification to participating coaches before weigh-ins.

Mat-side video review may be used to confirm or reverse any call or non-call made by the official, except a fall. The mat-side video review process operates under the assumption that the ruling on the mat is correct, and only when there is indisputable video evidence that a ruling was incorrect will a call be changed. Absent that evidence, the original ruling stands.

3.21.1 *Mat-Side Video Review System Operator, Equipment, Location and Use.*

The minimal required equipment includes two flags (one red and one green) at the mat-side table, a tripod and a digital video camera that has recording capabilities and is connected to a computer monitor or a TV monitor. The equipment used for the review may also be a system that integrates sound, the time, the score and the recorded action so that all four are available during replay of the video. If the system used does not integrate this information onto the screen, then the recorded action should include a clear view of the mat-side clock as much as possible. Alternative timing or scoring devices, such as a stopwatch that are not part of the original equipment, cannot be used to determine how much time ran off a clock when the clock is neither integrated into the system nor is visible in the video.

The mat-side video review system operator(s) shall operate the replay camera and monitor. The equipment used to review a call and the video review system operator shall be located at or next to the mat-side table. During a review, this area is restricted for all people except the system operator and match referee(s). To ensure privacy during the review, the computer monitor or TV monitor shall be turned to face away from the mat-side table and toward the wrestling area. It is recommended that a privacy screen and/or privacy side partitions be added to the monitor.

3.21.2 *The Review.* The two ways a match may be stopped for a video review are by the action of the referee or by the action of the coach.

- a) *Referee's Action.* The referee may stop a match when there is no significant action when the referee believes: 1) there is reasonable certainty that an error was made regarding timing, scoring, or the proper positioning of the wrestlers; 2) the situation is reviewable; or 3) the outcome of a review may have an impact on the result of the match. The referee shall review all unsportsmanlike conduct and flagrant misconduct calls.

There is no restriction on the number of times a referee may stop the match for a review and there is no time limit to conduct a review, but the referee(s) should strive for each review to be efficient and timely.

- b) *Coach's Challenge*. Each team is allowed one challenge per dual meet, including team advancement tournaments, to be used at the coach's discretion. Each team in an individual advancement tournament, excluding open tournaments, is allowed one challenge for one to three participants, two challenges for four to six participants, and three challenges for seven to 10 participants, to be used at the coach's discretion. If a coach's challenge is supported after the review, the team retains that challenge.

If a coach believes an error was made, the coach shall immediately approach the mat-side table and raise a flag matching the color assigned to his corner (red or green) thereby indicating to the mat-side table scorer the request for a video challenge. This signifies the coach believes an error was made, and the referee will stop the match when there is no significant action taking place to conduct the video review. Once the coach raises the flag, the coach cannot retract the challenge. If the referee determines that the coach delayed approaching the mat-side table to request the video challenge, the challenge shall not be allowed. Wrestlers and coaches are to remain in their designated coaching area (restricted zone, see Rule 3.13.1 and 3.13.2) during the review.

If a coach challenges a previously made ruling on a challenge or if a coach challenges a ruling when the team's allotment of challenges has been used, the actions are considered intentional delay of the match, and the coach is penalized for failure to comply. (See Rule 3.13.5.) In addition, if a coach challenges a fall, which is not reviewable, it shall count as a challenge.

3.21.3 *The Outcome*. Only the referees (no other personnel) shall be immediately present at the mat-side table for the review of the video replay screen. A reversal of a call or non-call shall be based only on indisputable video evidence. After the review process is complete, the head referee makes one of the following announcements:

- a) If the video evidence confirms the on-the-mat ruling, "After further review, the ruling on the mat is confirmed."
- b) If there is no indisputable and conclusive evidence to reverse the original ruling, "After further review, the ruling on the mat stands."
- c) If the on-the-mat ruling is reversed, "After further review, the ruling is reversed. Therefore, [followed by a brief description of the impact of the ruling]."
- d) If there is no video evidence due to a system failure or operator error, the coach will retain his challenge. Any obstruction of the view on the video screen caused by participants, coaches, referee(s) or tournament personnel on the mat that does not allow for a confirmed ruling by the referee shall result in a charged video challenge.

If a ruling is reversed, the official scorer shall supply the referee with the following information in order for wrestling to resume under accurate match conditions: the period, the position of the wrestlers and the status of the match/riding time clock.

3.22 Contestants Eligible for Third-Place Matches (Wrestle-Backs)

3.22.1 *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.

3.22.2 *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 losers of the championship semifinals are not cross-bracketed. The loser of the upper-bracket semifinal is placed in the upper bracket of the wrestle-back semifinals, and the loser of the lower-bracket semifinal is placed in the lower bracket of the wrestle-back semifinal. The eligible contestants are designated in Rule 3.22.1.

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.

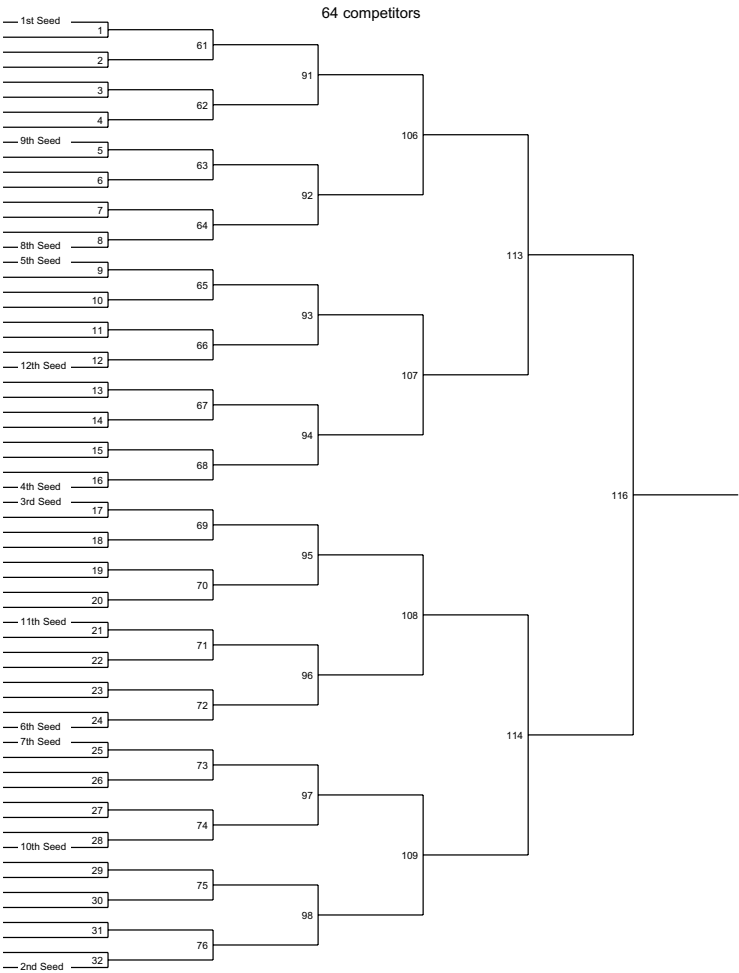
3.22.3 *Rematch in Wrestle-Back.* If two wrestlers who previously have competed against each other in the tournament are paired again in the wrestle-back bracket, the matches should be conducted and scored as if they had not wrestled previously.

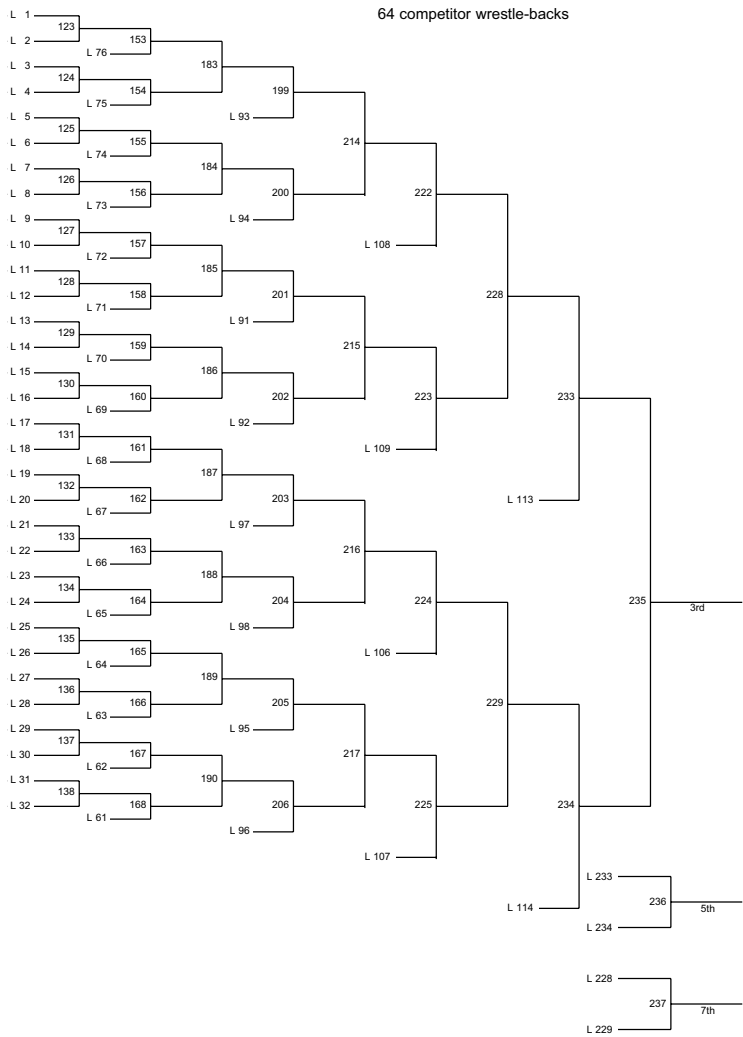
3.22.4 *Disqualification—Both Wrestlers.* If both wrestlers are disqualified simultaneously, the match shall go immediately to overtime. Any subsequent point violation by either wrestler will result in disqualification. (See Rule 3.17.6.)

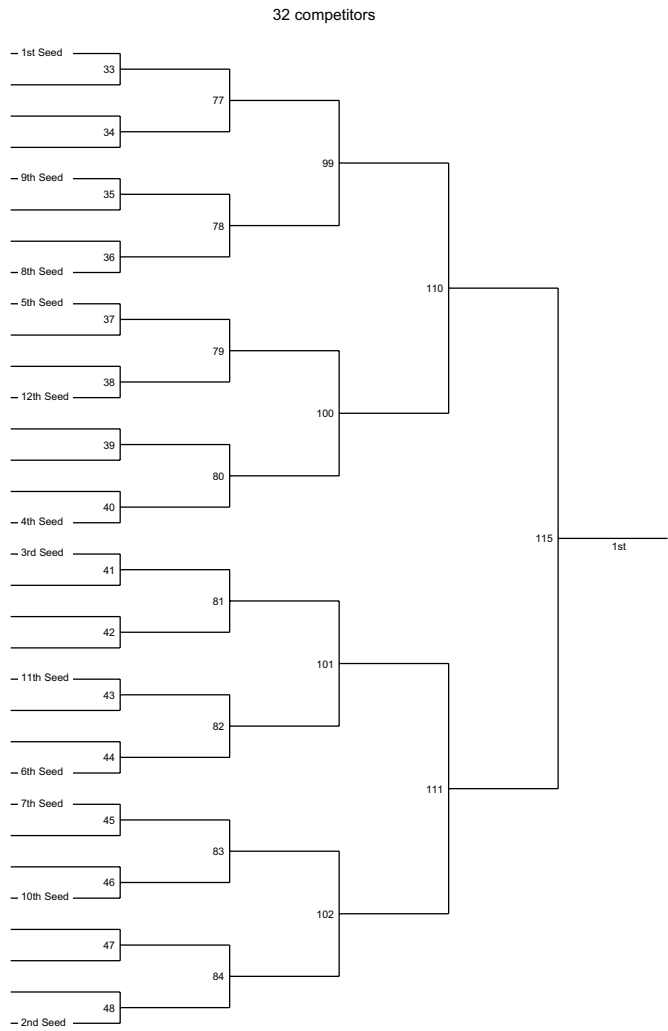
If both wrestlers are disqualified for flagrant misconduct, neither wrestler shall continue in the tournament. (See Rule 5.6.)

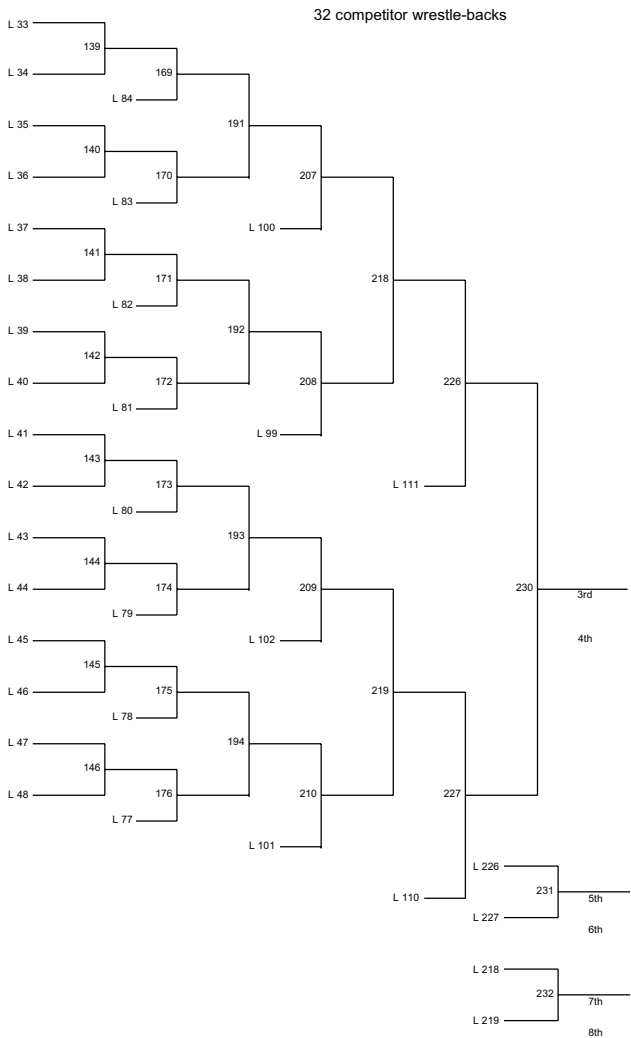
3.23 Places Scored

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.

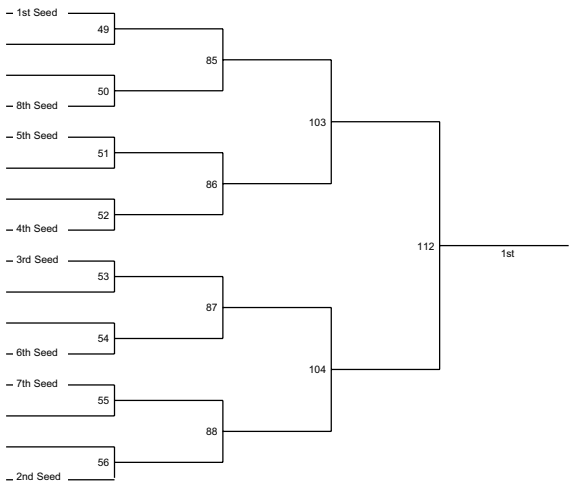




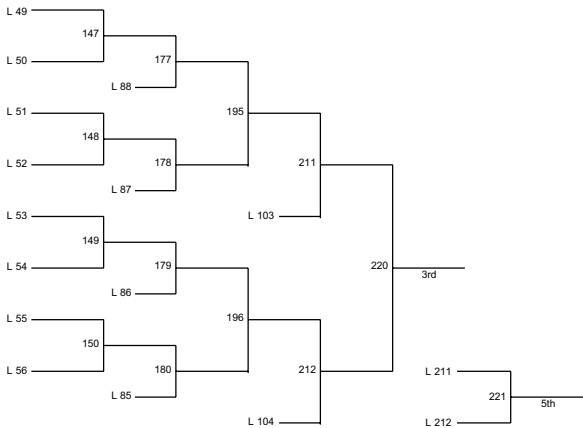




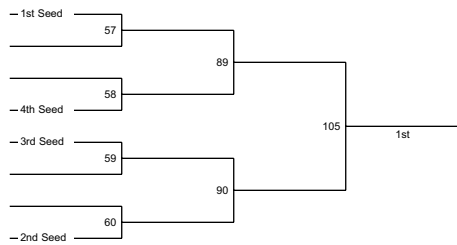
16 competitors



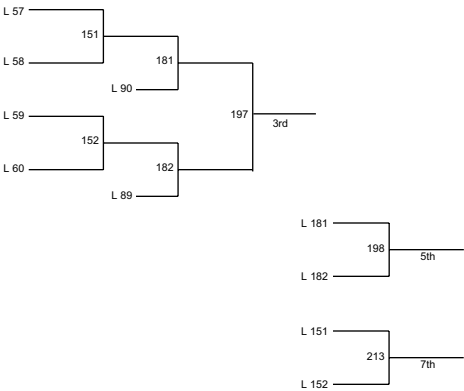
16 competitor wrestle-backs

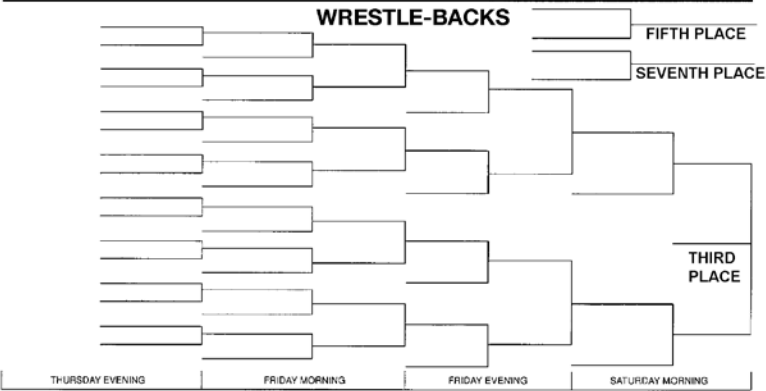


8 competitors



8 competitor wrestle-backs





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.

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, 4 or 5 points
Time Advantage (Rule 2.12)	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 (that is, 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.

4.3.3 Four team points shall be scored for a major decision.

4.3.4 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 of Wrestling Terms.

4.4 Tournaments

4.4.1 *Places.* In individual advancement tournaments, individual placement points should be awarded as soon as earned. Placement points already earned shall be deducted in case of disqualification for flagrant misconduct. (For medical forfeits, see Rules 3.17.4, 6.5 and 9.2.2.)

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 ½ point in the wrestle-back bracket, except for the final first-, third-, fifth- and seventh-place matches. One point in the championship bracket and ½ 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 1½ points shall be awarded for each match won by a technical fall. One point shall be awarded for each match won by a major decision.

4.5 Summary of Scoring

<i>Dual Meet</i>	<i>Tournament</i>
Fall..... 6	Fall.....2
Forfeit 6	Forfeit2
Default..... 6	Default.....2
Disqualification..... 6	Disqualification.....2
Flagrant Misconduct 6	Flagrant Misconduct2
Technical Fall 5	Advancement
Major Decision	Championship Bracket1
(by 8 through 14 points) 4	Wrestle-Back Bracket ½
Decision	Technical Fall 1½
(by fewer than 8 points) 3	Major Decision
	(by 8 through 14 points).....1
	Bye followed by a win
	Championship Bracket1
	Wrestle-Back Bracket..... ½
<i>Individual Match</i>	
Takedown 2	Near Fall..... 2, 4 or 5
Escape 1	Time Advantage (Maximum
Reversal..... 2	for 1 minute or more).....1
<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>	

4.6 Scoring Abbreviations

T-2	Takedown	F 1:36	Fall at 1:36
R-2	Reversal	For.	Forfeit
E-1	Escape	Inj(1)1:45.....	First injury
N-2	Near fall (two seconds)	Inj(2)3:15↓.....	Second injury*
N-4	Near fall (four seconds)	M. For.....	Medical forfeit
N-5	Near fall (as a result of injury)	Def.....	Default
FS	False start	DQ	Disqualification
S.....	Stalling	DQW.....	Disqualification for weight management violation
TV	Technical violation	DQM	Disqualification for violation of medical protocol
P	Illegal holds, unnecessary roughness	TF-5-5:19	Technical fall– 5 team points at 5:19
MD.....	Major decision	TF-1½ -5:19	Technical fall– 1½ tournament team points at 5:19
Dec.	Decision		
W.....	Warning		
C.....	Caution		
UC.....	Unsportsmanlike conduct		
RT	Riding time/time advantage		
SV.....	Sudden victory**		
TB	Tiebreaker**		
FMC.....	Flagrant misconduct		

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).*

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 5.9.1.) Except for the standing position, a match shall be stopped when warning and penalizing the offensive (advantage) wrestler for stalling (See Rule 5.9.3.);
- 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 5.10.2 and 5.10.3.)

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, excessive celebration involving a vulgar act 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.

Once a unsportsmanlike conduct violation has been assessed, the referee shall review the official designated mat-side video. The review shall take place immediately after the violation has been assessed. The unsportsmanlike conduct violation shall not be changed after the subsequent match begins in a dual meet and once the bout sheet leaves the table in a tournament. (See Rule 3.21.2.a.)

- 5.4.2 *Penalties for Unsportsmanlike Conduct.* A wrestler being 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 an award to the opponent of 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 referee shall signal the infraction then inform the offending coach, the scorekeeper and the meet announcer of the one team point deduction.

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 referees, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the premises.”

The home institution's game management staff 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. (See Rule 1.9.)

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. For unnecessary roughness signal, see No. 26 on Signal Chart.)

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, declaration of the opponent as the winner and the award of six points to the opponent's team. 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 advancement. (For flagrant misconduct in overtime, see Rule 3.10.7.)

- a) 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. In dual-team advancement tournaments, the flagrant misconduct penalty points are only deducted for the session in which the offense occurred.
- b) A wrestler, coach or institutional representative who commits an act of flagrant misconduct shall be suspended from participation 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 wrestling officials as soon after the match as possible that a flagrant misconduct violation occurred.

The national coordinator of wrestling officials will contact the chair of the NCAA Wrestling Rules Committee 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.

- c) In a triangular, quadrangular, individual advancement or dual-team advancement tournament, an individual(s) penalized for flagrant misconduct shall be disqualified and removed from the premises for the duration of the event, including multiple-day competitions. "Premises" is defined as the building in which the event takes place. The head 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 7.10.13.)
- d) Once a flagrant misconduct violation has been assessed, the referee shall review the official designated mat-side video. The review shall take place immediately after the violation has been assessed. The flagrant misconduct violation shall not be changed after the subsequent match begins in a dual meet and once the bout sheet leaves the table in a tournament. (See Rule 3.21.2.a.)

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 Institutional Medical Staff. If the offender is a member of the team's medical staff, the penalty shall be the deduction of one team point and the head coach shall be removed from the premises for the duration of the event, including multiple-day events. Also, the head coach shall be suspended from participating in the team's subsequent scheduled event. The member of the team's medical staff shall continue to serve the team's medical needs.

5.6.4 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 7.11.) Additionally, in NCAA competition, a tobacco violation may be penalized as misconduct as defined in the NCAA bylaws of the current NCAA Division I, II or III Manual, with the penalty to be determined by the NCAA Wrestling Rules Committee.

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 Rules 1.13 and 6.1.3.)

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; choke 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; rear-standing double-knee kick 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. 102 and 103.) A variety of leg rides may be applied that do not exert hyperextensive pressure on the knee and therefore are permissible. (See Illustration Nos. 105 and 106.)

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 in the neutral position 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 and shall be called as a **flagrant misconduct** when the defensive wrestler is in a standing position and the offensive wrestler has a **leg/body scissor hold** or a **cross-body ride**. (See Rule 5.6.1.d.)
- 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 2.11.)
- 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 Headlock*. 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 a wrestler in the rear standing position, uses both feet to kick behind the knees in an attempt to bring the opponent to the mat. (See Illustration No. 67.)
- 5.8.13 *Neck Bow*. When in the top position, the offensive wrestler applies a legal head and arm, locked from the side, and then somersaults toward and over the defensive wrestler’s head. This position may create a choking situation and could put undue pressure on the neck and spine and is, therefore, illegal. (See Illustration No. 99.)

Technical Violations

5.9 Stalling

5.9.1 *Initiating Action.* Action is to be maintained throughout the match by the contestants staying near the center of the mat and wrestling aggressively in all positions (top, bottom or neutral). Stalling is defined as one or both wrestlers attempting to avoid wrestling action as an offensive or defensive strategy.

When a referee recognizes stalling, the first violation will be a warning; the second violation will result in 1 point being awarded to the opponent; the third violation is 1 point being awarded to the opponent; the fourth violation is 1 point being awarded to the opponent; and the fifth violation will result in a disqualification.

A “double stalling” violation is given when both wrestlers fail to initiate an offense. (See Penalty Table for sequence of penalties.)

5.9.2 *Neutral Position Stalling.* Each wrestler must attempt to work toward the center of the mat and continue wrestling in an attempt to secure a takedown, regardless of the time or score of the match. When wrestling is stopped in the neutral position for going out of bounds, one of the following three calls shall be made: a) stalling on one or both wrestlers for leaving the wrestling area; b) stalling for pushing or pulling the opponent out of bounds; or c) wrestling action is taking place. Stalling in the neutral position is defined as follows:

5.9.2.1 Continually backing away from the opponent without creating offensive action.

5.9.2.2 Near the edge of the wrestling area, a wrestler shall not leave the wrestling area unless it is to sprawl from an opponent's takedown attempt or when interlocked in wrestling.

5.9.2.3 A wrestler shall be called for stalling if kicking out from a lower leg hold when this action results in the defending wrestler going out of the wrestling area.

5.9.2.4 Fleeing or attempting to flee the wrestling area as a means of avoiding being scored upon. (See Rule 5.13.)

5.9.2.5 Pushing or pulling the opponent out of bounds to prevent scoring. (See Rule 5.13.)

5.9.2.6 Interlocking fingers with the opponent in the neutral position is a stalemate for the first offense. (See Rule 2.2.) Subsequent offenses of interlocking fingers shall be called stalling. (See Rules 5.9.1 and 5.18.)

5.9.3 *Stalling—Offensive and Defensive Position.* Offensive and defensive wrestlers shall make an attempt to sustain active wrestling and remain in the center. When the offensive wrestler positions himself with one or both hands below the buttocks of the defensive wrestler, the referee shall immediately start a verbal and visual five-second count. The referee shall stop the count when the offensive wrestler improves his position, moves his hold back up above the buttocks of the defensive wrestler, or releases the hold. If the referee reaches the fifth count before the offensive wrestler

improves his position, moves his hold back up above the buttock or releases the hold, then the offensive wrestler shall be called for stalling.

- a) If the offensive wrestler lifts the defensive wrestler's leg up off the mat and both wrestlers reach the standing position, the referee stops the five-second count. If the offensive wrestler does not attempt to return the defensive wrestler to the mat, the referee shall call stalling.
- b) If the offensive wrestler applies a hold with a hand or arm around the defensive wrestler's waist while applying the other arm/hand below the buttocks, the referee shall immediately start a verbal and visual five-second count. The referee shall stop the count when the offensive wrestler moves his arm/hand back up above the buttocks of the defensive wrestler, or releases the hold. If the referee reaches the fifth count before the offensive wrestler moves his arm/hand back up above the buttocks of the defensive wrestler, or releases the hold, then the offensive wrestler shall be called for stalling.
- c) When an offensive wrestler applies a side headlock or cross body headlock to the defensive wrestler, the referee shall immediately start a verbal and visual five-second count. If the offensive wrestler does not release the hold or attempt to put his opponent in a near fall situation before the referee reaches his fifth count, the offensive wrestler shall be called for stalling.

The offensive and defensive stalling situations include:

- 5.9.3.1 The offensive wrestler does not aggressively attempt to break down the opponent.
- 5.9.3.2 Either wrestler pushing or pulling the opponent out of bounds to prevent scoring.
- 5.9.3.3 The defensive wrestler must initiate action to escape or reverse the opponent.
- 5.9.3.4 Repeatedly applying the legs while in the rear-standing position is stalling.

With the defensive wrestler in a standing position, the offensive wrestler is allowed reaction time to attempt to bring the opponent back to the mat.

- 5.9.4 *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.

5.10 Interlocking Hands

- 5.10.1 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 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.

5.10.2 *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.

5.10.3 *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.

5.11 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.

5.12 Leaving Mat Without Permission

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

5.13 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 considered stalling. Both wrestlers should make every effort to remain in bounds. Fleeing occurs anytime 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.

5.14 Toweling Off

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

5.15 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.

5.16 False Starts

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

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

5.16.2 *Third and Subsequent Violations.* One penalty point for each occurrence. The sequence of penalties is inclusive with incorrect starting positions.

5.17 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:

5.17.1 Gain a distinct advantage over the opponent; or

5.17.2 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.

5.18 Interlocking Fingers in Neutral Position

Interlocking fingers with the opponent in the neutral position is a stalemate for the first offense. (See Rule 2.2.) Subsequent offenses of interlocking fingers in the neutral position shall be called stalling. (See Rule 5.9.2.6.)

PENALTY TABLE

Infraction	Rule	First Violation	Second Violation	Third Violation	Fourth Violation	Fifth Violation
Unnecessary roughness ¹	5.5	}				
Illegal holds ¹	5.8					
Unsportsmanlike conduct—wrestler during match	5.4		1 point	2 points	Disqualify	
Technical Violations ¹	5.10, 5.11, 5.12, 5.14, 5.15					
Technical Violations (exceptions to above)						
Stalling ³	5.9	}				
Delaying of match ³	5.9.4		1 point	1 point	1 point	Disqualify
Fleeing the Wrestling Area ³	5.13					
False starts	5.16	}				
Incorrect starting positions	5.17		Caution	1 point for this and subsequent violations awarded the opponent		
Unsportsmanlike conduct ² —nonparticipating team personnel; wrestlers before and after match	5.4	1 team point	Disqualify; 1 team point; remove from premises ⁴			
Flagrant misconduct—wrestlers	5.6	Disqualify; 1 team point; remove from premises ⁴ ; opponent declared winner				

Infraction	Rule	First Violation	Second Violation	Third Violation	Fourth Violation	Fifth Violation	
Flagrant misconduct— institutional representatives		1 team point; remove from premises ⁴					
Questioning the referee ⁵	3.12 7.7.7	Warning	Warning	1 team point	2 team points; remove from premises for this and subsequent violations ⁴		
Control of mat area ⁵	3.4 3.13 3.16.5 7.7.6 7.7.7 7.7.8	}	Warning	1 team point	2 team points; remove from premises for this and subsequent violations ⁴		
Illegal substances on skin, appearance or illegal uniform or equipment	1.12 1.13 1.14 1.15.1 5.7						
		}				Disqualify if not removed or not corrected within contestant's remaining injury time ⁶	
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				

Infraction	Rule	First Violation	Second Violation	Third Violation	Fourth Violation	Fifth Violation
Tobacco use by match official and other personnel	7.11	Report to event administrator				
Tobacco use by student-athlete, coach and other team personnel	5.6.4	Flagrant Misconduct				
Communicable skin diseases	9.6.4, Appendix A	Disqualify				
Nonbleeding injury timeout	6.1.3	Opponent granted choice of position	Opponent awarded one match point	Injury default		
Nonbleeding injury timeout	6.1.3	Opponent granted choice of position	Opponent awarded one match point	Injury default ^b		

Note A: Any combination of four penalties, excluding cautions, warnings, false starts, and assuming incorrect starting position, 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 applies an illegal head scissors.

Penalty: One point.

In the third period, Wrestler A is called for using an illegal hold.

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 3.22.4.) 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 3.22.4.)

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.

³Stalling is a technical violation, but penalties do not follow the disqualification sequence. The penalty is one point awarded to the opponent 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 (includes fleeing and delaying match) (5.9)	Grasping clothing, etc. (5.15)
Interlocking hands (5.10)	False starts (5.16)
Figure-four scissors (5.11)	Incorrect starting position (5.17)
Leaving mat without permission (5.12)	Interlocking fingers (5.18)
Towel off (5.14)	

RULE 6

Injuries and Timeouts

6.1 Timeout

6.1.1 *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.)

See rules changes for 6.1.2 and 6.1.2.1 at the front of this rules book in blue/red.

6.1.2 *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. Coaching is permitted during injury timeouts. (See Rule 6.1.3.)

6.1.3 *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.

Once the first nonbleeding injury timeout is taken by a wrestler at any time, the noninjured wrestler is given the choice of top, bottom or neutral position on the restart. If the first 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 first 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 first timeout is taken and the noninjured wrestler has already earned the choice of position, then the noninjured wrestler will have the choice and the opponent will be assessed a warning for stalling.

Once the second nonbleeding injury timeout is taken by a wrestler at any time, the noninjured wrestler is awarded one point. If the second nonbleeding injury timeout is taken at the conclusion of the third period or the second tiebreaker period, the opponent shall be awarded one point at the beginning of the sudden-victory period, and the match is concluded and is scored as a win in the sudden-victory period. (See Rule 4.2.) In a similar manner, if the second nonbleeding injury timeout is taken anytime during the sudden-victory period, the opponent shall be awarded one point and the match is concluded.

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

6.1.4 *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.

Determining the number and length of timeouts allowed 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. Saturated is defined as soaked with moisture or drenched. If blood has penetrated through a garment to the skin or can be transferred to the other wrestler or referee, the garment is saturated. The same saturation criteria should be applied to a wrestler's personal equipment (headgear, knee brace, etc.) 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.

See rules change for 6.1.5 at the front of this rules book in green.

- 6.1.5 *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 or recovery time has expired. The medical personnel may examine, but not treat, the contestant during this time.

In the case of a possible concussion, once the contestant's injury time has expired, if medical personnel are in need of additional time to properly evaluate the wrestler, a referee timeout should be called to give medical staff adequate time to render a decision. (See Appendix B.)

- 6.1.6 *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.
- 6.1.7 *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.
- 6.1.8 *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 Injury

If a contestant shows signs of a concussion or spinal injury, that wrestler shall not be permitted to continue in the match or return to competition without approval of the team physician or the team physician's designee according to each institution's Concussion Management Plan. Student-athletes diagnosed with a concussion shall not return to activity (or competition) for the remainder of that day. (See Appendix B for detailed information on concussions.)

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

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 disqualification. (See Rule 6.1.7.) However, if the injured contestant recovers and wrestling resumes, that contestant then cannot be awarded the match by disqualification for this illegal action.

6.5 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 4.6.)

A contestant who forfeits for medical reasons shall retain advancement points and placement points previously earned but cannot advance further in the tournament. A medical forfeit shall count as a win but not as a loss on the wrestler's season record. The nonforfeiting wrestler must appear on the mat in uniform to have his or her hand raised in order to win by medical forfeit. (See Rule 2.20.) 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.)

6.6 Attendants During Injury Timeout

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

RULE 7

Referees and Other Personnel

7.1 Referee

7.1.1 *Registration.* A referee who wishes to be eligible to officiate in-season dual meets, tournaments (including opens) and championship competition, must complete the following requirements:

7.1.1.1 The referee shall register not later than October 19 of each year.

7.1.1.2 The referee shall complete the NCAA Wrestling Referee Enhancement Program fall clinic every year.

7.1.1.3 The referee shall complete an online examination and receive a minimum passing score of 86 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 Referee 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 for all referees.

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 Referee Jurisdiction, Control and Matters of Judgment

7.3.1 *Jurisdiction.* 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.

7.3.2 *Control and Judgment.* On matters of judgment, the referee shall have full control of the meet. The referee's decisions shall be final; however, a referee may immediately change a call during a match if the referee feels the original call was in error. (See Rule 3.11.3.)

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, mat requirements and mat-side video review rules. (See Rules 1.8, 1.9 and 3.21.);

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. Inspections of all contestants shall be completed before dual meets and during the first round of all individual tournaments;

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 3.4.2.)

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 1.7 and 3.8.)

7.5 Referee Procedures

7.5.1 *Unexpected Developments.* The referee should meet promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.

7.5.2 *Enforcing the Rules.* The referee shall be firm in enforcing the letter and spirit of the rules and penalize consistently any infractions. The referee shall enforce vigorously and promptly the penalties for the infractions as provided in Rule 5.

7.5.3 *Making Corrections.* If a correction is made, the referee shall immediately advise the wrestlers, coaches and table personnel. (See Rules 3.11 and 7.3.2.)

7.5.4 *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.

- 7.5.5 *Referee Signals.* The referee shall use the Collegiate Referee Signals Chart at the end of the Illustrations section.
- 7.5.6 *Oral Commands.* The referee may use oral commands, that is, “action, improve, center” to instruct, but not coach wrestlers.
- 7.5.7 *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 proper signal when calling stalling. This can occur in the neutral, offensive and defensive positions. Advantage time, if applicable, will not be stopped after the penalty.
- 7.5.8 *Signal Timekeeper.* The referee shall signal the timekeepers as follows:
- 7.5.8.1 When the match is started or stopped for any reason.
 - 7.5.8.2 When time advantage begins or ends for a contestant.
 - 7.5.8.3 Whenever timeout is involved in any situation occurring in the match.
- 7.5.9 *Awarding Points—Edge of Mat.* When possible, the referee should award points in on-the-edge-of-the-mat situations before blowing the whistle.
- 7.5.10 *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 2.13.6.)
- 7.5.11 *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.
- 7.5.12 *Potentially Dangerous.* The referee shall caution the user of a potentially dangerous hold in order to prevent possible injury. Such holds may be stopped by the referee, if possible, before reaching the dangerous stage. (See Rule 2.11.)
- 7.5.13 *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.

7.5.14 *Certifying Final Results.* The referee shall sign the official scoresheet or scorebook to certify the final results. In cases where electronic scoring is used, the referee shall verify the official score display to certify the results.

7.6 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.

7.7 Assistant-Referee Procedures

7.7.1 Verbal Communication. Verbal communication between the assistant referee and referee is encouraged.

7.7.2 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.

7.7.3 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.

7.7.4 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.

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

7.7.6 People 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.

7.7.7 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. (See Rules 3.12 and 3.13.)

7.7.8 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. (See Rules 3.4, 3.13 and 3.14.)

Other Personnel

7.8 Match/Meet Timekeeper

The match timekeeper is responsible for the following:

7.8.1 Overseeing assistant timekeepers and scorers, constantly checking their activities.

7.8.2 Keeping the overall time of the match.

- 7.8.3 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.
- 7.8.4 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.
- 7.8.5 Assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period.
- 7.8.6 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).
- 7.8.7 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.
- 7.8.8 Informing contestants and coaches, when requested, of time advantage accumulated if a visual clock is not available.
- 7.8.9 Informing the referee when a 15-point differential occurs.

7.9 Assistant Timekeepers

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

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

7.10 Scorers

The scorers are responsible for the following:

- 7.10.1 Recording points scored by both contestants when signaled by the referee.
- 7.10.2 Constantly checking each other's scoring.
- 7.10.3 Keeping the scoreboard operator continually advised of the official score during each match.
- 7.10.4 Immediately advising the match timekeeper when they are in disagreement regarding the score.
- 7.10.5 Recording the time advantage at the end of each period.
- 7.10.6 Recording which contestant has the choice of position at the start of the third period.

- 7.10.7 Informing the timekeeper and referee when a contestant has exceeded the allotted number of injury timeouts.
- 7.10.8 Informing the timekeeper when a technical fall occurs. (See Rule 7.8.9.)
- 7.10.9 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 3.9.3.)
- 7.10.10 Recording the time-advantage point, if earned, in the final match score.
- 7.10.11 Showing the referee the scorebook at the end of each match.
- 7.10.12 Recording the time of the fall, technical fall, disqualification or default, both on the match sheet and in the scorebook.
- 7.10.13 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.)

7.11 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 5.6.4.)

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 Rules Committee.

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 (for example, wrestlers competing in open competition).

It is mandatory that the NCAA Official Weigh-In Form, generated by the National Wrestling Coaches Association (NWCA) Optimal Performance Calculator (OPC) system, be used for all competition. (See Rules 8.3.5.3 and 9.1.5.)

Before medical exams, the host shall collect and retain a copy of the NCAA Official Weigh-In Form from all participating institutions. Wrestlers have until (on or before) February 15 to reach or descend back to the lowest certified weight class, as determined by their individual weight-loss plan. (See Rule 8.3.3.) There is no appeal for missing the February 15 deadline.

- 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 before 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 institutions. 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.

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- 8.1.4 *Nonregistered Tournaments.* All wrestlers whose names appear on an institution's roster are prohibited from competing at non-NCAA-registered tournaments.

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 NWCA OPC system. 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 NWCA 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 NWCA OPC system. For entry deadline in the NWCA 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." After the coach has viewed the presentation and registered, access is granted to the NWCA OPC system. Required information shall be completed, including, but not limited to, the following:

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 NWCA OPC system before midnight October 1.

Note: Only after the above requirements are fulfilled will coaches have access to the NWCA 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 (for example, 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 (for example, 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 (October 10) each year. During the initial weight assessment, a wrestler's minimum wrestling weight class for the season shall be determined. The assessor shall enter all assessment data into the NWCA OPC system within five days of collection or the data will be invalid and the student-athlete must be reassessed. 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 NWCA OPC system, 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. Once the official assessment data is entered in the NWCA OPC system, the information 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 information.

8.3.2 *Procedures for Certification.* All student-athletes are required to complete Section I certification. Each student-athlete has until (on or before) February 15 to reach or descend back to his or her lowest certified weight

class as determined by the student-athlete's individual weight-loss plan. (See Rule 8.3.3.)

A wrestler shall not compete at his or her lowest allowable weight class before the date indicated on the weight-loss plan. 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 higher than his or her lowest certified weight class may return to the certified 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. There is no appeal for missing the February 15 deadline.

It should be noted that the weight-loss plan is recalculated anytime 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 guides a wrestler to 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 5 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 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 (see Rule 9.1.5), which shall also include the results of medical examinations. (See Rule 8.2.1.) It is recommended that the host keep a copy of NCAA Official Weigh-In Forms for a minimum of five years.

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 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, medical protocols 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;
- 6) Event excluded as an NCAA registered contest in the NWCA OPC system the subsequent season; and
- 7) 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.

RULE 9

Weighing In, Medical Exams and ISRF

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. If the medical checks and/or weigh-ins are being held in the competition arena, all spectators and unnecessary personnel shall not be permitted in the competition area until the weigh-ins are completed. All contestants shall weigh in wearing a minimum of a suitable undergarment, such as briefs, boxers, shorts or competition singlet. A garment shall not be altered and shall cover the entire buttocks. Only authorized personnel shall supervise the weighing in of contestants. It is mandatory that the NCAA official weigh-in form, generated by the NWCA OPC system, be used for all competition. (See Rule 8.3.5.3.)

Before medical exams, the host shall collect and retain a copy of the NCAA Official Weigh-In Form from all participating institutions.

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. The scale(s) shall be made available to all participants a minimum of one hour before the scheduled weigh-in time.

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 athletics administration. A weight allowance is not permitted for dual meets conducted on consecutive days. (See Rule 9.1.3.)

At the scheduled time for **medical exams**, all student-athletes who wish to compete must present themselves properly groomed. During the **medical exam and weigh-in** period, contestants may not leave the **medical exam/ weigh-in** area, and activities that promote dehydration are prohibited. The **medical exams/ weigh-ins** shall be conducted in either weight class order or by team in weight class order, starting at the lowest weight class. When all wrestlers for a weight class have had an opportunity to weigh in, 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 *Subsequent-Day Weigh-Ins.* Dual meets and multiday dual meets shall be conducted with no weight allowance permitted, nor can an allowance be mutually agreed upon.

9.1.4 *Tournaments.* 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 **shall** adhere to NCAA rules relating to weighing in.

Wrestlers reporting to **medical exams/ weigh-ins** for team-advancement tournaments or individual-advancement tournaments shall appear properly groomed, wearing no less than a suitable undergarment and ready to step onto their assigned scale. (See Rule 9.1.1.) 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.

The actual weights from the first and second day weigh-ins shall be recorded on the NCAA Official Weigh-In Form and recorded in the NWCA OPC system.

A wrestler must weigh in at the same weight class for the second day of competition as weighed in on the first day of competition.

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. Wrestlers must weigh in at the same weight class for the second day of competition as they weighed in on the first day of competition. The 1-pound allowance will only be granted to individuals who make weight the first day of competition. A wrestler who does not weigh in and compete on the first day of competition shall not weigh in 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.

At the scheduled time for medical exams, all student-athletes who wish to compete shall present themselves properly groomed. During the medical exam and weigh-in period, contestants may not leave the medical exam/ weigh-in area, and activities that promote dehydration are prohibited. The medical exams/ weigh-ins shall be conducted in either weight class order or by team in weight class order, starting at the lowest weight class.

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

- 9.1.5 *NCAA Official Weigh-In Form*. For dual meets, both coaches shall retain on file a copy of the completed NCAA Official Weigh-In Form, the only acceptable form permitted by rule and generated by the NWCA OPC system, for a recommended five years. A copy of the NCAA Official Weigh-In Form shall be hand carried or electronically submitted to each site of dual meet and team-advancement competition. For NCAA registered individual advancement tournaments, including open tournaments, the host shall download from the NWCA OPC system the names and weight classes of all rostered wrestlers entered in the tournament. In tournament competition, the host site shall be responsible for retaining the NCAA official weigh-in form(s) with the actual weights of each participant. A copy of the completed NCAA Official Weigh-In Form shall be made available to each competing institution. The actual weight and results of all student-athletes listed on the institution's roster including those who compete unattached at open tournaments shall be entered into the NWCA OPC system before a new weigh-in sheet can be built for the next scheduled competition for each wrestler.

9.2 Failure to Make Weight

Any contestant failing to make weight or pass medical exams at the designated time shall be ineligible for that weight class.

- 9.2.1 *Dual Meets*. For dual meets, failure to make weight shall be scored as a forfeit and team points awarded to the opponent. Failure to pass medical exams shall be scored as a medical forfeit and team points awarded to the opponent. (See Rules 2.19 and 6.5.)

The actual weight for each contestant who did not make weight shall be recorded on the NCAA Official Weigh-In Form and in the NWCA OPC system. If the contestant is listed on the NCAA Official Weigh-In Form but did not attempt to make weight, then it shall be recorded on the NCAA Official Weigh-In Form as Did Not Enter (DNE).

- 9.2.2 *Tournaments*. In individual advancement tournaments, failure to make weight shall be awarded as a forfeit to the opponent and points for the forfeit and advancement shall be scored. Failure to pass medical exams shall be awarded as a medical forfeit to the opponent and points for the medical forfeit and advancement shall be scored. Once the bracket has been drawn and the deadline for withdrawals has lapsed, the bracket is considered closed and all entries are declared as final. Any subsequent withdrawal will be recorded as a forfeit or a medical forfeit. Forfeiting

wrestlers will retain all points earned previously, and all matches will count on the Individual Season Record Form. (See Rules 2.19, 3.17.5 and 6.5.)

The actual weight for each contestant who did not make weight shall be recorded on the NCAA Official Weigh-In Form and in the NWCA OPC system. If the contestant is listed on the NCAA Official Weigh-In Form but did not attempt to make weight, then it shall be recorded on the NCAA Official Weigh-In Form as Did Not Enter (DNE).

9.3 Prohibited Practices and Substances

The use of laxatives, emetics, excessive food and fluid restriction, self-induced vomiting, hot rooms, hot boxes, and steam rooms is prohibited for any purpose.

The use of a sauna is prohibited at any time and for any purpose, on or off campus.

The use of diuretics (for example, water pills) at any time is prohibited by NCAA legislation for all sports. Regardless of purpose, the use of vapor-impermeable suits (for example, rubber, rubberized nylon or neoprene) or any similar devices or material used solely for dehydration is prohibited. Artificial means of rehydration (that is, intravenous hydration) are also prohibited, and to allow participation and use of such is a violation of weight management rules. 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](https://www.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 A, Skin Infections in Wrestling.) Medical examinations/skin checks shall begin 15 minutes or less before the scheduled time of weigh-ins. Medical professionals of both genders may participate in the medical examinations.

9.6.2 *Dress for Examinations.* Male student-athletes shall wear a suitable short that covers the entire buttocks, and female student-athletes shall wear shorts and a sports bra during examinations.

9.6.3 *Medical Examinations/Skin Checks.*

Medical examinations/skin checks shall begin 15 minutes or less before the scheduled time of weigh-ins. At the time of medical examinations/skin checks, all competitors are required to report to the designated area and all weight-loss activity shall cease.

At the scheduled time for medical exams, all student-athletes who wish to compete shall present themselves properly groomed. During the medical exam and weigh-in period, contestants may not leave the medical exam/weigh-in area, and activities that promote dehydration are prohibited. The medical exams/weigh-ins shall be conducted either in weight class order or by team in weight class order, starting at the lowest weight class. The medical examination/skin check is completed once all heavyweight wrestlers have been examined. The games committee may consider extenuating circumstances. (See Rule 3.16.4.) Medical examinations/skin checks shall be conducted each day of competition and shall take place 15 minutes or less before the scheduled time of weigh-ins 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. (See Appendix A for skin infections.) 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 6.5.)

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 a hard copy of current written documentation from the treating physician to the medical professional at the medical examination with the approved NCAA Skin Evaluation and Participation Status Form describing: (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. Appendix A contains communicable skin disease treatment protocol and direction as to who shall be permitted or denied participation.

9.7 Weighing In, Medical Examination and Individual Season Record Form 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;
- 6) Event excluded as an NCAA registered contest in the NWCA OPC system the subsequent season; and
- 7) 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 OPC system. 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. Exhibition matches between teammates shall not be counted.

All matches competed during the season as defined in the NCAA bylaws of the current NCAA Manual, including open or unattached competition, must be listed. Unattached student-athletes must be listed with their college affiliation (for example, 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 (for example, 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 ISRF Requirements. 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. Each institution shall approve the results from each competition entered into the NWCA OPC system within 48 hours after a home event and not more than 96 hours after an away event.

A default shall be recorded as a loss and listed on the ISRF when a wrestler is unable to continue in a match due to injury. The opponent is credited with a win by default on the ISRF. (See Rule 4.6 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 scheduled less than seven minutes in duration shall not count on the ISRF. (See Rule 1.1.)

Skin Evaluation and Participation Status Form

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): _____

Cultured: ☐ No ☐ Yes Location: _____ Date: _____

Diagnosis: _____

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

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

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

Physician Name (Printed): _____

Physician Signature: _____

(MD or DO)

Specialty: _____

Office Address: _____

Contact #: _____

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

Note to Physician: 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)

Adequately covered is defined as: "the lesion is covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged."

Bacterial Infections (Furuncles, Carbuncles, Folliculitis, Impetigo, Cellulitis or Erysipelas, Staphylococcal 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. Gram stain of exudate from questionable lesions (if available). Active bacterial infections shall not be covered to allow participation.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): Skin lesions must be surrounded by a FIRM ADHERENT CRUST at competition time, and have no evidence of secondary bacterial infection. For primary (first episode of Herpes Gladiatorum) infection, the wrestler must have developed no new blisters for 72 hours before the examination; 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 herpetic infections shall not be covered to allow participation.

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

Molluscum Contagiosum: Lesions must be curetted or removed before the meet or tournament and adequately covered.

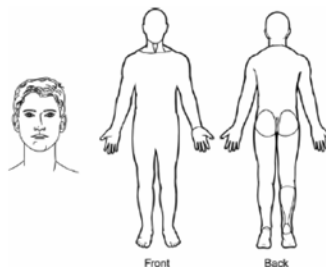
Verrucae: Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected areas cannot be covered with a mask. Solitary or scattered lesions can be curetted away before the meet or tournament but cannot be seeping. Wrestlers with multiple verrucae plana or verrucae vulgaris must have the lesions adequately covered.

Hidradenitis Suppurativa: Wrestler will be disqualified if extensive or purulent draining lesions are present; covering is not permissible.

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.

DISCLAIMER: The NCAA 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

Year in School: JR

Institution:
Cranberry
University

Certified Weight Class: 149

Date of Certification: 10/18/2013

First date student-athlete can wrestle: 9/20/13
at the certified weight class listed
above per the weight-loss plan form:

DATE	Actual Weight	Weight Class	Score Won	Score Lost	Opponent's Institution	Competition/ Place
11/15/2013	148.80	149.00	5-4		Blue Test	Dual Meet
12/02/2013	148.90	149.00		5-13	Green Test	Dual Meet
12/29/2013	148.60	149.00	FALL 1:45		Orange Univ.	Midwest Invite(4th)
12/29/2013	148.60	149.00	12-0		Orange Univ.	Midwest Invite(4th)
12/29/2013	148.60	149.00			Orange Univ.	Midwest Invite(4th)
1/6/2014	148.60	149.00	Mfor	0-1	Orange Univ.	Midwest Invite(4th)
1/14/2014	148.60	149.00		Mfor	Orange Univ.	Midwest Invite(4th)
	Season Totals:		4	2		

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

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Takedowns	43-56	92 , 93 , 94
Touch start.....	8	86
Twisting knee locks	37-42	91 , 92
Uniforms.....	1-6	85



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 headgear are shown.*



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



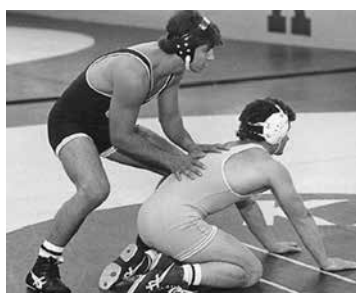
No. 8—TOUCH START (*vision-impaired*). *Each contestant shall have the fingers of one hand over and the fingers of the other hand under the opponent's fingers. Fingers shall not extend to the palms. Before the start of each match, the referee shall flip his/her (red/green) disc to determine which wrestler has choice of hand position during every neutral start, i.e., which wrestler will have his/her right or left hand palm up or down relative to the mat. The wrestlers shall alternate this choice of palm position throughout the match for each subsequent neutral position start. The meet timekeeper shall indicate to the referee which wrestler has hand position choice.*



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—ILLEGAL OFFENSIVE STARTING POSITION. *The offensive wrestler is not allowed to put a knee or foot on the far side of the defensive wrestler. In this illustration, the offensive wrestler has placed a foot on the far side in the area defined by the arrows, making it a technical violation.*



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



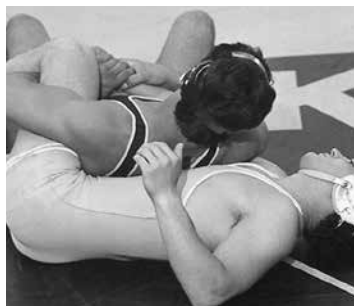
No. 13—ILLEGAL OPTIONAL OFFENSIVE STARTING POSITION. *Wrestler cannot straddle opponent's body. (Rule 2.1.4.)*



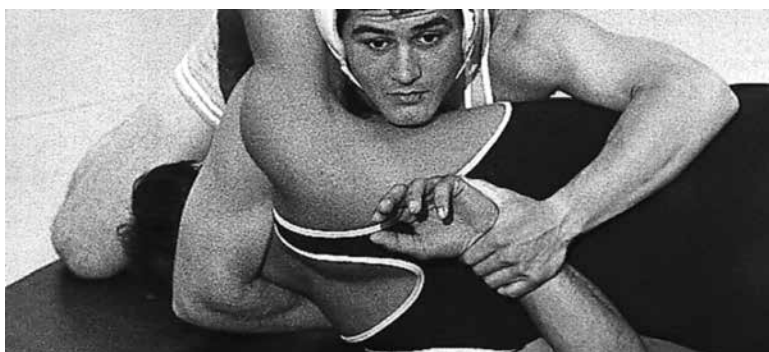
No. 14—CONTROL. *Control after allowance for reaction time.*



No. 15—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 (that is, 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.*



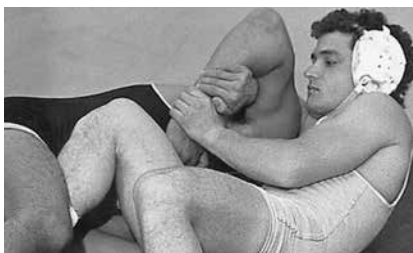
No. 18—ILLEGAL HAMMERLOCK. *The hammerlock is a legal hold, provided the hand is not forced away from the body. This illustration shows the hand being pulled away from the body, making it an illegal twisting hammerlock.*



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



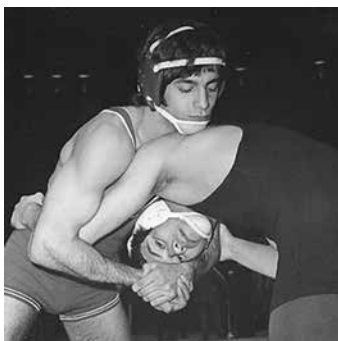
No. 20—ILLEGAL DOUBLE WRISTLOCK ON THE MAT. *Double wristlock turned into a typical twisting hammerlock that will injure opponent's shoulder if the arm is forced upward, unless opponent turns with the pressure, which often the opponent is unable to do to prevent injury to the shoulder; is illegal.*



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 HEAD-LOCK. *Illustration shows arm alongside of face with arm included.*



No. 24—ILLEGAL FRONT HEAD-LOCK. *Illegal front headlock without arm included.*



Nos. 25 and 26—ILLEGAL FRONT HEADLOCK. *Illegal front headlock without an arm encircled.*





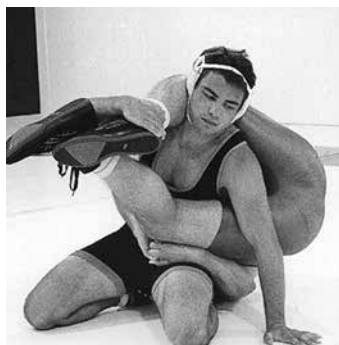
No. 27—ILLEGAL HEAD SCISSORS. *This straight scissors on the head is illegal.*



No. 28—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. 29—FIGURE-FOUR HEAD SCISSORS FROM A NEUTRAL POSITION. *This hold, with or without an arm trapped, is a technical violation in the neutral position.*



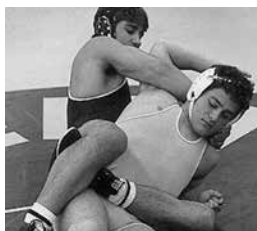
No. 30—DRAPING HEAD SCISSORS. *Legal as shown because there is minimal pressure against the head or neck.*



No. 31—DRAPING HEAD SCISSORS. *Legal as shown.*



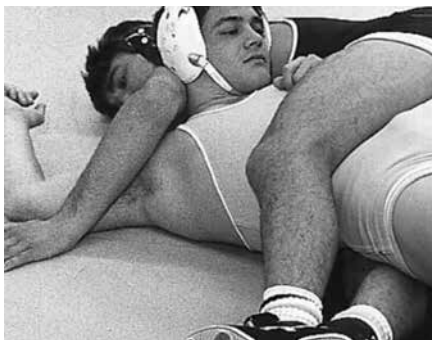
No. 32—ILLEGAL HEAD SCISSORS. *Even with the arm included, this is an illegal head scissors.*



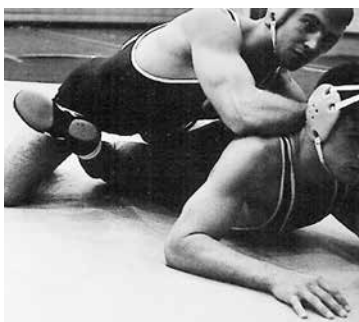
No. 33—FIGURE-FOUR SCISSORS. *This hold around the body or both legs is a technical violation.*



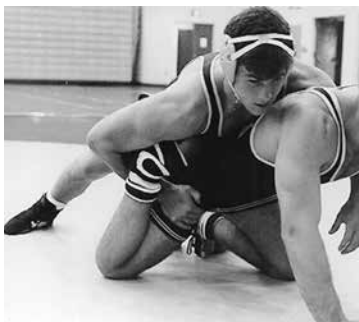
No. 34—OVER-SCISSORS (*AN ILLEGAL HOLD*). The over-scissors is barred because it is a punishing hold. Forcing the over-scissors endangers the ankle or the knee of the opponent.



No. 35—STRAIGHT BODY SCISSORS. A legal hold.



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

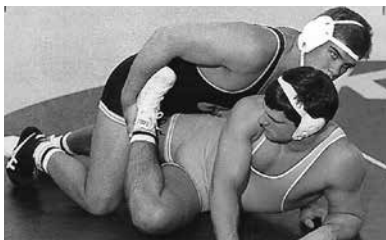


No. 39—ILLEGAL TWISTING KNEE LOCK. Twisting knee-lock pressure against the normal movement of the knee joint as illustrated constitutes an illegal hold.

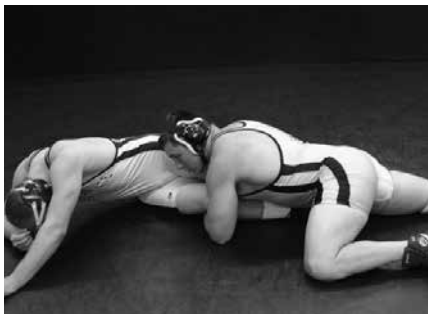
Nos. 37 and 38—ILLEGAL TWISTING KNEE LOCK. The two illustrations above show a twisting knee lock. It is an illegal hold. (See Rule 5.8.) The referee should anticipate the danger of injury from this hold and be in a position to block it before it reaches the danger point. (See Rule 2.11.)



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.*



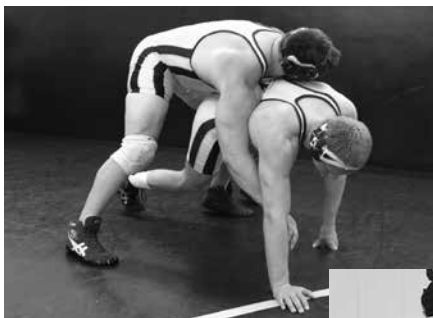
Nos. 41 and 42—ILLEGAL TWISTING KNEE LOCK. *Both illustrations above show illegal twisting knee lock. The pressure is against the normal movement of the knee joint.*



Nos. 43 through 46—TAKEDOWNS. *At the edge of the wrestling area, points shall be awarded when control is established while at least one supporting point or any part of a foot of either wrestler finishes on the mat in bounds.*

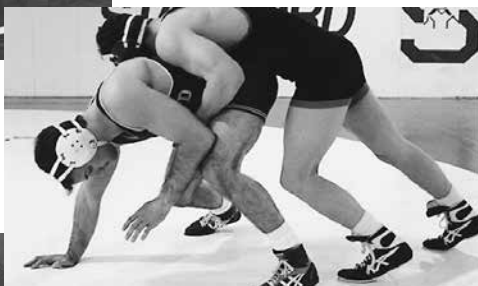


Nos. 47 and 48—TAKEDOWN OR REVERSAL AWARDED.



No. 49—TAKEDOWN. *This is a take-down because a part of a supporting point remains in bounds.*

No. 50—TAKEDOWN. *A takedown shall be awarded when this position is attained with one or both hands touching the mat. The hand or hands do not have to be weight bearing.*



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. In this situation, a takedown, near-fall points or a fall shall be awarded.*

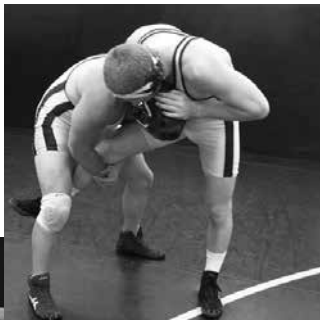


No. 54—OUT OF BOUNDS. *Both feet are outside the wrestling area, breaking the boundary of an imaginary cylinder surrounding the wrestling area.*



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

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



Nos. 57 and 58—REVERSAL. *At the edge of the mat, reversal points shall be awarded when control is established while one supporting point or any part of a foot remains down on the mat in bounds.*



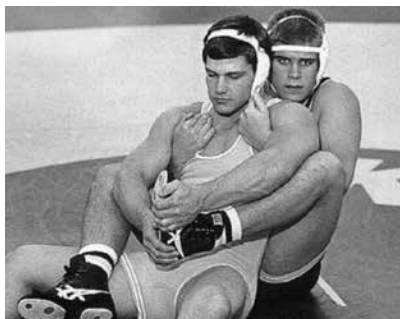
No. 58



No. 59—NEAR FALL. *A near fall or fall may be secured with none of the pinning area in-bounds as long as either wrestler is considered in-bounds.*



No. 60—NEAR FALL. *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—TOEHOLD. *This is a potentially dangerous 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. *Wrestlers may use their arm or hand to block the leg and then sit back to take the opponent to the mat.*



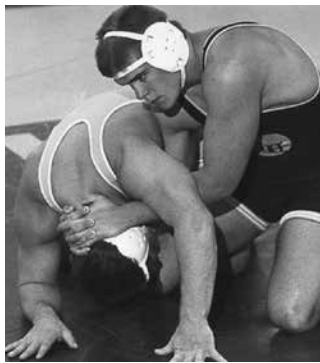
No. 66—ILLEGAL LEG BLOCK (CUT BACK). *Wrestlers are not allowed to use their leg in a whip-like fashion to take their opponent back to the mat.*



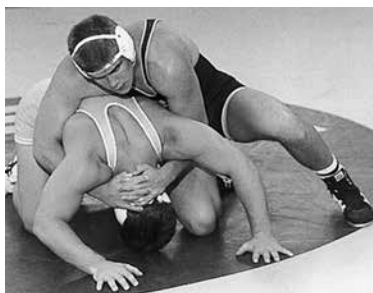
No. 67—ILLEGAL REAR STANDING DOUBLE KNEE KICKBACK. *The wrestler shall not use both feet to kick behind the knees in an attempt to bring the opponent to the mat.*



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—THREE-QUARTER NELSON. *A legal hold.*



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.



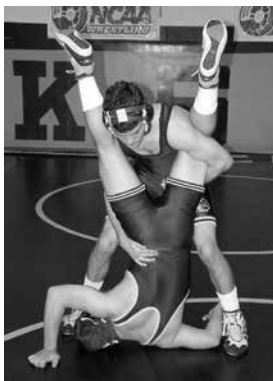
No. 76—NEAR FALL. The offensive wrestler is in control and holding the defensive wrestler in a bridge position. A near fall shall be awarded if this position is held for at least two seconds.



No. 74—NEAR FALL. A near fall can be scored in a pinning situation if both scapulae 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'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.



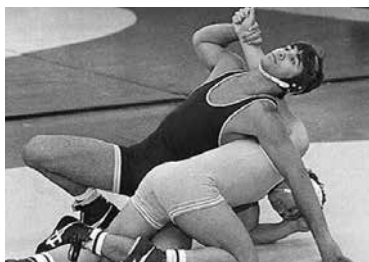
No. 78—NEAR FALL. *Illustration shows defensive wrestler bridging back to break body scissors and cross-body ride. In neither case should the near fall be awarded when the defensive wrestler is in a bridge, unless the defensive wrestler cannot turn out of the bridge when the offensive wrestler starts to assume control of the pinning situation. In cases in which defensive wrestlers initiate a bridge to free themselves from the use of legs, they should be given time to get out of the bridge.*



Nos. 79 and 80—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. 81—LEGAL GUILLOTINE. *After a near-fall criterion is met, arms can be locked around opponent's head or neck.*



No. 82—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. 83—LEGAL ARM BAR (CHICKEN WING). *There is no evidence of illegal pressure or twisting hammerlock; therefore, the hold is legal.*



No. 84—ILLEGAL ARM BAR (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. 85—LEGAL ARM BAR (CHICKEN WING). *The pressure is applied between 45 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. 86—POTENTIALLY DANGEROUS ARM BAR (CHICKEN WING). *The far arm of the defensive wrestler is preventing him or her from rolling through with the applied pressure.*



Nos. 87 and 88—POTENTIALLY DANGEROUS POWER HALF NELSON. *The defensive wrestler is unable to roll in the direction of the pressure because both the arm and hips of the defensive wrestler are preventing the bottom wrestler from rolling through to relieve the pressure.*

No. 89—ILLEGAL HEADLOCK. *Locking arms around the head is illegal with or without the leg being applied.*

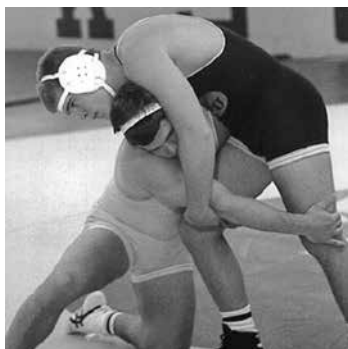
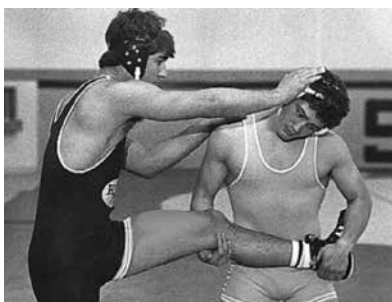


No. 90—LEGAL HEAD PRY. *The top wrestler can use this pry as long as it includes the arm or shoulder.*

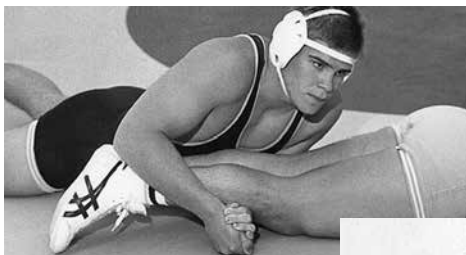
No. 91—BLOCKING ON HEAD, CHIN OR SIDE OF FACE IS LEGAL.



No. 92—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. 91.*

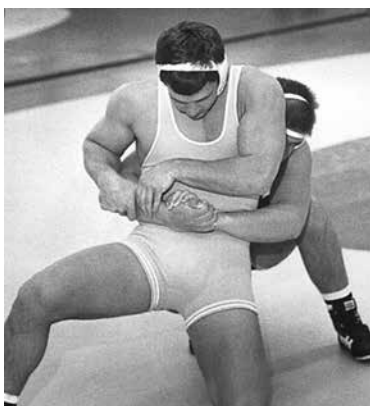
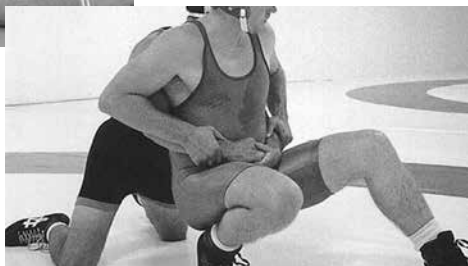


No. 93—A LEGAL CROSSFACE. *This hold is an effective and legal block for the double-leg pickup.*

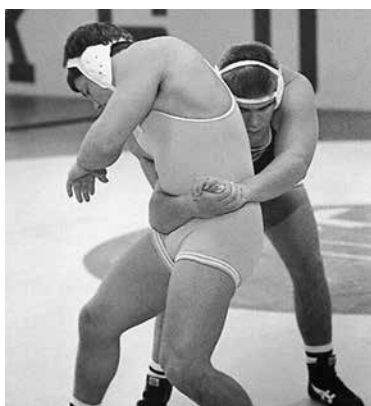


No. 94—INTERLOCKING OF HANDS AROUND LEGS. *This is a technical violation when done by the offensive wrestler.*

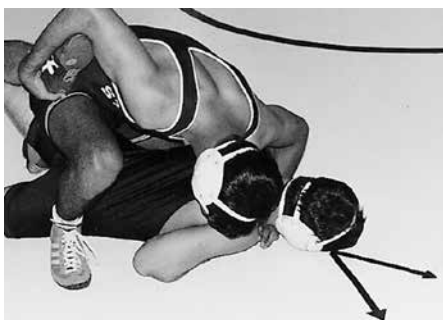
No. 95—LEGAL USE OF THE HANDS IN WAIST-LOCK. *This shows the legal use of the hands of the top wrestler. The defensive contestant's supporting parts, except feet, are clearly off the mat.*



No. 96—INTERLOCKING OF HANDS AROUND THE BODY. *A technical violation. Offensive wrestler is not allowed to lock (overlap) hands, fingers, wrists or arms around body while defensive wrestler is supported by parts other than feet.*



No. 97—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. 98—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. 99—ILLEGAL NECK BOW. *When in the top position, the offensive wrestler applies a legal head and arm, locked from the side, and then somersaults toward and over the defensive wrestler's head.*



No. 100—ILLEGAL TWISTING ANKLE LOCK. *The ankle is being twisted beyond its normal limits of movement.*

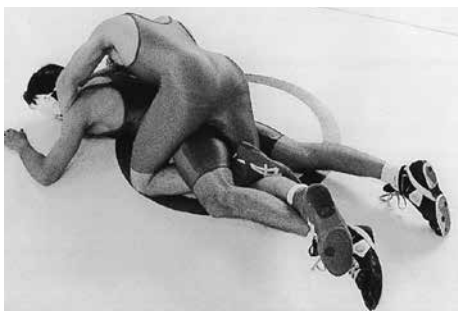
No. 101—ILLEGAL KNEE LOCK. *The top wrestler has obstructed the normal movement of the knee joint.*

Nos. 102 and 103—ILLEGAL LEG LOCKS. *Leg rides applied by the offensive wrestler that hyperextend the knee beyond its normal limits of movement are illegal.*





No. 104—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.*








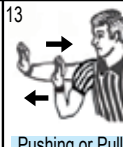

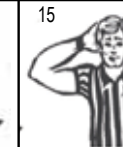



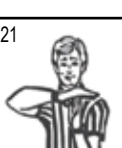


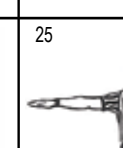

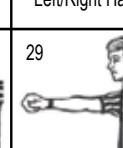


Nos. 105 and 106—LEGAL LEG LOCKS. *Leg rides applied by the offensive wrestler that do not hyperextend the knee are legal.*



No. 107 and 108—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 handshake.*

Collegiate Referees' Wrestling Signals

1  Starting the Match	2  Stopping the Match	3  Time Out	4  Start Injury Clock	5  Indicate Blood Timeout
6  Start Recovery Clock	7  Stop Injury/ Recovery Clock	8  Neutral Position	9  Indicates No Control	10  Indicates Wrestler in Control Left/Right Hand
11  Out-of-Bounds	12  Neutral Position Wrestlers Engaged in Action	13  Pushing or Pulling the Opponent Out of Bounds Left/Right Hand	14  Defer Choice	15  Potentially Dangerous Left/ Right Hand
16  Stalemate	17  Caution-False Start or Incorrect Starting Procedure Left/Right Hand	18  Stalling Left/Right Hand	19  Interlocking Hands or Grasping Clothing	20  Reversal
21  Technical Violation	22  Illegal Hold	23  Near-Fall Left/Right Hand	24  Awarding Points Left/Right Hand	25  Unsportsmanlike Conduct Left/Right Hand
26  Flagrant Misconduct Left/Right Hand	27  Control of Mat Area/ Badgering Left/Right Hand	28  Coach Questioning Judgment Left/Right Hand	29  Unnecessary Roughness Left/Right Hand	

Part III:

WRESTLING INTERPRETATIONS

RULE 1

Meet, Mats, Wrestlers, Uniforms and Equipment

Rule 1.4 Shifts 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 Rule 1.4) without losing certification at the 125-pound weight class. (See Rule 8.3.5.2.)

Rule 1.12.3 Footwear

SITUATION 1: Wrestler A fails to secure shoelaces. When wrestling begins, Wrestler A's shoelace becomes untied. The referee correctly calls a delay of match and, therefore, a stalling 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 a nonbleeding injury timeout to Wrestler A. (For nonbleeding injury timeout, see Rule 6.1.3.)

SITUATION 2: While wrestling, Wrestler A's shoelaces are tied but his shoe comes off as he tries to kick out from his opponent's grasp. The referee calls a delay of match and, therefore, a stalling violation against Wrestler A. **QUESTION:** Does this rule apply since his shoelaces were tied? **RULING:** Yes. The wrestling shoes shall reach above the ankle and be tightly secured so they do not come off during competition. The referee shall assess a delay of match and, therefore, a stalling violation to Wrestler A.

Rule 1.12.4 Ear Protection

SITUATION 1: This rule states that a protective ear guard must be worn anytime 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.

SITUATION 2: This rule states that the use of tape or decals on the headgear is prohibited. Clean, fresh athletic tape is permissible on the headgear if used for medical purposes only. **QUESTION:** If athletic tape is used for medical purposes on the headgear for a match, how long can it remain on the headgear? **RULING:** All athletic tape used for medical purposes on headgear shall be removed after the conclusion of each match. Clean, fresh athletic tape shall be reapplied only if needed for medical purposes before/during each match.

RULE 2

Definitions of Wrestling Terms

Wrestling Positions

Rule 2.1.1.1 Neutral Position, Vision-Impaired Wrestlers

SITUATION 1: Wrestler A requests to use the finger-touch method of wrestling. **QUESTION:** How is the wrestler granted the accommodation?

RULING: A request is made to the wrestling secretary-rules editor (SRE) for documentation to complete an individualized inquiry that will determine if the accommodation is necessary. When the documentation evidencing the vision-impairment has been reviewed and accepted, the SRE shall provide documentation to the student-athlete (or its member institution), who will present the documentation to the medical professional at medical examinations/skin checks. The head coach should also notify the opposing coach(es)/tournament director and head referee of the accommodation. The finger-touch method shall not be used absent documentation provided by the SRE.

Note: The student-athlete (or its member institution) should request the accommodation not later than October 10.

SITUATION 2: Wrestler A has documentation granting him the accommodation to use the finger-touch method of wrestling. **QUESTION:**

What is the proper neutral starting position for the finger-touch method?

RULING: In matches involving vision-impaired wrestlers, a finger-touch method shall be used in the neutral position. (See Illustration No. 8.) 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 to the palms. Before the start of each match, the referee shall flip his/her (red/green) disc to determine which wrestler has choice of hand position during every neutral start, i.e., which wrestler will have his/her right or left hand palm up or down relative to the mat. The wrestlers shall alternate this choice of palm position throughout the match for each subsequent neutral position start. The meet timekeeper shall indicate to the referee which wrestler has hand position choice. While wrestling, the match shall be stopped whenever contact is not maintained.

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 choose 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 starting position. 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 by the offensive wrestler 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"? **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 part of Wrestler A's body remaining in bounds but with Wrestler B's pinning area in contact with the mat outside the out-of-bounds line. The referee awards a takedown since part of Wrestler A is in bounds. After a second on his back, Wrestler B calls for a bleeding timeout. **QUESTION:** Should the referee award an additional two points for an imminent near fall? **RULING:** Yes. Although not in the wrestling area, Wrestler B's pinning area was exposed to the mat so near-fall points could have been awarded. Additional near-fall points can be awarded, as the near fall was imminent.

SITUATION 3: Wrestler A has Wrestler B in a pinning situation and a near-fall criterion is met, after which Wrestler B suffers a bleeding injury and timeout is called. **QUESTION:** In this situation, when can a four-point near fall be awarded? **RULING:** According to Rule 2.9.5, a four-point near fall is awarded when criterion for a near fall is met before Wrestler B is injured.

SITUATION 4: Wrestler A has Wrestler B in a pinning situation and the criteria for a four-point near fall have been met, after which Wrestler B suffers a bleeding injury. **QUESTION:** Should a four-point near fall be awarded?

RULING: No. According to Rule 2.9.6 a five-point near fall is awarded when the criteria for a four-point near fall is met before Wrestler B's injury.

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 bleeding 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. For nonbleeding injury timeouts, see Rule 6.1.3.

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 suffers a bleeding 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.

Rule 2.13 Fall

SITUATION 1: Wrestler A, who is the offensive wrestler, is pinning Wrestler B. Both wrestlers are inside the out-of-bounds line except for Wrestler B's head and pinning area. **QUESTION:** Can Wrestler B be pinned in this situation? **RULING:** Yes. If Wrestler B's pinning area is touching the mat for one second while any part of either wrestler remains in bounds, Wrestler B is pinned.

SITUATION 2: Wrestler A, who is the offensive wrestler, 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 2.13.6 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 2.14 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 four-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 or greater differential and after which can lose only by committing an act of flagrant misconduct.

SITUATION 3: Wrestler A is winning by 11 points and has earned a four-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 four-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 four-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 11 points and places Wrestler B in a pinning position. Wrestler A has earned, but has not been awarded, four 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 2.14, a wrestler earning a differential of 15 points can lose only by committing an act of flagrant misconduct.

Rule 2.17 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 must 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 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 3.10 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 a first nonbleeding 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, after a five-second verbal and visual count, call stalling on the offensive wrestler. (See Rule 5.9.3.) If the offensive wrestler improves his position before the five count is reached, then no call is made.

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 period, Wrestler A is awarded one point as it is Wrestler B's second nonbleeding injury timeout. **QUESTION:** Does Wrestler A win by having earned a point? **RULING:** No. The second tiebreaker period will be wrestled with the wrestler scoring the most points during both tiebreaker periods declared the winner. (See Rule 6.1.3.)

SITUATION 6: At the end of the regulation match the score is tied with neither wrestler having scored points. At the end of the first sudden-victory period the score remains tied at zero. The end of the first round of tiebreaker periods finds each wrestler has earned an escape, making the score 1-1 with Wrestler A gaining five seconds net time advantage. Before the second sudden-victory period, Wrestler B takes a first nonbleeding injury timeout. Wrestler A selects the offensive position for the sudden-victory period and rides Wrestler B for 57 seconds when Wrestler B escapes. **QUESTION:** Since Wrestler A accumulated a combined time advantage of 1 minute and two seconds, should one point be awarded to Wrestler A, tying the match at 2-2? **RULING:** No. Wrestler B shall be declared the winner according to Rule 3.10.1. The wrestler who scores the first point(s) in the sudden-victory period shall win.

Rule 3.12 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 3.13.5.

Rule 3.13 Control of Mat Area

SITUATION 1: Team A has been warned once 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 3.13.5. **QUESTION:** This being Team A's third 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 once and penalized once. The assistant coach begins badgering and arguing with the referee. The referee penalizes Team A according to Rule 3.13.5. **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 3.14 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 3.15 Breaking Ties in Dual Meets and Team-Advancement Tournaments

SITUATION: This example demonstrates the correct method to break ties.

	Team A	Team B
125 - Cochran (Team A) Decision, Chester (Team B), 6-3	3	0
133 - Jones (Team A) Major Decision, Smith (Team B), 10-2	7	0
141 - Hoopes (Team B) Decision, Scott (Team A), 7-4	7	3
149 - Howes (Team A) Fall, Morter (Team B), 4:23	13	3
157 - Letcher (Team B) Decision, Larrick (Team A) 10-3	13	6
165 - Painter (Team B) Major Decision, Gregg (Team A), 14-5	13	10
174 - Kwait (Team B) Technical Fall, Musgrave (Team A), 16-1	13	15
184 - Raber (Team A) Technical Fall, Lonsway (Team B), 18-2	18	15
197 - Pawlitz (Team A) Decision, Daniels (Team B), 8-6	21	15
285 - Lovejoy (Team B) Forfeit, (Team A)	21	21

Rule 3.15.1

Greater number of victories.
Note: Forfeits, defaults and disqualifications count toward total number of victories.

Team A	Team B
5	5

Rule 3.15.2

Combined total of falls, forfeits, defaults and disqualifications.

Team A	Team B
1	1
Team A (1): Fall @ 149	Team B (1): Forfeit @ 285

Rule 3.15.3

Total match points scored only from decisions, major decisions and technical falls.

Team A	Team B
55	60

Team B 22, Team A 21; criterion 3.15.3

Rule 3.15.4

Total near fall points scored only from decisions, major decisions and technical falls.

Example: 2NF + 2NF + 4NF = Total of 8 near fall points scored for one team.

Rule 3.15.5

Total number of takedowns scored only from decisions, major decisions and technical falls.

Example: 2TD + 2TD + 2TD = Total of 3 takedowns scored for one team.

Rule 3.15.6

Least number of unsportsmanlike conduct calls.

Rule 3.15.7

First takedown scored of the dual meet.

RULING: Match points from falls, defaults and disqualifications DO NOT count when totaling match points. Forfeits, defaults and disqualifications were factors in determining criterion 3.15.1, and the fall and the forfeit were factors in determining criterion 3.15.2; therefore, they are NOT factored in when determining criterion 3.15.3, 3.15.4 and 3.15.5. In this example, total match points are tabulated only from weight classes 125, 133, 141, 157, 165, 174, 184 and 197.

Tournaments

Rule 3.17.3 Tournament Administration

SITUATION 1: To begin a session of a tournament, Wrestler A fails to report within five minutes after being called by the tournament announcer as required by rule. **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.

SITUATION 2: Wrestler A fails to report to the specified mat within five minutes after being called by the tournament announcer. **QUESTION:** How should Wrestler A's failure to appear within the required five minutes be recorded? **RULING:** Failure to appear shall be recorded as a forfeit.

RULE 4

Scoring

Rule 4.6 Scoring Abbreviations

SITUATION: Wrestler A is the defensive wrestler. At the 3:45 minute mark in the match, Wrestler A is charged with a first nonbleeding injury timeout. After the injury timeout ends, Wrestler B is given the choice of position by the referee and 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(1)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(1)3:45↑. If Wrestler B chose the neutral position, it would be recorded INJ(1)3:45↔.

RULE 5

Infractions

Rule 5.4 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, stalling, 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 home management correct not to abide by the referee's request? **RULING:** No. The home management shall be responsible for the removal of spectator(s) upon request by the referee or assistant referee. (See Rule 1.9.)

Rule 5.6 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 3.14.2 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 (that is, 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 3.11.3, 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 7.5.3 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 wrestling 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 email (preferable) or telephone. Contact information for the national coordinator of wrestling officials may be found in the front of this rules book.

Holds

Rule 5.8 Illegal

SITUATION 1: Wrestler A uses a Granby roll for a reversal and meets near-fall criteria for a four-point near fall when Wrestler B applies an illegal head scissors. The situation is allowed to continue since the referee feels the situation is not unsafe and the buzzer sounds to end the period. **QUESTION:** Would the referee award two points for the reversal, four points for the near fall and one point for the illegal hold? **RULING:** Yes. The near fall would not be a five-point near fall since the illegal action did not cause a match stoppage.

SITUATION 2: Wrestler A uses a Granby roll for a reversal and meets near-fall criteria for a four-point near fall when Wrestler B applies an illegal head scissors. The situation is not allowed to continue since in the referee's opinion the situation is unsafe. **QUESTION:** Would the referee award two points for the reversal, five points for the near fall and one point for an illegal hold? **RULING:** Yes. A five-point near fall would be awarded since the illegal action caused a match stoppage.

Technical Violations

Rule 5.9 Stalling

RULING: The basic intent of Rule 5.9.2 is to ensure 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 after making contact 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 after making contact is not stalling as long as movement is followed by an offensive attack.

SITUATION 1: Defensive Wrestler A, who is attempting to escape, cuts back and faces Wrestler B while going completely out of bounds. Wrestler B is entirely in bounds. The referee awards an escape to Wrestler A. **QUESTION:** Should the referee also call a stalling violation on Wrestler A for going out of bounds? **RULING:** No. The stalling violation for completely stepping out of bounds while not engaged in wrestling applies to neutral stalling only. (See Rule 5.9.2.)

SITUATION 2: With both wrestlers down on the mat, the offensive wrestler drops to the opponent's lower leg. The defensive wrestler kicks out of this hold and ends up completely out of bounds. The referee awards him an escape point. **QUESTION:** Should the referee also charge this wrestler with a stalling violation? **RULING:** No. The kick-out/stalling violation applies only to neutral wrestling. (See Rule 5.9.2.)

SITUATION 3: Defensive Wrestler A executes a switch while rising to a standing position and ends up with the offensive wrestler's leg in the air. The referee does not award a reversal and riding time continues accruing for Wrestler B. Wrestler A drops Wrestler B's leg and is awarded an escape point. However, Wrestler B ends up completely out of bounds when Wrestler A drops his leg. **QUESTION:** Should Wrestler B be charged with a stalling violation for being out of the wrestling area? **RULING:** No. The stalling violation associated with being completely out of the wrestling area applies to neutral wrestling only. (See Rule 5.9.2.)

SITUATION 4: Wrestler A has legs on Wrestler B. Wrestler B stands up with the legs still in. 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 5: 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.

SITUATION 6: 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 stalling. Before going out of bounds, however, Wrestler B is able to take down Wrestler A within the wrestling area. **QUESTION:** May Wrestler B score the takedown after being called for stalling? **RULING:** Yes, the takedown is considered a separate situation independent of the previous stalling call. The referee indicates the stalling call (See Rule 5.9.) without stopping wrestling, awards the warning, or if a second violation for stalling, a point to Wrestler A, and then awards the takedown two points to Wrestler B. If the takedown occurs before the referee awards the

stalling point, the referee will award the takedown points first so that riding time may begin, followed by one point awarded to Wrestler A for stalling.

Rule 5.9.3 Stalling - Offensive and Defensive Position

SITUATION 1: In referee position, the offensive wrestler moves one or both hands down below the buttocks of the defensive wrestler onto one, or both, leg(s). **RULING:** In this situation, as soon as the offensive wrestler positions himself with one or both hands below the buttocks of the defensive wrestler, the referee shall immediately start his verbal and visual five-second count. The referee shall stop his count when the offensive wrestler improves his position (such as lifting the defensive wrestler's leg up off the mat or using the hold to turn his opponent), moves his hold back up above the buttocks of the defensive wrestler, or releases the hold. If the referee reaches the fifth count before the offensive wrestler improves his position, moves his hold back up above the buttock or releases the hold, then the offensive wrestler shall be called for stalling. If the offensive wrestler lifts the defensive wrestler's leg up off the mat, both wrestlers reach the standing position and the referee stops his five-second count and the offensive wrestler does not continue to work to return the defensive wrestler to the mat, the referee shall call a normal stalling call without the five-second count.

SITUATION 2: In referee position, the offensive wrestler moves both hands down below the buttocks of the defensive wrestler onto one or both leg(s). After the referee has started his verbal and visual five-second count, the offensive wrestler moves one hand back up above the defensive wrestler's buttocks before the referee reaches the fifth count, the offensive wrestler waits to hear the referee stop his count and then he immediately positions both hands back down below the buttocks. **RULING:** In this situation, as soon as the offensive wrestler positions himself with both hands below the buttocks of the defensive wrestler, the referee shall immediately start his verbal and visual five-second count until the offensive wrestler improves his position (such as lifting the defensive wrestler's leg up off the mat or using the hold to turn his opponent), moves his hold back up above the buttocks of the defensive wrestler, or releases the hold. If the offensive wrestler positions one hand above the waist with no attempt to improve his position, then the visual and verbal count shall continue. If the offensive wrestler moves one hand above the buttocks of the defensive wrestler and improves his position, moves his hold back up above the buttocks of the defensive wrestler, or releases the hold and the referee stops his count and then the offensive wrestler immediately positions both hands back down below the buttocks, this is considered an obvious stalling tactic and the referee shall immediately call the offensive wrestler for stalling. After the initial five-second count has started and the offensive wrestler moves his hold back up above the buttocks of the defensive wrestler, attempts to break down or turn his opponent, the referee shall stop his five-second count. By the offensive wrestler moving his position back up above the buttocks of the defensive wrestler and improving his position by attempting to break down or turn his opponent, he has shown he is attempting to initiate action before dropping back down below the buttocks of the defensive wrestler. If the offensive wrestler attempts a series of dropping down below the buttocks, moving back up and quickly attempting to initiate

action and then dropping back down below the buttocks and moving up above the buttocks again, the referee has the option to determine that this is a stalling tactic and shall immediately call the offensive wrestler for stalling.

SITUATION 3: In referee position, the offensive wrestler moves one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s). The referee has started his five-second count and the period ends or wrestling action is stopped by the referee (example: out of bounds, injury time, blood time, etc.) before the referee reaches the fifth count. **RULING:** In this situation, once wrestling resumes and the offensive wrestler moves both hands down below the buttocks of the defensive wrestler onto one or both leg(s), a new five-second count shall begin.

SITUATION 4: In referee position, the offensive wrestler moves one or both hands down below the buttocks and onto the ankle of the defensive wrestler. The defensive wrestler then pushes the head of the offensive wrestler down toward the mat and ankle and holds the head in that position so the offensive wrestler is unable to move up. Does the referee continue to count the five-second count. **RULING:** Yes, the offensive wrestler initiated the action by dropping one or both hands down below the defensive wrestler's buttock; therefore the referee shall immediately start his verbal and visual five-second count as soon as the offensive wrestler moves one or both hands down below the defensive wrestler's buttocks and shall continue the count until the offensive wrestler improves his position or moves his hold back up above the buttocks, or the offensive wrestler releases the hold.

SITUATION 5: In referee position, the wrestlers are in a scramble situation. The offensive wrestler moves one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s). **RULING:** The referee shall immediately start his verbal and visual five-second count. The referee shall stop his count when the offensive wrestler improves his position, moves his hold back up above the buttocks, or releases the hold. Examples of the five-second count stopping due to the offensive wrestler improving his position after he moves one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s) in a scramble situation are: a) the offensive wrestler lifting the defensive wrestler's leg(s) up off the mat, b) the offensive wrestler grabbing the defensive wrestler's ankle and rolling through and across his own back, c) the offensive wrestler positioning his head between the defensive wrestler's legs and then lifting the defensive wrestler up off the mat while remaining in the kneeling position. The referee shall allow wrestling action to continue as the wrestlers work to improve their position, or until neither wrestler can improve his position, at which time the referee shall begin a new five-second count.

SITUATION 6: In referee position, the wrestlers are in a scramble situation. The defensive wrestler initiates the action by moving one or both hands down below the buttocks of the offensive wrestler onto one or both leg(s). The offensive wrestler's only counter is to move one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s). Does the referee begin a five-second count on the offensive wrestler? **RULING:** No, the referee would not begin a five-second count on the offensive wrestler as the defensive wrestler initiated the action by dropping down below the offensive wrestler's

buttocks first, and the only option for the offensive wrestler was to secure one or both his hands down below the buttocks of the defensive wrestler onto one or both leg(s). The referee shall allow wrestling action to continue as the wrestlers work to improve their position, or until neither wrestler can improve his position, at which time the referee shall call a stalemate.

SITUATION 7: In referee position, the offensive wrestler moves one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s). The referee has started his verbal and visual five-second count when the offensive wrestler moves both hands up above the buttocks, at which point the referee stops his count. The offensive wrestler then applies a side headlock to the defensive wrestler. **RULING:** In this situation, the offensive wrestler has moved back up above the buttocks, and the referee has stopped his count. When the offensive wrestler applies the side headlock to the defensive wrestler, the referee shall begin a new five-second count. (See Experimental Rule 5.9.3.c.). The offensive wrestler dropping down below the buttocks with one or both hands and then moving up above the buttocks and applying the side headlock are considered two separate situations, and the referee shall initiate separate five-second counts for each situation.

SITUATION 8: In referee position, the offensive wrestler has a leg in. The defensive wrestler stands up (or does not stand up), and the offensive wrestler applies a cross body or side headlock. Does the referee start a five-second count? **RULING:** Yes, the referee shall start the verbal and visual five-second count and continue to count until the offensive wrestler breaks the defensive wrestler down, executes an offensive move or releases the hold before the referee reaches his fifth count. After the initial five-second count has started and the offensive wrestler attempts to break down or turn his opponent, the referee will stop his count. If active wrestling stops, the referee shall begin a new five-second count. If the offensive wrestler applies a side headlock and quickly attempts to initiate action, releases the side headlock before the referee reaches his fifth count, and quickly reapplies the side headlock again, the referee has the option to determine in his judgment that this is a stalling tactic and shall call the offensive wrestler for stalling.

SITUATION 9: In the neutral position, Wrestler A takes Wrestler B down from behind. Wrestler A finishes the takedown with both hands wrapped around the ankles of Wrestler B and does not immediately work up to above the buttocks. Does the referee immediately begin his five-second count? **RULING:** In this situation, after the referee has verbally awarded the takedown and signaled the two points for Wrestler A, the referee shall clearly state to the wrestlers that the takedown has been awarded (example: "Green, you have a takedown; Green, you have the two points"). At this point if Wrestler A (green wrestler) has not worked up above the buttocks of Wrestler B, then the referee shall immediately begin his five-second count.

SITUATION 10: In the neutral position, Wrestler A shoots a high-crotch on Wrestler B. Wrestler B cracks down onto his hip and locks his hands around the buttocks of Wrestler A. Wrestler A is awarded the takedown after securing his arms around both legs of Wrestler B. Wrestler B is able to block Wrestler A from moving his hand(s) up around the buttocks of Wrestler B. Does the referee begin the five-second count for Wrestler A? **RULING:** No, in

this situation Wrestler A has secured the takedown but wrestler B is blocking him from moving up above the buttocks. Therefore, the referee shall call a stalemate and restart the wrestlers in the center of the mat.

Rule 5.10 Interlocking Hands

SITUATION 1: Wrestler A is being reversed by Wrestler B. During the reversal, Wrestler A, who is not in a standing position, 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 5.10.2 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 (for example, 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.

Rule 5.11 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.

Rules 5.16 and 5.17 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 two cautions for a false start.

RULE 6

Injuries and Timeouts

Rule 6.1.3 Injury Timeout

QUESTION: What state of readiness should the injured 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 6.1.5, 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: If the first nonbleeding injury timeout is taken by Wrestler A between the end of the third period and the beginning of the sudden-victory period, Rule 6.1.3 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 B has accrued one minute of time advantage and is awarded one point. (See Rules 2.12.1 and 2.12.2.)

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

SITUATION 4: A wrestler vomits during a match. **QUESTION:** Is the referee correct in charging a nonbleeding injury timeout to the ill wrestler? **RULING:** Yes, Rule 6.1.3 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. The ill wrestler must be charged a penalty depending on if it is the first, second or third nonbleeding injury timeout. After the wrestler recovers, any further cleanup that is necessary shall not be counted as injury timeout.

SITUATION 5: Between regulation periods and the beginning of the sudden-victory period, Wrestler A is charged with a first nonbleeding injury timeout. At the start of the sudden-victory period, Wrestler B chooses top position and rides Wrestler A for 50 seconds, at which time Wrestler A escapes and is awarded a point. **QUESTION:** Does Wrestler A win the match? **RULING:** Yes. The escape point terminates wrestling in a sudden-victory period.

SITUATION 6: Wrestler A takes top position at the beginning of the sudden-victory period because of a first nonbleeding injury timeout charged to the opponent between the regulation periods and sudden victory, and rides the opponent for 31 seconds before being charged with a nonbleeding injury timeout. **QUESTION:** Does Wrestler B have choice at the restart? **RULING:** Yes. See Rule 6.1.3.

SITUATION 7: Wrestler A takes top position at the beginning of the sudden-victory period because of a first nonbleeding injury timeout charged to the opponent between the regulation periods and sudden victory. Wrestler A rides the opponent for 31 seconds before being charged with a nonbleeding injury timeout. Wrestler B chooses neutral at the restart of the sudden-victory period and no scoring takes place for the remainder of the period. **QUESTION:** Does the 31 seconds of earned riding time carry over into the tiebreaker periods and add to the net riding time if needed to determine a winner after two complete overtimes end in a tie? **RULING:** Yes. Although not explicitly stated in the present rules, earned riding time accrued during overtimes should be considered as a discriminator in deciding a winner after two overtime periods end in a tie. (See Rules 3.10.1 and 3.10.2.)

SITUATION 8: Wrestler A takes a first nonbleeding injury timeout in the sudden-victory period of the second round of overtime, and at the restart, Wrestler B chooses the offensive position and accrues 20 seconds of riding time at the end of the sudden victory period. **QUESTION:** Does the 20 seconds carryover and possibly determine the winner? **RULING:** Yes. The total net riding time for both rounds of overtimes shall be used to determine a winner. (See Rules 3.10.1 and 3.10.2.)

SITUATION 9: In a tiebreaker period, Wrestler A is charged with a second nonbleeding injury timeout. A point is awarded to Wrestler B. **QUESTION:** Does this terminate wrestling with Wrestler B declared the winner? **RULING:** No. Both tiebreaker periods in a given round of overtime must be wrestled in order to determine a winner unless a fall or technical fall was earned. (See Rule 3.10.1.)

SITUATION 10: Wrestler A appears on the mat ready to wrestle when the referee determines that the contestant does not comply with the required rules as to appearance and/or equipment. The referee charges Wrestler A with a nonbleeding timeout, and signals to start the injury timeout clock. (See Rule 1.15.3.) It takes Wrestler A 50 seconds to become compliant with the rules. **QUESTION:** Does Wrestler B have choice of starting position when wrestling restarts? **RULING:** Yes. Rule 6.1.3 is interpreted to mean that once the first nonbleeding injury timeout is taken by a wrestler at any time, the opponent is given the choice of the top, bottom or neutral positions when wrestling restarts.

Rule 6.2 Match 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.

Rule 6.3 Accidental Injury

SITUATION: During an individual advancement tournament both wrestlers are injured simultaneously and must default. **QUESTION:** Which wrestler will drop into the wrestle-back round? **RULING:** If both wrestlers are cleared to compete by medical personnel, they will complete the match beginning where stoppage occurred. The completion of the match will take place at the beginning of the next session. The winner will advance to the wrestle-back bracket. If only one wrestler is cleared for competition, he or she will advance to the wrestle-backs by either a medical forfeit or forfeit. If neither wrestler is able to continue, the opponent in the wrestle-back round will advance by medical forfeit or forfeit.

Rule 6.5 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 7

Referees and Other Personnel

Rule 7.3.2 Control and Judgment

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 7.3.2, 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 a 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 Rule 8.4.)

RULE 9

Weighing In, Medical Exams and ISRF

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 (ISRF)

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 wrestlers' coaches agree to pair the wrestlers together to gain additional competition experience. **QUESTION:** Should the matches be recorded on the NCAA Individual Season

Record Form if the matches are wrestled separately from the tournament?

RULING: Yes, per NCAA bylaw. Additional matches contested at, but not part of, the regularly scheduled dual or tournament competition matches against competitors from other institutions are considered exhibition matches and shall count on the NCAA Individual Season Record Form.

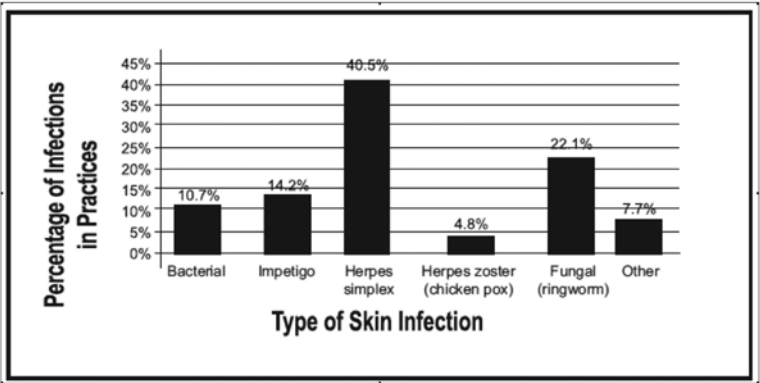
SITUATION 3: At the conclusion of a dual meet or tournament competition, a coach decides to pair two of his wrestlers together to gain additional experience. **QUESTION:** Should the matches be recorded on the NCAA Individual Season Record Form? **RULING:** No. Additional matches contested at, but not part of, the regularly scheduled dual or tournament competition matches against teammates are not considered exhibition matches and shall not count on the NCAA Individual Season Record Form.

Appendix A

Skin Infections in Wrestling

Revised July 2013

Data from the NCAA Injury Surveillance program 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 properly covered by a securely attached bandage made of nonpermeable material that will withstand the rigors of competition. An example would be a noncontagious/noninfectious skin condition covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged.

Medical Examinations

Medical examinations must be conducted by knowledgeable physicians and/or certified athletic trainers. The presence of an experienced dermatologist is

recommended. The examination should be conducted in a systematic fashion so that more than one examiner can evaluate problem cases. Provisions should be made for appropriate lighting and the necessary facilities to confirm and diagnose skin infections.

Wrestlers who are undergoing treatment for a communicable skin disease at the time of the meet or tournament shall provide written documentation to that effect from a physician. The NCAA Skin Evaluation and Participation Status form shall be used to confirm time-under-treatment. The status of these individuals should be decided before the screening of the entire group. The decision made by a host event physician and/or certified athletic trainer “on site” should be considered FINAL.

Guidelines for Disposition of Skin Infections

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

Adequately covered is defined as: “the noninfectious/noncontagious lesion is covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged throughout the sport activity.”

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

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

HIDRADENITIS SUPPURATIVA

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

PEDICULOSIS

Wrestler must be treated with appropriate pediculicide and 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.

Recurrent Infection

1. Blisters must be completely dry and covered by a FIRM ADHERENT CRUST at time of competition, or wrestler shall not participate.
2. Wrestler must have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before and at the time of the meet or tournament.
3. Active herpetic infections shall not be covered to allow participation.

See above criteria when making decisions for participation status.

Questionable Cases

1. Tzanck prep and/or HSV antigen assay (if available).
 2. Wrestler's status deferred until Tzanck prep and/or HSV assay results complete.
- Wrestlers with a history of recurrent herpes labialis or herpes gladiatorum could be considered for season-long prophylaxis. This decision should be made after consultation with the wrestling team physician.

HERPES ZOSTER (shingles)

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

MOLLUSCUM CONTAGIOSUM

1. Lesions must be curetted or removed before the meet or tournament.
2. The only way that coverage assures prevention of transmission is if the molluscum is on the trunk or most uppermost thighs which are assured of remaining covered with clothing; band aids are not sufficient.
- 3 Solitary or localized, clustered lesions can be covered with a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged.

VERRUCAE (wart)

1. Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected areas cannot be covered with a mask. Solitary or scattered lesions can be curetted away before the meet or tournament but cannot be seeping.
2. Wrestlers with multiple verrucae plana or verrucae vulgaris must have the lesions "adequately covered."

TINEA INFECTIONS (ringworm)

1. A minimum of 72 hours of topical therapy is considered appropriate therapeutic regimen to allow effective drug intervention for most tinea infections. The NCAA Skin Evaluation and Participation Status form shall be used to confirm time-under-treatment.
2. Status of lesions (activity) can be judged by KOH preparation or a review of documented therapeutic regimen.
3. On-site medical personnel will disqualify wrestlers with extensive, multiple lesions following assessment.
4. A minimum of two weeks of systemic (oral) antifungal therapy is required for scalp (diagnosed tinea capitis) lesions.
5. Active lesions may be covered to allow participation if lesions are in a body location that can be “adequately covered.”
6. The final disposition of student-athletes with tinea infections will be decided on an individual basis by the on-site examining physician or certified athletic trainer.

Appendix B

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 meets 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 period or mat position.
- Forgets holds and maneuvers.
- Is unsure of 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 wrestling until cleared by an appropriate health care professional.

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 wrestling. A return-to-action 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 wrestling 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 and www.CDC.gov/headsup.



Appendix C

Guidelines for Game Officials and Game Management to Use Regarding Lightning

The purpose of this appendix is to provide information to those responsible for making decisions about suspending and restarting games based on the presence of lightning.

1. National Severe Storms Laboratory (NSSL) staff strongly recommends that all individuals should have left the game site and reached a safe structure or location by the time the person monitoring the weather obtains a flash-to-bang (lightning-to-thunder) count of 30 seconds (equivalent to lightning being six miles away). This recommendation was developed as a practical way to make a judgment in situations where other resources such as technology and instrumentation are not available.

In addition, a smaller, but still real, risk exists with the presence of lightning at greater distances. Unfortunately, current science cannot predict where within the radius the next strike will occur.

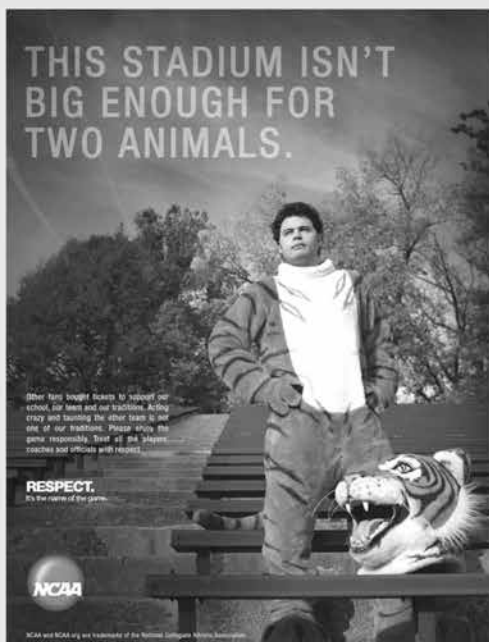
2. The existence of blue sky and the absence of rain are not protection from lightning. Lightning can, and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.
3. When considering resumption of a game, NSSL staff recommends that everyone ideally should wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field of activity.
4. If available, electronic detection devices should be used as additional tools to determine the severity of the weather. However, such devices should not be used as the sole source when considering terminating play.

(Information taken from the NCAA Sports Medicine Handbook and NCAA Championships Severe Weather Policy.)

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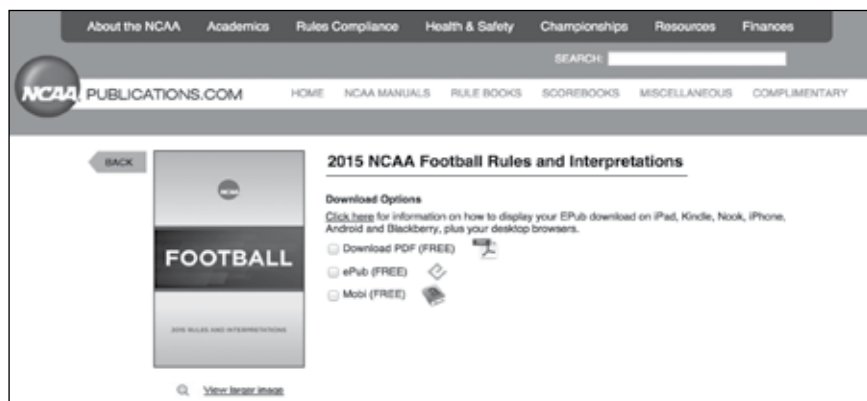
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