

Rules Clinic for 2008-09

NFHS Rules

Rule 1: Competition

Section 1: Match

A match is a competition between two wrestlers in the same weight class. A dual meet is one match for each weight class. NFHS rules have 14 weight classes, states may differ.

Dual meets will be conducted in weight-class order starting with the random draw weight. Multi-dual events will start at the next higher weight class for each succeeding dual.

A referee or other authorized person will conduct the random draw.

A random draw may be done for championship finals matches at an individual tournament.

Section 2: Representation

A school may be represented by only 1 athlete in each weight class, dual meet. No substitution after the wrestler has properly reported to the scorer's table for duals or tournaments.

A wrestler may only participate in 1 weight class per dual or individual tournament.

They may not accept a forfeit in one weight and wrestle in a different weight in the same event.

Dual meet tournaments; each dual is a new event. Wrestlers may wrestle in their weight class or the next one up.

Wrestlers may only wrestle in 5 matches per day, including forfeits.

There will be a 45-minute rest between matches for wrestlers.

Each team shall designate a captain(s). Captains will report to the center of the mat prior to duals for a coin toss. The coin toss will determine choice of position for the 2nd period and reporting order prior to each match.

Prior to the meet each coach will verify that his/her wrestlers will be properly groomed, equipped, and ready to wrestle.

Section 3: Weight Control Program

Each state will develop a weight control program. Program will include hydration testing, body fat assessment and a monitored descent plan.

Recommended body fat is not lower than 7% for males and 12% for females.

Rule 2: Equipment

Section 1: Mat

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The mat will not be more than 4 inches thick and will have the shock-absorbing qualities of at least 1-inch PVC vinyl-covered foam.

The wrestling area of the mat will be a circular area with a minimum diameter of 28 feet. The safety area will be another 5 feet from the wrestling area. Mats in sections must have the sections secured together.

At the center of the mat will be a 10-foot circle. In the center of the mat & circle will be the starting lines. The front starting line will be on the diameter of the circle and the second line will be 12 “from the first line, measured from the outside of the lines. A green line on one side and a red line on the other end will connect the starting lines. All lines are 2” in width except the starting lines, which are 1”.

The mat area consists of the mat plus a 10-foot surrounding area, where space permits.

Section 2: Team benches

For duals, all team personnel (including coaches) will be restricted to an area at least 10’ from the mat and scorer’s table, where facilities permit.

For tournaments, 2 team personnel will be permitted in marked restricted zone, at least 5’ from the mat and 10’ from the scorer’s table.

Section 3:

A scorer’s table shall be placed 10’ from the edge of the mat and team benches.

The table will seat the timekeeper, head scorer, and visiting scorer.

Visual scorekeeping will be provided by the home management.

Section 4: Scales

Scales will be provided by the home management.

The accuracy of the scales shall be certified annually.

No allowance for digital scales, what they read is what the athletes weigh.
(UIL)

Rule 3: Officials and Their Duties

Section 1: The Referee

The Referee’s uniform consists of a black & white short-sleeve shirt or a gray w/black pinstripes shirt, black pants, black socks, and black wrestling/gym shoes. There will be no colored highlights on the shoes. The referee will also be equipped with a colored disk (red & green preferably), a black whistle & black lanyard, and red & green wristbands. Red will be worn on the left wrist and green on the right wrist. A kit for conducting the random draw will be part of the equipment package, also. Events may provide a custom shirt for that event to be worn by all officials.

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The jurisdiction of the referee begins on arrival at the site and ends when the scorebook is signed for duals or the bout sheet is signed after the last match for tournaments.

On matters of judgment, the referee's decision is final, based on the rules and interpretations from NFHS. The referee is the sole authority for ruling on infractions or other irregularities not covered by the rules.

Before the dual the referee will visit each team and conduct his pre-meet briefing. The briefing should cover rules changes, clarification of rules, inspection of equipment, and ask the Head Coach, "Will your team be properly dressed, equipped and ready to wrestle?"

The referee shall decide the legality of all equipment.

The referee will use only approved signals when signaling penalties and/or points. The thumbs will not be used for this purpose.

The referee will not use any form of video replay to assist in decision-making on any call.

The referee should award points' for edge-of-mat calls before blowing the whistle. He will also be firm in enforcing the letter and spirit of the rules.

The referee will stop the match to award penalty points except as noted in rule 8. He shall stop potentially dangerous holds before they become dangerous.

During injury, blood or recovery time-outs the referee shall be at the table to monitor the clock and advise the coach when 1-minute and 30-seconds remain.

At the end of the dual or match, in a tournament, the referee shall sign the scorebook/bout sheet and note the time of completion. He may not use video to make decisions related to the match.

Section 2: The Assistant Referee

Where used the assistant referee will be opposite of the referee and assist in making calls. The assistant will be in constant communication with the referee regarding the match. He shall immediately signal locked hands.

Coaches may not speak with the assistant referee.

The assistant may offer his opinion to the referee regarding any situation on the mat; however, the referee's decision is final.

The assistant will monitor all holds for safety, especially front headlocks.

During end-of-match procedures, the assistant will stand on the far side of the mat to observe the wrestlers and coaches departing.

Section 3: The Scorer

The scorekeeper is responsible for recording points when signaled by the referee, circling the first point(s) of the match, recording who made the choice in the 2nd & 3rd periods, and who was on top at the start of each period, including overtime.

The scorekeeper will advise the scoreboard operators, visiting scorekeepers and match timekeeper of the score and record the completion time of each match. The scorekeeper will record the time-of-day the match ended on the bout sheet.

At the end of the match or dual, the scorekeeper will present the score book/score sheet to the referee for signature.

Assistant scorekeepers will keep the running score of the dual visibly posted and circling 1st point(s) scored if using a scorebook.

Section 4: Timekeeper

The timekeeper is responsible for keeping track of the match time, blood time, injury time and recovery time.

The timekeeper will notify the referee of any unusual situation or disagreement with the scorekeepers. He will also notify the referee when requested by a coach to discuss a possible error.

When a visible clock is not used the timekeeper will call out the time remaining in the match at 15-second intervals during the last minute.

Rule 4: Wrestler's Classification and Weigh-In

Section 1: Wrestler's Uniform

Wrestlers shall wear a:

A. sleeveless shirt fastened at the crotch, if approved a tight fitting short sleeved undershirt may be worn.

B. either full-length tights with stirrups and close fitting shorts or a one-piece properly cut uniform, with a minimum 4inch inseam or maximum length of above the knee.

C. A singlet cut as in A above with or without full-length tights w/stirrups.

Other than tights, anything extending beyond the singlet must stop just above the knee and be tight-fitting. Only a single reference (logo, etc) to the manufacturer may be on any piece of equipment.

Lightweight, heelless wrestling shoes reaching above the ankle and headgear must be worn. Shoelaces, if visible, must be secured. Headgear must also be worn. The uniform must be worn as intended/designed by the manufacturer.

Section 2: Wrestler's Appearance and Health

Wrestlers shall be clean-shaven. Sideburns may not extend below the earlobe.

The hair may not extend below shirt collar level in the back, earlobe level on the sides and eyebrows in the front. If the hair is longer it may be braided or rolled and contained in a hair cover. Hair covers must be worn under the headgear or as part of the headgear. Hair covers must be worn to weigh-ins

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for grooming check and may be removed prior to stepping on the scales. Hair covers must be of solid material and non-abrasive. Bandanas are *not* legal hair covers. Shaved heads must be as smooth as the face or a hair cover must be worn.

Other than a neatly trimmed moustache, facial hair must be covered with a facemask.

Hair covers and facemasks are special equipment.

Wrestler's skin must be free of communicable disease. If the wrestler is suspected of having a communicable disease, his coach must provide written permission, on the approved form, from a physician (D.O. or M.D.) to participate. This document must be presented at the weigh-in(s). For wrestlers' with non-contagious skin conditions (birthmark, eczema, etc..) one form may be used for the season. An on-site (competition) physician may override a written diagnosis of a skin condition.

Merely covering a communicable condition is not acceptable.

Wrestlers with orthodontia must wear a mouthguard that covers the appliance(s).

Section 3: Special Equipment

Special equipment is *any* equipment (hair cover, eye protection, socks, etc...) not required by rule. The referee must approve special equipment. The equipment may not restrict normal movement or the opponent from applying normal holds. Any equipment that is hard and/or abrasive must be padded and covered. All pads must fit snugly.

The state association may approve the use of artificial limbs.

The use of electronic communication devices between wrestler and coach is illegal.

Taping may not restrict normal movement. Loose pads are not permitted.

To identify contestants, red & green leg bands may be worn.

Section 4: Weight Classifications

There are 14 weight classes, 15 in Texas. They are, in pounds:

103 112 119 125 130 135 140 145

152 160 171 189 215 285 and 180 in Texas

A wrestler may wrestle at his weight or 1 weight class up.

The use of diuretics, plastics, sweatboxes, saunas or other means of quick weight loss are prohibited. Penalty is disqualification from the competition.

A 2-pound growth allowance may be added after the date of certification.

Section 5: Weighing In

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Weigh-ins may start a maximum of 2 hours before the 1st session of a tournament and 1 hour before a dual or the team's first dual in a multi-dual event, each day.

All wrestlers must be present at the start of weigh-ins and may not leave the weigh-in area without permission.

Weigh-ins will start with the lowest weight class and conclude with the heaviest. Contestants may weigh-in for 1 weight class only; they may not re-weigh to change classes. When all wrestlers for a weight class have had the chance to weigh-in, that weight class is closed.

For duals a contestant may step on the scale 2 times to weigh-in. For tournaments they may step on the scale 2 times and then 1 time on each available scale. Use of the restroom between attempts is not permitted, neither are activities that promote dehydration.

A referee or other authorized person will supervise weigh-ins. Males will weigh-in males and females will weigh-in females.

A 1-pound allowance, for all wrestlers, may be granted for each day of consecutive competition. Maximum allowance for any event is 2 pounds. 48 hours notice for opponents is required. If an event is delayed 1 day or more due to inclement weather, a 1-lb allowance may be granted without 48-hr notice.

Wrestlers shall weigh-in wearing no more than a suitable undergarment. In Texas, girls may weigh-in wearing t-shirt & shorts, swimsuit, or a leotard. No weight allowance will be granted for these. If allowed to wrestle with an artificial limb, the wrestler must weigh-in with the limb.

Wrestlers not making weight during the weigh-in period are ineligible for that weight class, but may be shifted to an appropriate weight-class.

Contestants representing a school in an individual tournament must be named by weight class prior to conclusion of weigh-ins.

Rule 5: Definitions

Section 1: Bad Time

Bad time occurs when:

- Wrestler's wrestle in the wrong position
- The wrong wrestler is given choice for the 3rd period or 2nd OT
- Choice of position is not given after the 2nd injury time-out
- Wrestling has been allowed to continue after a violation when the match should have been stopped
- Time wrestled after the end of the period

Any points, penalties or injury time that occurred during bad time will be erased except: flagrant misconduct, unsportsmanlike conduct, unnecessary roughness, illegal holds and blood time.

Errors that require bad time to be re-wrestled must be fixed before the start of the next period. If the wrong wrestler was given choice for the 2nd period or

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1st TB, give the other wrestler choice for the 3rd or 2nd TB. Correctable error without re-wrestling.

Section 2: Biting

Biting is an act of flagrant misconduct. If in the referee's opinion, a wrestler has bitten an opponent it will be flagrant misconduct.

Section 3: Bye

When the number of wrestlers is not a power of 2, byes shall be placed in the 1st round. Total number of byes will be equal to the difference between the number of wrestlers and the next higher power of 2. There will be no byes after the 1st round of competition in both championship and consolation brackets. Byes will be placed by mutual consent or drawn. No quarter or half bracket shall have more than 1 in excess of its paired bracket. Seeded wrestlers are placed in the bracket then byes are inserted. Then remaining wrestlers are drawn into the bracket.

Section 4: Caution

Wrestlers who:

- False start
- Assume an incorrect starting position

Will be warned up to 2 times then penalized 1 point for each violation. A wrestler cannot be disqualified on cautions.

Section 5: Coach Misconduct

Coach misconduct occurs when the coach improperly questions the referee. This happens when the coach has requested a conference about a rule misapplication and it is decided by the referee there was no misapplication or the coach questions the judgment of the referee during the conference. All Coach Misconduct penalties are charged to the Head Coach.

First time – Warning (MCw)

Second time – deduct 1 team point

Third time- deduct 2 team points and good-bye head coach for the rest of the day.

Penalties start fresh each day of a multi-day event.

Section 6: Control

Control happens when a wrestler gains restraining power over his opponent. Control is gained when there is a takedown and changes when there is an escape or reversal. Control determines the awarding of points.

Section 7: Default

It is a default when one of the wrestlers can not continue the match.

Section 8: Disqualification

It is a disqualification when a wrestler is removed by penalties or properly reports to the table during a dual and is withdrawn.

Section 9: Dual Meet

A series of matches with one match for each weight class is a dual meet.

Section 10: Escape

It is an escape when the defensive wrestler gains a neutral position, beyond reaction time, while either wrestler is inbounds.

Section 11: Fall, Near Fall & Technical Fall

It is a fall when any part of both shoulders or both scapula are on the mat for 2 seconds while the defensive wrestler is inbounds. A fall ends wrestling.

It is a near fall when the offensive wrestler holds the defensive wrestler in a pinning situation and meets criteria for 2 seconds or more.

Near fall criteria are:

- Both shoulders or scapula held within 4 inches of the mat
- One shoulder or scapula is on the mat and the other is 45 degrees or less from the mat.
- The defensive wrestler is in a high-bridge: or
- On both elbows.

If criteria are met for 2 seconds it is a 2-point near-fall, if criteria are met for 5 seconds it is a 3-point near-fall.

Only the offensive wrestler can score near fall. Only one set of points can be scored during a near-fall situation. The situation is not over until the defensive wrestler gets out of the pinning situation. If the defensive wrestler attempts to escape or reverse and places himself in near-fall criteria it will not count unless the offensive wrestler holds him there for 2 seconds or more

Rule 5-11-2f

If the defensive wrestler is injured, bleeding, or indicates an injury just prior to a 2-point being earned, it is a 2-point near-fall. Stop the match.

5-11-2g

If the defensive wrestler is injured, bleeding or indicates an injury after a 2NF is earned, it will be a 3-point near-fall. Stop the match.

5-11-2h

If the defensive wrestler is injured, bleeding or indicates an injury after a 3-point near-fall has been earned, it will be a 4-point near-fall. Stop the match.

5-11-2i

If the defensive wrestler commits an illegal act:

Prior to a 2NF being earned, it is 2NF + penalty point(s)

After the 2NF is earned and before a 3-pt NF is earned, it is a 3NF + penalty point(s)

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After a 3-pt NF is earned, it is a 4NF + penalty point(s)

A technical fall is when a wrestler has a 15-point advantage. If the move that produced the advantage puts a wrestler on his back, the match continues until that situation is done. Once the technical fall has been earned, the wrestler can not lose except by flagrant misconduct.

A fall or near-fall can not happen if the defensive wrestler is not inbounds or the defensive wrestler is handicapped by having a portion of his body out of bounds.

Section 12: Flagrant Misconduct

Flagrant misconduct is any act the referee considers serious enough to cause removal of the offender from the premises. Flagrant misconduct can happen before, during or after a match and includes the use of tobacco products.

Flagrant misconduct can be physical or non-physical acts including, but not limited to:

- Biting
- Striking
- Butting
- Elbowing
- Kicking

Section 13: Forfeit

It is a forfeit when a wrestler fails to appear for a match. To receive the forfeit, the competing wrestler must appear on the mat in a legal uniform. Forfeits count as a match.

Section 14: Illegal Holds

Any hold that endangers life or limb is an illegal hold. Any hold used to force a body part beyond normal range of motion is an illegal hold. Any hold that restricts breathing or circulation is illegal.

Section 15: Inbounds

Wrestlers are inbounds if the supporting parts of either are inside the lines. Supporting part are those parts of the body bearing the weight of a wrestler. Generally include:

- Knees
- Sides of the thighs
- Buttocks
- Hands

Wrestling continues as long as one wrestler is inbounds, if there is no action, the referee may stop the match & restart in the center. If the defensive wrestler is on his back while supporting points of either wrestler are inbounds, wrestling continues as long as there is the chance for the offensive

wrestler to bring him back. Shoulders or scapula are supporting parts in this case.

Section 16: Individual Scoring Maneuvers

Takedown – When one wrestler gains control of the other down on the mat while either of them are inbounds. Also when the weight is borne on the hands and the body is controlled.

Escape – When the defensive wrestler gains a neutral position and either of them are inbounds.

Reversal – When the defensive wrestler comes from underneath and gains control, on the mat or in a rear-standing position, while either of them are inbounds.

Edge of mat calls – The move must be complete with either wrestler inbounds or the feet of the scoring wrestler finishing down on the mat inbounds.

Section 17: Mat

The mat area includes the mat and the space 10-ft around the mat. It also includes the team benches and scorer's table.

Section 18: Match

A match is a competition between 2 individuals in the same weight class.

A match is from the start of the 1st period until wrestling ends; fall, tech fall, forfeit, etc... When the wrestler has properly reported, the match has begun.

Section 19: Out of Bounds

Out of bounds happens when each wrestler has a supporting point on or outside the line.

Section 20: Positions

Neutral Position – Neither wrestler has control.

Advantage position – When one wrestler controls the other. A wrestler may have control even when the opponent has locked around his leg.

Defensive Starting position – The defensive wrestler is in the center on hands & knees with his hands in front of the forward starting line and his knees behind the rear starting line. The elbows can not touch the mat and he must allow the offensive wrestler to assume a legal starting position.

Offensive Starting position – The offensive wrestler takes a position on either side of the defensive wrestler. He must place the palm of one hand on or above the elbow. One knee must be on the mat on the same side of the elbow being touched. The other arm is placed around the defensive wrestler's body with the hand loosely on the navel. The order of placement is , feet/knees; belly; elbow. The head must be over the spine and the legs or feet of the offensive wrestler may not be touching the defensive wrestler.

Neutral Starting position – Both wrestlers stand with one foot in contact with their color of the starting area. The other foot may be on the line extended or behind the line. No part of either wrestler may touch the mat in front of their color.

Optional Starting position – The defensive wrestler assumes his starting position. The offensive wrestler notifies the referee that he wants an optional start. The referee notifies the defensive wrestler of this choice and allows him to adjust, if needed. Then, when called by the referee, the offensive wrestler places his hands (thumbs touching) on the back (neck to waist) of the defensive wrestler. He may then stand or kneel any place in the area around the defensive wrestler from the front starting line on one side to the other. He may not straddle or place his feet or knees inside the feet of the defensive wrestler.

The offensive wrestler may notify the official that he wants to release the opponent *prior* to the restart. An escape will be awarded, w/point, and the match will start in neutral.

Section 21: Potentially Dangerous Holds

Any hold that puts a body part at the limit of normal movement or that can cause injury is a potentially dangerous hold. The wrestler using the hold shall be verbally cautioned against turning it into an illegal hold. If the offensive wrestler turns the hold into an illegal hold, he will be penalized.

Section 22: Random Draw

The random draw determines the order of weight classes for the dual. It will happen immediately after the conclusion of weigh-ins and be supervised by the referee or authorized person. The weight class drawn will be the starting weight and the others will follow in traditional order. A random draw may be used to set the order for finals matches in an individual tournament.

Section 23: Reversal

See section 14.

Section 24: Stalemate

It is a stalemate when neither wrestler can improve their position or either wrestler has locked hands around a leg to prevent scoring. This does not include pinning situations. Stop the match and resume as an out of bounds. Locking around the leg repeatedly to prevent scoring is stalling.

Section 25: Stalling

Each wrestler must attempt to stay in the center circle and wrestle. Both wrestlers are responsible for wrestling aggressively and initiating action at all times and in all positions. It is stalling when either wrestler grasps one leg of the opponent to prevent scoring or delays the match: e.g. slow

returning from OOB, constantly adjusting equipment, slow in assuming a starting position, repeatedly creates a stalemate, etc....

It is stalling in the _____ position when a wrestler:

Neutral:

- Avoids contact
- Plays the edge
- Prevents the opponent from returning to or remaining inbounds
- Is not attempting to secure a takedown

Advantage:

- Does not wrestle aggressively and attempt to secure a fall
- Legally holds the heel of his opponent to his buttocks while down on the mat for more than 5 seconds
- Holds the opponents leg(s) in an action not designed to score or secure a fall or prevent an escape or reversal

Defensive:

- Refuses to aggressively attempt to escape or reverse

A defensive wrestler is NOT stalling when he is overpowered.

Section 26: Takedown

See section 14.

Section 27: Taunting

Taunting is any action to embarrass, ridicule or demean others including on the basis of race, religion, gender or national origin. May be considered UC.

Section 28: Technical Violations

There are six types of technical violations. All are penalized without warning.

1. Intentionally leaving or causing the opponent to leave the wrestling area.
2. Grasping the mat, clothing or headgear.
3. Interlocking or overlapping the hands, arms or fingers, offensive wrestler.
4. Leaving the wrestling area without the referee's permission.
5. Reporting to the mat not ready to wrestle, not properly equipped or anything detected as being illegal after the match has started.
6. Applying a figure-4 scissors to the head from a neutral position, with or without arm.

Section 29: Time out

Injury time – If a wrestler is hurt by a legal move he may take an injury time-out. The timeout may not exceed 1 ½ minutes total or be taken more than twice.

Bleeding (Blood) time – If a wrestler is found to be bleeding he may have a bleeding time-out. Total time not to exceed 5 minutes for the match. No limit on how many times it may be taken.

Recovery Time – If a wrestler is hurt with an illegal hold or act of unnecessary roughness or unsportsmanlike conduct he may have a recovery time-out. Recovery time is 2 minutes per incident and is not injury time.

Referee's time-out – if the referee needs time to deal with something that is not covered under the above he may use a referee's time-out, as many as needed.

Coach/Referee Conference – A coach may approach the table and request a time-out to discuss a misapplication of the rules. This conference takes place at the scorer's table. If a correction occurs it will be a referee's time-out. If there is no correction then the coach will receive a Coach Misconduct penalty

Section 30: Unnecessary Roughness

Unnecessary roughness is any physical act that exceeds normal aggressiveness. It includes but is not limited to:

- Forceful cross-face
- Forceful trip
- Forearm or elbow used to punish such as on the spine, neck or head.
- Slaps to the head
- Poking or gouging the eyes

Continual unnecessary roughness may be called as flagrant misconduct.

Section 31: Unsportsmanlike Conduct

Coaches and Team Personnel – UC is any act which is abusive or interferes with the match. This includes but is not limited to:

- Violation of Bench Decorum
- Taunting
- Disrespect
- Actions that incite negative reaction

UC can occur before, during or after a match. Use Penalty Chart, Team Points. Penalties carry over in a multi-day event, charged to the individual committing the offense.

Wrestlers – UC is any act, physical or non-physical including but not limited to:

- Failure to comply with directions of the referee
- Pushing
- Shoving
- Swearing
- Taunting
- Intimidation
- Baiting
- Throwing equipment

- Spitting
- Failure to keep straps up on the mat
- Dropping to one knee to break locked hands, repeatedly
- Clearing the nasal passage other than in a proper receptacle
- Failure to comply with end of match procedure

UC may occur before, during or after a match. For UC during the match, match points. For UC before or after a match, Team Points. Use the Penalty Chart

Spectators – Any act (physical or non-physical) which the referee believes is serious enough to call for removal will cause the offender to be removed from the premises for the rest of the event. No penalty to the teams.

Rule 6: Conduct of Matches

Section 1: Length of Match

Regular match – 6 minutes: 3 periods of 2 minutes each

Consolation match -3 periods: 1st period 1 or 2 minutes, 2nd & 3rd periods 2 minutes.

Overtime matches consist of, as needed:

Sudden Victory – 1 period of 1 minute

Tiebreaker- 2 30-second periods

Ultimate Tiebreaker- 1 additional 30-second period

No rest time between periods.

Section 2: Starting the Match

Teams delaying their appearance more than 5 minutes will be penalized 1 team point. If they do not appear in the next 5 minutes, they forfeit.

Wrestlers must be ready to go when called by the referee.

First to report to the table is determined by the disk flip.

First wrestler required to report may not be withdrawn or replaced without being disqualified and the match forfeited after reporting. Once the 2nd wrestler has reported, both wrestler's have reported & may not be withdrawn without DQ & forfeit.

Duals & Tournaments

First period starts in the Neutral position.

Second period starts with the wrestler having choice choosing the up, down or neutral position. He may also defer choice to the third period.

Third period starts with the wrestler having the choice choosing up, down or neutral.

For visually handicapped wrestlers the fingertip start shall be used. Contact must be maintained for the duration of the match.

Section 3: Choice of Position

Duals

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Choice of odd or even is determined by the disk toss and shall not be changed due to fall, default, disqualification, or forfeit.

Tournaments

Choice of position is determined by a disk toss between the 1st & 2nd periods. Color that lands up shall have choice for the 2nd period.

Choice of position for 2nd injury timeout is limited to: up, down, neutral.

Section 4: Stopping & Starting the Match

When both wrestlers are out-of-bounds stop the match. Restart the match in the center the same way they left.

If a wrestler is injured, stop the match.

The coach or wrestler may default the match by informing the referee at any time during the match.

Stop the match when a stalemate occurs.

A match may be stopped to penalize a wrestler. See rule 8-1.

Stop the match when equipment becomes misplaced or inoperative or illegal.

Section 5: End-of-match Procedure

The wrestlers will remain in the center circle while the referee verifies the score. The wrestlers will shake hands and the referee will raise the winners' hand.

Section 6: Correction of Errors

Bad time is when:

- the wrestlers wrestle in the wrong position.
- wrong wrestler given choice in the 3rd period
- choice of position was not given after 2nd injury timeout
- wrestling that occurs when the clock should have been stopped for the end of the period
- wrestling should have stopped for a penalty.

All points, timeouts, penalties that occurred during bad time shall be voided except flagrant misconduct, unsportsmanlike conduct, illegal holds and blood time.

Wrong choice for the 2nd period or 1st TB can be corrected by giving choice to the other wrestler for the 3rd period or 2nd TB.

For wrong choice in the 3rd period, a 1-minute rest shall be given, the bad time will be deleted, and wrestling will continue.

For 2nd injury timeout error, put the wrestlers in the correct position, delete the bad time, and continue wrestling.

If the clock failed to start, adjust the clock and continue wrestling.

Dual meet scoring errors:

Match score recording errors must be corrected before the next match, if it was the last match prior to the signing of the scorebook.

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Match score computing errors must be corrected within 30 minutes of the finish of the dual. If it would require re-wrestling, then it must be fixed before the next match.

Team score errors must be fixed within 30 minutes of the finish of the dual.

Tournament scoring errors:

Errors may be fixed prior to the wrestler leaving the mat if additional wrestling would be necessary.

If no wrestling is needed, then the error may be fixed as long as the coach or wrestler remains in the mat area.

Computation errors must be fixed prior to the next match in which either wrestler competes.

Team scoring:

Errors involving team score must be corrected within 30 minutes after competition ends.

When a coach believes that a referee has misapplied a rule or disagrees with his judgment, he may approach the table and request the match be stopped. He may then discuss the matter with the referee at the table. The wrestlers will remain in the center circle.

If the referee has misapplied a rule, make the change, explain to the other coach, and resume wrestling.

If there is no error or the coach disagrees with the referee's judgment, the coaching staff will be penalized for misconduct.

1st offense – warning

2nd offense – deduct 1 team point

3rd offense – deduct 2 team points and the head coach removed from the premises for the day.

Section 7: Overtime

If the match is tied at the end of regulation, the wrestlers will wrestle a 1-minute overtime period. The period will start from the neutral position and there will be no rest between the 3rd and overtime periods. First point(s) scored win. If the scoring move goes to near-fall criteria the match continues until the situation ends.

If the wrestlers are still tied at the end of overtime, they will wrestle 2 30-second tiebreaker periods.

The referee will conduct a disc flip to determine choice for the tiebreakers.

The wrestler with choice may choose top, bottom, or defer. The 1st tiebreaker will be wrestled to completion. If there is no winner (fall, DQ, etc...) wrestle the 2nd tiebreaker. The other wrestler will now have choice (top, bottom). If no winner is produced (fall, DQ, point difference), wrestle a 3rd tiebreaker. The wrestler who will have choice is the wrestler who scored first during the regular match unless he/she has a UC penalty. No points in regulation, disc flip. The wrestler who scores first, wins. If no score in the 3rd tiebreaker, the top wrestler will win.

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Overtime and tiebreaker are extensions of the match and all penalties, timeouts, cautions, warnings will carry-over.

Rule 7: Infractions

Section 1: Illegal Holds/Maneuvers

A slam is a lift and return to the mat with unnecessary force.

Straight back salto and straight back suplay are illegal.

Grabbing and pulling on less than the whole hand is illegal.

Other illegal holds are listed in Article 5.

A legal hold turned into an illegal hold by the opponent shall not be penalized. Break the hold if it becomes an illegal hold, stopping the match is not necessary. Prevent rather than penalize if possible.

Any hold that restricts circulation or respiration is illegal.

Section 2: Potentially Dangerous Holds

Holds are potentially dangerous when they force a body part to the limit of movement. The wrestler applying the hold shall be cautioned against turning it into an illegal hold. If he turns the hold into an illegal hold, he shall be penalized. There is a list of holds in Article 2 but any hold can be potentially dangerous if it can cause injury.

When a defensive wrestler stands and supports all of the weight of the offensive wrestler, it is potentially dangerous and shall be stopped.

If you are concerned about the safety of a hold, call potentially dangerous and restart.

Section 3: Technical Violations

Going out-of-bounds or forcing your opponent out-of-bounds (fleeing) to avoid wrestling is a technical violation. Grabbing the mat, headgear or clothing to prevent a score is a technical violation. Penalty added to the score, if any.

Locking hands, unless the defensive wrestling is lifted or is standing on his own feet, is a technical violation.

Leaving the mat without permission, reporting to the mat not ready to wrestle is a technical violation.

A figure 4 scissors around the head in the neutral position is a technical violation, with or without arm included.

Any equipment detected as illegal after the match is started is a technical violation.

Section 4: Conduct of Contestants

Unnecessary roughness is a physical act during wrestling. It involves force beyond what is normal in a move or hold. Holds being used to punish the opponent are unnecessary roughness. Continuing unnecessary roughness is flagrant misconduct.

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Unsportsmanlike conduct is a physical or non-physical act before, during or after the match. Throwing equipment, refusal to follow end of match procedure, taunting, refusal to comply with directives, etc... are examples of unsportsmanlike conduct.

Flagrant misconduct is any act severe enough to merit disqualification from the match and tournament.

Section 5: Conduct of Coaches, Team Personnel, and Others

All people affiliated with the team are subject to the rules and decisions of the referee.

All team personnel are restricted to the team bench area during duals. The coach may walk behind the bench to encourage his team. If the bench is the bleachers, he may walk in front. The coach may leave the bench to approach the table to request a conference, or to tend to a wrestler, or during a timeout. It is misconduct on the head coach if a conference is requested and a rule has not been misapplied or the coach questions the referee's judgment

If the conduct of the coach or other team personnel becomes abusive or interferes with the orderly progress of the match it is unsportsmanlike conduct on the head coach.

Flagrant misconduct can occur before, during or after the match and is conduct that requires removal from the premises. Use of tobacco products is flagrant misconduct.

Spectators may be removed from the premises for unsportsmanlike conduct without penalty to the team, for the remainder of the event.

Section 6: Stalling

Each wrestler has to make the effort to stay in the 10-foot circle and wrestle aggressively throughout the match. When the referee recognizes stalling, he will warn on the first offense and penalize each time after that. Breakdowns to maintain control only are stalling. Bottom wrestler must aggressively attempt to escape or reverse. Repeatedly creating stalemate situations is stalling.

The defensive wrestler is not stalling if he is overpowered.

Rule 8: Penalties and Injuries

Section 1: Penalty Administration

If a wrestler reports to the mat not-ready-to-wrestle he will have injury time to correct the condition or forfeit the match. Reporting not-ready-to-wrestle is a Technical Violation.

When penalizing wrestlers the referee will stop the match except for:

- Stalling by the defensive wrestler
- Stalling in the neutral position

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- a pinning situation for a defensive penalty
- For locked hands or grasping during an escape or reversal attempt
- Figure 4 on the head when a takedown is imminent
- Grasping of clothing during a takedown by the defensive wrestler
- Warning/penalizing the offensive wrestler if the defensive wrestler has gained his feet

Penalties and warnings are cumulative during the bout.

Unsportsmanlike conduct before and/or after the match will be penalized by deduction of 1 team point for the first offense. Deduct 2 team points for the second offense by an individual and removal from the premises. If no adult supervision is available, the student will be restricted to the team area. The penalties carry over in a multi-day event.

Misconduct of a coach is a warning for the first offense, deduct 1 team point for the second, deduct 2 team points for the third and removal of the coach from the premises. These penalties do not carry over in a multi-day event.

Flagrant misconduct is a 2 team point deduction, removal from the premises and disqualification of the wrestler. Removal is for the remainder of the event. Vacancies created in a tournament will be scored as forfeits. Points scored for the team are erased.

Section 2: Injury

Injury timeouts are 1-½ minutes and may be taken twice, provided the total time does not exceed 1-½ minutes. Treatment of previous conditions is injury time. If a second timeout is taken, the opponent will have choice of position on the restart. If the second timeout is taken between the 1st & 2nd periods, the opponent will have choice for the 2nd *and* 3rd periods. If the TO is taken between SV and the TB's, the opponent will have choice for both TB's. If the 2nd injury timeout is taken in a tie-breaker, the only positions available are: up or down.

Time to correct illegal equipment is charged to injury time.

A wrestler injured by an illegal act is allowed 2 minutes of recovery time per incident. Intentional attempts to injure are flagrant misconduct.

If a wrestler cannot continue after injury time, he will lose the match by default.

If a wrestler cannot continue after recovery time, he shall win by default.

A wrestler cannot take injury time immediately after recovery time.

During an injury timeout two team personnel and a physician may tend to the wrestler.

If the referee thinks a wrestler has lost consciousness, that wrestler will not be permitted to continue in the event until a physician provides written clearance.

If a physician/medical staff says a wrestler cannot continue, the physician/medical staff will not be overruled.

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Blood time is 5 minutes to stop the bleeding. Clean up after the bleeding is stopped will not count as blood time. If the bleeding cannot be stopped in 5 minutes, the bleeding wrestler will lose by default. If the bleeding was caused by an illegal act, he will win by default.

The match *will stop* for any bleeding or open wound. It will not restart until proper treatment has been administered.

Rule 9: Scoring

Section 1: Individual Match Scoring

Takedown – 2 points

Escape – 1 point

Reversal – 2 points

Near fall (2 seconds) – 2 points

Near fall (5 seconds) – 3 points

Injury or illegal act or blood prior to 2NF being earned – 2 point near fall

Injury or illegal act or blood after 2NF is earned – 3 point near fall

Injury or illegal act or blood after 3NF is earned – 4 point near fall

Penalties – in accord with the penalty chart

Section 2: Team Scoring

Dual meet

Fall – 6 points

Forfeit – 6 points

Default – 6 points

Disqualification – 6 points

Technical fall – 5 points

Major Decision – 4 points

Decision – 3 points

Double Forfeit – 0 points

Tournament

Fall – 2 points

Default – 2 points

Forfeit – 2 points

Disqualification – 2 points

Advancement

Championship – 2 points

Consolation – 1 point

Technical fall – 1-½ points

Major decision – 1 point

Bye followed by win – Championship 2 points

Consolation 1 point

Example:

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Wrestler A has a bye followed by a win by fall followed with a decision. Advancement (team) points are: 2 points for a win following the bye, 2 points for the win +2 points for the fall, and 2 points for the decision. Total of 8 points. If he had a tech fall instead of a fall it would be, $2 + 2 + 1 \frac{1}{2} + 2 = 7 \frac{1}{2}$.

If a dual ends with a tie score, the following system shall be used to determine the winner.

- a. The team with the least flagrant or unsportsmanlike penalty points (team point)
 - b. The team with the most wins
 - c. The team with the most 6-point wins
 - d. The team with the most tech falls
 - e. The team with the most major decisions
 - f. The team with the most (total points) first scores
 - g. The team with the most near-fall points
 - h. The team with the most takedowns
 - i. The team with the most reversals
 - j. The team with the most escapes
 - k. The team with the least stalling penalties
 - l. The team with the least stalling warnings
 - m. The team with the least amount of other penalty points
 - n. Toss of the flip disk will determine winner
- 1-point will be added to the winning teams score along with a not of the criteria that decided the winner. (E.g. Red team 16; Green team 17, criterion b)

Rule 10: Conduct of Tournaments

Section 1: Authorization

The State high school associations conduct state qualifying tournaments and the State Championships as they see fit.

Videotaping is allowed unless prohibited by the state association.

Video may not be used to review during competition.

Section 2:

Entries will be verified by the end of weigh-ins unless otherwise specified.

Wrestlers have 5 minutes to report for their bout, ready to wrestle or forfeit the match

Injury default in a match does not prevent a wrestler from continuing to participate

In the case of injury or illness after entry verification, the tournament director will decide if a wrestler may continue, after consulting with the coach of the wrestler and tournaments medical.

A forfeit will eliminate a wrestler for competition unless caused by injury or illness.

A disqualification may eliminate a wrestler from competition.

A wrestler failing to make weight (each day) is ineligible for competition and may not place, except as stated in Article 4. A forfeit will be given to his opponent.

All vacancies created in the tournament will be scored as forfeits.

Section 3: Tournament Brackets

When the number of entries is not a power of 2, byes will be placed. Byes may be placed by mutual consent or blind draw. No $\frac{1}{4}$ or $\frac{1}{2}$ bracket will have more than one bye in excess of pairs. All byes occur in the first round only.

Seeded wrestlers are placed on the bracket, and then byes, then the remaining wrestlers are placed by draw.

In tournaments scoring 6 places, consolation rounds start with wrestlers defeated by the winner of each quarterfinal. 4 place tournaments, semi-final winners.

Consolation matches for 3rd place and down may be conducted with the first round draws.

If two wrestlers meet again due to cross bracketing, they will wrestle as if they had not met.