

**MAJOR DIFFERENCES BETWEEN  
HIGH SCHOOL AND COLLEGE RULES**

by

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**November 2018**

## HIGH SCHOOL

### MAT DIMENSIONS AND OUT OF BOUNDS RESPONSIBILITY

Minimum wrestling area shall be enclosed by a circle of 28 feet diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat approximately 5 feet wide. Mat area includes the mat and a space of at least 10 feet surrounding the mat and 10 feet from the scorer's table.

Responsibility lies with referee.

### REPRESENTATION

No wrestler shall represent his school in more than 5 matches in any one day **excluding forfeits**.

### WEIGHT CERTIFICATION AND REPRESENTATION

A wrestler who weighs in for one weight class may be shifted to a higher weight provided it is not more than one weight class above that for which his actual weight qualifies him. Also see 4.4.2.

The exact weights of all contestants shall be recorded and submitted to the official scorer.

### HEAVYWEIGHT CLASS

Contestants must weigh over 195 pounds to a maximum of 285 pounds

## COLLEGE

Minimum wrestling area shall be enclosed by a circle of 32 feet in diameter. Maximum area shall be enclosed by a circle with 42 feet diameter. There shall be a mat area a min. of 5 feet in width that extends entirely around the competition circle. The matted apron around the wrestling area shall extend at least 5 feet between out of bounds lines, and when 2 mats are side-by-side at least 5 feet from the out of bounds line and any obstruction such as a table, bleachers, or walls. For dual meets in which the coaches chairs are placed on the corner of the mat, the 8' tournament **reserved zone** applies. See page 13 diagrams 3 and 4. Recommended that no obstruction be placed any closer than 8' from the edge of the competition circle when possible.

For dual meets, there will be a restricted zone which is the entire wrestling area and the area directly in front of the scorer's table extending to the edge of the wrestling mat

Responsibility to meet mat and surrounding facilities regulations do not lie with referee, but with home institution's game management personnel. The referee alerts the home institution's management personnel of any variance. Questions and / or disagreements to be resolved by the participating institutions' representatives.

No wrestler shall wrestle in more than 6 matches in any day. **Forfeits and medical forfeits shall not count in this total**. All wrestlers must have a minimum of 30 minutes of rest between matches.

A wrestler may weigh in at the established certified weight and compete at a higher weight classification. See below for heavyweights.

Contestants must weigh a minimum of 183 pounds to a max of 285 pounds.

## WRESTLER'S UNIFORM

### HIGH SCHOOL

Uniform to be worn as intended / designed by the manufacturer. No tape shall be worn on headgear, but a team logo is acceptable on headgear or uniform if not larger than 2 ¼ inches square.

**Beginning with the 2014-15 season, the hair cover shall be attached to the headgear. ( See rule 4.2.1)** An alternate 2 pc uniform consisting of compression short and a form fitted compression shirt are legal.

Wrestlers may not wear or wristbands, sweatbands, bicep bands or jewelry during the match.

Essentially the same. An undershirt of a single solid color is allowed, unadorned with no more than 1 manufacturer logo/ trademark if sufficient reason is determined by the referee.

### COLLEGE

A spandex/lycra-type T-shirt and shorts is an allowable uniform. The use of tape or decals on the headgear is prohibited. Clean fresh tape is permissible if used for medical purposes only. When competing in a dual meet, it is recommended that the team wear contrasting colored singlets the host school should select and communicate its preference, the lighter or darker colored singlets to the visiting team in a timely manner.

No finger rings and/or jewelry is allowed. This would be considered special equipment (not required by rule) since they may prevent the opponent from applying normal holds and, therefore, are barred.

The only acceptable upper-body undergarment is a tight-fitting, short-sleeved unadorned T-shirt if sufficient reason is determined by the referee.

Team uniformity in clothing is required for dual meets and each session of a tournament. The match uniform worn by team participants must be identical in design and color. This does not apply to open and early-season tournaments.

#### **Color of Uniforms**

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 singlets to the visiting team in a timely manner.

## SHOES

Shoes must be secured in an acceptable fashion and reach above the ankle.

Any match delay or stoppage related to shoe laces shall be treated as delay of match and therefore stalling. Shoes must reach above the ankle and be tightly secured.

## EAR PROTECTION

Ear guards are required for all competitions.

A protective ear guard must be worn anytime live wrestling takes place including practice, all matches, and tournaments including open tournaments. The use of decals or tape on the headgear is prohibited. Clean, fresh athletic tape is permissible on the headgear if used for medical purposes only and needs to be replaced after each match

## APPEARANCE

Facial hair is allowed if covered with a legal facemask. If hair on head is as abrasive as an unshaven face, contestant must shave it or wear a legal hair cover. A bandana is NOT considered a legal hair cover.

Hair in the front shall not extend below the eyebrows.

Facial hair trimmed to a length so that the skin is visible for medical exams ( max 1/2" ) is allowed. If over 1/2", a wrestler is allowed to compete using a non-abrasive facial hair covering or enclosed within the confines of a full facemask.

### VIDEO TAPING

#### HIGH SCHOOL

Video taping or filming is authorized unless prohibited by the state high school association. Any video taping or filming for the purpose of reviewing during competition, however, is prohibited.

#### COLLEGE

Mat side video may be used for duals, team advancement tournaments, and individual tournaments excluding open tournaments. A flagrant misconduct violation called by the match referee **MUST** be reviewed by that mat referee to confirm the violation if the official mat-side video is available. All calls can be reviewed with the exception of falls. There will be one challenge available for each team for a dual meet including a team advancement tournament. Host institution determines the official video system before competition. If there is a technical issue with the video, the calls stands and coach **RETAINS** his challenge. If video is blocked, call stands and coach **LOSES** his challenge. To execute a challenge the coach must toss out the foam "brick" **immediately**. See page 24 for procedures for video review and /or 3rd party reviewer. If the foam brick is not thrown immediately, the coach will get back the brick but will be penalized for a control of the mat violation. If the video equipment becomes inoperable during the match, it cannot be used again for the remainder of the meet even though it might become operable later in the meet.

### STARTING POSITION

Once the offensive wrestler has assumed a legal starting position and is stationary, the referee shall verbally say "set" and then pause momentarily before starting the match.

When the defensive, offensive, or neutral wrestlers assume the starting position, the referee will say, "Set." and then both wrestlers shall remain stationary until the referee sounds his whistle.

Once the bottom man is set, we will tell the top wrestler to "Get on Legal". If he does not assume a legal starting position, he will be cautioned on the first offense.

### IN AND OUT OF BOUNDS

**Wrestlers are considered in bounds if of a total of 2 supporting points of either wrestler are inside the boundary line. This can be 2 supporting points of 1 wrestler or 1 supporting point of each wrestler.**

Wrestlers are considered in bounds if any part of either wrestler is one or inside the boundary line or within the imaginary cylinder surrounding and extending above the wrestling area.

### FALL/NEAR FALL/IN BOUNDS

When the defensive wrestler is on their back while 2 of the supporting points of either wrestler are inbounds, wrestling shall continue. In this situation any part of a defensive wrestler's shoulder or scapula is considered to be supporting points. Near fall points or a fall shall be earned only while the supporting points of either wrestler are in bounds. If there is no action at the edge of the mat and one wrestler is in bounds, the referee may stop the match.

Near fall or near fall points may be earned when the back is exposed to the mat if any part of either wrestler is in bounds.

If the feet including the toes and heels of the offensive wrestler are the supporting points, the offensive wrestler's knees must be on or inside the boundary whether in contact or above the mat.

## NEAR FALL CRITERIA

### HIGH SCHOOL

Criteria for NF - any part of both shoulders or scapula held within 4" of the mat; when one shoulder or scapula is held to the mat and the other is 45 degrees or less; when held in a high bridge; or on both elbows. If NF criteria met for two seconds - two points; if NF criteria met for five seconds - three points. NF ends when the defensive wrestler gets out of a pinning situation. When the defensive wrestler places himself in a precarious situation no NF unless the offensive wrestler has control and restrains the opponent in a pinning situation for two seconds. If the feet including toes and heels of the offensive wrestler are the supporting points, the offensive wrestler's knee(s) must be inside the boundary line whether in contact with or above the mat.

### COLLEGE

Criteria is the same as HS except when held uninterrupted for 2 seconds, a 2 point NF will be awarded. For 4 seconds or longer there would be a 4pt NF awarded.

## ASSESSING PENALTY POINTS IN NEAR FALL SITUATIONS

If a near fall is imminent and the defensive wrestler is injured, or bleeding occurs, before the 2pt near fall criteria **of a 2 count** has been met, the match will be stopped and a 2 pt near fall awarded. If this happens after the 2 count and before the 5 count, a 3 pt near fall will be awarded. If this happens after the 5 second count, a 4 pt near fall will be awarded. If the defensive wrestler commits a technical violation, an illegal hold, an act of unnecessary roughness or unsportsmanlike conduct during a near fall situation **which cannot be corrected**, the match will be stopped and penalty points shall be awarded in addition to the near fall points as noted above.

If a near fall is imminent and the wrestler indicates injury or has excessive bleeding you would stop the match and award 2 nf points. If the criterion for a 2 pt nf is met and the match is stopped for an injury or bleeding you would award 4 nf points. If the criterion for a 4 pt nf is met, and you have to stop the match for injury or bleeding, you would award 5 points. Also if this is the first non bleeding injury timeout the opponent is also given choice of top bottom or neutral on the re-start during any period of the match. Points for unn roughness,uns conduct, T.V's, or illegal holds committed by the defensive wrestler during a near fall situation shall be added to points earned by the offensive wrestler. In addition,wrestling shall continue during violations by the defensive wrestler, if the referee determines no risk of injury exists.

The defensive wrestler is in a pinning situation and the offensive wrestler has earned 3 near fall points, and the defensive wrestler commits an illegal act **that requires the referee to stop the match,the match shall be stopped and 5 pts will be awarded**. Four points for the near fall and 1 pt for the illegal hold. If this is the **second non-bleeding injury timeout**, the opponent will also have choice of position of top, bottom, or neutral on the restart.

In this situation the scoring is the same as in HS and the referee stops the match for the first non-bleeding injury timeout, the opponent will also have choice of top, bottom, or neutral on the restart in addition to the 5 pts awarded. If it's the second non-bleeding injury timeout the non -injured wrestler will be awarded 1 point. but not choice of position.

If in this situation and if the referee does not stop the match, the offensive wrestler will receive 3 points for the near fall and one point for the illegal hold or technical violation.

If the defensive wrestler applies an illegal hold during a pinning situation, and the referee has counted to 4 but does not stop the match to prevent injury the offensive wrestler will be awarded 4 points for the near fall and 1 point for the illegal hold. If the illegal hold causes the referee to stop the match to prevent injury the offensive wrestler would receive 5 pts for a near fall and 1 point for an illegal hold.

**TAKEDOWNS**

**HIGH SCHOOL**

Control must be established while 2 supporting points of one wrestler or 1 supporting point of both wrestlers are in bounds or while at least the feet of the scoring contestant finish down on the mat in bounds. If the defensive man's hand touches the mat it is considered a supporting point. Control defined as having restraining power over the opponent. As noted above, the boundary line is considered in bounds.

**COLLEGE**

A TD shall be awarded when from a neutral position a contestant gains control by then taking the opponent down to the mat in bounds beyond reaction time. ( see exception below )

"Hand touch" takedowns will be awarded when a wrestler has standing neutral control of their opponent and the opponents hand or hands come in contact with the mat - THERE IS NO REACTION TIME IN THESE SITUATIONS ONLY!  
**NDZ TD:** When in the neutral position, the referee shall announce the words " danger ,green if the green wrestlers shoulder(s) are exposed to the mat at an angle of less than 90 degrees. In addition, the referee will begin a verbal and visual vertical count. If he reaches a 3 count and the wrestler is still in the Neutral Danger Zone,the opposing wrestler is awarded a takedown. The arm with the corresponding color of the wrestler in the NDZ shall be the arm used for the 3 count by the referee whenever possible.

**ESCAPES**

An escape occurs when the defensive wrestler gains a neutral position and the opponent has lost control beyond reaction while the supporting points of either wrestler are in bounds.

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

**REVERSALS**

It is a reversal when the defensive wrestler comes from underneath and gains control of his opponent, either on the mat or in a rear standing position while the supporting points of either wrestler are inside or one the boundary line.

As long as control is established while any part of either wrestler remains in bounds.

**FIGURE 4**

**Illegal** when placed around the body, both legs or the head with or without the arm included.

**Technical violation** when applied by the offensive wrestler around the body or both legs of the defensive wrestler, OR around the head with or without the arm included in a neutral position by either wrestler. **Legal around the head in a pinning situation.**

**STALEMATE**

Similar to college except that a stalemate is a situation in which neither wrestler can improve.

When contestants are interlocked in a position, other than in a pinning situation in which neither wrestler **IS** improving or can improve their position.

Called if either competitor repeatedly locks around one leg of the opponent to prevent scoring.

**TIME ADVANTAGE**

No time advantage used.

One point for one minute or more time advantage (riding time) than opponent. Riding time is required for use in all competitions.

**FALL**  
**TECHNICAL FALL**

Two seconds.  
A technical fall occurs when a wrestler has earned and been awarded a 15 point advantage over his opponent. During dual meets, the winner's team is awarded 5 points.

One second.  
Same as High School. A near fall does NOT have to be scored during the match to earn a 5 pt decision in a dual meet or 1 1/2 pts in a tournament.

**WEIGHT CLASSES**

( 14 weight classes )

( 10 weight classes )

**ORDER OF WRESTLING**

106, 113, 120, 126, 132, 138, 145, 152,160,170,182,195,220,and 285.

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

## RANDOM DRAW

### HIGH SCHOOL

The first match wrestled is considered an odd match.

Competition in dual meets shall be conducted by random draw of weight classes. In multi dual events, the sequence determined by the draw will be followed for that day's subsequent meet competition. The subsequent dual meet shall begin one weight class beyond the starting weight class of the previous round. A random draw for championship final matches for individually bracketed tournaments and championships may be used.

The random draw shall take place immediately preceding weigh-ins.

The referee is required to have a kit available to facilitate the random draw.

## WEIGH-INS

Contestants of the same gender to weigh in shoulder-to-shoulder, a max of 1 hour before the time of a dual meet. When a preliminary meet is followed by a varsity meet weigh ins may by mutual consent, precede the preliminary meet.

All contestants (male and female) shall weigh in wearing a suitable undergarment that completely covers the buttocks and groin area. Any contestant who has been authorized to wear an artificial limb shall weigh in with the artificial limb.

## WEIGH-INS

*(For tournaments and dual meets)*

If only one scale is available, a contestant may step on and off that scale two times. If multiple scales are available, a contestant may step on and off first scale twice, then immediately on each available scale once

*(For tournaments)*

Weigh-in begins a maximum of 2 hours before the start of the first session of each day.

A 2 pound growth allowance MAY be added to each weight class any time after the date of certification.

### COLLEGE

For dual meets, coaches may alter order of matches by mutual agreement.

If coaches cannot agree on the first weight class to wrestle, a random draw will be used to determine which weight class to be wrestled first. **125 is always "ODD"**.

Weigh-ins shall be conducted in a private, secured area with limited attendance (only contestants, coaches of contestants, required medical personnel, others deemed necessary) at the site of competition or in an adjacent building to the competition. NCAA official weigh-in form must be used.

One hour or less before first match is scheduled to begin.

All contestants shall weigh-in wearing a minimum of a suitable undergarment, such as briefs, boxers, shorts or competition singlet.

At all weigh-ins, wrestler should stand with both feet flat in middle of scale and shall not touch any other person, floor or object that could influence the displayed weight.

For dual meets, the contestant may step on and off the scale three times to allow for mechanical inconsistencies in the scale.

For tournaments, the contestant may step on each additional official scale one time following the heavyweight class.

*(For tournaments)*

Two hours or less before the first matches begin on first day; one hour before on subsequent day.

No similar rule

**SPECIAL EQUIPMENT**

**HIGH SCHOOL**

**COLLEGE**

**4.3.6**

Electronic communication equipment that permits communication between coach and contestant during competition is not permitted.

No similar explicit rule.

**4.2.6**

Each contestant who has braces or has a special orthodontic device on their teeth, shall be required to wear a tooth and mouth protector that covers the upper and lower teeth.

**1.14**

It is recommended that all wrestlers wear a protective mouth guard.

**4.5.9**

Each state association may authorize use of artificial limbs.

No similar rule

**WEIGHT ALLOWANCES**

No similar rule

For team advancement tournaments, the 1-pound allowance on subsequent days is granted to individuals who make weight the first day of competition. A wrestler who doesn't make weight and compete on the first day of competition is ineligible to weigh-in and compete on the second day.

In tournaments a one pound allowance for each consecutive day of competition shall be granted. See above for exception.

For consecutive days of competition, one pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this one-pound additional allowance, a min. of 48 hours advanced notice (to head coach, principal or athletic director) is required for your opponent(s).

When back to back dual, tri, or quad meets occur, the wrestlers shall receive a 1# weight allowance for the 2nd day of competition. This would apply to all wrestlers even those who didn't compete the day before this event.

**WEIGH-IN FORMS**

No similar rule

For dual meets, both coaches shall keep on file a copy of the Official Weigh-in Form until the end of the season. A copy shall be hand carried, or electronically submitted to each site of competition, including tournaments. For tournaments, host site retains copy of NCAA official weigh-in form(s) and the actual weight of each participant.

**CPR AND FIRST AID TRAINING**

No similar rule.

A physician or a certified athletic trainer shall examine all contestants for communicable skin diseases before all tournaments and meets. Medical checks shall be conducted each day of tournament competition and shall take place at the site of competition.

All coaches, including volunteers, shall be certified in CPR annually by the date of the first practice. In addition, they must be certified in basic first aid every three years.

**MEDICAL CHECKS**

Before each dual meet or tournament, the referee shall perform skin checks or verify skin checks have been performed by a designated on site health professional.

A physical or certified trainer shall examine all contestants for communicable skin diseases before all dual meets and tournaments.

**A MATCH**

A match begins when the **proper** wrestler reports the scorer's table in dual meets and tournaments.

A match begins with the start of the first period and ends with the conclusion of wrestling which is defined as when time expires, or when a fall, technical fall, dq or default occurs.

**REPORTING TO WRESTLE**

**HIGH SCHOOL**

A wrestler who properly reports to the scorer's table for a dual match cannot be withdrawn or replaced. Once the second wrestler has properly reported to the scorer's table in proper sequence, neither can be withdrawn.

The conclusion of wrestling occurs when the time expires at the end of the third period, when the overtimes ends, or when a fall, technical fall, DQ, or default occurs.

**COLLEGE**

As soon as either wrestler steps onto the mat he cannot be withdrawn or replaced.

**WRESTLER'S ATTIRE**

No similar rule.

All contestants shall be uniformly attired in their school's official warm-up and match uniform. No hats, stocking caps, or other inappropriate apparel are permitted. Head coach penalized under Control of Mat Area

No similar rule

Unacceptable coaching and medical personnel attire defined. Penalty is penalized under Control of Mat Area. Further, violators may not sit in designated coaching area until in compliance.

**INTENTIONAL DELAY**

Same as in college for first 5 minute delay, and if team does not appear in next 5 minutes there shall be team forfeiture for the dual meet.

Team intentionally delaying its appearance on the mat beyond 5 minutes of the meet start time shall have one (1) team point deducted.

**LENGTH OF MATCH**

Regular matches: three 2-minute periods.

Dual meets: first period, 3 minutes; second and third periods, 2 minutes. For all competition, matches shall be 7 minutes in duration divided into the above periods.

Consolation matches: first period, 1 or 2 minutes; second and third periods, 2 minutes.

Wrestle-back matches are to be seven minutes.

**BAD TIME**

Bad time is time wrestled with the wrestlers in the wrong position, the wrong wrestler being given choice of the position at the start of the third period, choice of position not given after the 2nd non-bleeding injury timeout, or not given the choice of position after the 2pt stalling penalty ( See 5.1.1.B in casebook)

No definition of "Bad Time" in college rules. However, whenever when a referee's call has been reversed or overturned, all action after that correction is considered dead time and shall be re-wrestled. Corrections to calls on the mat will adhere to the dead time rule.

Bad time involves time that occurs when: A clock should have been stopped at the end of a period or wrestling has been allowed to continue following a violation when the match should have been stopped. See rule 5.1.1 for exceptions and rule 6.6.2

A clerical error in recording **team** scoring in a dual meet or tournament may be corrected when discovered.

Points, penalties for unnecessary roughness, illegal holds/maneuvers, unsportsmanlike conduct, flagrant misconduct and bleeding time will not be voided because of bad time wrestled.

**CORRECTION OF CLERICAL ERROR**

There is a 30-minute time period to correct the computation of a match score after a dual meet. For tournaments, it must be corrected prior to the next match in which either wrestler competes. For team score recording or computation errors in a tournament, the team points must be corrected within 30 minutes of the official posting of team scores.

If there is an error by scorer, or timekeeper during a **dual meet**, correction shall be made by the referee before the start of a subsequent match. If during the last match of a dual meet it must be corrected before the referee has signed the scorebook. In a tournament, the correction must be made before both contestants leave the mat area OR the bout sheet leaves the table. If A clerical error in recording team scoring in a dual meet or tournament may be corrected when discovered

### HIGH SCHOOL

Corrections must be made before the offended wrestler leaves the mat area if additional wrestling is necessary. If no additional wrestling is necessary, the error may be corrected if either the wrestler or coach remains in the mat area.

### COLLEGE

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. **In cases where electronic scoring is used, the referee shall verify the official score display to certify the results**

### OVERTIMES

If tied after sudden victory, the referee flips his disk to determine which wrestler has the choice of starting position for the 1<sup>st</sup> 30-second TB. The wrestler can choose T, B or defer. If tied after second tiebreaker, an ultimate tie breaker of 30 seconds shall be wrestled. The wrestler who scored the 1<sup>st</sup> points in the regulation match or whose opponent was penalized for unsportsmanlike conduct gets choice of position. If no points or simultaneous points are scored in regulation, choice is determined by flip of disk. (T, B or defer) The wrestler scoring 1<sup>st</sup> point(s) wins. If no points scored the offensive wrestler wins, and one match point added to his score.

Choice of top or bottom position in first tiebreaker period determined by wrestler who scores first points, other than penalty or escape points in regulation match. Time advantage of 1 minute or more for either wrestler shall be included in this determination. The position for the 2nd TB period will be the opposite of the 1st TB period. In addition to first tie breaker period, a second 30-second tie breaker period will be wrestled if no pin, default or disqualification occurred. Wrestler not having choice in first tiebreaker has choice to start second tiebreaker. If no winner, a second overtime begins with a 1-minute sudden victory period. If no winner, another two 30-second tie breaker periods as above. If no winner, wrestler with most riding time in all four tiebreakers wins. If no winner determined, repeat process.

Because college wrestling includes riding time, there are many differences in being able to win by accruing riding time in the overtimes, when injury timeouts come into play.

### REVERSING CALLS

Not Mentioned

A referee may not reconsider or reverse an unsportsmanlike conduct of 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 conduct or flagrant misconduct penalty during a subsequent match in a dual meet or later in a tournament session for action(s) in an earlier match.

**CONTROL OF MAT AREA,**

**HIGH SCHOOL**

Control of mat area is a college term.

**COLLEGE**

All personnel, other than actual participating contestants, shall be restricted to a designated reserved zone during competition. See diagrams 3 and 4. For tournaments using chairs in each corner, the reserved zone will be 8 feet. If 3 personnel are used a chair will be placed behind the two coaches' for a properly credentialed medical person. Coaches may leave this zone only to approach the scorer's table to correct the score or time, or to question the referee's misapplication of a rule, or to move toward the mat during a charged timeout or at the end of a match OR to request a video review challenge. This includes badgering the referee by coaching staff, or any other member of the team.

**Penalties are as follows:**

1st violation and ALL subsequent violations will be a deduction of 1 team point. **The referee will be sure to verbally inform the offending coach of the penalty.**

**UNSPORTSMANLIKE CONDUCT/  
TEAM BENCHES**

During a match, coaches and other team personnel are restricted to team bench/chairs or behind it, except during charged timeout, the end of match, or to approach officials' table under possible misapplication of a rule. Any act that becomes abusive or interferes with the orderly progress of the match, or for violations of bench decorum shall be penalized on first offense for unsportsmanlike conduct. **Unsportsmanlike conduct carries over to second day of event.**

Wrestlers who receive 2 unsportsmanlike. conduct calls **during** a match are disqualified from that match only. These penalties are cumulative throughout a dual meet or tournament session for coaches, trainers,

**MISCONDUCT**

It is misconduct on the part of a coach, when after a conference with the referee, no misapplication of a rule has occurred, or if a coach questions judgment. Head coach is penalized. First warn, then deduct one team point, then removal of head coach and deduct two team points. **Removal is for the remainder of the day.** The restricted zone has to be at least five feet from the wrestling area.

**Questioning Ref**

No rule called misconduct in college. Beginning in the 2015 season, there will be 2 separate infractions concerning coaches behavior. 1. Control of the mat area as discussed above AND 2. Questioning the Referee: Penalties will be Warning, Warning, and then 1 team point deduction for each subsequent violation. This penalty for Questioning the referee is cumulative for a dual meet or tournament event.

**TOURNAMENT COACHING AREA**

During tournament competition a maximum of 2 team personnel (coaches and/or non participating contestants) will be permitted on the chairs at the edge of the mat.

For tournaments, and 8 foot reserved zone shall be placed in any two corners of the mat. A maximum of 3 team personnel will be permitted in the restricted. If 3 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 reserved zone shall be penalized as control of the mat area violation. 4 are allowed during NCAA tournament championship finals **only**

**TEAM TIES**

Criteria for breaking a team tie are listed in order a through p.

**Criteria given on Pg 29. (The Total number of points scored for near fall points, and total number of takedowns). / NOT takedown points.**

Forfeits, defaults, and disqualifications count toward total number of victories in first criterion..

A point is added to winner's score and criterion number is noted. E.g. 17-16, criterion 3.15.1.

**HIGH SCHOOL**

**(Not a term used in HS)**

**MEDICAL FORFEIT**

Tournament director, in consultation with the designated, on-site appropriate health-care professional(s) and the coach of the injured or ill contestant, shall determine contestant's ability to continue.

**TEAM FORFEITS**

A team forfeit shall be scored 1-0. If offended team is ahead, the score at the time of the team forfeit stands.

**UNSPORTSMANLIKE CONDUCT**

**(Wrestlers during a match)**

Includes repeatedly dropping to one knee to break locked hands, and failure to keep shoulder straps up while on the mat. (See Penalty Table )

**(Coaches, contestants NOT during a match, and other team personnel)**

Same except, on the second offense deduct 2 team points, disqualify and removal from premises provided authorized school personnel is available to supervise wrestler. If not, wrestler confined to team bench area.

Sequence of penalties carries over to the second day of a multiple-day event.

**TOBACCO USE**

Same for coaches and student athletes.

No mention of tobacco use by referees.

**COLLEGE**

Injured or ill wrestler during the course of a tournament may declare medical forfeit without appearing on the mat. In order to retain advancement and placement points earned, this declaration must be made to the official scorer before the ill or injured wrestler is called to the mat. No further weigh-in is necessary.

A team forfeit shall be scored 60-0.

**(Wrestlers during a match)**

No rule for dropping to one knee, but includes failure to keep uniform straps up while in the wrestling area, i.e. may have them down while on apron of mat OR Baiting. Unsportsmanlike conduct penalties are cumulative for a contestant for a match or a dual meet.( See Penalty Table )

**(Coaches, contestants NOT during a match, or other team personnel)**

First offense deduct 1 team point. Second offense deduct 1 team point, disqualify, and remove from premises for remainder of event or tournament.

The penalties for unsportsmanlike conduct are cumulative throughout a dual meet or a tournament session.

The use of tobacco products by student athletes, coaches or other team personnel on the premises during an event is a flagrant misconduct penalty.

Match officials, including referees, timekeepers and scorers, are prohibited from using tobacco products in the wrestling venue before, during or after a dual meet or tournament. Violations should be reported to the event administrator.

## HIGH SCHOOL

### **Penalty Chart**

For coach and nonparticipating personnel, three points are deducted and removal is for the dual meet, remainder of a multiple school event, or tournament.

For contestant, same as above, and no team points can be earned in the individual tournament.  
For a team advancement tournament, points earned in previous rounds are not negated.

Removal, if authorized school personnel available to supervise. Otherwise, student is confined to team bench area.

## COLLEGE

### **Penalty Table**

Same except deduct one team point. In addition, all points earned during a tournament are negated and the offender is suspended for the next event.

Same except deduct one team point.

Removal from premises required.

The penalty for Flagrant Misconduct includes a suspension of the wrestler until after the team's subsequent event. If the flagrant misconduct occurs during the last event of the season, the suspension carries over to the first event of the next season. The referee must inform the National Wrestling Officiating Coordinator that a flagrant misconduct violation occurred. The Coordinator will contact the respective divisional chair, who will communicate with the violating student-athlete's institutional administration to ensure the suspension is served.

A member of the tournament committee is responsible for informing the head coach that a team member (stating violator's name) has been charged with a flagrant misconduct violation, and is disqualified from further competition in the event.

## ILLEGAL HOLDS

Straight-back salto to the head, Figure 4 around body or both legs or head with or without the arm included, back bow and a back flip from the standing position.

This hold not named, but should be considered illegal in HS also due to choking and danger of neck pressure.

Backbow is legal in college - restrictions to the direction of movement apply. These are not listed as illegal holds, but some are listed as technical violations. See 5.8 and 5.9

### **Neck Bow**

When in the top position, the offensive wrestler applies a legal head and arm, locked from the side, and then summersaults 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.

## POTENTIALLY DANGEROUS

A front or any headlock with arm or leg encircled, double wristlock, split scissors, guillotine, chicken wing and toeholds.

The figure-four scissors around both legs, the body or the head with or without the arm included in a neutral position is a technical violation.

## HOLDS

When defensive wrestler stands supporting all the weight of the offensive wrestler, the referee shall stop match.

Referee does not have to stop match in this situation.

**REPORTING TO THE MAT**

**HIGH SCHOOL**

Reporting to the scorer's table not properly equipped, or not ready to wrestle or any equipment that is detected as being illegal after the match has started is a technical violation and injury time started. Opponent is awarded 1 match point and the offender has 1 1/2 minutes to become properly equipped.

**COLLEGE**

Reporting to the mat and not in compliance results in a charged injury timeout. The injury clock is started and will not be stopped until the referee determines that the wrestler is in compliance. This shall count as the wrestler's first timeout and the opponent will have choice before the start of the match. If after 1 1/2 minutes the wrestler is not in compliance, the wrestler will be disqualified.

**STALLING**

After a warning, first and second penalty is 1 point awarded to opponent. Third penalty is 2 points AND OPPONENT GETS CHOICE ON THE RESTART. Fourth penalty results in DQ.  
No similar rule

After a warning, the fifth violation results in a DQ (Warning, 1, 1, 1, DQ) These penalties are decoupled from other Technical Violations.

**Drop Down Rule and Scoring**

When in an offensive position a wrestler moves one or both hands around a leg or legs below the buttocks and does not breakdown the opponent, execute an offensive move or work back up the the upper extremity for 5 seconds as counted by the referee, the offensive wrestler will be called for stalling. This count will be both visual and verbal.

Further, if a situation occurs where the offensive wrestler violates this rule and the referee starts a count getting to 3 or a 4 count, and the offensive wrestler releases his/her hold so that the referee stops counting, and shortly thereafter the offensive wrestler reapplies his/her hold, the referee does not have to start counting again, and can call stalling immediately recognizing that the wrestler's intent and actions are to stall. If however the referee reaches the 5 count, the offensive wrestler shall be called for stalling. This also applies to the waist and ankle ride. If the defensive wrestler is in the process of scoring at the 5 count, the referee will allow wrestling to continue and make the appropriate signal to stop riding time. At this point he will either award the escape or reversal with wrestling continuing as well as making the stall call, or stop the match and award the stall call if scoring hasn't occurred.

When an offensive wrestler applies a side headlock to the defensive wrestler and does not breakdown the opponent and/or execute an offensive move during a period of 5 seconds as counted by the referee, the offensive wrestler will be called for stalling. Count shall be visual and verbal. Same rational as above if the offensive wrestler shortly thereafter reapplies the hold.

Same as college

In all rear standing positions, it is the offensive wrestler's responsibility to make an effort to return the defensive wrestler to the mat.

Interlocking fingers from the neutral position will be called a stalemate on the first offense. Subsequent offenses will be called stalling. However, there will be reaction time to let go of lock.

## HIGH SCHOOL

## COLLEGE

### NEUTRAL STALLING

It is stalling to pull or push an opponent off the mat and out of bounds. It is also stalling to back out of bounds. It is not stalling to back out of bounds and then pivot to get into position to execute a move. It is stalling in the neutral position when a wrestler continuously avoids contact with his opponent or plays the edge of the mat.

### **Neutral Stalling**

When wrestling is stopped in the neutral position for going out of bounds, one of 3 calls must be made. A. Stalling on one or both wrestlers for leaving the the wrestling area. B. Stalling for pushing or pulling the opponent out of bounds or C. Wrestling action is taking place and no stalling.

### FLEEING WRESTLING AREA

From down on the mat if a wrestler intentionally goes out of the wrestling area or forcing an opponent out of bounds, is considered fleeing and therefore a technical violation.

Near edge of 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 including in near fall situations.

Not explicitly stated

Kicking out from a lower leg hold (**from the neutral position**) and , this action results in an out of bounds call,the defending wrestler SHALL be called for stalling

Not explicitly stated.

Fleeing or attempting to flee the wrestling area or forcing or attempting to force an opponent out of the wrestling area as a means of avoiding being scored upon is a **stalling** technical violation. **A wrestler can be awarded this stalling call in addition to points earned for a takedown, reversal, or escape.**

### INJURY TIMEOUTS

If a second non-bleeding injury time out is taken during a regulation period, the opponent shall have the choice of top, bottom or neutral on the restart If a contestant is injured as a result of an illegal hold, unn roughness, or uns conduct during the match OR the result of an opponent's false start from the neutral position, the injured wrestler is entitled to 2 minutes of recovery time.

After first non-bleeding injury timeout, opponent has choice of position at restart. After second nonbreeding timeout, one point is awarded the opponent and no choice of position. Also, the injury time should not be started until medical personnel are on the mat. If a wrestler requests and receives an injury timeout, and then subsequently indicates that he is ready to compete before the injury clock begins, he will be charged with 1 second of injury time.

The differences between the HS and college rules result in many differences related to consequences during overtimes and regulation periods.

Consequences of first and second injury timeouts during overtime and regulation. See rule book and casebook for possible scenarios.

Athletes can be coached during injury timeouts, recovery timeouts, and bleeding timeouts. No more than 2 attendants and appropriate health care professionals shall be permitted on the mat with either wrestler.

Only the non-injured wrestler can receive coaching during an injury or concussion timeout. Both athletes can receive coaching during blood timeouts. If a wrestler shows signs of a concussion they will not be permitted to continue the match or return to competition without approval of the team physician or team's physician designee. If the health care professional agrees to have the athlete return to competition, the official will note this in the scorebook and have the health care professional sign off on this decision in the score book.

## HIGH SCHOOL

## COLLEGE

### **Concussions / Referee Timeout**

In the case of a possible concussion, if medical personnel are in need of additional time to properly evaluate the wrestler, the referee timeout should be called to give the medical staff adequate time to render a decision and any injury time that was called will be wiped off.

### TOWELING

Not explicitly stated

Timeout for towelng off perspiration during the match is a technical violation.

### BLEEDING TIME OUTS

The cumulative time allowed for bleeding is 5 minutes, which is separate of wrestler's accumulative minutes of injury time.

The length of timeout periods for bleeding is left to the discretion of the referee.

No rule but by State Association membership and testing.

All referees must register no later the Oct 19 of each year. All referees must watch the NCAA video and pass the online exam with a minimum score of 86%.

### REFEREE REGISTRATION

Institutions using a non-registered referee are subject to penalties.

### REFEREE UNIFORMS

The referee may wear a provided shirt common to all officials at that event.

For all competition referees must wear a black and white striped or black and grey striped referee's short sleeve knit shirt. In tournaments or multiple duals, shirt uniformity is required of all referees.

### OFFICIAL'S DUTIES / JURISDICTION

Referee is to have a kit to conduct the random draw.

No similar rule.

Referee is to have the head coach verify that the team is groomed, properly equipped and ready to wrestle, including securing shoelaces.

Advise coaches of proper coaching attire as well as medical personnel.

Referees allowed to rotate in consecutive matches during dual meets, multiple duals or dual meet advancement tourneys.

During injury, blood, or recovery time outs, the referee should be in position to monitor the appropriate clock and wrestlers. The referee should notify the coach and/or wrestler at the one minutes mark and the 30 second mark as to the amount of time remaining.

Same as High School

When a referee is off the mat, he/she still has jurisdiction and can help the on mat official with calls in the mat area.

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

Jurisdiction of the referee begins upon arrival at the competition site and concludes when the referee enters the locker room post-competition.

### JURISDICTION TIME

During a timeout for injury, no more than 2 attendants and an appropriate health care professionals shall be permitted on the mat with either wrestler.

No more than 2 attendants and a physician/trainer shall be permitted on the mat during an injury timeout.

### ASSISTANT-REFEREE PROCEDURES CALLED THE 2ND OFFICIAL IN COLLEGE

Some of the procedures are slightly different for HS. For example in 3.2.2c states that in near fall situations, the assistant referee should tap the referee when time expires. Another example 3/2/2i states that the assistant referee is not permitted to address the coaches. This is the responsibility of the referee. As in college first on and last off of the mat to observe any problems.

No suggestion to tap the referee when time expires. The 2nd official is granted the same mobility as the referee in both HS and college rules and should use their good judgment in these and other situations. No similar suggestion for communication of 2nd official. The 2nd official should always be first on and last off the mat to observe any problems.

The 2nd official shall check each corner for dress code violations before the match begins.

**MATCH TIMEKEEPER**

**HIGH SCHOOL**

When a visual clock is not available, the match timekeeper shall call out minutes of the match and display with visual cards the number of seconds remaining in the last minute of each period at 15-second intervals.

**COLLEGE**

Match timekeeper shall call out the minutes of the match and the last minute of each period reported at 45, 30, and 15 seconds time remaining.

**VISUALLY IMPAIRED WRESTLERS**

Same as college - Finger touch method. It is considered unsportsmanlike conduct if the sighted wrestler breaks contact and backs up just prior to attempting a takedown.

Finger touch method to be used in the neutral position. While wrestling, the match shall be stopped whenever contact is not maintained. On neutral starts, wrestlers will alternate choice of which hand is up or down.

No similar rule

At the time of medical examination / skin checks, the coach or medical personnel shall provide written documentation identifying the impairment.

**Referee Signals**

See Page 81 in rules book

**See page 95 for ALL signals. Signal 30 should be the concussion signal. Fist to forehead**

**MAT-SIDE VIDEO REVIEW**

No similar rule

Alternate 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

**Coaches are allowed 1 challenge per dual meet. See video review section in rule book.**

**DEAD TIME**

**When a call on the mat has been reversed or overturned, all wrestling action after that correction is considered dead time and shall be re-wrestled.**