



Neutral Stalling Q&A Part #2 of 3
January 9, 2018

NO wrestler may force an unnecessary restart in the neutral position.

Examples of how unnecessary restarts occur?

1. One wrestler makes little to no effort to circle in bounds.
2. One wrestler pushes an actively circling opponent out of bounds simply to force a restart.
3. One wrestler pulls or kicks out of bounds forcing a restart.

In all three examples, the wrestler(s) have other options besides going out of bounds

1. One wrestler makes little to no effort to circle in bounds. (this wrestler should work hard to circle in bounds or make an attack)
2. One wrestler pushes an actively circling opponent out of bounds simply to force a restart. (this wrestler should not push an actively circling opponent out of bounds)
3. One wrestler pulls the opponent out of bounds forcing a restart. (this wrestler should turn towards in bounds and attack or defend with an intent to stay in bounds and compete)

Rules questions surrounding example #2 pushing

Question: what do the rules say about stalling by pushing and the opponent's effort to circle in-bounds?

SRE Response: the rules require a wrestler on the out of bounds line to make a substantial effort to circle in bounds. The referee, who has full jurisdiction on the mat, is responsible for determining whether a wrestler has displayed a substantial effort or not. If a wrestler is displaying substantial effort to circle in bounds, and is subsequently forced out of bounds then a stalling by pushing is warranted per the rules book.

Question: What happens if an aggressive wrestler pushes their opponent out of bounds and the opponent does not make a substantial effort to circle in bounds?

SRE Response: If a wrestler is pursues aggressively and/or pushes the other wrestler to the out of bounds line and the wrestler does not make a substantial effort to circle in bounds, then the person backing out will be called for stalling as discussed in the part #1 article.

Question: if wrestler A is standing with their back on or near the out of bounds line, does wrestler B have to allow wrestler A back into the center of the mat?

SRE Response: no, wrestler B does not have to let wrestler A back to the center of the mat. However, if wrestler A is making a substantial effort to circle into the center of the mat, wrestler B is not allowed to push them out of bounds, and force an unnecessary restart.

Question: how can you tell the difference between pushing and aggressive wrestling on the out of bounds line?



SRE Response: The intent of pushing on the out of bounds line is to force an unnecessary restart. The intent of aggressive wrestling is to execute a wrestling hold in order to score a takedown, and the attack happens to go out of bounds.

Pushing is most often seen in a tie up, using the head, hands or chest, however, the NCAA wrestling case book outlines that pushing can be called in any wrestling hold or position in which the wrestlers are in the neutral position. Let's take for example a wrestler who is placed in a hold near the out of bounds line (2 on 1 under-hook, over-under, etc.). After the wrestler is placed in the hold, he/she begins making a substantial effort to circle in bounds. The opponent applying the hold may wrestle aggressively on the out of bounds line to score points but they shall not use the hold to push the actively circling opponent out of bounds, simply to force a restart.

Question: how can the rules book justify calling a wrestler, who is aggressively pursuing their opponent, for stalling by pushing?

SRE Response: the rules committee intended for this rule to be a stay on the mat rule and that unnecessary restarts in the neutral position, for any reason, is stalling. Additionally, stalling by forcing an unnecessary restart is no different than avoiding wrestling action on the mat, calling an injury timeout to take a breather, untying the shoelaces so as to delay the match, straggling back to the center of the mat, or any other generally accepted form of traditional stalling.

If you have any rules or rule interpretation question please contact me at ncaaruleseditor@gmail.com . These and other approved rulings for wrestling rules can be found in the case book [here](#).

In part #3 I will discuss example #3 stalling by pulling.