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OF STATE HIGH SCHOOL
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WRESTLING

RULES BOOK

2020-21

WRRB21



2020-21 NFHS WRESTLING CASE BOOK

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Foreword

THE PURPOSE OF THE WRESTLING CASE BOOK AND MANUAL is to establish standards of uniformity and has been designated as the official supplement to the rules book by the National Federation of State High School Associations (NFHS). It has been prepared in answer to the definite demand for standardization of mechanics and techniques. Their use will improve the effectiveness of wrestling referees.

REFEREES AND COACHES should find the WRESTLING CASE BOOK AND MANUAL of great help in providing uniform procedures in wrestling matches at the interscholastic levels. It is recognized that when NFHS rules are changed, re-ordered or eliminated, some situations may be rendered obsolete. If you find situations you think may be in error, please report them to the NFHS.

THE SUCCESSFUL REFEREE will: (a) have a thorough knowledge of the wrestling rules; (b) completely understand the interpretation of the rules; and (c) have a command of the mechanics recommended in this WRESTLING CASE BOOK AND MANUAL, along with the ability to execute them. Therefore, rules knowledge and follow-through to the procedures recommended, supplemented by intelligence and good judgment, are necessary characteristics for the most effective wrestling officiating.

Case Book Format

The situation numbers identify the primary rule, section, article of the rules book which supports the interpretation. Situation numbers are designated with a "decimal" whereas rule references are shown with a "dash." Example: 7.2.2 is the case book situation and 7-2-2 is the rules-book reference.

New or Modified Situations – Part 1: All material in Part 1 is new. **Part 2:** All situations which have been revised or which are shaded. All material has been brought up to date to coordinate with the current rules.

The case book contains some paragraphs entitled "Comment." The information contained in these sections is included to give the reader an insight into the background and development of a particular rule. These comments are intended to express the philosophy of the committee and the "spirit" of the rules.

General Information

The interpretations and rulings for all situations have been approved by the NFHS Wrestling Rules Committee and are official. Additional interpretations are available from the inquirer's state high school association. The NFHS will assist in answering rules questions from state associations whenever called upon.

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PART I

Comments on the 2020-21 Rules Changes

Clarified that a Suitable Undergarment that Provides Maximum Coverage Shall Be Worn Under a One-Piece Singlet (4-1-1c NOTE) — Female contestants shall wear a suitable undergarment that completely covers their breasts and minimizes the risk of exposure when they wear a form-fitted compression shirt under a singlet.

Clarified How to Address the Issue When a Shoe Comes Off During Wrestling (4-1-3) — This rule addresses when a shoe comes off during wrestling action, a technical violation is assessed, and the injury clock is started to correct the infraction.

Modified the Hair Rule (4-2-1) — The length requirement of the rule has been removed and hair covering is not mandatory. However, if a hair cover is used, it shall meet the expectations of the rule. The hair cover must be of a solid material, non-abrasive and shall be attached to the ear guards. Additionally, physical hair treatments/control items that present a risk to either wrestler due to the hardness, texture (sharpness) or abrasiveness should not be allowed.

Clarified How Opponents Weigh-In (4-5-1) — Opponents regardless of gender shall weigh-in together because of the modification of the rule that allows them to wear a legal uniform for weigh-ins.

Clarified How Opponents Weigh-In (4-5-2) — Opponents regardless of gender shall stand shoulder-to-shoulder for the weighing-in process.

Clarified Who is Authorized to Supervise Weigh-Ins (4-5-4) — The referee or other authorized individuals (regardless of gender) are permitted to supervise weigh-ins.

Modified the Appropriate Weigh-In Attire (4-5-7 NOTE) — Wrestlers are now permitted to weigh-in wearing a legal uniform with suitable undergarments. This modification will simplify the weigh-in process by having all the competitors in the same area and can expedite the activity. Beside the legal uniform, the wrestlers may wear low-cut socks on the scale. The socks cannot be removed or added for fear that practice would affect the wrestler's weight loss or gain.

Modified the Definition of Unnecessary Roughness (5-29-1) — Pulling an opponent's hair is a violation. This practice could cause injury to the neck and should be penalized accordingly.

Clarified the Application of a Technical Violation (7-3-1) — If the defensive wrestler is taken down or is in the near fall criteria while they are trying to flee the mat, there will not be additional penalty points assessed. The fleeing attempt was poorly executed and was unsuccessful.

Modified the Administration of the Stalling Penalty (8-1-4) — Upon the fourth stalling penalty, the match shall be stopped, two points awarded to the opponent and he/she is given choice of position on the restart. The match stoppage ensures that there is time remaining for the restart.

Modified to Reflect the Administration of the New Stalling Penalty (Stalling Penalty Chart) — The Stalling Penalty Chart modification is reflective of the change to the fourth stalling offense.

Modified How Imminent Scoring Should Be Administered (8-2-9) — When a match is stopped for an injury during a scoring situation, the official makes the determination that the scoring would have been successful had the action continued. The referee charges the injured wrestler an injury time-out and awards the applicable points to the opponent.

PART II

Other Situations

NOTE: Situation number is also the principal rule reference. Other related rule references are shown at the end of the ruling. A new situation in Part 2 or a revised situation is shaded.

Rule **1** Competition

THE MATCH

1.1.2 SITUATION: Wrestler A reports to the weigh-in with an artificial limb commencing from below the elbow and a permission letter from the state association authorizing the wearing of this artificial limb. (a) The wrestler weighs in wearing the artificial limb, then later decides to wrestle without it; or (b) Weighs in without the artificial limb, then prior to the beginning of the match decides to wear the artificial limb during competition. **RULING:** In (a), it would be illegal to remove the artificial limb and wrestle without it since he/she weighed in with it. In (b), the wrestler could not compete wearing the artificial limb. To wear an artificial limb during competition, it is required that one must weigh-in with the device. The wrestler would either have to compete without the artificial limb or not compete. **COMMENT:** When an individual wrestles with a portion of the arm missing, the referee must make certain allowances for the starting position. As long as the wrestler with the amputated arm is attempting to establish legal positioning, there would be no violation. (4-5-9)

1.1.3 SITUATION: During the match, the manager of Team A is observed video recording Team A's wrestler. **RULING:** Legal unless prohibited by the state high school association.

RANDOM DRAW

1.2.2 SITUATION A: The referee arrives at the host school to supervise the weigh-in for a dual, only to find that the coaches have completed the random draw after the weigh-ins are completed. **RULING:** The random draw must be redone. The random draw should have taken place before the weigh-ins.

1.2.2 SITUATION B: The referee draws the 138-pound weight class at the random draw immediately preceding weigh-ins. Neither team has a 138-pound wrestler so the referee is asked to redraw. **RULING:** It makes no difference that neither school has a 138-pound wrestler. After a weight class has been drawn, subsequent matches will follow in sequential order: 138-pounds would be the first weight class and be the odd match. (6-2-2)

1.2.2 SITUATION C: For a multi-dual event, the referee/authorized person draws the 126-pound weight class at the random draw immediately preceding weigh-ins for the first event. In preparation for the subsequent event, the referee indicates the first match to be competed is the 132-pound weight class. **RULING:** Correct. The second event begins one weight class beyond the starting weight class from the previous round.

1.3.4 SITUATION: The referee arrives at the host site to supervise the weigh-in and the following has occurred: The tournament director conducted a random draw immediately preceding the weigh-ins for the tournament and the 220-pound weight class was drawn. The finals of the tournament started with the 220-pound weight class. **RULING:** This is a correct ruling as the tournament does have the option by rule to draw for random order for the finals, and the tournament director could be the authorized person to conduct the random draw.

REPRESENTATION

1.4.1 SITUATION: After the conclusion of the official weigh-in period for an individually bracketed tournament, but before the start of any wrestling competition, the 132-pound contestant of Team A becomes ill and cannot wrestle. The head coach now wants to move his/her 126-pound wrestler up to compete in the 132-pound weight class. His/her weight does qualify him/her for the 132-pound weight class. May he/she move up a weight class? **RULING:** No. In individually bracketed tournaments, the contestant representing a school shall be named by weight class prior to the conclusion of the weigh-in and no substitution is allowed after the conclusion of the weigh-in. (4-5-6, 10-2-1)

1.4.3 SITUATION A: In a multiple school tournament being conducted in one day, there are: (a) eight schools invited, and it is announced four places will be scored; or (b) 16 teams are invited, and it is announced six places will be scored. **RULING:** Wrestlers are limited to no more than five matches during a day. Matches are those for which the time limit is specified by rule and are six minutes in length for championship or five or six minutes in length for consolation. In (a), it would be possible for a school to conduct an eight-team tournament, wrestling back to four places, because this would consist of a maximum of four matches for any wrestler. In (b), if only the losers of the quarterfinal bracket go to the wrestle-back it could be completed in only five matches per day. If, however, the first-round losers enter the wrestle-back, there is a possibility that some wrestlers would be involved in six matches. This would not be allowed and would be in violation of Rule 1-4-3 which states that no wrestler shall represent the school in more than five matches in any one day. Therefore some consolation finals could not be wrestled. If one wrestler had wrestled in four matches and the other wrestler in five matches, then the wrestler with four matches would be the winner by forfeit. If it was the match for third place and both wrestlers had been in five

matches, then they would both receive points for fourth place. There could be no third-place finisher.

1.4.3 SITUATION B: In the consolation finals, the head coach of Wrestler A informs the referee that Wrestler B has already participated in five matches during the day, which included a forfeit, and is ineligible to wrestle in the consolation finals. **RULING:** The head coach is incorrect. Forfeits no longer count as matches wrestled when considering the limit of five matches in one day. Therefore, Wrestler B is eligible to compete in the consolation finals.

1.4.4 SITUATION: Wrestler A received a forfeit in the pigtail round at the 106-pound weight class. Wrestler A is called to wrestle in the first round 30 minutes later. Wrestler A's head coach informs the referee that his wrestler did not receive 45 minutes of rest before this match. **RULING:** The head coach is incorrect. Since Wrestler A received a forfeit, the mandatory 45-minute rest period does not apply.

1.4.6 SITUATION A: When coaches submit their names of wrestlers to the scorer's table before a match in a dual meet, can they change their entries after the first match has started by substituting another eligible wrestler in a later match? **RULING:** You are allowed to weigh-in as many wrestlers for each weight class that you so desire. You do not have to stipulate which wrestler will be wrestling at what weight class until you actually send that individual to the scorer's table. For example, if you have weighed-in two individuals at the 145-pound class you may wrestle one of them at 145 and you could wrestle the other one at 152.

1.4.6 SITUATION B: During the weigh-in period, School A weighs in two individuals for the 220-pound class and one individual for the 285-pound class. Following the 220-pound match, the coach of School A sends to the scorer's table for the 285-pound match the second individual who has weighed in for the 220-pound class. Can this individual represent School A in the 285-pound class? **RULING:** An individual who weighed 220 pounds can represent the school in the 285-pound weight class because the wrestler has qualified as a 220-pound wrestler. This wrestler must have weighed in excess of 195 pounds to be eligible for the 285-pound class.

Rule 2 Equipment

TEAM BENCHES

2.2.1 SITUATION A: Upon inspection of the mat area the referee notes that the team benches are not adjacent to the scorer's table. They are on opposite sides of the mat and 10 feet from the edge of the mat. Is this a permissible configuration?

RULING: In dual-meet competition the team bench should be at least 10 feet

from the wrestling area and at least 10 feet from the scorer's table where facilities permit. By placing the team bench area on the opposite side of the mat, there is not a violation of this article.

2.2.1 SITUATION B: During inspection of the wrestling mat and the general mat area for a dual meet (including dual-meet tournament), the referee requests chairs and benches be removed from an area 10 feet wide completely surrounding the wrestling mat proper. **RULING:** The mat area extends completely around the wrestling mat proper for a distance of 10 feet. This area is to be free of any items that may interfere with normal progress of the match. In some small gyms, the mat area will necessarily be limited. The unobstructed area surrounding the mat should be as close to 10 feet where facilities permit. Coaches are to be seated at least ten feet from the edge of the mat and 10 feet from the scorer's table. The mat area includes the team benches and the scorer's table.

2.2.2 SITUATION A: During tournament competition, is it permissible for coaches to be at the corner of the mat? **RULING:** It is permissible for coaches to be at the corner of the mat in tournament competition. The restricted zone shall be defined by either a contrasting line marked on the mat or a contrasting colored surface under the chairs. The restricted zone shall be no closer than five feet to the edge of the circle.

2.2.2 SITUATION B: During a tournament match, the coach and manager of Team A occupy the chairs reserved for such use in the restricted zone. As the match, which is closely contested, progresses, the assistant coach of Team A moves into this zone. When the referee notices this, the assistant coach is notified that only two persons may be in the restricted zone. There is no movement on the part of any of the three-team attendants to vacate the zone as the referee returns to the center of the mat to restart the match. **RULING:** This constitutes unsportsmanlike conduct, and the referee will deduct one team point from Team A's score. There is no warning prior to this penalty. The rules clearly explain that only two attendants may be in the restricted zone during tournament competition. Failure to comply with the referee's instructions constitutes unsportsmanlike conduct. The assistant coach shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart. (2-2-2, 5-30-1, 7-5-3)

2.2.2 SITUATION C: After weigh-ins, when the referees walk into the gym for a tournament, they find chairs on the corners of the mats without the restricted zone marked on the mats. **RULING:** The head referee shall require the tournament director to have either a contrasting colored mat placed under the chairs or a line taped onto the mat with contrasting colored tape to designate the restricted area. This shall be done for all mats used in the tournament.

Rule 3

Referees and Their Duties

UNIFORM

3.1.1 SITUATION: Six referees are assigned to work a league tournament. Two of the referees want to wear the gray shirt with black pinstripes and the remaining four referees want to wear the traditional black-and-white stripe shirt. **RULING:** Not compliant with Rule 3-1-1. In this situation, all six referees must wear the same color shirt. Either all six referees wear the gray shirt with black pinstripes, the traditional black-and-white stripe shirt, or an event-provided shirt common to all referees at that event.

JURISDICTION

3.1.3 SITUATION A: Following the last match in a dual meet and after the referee had signed the scorebook, the losing wrestler, while walking down the hallway to the locker room, uses profanity towards the referee. The referee then follows the athlete to the locker room and issues a flagrant misconduct call. Does the referee still have jurisdiction at this time? **RULING:** The jurisdiction time of the referee begins upon arrival at the site and concludes with the approval of the scorebook in dual-meet competition. The referee had no authority to make a flagrant misconduct call in this situation. The proper procedure would be to report this to the head coach and also to the state association office.

3.1.3 SITUATION B: During a dual meet, the coach receives a flagrant misconduct. **RULING:** The meet referees' administrative responsibilities such as submitting reports extend after the meet. Meet referees must then adhere to the state association policy with regard to the filing of post-meet reports.

PRE-MEET DUTIES

3.1.4 SITUATION: Wrestler A reports to the scorer's table wearing a religious medal. Is this permissible? **RULING:** A wrestler cannot wear jewelry. The fact that it is a religious medal has no bearing on the decision of the referee. It is still considered jewelry and must be removed to decrease risk of injury. Wrestler A is penalized one match point for a technical violation and must take an injury timeout to remove the jewelry. (7-3-5)

3.1.6 SITUATION: School A does not have a 120-pound wrestler at the weigh-in. School B, however, does have a 120-pound wrestler, but School B's wrestler has a forearm cast. The referee was not in charge of the weigh-in and does not inspect the cast prior to the start of the dual meet. Following the 113-pound match, the wrestler from School B comes onto the mat to receive a forfeit. The cast is exposed and is not properly covered or padded and has not been inspected by the

referee. Can Wrestler B receive a forfeit? **RULING:** It is the responsibility of the referee to inspect all supplementary devices, pads, etc. It is the referee's responsibility to rule on the legality of all equipment. Any wrestler reporting to the scorer's table with illegal equipment would not be allowed to wrestle unless corrected in the allotted time. Therefore, B could not receive a forfeit with the arm in a cast unless corrected in the 1½-minute injury time. (4-3-1, 8-1-1)

SIGNALING

3.1.8 SITUATION: What is the correct procedure for a referee to follow when awarding a takedown at the edge of the mat when the wrestlers go out of bounds? **RULING:** If at all possible, the referee should always award points and make calls in the order in which they occurred. Therefore the two-point takedown should be awarded prior to the signal for out of bounds.

3.1.9 SITUATION: The coach of Team B requests a conference with the referee to discuss an out of bounds situation. The coach states that a replay of the situation is available on videotape. **RULING:** The referee shall not use TV monitoring replay or any other video equipment in making any decision relative to the match. The coach shall be issued a coach misconduct warning/penalty as this is not a reviewable situation. (5-5, 6-6-6, 7-5-4)

3.2.2 SITUATION: The assistant referee indicates to the referee locked hands, and shortly thereafter the referee stops the match. In the discussion between the assistant referee and the referee, it is brought out that the referee saw the situation but did not think hands were locked beyond reaction time. What is the correct procedure for the referee to follow? **RULING:** In this situation, when both the referee and his assistant observed the apparent violation and there is disagreement, then the decision of the referee shall prevail.

Rule **4** Wrestlers' Classification and Weigh-in

UNIFORM

4.1.1 SITUATION A: Wrestler A wants to wear a shirt under the singlet. During the referee's visit to the locker room, the referee inspects the shirt and discovers that the shirt has stretched out enough to allow it to hang freely around the arms and neck area. **RULING:** The shirt is not to be allowed since it is not tight fitting. The shirt must fit tightly around the body, neck and arms in order to be a legal undergarment.

4.1.1 SITUATION B: Wrestler A reports to the scorer's table in: (a) one-piece singlet commonly used for international competition; or (b) one-piece singlet over

which is worn a pair of shorts designed for wrestling; or (c) one-piece singlet with a form-fitted compression shirt underneath; or (d) two-piece uniform consisting of shorts designed for wrestling with a suitable undergarment **which also completely covers the breasts** of a female competitor, and a form-fitted compression shirt; or (e) two-piece uniform consisting of compression shorts and a form-fitted compression shirt; or (f) full-length tights (with a stirrup) over which is worn a one-piece uniform; or (g) either full-length tights with close fitting short trunks and a legal shirt or a properly cut one-piece uniform without full-length tights; or (h) full-length, one-piece uniform with stirrups. **RULING:** The uniform in (a) is illegal. Wrestler A is charged with an injury time-out and has a maximum of 1½ minutes in order to correct the illegal uniform and Wrestler B is awarded a match point. The uniforms in (b)-(h) are legal. A team may have part of its wrestlers in any of the legal uniforms. **COMMENT:** No wrestler should be permitted to report to the scorer's table with an illegal uniform and have the embarrassment of being denied the opportunity to wrestle. If this occurs, it is because of one of two reasons. First, the referee has not carried out the prescribed pre-meet duties by visiting each locker room in order to examine the uniforms. The other possible reason this may happen is that the wrestler and/or coach are defying the referee's decision that the uniform is not legal. (8-1-1)

4.1.3 SITUATION A: A wrestler reports to the scorer's table wearing shoes that do not have laces. During competition one of the shoes is damaged, i.e. the zipper or Velcro will no longer keep the shoe secure. **RULING:** This would be treated the same as any other equipment that becomes illegal during competition. The match would be stopped, the shoe could be secured to meet requirements and the match would restart without penalty.

4.1.3 SITUATION B: Wrestler A has Wrestler B's leg, and during competition Wrestler B's shoe comes off. **RULING:** Wrestler B would be penalized for a technical violation, and injury time would be started in order to put the shoe back on.

4.1.5 SITUATION: Wrestler A reports to the scorer's table with his uniform straps taped together in the back, so the uniform would fit better. **RULING:** Wrestler A is penalized one match point for a technical violation and must take an injury time-out to make his uniform legal, since he/she reported with an illegal uniform. The head coach is not charged with unsportsmanlike conduct. (5-27-1e)

APPEARANCE AND HEALTH

4.2.1 SITUATION A: A wrestler in the 126-pound class reports to the weigh-in with hair that extends below the neckline. **RULING:** There is no longer a rule limiting the length of a wrestler's hair, and wrestlers are not required to wear a hair cover.

4.2.1 SITUATION B: A wrestler reports to the weigh-in with hair braided and rolled up in a bun. Is this permissible for competition? **RULING:** Yes, and a legal hair cover is not required.

4.2.1 SITUATION C: A wrestler shows up for weigh-in and has a mustache that is confined to the upper lip and sideburns that extend approximately one inch below the bottom of the earlobe. Would this individual be able to compete following the weigh-in? **RULING:** It is permissible for an individual to have a neatly trimmed mustache as long as it is confined to the upper lip. The rule does state, however, that sideburns shall not extend below earlobe level. The sideburns for this individual would have to be trimmed to the proper length. The sideburns could be long if a face mask is worn.

4.2.1 SITUATION D: During the referee's visit to the locker room, it is noticed that several of the wrestlers have shaved heads that, to the touch, are as abrasive as an unshaved face. **RULING:** This would constitute a health and risk situation. Those wrestlers would be required to shave their heads or wear a legal hair cover that was approved at weigh-ins before being allowed to compete.

4.2.1 SITUATION E: Wrestler A has hair that extends below the eyebrows in the front. Is this permissible for competition? **RULING:** Yes, there is no longer a rule regarding the length of a wrestler's hair, and wrestlers are not required to wear a hair cover.

4.2.3 SITUATION A: In the middle of a multi-team event, it is suspected that the 126-pound wrestler from Team A has an active case of ringworm. How should a referee handle this and how would this affect the scoring of this wrestler? **RULING:** As soon as it is verified by a designated, on-site meet, appropriate health-care professional that the wrestler has a suspected communicable skin disease, the wrestler would be disqualified from any further competition in the multi-school event. If there is no designated, on-site meet, appropriate health-care professional present, the referee will make the determination. This is not a flagrant disqualification; therefore, all points the individual had earned up to the time of disqualification would remain with the team.

4.2.3 SITUATION B: During the weigh-in, the coach presents current, written documentation as defined by the NFHS or the state association, from an appropriate health-care professional indicating evidence of a communicable disease with a wrestler and stating that there will be no problem as long as it is properly covered. Does this documentation make it permissible for the individual to wrestle? **RULING:** Covering a communicable condition shall not be considered acceptable and does not make a wrestler eligible to participate. If a wrestler has a skin disease that is in the communicable stage, the wrestler shall not compete regardless of any statement from an appropriate health-care professional.

4.2.3 SITUATION C: During the weigh-in for a tournament and prior to the start of competition, the referee suspects an individual of having a communicable skin disease. The coach of the individual indicates to the referee that their team physician has checked it, but they do not have current written documentation as defined by the NFHS or the state association, from an appropriate health-care professional. Would it be permissible for this individual to wrestle if current written documenta-

tion was obtained prior to start of competition? **RULING:** The rule states that the documentation must be furnished at the weigh-in. If the documentation is not provided at the weigh-in or the individual is not cleared by the designated, on-site meet, appropriate health-care professional for that competition either immediately prior to or immediately after the weigh-in, the individual would not be allowed to compete.

4.2.3 SITUATION D: At the weigh-in, the coach from Team A presents current, written documentation as defined by the NFHS or state association, from an appropriate health-care professional for the 220-pound wrestler, dated January 2, concerning ringworm on the upper arm. The current written documentation indicates the ringworm will not be in a contagious state on January 3 and it is permissible for the individual to wrestle, but the lesion should be covered. This is presented to the coach on January 4 at the dual meet. The referee is in agreement with the current, written documentation and the coach of Wrestler B has no concerns at the time of the weigh-in. After the match has started, the coach of B goes to the scorer's table and requests a conference with the referee indicating the lesion could be contagious to his wrestler and the coach would like to have the match defaulted. Upon re-examining the ringworm, the referee agrees and awards the match to B. Following the conclusion of the 285-pound match, the referee, in the locker room, is discussing the situation with the coach of A, the referee, after carefully analyzing the situation, thinks a mistake was made in defaulting the match. It is well within the 30-minute limitation. Can this correction be made at this time? **RULING:** This was a judgment decision by the referee at the time the match took place and, once the next match has been started on that mat, this is no longer a correctable error. Even though the referee should not have defaulted the match and was wrong in doing so, this is not correctable once the next match on that mat has started. (6-6)

4.2.3 SITUATION E: At the dual meet weigh-in, the referee notices a suspicious skin lesion on a wrestler. The wrestler's coach is asked to present the required, current, written documentation to indicate that the wrestler has been cleared by an appropriate health-care professional. Neither the wrestler nor his coaches have the required documentation. No appropriate health-care professional has been designated as the on-site meet, appropriate health-care professional for this particular competition. Following the conclusion of the weigh-in and prior to the competition, the wrestler presents current, written documentation signed by an appropriate health-care professional who has just arrived at the site to watch the competition and has examined the wrestler and found the skin condition to not be contagious and in a state that it would not be harmful to any opponent. Is this wrestler now allowed to compete in this competition? **RULING:** The wrestler would not be allowed to compete in this competition. The necessary documentation is required to be presented at the weigh-in. The appropriate health-care professional who provided the clearance is not the designated, on-site meet, appropriate health-care professional for this particular competition and therefore that clearance is not valid

for this competition. The rule requires wrestlers with suspect skin conditions to be prepared with documentation at weigh-in or to be examined by the designated, on-site meet, appropriate health-care professional in those cases where there is a designated, on-site meet, appropriate health-care professional present either immediately prior to or immediately after the weigh-in. The document obtained by the wrestler from the appropriate health-care professional, provided that it remains current and fulfills the requirements defined by the NFHS or state association, could be valid for the next competition if it is presented at the weigh-in.

4.2.4 SITUATION A: During tournament weigh-ins, the referee notices a skin condition on the forearm of Wrestler A. Prior to the start of weigh-ins, the coach of A produces current, written documentation as defined by the NFHS or the state association, from an appropriate health-care professional indicating the skin condition is no longer in a contagious state. The weigh-master asks the designated, on-site meet, appropriate health-care professional assigned to the tournament to inspect the skin condition, and the designated, on-site meet, appropriate health-care professional determines that the skin condition is still contagious. May the wrestler participate? **RULING:** No. The designated, on-site meet, appropriate health-care professional may overrule the diagnosis of the appropriate health-care professional signing the release form for this particular skin condition. (4-2-3)

4.2.4 SITUATION B: While weighing in for a dual meet, the coach of Wrestler A notices a skin condition on the forearm of Wrestler B. Prior to the start of weigh-ins, B's coach produces current, written documentation as defined by the NFHS or the state association, from an appropriate health-care professional that the skin condition is no longer in a contagious state. A's coach indicates that a father of one of his wrestlers is a physician and insists that the father/physician inspect the skin condition to determine whether the individual may participate. Does the coach of B have to comply? **RULING:** Rule 4-2-4 specifies that a designated, on-site meet, appropriate health-care professional may overrule the diagnosis of the appropriate health-care professional signing a release form. The father has not been designated as the on-site meet, appropriate health-care professional. The coach of B does not have to comply. (4-2-3)

4.2.4 SITUATION C: The host of a tournament has taken the necessary steps to have a dermatologist on-site for weigh-ins. The dermatologist rules that three wrestlers from School A have a communicable skin condition. The coach of School A presents prior to weigh-ins, current, written documentation as defined by the NFHS or the state association, from an appropriate health-care professional, indicating that the conditions are not contagious. **RULING:** The decision by the designated, on-site meet, appropriate health-care professional takes precedence and the three wrestlers shall not compete. **COMMENT:** The committee feels that the designated, on-site meet, appropriate health-care professional has more pertinent information available as the condition could have changed dramatically

from when the diagnosis was rendered by the wrestler's appropriate health-care professional. It is incumbent on the coach to have the most accurate and current information available at inspection time.

4.2.5 SITUATION: Prior to the beginning of the medical check, the head coach of Wrestler A provides the referee with a medical release form as defined by the NFHS or the state association, dated four weeks ago. This form shows psoriasis on the wrestler's left arm just above the elbow. **RULING:** After inspecting Wrestler A and finding no other questionable areas on his/her skin, the referee allows Wrestler A to compete.

4.2.6 SITUATION: During the referee's visit to the team locker rooms before the start of the dual meet, the head coach of A indicates that two of his wrestlers have braces on their teeth: (a) the two wrestlers do not have tooth and mouth protectors over their braces; or (b) both wrestlers have a properly fitted tooth and mouth protector that covers all areas of the braces. **RULING:** In (a), neither wrestler could compete until they have a properly fitted tooth and mouth protector that covers all areas of their braces. In (b), legal as both wrestlers would be properly equipped with the tooth and mouth protector over their braces.

SPECIAL EQUIPMENT

4.3.1 SITUATION A: In the first round of an invitational wrestling tournament, the 126-pound wrestler from School A reports to the scorer's table wearing a knee brace that has excessive padding and wrapping. The coach of the wrestler has a letter from a physician indicating that this individual is allowed to wear a knee brace. What is the jurisdiction of the referee in this situation? **RULING:** It is legal to wear a knee brace. The rule states that any protective equipment which is hard and/or abrasive must be covered and properly padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick. The rule also states that it must permit normal movement of the joints and cannot prevent one's opponent from applying normal holds/maneuvers. If, in the referee's opinion, a knee brace that is wrapped so that it is very large and bulky and would be a disadvantage to one's opponent, the referee shall rule it to be illegal regardless of a physician's statement. The referee makes the judgment call on any knee brace as the decision must fit the guidelines as presented in the rules. The wrestler from School A would be charged an injury time-out and will have 1½ minutes of injury time in order to become properly equipped and ready to wrestle. He/she would also be penalized with a technical violation and a match point will be awarded to the opponent.

4.3.1 SITUATION B: A wrestler reports to the scorer's table wearing knee pads that are multicolored. **RULING:** The special equipment rule addresses itself to equipment which is not required to be worn such as face mask, knee pads, knee braces, etc. Multicolored knee pads are not a violation.

4.3.1 SITUATION C: Are all face masks legal? **RULING:** A face mask falls under the same interpretation as any other special equipment. If the face mask is hard

and/or abrasive, it must be covered and properly padded. The referee shall be the sole determining judge of any equipment used. A face mask with cut, torn or missing padding does not satisfy the rule.

4.3.1 SITUATION D: Wrestler A reports to the table and goes to the center of the mat. The official notices that Wrestler A is wearing: (a) non-offensive stickers on his headgear; (b) celebration stickers for pins earned; (c) a commemorative sticker honoring the loss of a loved one. **RULING:** Illegal in (a) and (b). Stickers are not allowed on the headgear. In (c), Commemorative stickers can be allowed if approved by the state association. (4-1-2, 4-1-4)

4.3.1 SITUATION E: Is it permissible for an individual to compete wearing socks that have a Mickey Mouse figure on them? **RULING:** Socks are considered to be special equipment. There is no rule stating that special equipment shall be unadorned. If any equipment has adornment that might tend to taunt or intimidate your opponent this would be considered as unsportsmanlike conduct and the individual would not be permitted to wear the item.

4.3.2 SITUATION: Wrestler A reports to the scorer's table with a knee pad that has a gap between the inner and outer sleeve. **RULING:** Any wrestler reporting to the scorer's table with objectionable pads and/or braces shall be disqualified if not corrected within the 1½-minute injury time. Reporting to the scorer's table, not properly equipped is a technical violation and the opponent will be awarded one match point. **COMMENT:** Coaches are the first line of determination concerning all standards for uniforms. If there is doubt concerning the legality of the uniform or other special equipment, the coach should consult the referee. These pre-match responsibilities of coaches and competitors should not detract from the competition.

4.3.3 SITUATION: A wrestler reports to the scorer's table with the left elbow taped in such a manner that it basically will not move from a 90-degree angle. Is it permissible to compete when the elbow is taped in such a manner? **RULING:** Some taping is allowed, but if it restricts the normal movement of a joint it is prohibited. If the elbow is taped in such a manner as to restrict it to only a 90-degree angle, then you would be substantially restricting the movement and an individual would not be allowed to compete with the elbow taped in that manner.

4.3.5 SITUATION: Wrestler B reports to the scorer's table wearing: (a) sweatbands; (b) wristbands; (c) bicep bands; or (d) arm/leg sleeve(s) that do not contain padding. **RULING:** Technical violation in (a), (b), (c) and (d). Any wrestler reporting to the scorer's table wearing sweatbands, wristbands, bicep bands or arm/leg sleeve(s) without padding is not properly equipped. Wrestler B would be charged an injury time-out and will have 1½ minutes of injury time in order to become properly equipped and ready to wrestle. He/she would also be penalized with a technical violation and a match point will be awarded to the opponent.

4.3.6 SITUATION A: During the match, the coach of Wrestler A is observed talking into (a) a tape recorder; (b) a tablet computer; or (c) a mobile phone. **RUL-**

ING: Legal in (a), (b) and (c) as long as it is not an electronic device that enables direct communication between the coach and his or her wrestler during a match.

4.3.6 SITUATION B: The coach of Team A is using a two-way communication device to talk with an assistant coach who is watching several matches from a higher vantage point. **RULING:** Legal. The use of an electronic communication device is permitted as long as it is not being used to communicate with a wrestler during a match.

WEIGHT CLASSES

4.4.3 SITUATION: One of the tournament referees arrives at the site and detects an individual running around the gymnasium wearing a plastic-type suit. What is the proper procedure for the referee to follow under these conditions? **RULING:** The use of sweat boxes; hot showers; whirlpools; rubber, vinyl and plastic-type suits or similar artificial heating devices; diuretics, or other methods for quick weight reduction purposes is prohibited and shall disqualify an individual from competition. This individual would not be allowed to compete during the tournament. **COMMENT:** The rules committee has added the words, "at any time" so that now this is prohibited not just at the weigh-in period, but at all times.

4.4.4 SITUATION: When the growth allowance is used, how does it affect weight classes? **RULING:** When the growth allowance is used, each weight class is, in essence, increased by 2 pounds. All reference to weight classes will remain the same, but, in reality, the 106-pound class becomes 108 pounds, the 126-pound class becomes 128 pounds, etc. **COMMENT:** An individual can only be qualified to wrestle in two weight classes. The one in which the actual weight qualifies the wrestler for and one weight class up. Therefore, after the growth allowance is in effect, in order to be considered as a 126-pound wrestler, an individual must weigh in excess of 115 pounds and no more than 128 pounds. The wrestler could then wrestle in either the weight class for which they made weight or the next higher weight class. (4-4-2)

WEIGH-INS

4.5.1 SITUATION A: The coach from School A calls School B and informs them that for the dual meet coming up, weigh-in for each team will take place at the home school and can be done anytime during the school day. Is this allowable under the weigh-in procedures as outlined in the high school wrestling rules book? **RULING:** No. The rule states that the wrestlers shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet is scheduled to begin. There is no provision for an exception to this rule.

4.5.1 SITUATION B: At a league coaches' meeting, a time for weigh-ins is discussed and the coaches decide to request to the state association office that weigh-ins for all league dual meets be held in the morning prior to the beginning of the school day. Would this procedure be allowed by NFHS rules? **RULING:**

The weigh-in procedure for dual-meet competition shall begin a maximum of one hour before the scheduled match start times. This recommendation would not be approved by the state association under NFHS rules.

4.5.1 SITUATION C: There are four teams to compete in a multiple dual team event. Teams A and B will compete at 10:00 a.m. with Teams C and D competing at noon. When may weigh-ins be held? **RULING:** As assigned by meet administration, weigh-ins may begin no earlier than 9 a.m. and will conclude following the verification of the last wrestler in the highest weight class. The following options are available: (a) All four teams may weigh at the earlier time; (b) Teams C and D may be assigned to weigh-in at 11 a.m., as this is an hour prior to their first competition; or (c) Teams A and B have no option; they must weigh in at the first prescribed time. Event administration is responsible for establishing weigh-in times. All teams shall be present at the assigned time; however, a team may request the later weigh-in time when there is one. Should a team be assigned to a later weigh-in period, it may not seek permission to weigh in at an earlier weigh-in period. The rules committee is aware that travel is sometimes a concern and, therefore, this flexibility has been provided in the interpretation of this rule. (4-5-1)

4.5.2 SITUATION: School A is hosting a wrestling tournament or dual and wants to weigh in all the contestants (male/female) in the same venue. **RULING:** Correct procedure. All contestants (male/female) shall weigh in shoulder-to-shoulder.

4.5.3 SITUATION A: For a dual meet, weigh-ins begin at 6 p.m. Team A fails to present a wrestler for the 120-pound class when called. Weigh-ins continue and the 285-pound class completes weigh-ins at 6:10 p.m. Just prior to the last 285-pound wrestler completing his weigh-in, Team A's 120-pound wrestler appears at the designated weigh-in area. Is the wrestler eligible to weigh in for the dual meet? **RULING:** No. All wrestlers shall be present and remain in the designated weigh-in area at the time established for the weigh-in. In this instance, the wrestler was not present when the 120-pound weight class was called nor at the beginning of weigh-ins. Any wrestler failing to make weight during the weigh-in period (in this instance from the time the 120-pound class was called until the 126-pound weight class was called) shall be ineligible for that contest.

4.5.3 SITUATION B: For a tournament, weigh-ins begin at 8:00 a.m. There are 16 teams competing in an individually bracketed tournament, and meet administration informs the head coaches that weigh-ins will proceed by (a) team(s); or (b) by weight class. Would meet administration be following proper weigh-in procedure? **RULING:** Yes in (a) and (b). Tournament weigh-in may proceed by team(s) with the lowest weight class to the highest and end immediately upon the completion of the highest weight class. **COMMENT:** It is up to meet administration to choose the method for tournament weigh-ins. It is appropriate to weigh-in contestants by weight class or team(s) for tournament competition. If random draw is used, it shall take place immediately preceding weigh-ins.

4.5.3 SITUATION C: For a tournament, weigh-ins begin at 8:00 a.m. There are 16 teams competing and tournament administration informs the head coaches that weigh-ins will proceed by team(s). Team A is called at 8:30 a.m. and fails to present a wrestler for the 145-pound weight class when called. Weigh-ins continue and Team A completes its weigh-ins at 8:55 a.m. At 9:10 a.m. while Team B is weighing in its 145-pound wrestler, Team A's 145-pound wrestler appears at the designated weigh-in area. Is the wrestler eligible to weigh-in for the tournament?

RULING: No. All wrestlers shall be present and remain in the designated weigh-in area at the time established for the weigh-in. In this instance, the wrestler was not present when the 145-pound weight class was called for his team nor at the beginning of weigh-ins. The wrestler failed to make weight during the weigh-in period for his team (in this instance from the time the 145-pound class was called until the 152-pound class was called), and will be ineligible for that meet.

4.5.3 SITUATION D: For a tournament, weigh-ins begin at 8:00 a.m. There are 16 teams competing and tournament administration informs the head coaches that weigh-ins will proceed by weight class. Team A fails to present a wrestler for the 182-pound weight class when called. Weigh-ins continue and the 285-pound weight class completes weigh-ins at 9:25 a.m. Just prior to the last 285-pound wrestler completing his/her weigh-in, Team A's 182-pound wrestler appears at the designated weigh-in area. Is the wrestler eligible to weigh-in for the tournament?

RULING: No. All wrestlers shall be present and remain in the designated weigh-in area at the time established for the weigh-in. In this instance, the wrestler was not present when the 182-pound weight class was called nor at the beginning of weigh-ins. The wrestler failed to make weight during the weigh-in period (in this instance from the time the 182-pound class was called until the 195-pound class was called), and will be ineligible for that meet.

4.5.3 SITUATION E: For a dual meet, Wrestler A is weighing in for the 145-pound weight class. Wrestler A steps on the scale with a suitable undergarment and socks and is overweight by one tenth. Wrestler A steps off the scale, removes his/her socks and immediately steps back on the scale and is now on weight. Is Wrestler A eligible for the 145-pound weight class? **RULING:** No. During time off the scale, Rules 4-5-3 and 4-5-7 prohibit any activity that promotes weight gain or loss, including the removal of clothing.

4.5.3 SITUATION F: For a tournament, weigh-ins begin at 8:00 a.m. There are 16 teams competing in an individually bracketed tournament, and tournament administration informs the head coaches that weigh-ins will occur by weight class. During the weigh-in period, the 182-pound weight class is called. Team A's wrestler steps on the scale and weighs 159.9 making him/her ineligible for the 182-pound weight class. The wrestler steps off the scale, takes a drink of water and immediately steps back onto the scale. Upon stepping back onto the scale, the wrestler now weighs 160.1. Is Team A's wrestler eligible for the 182-pound

weight class? **RULING:** No. During time off the scale, Rule 4-5-3 prohibits any activity that promotes weight gain or loss. The wrestler is ineligible for any weight class since the 160- and 170-pound weight classes have already been called and weigh-in for those weight classes is closed.

4.5.4 SITUATION: School A has both male and female wrestlers on its team. Who is authorized to conduct the weigh-ins? **RULING:** The referee, or other authorized person of any gender shall supervise the weigh-ins of all contestants.

COMPETITION-CONSECUTIVE DAYS

4.5.5 SITUATION A: What are the maximum consecutive days of competition weight allowances for: a) a three-day tournament; or b) a four-day tournament? **RULING:** In a) a 1-pound allowance per day shall be granted for a maximum of two pounds. In b) an additional pound shall be granted for the second and third days for a maximum of two pounds and no additional allowance shall be given for the fourth day weigh in.

4.5.5 SITUATION B: On the first day of a two-day tournament, a wrestler weighs 195½ pounds, thereby qualifying for the 220-pound weight class. On the second day of the tournament, the wrestler weighs 195½ pounds. Is the wrestler still qualified for the 285-pound class? **RULING:** Yes, wrestlers get an additional pound for each day of a tournament; however, the wrestler has qualified for the 220-pound weight class on the first day of the tournament and is eligible to wrestle at 220 or 285 pounds. The wrestler does not have to weigh more than 196 pounds in order to qualify for the 285-pound class on the second day.

4.5.5 SITUATION C: The coach from School A calls the coach from School B indicating that for their dual meet scheduled for Thursday, everyone should be granted a one-pound allowance because of consecutive days of competition. The 145-pounder from School A will be wrestling in a junior varsity match on Wednesday night and will be wrestling with the varsity on Thursday night. Should the one-pound allowance be granted for all wrestlers? **RULING:** The rule states that when there are consecutive days of team competition there shall be a one-pound allowance granted for all wrestlers. In this situation we do not have consecutive days of team competition, only an individual, therefore no one-pound allowance shall be granted.

4.5.5 SITUATION D: A school has a dual meet on Tuesday, a dual meet on Wednesday and a dual meet on Thursday; what are the allowable weights for an individual at 145 pounds for the three consecutive days of competition? **RULING:** On Tuesday, scratch weight would be 145 pounds. On Wednesday, an additional one-pound allowance increases the weight to 146 pounds. Finally, on Thursday, the additional one-pound allowance means the wrestler may weigh 147 pounds.

COMMENT: There is a one-pound allowance granted for each consecutive day of team competition up to a maximum of 2 pounds. The only requirement for this allowance is that opponents must have a minimum of 48 hours advanced notice.

4.5.5 SITUATION E: If a school has a dual meet on Thursday, followed by a tournament on Friday and Saturday, what are the weight restrictions for these three days of competition? **RULING:** Assuming proper 48-hour prior notification has been given to all teams involved in the tournament, each team would be given a one-pound allowance for the first day of tournament competition. Therefore, as an example, all 113-pound wrestlers on the first day of the tournament would be allowed to weigh 114 pounds. On the second day of the tournament, the 113-pound wrestlers would be allowed to weigh a maximum of 115 pounds. **COMMENT:** The one-pound additional allowance for consecutive days of competition applies not only from dual meet to dual meet, but also applies from dual meet to tournament, tournament to dual meet and a tournament followed by a tournament, providing the proper notification has been given opponents.

4.5.5 SITUATION F: Teams A and B are scheduled to compete in a dual meet on Tuesday. How would the weather-related scale allowance be administered in the following situations: (a) One or both of the teams are let out of school early on Tuesday due to inclement weather and the dual is postponed until Wednesday; or (b) one or both of the teams are let out of school early on Tuesday due to inclement weather, and they do not have school on Wednesday due to inclement weather again and the dual is now set for Thursday. **RULING:** These situations would be treated the same as when there are consecutive days of competition. A 1-pound weight allowance would be granted for each team, for each day the team(s) could not practice due to school policy. In (a), each team would be granted a 1-pound weight allowance for the dual meet on Wednesday. In (b), each team would be granted a 2-pound weight allowance for the dual meet on Thursday. **COMMENT:** In the event of the school(s) closing due to inclement weather, where wrestling practice(s) cannot take place due to school policies, the 48-hour advance notice does not apply.

4.5.5 SITUATION G: Team A is justified in requesting a one-pound weight allowance for an upcoming dual meet with Team B. A week before the match, the head coach of Team A leaves a message with the secretary who answers the phone at the school of Team B. Is this proper notification? **RULING:** No. Team A must notify either the head coach, principal or athletic director of Team B.

WEIGHING-IN

4.5.7 SITUATION: In (a), Wrestler A reports to weigh-ins for the 113-pound weight class wearing only a suitable undergarment; in (b), Wrestler A reports to weigh-ins for the 106-pound weight class wearing a legal uniform (one-piece singlet or form-fitted compression shirt and shorts designed for wrestling) without a suitable undergarment; in (c), Wrestler A reports to weigh-ins for the 120-pound weight class wearing a legal uniform (one-piece singlet or form-fitted compression shirt and shorts designed for wrestling) and a suitable undergarment. **RULING:** The wrestlers are not eligible for weigh-ins or competition in (a) and (b). In (c), the wrestler is eligible for weigh-ins and competition.

Rule Definitions

BAD TIME

5.1.1 SITUATION: In a dual meet, (a) Wrestler A was supposed to start the second 30-second tiebreaker in the top position, but the opponent was given the top position instead and it was brought to the attention of the referee 20 seconds into the second 30-second tiebreaker; or (b) Wrestler A was supposed to start the ultimate tiebreaker in the top position, but the opponent was given the top position instead and it was brought to the attention of the referee 20 seconds into the ultimate tiebreaker. **RULING:** In both (a) and (b), bad time would be applied as Wrestler A was not put in the proper position to start either the second 30-second tiebreaker or the ultimate tiebreaker. All points earned during bad time are canceled. Following corrections made and a rest of one minute, the second 30-second tiebreaker or the ultimate tiebreaker will be re-wrestled. (6-6-2)

DEFAULT

5.7 SITUATION: During an injury time-out the coach informs the referee that the match is being defaulted because the injured wrestler is unable to continue. At that point the wrestler immediately stands up and goes to the center of the mat and says "I'm ready to continue." **RULING:** When the match is defaulted by either the coach or the wrestler, this terminates the match and no additional wrestling can take place. (6-4-4)

ESCAPE

5.10 SITUATION A: From the starting position on the mat, Wrestler B quickly stands up and: (a) strips the hands of Wrestler A and turns and faces; or (b) starts toward the edge of the mat, strips the hands of A and is more than an arm's length away with the back towards A as B goes off the mat; or (c) moves toward the edge of the mat and strips the hands of A just as B crosses the boundary line. **RULING:** In (a), B has escaped and will be awarded one point. In (b), it may be possible for B to gain an escape in this situation, provided A does not follow up and try to maintain the advantage. If, in the referee's opinion, B uses the boundary in order to stop wrestling after stripping the hands of A, there would be no change of control. In (c) no escape and wrestling will be resumed with the wrestlers in the same position following the out of bounds.

5.10 SITUATION B: When the defensive wrestler is able to stand, turn and face the opponent, when does loss of control for an escape occur? This is in reference to the offensive wrestler having hands locked around the upper body. **RULING:** When the bottom wrestler is able to stand, turn, break the locked hands and sep-

arate them to the point that they both cross the midline of the back, control is lost and an escape shall be awarded.

5.10 SITUATION C: Wrestler B stands up, gets hand control and begins to run away from Wrestler A. Both wrestlers go out of bounds. When the referee called the wrestlers out, Wrestler B was away from Wrestler A, but was not facing Wrestler A. Since no control was evident when both wrestlers went off the mat, should an escape be awarded? **RULING:** In order for an escape to be awarded, Wrestler B must be facing Wrestler A before the whistle or be a considerable distance away, such that Wrestler A has no chance to bring Wrestler B back under control.

5.10 SITUATION D: Wrestler B attempts to reverse Wrestler A with a switch, however, just before Wrestler B comes on top for a reversal, both wrestlers go out of bounds. It was imminent that Wrestler A would have been reversed and that Wrestler A lost control of Wrestler B. Should a reversal, escape or nothing be awarded? **RULING:** Because control was lost and no reversal occurred before going out of bounds, the referee should award an escape to Wrestler B.

5.10 SITUATION E: Wrestler A from the bottom position is able to break contact with the offensive Wrestler B in the following situations: (a) Wrestler B has completely lost control/contact and Wrestler A has turned and faced B on his/her knees in a neutral position and immediately shoots back into the legs of Wrestler B resulting in a stalemate call; (b) Wrestler B intentionally releases Wrestler A, and before Wrestler A can completely turn and face, Wrestler B recaptures A down on the mat; (c) Wrestler B steps back to give an imminent release and only steps back a few feet when Wrestler A turns and faces and immediately shoots back in and scores a takedown on Wrestler B. What is the correct scoring in each situation? **RULING:** In (a), Wrestler A has achieved a neutral position by facing Wrestler B, who has lost complete control beyond reaction time and Wrestler A becomes the offensive wrestler by shooting in for the potential takedown resulting in a stalemate call. Award Wrestler A one point for an escape which was earned before the stalemate. In (b), no escape is awarded because Wrestler A was never able to completely turn and face achieving a neutral position. In (c), Wrestler B concedes the loss of control by the intentional release. Wrestler A achieved the neutral position when turning and facing Wrestler B beyond reaction time and immediately shooting in for the takedown. Award Wrestler A, a one-point escape and a two-point takedown. (5-10)

NEAR FALLS

5.11.2 SITUATION A: Wrestler A has Wrestler B in a pinning situation at the edge of the mat in the following situations: (a) B has only head and shoulders inbounds with the scapulas and the rest of the body out of bounds; (b) B has the left shoulder and scapula inbounds and the right shoulder and scapula out of bounds; (c) B has the scapulas inbounds with the shoulders and head out of bounds. In which of the following situations is it possible for Wrestler A to score

a fall or near-fall points? **RULING:** The rule states that a fall or near fall can only be scored if a total of two supporting points of either wrestler are inside or on the boundary lines. The total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler that remain inbounds. Therefore, a fall or near fall could be scored in all situations.

5.11.2 SITUATION B: Wrestler A controls Wrestler B in a pinning situation and: (a) both shoulders of B are stopped within 3 inches of the mat; or (b) one shoulder of B is on the mat and the other within 30 degrees of the mat. **RULING:** When the referee has reached a 2-second count, A has earned 2 points for a near fall in (a) and (b). If an additional point is to be earned, A must control the opponent so that the criterion is uninterrupted for 5 seconds. The referee is solely responsible for determining whether the criterion has been met for the required length of time. **COMMENT:** While it is desirable that the visual hand count be used, it is acknowledged that there are some situations in which the referee will be unable to signal because of the necessity to move quickly from one side of the wrestlers to the other, on your feet or down on the mat, in order to be in a position to observe that criterion is being met. Under these conditions, the referee may be unable to start the visual hand count prior to a 2-point near fall being earned. (9-1-5)

5.11.2 SITUATION C: Wrestler A turns Wrestler B and just before near-fall criteria is met, B grabs the fingers of A and starts to twist them. The referee stops the match and awards Wrestler A a two-point near-fall and a penalty for the illegal hold/maneuver. Is it correct for the referee to award a two-point near fall even though it was prior to near-fall criteria being met? **RULING:** Yes. Acts of unsportsmanlike conduct, technical violations, unnecessary roughness, or illegal holds/maneuvers prior to near-fall criteria being met shall result in a two-point near fall, as well as any penalty point(s).

5.11.2 SITUATION D: Wrestler A, from a neutral position, takes Wrestler B directly to the back and has earned a three-point near fall. B at this time becomes frustrated and locks arms around A's neck. The referee stops the match and awards A two points, then four points, then one point. A total of seven points. Is this correct? **RULING:** Yes. Two points for the takedown, a four-point near fall and one point for the illegal hold/maneuver.

5.11.2 SITUATION E: Wrestler A has Wrestler B in a pinning situation and the referee is holding three near-fall points when B grasps A's ear guards. The referee removes the hand, but allows action to continue to give A the opportunity to secure the fall. If (a) time expires or (b) the action is stopped due to the fact the wrestlers went out of bounds, how many points should be awarded? **RULING:** Whether the period ends or an out of bounds situation occurs, the point awards would be the same. The referee shall award four points for the near-fall and one point for grasping the ear guards. The offending wrestler shall not be allowed to profit from illegal action. (6-4-6, 7-3-2)

5.11.2 SITUATION F: Wrestler A has earned, but the referee has not yet awarded a two-point near fall while A maintains the pinning combination. Wrestler B, in attempting to escape, grabs the shirt of A and fails to release the grip. Due to the grabbing action, A loses the pinning combination, which allows B to reverse. When should this match be stopped and what points shall be awarded? **RULING:** As soon as the referee determines the pinning situation has concluded, the match shall be stopped. A would be awarded three points for the near fall and one point for the penalty for a total of four points. B cannot score points in this situation. The offending wrestler shall not be allowed to profit from illegal action. (6-4-6, 7-3-2, 8-1-2e)

5.11.2 SITUATION G: Wrestler A turned Wrestler B with an arm bar and the referee is holding a 3-point near fall. While B is still in the same pinning situation, Wrestler A changes moves and has B in a half nelson. Would the referee award a 3-point near fall and start another count? **RULING:** The referee would continue to hold the 3-point near fall even though Wrestler A changed moves, as Wrestler B never recovered from the pinning situation.

TECHNICAL FALLS

5.11.4 SITUATION A: The score of a match is Wrestler A 14 and Wrestler B 0. A takedown directly into near-fall criteria is executed by Wrestler A and a 3-point near fall has been earned when Wrestler B indicates an injury and the match is stopped. What is the procedure to follow and what is the final score of the match? **RULING:** Wrestler A would be the winner of the match by a technical fall with the final score 20-0.

5.11.4 SITUATION B: In a dual meet, Wrestler A is ahead by a score of 14 to 4 with both wrestlers on their feet. Wrestler A is able to initiate a takedown on Wrestler B straight into a pinning situation. The referee completes the five-second near-fall count. Before B can be pinned he/she reverses A directly into a pinning situation and A bites B. **RULING:** When this situation occurs, scoring must be reconstructed as it actually occurred. Wrestler A won the match by technical fall but was disqualified from the dual meet due to the flagrant misconduct which occurred after the match was over. The five team points earned by Wrestler A from the technical fall are removed. Three more team points will also be deducted from Team A. (5-12-2c, 7-4-3)

5.11.4 SITUATION C: In the first round of a tournament, Wrestler A has a 13-point lead and is in the offensive position. Wrestler A places Wrestler B in a guillotine and meets near-fall criteria for a period of two seconds. The near-fall points have been earned, but not awarded. Wrestler A's shoulders come in contact with the mat for a period of two seconds. The referee indicates a fall and stops the match. Wrestler A punches Wrestler B after the fall occurs. **RULING:** When this situation occurs, scoring must be reconstructed as it actually occurred. Wrestler A won the match by technical fall and the flagrant misconduct occurred after the match was over. In this case, neither wrestler advances to the next round

of championship competition as Wrestler A won the match, but was disqualified due to the flagrant misconduct which occurred after the match was over. Three team points will also be deducted from Team A. (5-12-2b, 7-4-3)

FORFEIT

5.13 SITUATION A: A wrestler weighs in for tournament competition, but prior to competing, is injured and unable to wrestle. Would the opponent receive a bye or a forfeit? **RULING:** A wrestler is considered to be on the bracket when making weight at the weigh-in, therefore in this situation, the wrestler whose opponent is injured would receive a forfeit.

5.13 SITUATION B: Team A has no wrestler for the 145-pound weight class in dual-meet competition. Wrestler B approaches the scorer's table in the following circumstances: (a) wearing the proper uniform with warm-up jacket; carrying ear guards; (b) wearing street clothes; (c) wearing a proper uniform with a full warm-up suit. May A forfeit with the above conditions be given? **RULING:** In both (a) and (c), Wrestler B is ready to compete as soon as the warm-up jacket or warm-up suit is removed. In (b), Wrestler B is not in a proper uniform but would be allowed the opportunity to correct this situation if completed in the allotted 1½ minutes injury time. (8-1-1)

ILLEGAL HOLDS/MANEUVERS

5.14.2 SITUATION A: Wrestler A has a legal headlock and, as A continues pressure with the headlock, either the breathing or circulation for Wrestler B is restricted. **RULING:** As soon as breathing or circulation is restricted the legal headlock becomes an illegal hold/maneuver. Anytime you have pressure over your opponent's mouth, nose, throat or neck which restricts either breathing or circulation it is an illegal hold/maneuver. Any near-fall points earned will be awarded.

5.14.2 SITUATION B: From the neutral position, Wrestler B uses a legal headlock to bring Wrestler A to the mat and is awarded two points for a takedown. B maintains the hold and places A in a pinning situation. In order to avoid being pinned, A places a hand over the nose and mouth of B to force B's head backwards. The referee pushes the hand of A away. Shortly thereafter, A is successful in turning and avoiding the fall. **RULING:** As soon as the pinning situation ends, the referee will stop the match in order to penalize A for the illegal hold/maneuver. The referee will award B any points for a near fall and, in addition, a point for the illegal hold/maneuver by A. (8-1-2)

5.14.2 SITUATION C: In a pinning situation, the defensive wrestler reaches up and pushes against the face with the hands over the mouth and nose of the offensive wrestler. The referee moves the hands of the defensive wrestler away, and shortly thereafter, the defensive wrestler does the same thing. **RULING:** This is an illegal hold/maneuver for both incidents and both would be penalized. The rules state that any hold/maneuver where pressure is exerted over the opponent's

mouth, nose, throat or neck that restricts breathing or circulation is illegal. The penalty for this infraction is not administered until the situation has ended. By doing so, the referee would give an advantage to the defensive wrestler. Therefore, when the situation has concluded the referee would stop the match and indicate penalties for both occurrences. (8-1-2)

INBOUNDS

5.15.2 SITUATION A: Wrestler B is in a near-fall situation with the shoulders and scapulas outside the boundary line. In (a), Wrestler A is still in bounds and has a deep half nelson with an inside crotch pinning situation. In (b), Wrestler A is in a Peterson situation with only his/her feet in bounds. In (c), Wrestler A has a headlock with feet inbounds, and knees inside the boundary line. **RULING:** In (a) and (c), wrestling continues, and a fall or near-fall can be earned. In (b), wrestling stops once knees are outside the boundary line and no near-fall/fall is earned.

5.15.2 SITUATION B: Wrestler A is successful in turning Wrestler B in a pinning situation near the edge of the mat, so the shoulders of B are touching in bounds. What are the guidelines for scoring near-fall points and/or fall? **RULING:** Fall or near-fall can be earned at any time as long as any part of the defensive wrestler's shoulder or scapula remain in bounds. Wrestler A's position is irrelevant.

5.15.2 SITUATION C: Wrestler A is in control while on the mat. Both wrestlers then come to their feet and Wrestler B turns and is able to pick up the leg of A. With the following situations occurring what should be the call and when should it be called: (a) time expires, (b) the two wrestlers go out of bounds, (c) B gains control down on the mat, (d) A gains control on the mat, (e) the wrestlers totally separate. **RULING:** In (a), a one-point escape is scored for B, (b) a one-point escape would be scored for B, (c) a two-point reversal would be awarded to B, (d) no points would be earned by either wrestler because there was no change, (e) a one-point escape would be awarded B. **COMMENT:** When the wrestlers reach this position, the referee does not indicate that the defensive wrestler has earned a one-point escape. This is a delayed call until the defensive wrestler either takes his opponent to the mat and earns a two-point reversal, or time expires and the defensive wrestler earns a one-point escape, or, if the original offensive wrestler is able to take the opponent back to the mat, then no points would be awarded because there was no change.

5.15.2 SITUATION D: In (a), Wrestler B has one shoulder out of bounds and one shoulder in bounds. In (b), Wrestler A is in a Peterson situation and Wrestler B has his/her shoulder/scapula on the boundary line. In (c), Wrestler A has a headlock while Wrestler B's shoulder/scapula is on the boundary line. **RULING:** In all cases, whether in bounds or out of bounds, Wrestler A can earn fall or near-fall because any part of Wrestler B's shoulder or scapula are considered to be all the supporting points.

5.15.3 SITUATION: Wrestlers A and B are wrestling (a) in the neutral position, (b) in the offensive/defensive positions, near the edge of the mat with no action

taking place and one wrestler remaining inbounds. Does the referee have the option to stop the match and restart the wrestlers in the center of the mat without penalizing either wrestler? **RULING:** Yes, in both (a) and (b), the referee has the option to stop wrestling due to no action and restart the wrestling in the center of the mat without penalizing either wrestler. In (a), the wrestlers would restart in the neutral position, and in (b), the wrestlers would start in the same offensive/defensive positions as they were in when the stoppage took place.

OUT OF BOUNDS

5.18.2 SITUATION: From the neutral position, Wrestler A executes a takedown and establishes control on Wrestler B, who is out of bounds. Wrestler A's knees land (a) on the boundary line, or (b) beyond the boundary line. **RULING:** In (a), Wrestler A is considered in bounds because his/her knees land on the boundary line. In (b), the wrestlers are considered out of bounds because all of the wrestlers' supporting points are beyond the boundary line. **COMMENT:** Wrestler A would still be awarded the takedown if Wrestler A's feet finish down on the mat in bounds.

STARTING POSITIONS

NOTE: The first two times a false start or incorrect starting position occurs, cautions shall be called, and, following the two cautions, a one-point penalty for each violation shall be called.

5.19.2 SITUATION A: When the defensive wrestler assumes a starting position, is it necessary to assume a position that will also allow the offensive wrestler to assume a legal starting position? **RULING:** The defensive wrestler must assume a position that is stationary, on hands and knees, so that both knees are on the mat behind and parallel to the rear starting line, and the heels of both hands are on the mat in front of the forward starting line. The elbows shall not touch the mat. This position must also allow the offensive wrestler to assume a legal starting position. **COMMENT:** This would mean that the defensive wrestler cannot flatten out on the mat in such a way that the offensive wrestler could not apply a hand to the defensive wrestler's navel. Also, the defensive wrestler's feet cannot be extended on both sides in such a manner to prohibit the offensive wrestler from assuming a legal starting position on either the left or the right side of the opponent.

5.19.2 SITUATION B: Wrestler A assumes the defensive starting position and places hands in front of the forward starting line and knees on the rear starting line. **RULING:** This is a violation by A. The knees of the defensive wrestler are to be behind and parallel to the rear starting line.

5.19.4 SITUATION: In the neutral starting position, one wrestler has the left foot in front of the red starting line and the right foot behind the red starting line. Is this a legal starting position? **RULING:** The neutral position requires that both wrestlers stand opposite each other with one foot on the green or red area of the starting line and the other foot on the line or the line extended, or behind the foot

on the line. In this situation the wrestler on the red starting area does not have a foot on the starting line, therefore this would be a violation for failure to assume the correct starting position.

5.19.5 SITUATION A: When the defensive wrestler is cautioned or penalized for a false start, is it permissible to allow the offensive wrestler to change his or her starting position? **RULING:** When a wrestler is penalized or cautioned for a false start or incorrect starting position the match is stopped and the offensive wrestler may, at that time, indicate to the referee a change in the starting position with choices being conventional, optional or neutral.

5.19.5 SITUATION B: Can the offensive wrestler start with excessive pressure or grip on the defensive wrestler's near elbow? **RULING:** The rules state that the offensive wrestler is to place the palm of the hand on or over the back of the opponent's near elbow. This has always been interpreted to mean light pressure, therefore excessive pressure would not be allowed.

5.19.5 SITUATION C: In assuming a legal starting position, is it permissible for the offensive wrestler to have a foot on the mat, breaking the plane on the near side of the defensive wrestler? **RULING:** The offensive wrestler cannot have any part of the body breaking the plane of the defensive wrestler and in contact with the mat. This would be a caution.

5.19.5 SITUATION D: After an out-of-bounds situation in which wrestler A was in control, the wrestlers return to the center of the mat for a restart. Wrestler B assumes legal defensive starting position and wrestler A is instructed by the referee to take the offensive position. The offensive wrestler assumes a position with his/her knee(s) and feet on the near side of the defensive wrestler, hand on or over the back of the near side elbow of the defensive wrestler, palm of the other hand is placed loosely on the defensive wrestler's navel and head on or over the mid-line of the defensive wrestler's back. The offensive wrestler then becomes stationary. **RULING:** Legal starting position. **COMMENT:** There is no sequence the offensive wrestler must follow when assuming legal starting position.

5.19.6 SITUATION: The wrestlers go back to the center of the mat for a restart from the bottom position with Wrestler A on top. Before Wrestler B assumes the bottom position on the restart, Wrestler A signals to the referee that he/she wants to start in the neutral position. What is the procedure for the referee? **RULING:** The referee will signal a neutral position for the restart and award a match point to Wrestler B for an escape. Wrestling will now resume from the neutral position.

5.19.8 SITUATION: The wrestlers go back to the center of the mat for a restart from the bottom position. Wrestler A is on the bottom and the referee indicates to Wrestler B to assume a position. The optional starting position is chosen. What is the procedure for the referee? **RULING:** Wrestler B has assumed an incorrect starting position because of not notifying the referee of the intention to use an optional start, and would be cautioned for an incorrect starting position.

5.19.9 SITUATION: After an out-of-bounds situation in which wrestler A was in control, the wrestlers return to the center of the mat for a restart. Wrestler B assumes legal defensive starting position and wrestler A is instructed to assume legal offensive starting position. Once the offensive wrestler has assumed a legal starting position and is stationary, the referee gives the verbal "Set" command, then pauses momentarily, before starting wrestling. **RULING:** Correct procedure. **COMMENT:** There is no sequence the offensive wrestler must follow when assuming legal starting position, but the referee shall give a verbal "Set" command, then pause momentarily, once the offensive wrestler is in legal starting position before starting wrestling.

REVERSALS

5.22.1 SITUATION A: Wrestler A is in the offensive position, and Wrestler B is successful in coming to the feet and executing a standing switch. B then gains control of A in a rear standing position. Has B earned a reversal? **RULING:** B has earned a reversal when coming from underneath and gains control of the opponent. The wrestler may have control either on the mat or in a rear standing position. If the two wrestlers are initially in a neutral position, however, and B gains control of A in a rear standing position, this would not be a takedown and no points would be earned. In order for a wrestler to receive a takedown, control of the opponent on the mat is required. For a reversal, however, you need only gain control over your opponent either on the mat or in a rear standing position.

5.22.1 SITUATION B: Wrestler A cradles Wrestler B. Wrestler B places A in a near-fall position. What is the ruling? **RULING:** As long as A keeps the hands locked in the cradle, there would be no change in control. The same would also be the case in a double cradle situation. When A's hands break and the referee feels that B has gained control, a reversal would then be awarded. (5-6-1, 5-10)

TAKEDOWNS

5.25.1 SITUATION A: May a wrestler's knees or hips land on or beyond the boundary line and still gain a takedown or reversal as long as the toes remain on the mat inbounds? **RULING:** If the scoring wrestler has control of the opponent and the opponent lands out of bounds with only the feet of the scoring wrestler inbounds then a takedown shall be scored. Depending upon the type of takedown, the knees of the offensive wrestler might be on the mat or it could be the hips.

5.25.1 SITUATION B: Prior to control being established, if a knee touches out of bounds but the feet are still inbounds can a wrestler then move up to gain control and secure a two-point takedown? **RULING:** If the feet are inbounds and the knees touch the mat out of bounds the wrestlers are out of bounds. Control must be established before the out of bounds call is made to secure a takedown.

5.25.1 SITUATION C: Wrestler A assumes the optional offensive starting position. At the sound of the whistle, A releases Wrestler B and backs away three

steps and then immediately comes forward and grabs B in a control situation. Would this be considered an escape followed by a takedown? **RULING:** An escape can only be awarded when B faces A after A backs up. Time must be allowed for either B to turn around and face the opponent or for A to come around in front of B. In this situation there would be no escape and obviously no takedown. (5-25-3)

5.25.1 SITUATION D: From the neutral position, Wrestler A executes a successful duck under and moves behind Wrestler B in a controlled standing position.

RULING: In this situation, there would be no takedown. In order to gain a 2-point takedown from the neutral position, in addition to having control over your opponent, you must control your opponent down on the mat.

5.25.1 SITUATION E: From a neutral position, Wrestler A attempts a double leg but is successful only in grasping one leg of Wrestler B, by locking hands. B counters by applying a crossface and is able to move around to be hip-to-hip with A and controls one shoulder that is resting on the mat when B picks up the far ankle thus removing the knee support. **RULING:** B has earned a takedown and shall be awarded 2 points. This is true even though A maintains locked hands high around the thigh of B.

5.25.2 SITUATION: With wrestlers in the neutral position, Wrestler A initiates a takedown and gains control over the opponent with Wrestler B's hand(s) touching the mat. Is this a legal takedown? **RULING:** Yes. This is a legal takedown if the hand(s) are touching the mat beyond reaction time.

5.25.3 SITUATION: With the wrestlers in the neutral position, Wrestler A initiates a takedown and gains control over the opponent; however, the only part of A that remains inbounds is the feet. Wrestler B is also completely out of bounds. Is this a legal takedown? **RULING:** Yes, this is a legal takedown because the feet of Wrestler A finished down on the mat inbounds.

Rule Conduct of Matches

STARTING THE MATCH

6.2.2 SITUATION A: For a dual meet, both coaches weigh in two wrestlers for the 126-pound class and two wrestlers for the 132-pound class. At the completion of the 120-pound class, one of B's wrestlers, who is qualified for the 126-pound class, reports to the scorer's table. The team that is required to send a wrestler to the scorer's table first sends A. As soon as A reports to the scorer's table, the coach of School B recalls B1 and sends B2 to the scorer's table. Is this permissible? **RULING:** Yes. The team that was determined by the premeet disk toss to send its wrestler to the scorer's table first is restricted and cannot be withdrawn

or replaced without being disqualified. However, once both wrestlers have properly reported to the scorer's table in proper sequence, neither can be withdrawn or replaced without disqualification.

6.2.2 SITUATION B: In a dual meet, the visiting team is required to send its 195-pound wrestler to the scorer's table first. The coach of the home team sends a wrestler to the scorer's table prior to the visiting wrestler going to the table. Once the visiting wrestler appears at the table, is it permissible for the home team to change wrestlers? **RULING:** The rule alternates between home and visitor as to which wrestler is required to report to the scorer's table first. However, if the wrong team sends the correct wrestler to the scorer's table, but it is not required to be sent first, there is no penalty. Once the correct wrestlers have reported to the scorer's table, in the correct sequence, then neither wrestler can be withdrawn or replaced without being disqualified.

6.2.2 SITUATION C: In a dual meet, Team A is required to send its 152-pound wrestler to the scorer's table first. Team A sends its 152-pound wrestler to the scorer's table and visiting Team B sends its 160-pound wrestler to the scorer's table. **RULING:** The official scorer informs the referee that Team B has no wrestler at 152 pounds. The referee, after reviewing the situation, awards a forfeit to the 152-pound wrestler from Team A because there is no one in the weight class to compete against. The referee also rules that the 160-pound wrestler from Team B, even though he/she reported early, is eligible to compete for the next match. This is a situation where the referee may correct an error without penalty to the wrestlers.

6.2.3 SITUATION: School A is hosting a tournament and in its information packet the format is described as a "takedown tournament" where all periods are started from the neutral position. Is this permitted? **RULING:** No. All matches, whether they are in duals or tournaments shall start with the first period in the neutral position. The second period begins by one wrestler selecting up, down, neutral or deferring choice to the third period. The third period begins with the wrestler who did not have the choice in the second period choosing up, down or neutral. The tournament administration cannot direct wrestlers to choose the neutral position for each period.

VISUALLY IMPAIRED

6.2.4 SITUATION A: Wrestler A is visually impaired and while starting in the neutral position, has hands extended, one palm up and the other palm down. The opponent extends hands in a similar manner so contact is made with the palm side of the fingers not extending beyond the opponent's knuckles. **RULING:** In matches involving visually impaired wrestlers, the wrestlers shall use this finger touch method. Initial contact shall be made from the front and contact is to be maintained throughout the match.

6.2.4 SITUATION B: Wrestler A is visually impaired and when starting in the neutral position Wrestler B breaks contact and backs up just prior to attempting a takedown. **RULING:** This would be an unsportsmanlike conduct on the part of

Wrestler B. In matches involving visually impaired wrestlers, contact must be maintained throughout the match. The back up delay move described here would be placing the visually impaired wrestler at a distinct disadvantage.

STALEMATES

6.4.2 SITUATION A: Wrestler A has successfully broken the opponent down and has locked hands in a three-quarter nelson while the opponent is flat on the mat. To counter this move, Wrestler B braces the chin by placing it in a hand while the elbow is on the mat. **RULING:** While this is an effective counter to the three-quarter nelson, it becomes a stalemate situation because B is doing nothing to improve the position. The match should be stopped and restarted as in any other stalemate situation.

6.4.2 SITUATION B: From the starting position on the mat, Wrestler B is successful in executing a stand-up; and is about to escape, when Wrestler A locks both hands around the ankle of B. Wrestler B turns and attempts to control A by grasping a leg. **RULING:** After it is obvious neither wrestler can improve a position, the referee shall declare a stalemate. The fact A locked hands around the leg of B to prevent a score results in a stalemate situation when neither wrestler is able to improve a position.

6.4.2 SITUATION C: Is it possible to have a stalemate when the wrestlers are in the neutral position? **RULING:** Yes, a stalemate is defined as a situation where wrestlers are interlocked in a position other than a pinning situation in which neither wrestler can improve their respective positions. This can occur in both a control and neutral position.

DEFAULT A MATCH

6.4.4 SITUATION A: During a tournament, Wrestler A is in the neutral position and trailing 14-1. During a takedown attempt, Wrestler B returns A to the mat and is called for a slam. Prior to the expiration of recovery time, Wrestler A realizes he/she will not be able to continue after his two minutes of recovery time and wishes to default the match to Wrestler B and so indicates to the referee. **RULING:** Wrestler B is declared the winner by default as Wrestler A has the prerogative to default a match to the opponent at any time prior to the conclusion of wrestling by informing the referee. (10-2-3, 10-2-4, 10-2-5)

6.4.4 SITUATION B: Following two minutes of recovery time, Wrestler A is unable to continue after being injured from an illegal hold/maneuver by Wrestler B. Wrestler A wishes to default the match to his opponent and indicates his desire to the referee after recovery time expires. **RULING:** Wrestler A is declared the winner by default. The match would officially end by default with Wrestler A as the winner at the expiration of A's recovery time. In order to default the match, Wrestler A or his coach would have to indicate their desire to the referee prior to the conclusion of wrestling. A default can only occur during a match. This match ends at the expiration of recovery time. (5-7, 5-17-2)

CORRECTION OF ERRORS

6.6.1 SITUATION A: During a pinning situation in the second period, the referee pulls the hand of the defensive Wrestler A away from the face of offensive Wrestler B. Shortly thereafter A reverses B into a near-fall situation and the referee continues the match until the end of the second period. After the third period starts, the coach of B asks for a conference and the coach states that the match should have been stopped immediately in the second period after the reversal. The referee says the match should continue with no change in the score. What is the correct procedure and points that should be scored in this situation? **RULING:** An error was made by the referee in not declaring bad time at the end of the second period. The match should have been stopped as soon as A reversed B into a near-fall situation. However, this error requiring bad time to be re-wrestled must be corrected prior to the start of any subsequent period. Once the third period starts there can be no correction in this error.

6.6.1 SITUATION B: In a tournament match using an assistant referee the assistant referee observes an illegal hold/maneuver used by the offensive wrestler in placing the opponent on his back. The assistant referee observes the time on the clock when this situation took place but it is approximately 10 more seconds before the referee stops the match. What is the correct ruling for this situation and do we have "bad time?" **RULING:** As soon as the match is stopped the referee and assistant referee will meet briefly on the mat away from the scorer's table. If the referee is in agreement with the assistant referee the offensive wrestler would be penalized for an illegal hold/maneuver and no back points would be awarded. The clock would also be adjusted since this would be considered "bad time." If the referee does not agree with the assistant referee, then there would be no penalty and the offensive wrestler would receive whatever back points he/she had earned.

6.6.1 SITUATION C: The referee gave Wrestler A the choice of position in the first 30-second tiebreaker period based on the first points scored in the regulation match instead of flipping a disk. It was noticed after 15 seconds of wrestling in the period. How must this be corrected? **RULING:** Wrestling will be allowed to continue in the first 30-second tiebreaker period in the positions they were in when the period was stopped. Wrestler B will then start in his choice of position which is limited to top or bottom at the start of the second 30-second tiebreaker period. [5-1-4, 6-7-1c(2)]

6.6.1 SITUATION D: With approximately 25 seconds gone in the third period, Wrestler A in the offensive position on the mat is warned for stalling and the referee does not stop the match. At the conclusion of the period the coach goes to the scorer's table indicating there has been an error and asks that it be corrected. Would it be necessary to re-wrestle the last one minute and 35 seconds? **RULING:** This would be considered bad time because wrestling was allowed to continue following a violation when the match should have been stopped. All points earned during bad time are canceled. It would be necessary to re-wrestle one minute and

35 seconds without delay. (5-1-2b)

6.6.1 SITUATION E: The referee is restarting the match following an out of bounds situation and, as the match is started, Wrestler A commits a false start. The timer starts the clock and two seconds expire before being turned off. The coach of Wrestler B goes to the scorer's table requesting that two seconds be put back on the clock because this would be bad time. **RULING:** This is considered bad time; a two-second correction would need to be made. (6-6-3)

6.6.1 SITUATION F: An injured wrestler uses a second injury time-out at the end of the first period. The injured wrestler was awarded his choice at the beginning of the second period and he/she chose the down position. They wrestle for 45 seconds when the non-injured wrestler's coach realizes that their wrestler should have had the choice of position at the beginning of the second period and also at the beginning of the third period. What is the correct procedure for the referee to follow in this situation? **RULING:** This would be considered as bad time because it could not be corrected at the beginning of the third period. Therefore, the second period would be re-wrestled immediately, with the other wrestler getting the choice of position. (6-6-2d, 6-6-2 NOTE)

6.6.2 SITUATION A: During the third period, there is a rapid exchange of control, and in accordance with the rules, the referee signals the points as earned. At one point, the wrestlers go out of bounds with 30 seconds remaining in the period. As they return to the center of the mat, the coach of Wrestler A realizes the period started with A getting the choice of position and had also started the second period with A getting the choice of position. This matter is called to the attention of the referee. **RULING:** If the referee and scorers agree an error has been made, then bad time will be called and the wrestlers will be given a one-minute rest and the entire third period will be re-wrestled with the proper contestant getting the choice of starting position. Any points, penalties or injury time that occurred during bad time shall be voided with the following exceptions: flagrant misconduct, unsportsmanlike conduct, unnecessary roughness, illegal holds/maneuvers and blood time.

6.6.2 SITUATION B: At the beginning of the third period the wrong wrestler is given the choice of position. Prior to this error being detected Wrestler A is injured and it is necessary to take one and one-half minutes of injury time. Following this injury time-out, it is discovered that the wrong wrestler was given the choice of position and the referee rules that the entire third period is bad time. How would this affect the injury time taken by A? **RULING:** When the referee rules that bad time existed during the third period everything would be deleted relating to the match score. This would also cancel the injury time used by A. All injury time that he/she had used during the third period would be replaced. The third period would be re-wrestled after one minute of rest.

6.6.2 SITUATION C: In a dual meet, Wrestler A is to have the choice of position at the beginning of the second period. Through an oversight on the part of the ref-

eree, Wrestler B is given the choice of position and the second period gets started without anyone detecting this error. What is the correct procedure for the referee to follow when this error is discovered by the coach of B? **RULING:** When an error in positioning is made at the start of the second period, it is to be corrected at the beginning of the third period. This type of error would not constitute bad time since the correction can be made at the beginning of the third period. (5-1-4)

6.6.2 SITUATION D: Wrestler A is given the choice of starting position at the beginning of the third period and the choice should have been given to Wrestler B. This is not detected until after approximately 30 seconds has expired and, during that 30-second time period, B was called for unsportsmanlike conduct. Would this penalty be deleted because of the bad-time rule? **RULING:** During the bad-time period, any points, penalties or injury time that occurred would be voided. The penalties that would supersede bad time are flagrant misconduct, unsportsmanlike conduct, unnecessary roughness, illegal holds/maneuvers and blood time. Therefore, in this situation, everything would be deleted except the call for unsportsmanlike conduct. After one minute of rest, the third period will be re-started with two minutes on the clock. (5-1-13)

6.6.2 SITUATION E: In the second, 30-second tiebreaker, the choice of position was given to the wrong wrestler. How is this handled? **RULING:** This would be considered bad time with each segment of the overtime being considered just like a period in a regulation match. The bad time would need to be corrected prior to the start of the next overtime period. The second, 30-second tiebreaker would be re-wrestled after a one-minute rest. If the wrong wrestler in the first, 30-second tiebreaker was given the choice, his/her opponent would be given the choice to start the second 30-second tiebreaker. (5-1-13)

6.6.3 SITUATION: During the course of the match, the timer sounds the buzzer and informs the referee that the clock has malfunctioned: (a) the malfunction occurs early in the first period; (b) the malfunction occurs late in the second period and the referee recalls that during the last out-of-bounds situation 30 seconds remained in the second period. In example (a) and (b) prior to the sounding of the horn by the timer that indicated a problem, there was a takedown by Wrestler A and an immediate 2-point near-fall situation. In Wrestler A's aggressiveness there is a reversal by Wrestler B. **RULING:** In (a) there would be no question as to the validity of the points scored, it would be a decision on how much time allocation should be placed on the clock. This is a decision to be made by the referee, but may be made following a conference with the scorer's table. In item (b) there are two things to consider – time on the clock and the validity of points scored. If, in the judgment of the referee, time would have expired prior to the takedown of A, then no points would be scored. If the referee feels the points were earned with time remaining on the clock, then all points and time must be placed back on the clock. It could be determined that time expired during the action of points being scored, which would

mean not all points would be valid. Again, this decision may be rendered following a conference with the timer, but the referee must make the final decision. (3-4-1)

6.6.4 SITUATION A: During a match in a dual meet, the official scorer fails to record a 2-point reversal for Wrestler A that occurred near the end of the third period. The error is detected under the following circumstances: (a) prior to the completion of the match; (b) prior to Wrestler A and his coach leaving the mat area after the match; (c) after the start of the next match on that mat; (d) prior to the start of the next match on that mat, except Wrestler A did leave the mat area, but his coach remained in the mat area; (e) within 30 minutes of the conclusion of the match. **RULING:** In (a) and (b) this would be a correctable error. In (c) and (e) this would not be an opportunity to correct the error since it was not corrected prior to the start of the next match and before Wrestler A or his coach leaves the mat area. In (d) it would be a correctable error since the coach of Wrestler A did not leave the mat area, but if further wrestling was required in the match, it would not be correctable error since Wrestler A left the mat area.

6.6.4 SITUATION B: In a dual meet Team A was awarded four points for a forfeit instead of six points. Is this an error that can be corrected? **RULING:** This is an error involving the recording of team scoring and must be corrected within 30 minutes after the conclusion of wrestling. In tournaments, it must be corrected within 30 minutes of the official posting of team scores.

6.6.4 SITUATION C: Wrestler A is guilty of flagrant misconduct during a match. The referee disqualifies A and awards B six team points due to the flagrant misconduct. The official scorer does not record a three-point team deduction against Team A. Is this a correctable error? **RULING:** This would be a correctable error because it does not involve a match score. It must be corrected within 30 minutes from the conclusion of wrestling.

6.6.4 SITUATION D: (a) A 3-point near fall is recorded as a 2-point near fall; (b) A takedown straight to the back and a near fall signaled with points only recorded for a near fall; (c) A reversal at the end of a period that was not recorded; (d) The wrong team points were recorded (example: The official scorer gives three team points instead of four team points for a major decision); (e) The official scorer did not subtract points for flagrant misconduct or misconduct from one of the teams. **RULING:** In (a), (b) and (c), these are all errors in match score that can be corrected if made prior to the coach or wrestler leaving the mat area or prior to the start of the next match; in (d) and (e), these are team scoring errors that could be corrected within 30 minutes of the completion of the dual meet or tournament.

6.6.5 SITUATION A: A tournament match concludes and the scoreboard shows Wrestler A-6 and Wrestler B-5. Wrestler B is upset about the loss and immediately following the end-of-match procedure, leaves the wrestling mat and goes to the dressing room. The coach of Wrestler B goes to the scoring table and indicates to the referee that an error has been made and the final score of the match should

be Wrestler B-7 and Wrestler A-6. Is this a correctable error? **RULING:** Errors by the timekeeper, scorer or referee must be corrected prior to the offended wrestler leaving the mat area if additional wrestling is necessary. In this situation no additional wrestling is necessary and, as long as the offended wrestler or coach remain in the mat area, the correction can be made.

6.6.5 SITUATION B: In tournament competition the score of the match is Wrestler A – 5 points, Wrestler B – 3 points. In the third period with Wrestler B in the advantage position, Wrestler B puts Wrestler A in a near-fall situation and the referee signals a 3-point near fall, but the scorer records a 2-point near-fall situation. The match goes into overtime and Wrestler A wins the overtime by a score of 9-6. Can this error be corrected? **RULING:** This is a correctable error that needs to be corrected prior to the coach of Wrestler B or Wrestler B leaving the mat area after the match has concluded and before the start of the next match on that mat.

6.6.5 SITUATION C: The tournament match appears to end in a draw. Wrestler A's coach questions the score. Both the referee and the assistant referee agree on what happened and the wrestlers begin the overtime period. Wrestler A's coach again questions the scoring for the regulation match and points out that the score-sheet shows that Wrestler A had won during the regular match. Both referees, for the first time, review the scoresheet and agree the overtime should not have taken place. How would this affect the conclusion of the match? **RULING:** This would be considered a correctable error because it was corrected prior to Wrestler B or his coach leaving the mat area and before the start of the next match.

6.6.5 SITUATION D: What is the time limit for correction of an error that is detected following the conclusion of a wrestling tournament? **RULING:** The only correction that can be made following the conclusion of a tournament is an error made in the recording of team score. This type of correction can be made within 30 minutes of the official posting of team scores.

6.6.5 SITUATION E: Following the completion of the tournament, the coach of Team A suspects their team of being shorted seven team points due to an error in addition. The coach requests the tournament director have the points recalculated. The request is made: (a) immediately following the official posting of team scores or (b) the next morning. **RULING:** In (a) the request will be granted as it took place within the 30-minute window of opportunity following the official posting of team scores. Should an error be discovered, a change in tournament place finishes by teams may have taken place. In (b) the request was not made within the 30 minutes as stipulated in the rule. Therefore, the team finishes will stand.

6.6.6 SITUATION A: During a tournament where two mats are being used the following occurs: on mat number one, the assistant coach of Team A questions the referee concerning the misapplication of a rule and the referee rules that no misapplication took place and properly warns the coach for misconduct. Later on in that same tournament session the head coach questions the misapplication of

a rule and again the referee's ruling is that there was no misapplication and the referee appropriately penalizes the head coach for misconduct, and deducts one team point. Shortly thereafter on mat number two the assistant coach again questions the misapplication of a rule and no change is made. What is the penalty procedure? **RULING:** The first time an assistant coach questions the misapplication it is a warning. The second time when the head coach questions a misapplication it is the deduction of one team point. The third occurrence when the assistant coach questions the misapplication of a rule, the penalty is the removal of the head coach from the premises immediately for the remainder of the day and the deduction of two team points. (5-5)

6.6.6 SITUATION B: The coach of School B approaches the scorer's table for the following reasons: (a) the coach feels the visual scoreboard is incorrect and wants to make certain that the official scorer has the correct score for the two wrestlers; (b) the coach feels the referee has misapplied a rule and wishes to call it to the referee's attention for possible adjustment. **RULING:** In (a), it is permissible for a coach to check with the official scorer for verification. In (b), it is permissible for a coach to check with the referee to review if a rule has been misapplied. However in the conversation with the referee, if no error has been made, the coach shall be penalized for coach misconduct according to the penalty chart. The first occurrence is a warning, the second occurrence is the deduction of one team point and the third occurrence is removal of the head coach from the premises for the remainder of the day and the deduction of two team points. If an error was made, then the referee will correct it and wrestling will resume as soon as possible with no penalty. (5-5)

6.6.6 SITUATION C: A coach goes to the scorer's table and is very upset about the call that a referee has made on the mat. He expresses himself in a very unsportsmanlike manner concerning a call that the referee has just made. What is the proper procedure for the referee to follow in this situation? **RULING:** Anytime a coach acts in an unsportsmanlike manner the referee shall deduct one team point for the first penalty and, if there should be an additional penalty, the coach would be removed from the premises immediately for the remainder of the event and an additional two team points would be deducted. **COMMENT:** This rule does allow a coach to approach the scorer's table to discuss any matter with the referee. The coach may even discuss disagreement with a judgment call but it must be done in a sportsmanship like manner. Anytime the expression is done in an unsportsmanlike manner the coach shall be penalized immediately regardless of the reason. (7-5-3)

6.6.6 SITUATION D: During the period, while in the neutral position, Wrestler A is injured and uses a second injury time-out. When wrestling resumes, the referee fails to give Wrestler B a choice of position and restarts the match from the neutral position. A secures a takedown. B's coach immediately goes to the scorer's table and asks for a referee/coach conference. The coach questions whether or not Wres-

Wrestler B should have been given the choice of positions after A took the second injury time-out. The referee realizes the mistake, declares bad time, removes the points, resets the clock if the time that expired can be determined and gives B a choice of position. B chooses the neutral starting position. A's coach argues that since Wrestler B chose the same position as the wrestlers were started in, that there was no bad time and thus Wrestler A's takedown should count. **RULING:** The decision by the referee is correct. The fact the neutral position was chosen again has no bearing. The correction of the error was administered correctly. The choice by B to start in the neutral position that was questioned by A's coach is part of the same time-out period and does not cause A's coach to be warned or penalized. (7-5-3)

6.6.6 SITUATION E: The referee allows three time-outs for illness and the ill wrestler continues for the full six minutes of the match and loses by a score of 9-5. This occurs in a dual meet at the 126-pound class and, following the 145-pound class, this situation comes to the attention of the referee. The coach of the wrestler who won the match with a score of 9-5 states that this was an error on the part of the referee and there should be a disqualification. The disqualification would change the team score from a three-point victory to a six-point victory. **RULING:** The coach must bring this misapplication of the rule to the referee's attention prior to the start of the next match. [6-6-4a(1)]

6.6.6 SITUATION F: Wrestler A was not given a choice after Wrestler B had taken a second injury time-out in the second period. This error in positioning was brought to the attention of the referee at the end of the match. **RULING:** This is not a correctable error. The situation had to be corrected prior to the start of the third period.

6.6.6 SITUATION G: What are the distinctions between coach misconduct and unsportsmanlike conduct with regard to coaches and possible ejection? **RULING:** Coach misconduct applies only to the specific situation of a coach questioning the misapplication of a rule or questioning the judgment of the referee at the scorer's table. Rule 5-5-3 indicates each time a penalty occurs it is accumulated by the team. It does not matter how many different individuals are involved when ejection occurs, it will be the head coach who is to be removed. The removal shall be for the remainder of the day. Coach misconduct violations are cumulative throughout the dual or tournament each day. (7-5-3, 7-5-4, 8-1-5)

Unsportsmanlike conduct is charged to an individual and carries through until the end of the event. If an individual were to be removed under this provision, he/she could not compete or coach for the remainder of the event.

NOTE: the second day of a tournament would start the sequence over again.

OVERTIME

6.7.1 SITUATION A: Wrestler A scored the first point(s) of the match. With the score tied at the end of the third period, Wrestler B called a second injury time-out. To begin the overtime, the referee gave Wrestler A the choice of neutral, top or bottom position. Wrestler A chose the bottom position and was ridden out.

Since no points were scored in the one-minute sudden victory period, the match moved to the two, 30-second tiebreaker periods. Neither wrestler scored any points during the two, 30-second tiebreaker periods. The match now moved to the ultimate tiebreaker. Due to the fact that Wrestler A scored the first point(s) of the regulation match (first three periods of the match), the choice of position in the ultimate tiebreaker belongs to Wrestler A. **RULING:** This is correct. (8-2-1, 8-2-1d)

6.7.1 SITUATION B: The score at the end of the first period is 8-6. The match ends tied, 16-16. The referee immediately starts the wrestlers in a neutral position; no points are scored in the 1-minute sudden victory period or at the end of the two, 30-second tiebreaker periods. The match remains tied. To give the correct wrestler the choice of position for the ultimate tiebreaker, the referee consults with the official scorer and discovers that the official scorer failed to circle the first point(s) scored in the regulation match (first three periods of the match). After consulting with both schools' scorekeepers, no one agrees as to who scored the first point(s). Who should receive the choice of position? **RULING:** The choice for position is awarded to the wrestler who scores the first point(s) in the regulation match. The official scorer is responsible for circling the first point(s). In this situation, the referee must make a determination as to who has choice based on his recall. In an effort to avoid conflicts of this kind, it is imperative that the referee instructs the scorer before the meet as to the proper scoring procedure. (3-1-2, 3-1-12, 3-3-1b)

6.7.2 SITUATION: In the first period, Wrestler A scores the first points of the match with a takedown. In (a), in the second period, Wrestler A is penalized for unsportsmanlike conduct and in (b), Wrestler A is penalized for unsportsmanlike conduct in the second period and Wrestler B is penalized for unsportsmanlike conduct in the third period. If the match is tied at the end of the two 30-second tiebreakers, which wrestler will have the choice of position for the ultimate tiebreaker? **RULING:** In (a), Wrestler B will have the choice of position and, in (b), Wrestler A will have the choice of position as both wrestlers were penalized for unsportsmanlike conduct and thus the choice is given to the wrestler scoring the first points in the regulation match (first three periods of the match). [6-7-1c(6)]

Rule 7 Infractions

ILLEGAL HOLDS/MANEUVERS

7.1.1 SITUATION: Wrestler A lifts the opponent off the mat and, while Wrestler B is in the air struggling to get free, Wrestler A loses control and Wrestler B falls to the mat. Would this be considered a slam? **RULING:** When you lift your opponent off the mat you are responsible for a safe return to the mat. If you lose control and

Wrestler B falls to the mat with unnecessary force, a slam shall be called without hesitation.

7.1.5 SITUATION A: Wrestler A has the opponent in a guillotine including a headlock. Wrestler A loses the grapevine and goes to a straight body scissors. Is it necessary at this time to release the headlock? **RULING:** Yes, the headlock must be released when Wrestler A loses the grapevine because, at that time, it is no longer a guillotine. There is no exception to the headlock with a body scissors.

7.1.5 SITUATION B: Wrestler A applies the guillotine with a headlock and then turns Wrestler B towards the back. **RULING:** This is an illegal headlock since it is not permissible to lock around the head without an arm in the guillotine until near-fall criteria has been met. In this situation the headlock is applied prior to turning his opponent and is therefore illegal.

7.1.5 SITUATION C: Is it a headlock anytime the arms encircle the head and lock? Consider the situation where Wrestler A has a double grapevine and the two wrestlers are belly-to-belly in a pinning situation. If Wrestler A reaches under the head of the opponent and locks or overlaps the hands to lift the opponent's head in order to prevent a bridge, would this be considered an illegal headlock? **RULING:** This is not a headlock because the pressure applied here is against the head and is not around it. The pressure would be no different than the pressure applied against the head when using a three-quarter nelson.

7.1.5 SITUATION D: While both wrestlers are in the neutral position, they both drop to their knees, and Wrestler A applies a double arm bar from the front and locks the hands in the middle of the back. **RULING:** This would be an illegal hold/maneuver by Wrestler A and wrestling shall be stopped immediately. Wrestler A would be penalized one point for an illegal hold/maneuver. The rule specifically states that the locking of the hands in the middle of the back in a double arm bar from the front in either the neutral position or a control position would be illegal.

7.1.5 SITUATION E: Wrestler A locks the hands around the head of Wrestler B in the following situations: (a) A headlock without an arm or leg; (b) A headlock with the arm encircled; or (c) A pinning situation involving the use of the cradle. **RULING:** In (a), this would be an illegal headlock. In (b), it would be a legal headlock as long as the arm is encircled at or above the elbow but is considered potentially dangerous. In (c), although the hands are locked around the head, in this kind of situation with the leg included, it is not considered in the category of a headlock.

7.1.5 SITUATION F: Wrestler A has control and is attempting a fall with a Figure 4 of the head, but in attempting to apply the Figure 4, Wrestler A's foot comes up to his midcalf and the Figure 4 is not completed. Would this be considered a violation? **RULING:** The Figure 4 around the head is an illegal hold/maneuver. If the foot is placed at midcalf as described in this situation, it would be a straight head scissor which is also an illegal hold/maneuver.

7.1.5 SITUATION G: Is it permissible to lock your hands around your oppo-

nent's head in the guillotine without encircling an arm above the elbow? **RULING:** This would be legal in the guillotine after near-fall criteria has been met. The hands may remain locked as long as the wrestler is able to hold the opponent in near-fall criteria. When the defensive wrestler is able to come out of criteria, that is either letting both shoulders off the mat in excess of four inches or when one shoulder is on the mat, the other shoulder is in excess of 45 degrees off the mat, then the locked hands must be released. The referee may need to notify the wrestler when they reach this position so that it can be corrected without stopping the match. This would be a situation where the illegal hold/maneuver would be caused by the defensive wrestler and, therefore, the offensive wrestler must be given an opportunity to remedy the situation.

7.1.5 SITUATION H: As the defensive wrestler is attempting to come to all fours, the offensive wrestler applies a Figure 4 around the body. What is the penalty for this particular maneuver? **RULING:** The Figure 4 is categorized as an illegal hold/maneuver whether applied around the body, around both legs or the head of either wrestler. Penalty points are to be awarded without warning.

7.1.5 SITUATION I: If a Figure 4 of the body or the head is applied by one of the wrestlers while they are in a neutral position, is this a technical violation by the application of the Figure 4? **RULING:** No. The Figure 4 is an illegal hold/maneuver whenever it is applied by either wrestler around the body, both legs or the head of the opponent.

7.1.5 SITUATION J: Wrestler A attempts a Figure 4 around Wrestler B's body, but in the attempt the foot only gets to the mid-calf. The Figure 4 is never completed by A's foot reaching the back of his knee. Would this be considered as an illegal hold/maneuver? **RULING:** It is not a Figure 4 until the foot is directly behind the knee. Therefore, in this situation it would only be a body scissor and a body scissor is not an illegal hold/maneuver.

7.1.5 SITUATION K: Wrestler A has one leg of Wrestler B off the mat and in the air in front of him. Both wrestlers are facing each other and Wrestler B does a back flip over his head, in the air to the mat and through the legs of Wrestler A. Is this an illegal maneuver? **RULING:** Yes, the match shall be stopped as soon as possible and Wrestler A awarded one point for the illegal maneuver attempted by Wrestler B. Wrestler B cannot earn any points using this illegal maneuver. (7-1-5w)

7.1.5 SITUATION L: Wrestler A from the rear standing position jumps and kicks with the bottom of his/her feet behind both knees of the opponent in an attempt to take the wrestler back to the mat. Wrestler B (a) is injured or (b) is not injured as a result of this illegal maneuver. What is the proper course of action for the referee? **RULING:** In (a), the referee should immediately stop the match, begin recovery time and award Wrestler B a point for the illegal maneuver (rear-standing, double-knee kickback) committed by Wrestler A. If Wrestler B is able to continue, recovery time would be stopped and the match continues. If Wrestler B cannot

continue, then Wrestler B would be awarded the match by default. In (b), the referee should immediately stop the match, and award Wrestler B a point for the illegal maneuver (rear-standing, double-knee kickback) committed by Wrestler A.

7.1.5 SITUATION M: Wrestler A and Wrestler B are both in the neutral position. Wrestler A, in an attempt to take down Wrestler B, leaves his feet and leaps over the top of Wrestler B who is (a) in the standing position or (b) on one or two knees. Is Wrestler A's attempt legal? **RULING:** The rule prevents an opponent from a front flip or hurdle over a standing opponent therefore in (a) this attempt would be illegal. In (b) the opponent is not standing, therefore, the attempt would be legal.

7.1.6 SITUATION: Wrestler A has a legal headlock on Wrestler B and, as they go to the mat, Wrestler B is able to work an arm out so that the headlock only has the arm encircled between the elbow and the hand. What is the proper procedure for the referee to follow in this situation? **RULING:** This is a situation where a legal hold/maneuver is turned into an illegal hold/maneuver by the defensive wrestler. The referee shall cause the hold/maneuver to be released as soon as it becomes illegal but shall not penalize the offensive wrestler.

POTENTIALLY DANGEROUS HOLDS/MANEUVERS

7.2.2 SITUATION: The offensive wrestler has a grapevine and an arm bar when the defensive wrestler comes to a standing position supporting all of the weight of the offensive wrestler. When should the referee stop the match? **RULING:** When the wrestlers reach this position, a potentially dangerous situation exists, and the referee shall stop the match. Prior to the defensive wrestler supporting all of the weight of the offensive wrestler, the referee must make a judgment as to when to stop the match. However, once all of the weight is supported, the referee has no choice and shall stop the match immediately.

7.2.3 SITUATION: Wrestler A is behind Wrestler B and has trapped arm(s) using two-on-one, cross-wrist control or any maneuver which prevents Wrestler B from using his/her arm(s) to break the fall; (a) Wrestler A lifts Wrestler B off the mat; (b) Wrestler A uses a front trip to return Wrestler B to the mat; (c) Wrestler A uses a back trip to return Wrestler B to the mat. What is the proper procedure for the referee to follow in these situations? **RULING:** In (a), the referee shall monitor the potentially dangerous holds/maneuver and see if the defensive wrestler can counteract the move. In (b) and (c), the referee shall anticipate the dangers of injury from these holds/maneuvers and be in a position to block them before they reach a danger point. The referee shall verbally caution contestants against forcing potentially dangerous holds/maneuvers into illegal positions without interrupting action, unless it is necessary to stop the hold/maneuver in order to prevent injury. (5-29-1, 7-1-1, 7-2-2g, 7-2-2h)

NOTE: If in situations (a), (b) or (c) Wrestler B has been returned to the mat with unnecessary force, Wrestler A shall be charged with a slam or unnecessary roughness.

TECHNICAL VIOLATIONS

7.3.1 SITUATION A: Wrestler A has a pinning situation at the edge of the mat and the referee has reached the count of three for a near fall. At that time, Wrestler B bridges and intentionally goes out of the wrestling area. What points would be earned by A? **RULING:** When a wrestler goes out of the wrestling area or forces his/her opponent out of the wrestling area as a means of avoiding wrestling, it is a technical violation except in a pinning situation where near-fall points have been earned. Wrestler A would receive only two points for the near fall as there is no technical violation in this situation.

7.3.1 SITUATION B: Wrestler A has one leg of Wrestler B in the air and B intentionally goes out of bounds. What call should the referee make in this situation? **RULING:** It is a technical violation (fleeing) when a wrestler intentionally goes out of the wrestling area or forces the opponent out of the wrestling area as a means of avoiding an imminent scoring situation. Wrestler B, in this situation, would be penalized one point for a technical violation.

7.3.1 SITUATION C: Wrestler A attempts a takedown at the edge of the mat. Wrestler B obviously flees the mat as A completes the legal takedown. What points are scored? **RULING:** Fleeing the mat is a technical violation and the penalty point shall be awarded in addition to the points for the takedown.

7.3.2 SITUATION A: From the starting position on the mat, Wrestler B attempts a power switch. In order to counter, Wrestler A grasps the clothing of B preventing a reversal. **RULING:** As soon as the referee notices the grasped clothing, a locked hands signal to indicate there is a violation shall be given. Grasping clothing to gain or prevent an escape, reversal, takedown, near fall or fall is a technical violation. If the reversal was unsuccessful, the referee will stop the match and award one point to B for the technical violation. If B is successful in completing an escape or reversal, the point(s) would be awarded for that maneuver in addition to the point earned for the technical violation, and the match would not be stopped. The grasping of clothing, mat or ear guards is prohibited and any advantage gained thereby is nullified. **COMMENT:** If there is grasping of clothing in a pinning situation penalty point(s) will also be awarded in addition to any near-fall points earned. (8-1-2)

7.3.2 SITUATION B: Wrestler A is successful in turning the opponent and gets a deep half nelson with the left arm. A then grasps his own uniform in order to maintain control of the opponent. **RULING:** The referee will stop the match, penalize A for a technical violation, award any near-fall points earned before the infraction occurred and the match will be resumed as following an out of bounds.

7.3.2 SITUATION C: During a takedown situation, Wrestler A grasps the clothing of Wrestler B trying to prevent B from securing a takedown. What is the proper procedure for the referee to follow in this situation? **RULING:** The rule states that grasping the clothing is a technical violation and any advantage gained thereby shall be nullified. Rule 8-1-2e states that grasping of clothing by the wrestler

being taken down, when a takedown is imminent, shall be a delayed call to see if a takedown will be secured. If, following the grasping of clothing, the takedown is secured one point is awarded for the technical violation and two points for the takedown. If the grasping of clothing prevented the takedown, then the referee shall stop the match and award one point for a technical violation. (8-1-2)

7.3.3 SITUATION: Defensive Wrestler B stands and is able to turn toward the opponent; at the same time Wrestler A is able to lock around the upper body of B in a bear hug situation. As B struggles to get away, A drops and initiates a double leg takedown with hands locked. As they go to the mat, the following occurs: (a) As soon as they hit the mat, A moves up on B and initiates a pinning situation; or (b) A maintains locked hands around the legs of B and makes no initial attempt to move up. **RULING:** In (a), this would be a legal maneuver, as Wrestler A is allowed reaction time after coming to the mat in order to release the locked hands. In (b), this would be a technical violation against A for having locked hands around both legs. Anytime the hands are touching beyond reaction time after coming to the mat, it is a technical violation.

7.3.5 SITUATION A: (a) Wrestler A reports to the scorer's table not properly equipped and not ready to wrestle; or (b) Wrestler A reports to the scorer's table and is properly equipped and then goes back to his/her coach in the corner; or (c) Wrestler A has reported properly to the scorer's table and then reports to the wrestling area on the mat and then returns to his/her coach in the corner. **RULING:** In (a), Wrestler A is not properly equipped and he/she will be sent back to the coach and penalized with a technical violation and a match point will be awarded to the opponent. Wrestler A will also be charged an injury time-out and will have 1½ minutes of injury time in order to become properly equipped and ready to wrestle. In (b), Wrestler A is delaying the match and shall be penalized for stalling, and a warning will be issued the first time. In (c), Wrestler A is penalized for leaving the wrestling area without the referee's permission, which is a technical violation and a match point is awarded to the opponent. **COMMENT:** A match begins when the proper wrestler reports to the scorer's table in dual meets and tournaments until the conclusion of wrestling. The proper wrestler is required to report to the scorer's table ready to wrestle, and then immediately report to the center of the mat and not go back to his/her corner. In some tournaments, one wrestler such as the one in the top of the bracket, is asked to pick up the bout sheet and deliver it to the scorer's table. This delivery would not be considered reporting to the scorer's table for purposes of determining ready to wrestle. (5-17-2, 7-3-4, 7-6-6b)

7.3.5 SITUATION B: Wrestler A reports to the scorer's table: (a) wearing jewelry; (b) not having his/her shoelaces properly secured. **RULING:** In (a), Wrestler A is penalized one match point for a technical violation and must take an injury time-out to remove the jewelry. In (b), Wrestler A is penalized one match point for a technical violation and must take an injury time-out to secure the shoelaces. The

head coach of Wrestler A is not charged with unsportsmanlike conduct in (a) or (b). These are technical violations and are penalized according to the penalty chart.

UNNECESSARY ROUGHNESS – WRESTLER

7.4.1 SITUATION A: Wrestler A forcefully slaps the face of Wrestler B. **RULING:** The referee will stop the match and award one penalty point to Wrestler B for unnecessary roughness by Wrestler A.

7.4.1 SITUATION B: Wrestler A's hand gets wrapped up in the opponent's hair while applying a half-nelson. Is this a penalty? **RULING:** The referee determines that this is an incidental act on Wrestler A, so no penalty is assessed.

7.4.1 SITUATION C: Wrestler A grabs Wrestler B's hair and pulls Wrestler B down to the mat. **RULING:** Penalize Wrestler A with unnecessary roughness.

UNSPORTSMANLIKE CONDUCT – WRESTLER

7.4.2 SITUATION A: The match ends with Wrestler A having Wrestler B in a near-fall situation. Following the buzzer, A taunts B concerning the fact that B just lost. Would this still be considered unsportsmanlike conduct when the match had concluded? **RULING:** Unsportsmanlike conduct can occur before, during or after a match. Once the match has been completed, if there is taunting observed, then it would be considered unsportsmanlike conduct and one team point would be deducted. The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstance including on the basis of race, religion, gender or national origin. (5-17-2)

7.4.2 SITUATION B: The following sequence of events takes place: the buzzer sounds to conclude the second period, and at that time, the two wrestlers are on their feet with Wrestler A behind Wrestler B with hands locked around B's waist. A then picks B up, and slams B to the mat. What is the correct procedure for the referee to follow? **RULING:** In this situation where the action was clearly initiated after time had expired it would be ruled either unsportsmanlike conduct or flagrant misconduct. If, in the referee's opinion, it was unsportsmanlike conduct, B would be awarded one match point, and if B were injured to the extent to be unable to continue following a maximum of two minutes recovery time, B would be awarded the match by default. If the referee ruled the action flagrant misconduct, B would be declared the winner and A would be disqualified and the team would receive a three-point deduction. (7-4-3)

7.4.2 SITUATION C: From a neutral position, the wrestlers maneuver toward the boundary and Wrestler A is successful in grasping the leg of Wrestler B. B turns and dives out of bounds. The referee awards one point to A because of the technical violation by B. Wrestler B reacts by removing and throwing the ear guards to the mat. **RULING:** This is unsportsmanlike conduct by Wrestler B and will be penalized without warning. Unsportsmanlike conduct is a violation and points will be awarded in accordance with the Penalty Chart. (7-3-1, 8-1-3)

7.4.2 SITUATION D: Following the end-of-match procedure, Wrestler A, who was defeated, is moving toward the team area, A removes the ear guards or any equipment and: (a) throws it into the crowd; (b) slams it to the floor; or (c) tosses it to the manager or teammate. **RULING:** In (a) and (b) it is unsportsmanlike conduct and one team point will be deducted from the score of Team A. There is no apparent violation in (c) and therefore, no penalty. **COMMENT:** The referee must exercise judgment in determining whether acts such as those described in the foregoing constitute unsportsmanlike conduct. Throwing the ear guards or any equipment is an intentional act and constitutes unsportsmanlike conduct. Tossing the ear guards or any equipment to a teammate or manager or dropping it to the floor near the team bench would not be considered unsportsmanlike conduct. (8-1-4)

7.4.2 SITUATION E: In a dual meet the 170-pound match concludes with the score 5-5. The referee goes to the scorer's table to verify this score. As the referee returns to the center of the mat to notify the wrestlers, one of the wrestlers is disgusted with the fact that an overtime must take place and slams the ear guards to the mat in disgust. The referee immediately penalizes this as unsportsmanlike conduct. **RULING:** Because wrestling has not concluded, this unsportsmanlike call would be a match point and, therefore, the match would be concluded with the final score 6-5. The overtime shall not take place.

7.4.2 SITUATION F: After properly reporting to the scorer's table, Wrestler A spits on the floor in front of the referee. The referee immediately penalizes Wrestler A with unsportsmanlike conduct and deducts one team-point. **RULING:** The referee was incorrect. Since the incident occurred after Wrestler A properly reported to the scorer's table, it would be a match-point for Wrestler B. (5-17-2)

7.4.2 SITUATION G: Wrestler A has control of Wrestler B in a rear-standing position with hands locked around Wrestler B's waist. In an attempt to break free, Wrestler B suddenly and forcefully drops to one knee on the mat. Wrestler A maintains locked hands, but Wrestler B stands and continues to drop to the mat, this time landing on one hand. This final attempt is successful, and Wrestler B is free from the control of Wrestler A. **RULING:** Wrestler B's continued attempts to break Wrestler A's locked hands by dropping to one knee or one hand shall warrant an unsportsmanlike conduct penalty and one match point given to Wrestler A.

FLAGRANT MISCONDUCT – WRESTLERS

7.4.3 SITUATION A: During an individual tournament, Wrestler A, out of frustration, (a) intentionally hits Wrestler B following an illegal hold/maneuver by B; (b) following a fall over B, intentionally kicks B in the side; or (c) A intentionally bites B because B repeatedly placed hands in A's face during a pinning situation. **RULING:** In (a), it is flagrant misconduct which results in A's disqualification in the match, removal from the individual tournament and three team points deducted. B would be declared the winner of the contest. In (b), A will be disqualified for flagrant misconduct, have three team points deducted and shall be removed

from the individual tournament. There would be no winner of this contest. In (c), it is flagrant misconduct by A which results in the disqualification of A from the individual tournament plus a three-point team deduction. B would be declared the winner. Any wrestler so disqualified is not entitled to any points he/she has earned previously in the individual tournament. All advancement points, fall points, placement points, etc. are negated. (8-1-6)

7.4.3 SITUATION B: Wrestler A is attempting a turn but has not yet met near-fall criteria. While A is turning Wrestler B, B cries out in pain and the referee stops the match. Following the referee stopping the match, B indicates to the referee that a bite has taken place. The referee thought that biting might have occurred but did not actually see A bite B. **RULING:** The rule states that if in the opinion of the referee a wrestler bites the opponent this will be deemed intentional biting and will be called flagrant misconduct. When the referee makes this call it must be an occurrence that is brought to the referee's attention during that period. As an example, something that occurred in a previous period would not be given consideration. (8-1-6)

UNSPORTSMANLIKE/FLAGRANT MISCONDUCT – OTHERS

7.5.4 SITUATION: The referee awards a three-point near-fall to Wrestler A. The coach of Wrestler B comes to the scorer's table to meet with the official about the call. (a) The coach asks if the referee awarded a two- or three-point near-fall, and the referee informs the coach a three point near-fall was awarded and the coach returns to the chair/bench without a follow-up to the question; (b) the coach wants an explanation as to why the referee felt that there was a three point near-fall and not a two point near-fall. **RULING:** In (a), there is no misconduct since the coach asked for a clarification about how many points had been awarded, there was not a follow-up question or debate after the referee answered the question. In (b), the coach is questioning the referee's judgment in regard to awarding a three-point near-fall versus a two-point near-fall. If the call is not reversed or no misapplication of the rule has not occurred, the coach would be charged with misconduct. (7-5-4)

7.5.5 SITUATION: During weigh-ins the referee observes the coach of Team A doing one of the following: smoking, vaping or chewing tobacco in the locker room. Would this be considered a violation of the flagrant misconduct rule? **RULING:** Yes. It is considered flagrant misconduct for a coach, a wrestler or any other team personnel to use any form of tobacco products. Smoking in the locker room during the weigh-in period would be considered a violation and there would be a three-point team deduction.

7.5.6 SITUATION: During the match a spectator comes to the edge of the mat and is acting in an unsportsmanlike manner. What is the procedure for the referee to follow under these conditions? **RULING:** The referee should stop the match as soon as there is no significant action and then make a request to the home management to have the individual removed. The home management is responsible for the removal of spectators who become abusive. This is done without penalizing

either team and the removal from the premises is for the remainder of the event. In any dual or tournament all assigned referees would have this authority. (5-30-3)

STALLING

7.6.1 SITUATION: From the optional start, the offensive wrestler, on the whistle, backs away to the outer edge of the ten-foot circle and the defensive wrestler just sits there. Would there be stalling by either wrestler? **RULING:** In a situation like this both wrestlers have the responsibility of initiating action. The rules require that both wrestlers wrestle aggressively and that action is to be maintained throughout the match. In this situation the defensive wrestler must turn and face the opponent and the offensive wrestler must move around to face the opponent. Either one or both individuals could be called for stalling if they were to remain in the situation described.

7.6.2 SITUATION A: During the third period with both wrestlers in the neutral position, the referee does not feel either wrestler is wrestling aggressively. Is it permissible for the referee to give a double call for stalling? **RULING:** If at any time, the referee recognizes stalling occurring, it is permissible to either warn or penalize one or both wrestlers at the same time.

7.6.2 SITUATION B: Wrestler A is warned for stalling in the first period. In the second period, the shoelaces of Wrestler A come undone. Wrestler A is penalized for stalling and Wrestler B is awarded one match point. Later in the second period, Wrestler A is penalized for stalling again and Wrestler B is awarded one match point. In the third period, Wrestler A is penalized again for stalling and Wrestler B is awarded two match points. Since this is Wrestler A's third stalling penalty, Wrestler B will now have choice of position on the next restart. **RULING:** Correct procedure. Wrestler B will receive choice of position on the next restart. The choice can be carried over to the sudden victory period in overtime. Stalling shall be penalized independently in accordance with the Penalty Chart. (Penalty Chart)

7.6.2 SITUATION C: Wrestler A is warned for stalling right after the first period has started. Later, in the first period, the shoelaces of Wrestler A come undone. Wrestler A now is penalized for stalling and Wrestler B is awarded one match point (First Penalty). At the start of the second period, Wrestler A is penalized again for an illegal hold/maneuver and Wrestler B is awarded one match point (Second Penalty). Later in the second period, Wrestler A is penalized for stalling in the defensive position and Wrestler B is awarded two match points (Third Penalty). Wrestler B will now have the choice of position on the next restart since the two-point penalty was for stalling. **RULING:** Incorrect procedure. The referee should have only awarded one match point for this third penalty. Warnings and penalties for stalling are penalized independent of the progressive penalty chart. **COMMENT:** Stalling penalties are penalized independently and are never to be combined with other penalties in the progressive Stalling Penalty Chart. (8-1-4)

7.6.2 SITUATION D: (a) Wrestler A takes his/her second injury time-out be-

fore the second period ends. (b) Wrestler A takes his/her second injury time-out between the second and third period. Wrestler B was to have his/her choice of position at the start of the third periods. **RULING:** In (a), Wrestler B will have his/her choice of position only on the restart after the injury time-out. The referee incorrectly awarded two match points for stalling. In (b), Wrestler B will have his/her choice of position at the beginning of the third period plus the next restart. **COMMENT:** In this situation, Wrestler A, in both Situation A and B, should have been penalized only one match point because stalling is penalized independently of the progressive penalty chart. Wrestler B should have been awarded only one match point and would only have the choice of position at the beginning of the third period and the next restart. The additional choice of position on the next restart would only apply if the third penalty (two points) was the result of only and all stalling penalties. When a stalling call results in a two-point penalty being awarded, the opponent will have the choice of position on the next restart. The choice of position on the next restart would be carried over to the sudden victory period in overtime if there is no restart prior to overtime. Stalling shall be penalized independently in accordance with the Stalling Penalty Chart.

7.6.4 SITUATION: Wrestler A is in the advantage position. A grasps the far leg and brings the heel to the buttocks in attempting to break down the opponent. The heel is held in continuous contact to the buttocks for approximately 10 seconds before the opponent is broken down to the mat. Once the defensive wrestler is broken down, the offensive wrestler continues to hold the heel to the buttocks. When should the wrestler in the advantage position be called for stalling? **RULING:** Holding the heel to the buttocks, unless your opponent is broken down on the mat, is not in itself a violation. However, once an individual is broken down the five-second count should begin immediately. If the heel is held to the buttocks for more than five seconds after the wrestler is broken down, the wrestler in the advantage position shall be called for stalling.

NOTE: Should not be a visual count by the referee.

7.6.6 SITUATION A: While down on the mat, Wrestler A, who is in control, applies a grapevine to Wrestler B's leg and, at that time, B, stands, bearing all the weight of A. The referee stops the match immediately because this is a potentially dangerous situation and, accordingly, must be stopped. What is the call to be made by the referee? **RULING:** The first time this situation occurs, it would be potentially dangerous and the match is simply restarted at the center of the mat. If it occurs a second time, the referee will call potentially dangerous and consider making a stalling call on Wrestler B. The third time it occurs, there is no question that it would be considered stalling on Wrestler B.

7.6.6 SITUATION B: Should stalling be called in the following situations? (a) In the neutral position, Wrestler A attempts a takedown and is stopped by Wrestler B who applies a legal front headlock. Wrestler B does not use the headlock to attempt to score a takedown but maintains the headlock. The referee stops the

match indicating a stalemate and restarts the wrestlers. (b) Wrestler A, in the top position, puts in a leg and is aggressively attempting to turn Wrestler B to score a near fall. Wrestler B, in the bottom position, grabs and holds Wrestler A's wrist and arm. Wrestler B continues to hold the wrist/arm of Wrestler A, but does not use the situation to attempt to break Wrestler A's hold or to secure an escape or reversal. A stalemate is called when Wrestler A fails to turn Wrestler B and Wrestler B fails to escape or gain a reversal. (c) In the neutral position Wrestler A applies a legal front headlock and aggressively and legally uses the hold/maneuver to attempt to secure a takedown. Wrestler B grabs and holds Wrestler A's elbow/arm to prevent Wrestler A from using the headlock to secure a takedown. Wrestler B simply holds on to the elbow/arm and does not use it to attempt to break the hold/maneuver or to secure a takedown. A stalemate is called and wrestling re-started. **RULING:** In all three situations (a), (b) and (c), Wrestler B has created a stalemate situation to avoid being scored upon. Repeating the same action to create a stalemate situation without using it in an attempt to score would be stalling on Wrestler B. When warranted, a warning or penalty for stalling may be issued at the same time a stalemate is called. In all three situations Wrestler A has initiated action in an attempt to score and been stopped in their effort by Wrestler B's creation of a stalemate situation; Wrestler A would not be called for stalling in any of these situations. (5-24-6c)

Rule

8

Penalties and Injuries

PENALIZING WRESTLERS

8.1.1 SITUATION A: During the match it becomes obvious that Wrestler A has on boxer shorts under the uniform. What is the correct procedure for the referee to follow? **RULING:** The rule states that any equipment that is detected as illegal after the match has started is a technical violation, and a match point is awarded to Wrestler B. Wrestler A shall be disqualified if illegal equipment is not removed or corrected within the 1½ minutes of injury time. If, at the time the problem is detected, there is only 30 seconds of the wrestler's injury time remaining then there would be only 30 seconds to make the correction. Wrestler B is awarded a match point. **COMMENT:** Any other undergarment that extends beyond the inseam of a one-piece uniform shall be tight-fitting, and shall not extend below the knee. (4-1-1c)

8.1.1 SITUATION B: Prior to the meet, the head coach of Team A verifies that all of their wrestlers are properly equipped and ready to wrestle. Team A's 170-pound wrestler reports to the scorer's table and the referee observes a large padding around the right leg. This had not been reported earlier and was not observed when the referee was in the locker room during the premeet conference.

As the referee inspects this it is determined that the padding is much too large and creates a disadvantage to A's opponent. What is the proper procedure to follow at this point? **RULING:** Wrestler A is charged an injury time-out and has a maximum of 1½ minutes to correct the problem and Wrestler B is awarded a match point for a technical violation. (5-27-1e, 7-3-5, 8-2-1)

8.1.1 SITUATION C: Wrestler A has Wrestler B in a pinning situation in a heated match and A begins to taunt B. What is the correct procedure for the referee to follow in this situation? **RULING:** The match should be stopped immediately and A penalized for unsportsmanlike conduct. The match would then be re-started in the center of the mat. If A had earned near-fall points prior to the taunting they would be awarded. (7-4-2)

8.1.2 SITUATION: Wrestler A in the offensive position locks hands around Wrestler B during an attempted reversal. B is successful with the reversal and immediately puts A in a pinning situation. B is overly aggressive and gets too high and A reverses B and places B in a near-fall situation. What is the correct procedure for the referee to follow, and should the match be stopped in order to award points? **RULING:** The rules allow for wrestling to continue when a technical violation of locked hands occurs during an escape or reversal. Therefore, the match would not be stopped at any time during the above maneuvers, and the following points would be earned by each wrestler. B would receive 2 points for the reversal, one point for locked hands, plus whatever near-fall points were earned. A would receive 2 points for his reversal and whatever near-fall points earned. The referee needs to be extremely careful in awarding points when a flurry of this kind occurs. The referee needs to make absolutely certain that the scoring table has received all points and has awarded them to the correct wrestler.

8.1.3 SITUATION A: When a wrestler is called for unsportsmanlike conduct how do we determine if the penalty should be a match point or a team point? **RULING:** If the unsportsmanlike call occurs after the wrestler reports to the scorer's table until the conclusion of wrestling by either a fall, technical fall or the conclusion of the third period, you would have a match point. If the unsportsmanlike conduct call occurs prior to the wrestler reporting to the scorer's table or after the conclusion of wrestling, it would be a one team point deduction. If it occurs following wrestling at the end of the third period, and prior to the start of the overtime, it would be considered a match point. If it occurs between the first and second period of the regular match it would be considered a match point. (8-1-4)

8.1.3 SITUATION B: A wrestler is penalized in the following sequence. First penalized for an illegal hold/maneuver, the second infraction is for a false start, the third infraction is for locked hands, the fourth infraction is for a false start and the fifth infraction is for unnecessary roughness. How many points has the opponent earned? **RULING:** The opponent would receive one point for the first illegal hold/maneuver, one point for the locked hands, and two points for the unnecessary roughness penalty. The two infractions for a false start both receive a caution. If

an additional false start would occur it would be a one-point penalty and that penalty does not count towards disqualification. In the above sequence the opponent would have earned a total of four points.

8.1.3 SITUATION C: In the 138-pound match Wrestler A takes the opponent down in the first period and they immediately go out of bounds. When they return to the center of the mat, with A in the advantage position, the following occurs: (a) A is guilty of a false start and incorrect starting position followed by an additional incorrect starting position; (b) A is guilty of an incorrect starting position followed by a false start, followed by an incorrect starting position; (c) A commits a false start, followed by another false start, followed by an incorrect starting position. What is the penalty sequence for these three different occurrences? **RULING:** In (a), (b) and (c), the penalty sequence would be: caution, caution, one point.

8.1.3 SITUATION D: During the first period, Wrestler A is penalized for using an illegal hold/maneuver. In the second period, A is penalized for a technical violation. In the third period, A is penalized for unsportsmanlike conduct. **RULING:** Wrestler B is awarded one point for the illegal hold/maneuver and one point for the technical violation. B will be awarded 2 match points for the unsportsmanlike conduct penalty because it occurred during the match.

8.1.3 SITUATION E: Wrestler A has been warned, penalized and is finally disqualified while continuing to stall. How shall the referee handle this situation? In a tournament may the wrestler continue wrestling if eligible to compete in the consolation bracket? **RULING:** When the match is stopped the referee checks with the scorer's table to determine that a disqualification is in order. If it is, the referee then raises the hand of Wrestler B who is declared the winner. For Wrestler A this would be the same as any other type of loss except for flagrant misconduct and would be qualified for the consolation bracket. A flagrant misconduct infraction removes the wrestler for the remainder of the tournament.

8.1.3 SITUATION F: Two wrestlers in the 285-pound weight class are disqualified in the finals of a tournament for stalling. What points would these two individuals receive for their team? **RULING:** In this situation the wrestlers would only be disqualified from this match. They are not disqualified from the tournament and therefore they would both be entitled to second place points. There would be no one to receive first place.

8.1.4 SITUATION A: During a tournament, a nonparticipating wrestler is acting as a coach in the corner for a teammate. The "wrestler-coach" is removed from the premises due to unsportsmanlike conduct. Does the wrestler forfeit the right to continue participation as a wrestler in the tournament? **RULING:** When a wrestler serves as a coach during tournament competition and is removed for unsportsmanlike conduct, the individual cannot wrestle for the remainder of the event. (7-5-3)

8.1.4 SITUATION B: In a two-day tournament, the head coach of Team A is given an unsportsmanlike conduct penalty on the first day of the tournament and

one team point is deducted. On the second day of the tournament, the same individual commits another unsportsmanlike act. What is the penalty for this second infraction? **RULING:** Unsportsmanlike conduct penalties against a coach or other team personnel will result in the deduction of one team point on the first offense and, on the second offense, the individual will be removed from the premises for the remainder of the event and two team-points will be deducted. This penalty carries over in a multiple-day event, therefore, in this situation the coach would be removed from the premises and two team points deducted.

8.1.4 SITUATION C: Wrestler A has been called for his fourth stalling call. The official awards the correct penalty points (two points) and immediately stops the match. **RULING:** Correct procedure. The official must stop the match after calling the fourth stalling call and award the correct penalty points (two points) and choice of position to the opponent of the offender.

8.1.6 SITUATION A: Wrestler A is disqualified for flagrant misconduct in a dual meet. There is only one coach and no other person from the school to supervise A, who must normally leave the premises. What is the ruling? **RULING:** A may sit on the team bench. If A acts inappropriately again, the referee may terminate the dual meet and award the victory to the opposing team. (7-4-3)

8.1.6 SITUATION B: Wrestler A is leading 13-0 and earns a takedown. Wrestling continues with the score 15-0 and, prior to stopping the match, Wrestler B punches A in the face and is called for flagrant misconduct. What would be the match score and results in a dual meet and tournament? **RULING:** When this situation occurs, scoring must be reconstructed as it actually occurred. Wrestler A won the match by technical fall and the flagrant misconduct occurred after the match was over. If this is a dual meet, Wrestler A's team will receive 5 team points and Wrestler B's team will receive a 3 team point deduction. If this is a tournament, Wrestler A's team would receive bonus points for the technical fall and all of Wrestler B's points earned in the tournament will be removed as well as a 3 team point deduction.

8.1.6 SITUATION C: Wrestler A pins Wrestler B and, just prior to leaving the mat, A strikes B and is called for flagrant misconduct. How would this affect the results of the contest? **RULING:** A would be disqualified from the individual tournament or dual meet and three team points would be deducted. There would be no team points awarded for that match. In an individual tournament competition there would be no wrestler advancing in the championship bracket. Also, A would receive no team points and loses all previous points earned. (7-4-3)

8.1.6 SITUATION D: In dual-meet competition, a wrestler on the bench commits flagrant misconduct. What is the penalty for this infraction and how does it affect the team score? **RULING:** The penalty for this infraction would be removal from the premises for the remainder of the event and three points deducted from the team total. You would also remove any points this individual had earned for the team should the wrestler have already won in this dual meet only. (7-4-3)

INJURY

8.2.1 SITUATION A: Wrestler A sustains a shoulder injury and asks for injury time-out. The referee grants time-out and, as soon as the wrestler goes to the corner of the mat, the coach begins offering instructions to the wrestler. **RULING:** The injured wrestler can receive coaching during an injury time-out.

8.2.1 SITUATION B: Immediately following an out-of-bounds situation, Wrestler A indicates to the referee that a contact lens has been lost. What is the correct procedure on the time allocated in searching for the lost lens? **RULING:** The time used to recover and/or replace a contact lens may be charged against a wrestler's injury time and count as an injury time-out if the referee determines that this disrupts the flow of the match.

8.2.1 SITUATION C: Wrestler A is attempting to turn Wrestler B with a half-nelson and in doing so, B injures a shoulder and is not able to continue. Who would be declared the winner of this contest? **RULING:** B's injury is the result of a legal hold/maneuver and therefore A would not be penalized. Wrestler A would be declared the winner of the match by default.

8.2.1 SITUATION D: Wrestler A is competing in the first round of a tournament and has an asthma attack. During the time-out, the wrestler takes medication to be able to continue. Is the taking of medication a violation? **RULING:** No. A wrestler is allowed to take a time-out for an injury or an illness. In the above situation, this would be a time-out for illness and it is permissible for the individual to take medication.

8.2.1 SITUATION E: Wrestler A cries out indicating injury in the middle of a near-fall situation and the referee stops the match. A has already taken two injury time-outs. **RULING:** Wrestler B would be declared the winner of the match by default. When the match is stopped in this situation it would be an injury time-out for A and this would exceed the allowable number of two injury time-outs. (8-2-3)

8.2.1 SITUATION F: These following 11 Rulings (a-k), will illustrate the options an opponent has after the second injury time-out has been taken. Each ruling starts with Wrestler A always taking his/her second injury time-out; allowing Wrestler B the choice. The progression will start from the first period of the regulation match through the entire overtime periods, including the 30-second Ultimate Tiebreaker. **RULINGS:** (a) During the first period, Wrestler B's choice would either be (top, bottom or neutral) position on the restart as defer is not an option; (b) At the completion of the first period and prior to the start of the second period, Wrestler B would have choice at the start of both the second and third periods of (top, bottom or neutral) position. This would either be during a dual meet with Wrestler B already having choice, or during a tournament with a flip of disc to determine choice; (c) At the conclusion of the second period and before the start of the third period. Wrestler B already has his/her choice at the beginning of the third period. Fifteen seconds into the third period, the wrestlers go out-of-bounds. Wrestler B

gets his/her choice prior to the restart; (d) Anytime during either the second or third periods, Wrestler B would have choice (top, bottom or neutral) position on the restart; (e) At the completion of the third period of regulation and prior to the start of the one-minute sudden victory period, Wrestler B would have the choice of (top, bottom or neutral) position at the beginning of the sudden victory period; (f) During the one-minute sudden victory period, Wrestler B's choice would be (top, bottom or neutral) position on the restart; (g) At the conclusion of the one-minute sudden victory period and prior to the start of first 30-second tiebreaker period, Wrestler B would have choice at the start of both 30-second tiebreaker periods of (top or bottom) position; (h) During either of the 30-second tiebreaker periods, Wrestler B would have choice of (top or bottom) position on the restart, i.e., if Wrestler B chose down and escaped before Wrestler A used his/her second injury time-out and before the completion of that 30-second tiebreaker period, Wrestler B's choice would be the same as above; (i) At the conclusion of the first 30-second tiebreaker period and prior to the start of the second 30-second tiebreaker period, Wrestler B's choice would be (top or bottom) position at the start of the second 30-second tiebreaker period unless it was Wrestler B's choice, then Wrestler B would also get the added choice at the first restart after the beginning of the second 30-second tiebreaker period; (j) At the conclusion of the second 30-second tiebreaker period, and prior to the start of the 30-second ultimate tiebreaker period, Wrestler B's choice would be (top or bottom) position to start the ultimate tiebreaker period; (k) During the 30-second ultimate tiebreaker period, Wrestler B's choice would be (top or bottom) position on the restart, i.e., with 27 seconds expired in the ultimate tiebreaker period and Wrestler A is on top as offense and takes his/her second injury time-out, Wrestler B could then choose to take top and ride Wrestler A out for the remaining three seconds to win the match.

8.2.1 SITUATION G: Wrestler A takes a second injury time-out at the conclusion of the first period. Wrestler B is now given the choice at the start of both the second and third periods. During the second period, Wrestler B now takes a second injury time-out. Who has choice on the restart and does Wrestler B still get choice at the start of the third period? **RULING:** On the restart in the second period after Wrestler B has taken a second injury time-out, Wrestler A would now have choice of top, bottom or neutral position on the restart only. Wrestler B would still have the option to start the third period if it was his/her choice because of the rotation determined by the dual meet pre-meet choice with the flip of the disk in a tournament.

8.2.1 SITUATION H: In a tournament, Wrestler A is injured through legal action and uses one minute and five seconds injury time. The regular match ends in a tie which necessitates going into overtime. During the overtime A is again injured through legal action and, as the referee signals for the injury clock to start, the referee informs the coach of A that there are 25 seconds of injury time left and at the conclusion of that 25 seconds the wrestler must be ready to wrestle. The coach questions why only 25 seconds instead of 1½ minutes. **RULING:** The overtime is

an extension of the regular match and all points, penalties, cautions, warnings, blood time and injury time are cumulative throughout the match and overtime. Because one minute and five seconds was used in the regular match A has only 25 seconds of injury time remaining.

8.2.1 SITUATION I: Wrestler A takes his/her second injury time-out at the conclusion of the second period and his/her opponent (Wrestler B) already has choice at the beginning of the third period. Wrestler B will have choice to start the third period and will now also have the added choice at the first restart after the beginning of the third period. (a) After the third period has started, Wrestler B takes his/her second injury time-out and the match is stopped; or (b) during the third period there is no restart for Wrestler B, so does his/her choice on the first restart carry over to overtime?; or (c) Wrestler B takes the top position to start the third period. After the third period has started and the wrestlers go out of bounds, Wrestler B chooses the neutral position on the first restart. **RULING:** In (a), Wrestler B will still get the choice on the restart. Then on the next restart, Wrestler A will get the choice. In (b), Yes, the choice of position on the next restart for Wrestler B can be carried over to the sudden victory period in overtime. In (c), this is permissible by rule and no escape point is earned by Wrestler A as this is a choice on the next restart by Wrestler B.

8.2.2 SITUATION A: Wrestler A is injured and the opponent is penalized for unsportsmanlike conduct or as the result of a false start by the opponent in the neutral position. Because of the injury, A is unable to continue after the 2-minute recovery time has elapsed. **RULING:** The match will be awarded to A by default. When a wrestler is injured by illegal action to the extent he/she is not able to continue, following a 2-minute recovery time, he/she shall be awarded the match by default. This illegal action may be of any type, including unnecessary roughness, unsportsmanlike conduct or a false start in the neutral position.

8.2.2 SITUATION B: During tournament competition, Wrestler A is injured because of an illegal hold/maneuver in the consolation semifinals. The injury prevents competition in the consolation finals. Is A entitled to placement points? **RULING:** A will be awarded placement points for fourth place even though unable to compete. While this is a forfeit, nevertheless, A will be given placement points. A forfeit will not eliminate a wrestler from further competition when the forfeit is because of an injury which occurred during the tournament. An injured wrestler is not expected to compete when there is a possibility the competition would aggravate the injury. (10-2-5)

8.2.2 SITUATION C: In the first round of a tournament, Wrestler A is leading 14-1. Wrestler A selects top and in bringing Wrestler B to the mat, A is called for a slam. B is injured and the recovery time clock started. At the conclusion of the 2 minutes recovery time, B is unable to continue and requests that the referee allow injury time in addition to be started. **RULING:** When a wrestler is injured through the use of an illegal hold/maneuver, a maximum of two minutes recovery

time is allowed, and if the injured wrestler is unable to continue following this two minutes of recovery time, the injured wrestler shall be awarded the match by default. A wrestler cannot take injury time or extended head/neck/cervical time immediately following recovery time.

8.2.2 SITUATION D: Wrestler A applies a full nelson and, at the same time, Wrestler B twists an ankle. B's action is unrelated to the illegal hold/maneuver. What is the correct course of action for the referee to take and would this be considered injury time or recovery time? **RULING:** The rule states that, if a wrestler is injured as a result of an illegal hold/maneuver, recovery time will be used. In the above situation the injury is not the result of an illegal hold/maneuver, therefore, B would have to use available injury time. Wrestler B would be awarded one point for the illegal hold/maneuver.

8.2.2 SITUATION E: A wrestler is injured by the use of a legal hold/maneuver and, because of this, uses all of his permitted injury time. After wrestling has resumed, the wrestler is then injured by an illegal hold/maneuver. Does this mean that a wrestler can actually have a total of 3½ minutes time-out? **RULING:** A distinction needs to be pointed out between an injury received by illegal action and an injury received by legal action. There are two minutes of recovery time allowed when an individual is injured through the use of an illegal hold/maneuver. At the conclusion of the two minutes, the wrestler must make a decision as to whether to continue the match or not. This two-minute recovery time is allowed following each time a wrestler is injured through the use of an illegal hold/maneuver. Each wrestler is allowed a total of 1½ minutes and/or two injury time-outs that can be taken at different times during the contest because of injury. Recovery time, however, allows a maximum of two minutes per occurrence.

8.2.2 SITUATION F: With wrestlers in the neutral position, one wrestler false starts and initiates a single leg takedown. The action is such that the opponent suffers a knee injury that prevents continued wrestling. What is the proper penalty? **RULING:** There could be several incidents that occur with legal maneuvers where a wrestler might become injured and not be able to continue competition. As long as the referee feels that it is strictly a false start and no unnecessary roughness or unsportsmanlike conduct was involved then there would be no additional penalty beyond the false start. If the injured wrestler was unable to continue after a total of two minutes of recovery time, then the injured wrestler would win the match by default.

8.2.4 SITUATION A: Wrestler A's head strikes the mat legally during the course of the match. Wrestler A complains of a headache while the match is in progress. The referee stops the match and begins injury time and charges Wrestler A with an injury time-out. (a) What is the correct procedure to follow if there is no appropriate health-care professional present? (b) What is the correct procedure if an appropriate health-care professional is present? **RULING:** In (a), in the absence of an appropriate health-care professional, the coach of Wrestler A must determine if

he/she is able to continue the match within the remaining injury time. If injury time expires, Wrestler A shall default. If the coach of Wrestler A deems that he/she has exhibited a sign, symptom or behavior consistent with a concussion, Wrestler A shall be removed from the match and shall not return to competition until cleared by an appropriate health-care professional. In (b), the appropriate health-care professional must determine if Wrestler A is able to continue the match within the remaining injury time or request to extend the allowed time limit to a maximum of five minutes for evaluation of the injury to the head. During the extended time, the athlete would be required to prepare without delay for continuation or default the match. If the appropriate health-care professional deems that he/she is displaying a sign, symptom or behavior consistent with a concussion, Wrestler A shall be removed from the match and shall not return to competition until cleared by an appropriate health-care professional.

8.2.4 SITUATION B: In the second round of a tournament Wrestler A shows possible signs and symptoms of a possible concussion as the result of a slam by Wrestler B. A feels ready to wrestle after using approximately 1½ minutes of recovery time, but there is no appropriate health-care professional present. What is the correct procedure to follow? **RULING:** In the absence of an appropriate health-care professional, extended time for head/neck/cervical evaluation cannot be applied. The coach of Wrestler A must determine if he/she is able to continue the match within the remaining recovery time. If recovery time expires, and the coach of Wrestler A deems that he/she has exhibited a sign, symptom or behavior consistent with a concussion, Wrestler A shall be removed from the match and shall not return to competition until cleared by an appropriate health-care professional. Therefore, Wrestler A would be declared the winner by default.

8.2.5 SITUATION: The referee stops the match due to an apparent neck injury to Wrestler B. The injury does not involve a concussion. The designated, on-site meet, appropriate health-care professional determines B should not continue to compete. The wrestler, as well as the coach, indicates to the referee that the wrestler can continue. What is the correct ruling? **RULING:** The designated, on-site meet, appropriate health-care professional provided by the host shall be the final authority. If Team B has a physician available, the two medical professionals should consult to make a decision. If there is no compelling reason to change the original decision, the host management's designated, on-site meet, appropriate health-care professional will prevail.

BLEEDING

8.2.7 SITUATION A: During the first period of a match, the two wrestlers butt heads and Wrestler A is obviously injured and is granted an injury time-out. During the injury time-out, the appropriate health-care professional has requested extended time for evaluation of the head. During this time-out, Wrestler B's nose starts to bleed. What is the procedure for the referee to follow? **RULING:** First,

Wrestler A shall be granted an injury/extended time-out. As soon as it is detected that B is bleeding, the injury/extended time-out for Wrestler A would be stopped, and blood time for B would be started. **COMMENT:** In any bleeding situation, the bleeding must be taken care of prior to either the injury or recovery clock being started. In this situation, however, because the injury came to the attention of the referee first, it would count as one of the injury time-outs as well as the amount of injury time that was used prior to the bleeding being discovered.

8.2.7 SITUATION B: Wrestler A has a severe nosebleed and, while the coach is attending to this problem, the coach is offering his wrestler some advice on how to continue the match. What is the correct procedure for the referee to follow? **RULING:** It is legal for the coach to give instructions to the bleeding wrestler.

8.2.7 SITUATION C: Wrestler A is injured and this injury results in: (a) a nosebleed, or (b) bleeding from a cut. How long will the match be stopped in these two situations? **RULING:** In (a) and (b) the maximum time for bleeding would be 5 minutes.

8.2.7 SITUATION D: From the bottom position the defensive wrestler comes up quickly and strikes the nose of the offensive wrestler causing bleeding. What are the guidelines for the referee to follow? **RULING:** The referee will stop the match and wrestling will not resume until appropriate treatment has been administered. Any wrestler who is bleeding, has an open wound, has any amount of blood on his/her uniform or has blood on his/her person, shall be directed to be treated until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. The number of blood time-outs is left to the discretion of the referee and the maximum time allowed is five minutes. (8-2-8)

8.2.7 SITUATION E: Wrestler A is injured by an illegal crossface which results in a nosebleed. What is the correct procedure for the referee in a situation that has both recovery time and blood time? **RULING:** Because Wrestler A was injured and bleeding occurred, you must first stop the bleeding and once that is stopped, you would start the recovery time clock.

8.2.7 SITUATION F: If bleeding has not been stopped at the conclusion of the five-minute blood time, what action shall be taken by the referee in the following situations: (a) the bleeding was caused by a legal cross face, or (b) the bleeding was caused by an illegal cross face? **RULING:** In (a), the bleeding wrestler would lose the match when the five-minute blood time was used. In (b), the bleeding wrestler would be the winner when the blood time expired. In both (a) and (b), the match will be awarded by default.

8.2.9 SITUATION: While Wrestler A is in an imminent scoring situation (take-down, escape or reversal), Wrestler B indicates to the referee that he/she is injured. The referee stops the match and awards the appropriate points. **RULING:** If, in the referee's opinion, points would have been scored, this is the correct ruling.

Rule 9

Scoring

INDIVIDUAL SCORING

9.1.5 SITUATION: Wrestler A has Wrestler B in a pinning situation and the following occurs: (a) Both shoulders of B are held within 4 inches of the mat for a period of about 7 seconds. The referee, however, during this period of time only indicates a 2-second count. (b) One shoulder of B is on the mat and the other shoulder is less than 45 degrees to the mat. The referee gives a full 5-second hand count with B in this position. **RULING:** In both of the above situations, A has scored a 3-point near fall. While it is true that a hand count is to be given by the referee when feasible, it is not a necessity in awarding a 3-point near fall.

9.1.8 SITUATION: Wrestler A is in the top position in the 30-second ultimate tie-breaker. Wrestler A is warned for stalling with 10 seconds left in the period. Wrestler A remains in control for the rest of the period which ends with no score. Does Wrestler A win even though he/she was warned for stalling? **RULING:** Wrestler A is the winner. A stalling warning that does not result in a match point being awarded to the bottom wrestler does not keep the top wrestler from winning if the bottom wrestler does not score. One match point would be added to Wrestler A's final score.

TEAM SCORING

9.2.1 SITUATION: During a dual meet, a match ends with the score 6-4. Wrestler B is the apparent winner and: (a) A refuses to participate in the end-of-match procedure; or (b) A strikes B after the match is over and goes directly to the team bench. **RULING:** In (a), there will be one team point deducted from Team A's score for unsportsmanlike conduct and Team B will receive three points for the decision earned by B. In (b), the act by A is flagrant and will be penalized by disqualification of A and three points will be deducted from Team A's score. Team B will also receive three points for the decision earned by B. (8-1-4, 8-1-6)

9.2.2 SITUATION: At the end of the dual meet, the team score shows A-35 and B-34. The coach of Team B asks the official scorer to re-calculate the score as the coach believes their team should have two additional team points. Following the verification of the score, it is determined that Team B was shorted one team point making the score tied. What is the procedure to be followed to break the team score? **RULING:** All ties in dual team scoring will be broken by using the team tie-breaking system. The criteria will be applied in the order listed to determine the winning team. In this situation it was necessary to go to Criteria "e." in order to determine the winner. Team A was declared the winner as they had "accumulated the greater total number of falls." An additional team point shall be added to Team A's score making the official result: Team A 36, Team B 35.

TOURNAMENT SCORING

9.2.3 SITUATION A: During a tournament championship match, Wrestler A strikes Wrestler B and is disqualified. Is A entitled to second place? **RULING:** No. In this case there is no second place awarded and A, who was disqualified, is not entitled to placement points or any other tournament points earned prior to the incident. Three team points will be deducted from the team's score for flagrant misconduct and A will be removed immediately from the premises. (8-1-6)

9.2.3 SITUATION B: In both semifinal matches of the 113-pound weight class we have wrestlers that are injured due to an illegal hold/maneuver where the wrestlers are not able to continue their matches. Following the two semifinal matches both individuals are checked by medical personnel and they are both told they cannot wrestle in the finals. How would we figure the placement of these two wrestlers and how many team points would these two individuals earn? **RULING:** In this situation there would be no first-place finisher; therefore, neither team would receive points for first place. The points these two individuals would contribute to their teams would be the points they earned for a second-place finish.

9.2.3 SITUATION C: In the finals of a wrestling tournament the two wrestlers are both disqualified from the match because of a double stalling call. How would this affect the results of team scoring? **RULING:** If an individual qualifies for the finals the wrestler will receive the placement points for second place as long as there is no disqualification from the tournament. In this situation the two individuals are disqualified from the match but it is not a tournament disqualification, therefore, they would both receive second-place points. In dual-meet competition if this same situation would occur there would be no points earned by either wrestler.

9.2.3 SITUATION D: There are eight schools in a wrestling tournament and they are scoring six places. If in the 106-pound weight class there are only four wrestlers, how many team points would you offer for first place? **RULING:** Even though there are not six wrestlers, points for six places for all brackets in the tournament would still be awarded. Therefore, first would receive 16 points; second, 12 points; third, 9 points and fourth, 7 points.

Rule 10 Individually Bracketed Tournaments

ENTRIES

10.2.2 SITUATION: In the second round of a tournament, one of the wrestlers in the 113-pound weight class is not at the mat ready to compete at the scheduled

time. What is the correct procedure to follow and how long does the wrestler have to report to the mat? **RULING:** The rule states that a wrestler shall be permitted a maximum of 5 minutes to appear ready to compete at a specified mat. Failure to do so shall result in forfeiture of the match. The 5-minute time limit starts as soon as the scorer's table and referee are ready to start the match. It is the responsibility of the wrestler to be at the mat ready to wrestle whenever the previous match is over.

10.2.3 SITUATION: Wrestler B defaults a match due to an injury. The loss drops him/her into the third place match. Is Wrestler B allowed to wrestle for third place since he/she defaulted the previous round match? **RULING:** Wrestler B is allowed to wrestle for third place since a default does not eliminate a contestant from further competition. Extenuating circumstances concerning the injury or illness as it relates to default or forfeit for scoring purposes, shall be considered by the tournament director.

10.2.4 SITUATION: A wrestler advances to the semifinals of a tournament and no evidence is present that indicates any physical problem during or immediately following the match which was lost. During the post-match time period, however, the wrestler is observed to be disoriented and possibly in need of medical attention. The designated, on-site meet, appropriate health-care professional(s) is notified, the wrestler is observed and is treated for exhaustion and evidently seems to be able to continue. As we approach the consolation semifinals match the wrestler does not report to the mat nor does anyone report to the tournament staff any information about the condition or whereabouts of the wrestler. The consolation semifinals match is forfeited. When the fifth and sixth place finals are called to the mat, the wrestler now appears and wants to default this final match. This is the first time the tournament staff has heard of any injuries or conditions. What is the ruling concerning this individual receiving sixth place? **RULING:** This is an unusual situation but Rule 10 is very specific on how this should be handled. An individual loses in the semifinals but fails to report to the mat for the next match in the consolation semifinals. Rules 10-2-4 and 10-2-5 would apply in this situation. Rule 10-2-5 states that a forfeit shall eliminate a wrestler from further competition in a tournament except when that forfeit is because of an injury or illness that occurred during the tournament. The rule clearly states that extenuating circumstances concerning injury or illness, as it relates to default or forfeit, shall be determined by the tournament director. This must, however, be considered prior to the competition and not afterwards. In this situation nothing was mentioned prior to the match in which the forfeit took place, therefore, this individual is out of the tournament and would not receive sixth place. Just because you have an illness or injury does not eliminate the responsibility of the coach for addressing this situation with the tournament director. There was ample time between the two matches to do so.

10.2.5 SITUATION: During a tournament, A is injured in a consolation match. At the time of the injury the wrestler is ahead in points and after being treated on the mat is able to continue wrestling. This injured wrestler ultimately wins the match

and qualifies for the consolation finals. However, during the interval between sessions, the wrestler is taken to the designated, on-site meet, appropriate health-care professional who declares the wrestler should not wrestle in the consolation finals. This information is given to the tournament director. The wrestler does not suit up and is not present for the final session. **RULING:** A forfeits the match because of extenuating circumstances. Because of qualifying for the consolation finals, the wrestler is entitled to fourth place and the team is awarded fourth place points, provided all other requirements are met. (10-2-4)

10.2.7 SITUATION: A wrestler advances to the championship finals of a tournament that will be held the day after the semifinals. On the day of the finals, the wrestler, who was not injured nor became ill during the tournament, fails to make weight. Does the wrestler who failed to make weight earn second place? **RULING:** No, Rule 10-2-7 states that in order to place in a tournament, a wrestler must make weight each day of the tournament. The other finalist would be awarded a forfeit for the final match. There would be no second place winner. The wrestler who failed to make weight would lose all place points earned for his team. The wrestler who failed to make weight would retain advancement points as well as points earned for falls, forfeits, defaults, technical falls, disqualifications, decisions and major decisions for his team.

10.2.9 SITUATION A: Both 285-pound wrestlers are disqualified simultaneously for stalling in a semifinal match. Wrestler A was winning by a score 8-6 at the time of the disqualification. **RULING:** The championship finals match would be forfeited to the winner of the semifinal match in the opposite bracket. However, Wrestler A would be allowed to continue in the consolation bracket because he/she was ahead at the time of the disqualification.

10.2.9 SITUATION B: Both 138-pound wrestlers in a quarterfinals match simultaneously get injured legally at the same time in the first period of the match and they both use their 1½ minutes of injury time at the same time. (a) Wrestler B was winning 2-1 at the time when both of their injury times elapsed at the same time; (b) the match was tied at 0-0 at the time when both of their injury times elapsed at the same time; or (c) the match was tied at 2-2 at the time when both of their injury times elapsed at the same time. Wrestler A scored the first points in the match. **RULING:** In (a), the semifinals finals match would be forfeited to the winner of the quarterfinal match on the same side of the bracket. However, Wrestler B would be allowed to continue in the consolation bracket because he/she was ahead at the time of the simultaneous injury disqualification. In (b), since the match was tied and no points scored at the time of the simultaneous injury disqualification, neither wrestler would continue in the tournament. In (c), since the match was tied at 2-2 at the time of the simultaneous injury disqualification, Wrestler A would be allowed to continue in the consolation bracket if not previously penalized for unsportsmanlike conduct since he/she scored the first points in the match.

BRACKETS

10.3.1 SITUATION A: When there are 10 wrestlers in a weight class, what is the proper way to place them on a bracket? **RULING:** You would use a 16-person bracket and there would be six byes, three in each half-bracket. If you seed four wrestlers, then draw the six byes, followed by the six remaining wrestlers being drawn.

10.3.1 SITUATION B: Wrestler A receives a bye in the first round of a tournament and, in that same half bracket, Wrestler B is to wrestle Wrestler C. C forfeits the match and, in the second round, A should be wrestling B. A, however, fails to show up for the match in the second round. Would B receive a bye in the second round or win the second-round match by a forfeit? **RULING:** Rule 10-3-2 states that no byes would carry over into the second round, therefore, B would win this match by a forfeit.

10.3.2 SITUATION A: In a bracket where there are only five wrestlers, there will be three byes in the championship bracket. In the consolation round with cross-bracketing, there is no competition in the first round, but there is one bye in the first round of competition. What is the correct procedure for scoring in a bracket of this nature? **RULING:** In the first round of competition in the championship bracket, there would be only one match and three byes, two in the upper bracket and one in the lower-half bracket. Any wrestler winning in the next round of the championship bracket would receive two points for the bye in the first round. In the consolation bracket, there would be only one bye and, if that individual won the next match, the wrestler would receive one point for the bye in the consolation round. (10-3-1)

10.3.2 SITUATION B: If a wrestler fails to make weight at the first weigh-in of a tournament and the school has no other entry then you would have a bye in the first round of competition. When this occurs what is the correct procedure for finalizing the bracket for that weight class? **RULING:** When this occurs and the brackets have already been constructed, then the bracket would need to be redrawn so that everyone would have an equal opportunity to draw for the bye.

10.3.6 SITUATION: The tournament director decides not to cross-bracket the losers of the semifinal matches. He/she is informed by a head coach that he/she must cross-bracket the semifinal losers. Is the coach correct? **RULING:** The head coach is incorrect. The tournament director has the authority to do what is appropriate to his/her tournament bracket follow plan.

Rule 11

Team Advancement Tournaments

ENTRIES

11.1.4 SITUATION A: At a team advancement tournament, Team A weighs in two wrestlers in the 126-pound weight class, with actual weight of 124 pounds for both wrestlers. May one of the two 126-pound wrestlers represent their team in the 132-pound weight class in a dual meet that day? **RULING:** In a team advancement tournament that does not evolve into an individually bracketed tournament and/or does not reward individual accomplishments, more than one wrestler in a weight class may be weighed in by a team and substitutions from one dual meet to the next are permissible, and/or a wrestler who weighs in for one weight class may be shifted to the next highest weight class, provided it is not more than one weight class above that for which the actual weight qualifies that wrestler. Either of the 126-pound wrestlers may represent their team in either the 126-pound or 132-pound weight class during the team advancement tournament. **COMMENT:** All wrestlers must weigh-in each day of the multiple-day event and they must weigh-in at the same weight class each day of the event. A wrestler is only eligible for two weight classes during a multiple-day, team advancement tournament, and those two weight classes are determined at the first day weigh-in and cannot change during the remainder of the event.

11.1.4 SITUATION B: In a two-day team advancement tournament that does not evolve into an individually bracketed tournament and/or does not reward individual accomplishments, the coach plans to use Wrestler A on the first day of competition and Wrestler B on the second day in the 106-pound weight class. Since Wrestler B will not compete on day 1 but only on day 2, is it permissible for Wrestler B to weigh-in only on day 2? **RULING:** No. For a wrestler to be eligible to compete on the second day of a tournament, he/she must have made weight the first day of the tournament and then must make weight the second day. Wrestler A, who is not competing the second day, would not have to make weight the second day of a team advancement tournament. **COMMENT:** All wrestlers must weigh-in each day of the multiple-day event and they must weigh-in at the same weight class each day of the event. A wrestler is only eligible for two weight classes during a multiple-day, team advancement tournament, and those two weight classes are determined at the first day weigh-in and cannot change during the remainder of the event.

11.1.4 SITUATION C: In a two-day team advancement tournament that does not evolve into an individually bracketed tournament and/or does not reward individual accomplishments, the coach plans to use Wrestler A in the 113-pound weight class

the first day of competition and in the 120-pound weight class the second day of competition. Can Wrestler A weigh-in at the 113-pound weight class the first day and weigh-in at the 120-pound weight class the second day? **RULING:** No. A wrestler must weigh-in in the same weight class each day of a multiple-day tournament. However, in this type of tournament, once Wrestler A made weight the second day at the 113-pound weight class, it would be permissible for Wrestler A to wrestle in the 120-pound weight class. **COMMENT:** All wrestlers must weigh-in each day of the multiple-day event and they must weigh-in at the same weight class each day of the event. A wrestler is only eligible for two weight classes during a multiple-day, team advancement tournament, and those two weight classes are determined at the first day weigh-in and cannot change during the remainder of the event.

11.1.5 SITUATION: A wrestler defaults a match in a team advancement tournament. Is he/she eligible to wrestle in the next match that day? **RULING:** The wrestler is eligible to wrestle in the team's next match that day.

TEAM SCORING

11.2.1 SITUATION: Is team scoring in a team advancement tournament scored the same as in an individual dual meet? **RULING:** Team scoring in a team advancement tournament is the same as in an individual dual meet.

11.2.2 SITUATION A: In the third round of the first day of a two-day team advancement tournament, Wrestler A pins his opponent, earning six points for his team. After the end-of-match procedure, he commits a flagrant misconduct act. **RULING:** Wrestler A is disqualified from the tournament and removed immediately from the premises as stated in Rule 8-1-6 and the wrestler cannot wrestle that day or the next. Three points are deducted from Wrestler A's team points for this dual meet. Additionally, the six team points he earned are also deducted. The team points Wrestler A earned in the prior dual meets are not removed since doing so could affect the outcome of the prior dual meets and teams have already advanced according to those results. (8-1-6)

11.2.2 SITUATION B: In the second round of a one-day team advancement tournament, after the last match of the dual meet and after the referee has signed the scorebook, Wrestler A commits an act that is deemed flagrant misconduct. **RULING:** Wrestler A is disqualified from the tournament and removed immediately from the premises as stated in Rule 8-1-6. The team points Wrestler A earned in the prior dual meets are not removed since doing so could affect the outcome of the prior dual meets and teams have already advanced according to those results. No team points are deducted since the dual meet has concluded and is considered a prior round. (8-1-6)



2020-21 NFHS

WRESTLING REFEREES' MANUAL

Section

1

The Referee

1. In wrestling, the referee's job is most responsible. The value of the sport is largely dependent upon interpretations. Complete mastery of the rules is fundamental and the primary requisite of officiating. Because a referee's judgment must be based on proper rules knowledge, it logically follows that every referee must understand the rules – not only as they are written, but also as they apply during match conditions. Equally important is the degree of consistency in administration of the rules for a given match and from match to match. Signals are the chief means of communication between the referee and the scorers, timers, wrestlers and spectators, and thus it is absolutely necessary that the referee use only the authorized NFHS signals found in the rules book. It is also imperative that the referee be firm in enforcing the letter and spirit of the rules. Referees must consistently enforce penalties for infractions without hesitation. The referee shall not use TV monitoring, replay or other video equipment in making decisions related to the match.

2. The referee notices everything but is seldom noticed. The referee moves continuously to be in proper position to make a call and does so without hesitation. He must attempt to anticipate the movement of the wrestlers and adjust his position in order to best view the action. Wrestling near the edge of the mat presents a number of challenges. Therefore, the referee should be particularly alert when the wrestlers move near the edge. He should move quickly into position while keeping the wrestlers in sight in order to promptly restart the match following an out-of-bounds situation. At times, it may be necessary to verbally caution wrestlers so they move quickly back to the center of the mat to resume the match.

3. Jurisdiction of Referee: The jurisdiction of the referee is from the time he/she arrives at the site of the competition and it concludes at the approval of the scorebook in dual-meet competition and when the referee signs the bout sheet after the last match of the tournament. The meet referees retain clerical authority over the meet through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the meet referees had jurisdiction. State associations may intercede in the event of unusual incidents that occur before, during or after the meet referees' jurisdiction has ended.

or in the event that a meet is terminated prior to the conclusion of the regulation meet. In both dual meets and tournaments, when the referee is not on the mat working, he/she still has jurisdiction in the mat area. The match referee is responsible for the match in progress but other referees, not involved with a match, can offer assistance to the head match referee. Referees should understand that when they are in charge, and just because they are not on a particular mat working, they still have responsibilities. Anytime a referee, who is not working the mat, sees unsportsmanlike conduct when not observed by the referee on the mat, then he/she should communicate with the mat referee as soon as possible so that the mat referee can correct the problem.

4. Preparation for Officiating: The statement, "Control is felt rather than observed," appears several times in NFHS wrestling publications. This truism continues to be in effect and becomes more and more important because new techniques are developed annually. In order to adequately perform his duties, the referee must be knowledgeable concerning pressure and how it is applied.

In order to best prepare for wrestling officiating, the referee should spend some time in the wrestling room working with coaches.

For example, it is sometimes stated the offensive wrestler should apply perpendicular pressure to avoid being warned or penalized for stalling. While this is a practical rule of thumb, it is meaningless in certain situations. When the offensive wrestler has the opponent broken down and then hooks an arm and maintains pressure on the opponent's shoulder on the mat, the offensive wrestler can make it appear as though perpendicular pressure is being applied while in reality it is stalling. Unless one has felt this pressure, it is entirely possible the referee may misinterpret this maneuver and permit the offensive wrestler to stall. In order to avoid this, referees are urged to get on the mat during clinics in order to feel the pressure.

5. The acceptance of responsibility for protecting the wrestlers' general welfare and trying to minimize risk is paramount on the part of the referee. The referee will caution the user of potentially dangerous holds/maneuvers and break these holds/maneuvers before they cause injury or become illegal. While not a requirement for officiating, a sound wrestling background as a wrestler is desirable and very helpful in the interpretation of the rules. A referee who has this background will anticipate troublesome situations and can often prevent them from occurring. There is no place for acts that are designed to injure an opponent. Any and all holds/maneuvers that are used in such a way as to endanger life or limb are illegal. There must be no hesitation and no compromise in enforcing these rules.

6. The appearance of a referee while officiating on the mat has a very definite effect upon the conduct of a match. A sloppily dressed individual will discover difficulty in keeping the match under control. On the other hand the referee who wears the proper uniform and who is neat in appearance creates a good first impression. One way to command respect is to give the appearance of a competent

referee. The proper uniform consists of a short-sleeve knit shirt with alternating black and white 1-inch stripes or gray with black pinstripes, full-length black trousers, black belt, if worn, black socks and black wrestling/gym shoes. Other accessories include a red armband on the left wrist, a green armband on the right wrist, a two-colored disk, a black lanyard, a black whistle (not a hand-whistle), and a kit to conduct the random draw. It is imperative the uniform be clean and well-kept. Check your uniform several weeks prior to the season. Referees must look like and act like referees at all times.

It is recommended the referee have hair cut in a respectable manner, sideburns well-trimmed and if a moustache or beard is worn, that it be well trimmed. Also, it is recommended that the referee does not wear any type of jewelry while officiating. Referees as well as coaches and those charged with the administration of interscholastic athletics have a responsibility to set examples of proper appearance and attitudes for those involved in the interscholastic athletic program. Those responsible for hiring referees should be selective so only those who comply with the foregoing recommendations will be accepted.

7. Preventive Officiating: During matches, the referee is required to administer the rules to the letter and penalize any and all infractions. During the course of competition, it is often possible for the referee to prevent rules violations and infractions without placing either wrestler at a disadvantage. Often the mere presence of the referee will prevent an illegal act. This is desirable in order to keep the match moving without interruption. By preventing violations and infractions, the referee also protects the wrestler.

It is generally agreed that preventive officiating is desirable and should be encouraged; however, there are certain limits that referees must observe. The referee, in general, should avoid talking to wrestlers except in awarding points, penalizing, warnings, cautions, corrections or indicating potentially dangerous and illegal holds/maneuvers. The referee, in order to promote activity, may offer such verbal comments as: "center, action and contact." There is to be no coaching on the part of the referee and the referee's comments are to always be directed toward both wrestlers and not to one individual.

Another type of preventive officiating consists of stopping potentially dangerous holds/maneuvers before they become illegal or result in injury to a wrestler. While this is not always possible, it is something toward which referees should work. Experience as a competitor is invaluable, because the referee can recognize holds/maneuvers which may result in injury or become illegal and be prepared to stop them. Referees are urged to move in quickly to prevent such holds/maneuvers. However, it is undesirable for referees to otherwise touch wrestlers during the match. Most wrestlers are taught to stop or release a hold/maneuver when touched. Therefore, when a referee touches a wrestler, it usually causes that wrestler to relax, thus placing the wrestler at a disadvantage. It is acknowledged

that it is sometimes necessary to touch the wrestler in order to get the wrestler's attention, particularly during a competition attended by a large crowd.

8. Assistant Referee: The use of an assistant referee is encouraged because it is assumed that when more than one person is involved, they can do a better job observing action on the mat and thus virtually eliminate errors in application or the interpretation of rules. The use of an assistant referee is optional by state association adoption. The rules permitting the use of an assistant referee are intended to assist, not distract from the wrestling.

When using an assistant referee, the same mobility is granted to the assistant referee as that of the referee and will complement and assist the referee in making calls. When an assistant referee is being used, the referee is in control of the match and is the only one who can award points or call a fall.

In order for the match to run as smoothly as possible verbal communications between the referee and the assistant are necessary. The only visual signal that should be used is where you have locking of hands around the body of the defensive wrestler and the referee does not see it.

When the assistant referee disagrees with the referee, they will communicate with each other immediately. The referee will not stop the match unless it is necessary to resolve the situation. The referee will avoid interrupting the match when significant action is in progress. If necessary, the referee and the assistant shall meet on the edge of the mat away from the scorer's table to discuss the point of disagreement. The assistant may support, disagree or have no opinion relative to the decision. If there is disagreement between the two, the decision of the referee shall prevail.

Should there be any change of scoring, timing, etc., the referee will inform the scorer's table and coaches of these changes. The referee, assistant referee and the two wrestlers are the only individuals permitted on the wrestling mat. Coaches are permitted to address the referee only and no communications should take place between the assistant referee and coaches.

Some general guidelines of duties for the assistant referee would include the following:

- a. Prior to the match, assist with the checking for the legality of equipment and uniforms.
- b. Always be observing of the clock and make certain that it starts when the match or period starts and also be able to assist the referee in scoring situations at the conclusion of a period.
- c. While working as a team, the assistant referee should be careful not to bring attention to one's self. All attention should be focused on the wrestlers and not the referees. If the assistant referee has a concern about a particular call, a position near the referee should be obtained and the opinion stated. The assistant referee should not give a signal or verbal comments that can be heard by someone other than the referee.
- d. As points are awarded by the referee, the assistant should check to see that these points are placed on the scoreboard as this can help elimi-

- nate confusion and cause a match to flow more smoothly, accurately and efficiently.
- e. In case of injury or other unforeseen circumstances, the assistant referee can be of help in many ways, i.e., injury time, communicating with the athletic trainer, helping with any equipment, etc.

General Guidelines for the Positioning of the Assistant Referee:

- a. Prior to and following the match, a position should be taken so that the wrestlers are between the assistant and the referee. A first on/last off approach is a good guideline. Prior to the start of the match and until the referee signs the bout sheet, the assistant should be in a position on the opposite side of the mat from the scorer's table where observations of both corners and the table activity can be maintained.
- b. Work the circumference of the circle and attempt to stay opposite the referee during the match. A 180-degree approach is a good guideline except when covering a boundary line. In this situation, the assistant should close down and cover the edge of the mat on the opposite side of the wrestlers.
- c. In the starting positions, the assistant referee should be either opposite or at a slight angle to the referee and look for infractions of the starting position by either wrestler. The assistant should call any infraction to the attention of the referee. The assistant referee should always be in a position to see the referee, the wrestlers, the clock and the scoreboard.
- d. In a pinning situation, the assistant referee should remain in an upright position and let the referee make the decision on the near fall or fall. The assistant should try to take a position toward the feet of the defensive wrestler, observing any possible illegal activity such as: pulling of fingers, grasping of clothing, choking, etc. The assistant should also be concerned about the time left in the period and communicate this information to the referee.
- e. If the referee has to go to the table for any reason, the assistant referee should remain in the ten-foot circle with the wrestlers.
- f. At the conclusion of wrestling, the assistant referee should remain on the edge of the circle and maintain eye contact with wrestlers, coaches and the scorer's table.

The assistant referee is an important part of the officiating team and by using this knowledge and talents can help to assure the rules are being properly enforced as well as aiding the referee during judgment situations. Being in the proper position throughout the match provides for fewer undetected infractions and, in turn, will aid in determining the proper outcome of a match.

With the referee and the assistant referee doing their best throughout a match, they can observe the action taking place on the mat. By the use of two referees a match should be free of most errors concerning the application or interpretation of the rules. The wrestlers will gain immensely from this system of officiating due to the increased objectivity of this concept.

Section 2 Pre-meet Duties

There are some important considerations prior to the beginning of the season of which referees should be cognizant. They are as follows:

1. Knowledge of rules: Well in advance of the season, the referee should study the rules for a working knowledge of them. One of the best ways to become a better referee, not only in the knowledge of rules, but out on the mat, is to become affiliated with a local referees' organization. Local organizations provide the opportunity for referees to study the rules and to delve into a variety of situations and judgments, as well as rules applications. When working together as a group, one begins to develop the kind of confidence in the personal knowledge of the rules and ability to exercise the enforcement of them in match situations. Attendance at rules meetings and clinics is a must for the referee, not only to become acquainted with the new rules changes and interpretations, but also to develop a consistency in the interpretation of rules for a given area. In referees' meetings, such things as preventive officiating measures, mechanics, etc. are all topics that could be dealt with in depth to gain greater insight to proper rules interpretation and consistency.

2. Physical appearance: One of the prime considerations in officiating is being in top physical condition. One's physical appearance, which includes good grooming habits, is very important in that it aids greatly in the manner in which a referee's calls are accepted by the coaches, wrestlers and fans. Appearance and good grooming practice on the part of the referee command respect. It is important to stay in good shape year-round, but it is imperative well in advance of the season to do some preliminary conditioning, such as jogging, exercising and, when possible, have an annual physical checkup.

3. Working a scrimmage: If it is possible, a referee should work some scrimmages prior to the beginning of the season because it will make you a better referee for the first match. Contact a school and visit its practice room and work some challenge matches. Many schools have an open house or team night prior to their first contest and referees are welcome to assist with the explanation of rules to parents and fans. The more wrestlers' parents and fans who understand the rules, the fewer problems referees will encounter throughout the season.

4. Check your officiating schedule and make sure all dates and sites are accurate. Should there be any concerns or questions, resolve them before the season starts. Many school athletic administrators send an e-mail or call to referees a few days prior to the contest verifying contractual arrangements. It is a good idea for the referee to send a card to the principal and/or athletic director, letting them know the referee plans on being at their school to officiate a given match or tournament. There is no substitute for sound communications. In many states the referees weigh in the wrestlers; and if this is the case, naturally, the referee would

have to arrive on the scene earlier than the customary one hour in advance of the meet. This will allow time to confirm the weigh-in schedule, check the scales, validate the wrestler's weight, record proper names, check the weight classes in which a wrestler might compete, check wrestlers for their grooming, communicable conditions and injuries.

5. Visit the locker room: One of the most often overlooked officiating procedures in wrestling is that of the referee not checking the locker rooms of both teams and taking care of the pre-meet duties. As indicated before, the referee should arrive at the site of the meet and report to the proper authority responsible for weighing in the wrestlers. As soon as the referee arrives on the scene, the referee should dress in order to proceed with the pre-meet responsibilities in the proper fashion. The referee should try to visit each locker room if possible to meet with the wrestlers in order to determine the legality of all equipment, protective pads, taping, etc. Because of the number of pre-meet responsibilities, it is necessary to proceed in a businesslike manner that demonstrates to both coaches and wrestlers the efficiency with which the referee will administer the rules on the mat. One sometimes observes the referee inspecting hair, nails and other facets of pre-meet duties at the mat's edge while the wrestlers are warming up. At best, it makes for a rather unsightly affair and in no way adds to the manner in which the referee carries out the administration of responsibilities. The coach has a responsibility to see that the team is in the locker room for the referee's pre-meet visitation for dual meets if requested by the referee. If a referee(s) is involved with the weigh-ins for a tournament, the best procedure for pre-meet duties would be at the weigh-in time. If the referee(s) do not arrive until after weigh-ins, the most practical procedure for pre-meet inspections would be team-by-team on the mats. During weigh-ins is the preferred and recommended procedure, but it does not matter which procedure is used as the pre-meet inspections shall take place each day of the tournament. The complexity of tournament procedures makes the task of pre-meet duties more difficult. In short, it is imperative that everything is done in a businesslike fashion. Taking care of pre-meet duties if possible in the locker room is nothing more than good preventive officiating.

6. Items to cover in the locker room: Briefly outline the duties of the captain as to the conduct of his/her team, end-of-match procedures, flip of the disk, etc. If the referee was not involved in the weigh-ins, then, of course, inspection of all contestants and evaluation of the legality of uniforms and supplementary equipment must be completed prior to competition. Emphasis should be placed on all contestants wearing a suitable undergarment which completely covers the buttocks and groin area. Regarding female wrestlers, they shall wear a suitable undergarment that completely covers their breasts. It is against the rules to wear a loose-fitting t-shirt under the singlet. However, a form-fitted compression shirt, which does not extend below the elbows, has a minimum of a 3-inch tail, and is

school-issued, may be worn under the singlet. If the wrestlers appear on the mat in an improper uniform, or with objectionable pads, or improperly groomed, it is because of one or two reasons — either the referee did not perform the required pre-meet duties properly, or the wrestler is defying the referee. There is no excuse for the first reason and the wrestler using the second reason shall be penalized and not permitted to compete if not corrected. In examining the wrestlers, the referee will be certain the fingernails are smooth and clipped short. Jewelry of any kind shall be removed.

Following is a listing of things the referee may briefly want to review with the coaches and wrestlers in the locker room:

- a. Choice of position
- b. Starting positions
- c. Starting and stopping on the whistle
- d. Injury procedure
- e. Stalling
- f. Any pertinent rules changes
- g. The referee's application of the NFHS out-of-bounds rules
- h. The referee's general view of control
- i. On takedowns, tell the wrestlers they can't defend a lead and must attempt to secure a takedown.
- j. Some referees like to inform the wrestlers in the locker room before they start that as a referee you are assuming they are in condition, and therefore, when the defensive wrestler is working to come out, the offensive wrestler must adjust or improve the position and cannot stay in a given position of control.
- k. The offensive wrestler has to get out to the side to continually improve his position or he/she may be called for stalling. The wrestlers appreciate knowing where they stand in relation to how the referee is going to call the match in certain situations. Most importantly, they realize they must wrestle aggressively and there is no doubt in their mind on the referee's interpretation of stalling. It is a real aid to both wrestlers.
- l. Referees shall address coaches and captains prior to the contest concerning good sportsmanship.

7. During weigh-ins, if the referee suspects a wrestler of having a communicable skin condition or any other condition that makes participation appear inadvisable, the coach of the concerned wrestler will need to provide written documentation from an appropriate health-care professional stating that the suspected condition is not communicable and that the athlete's participation would not be harmful to the opponent (suggested forms may be found on the NFHS website (nfhs.org). Because of the body contact involved, each wrestler must comply with standard health, sanitary and risk minimization measures.

8. It is imperative that the referee carry out the prescribed pre-meet responsibilities in a very businesslike manner. There is absolutely no reason to be visiting with the spectators as it creates animosity and emotional concerns on the part of coaches

and fans on both sides. Prior to the start of the match, the referee needs to inspect the wrestling area and also visit with the scorers and timers regarding their duties.

When inspecting the mat area make certain that the mat has the proper markings and all taping is secure. Also check the size of the mats and the safety mat area. Concern also needs to be given to the bench areas and the scorer's table. Make certain, insofar as possible, the team bench area is at least 10 feet from the edge of the mat and the scorer's table where facilities permit. In tournaments where coaches are permitted on the corner of the mat, the restricted zone should be properly marked and shall be no closer than 5 feet to the edge of the circle.

In the discussion with the scorers and timers, the referee should make certain that they fully understand the rules for scorers and timers as outlined in the NFHS Wrestling Rules Book. The referee should have a book available and specifically go over all of the scorer's and timer's responsibilities. The bench personnel are to communicate only with the referee during the course of a match. The scorer and timer should communicate only with the referee and coaches when the referee is directly involved. There should be no communications between the scoring table and spectators. Going over the duties and responsibilities of the scorer and timer and making a few brief statements will eliminate many problems that could occur during a match.

9. Each team shall designate a captain or captains to represent them at the disk toss. Just prior to the beginning of the dual meet they shall report to the referee for the flip of the disk. This toss determines the choice of position at the start of the second period and also determines which individual is to report to the scorer's table first for each weight class.

Section 3 During the Match

1. When the referee starts the match from the neutral position, the wrestlers shall be between the referee and the scorer's table. The referee will glance at the scorer's table to make sure that they are ready and then indicate to the wrestlers to shake hands. The handshake prior to starting the match needs to be a good handshake and not a hand slap. After the handshake the referee should move partially between the two wrestlers to discourage a false start. The referee will sound his/her whistle while simultaneously giving signal No. 1 to start the match.

When the wrestlers start from the down position the referee will first get the defensive wrestler set and then will instruct the top wrestler to get on. It is very important that the defensive wrestler first obtain a legal starting position followed by the offensive wrestler assuming a legal position. Once the top wrestler has become set, the referee will give a verbal command, "Set" which notifies both wrestlers that they are to be stationary. The referee is required to make certain

that neither wrestler gets a rolling start as that would be an unfair advantage over the opponent. Once both wrestlers are stationary the referee will sound his/her whistle while simultaneously giving signal No. 1 to restart wrestling.

The referee should maintain visual contact with the wrestlers at all times throughout the course of the match. When wrestlers go out of bounds, it is very important that the referee maintain eye contact during this period of time, as this will help to eliminate situations that might develop. A little prevention on the part of the referee will be beneficial in upholding good sportsmanship throughout the match. When it is necessary for the referee to go to the scorer's table, the referee shall direct the wrestlers to remain on the 10-foot circle. While at the scorer's table, the referee should make eye contact with the wrestlers in the center of the mat from time to time.

2. At the conclusion of the first period the referee should ask the wrestler with the choice of position to select the neutral position, top position, bottom position or defer. If the referee will make this statement to the wrestler, it should help him in making the decision. It also should eliminate any miscommunication between the wrestler and the referee. The wrestler with the choice of position should be aware of the four options, and with the referee making this short statement, the decision should be easier. The choice should be an immediate response, and when the decision is accepted, it cannot be changed.

3. While the match is in progress, be certain to protect the wrestlers in all out-of-bounds situations. Position and consistency are vitally important on the mat. Be in the proper position at all times to see potentially dangerous situations, illegal holds/maneuvers, near falls and falls. Attempt to be in a position to stop any potentially dangerous or illegal holds/maneuvers. Use proper mechanics and signals at all times so that fans, wrestlers and coaches will understand what is happening on the mat. Be courteous, consistent and tactful with coaches, but be firm.

In all situations that might occur near the boundary line, the referee needs to be extremely concerned about the risk involved of contestants. The referee is not always able to work to the outside to protect wrestlers, but it should always be a concern. Obviously, if there was a referee and an assistant, there would be better coverage and protection could be offered to the wrestlers more easily. There are no specific requirements in this coverage, but it does need to be a constant concern.

4. The referee must work closely with the scorers and timers throughout the match. The referee shall clearly signal to notify the timer when the match is started or is stopped for any reason. Through the use of proper signals, the scorers will be notified when points are awarded and to whom they should be credited. The referee will also give the appropriate signal when cautioning for a false start, warning and penalizing for stalling, and penalizing illegal holds/maneuvers.

5. While the wrestlers are on their feet, the referee must be active, moving from one side to the other to maintain a full view of both sides of both wrestlers.

It is necessary for the referee to remain at such a distance that he/she will not interfere with the wrestlers' moves and yet be near enough to control difficult situations. The referee should be particularly alert and move into proper position when the action approaches the edge of the mat. The boundary line is very important. Whether the wrestlers are out of bounds, resulting in the match being stopped, depends upon several factors. The referee must be in position to observe both wrestlers in relation to the line in these situations.

6. When the wrestlers are on their feet, the referee must pay particular attention to the following:

- Is either stalling by not making any aggressive move to take the opponent down?
- Does either play the edge of the mat?
- Does either intentionally back off the mat to avoid a takedown?
- Does either push the opponent off the mat?

Both wrestlers should make every effort to remain inbounds. When the referee feels that either wrestler has failed to make every effort to stay inbounds, the offending wrestler shall be penalized.

7. While the wrestlers are maneuvering in a neutral position, the referee should be in a position to look between the two wrestlers as much as possible. When they are near the boundary line, the referee must be in position to see the supporting points of both wrestlers and the boundary line. Many times an injury may be prevented by being in a position where the referee can keep a wrestler from contacting the floor, the bleachers or scorer's table when going out of bounds.

8. In situations in which the wrestlers are entwined on the mat, the referee should be in a position to see from the front, be close enough to have a good view of the hands, but not so close to hinder the movements of the wrestlers. Sometimes it is necessary to get down on the mat to check for locking hands or some questionable maneuver/hold. Continuously moving to gain the best vantage point is a necessity.

9. When the match is resumed from the starting position on the mat, the referee will be stationed in front of the wrestlers far enough away so not to interfere with their initial moves. The referee must face the scorer's table while starting the match. When the wrestlers are stationary, the referee will give the verbal command, "set," pause, then sound the whistle while simultaneously giving signal No. 1. It is important that there be a visual as well as an audio signal indicating the start of the match.

10. Assuming an incorrect starting position or making false starts. For the first offense and for the second offense the wrestler is to be cautioned. Following two cautions any subsequent incorrect starting position or false start will be penalized one point in accordance with the penalty chart.

During tournament competition, particularly when there are several mats on which matches are being conducted simultaneously, referees must use common sense regarding cautions and/or penalties in the starting position. For example, a

wrestler who moves at the sound of the whistle on the adjoining mat should not be cautioned or penalized for a false start. Experienced referees need not be reminded of this, but those just beginning may enforce the letter of the rule without realizing there are some extenuating circumstances which must be taken into consideration.

11. The protective ear guard is part of the required wrestling uniform. It is each individual wrestler's responsibility to wear ear guards that can be securely fastened. Regardless of the type of ear guards worn, there may be some instances in which it will be displaced during competition. Under certain specified conditions the match may be stopped because of displaced ear guards.

Referees are urged to use good judgment in stopping the match for replacing the ear guards. In no case should a wrestler be put at a disadvantage because the ear guards slipped, or should he/she be forced to forfeit a legally gained advantage because of displacement. If the ear guard is completely off, the match will be stopped when no significant action is in progress so it may be fastened.

12. At the conclusion of wrestling and the verification of the match score, the referee shall direct the wrestlers to shake hands and the referee shall then declare the winner by raising the hand of the winning wrestler. This handshake is extremely important and needs to be displayed as an act of good sportsmanship.

Section **4** Awarding Points

1. In order to earn a takedown, a wrestler, from the neutral position, gains control over the opponent on the mat while **two** supporting points of either wrestler are inbounds or while at least the feet of the scoring wrestler finish down on the mat inbounds. As soon as the referee believes the wrestler has gained control of the opponent down on the mat, points for a takedown shall be awarded by raising the arm with the corresponding wrist band color of the wrestler scoring the takedown. The arm should be extended high above his/her head with two fingers extended indicating the number of points awarded. The referee also will call out the points awarded and turn the hand back and forth so the signal can be seen from all directions.

2. A reversal will be indicated in the same manner as a takedown followed by the referee rotating his/her hands in front of his body using signal No. 18 from the signal chart. The defensive wrestler must have come from underneath and gained control of his/her opponent either on the mat or in a rear standing position while all the supporting point(s) of either wrestler are inbounds or while at least the feet of the scoring wrestler finish down on the mat inbounds.

3. An escape is earned when the defensive wrestler gains a neutral position and the opponent has lost control while all the supporting points of either wrestler are inbounds. The referee shall award one point in the same manner as a take-

down or reversal except he/she shall extend only one finger.

4. Control in wrestling determines the awarding of points. A wrestler who has control of the opponent and can maintain restraining power over him/her is in a position of advantage. When control changes, there is a takedown (gaining control), an escape (losing control), or a reversal (changing control). Often it is difficult for spectators and inexperienced referees to determine when control has been gained, lost or changed. Control is felt as well as observed; therefore, experience as a wrestler is advantageous. In order to gain a "feel" for control, a referee may attend practice sessions and actually get on the mat with coaches or wrestlers.

There are certain guidelines that may be helpful. In a takedown situation with a legal headlock and the wrestlers on the mat, control is gained when the defensive wrestler places a foot on the mat in an attempt to stay off the back. In a double leg, when the countering wrestler is seated on the mat, a takedown can be awarded as soon as this wrestler is no longer able to use the legs as a means of support. In a stand-up situation, when the defensive wrestler turns and faces the opponent, there is no loss of control, provided the offensive wrestler locks the hands and contains his opponent in an upright position. However, if the defensive wrestler, while facing his opponent, is able to break this lock by bending at the waist, there is a definite loss of control.

Many questions arise as to when there is a change of control when the defensive wrestler uses a shoulder roll. The guideline offered is: Is there a change of control when the wrestler, who is in the offensive position, is more concerned about avoiding being pinned than in controlling an opponent? When the defensive wrestler is able to pick up his opponent's lower leg and control an arm and leg, there has been a change of control. Any time either leg and one arm is trapped, the referee should be looking for signs of a change in control. In a whizzer situation, change of control is not always easy to determine. When the defensive wrestler uses the whizzer and is able to turn so the body is at a right angle to the opponent and bend at the waist, the referee should be alert to loss of control by the offensive wrestler. In the neutral position, the whizzer is often used as a counter and can result in the wrestler gaining control over the opponent. The use of the whizzer and far arm is a good example. Again, control is felt as well as observed in these situations.

5. Near falls and falls are among the most difficult decisions confronting an referee during the course of a match. Often the wrestlers are so entangled that it is difficult for the referee to take proper position to see whether a wrestler is pinned. Sometimes it is almost impossible to see both shoulders because the head, arms and elbows or legs may block the view. The referee may not begin the count until a position is obtained to see the shoulders or scapula area touching the mat when calling a fall.

6. It is imperative the referee is alert, be in proper position and anticipate situations before they arise. Sometimes during a flurry of action, an inexperienced referee may give points too quickly and thereby complicate the scoring

procedures. As soon as the situation has concluded for a near fall, the referee will raise the arm high with the wrist band color corresponding to the leg band of the scoring wrestler, extending the proper number of fingers and then give signal No. 21 by tapping the shoulder.

7. The amount of reaction time allowed will vary depending upon the circumstances. For instance, when a wrestler is behind the opponent in a standing position with hands locked around the chest, offensive wrestler has reaction time to release locked hands after taking the opponent to the mat. If the defensive wrestler executes a sit-out on the mat and the offensive wrestler locks the hands to block the move, even only momentarily, the offensive wrestler shall be penalized for the technical violation of locking hands. There is no allowable reaction time in this situation.

8. In determining a fall, the referee shall be down on the mat in a position to see both shoulders or both scapulas touching the mat. After the two-second count is made, sound the whistle and strike the mat hard with the palm of the hand. The referee shall not raise a hand in preparation for calling a fall until the fall actually has been completed. This indicates a fall has occurred and the match is terminated. The referee should be aware of the time left in the period and listen for the buzzer to determine whether the fall occurred prior to or following it.

9. No near fall may be awarded until the defensive wrestler has escaped a pinning situation or a period ends. Only then are the proper points awarded. Points may be awarded only once for any pinning situation, but there may be more than one different pinning situation, which would entitle the wrestler to additional points. The referee must determine when one ends and another begins. When the defensive wrestler is freed from a pinning situation requiring the offensive wrestler to change the attack, the situation has ended. The referee cannot rely completely on the action by the bottom wrestler in making his decision, but must observe what the offensive wrestler is doing to change moves.

10. A match is from the time the proper wrestler reports to the scorer's table until the conclusion of wrestling. The end-of-match procedure is simply a means of letting everyone know the results of the match. When the match ends by a fall, the referee simply calls the wrestlers to the center of the mat, has them shake hands and then raises the arm of the winner. When the match is not terminated by a fall, the referee may direct the wrestlers to remain on the 10-foot circle in order to check with the scorer's table. Once the points have been reviewed, the referee will return to the center of the mat, direct the wrestlers to shake hands and then raise the hand of the winner.

A wrestler receives a forfeit when the opponent, for any reason, fails to appear for the match. In order to receive a forfeit the wrestler must appear on the mat and be dressed in a wrestling uniform and be ready to wrestle. At that time the referee shall raise the hand and the team will be credited with the match.

Section 5 Out of Bounds

1. Out of bounds decisions are determined by the position of the wrestler and the type of action in progress at a particular time. Wrestlers are considered to be inbounds if two supporting points of either wrestler or one supporting point of each wrestler are on or inside the boundary lines.

2. Referees must work diligently to maintain the best position as wrestlers approach the mat's edge in order to determine when there is an out of bounds. A position to the out of bounds side of the wrestlers with vision between them is most desirable. Referees must be alert to the location of the boundary line and know exactly where they are on the mat, thereby being prepared to administer the out of bounds rule consistently and correctly. Wrestling is to continue as long as two supporting points of either wrestler or one supporting point of each wrestler remain inbounds. If there is no action at the edge of the mat and one wrestler is out of bounds, the referee may stop the match and restart it again in the center of the mat.

3. When a takedown is in progress and the wrestlers are in a neutral position, wrestling will continue as long as all the supporting points of either wrestler remain on or inside the boundary line. In awarding a takedown at the edge of the mat, points shall be scored when control is established while two supporting points of either wrestler or one supporting point of each wrestler are inbounds or while at least the feet of the scoring wrestler finish down on the mat inbounds.

4. If the defensive wrestler initiates a move near a boundary but is unable to complete it because both wrestlers go out of bounds, it is possible that an escape may have been earned. In a situation where the offensive wrestler lost control while the opponent was still inbounds but the defensive wrestler was unable to gain control before going out of bounds, an escape must be awarded. This cannot be a reversal because both wrestlers were out of bounds before the defensive wrestler could gain control. If neither wrestler has control while the supporting points of one remain inbounds, a neutral position has been gained. In awarding a reversal at the edge of the mat, control must be established while two supporting points of either wrestler or one supporting point of each wrestler are inbounds or while at least the feet of a scoring wrestler finish down on the mat inbounds.

Section 6 Stalling

1. Stalling must be removed from wrestling. The responsibility for doing this is shared by coaches, wrestlers and referees. The coach is responsible for teach-

ing an aggressive style of wrestling, requiring his wrestlers to work for the fall at all times. The wrestlers shall avoid the use of stalling tactics and make an honest attempt to wrestle aggressively, whether in the top, bottom or neutral position. The referee shall be firm in enforcing the letter and the spirit of the rule and consistently penalize any stalling infraction without hesitation. All three groups must work together to ensure that wrestling is an exciting and interesting sport.

2. When the referee recognizes stalling occurring at any time, regardless of the position of the wrestlers, the referee will warn the offender. Once warned, the wrestler will be penalized whenever it is again evident that stalling is observed. Stalling shall be penalized in accordance with the Penalty Chart. This procedure requires the referee to penalize stalling without hesitation. Referees have the major responsibility of eliminating stalling by enforcing the letter of the rule.

3. Intentionally releasing an opponent is not considered stalling unless the wrestler in the advantage position is not wrestling aggressively. The intentional release and takedown method of building up points is within the rules when the offensive wrestler releases the opponent, moves to the front and faces the opponent before attempting a takedown.

4. Factors that contribute to stalling are varied. Every effort must be made by both coaches and referees to discourage such tactics. In the neutral position, it is the responsibility of both wrestlers, regardless of the score or time remaining, to make every effort to stay within the 10-foot circle, to make contact, to maneuver to set up a takedown, and to follow up by attempting a takedown. Referees should use commands "Contact, Center, Action" when appropriate to communicate that action needs to occur by either wrestler. A wrestler may circle to set up the takedown, but backing away from the opponent, avoiding contact or playing the edge of the mat are examples of stalling.

Typical holds/maneuvers contributing to stalling in the neutral position are:

- Upper body tie-ups with no attempt to take down the opponent.
- Blocking with the forearm or head against the chest or clavicle.
- Faking contact.
- Grasping one leg and holding it without a follow through for a takedown.
- Leaving the 10-foot circle without making contact.
- Controlling the opponent's hand and wrist and not following through with an attempted takedown.

5. In the advantage position, the offensive wrestler must make an honest effort to work for a fall. Whenever the offensive wrestler is content to hold the opponent on the mat without moving out to a perpendicular position and working for a fall, it is stalling. It is not sufficient for the offensive wrestler to move to a perpendicular position because it is possible for the wrestler to move perpendicular and simply hold the opponent on the mat without working for the fall. Anytime the wrestler in the advantage position is content to hold the opponent down, that is, simply keep the opponent off the base without attempting to work for a fall, it is stalling.

Typical holds/maneuvers contributing to stalling in the advantage (offensive) position are:

- a. Being content to simply ride the opponent.
- b. Double leg grapevine for riding only.
- c. Trapping an ankle with a lower leg while using a deep waist.
- d. Deep waist with no attempt to improve.
- e. Holding an opponent in a cradle without making an attempt(s) to turn the opponent to the back.
- f. After breaking down the opponent, shooting a deep half or armbar and staying parallel.
- g. Repeatedly putting on a grapevine when the opponent stands.
- h. Staying behind your opponent while on your feet, making no attempt to bring the opponent to the mat.

6. If the wrestler in the defensive position does not initiate some type of action designed to escape or reverse, provided not being overpowered, it is stalling. The defensive wrestler must work aggressively. It is not intended for the defensive wrestler to be unnecessarily exposed, but the wrestler must make continued effort to gain an escape or reversal.

Typical holds/maneuvers contributing to stalling in the defensive position are:

- a. Remaining on all fours in a basic start.
- b. Content to just lie on the mat in a belly-down position.
- c. Lying on the mat with elbows held in close into the body.
- d. Grasping opponent's hands and just holding them close to your body.

7. Overtime is a unique situation. The ultimate tiebreaker occurs after the wrestlers have wrestled a regulation match (first three periods of the match), a one-minute sudden victory and two 30-second periods. The ultimate tiebreaker presents a different format in that when the defensive wrestler scores the match is concluded. This could be by an escape, reversal or it could be through penalty points. If the offensive wrestler scores, the match is concluded. If the offensive wrestler controls the opponent for 30 seconds, the match is concluded and the offensive wrestler will be declared the winner.

Section Illegal and Potentially Dangerous Holds/Maneuvers

1. The risk minimization of the wrestlers is paramount. Any and all holds/maneuvers used in such a way as to endanger life and limb are illegal. **Any act** that goes beyond aggressive wrestling becomes unnecessary roughness. There

are some holds/maneuvers that are legitimate, but because of their nature are potentially dangerous. It is, therefore, important and necessary that illegal acts be thoroughly understood. Illegal acts may be classified as either unnecessary roughness or illegal holds/maneuvers.

2. Illegal holds/maneuvers include, but are not limited to:

- a. Body Slam;
- b. A full, straight-back suplay and the straight-back salto are illegal;
- c. An intentional drill or a forceful fall back;
- d. Pulling back as opposed to grasping the thumb or one, two or three fingers;
- e. a double underhook snap back from the standing position;
- f. the hammerlock above the right angle;
- g. the twisting hammerlock along with lifting the elbow off the back in a hammerlock situation;
- h. any headlock in which the arms or hands are locked around the opponent's head without encircling an arm (elbow or above) or leg (except in the guillotine after near-fall criteria has been met or $\frac{3}{4}$ Nelson);
- i. straight head scissors (even though an arm is included);
- j. full nelson;
- k. holds/maneuvers putting pressure on the throat and/or carotid artery;
- l. twisting kneelock taken against the joint and/or away from the body;
- m. keylock;
- n. overhead double arm bar;
- o. locking the hands behind the back in a double arm bar from the front;
- p. neck wrench;
- q. front, quarter nelson with the chin;
- r. leg block(cut-back);
- s. overscissors when pressure is applied against the joint which may cause hyperextension;
- t. bending, twisting or forcing the head or any limb beyond its normal limits of movement;
- u. back bow;
- v. figure 4 around the body, the head or both legs;
- w. chicken wing with pressure toward the shoulder, parallel to the long axis of the body;
- x. hand(s) in the eye(s) or raking the eye(s);
- y. any hold/maneuver used for punishment;
- z. any hold/maneuver with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation;
- aa. a back flip from the standing position;
- bb. rear-standing, double-knee kickback;
- cc. when a wrestler stands, with one or both arms trapped;
- dd. other holds/maneuvers which may cause injury when used legally; and
- ee. the Nelson-cradle.

3. Some potentially dangerous holds/maneuvers will be broken immediately with the match being stopped for this purpose. In these situations there is no penalty and wrestling resumes as following an out of bounds. When a legitimate hold/maneuver is forced to such an extent as to endanger a wrestler or when it becomes a punishing hold/maneuver, the referee will follow this procedure.

4. When a potentially dangerous hold/maneuver continues following a verbal caution, the referee must be in position to stop it immediately in order to protect the opponent from injury. The match shall be stopped in order to avoid injury to a wrestler or when a potentially dangerous hold/maneuver becomes an illegal hold/maneuver for which the offender must be penalized. When the referee stops the match other than specified, particularly in a pinning situation, it eliminates an advantage fairly gained by the offensive wrestler and gives the defensive wrestler an opportunity for a new start to which they may not be entitled.

5. The offensive wrestler applies a legal hold/maneuver that may be turned into an illegal hold/maneuver by the action of the defensive wrestler. Whenever this occurs, there is no penalty even though the match may necessarily be stopped. When attempting to turn the defensive wrestler while applying the cross-body ride, the offensive wrestler is responsible for loosening the legs to permit the defensive wrestler to turn in order to avoid injury. Anytime the defensive wrestler is unable to turn in the direction of pressure in a potentially dangerous hold/maneuver, it will be broken with no penalty and the wrestlers restarted.

6. The headlock with an arm encircled at or above the elbow is a legal but potentially dangerous hold/maneuver. Because of the dangers present when this hold/maneuver is used, referees are cautioned to be in a position to observe the hold/maneuver carefully. There are occasions when the arm, which is included, is in such a position that the defensive wrestler's breathing or circulation is impaired. It is possible for the arm to be inadvertently moved into a position where it restricts breathing or circulation and is hidden from the referee's view. The face of the defensive wrestler may be forced tightly into the chest or side of the offensive wrestler and his breathing constricted. The head and shoulder of the defensive wrestler in a legal headlock may be forced together to the extent the shoulder becomes a pressure point on the jugular vein or carotid artery, thus presenting a very dangerous situation that may or may not be obvious to the referee. Finally, the strength of the wrestler applying the headlock may result in twisting, constricting or compactive damage to the neck and present serious problems. The very nature of the legal headlock prevents the defensive wrestler from indicating pain or distress when his opponent is of equal or superior strength. Because there may be no visible signs of distress until the problem becomes so serious the defensive wrestler may have lost consciousness, referees are cautioned to be very alert during this situation so they can prevent a potentially dangerous situation from becoming illegal.

7. When the defensive wrestler stands and the offensive wrestler has control

of one or both arms, a potentially dangerous situation exists. Examples are an arm bar when the offensive wrestler steps in front for a forward trip, a double arm bar or a half nelson and an arm bar or chicken wing or other upper body arm locks. In these specific examples, when the offensive wrestler attempts to bring the defensive wrestler back to the mat, the offensive wrestler needs to be cautioned to the fact that there is no way the defensive wrestler can be protected when the arms are tied up. If the referee feels there is potential injury, then the match must be stopped to protect the defensive wrestler.

Section 8 Violations

1. The referee shall enforce the letter and spirit of the rules and consistently penalize any violation promptly. For each violation, the referee shall stop the match and announce the penalty in the prescribed manner to inform coaches, wrestlers, scorers and spectators. There are some instances when the referee does not stop the match immediately. They are as follows:

- Warning or penalizing the defensive wrestler for stalling;
- Warning or penalizing for stalling in the neutral position;
- Warning or penalizing the offensive wrestler for stalling or a technical violation when the defensive wrestler is on his/her feet;
- In a pinning situation, to penalize the defensive wrestler;
- Locked hands or grasping of clothing by the offensive wrestler while the defensive wrestler is attempting an escape or reversal;
- Grasping of clothing by the defending wrestler being taken down when a takedown is occurring;

In exception "d" the referee shall stop the match after the situation has concluded. At that time, he/she will give a hand signal to include the points to be awarded and the wrestler to whom they are awarded, and announce the penalty so that wrestlers, scorers, coaches and spectators are aware of the infraction.

In exception "e", the referee shall stop the match when it is obvious that the defensive wrestler will not complete an escape or reversal. If the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.

In exception "f", the referee shall stop the match when it is obvious that the takedown will not be completed. If the takedown is successful, the match shall not be stopped to award points.

2. There are various types of violations. Each is to be penalized without warning or cautioning with the following exceptions:

The first time stalling occurs, a wrestler will be warned prior to penalizing, and the first two times a wrestler has a false start or assumes an illegal starting posi-

tion, the wrestler will be cautioned prior to any penalty. When issuing a warning for stalling in the neutral position, a verbal warning, as well as the proper signal, will be given. The match shall not be stopped for a stalling warning or penalty while in the neutral position.

Section 9 Near Falls and Falls

Matches are sometimes won or lost because of improperly awarded near-fall points. Failure of the referee to quickly be in a position to see the full situation is a common fault. Most decisions must be made in a very limited time, usually in a few seconds. It is imperative the referee is instantly alert to move in order to observe a near fall. The referee will not award points for a near fall until the situation is ended. A fall may occur at any time and with unorthodox holds/maneuvers. Either wrestler, regardless of the position, may be awarded a fall if the requirements are met.

Section 10 Injuries and Defaults

1. Each time a wrestler is injured by an illegal hold/maneuver, the match shall be stopped and the referee shall immediately make known the fact that the hold/maneuver was illegal by using the proper NFHS wrestling referee's signal and, when there is injury, allow a two-minute recovery time during which the offended wrestler is given an opportunity to recover. In the event the injured wrestler is unable to continue the match, the wrestler will be awarded the match by default. In no case can a wrestler take injury time immediately following recovery time. If a wrestler is unable to wrestle following his recovery time, the match shall be concluded.

2. When a wrestler is injured by an illegal hold/maneuver, and after a short use of recovery time decides to continue, the wrestler cannot, later in the match, claim to be unable to continue because of the previous injury and thereby win the match by default. Once the declaration to continue is given, it nullifies any possibility of a claim being made because of the previous injury. The time required to treat an injury from illegal action is not deducted from the wrestler's injury time.

3. When a wrestler is injured by a legal hold/maneuver, the wrestler is entitled to a 1½-minute injury time-out. If the injury is such he/she is unable to continue after the 1½-minute time-out, the match will be defaulted to the opponent. Injury time may not immediately precede or follow recovery time. Any contestant who exhibits signs, symptoms or behaviors consistent with a concussion (such

as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health-care professional (See NFHS Suggested Guidelines for Management of Concussion in the NFHS Wrestling Rules Book). When appropriate health-care professional(s) are present, they have the jurisdiction to extend the allowed time limit to a maximum of five (5) minutes for evaluation of injuries to the head and neck involving cervical column and/or nervous systems only, at which time the athlete would be required to prepare without delay for continuation or default the match. A second occurrence of injury to the head and neck involving the cervical column and/or nervous system in the same match shall require the wrestler to default the match. When this provision is used, the time consumed for the injury will in no way affect time used, or available, for other types of injuries. If the wrestler is injured and a designated, on-site meet, appropriate health-care professional recommends not continuing, neither the coach, referee or parent shall overrule a designated, on-site meet, appropriate health-care professional.

4. During time-out periods, no more than two attendants and appropriate health-care professionals will be permitted on the mat to attend a wrestler. During this time-out period wrestlers may be given refreshment.

5. Coaches have the moral and ethical responsibility of not permitting wrestlers to win matches by claiming injury unless they are injured to the extent they cannot or should not continue. Taking an injury time-out for a non-injury situation is unethical (see NFHS Coaches Code of Ethics).

6. Any wrestler who is bleeding will be charged with blood time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not stopped within a cumulative time of five minutes, the match shall be terminated.

NOTE: On any bleeding situation, bleeding should be stopped first and then injury time or recovery time may be used.

Section **11** Stalemates

It is a stalemate when: (a) wrestlers are interlocked in a position, other than a pinning situation, in which neither wrestler can improve a position; (b) either wrestler has the hands locked around one leg of the opponent to prevent scoring; or (c) the offensive wrestler applies a grapevine and is unable to turn the opponent. In each of these situations, the referee will stop the match as soon as possible after recognizing a stalemate and wrestling will be resumed as if the wrestlers had gone out of bounds. If either (b) or (c) is used repeatedly (generally means two or three times), it results in stalling. Examples of stalemates are:

- a. The top wrestler has a waist and ankle ride and the bottom wrestler attempts an inside switch. It becomes a stalemate when the top wrestler flattens out in such a way the bottom wrestler cannot complete the switch and the top wrestler cannot move without giving up the advantage.
- b. In a neutral position when both wrestlers are flattened out following an attempted single leg and neither can or will move because to do so would cause a takedown to be scored.
- c. The defensive wrestler uses a whizzer and the offensive wrestler counters by grasping the opponent's ankle.

The foregoing list is not intended to be all-inclusive but is suggestive only. There are any number of similar situations which result in stalemates.

Section Coaching

1. While the match is in progress it is permissible for a coach to go to the scorers' table and request the match be stopped. Any time the coach has a concern over the score of the match, it is permissible to approach the scorers' table and, at an opportune time, visit with the referee concerning the correct score of the match. Also, when a coach believes that a referee has misapplied a rule or disagrees with judgment, the coach may approach the scorer's table, request the match be stopped (when there is no significant action) and discuss the matter with the referee directly in front of the scorer's table.

Any time a coach approaches the scorer's table requesting the match be stopped, the referee must recognize this at the first opportune moment. The referee is not to make a decision concerning the situation without first visiting with the coach. If there is no error, or if the coach disagrees with the referee's judgment, the coach will be penalized for coach misconduct.

2. During the course of any match, it is permissible for the coach or personnel on the team bench to give directions and encouragement to the wrestler on the mat, provided the instruction is given in a sportsmanlike manner. Examples of acts that are always unsportsmanlike include: (a) the use of an artificial aid, mechanical device or electronic communication device; (b) attempting to influence the decision of the referee or disrespectfully addressing a referee or indicating objections to a referee's decision; (c) baiting, berating or criticizing the opponent; or (d) acts which incite the crowd. Unsportsmanlike conduct by the coach or other team personnel shall be penalized by the deduction of one team point for the first offense and by removal of the offender from the premises and the deduction of two team-points for the second offense. If the individual being removed is a wrestler, they are to be removed from the premises only if there is an authorized school personnel available to supervise.

3. Actions by coaches and nonparticipating personnel often trigger unsportsmanlike conduct by others. Because of this, there are stringent controls upon the action of coaches and team personnel in the bench area. Failure to conform to these controls constitutes unsportsmanlike conduct and shall be penalized by the deduction of one team point on the first offense and by removal of the head coach or offending individual from the premises and the deduction of two team points on the second offense. If the individual being removed is a non participating wrestler or student, they are to be removed from the premises only if there is an authorized school personnel available to supervise.

4. Conduct by a spectator that becomes abusive or interferes with the orderly progress of the match must be corrected by the referee. This may be a request for the home management to remove the spectator. There will be no penalty to either team. Wrestling will not be resumed until the offender has been removed. In order to avoid this, the home management should take the initiative and remove spectators who become disruptive without waiting for the referee to request such action. Spectator control is the responsibility of the interscholastic athletic program administration.

Section 13 Sportsmanship

1. Good sportsmanship in high school wrestling should be something that everyone strives for and makes a priority for the wrestling season. Wrestling is a great sport and everyone needs to concentrate on the ideals of good sportsmanship and the genuine concern for others. This needs to be a major item for coaches to teach and display to their athletes. The head coach of each team has the responsibility of all wrestlers, assistants and anyone else sitting in the team bench area. If coaches conduct themselves in a sportsmanlike manner, this will automatically be reflected to the team bench area.

2. Unsportsmanlike conduct for wrestlers involves both physical and nonphysical acts that can occur before, during or after a match. It includes, but is not limited to, such acts as pushing, shoving, swearing, intimidation, baiting an opponent, throwing ear guards, spitting, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with end-of-match procedures. In recent years taunting has become an obvious problem in all high school sports. The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. This type of unsportsmanlike conduct does not belong in high school wrestling and referees need to be alerted to enforce it to the letter.

3. Unsportsmanlike conduct of coaches and other team personnel includes

any act that becomes abusive or interferes with the orderly progress of the match. This would include bench decorum, acts of disrespect or any action that incites negative reaction by others.

4. Flagrant misconduct can occur at any time and is any act that is considered by the referee to be serious enough to disqualify an individual or coach from the match, dual meet or tournament. For wrestlers it would include, but it is not limited to, biting, striking, butting, elbowing or kicking an opponent. Also continuing acts of unsportsmanlike conduct or any unsportsmanlike act may be construed as flagrant misconduct. This includes the use of tobacco products. In all cases of flagrant misconduct, whether it is a coach, wrestler or team personnel, the offender shall be removed from the premises. If the individual being removed is a wrestler, they are to be removed from the premises only if there is an authorized school personnel available to supervise.



OFFICIAL WRESTLING SIGNALS

1. Starting the Match



2. Stopping the Match



3. Time-Out



4. Start Injury Time



5. Start Blood Time Out



6. Start Recovery Time



7. Stop Blood/Injury/Recovery Time



8. Neutral Position



9. Indicates No Control



10. Out-of-Bounds



11. Indicates Wrestler in Control - Left/Right Hand



12. Defer Choice



13. Potentially Dangerous - Left/Right Hand





OFFICIAL WRESTLING SIGNALS

14. Stalemate



15. Caution – False Start or Incorrect Starting Procedure



16. Stalling – Left/Right Hand



17. Interlocking Hands or Grasping Clothing



18. Reversal



19. Technical Violation



20. Illegal Hold



21. Near-Fall



22. Awarding Points – Left/Right Hand



23. Unsportsmanlike Conduct – Left/Right Hand



24. Flagrant Misconduct – Left/Right Hand



25. Coach Misconduct – Left/Right Hand



26. Unnecessary Roughness – Left/Right Hand



27. Default Technical Fall Disqualification



28. Start Head, Neck, Cervical Injury Evaluation Time

