

**2023-24 and 2024-25
Case Book**



WRESTLING

2023-24 and 2024-25 NCAA WRESTLING CASE BOOK

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THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION
P.O. BOX 6222
INDIANAPOLIS, INDIANA 46206-6222
317-917-6222
WWW.NCAA.ORG
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Manuscript Prepared By: Jimmy Chung, *Secretary-Rules Editor, NCAA Wrestling Rules Committee.*
Edited By: Ashlee Follis, *Associate Director of Playing Rules and Officiating.*

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Preface

This document contains approved rulings to rules questions requiring further interpretation in order for them to be applied properly. Each approved ruling is to be implemented with the same authority as the rules found in the official NCAA Wrestling Rules Book.

The format of the book follows the official NCAA Wrestling Rules Book, with interpretations listed rule by rule. The NCAA Wrestling Rules Committee believes this case book will greatly assist officials, coaches, wrestlers and spectators to better apply and appreciate the rules of wrestling.

— **Jimmy Chung, secretary-rules editor**
NCAA Wrestling Rules Committee

Editorial Changes

These changes reflect additions, clarifications or deletions to approved interpretations that are intended to illustrate the wrestling rules. Approved Rulings that illustrate new/edited case plays since the last edition are indicated by a shaded background.

New/Edited Approved Rulings

2-6, 3-8, 3-11, 5-32, 5-33, 5-34 and 5-35

Previously Edited Approved Rulings

2-5, 3-2, 5-8 and 5-24

RULE 1

Mats, Uniforms and Equipment

Shoes

A.R. 1-1. While wrestling, Wrestler A's shoelaces are tied but their shoe comes off as they try to kick out from their opponent's grasp. The referee calls a delay of match and, therefore, a stalling violation against Wrestler A. Does this rule apply since Wrestler A's shoelaces were tied?

RULING: Yes. The wrestling shoes shall reach above the ankle and be tightly secured so they do not come off during competition. The referee shall assess a delay of match and, therefore, a stalling violation to Wrestler A.

(Rule 1.5.3 and 5.7.16)

RULE 2

Definitions of Wrestling Terms

Offensive Starting Position

A.R. 2-1. Is there an offensive starting position called the reverse referee position? Example: If the top wrestler is starting on the right-hand side of the defensive wrestler, the top man would be facing backwards, placing their right arm around the waist, their left palm on the defensive wrestler's right elbow and one or both of their knees down on the opponent's right side. Is this starting position legal?

RULING: Yes, this starting position can be considered legal as long as the following rules requirements are adhered to:

- (1) The palm on the near side is on the elbow;
- (2) The hand around the waist is placed loosely around the waist and on the navel of the opponent;
- (3) One or both knees, on the near side, are down on the mat; and
- (4) The head of the offensive wrestler is on the defensive wrestler's back at the midline or above.

If a wrestler attempts to utilize this starting position and all four of those requirements are met, the starting position is correct. As in the case with all starting position violations, if one or more of the requirements is/are not adhered to, the wrestler is issued a caution.

(Rules 2.1.4, 2.2.2 and Penalty Table)

Stopping the Match for a Technical Fall

A.R. 2-2. If a wrestler is winning by 14 points and takes the opponent down to their back and into near fall criteria, do the rules require you to stop the match when the takedown is awarded, since this resulted in the 15-point margin of advantage?

RULING: No. If a wrestler in the neutral position is awarded a takedown while also meeting a near-fall criterion, wrestling shall continue until a fall or near-fall points are awarded. This interpretation is in concert with Rule 3.16.2 winning in sudden victory.

(Rule 2.3.6)

A.R. 2-3. When do the rules require you to stop the match for the technical fall if a wrestler is winning by 14 points and turns their opponent to their back and into near fall criteria?

RULING: Per Rule 2.3.6, matches are not stopped for a technical fall until the points are awarded by the referee. Near fall points are awarded using Rule 4.5.2, which states, "The referee shall not signal the score for a near fall until the hold used to secure the near-fall criterion is completely released." Understanding the two rules noted above, it is a referee's judgment as to when the hold used to secure the near fall criteria is completely released. This could be in variety of angles or positions that are not able to be defined in text. The near fall points shall not be awarded, and the match stopped for the technical fall, until the referee believes that Rule 4.5.2 is satisfied.

(Rule 2.3.6)

Default — Injury

A.R. 2-4. During an individual advancement tournament both wrestlers are injured simultaneously and must default. Which wrestler will drop into the wrestle-back round?

RULING: If both wrestlers are subsequently cleared to compete by medical personnel, they will complete the match beginning where stoppage occurred. The completion of the match will take place at the beginning of the next session. The winner will advance to the wrestle-back bracket. If only one wrestler is cleared for competition, that wrestler will advance to the wrestle-backs by either a medical forfeit or forfeit. If neither wrestler is able to continue, the opponent in the wrestle-back round will advance by receiving a medical forfeit or forfeit.

(Rule 2.3.9)

Medical Forfeits

A.R. 2-5. During a tournament, two wrestlers from the same team are slated to wrestle one another in the semifinals. Per Rule 9.6.4, matches between teammates are not to be counted on the Individual Season Record Form (ISRF). Wrestler B is injured, however, and decides to medically forfeit. Per Rule 2.3.12.b, unless this was preceded by an injury default in Wrestler B's prior match, the first medical forfeit would be counted as a loss on the ISRF for Wrestler B and Wrestler A would be credited with a win. How should the medical forfeit be recorded?

RULING: In a tournament, if two wrestlers from the same team are slated to compete and one wrestler elects to medical forfeit, this will not be charged as a loss on the medically forfeiting wrestler's individual season record form (See Rule 2.3.12.b), as this match was non-allowable for the ISRF (See Rule 9.6.4). The other wrestler will be credited with a win for the purposes of advancement only and the win shall not be counted on the ISRF.

(Rules 2.3.12b and 9.6.4)

Technical Falls

A.R. 2-6. During a match, Wrestler A, the top wrestler, is winning by a score of 11-0 and turns their opponent onto their back using a side headlock. The

referee counts four near-fall points but does not award them as Wrestler B is still in near fall criterion. Wrestler A, attempting to secure a fall, adjusts their position but the headlock becomes illegal, and the referee stops the match. How should points be awarded and does Wrestler A win the match by technical fall?

RULING: A technical fall cannot be earned until the points are awarded by the referee. In this situation, Wrestler A would be awarded four points for near-fall and Wrestler B would be awarded one point due to the illegal hold and the match score would be Wrestler A – 15, Wrestler B – 1. Although the near fall situation occurred prior to the illegal hold, the awarding of the near fall points and the penalty point are awarded simultaneously and consequently, Wrestler A does not win the match by technical fall.

(Rule 2.3.6)

RULE 3

Conduct of Meets and Tournaments

Mat-Side Video Review

A.R. 3-1. Red and green wrestlers are in the second overtime. Red is in control of green when the red wrestler drops down on green and the referee does not start the mandatory verbal count. Three seconds later, the green wrestler escapes. Can the red coach video review challenge that the referee did not start their verbal count? If so, would the escape be nullified?

RULING: Yes. The red coach can video review challenge this call. The referee would need to be certain there was enough time remaining on the clock so that had the count been started properly it would/could have resulted in a 5th count, which would require the match be stopped to indicate the stall warning. If, per the video review, there was sufficient time to achieve the 5th count, then this is basis for overturning the call, nullifying the escape point and re-wrestling that portion of the match. If, on the other hand for example, there were only four seconds on the clock at the point of the drop down, then this would indicate no substantive error occurred on the part of the referee. The lack of a count in and of itself would not warrant a reversal of this call because even if the count had begun, there was not enough time to reach a 5th count and the escape would stand.

(Rule 3.13.4)

Video Review Challenge/Dead Time

A.R. 3-2. Wrestler A is the defensive wrestler and gets turned by Wrestler B and pinned. The coach of Wrestler B, however, throws a challenge brick, stating that Wrestler A locked his hands while on the mat and before the defensive wrestler was in near fall criterion. The referees review the challenged sequence and determine that Wrestler A did in fact lock their hands before Wrestler B was in near fall criterion. What correction needs to be made?

RULING: The challenged sequence is defined by the start of the alleged error, as stated by the challenging coach, until the match was stopped (or should have been stopped) by the referee. In this case, the sequence begins at the point Wrestler A locked his hands. Since the match should have been stopped at that point, the challenged sequence ends there. Any wrestling that subsequently took place is negated and should be declared dead time.

(Rule 3.13.4a)**Choice of Positions**

A.R. 3-3. The first period ends with neither wrestler able to score (0-0). Wrestler A rides the entire second period accumulating two minutes of advantage time. In the third period, Wrestler A selects the bottom position and escapes immediately. Wrestler A is also awarded a point as Wrestler B locked their hands while on the mat in the top position. With the escape and the technical violation, Wrestler A leads, 2-0. With six seconds remaining, Wrestler B secures a takedown. The regulation match ends with the score 3-2 in favor of Wrestler B. The referee goes to the table and awards Wrestler A one point for time advantage. The score is now tied, 3-3. Which wrestler will have the choice of position in the first tiebreaker period?

RULING: Wrestler B. The takedown resulted in the first offensive points scored in the match. Time advantage, although earned, cannot be awarded until the conclusion of the regulation match.

(Rules 3.14.3a and 4.5.11)

Questioning Timing, Scoring or Rules Application

A.R. 3-4. What is the proper way to request the timing and/or scoring for a match be reviewed?

RULING: When the coach wishes to request a review of timing and/or scoring, they shall approach the scorer's table and indicate to the scorer they would like to have the match stopped for timing and scoring review. The individuals working the scorer's table will then notify the referee(s) to stop the bout. Once the bout is stopped and the referee approaches the score table, the coach may state their concern, and return to their appropriate corner so the scorer and the referee can execute the review. Once the review is completed, the referee shall indicate to each corner whether there was a change or no change in the score or time. The scorer's table will make the appropriate changes to the score clock.

(Rule 3.19.1)

Extra Matches Alongside a Dual Meet or Tournament Competition

A.R. 3-5. How will Rule 3.19.2 Questioning a Rules Application and 3.20 Control of Mat Area be handled when conducting extra matches?

RULING: Referees may penalize coaches with unsportsmanlike conduct (Rule 5.2) when/if an institution reaches the team point deduction level for either of these violations during an extra match. Per Rule 5.2.6, two unsportsmanlike conduct penalties for an institution will result in the individual who receives the second violation to be ejected from the event. (Per previous secretary-rules editor guidance given for this issue at open tournaments.)

(Rules 3.19.2 and 3.20)

A.R. 3-6. May wrestlers bump up a weight class in order to compete in an extra match?

RULING: Yes, but any shift in weight class must follow Rule 3.7 Shifts in Weight Class – Dual Meets.

(Rule 3.7)

A.R. 3-7. May a wrestler who has competed in a dual meet or tournament also engage in an extra match?

RULING: Yes, this is allowed but the wrestler must receive the mandatory 30-minute rest required by Rule 3.22.17 and they may not compete in more than six matches per day, as per Rule 3.22.5.

(Rules 3.22.17 and 3.22.5)

A.R. 3-8. May extra matches be wrestled before a dual meet or tournament?

RULING: Yes, but the extra matches shall not delay the start of the event. In addition, all dual meets and tournaments shall start no later than two hours after weigh-in.

(Rules 3.1.5c, 9.3.1 and 9.4.2)

A.R. 3-9. If two wrestlers are tentatively scheduled to compete in an extra match with one another and one of the wrestlers does not show up for the match, does the other wrestler receive a forfeit?

RULING: No, if the match never began then it is considered to have never been scheduled and the wrestler shall not receive either a forfeit or medical forfeit. If the match officially begins, then either wrestler may win by disqualification and/or injury default.

(Rules 3.1.5c, 2.3.11 and 2.3.12)

Breaking Ties in Dual Meets and Team-Advancement Tournaments

A.R. 3-10. This example demonstrates the correct method to break ties.

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

RULING: Team B wins the dual meet via Rule 3.21c. See below for the details in determining this winner.

(1) Greater number of victories.

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

Team A	Team B
5	5

(Rule 3.21a)

(2) Combined total of falls, forfeits, defaults and disqualifications.

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

(Rule 3.21b)

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

	Team A	Team B
	55	60
Team B 22, Team A 21.		

(Rule 3.21c)

Mat-Side Video Review

A.R. 3-11. Wrestlers A and B are scrambling in the neutral position and the lead official awards three points to Wrestler A for a takedown right before the wrestlers go out of bounds. The second official, uncertain about the takedown awarded, goes to the lead official to confer but at the same time, the coach of Wrestler B throws a challenge brick to contest the takedown. After the officials confer, they decide to conduct a referee's video review and after looking at the sequence, the takedown awarded to Wrestler A is confirmed. What happens to the video review challenge initiated by the coach of Wrestler B?

RULING: The coach of Wrestler B would retain their video review challenge but only at events that do not utilize an independent reviewer (*See below for interpretation for events that utilize an independent reviewer(s)).

By rule, referee video reviews occur before any coach-requested review (Rules 3.13.8b and 3.13.9f). Since all reviews now involve the entire wrestling sequence (defined in Rule 3.13.4a), the coach of Wrestler B would not be allowed, per Rule 3.13.9i, to challenge a previously made ruling without being penalized for a control of mat violation. Consequently, the coach of Wrestler B would retain their video review challenge without penalty. However, in this situation, if the referee(s) confer or initiate a referee video review but do not change the call on the mat, the coach must then exercise their video review challenge.

Referee(s) are reminded that if they need to discuss or conference with one another, they should do so immediately after wrestling action has stopped and ensure that any referee video reviews are initiated in a timely manner and of their own volition without outside influence.

Coaches are reminded that if they wish to initiate a video review challenge, they must do so by immediately throwing the foam brick into the competition circle, indicating their intent to challenge a call on the mat (Rule 3.13.9d). Since the mat-side video review process operates under the assumption that the ruling on the mat is correct (Rule 3.13.4b), any hesitation or delay in throwing the challenge brick will result in the referee(s) determining that the challenge was not made in a timely manner and the loss of the video review

challenge. Coaches are also cautioned against making overt attempts to induce a referee video review.

***For events that utilize an independent reviewer(s):** At events that utilize an independent reviewer, the challenge process would remain the same. However, the coach of Wrestler B would retain their video review challenge only if the call on the mat is overturned by either the on-mat officials (via conference or referee video review) or the independent reviewer.

Referee video reviews would occur before review by the independent reviewer(s); if the call on the mat is unchanged, the referees shall then ask the coach of Wrestler B what they would like to challenge and the independent reviewer(s) would then review the sequence.

(Rules 3.13.4b, 3.13.8b, 3.13.9d and 3.13.9f)

RULE 4

Scoring Meets and Matches

Neutral Danger Zone

A.R. 4-1. Is a wrestler able to score near fall points while holding their opponent in the neutral danger zone?

RULING: No, near fall may only be scored once a takedown is awarded. By rule, the NDZ and the NDS are only applicable when in the neutral position.

(Rules 4.2.2 and 4.2.3)

A.R. 4-2. If two wrestlers are tangled up in the neutral position and unable to progress, and one of those wrestlers is in the NDZ, would a stalemate be called?

RULING: No, regardless of whether a wrestler is unwilling or unable to get out of the NDZ, a takedown will be awarded to the other wrestler if the opponent is still in the NDZ at the completion of the danger signal.

(Rule 4.2.2)

A.R. 4-3. Wrestler A and Wrestler B are scrambling in the neutral position with ankle locks on each other. Wrestler A comes up slightly and puts Wrestler B in the neutral danger zone (NDZ). After the three count, Wrestler A is awarded a takedown. After the takedown, Wrestler B scrambles and puts Wrestler A in the same situation. Since it is the same situation, would Wrestler B be awarded a reversal?

RULING: The rules currently only prescribe what takedown control is in one instance: The neutral danger zone takedown. In all other scoring situations, the referee is charged with determining whether control has been established, lost or changed. In this example, the initial takedown was awarded utilizing the NDZ rule. After the takedown was awarded and Wrestler B put their opponent into the same situation, it would be up to the referee to determine if an escape or a reversal should be awarded. Since escapes, reversals, and traditional takedowns do not have a prescribed method for determining control (or loss or change of control), the awarding of points in the situation is not automatic and not situationally dependent but rather up to the judgment of the referee.

(Rule 4.2.2)

A.R. 4-4. Wrestler A hits Wrestler B with a Peterson roll and sits Wrestler B to their butt. While making an adjustment to get the takedown and near fall, wrestler A puts themselves at 60 degrees and gives up a danger takedown. In this

situation by rule, the referee will award a takedown to Wrestler B even though Wrestler B is on their butt locked up in a Peterson roll and about to get scored on.

RULING: The neutral danger zone rule utilizes near fall criteria and substitutes 90 degrees for 45 degrees. Also, if a wrestler's body is in between the shoulder blades and the mat then near fall criteria is not established (not within four inches of the mat). If in fact after executing this Peterson roll the referee did believe Wrestler A was in the danger zone, they would warn Wrestler A of that by issuing the neutral danger signal (NDS). This announcement of "danger" indicates that the wrestler needs to progress immediately out of this situation. If the wrestler hears the danger signal and subsequently cannot secure the traditional takedown, or get themselves out of the danger zone, then they must be restrained in that situation and a takedown would be awarded to Wrestler B. If after that takedown is awarded, additional scoring action occurs it would be awarded appropriately.

(Rule 4.2.2)

A.R. 4-5. If a wrestler is in the neutral danger zone and the referee begins issuing the neutral danger signal (NDS), and the wrestler in the danger zone immediately rolls out of the danger zone and then back into the danger zone, would a new danger signal be issued?

RULING: Yes, anytime a wrestler moves out of the neutral danger zone (NDZ), the danger signal stops and should be restarted, if the wrestler re-enters the danger zone. If, however, the referee has started the NDS and the wrestler is flopping around within the danger zone, the signal should continue.

(Rule 4.2.3)

A.R. 4-6. If the red wrestler has the green wrestler in the danger zone and while in the danger zone the green wrestler screams out because of an injury, should the red wrestler receive a takedown?

RULING: For the purposes of Rule 2.2.4 on imminent scoring, the issuance of a neutral danger signal (NDS) will not impact the application of points that should be awarded when an opponent indicates injury and scoring was imminent. Regardless of whether the referee is watching a traditional takedown take place or if they are issuing a NDS, when a wrestler indicates injury by yelling out, the referee will ask themselves if scoring was imminent. If scoring was imminent, then the points should be awarded, if scoring was not imminent points should not be awarded.

(Rule 4.2.3)

Near Fall

A.R. 4-7. Wrestler A is the defensive wrestler. At the 3:45 minute mark in the match, Wrestler A is charged with a first non-bleeding injury timeout. After the injury timeout ends, Wrestler B is given the choice of position by the referee and chooses the defensive position. How is this recorded on the match scoresheet?

RULING: In Wrestler A's row on the sheet in the second period, the scorer uses the abbreviation INJ(1)3:45 and follows it by an arrow indicating Wrestler A's new starting position. In this case, use an arrow with its head pointing upward. INJ(1)3:45↑. If Wrestler B chose the neutral position, it would be recorded INJ(1)3:45↔.

(Rule 4.10)

RULE 5

Infractions

Unsportsmanlike Conduct

A.R. 5-1. If a wrestler receives an unsportsmanlike conduct violation in the second period of a match and then subsequently receives a second unsportsmanlike conduct violation immediately after the third period concludes, would this wrestler be disqualified?

RULING: No, per rule a wrestler is only disqualified for unsportsmanlike conduct when the violations are received within the match itself (start of match to the end of the third period or after a fall, technical fall, default or disqualification). When time expired in the third period, it immediately went into the postmatch period which has its own penalty sequence on the penalty table.

(Rules 5.2.4 and 5.2.5)

Flagrant Misconduct

A.R. 5-2. The referee raises Wrestler A's hand at the end of the match. Wrestler A subsequently punches Wrestler B, and the referee calls flagrant misconduct. What is the penalty and what effect does it have on the match?

RULING: Flagrant misconduct by the winner during the post-match period shall result in Wrestler A being disqualified, the deduction of one team point, the removal of the disqualified wrestler from the premises and Wrestler B being declared the winner.

(Rules 5.5.2 and 5.5.3)

A.R. 5-3. During the 165-pound match, the referee calls Wrestler A for flagrant misconduct and Wrestler A is disqualified. After the meet ends (that is, after four subsequent matches) the coach of Wrestler A persuades the referee to reverse their call of flagrant misconduct in the 165-pound match, and reduce it to unsportsmanlike conduct. The referee agrees and informs the table, but not Wrestler B's coach. Can the referee reverse their earlier call?

RULING: No. Once a flagrant misconduct violation has been assessed, it shall not be changed after the subsequent match begins in a dual meet and once the bout sheet leaves the table in a tournament.

(Rule 5.5.8)

Illegal Hold-Hands to the Face

A.R. 5-4. Why is a wrestler being called for an illegal hold when they place their hand on the opponent's face without using excessive force?

RULING: Because of the low amount of force needed to cause injury to a wrestler's eye, placing the hand(s) in on or around the eyes nose or mouth as a hold, tactic, defense or any other purposeful technique, regardless of the force used, is considered deliberate and is illegal.

(Rule 5.6.1 and 5.6.12)

A.R. 5-5. What is the official interpretation of when hands to the face is illegal?

RULING: Any wrestling action in which the wrestler deliberately places their hand in, on, or around the eyes nose and mouth is considered an illegal hold. The hand is considered to be any part of the base of the palm of the hand, the palm of the hand itself or any of the fingers or thumb.

(Rule 5.6.12)

A.R. 5-6. Will a wrestler be called for an illegal hold if they are in a scramble situation or normal wrestling action (i.e. hand fighting) and their hand inadvertently hits the other wrestler's face or eyes?

RULING: If a wrestler's hand comes into contact with their opponent's face inadvertently and not because of the use of a purposeful hold or tactic then this is not considered illegal hands to the face.

(Rule 5.6.12)

Rear-Standing Knee Kick Back Mat Return

A.R. 5-7. If two wrestlers are in the rear-standing position and the offensive wrestler has a crossbody ride leg in, with all their remaining body weight on their single leg, is it an illegal hold for the offensive wrestler's weight bearing leg to leave the mat and collapse behind the defensive wrestler's lower leg(s)?

RULING: Yes, this is considered an illegal double knee kickback because with the crossbody leg already off the mat, when the wrestler left the mat with their weight bearing leg, it resulted in the wrestler leaving both feet and collapsing behind the lower leg of the defensive wrestler.

(Rules 5.6.1 and 5.6.9 and Illustrations 43 and 44)

Grabbing Fingers

A.R. 5-8. From referee's position, Wrestler B, the defensive wrestler, stands up and Wrestler A goes to lock their hands around Wrestler B's waist. Before Wrestler A can lock their hands, Wrestler B grabs the index and middle finger of Wrestler B. Is this permissible?

RULING: Wrestlers may grasp one, two, three or all four fingers to break a hold, but pulling back the thumb or one, two or three fingers is illegal.

(Rule 5.6.2)

Stalling

A.R. 5-9. Defensive Wrestler A, who is attempting to escape, cuts back and faces Wrestler B while going completely out of bounds. Wrestler B is entirely in bounds. The referee awards an escape to Wrestler A. Should the referee use the neutral out of bounds stalling rule to call a stalling violation on Wrestler A for going out of bounds?

RULING: No. Rule 5.7.5 does not apply when the referee awards an escape for loss of control on the out of bounds line, or if the wrestler who escapes is partially out of bounds when the escape point is awarded. A neutral out of bounds stalling call would only apply if the wrestler secured the escape in bounds and was balanced and positioned within the competition circle and then backed out of bounds.

(Rule 5.7.5)

A.R. 5-10. How do you determine who was stalling when two wrestlers go out of bounds in the neutral position?

RULING: If Wrestler A is pursuing Wrestler B to compete, and Wrestler B backs out of bounds with minimal to no effort to circle back into the competition area, Wrestler B is considered stalling. The threshold of minimal to no effort applies in all standing neutral wrestling situations, regardless of the hold or lack of a hold one wrestler has on another; any wrestler on the out of bounds line must make substantial effort to circle back into the competition area. If both wrestlers are straddling the out of bounds line and they go out of bounds simultaneously, then they are equally responsible for not circling back into the competition area and they will both be called for out of bounds neutral stalling. The neutral position stalling criteria applies after the referee awards an escape point. However, an escape that is awarded and is immediately followed by an out of bounds call will not warrant a stalling call.

(Rule 5.7.5a)

A.R. 5-11. How do you determine if a wrestler was pushing the opponent out of bounds or just wrestling aggressively?

RULING: If Wrestler A is on or near the out of bounds line and actively trying to circle into the competition area, and Wrestler A is met by their opponent, Wrestler B, who is pushing, simply to impede, inhibit or block Wrestler A's attempts to circle in bounds, and this pushing action results in an out of bounds call, then this is considered neutral out of bounds stalling by pushing on opponent (B). Out of bounds stalling by pushing can occur in any wrestling hold or position in which the wrestlers are in the standing neutral position.

(Rule 5.7.5b)

A.R. 5-12. How do you determine if a wrestler was pulling the opponent out of bounds?

RULING: Pulling an opponent out of bounds to avoid being scored on, and/or to unnecessarily force a restart, is considered neutral out of bounds stalling by pulling. Out of bounds stalling by pulling can occur

in any wrestling hold or position in which the athletes are in the standing neutral position.

(Rule 5.7.5b)

A.R. 5-13. How are you able to identify if wrestling action is taking place?

RULING: Action calls are indicated when there is aggressive wrestling by both wrestlers with the out of bounds line playing little to no role in the wrestlers' actions or decisions. Wrestlers actively executing a wrestling maneuver, or working aggressively to score or not be scored on, characterize aggressive wrestling.

(Rule 5.7.5c)

A.R. 5-14. Is it a mandatory stall call when a wrestler kicks out from a lower leg hold?

RULING: No. A wrestler who stays in bounds while kicking out of a lower leg hold in either the neutral or down position, should not be called for stalling unless the referee believes Rule 5.7.1 (avoiding wrestling as an offensive or defensive strategy) applies. If, however, a kick out by a wrestler results in an out of bounds call being made by the referee, then the wrestler kicking out shall be called for stalling

(Rule 5.7.8)

A.R. 5-15 . In referee position, the offensive wrestler moves both hands down below the buttocks of the defensive wrestler onto one or both leg(s). After the referee has started their five-second verbal count, the offensive wrestler moves their hands back up above the defensive wrestler's buttocks before the referee reaches the fifth count, the offensive wrestler waits to hear the referee stop their count and then he immediately positions both hands back down below the buttocks.

RULING: If the offensive wrestler attempts a series of dropping down below the buttocks, moving back up and quickly attempting to initiate action and then dropping back down below the buttocks and moving up above the buttocks again, the referee has the option to determine that this is a stalling tactic and can immediately call the offensive wrestler for stalling.

(Rule 5.7.12)

A.R. 5-16. In referee position, the offensive wrestler moves one or both hands down below the buttocks and onto the ankle of the defensive wrestler. The defensive wrestler then pushes the head of the offensive wrestler down toward the mat and ankle and holds the head in that position so the offensive wrestler is unable to move up. Does the referee continue the five-second verbal count.

RULING: Yes. When an offensive wrestler initiates the action and executes a drop-down technique, they bear the responsibility to work themselves back up above the waist prior to the stalling violation been issued.

(Rule 5.7.12)

A.R. 5-17. In referee position, the offensive wrestler moves one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s). The

referee has started their five-second verbal count when the offensive wrestler moves both hands up above the buttocks, at which point the referee stops their count. The offensive wrestler then applies a side headlock to the defensive wrestler.

RULING: In this situation, the offensive wrestler has moved back up above the buttocks, and the referee has stopped the count. When the offensive wrestler applies the side headlock to the defensive wrestler, the referee shall begin a new five-second count.

(Rules 5.7.12 and 5.7.14)

A.R. 5-18. In the neutral position, Wrestler A takes Wrestler B down from behind. Wrestler A finishes the takedown with both hands wrapped around the ankles of Wrestler B and does not immediately work up to above the buttocks. Does the referee immediately begin the five-second verbal count?

RULING: No, the referee is required to give the offensive wrestler an opportunity to work up from the position before starting a mandatory count.

(Rule 5.7.12)

A.R. 5-19. In the neutral position, Wrestler A shoots a high-crotch on Wrestler B. Wrestler B cracks down onto their hip and locks his hands around the buttocks of Wrestler A. Wrestler A is awarded the takedown after securing their arms around both legs of Wrestler B. Wrestler B is able to block Wrestler A from moving their hand(s) up around the buttocks of Wrestler B. Does the referee begin the five-second verbal count for Wrestler A?

RULING: No, in this situation Wrestler A has secured the takedown but Wrestler B is blocking Wrestler A from moving up above the buttocks. Therefore, the referee shall call a stalemate and restart the wrestlers in the center of the mat.

(Rule 5.7.12a)

A.R. 5-20. If a wrestler is awarded a takedown and then moves into a hand-turk situation (bottom leg cradle), should a mandatory five-second verbal count occur?

RULING: No, the hand-turk, or bottom leg cradle situation, is not a position in which the mandatory count should be utilized or continued. Referees should allow this action to continue and if it becomes apparent the wrestler is using the technique as a stalling tactic, then the wrestler can be called for stalling using Rule 5.7.1.

(Rule 5.7.12)

A.R. 5-21. If wrestler A drops down to a lower leg hold on wrestler B and while the referee is issuing the verbal five-second count Wrestler A releases the leg before the fifth count but does not move up above wrestler A's waist. In this situation does the referee stop the count?

RULING: Yes, per rule 5.7.12 releasing the hold is sufficient to stop the mandatory count. However, the rules and interpretations regarding gaming this rule are very strict. If a wrestler releases the hold to stop the count there is an automatic stalling call if at any

time in that situation they re-grasp the lower leg. This immediate stall call is because the individual is gaming the drop down rule, which is not allowed.

(Rule 5.7.12)

A.R. 5-22. If, from the offensive position or after a takedown, a wrestler begins utilizing a navy ride, would this initiate a mandatory verbal five-second count? (Note: Navy ride is similar to a bottom leg cradle, except that the wrestler applying the hold is on the side opposite of the opponent's leg that is being grasped. If you have questions, contact the secretary-rules editor).

RULING: No. This situation is similar to previous interpretations where a count is not initiated, such as, utilizing a bottom leg cradle or hand-turk after a takedown and also in the offensive position when a wrestler reaches between the crotch to secure a ball and chain technique. The navy ride is considered the same type of technique and would not initiate a mandatory drop down count.

(Rule 5.7.12)

A.R. 5-23. Do you have to restart the mandatory verbal count when a wrestler goes immediately from a waist an ankle to a drop-down, or vice versa?

RULING: No, neither a waist and ankle ride that turns into a drop-down position nor a drop-down position that turns into a waist and ankle ride require a restart of the referees mandatory count.

(Rules 5.7.12 and 5.7.13)

A.R. 5-24. Wrestler A, the offensive wrestler, drops to the lower leg of Wrestler B while on the mat and the referee begins a five-second count. Wrestler B stands up and Wrestler A attempts to follow but his knees are still on the mat. Does the five-second count continue?

RULING: When dropped to a lower leg, there is no mandatory count when both the offensive and defensive wrestlers are in the rear-standing position. The mandatory count also stops if the defensive wrestler is on their feet while the offensive wrestler is still on the mat.

(Rules 5.7.12b)

A.R. 5-25. Should an offensive wrestler who brings one hand to the opponent's waist and with the other hand reach between the legs of their opponent to secure their wrist receive a mandatory verbal count for executing a drop down?

RULING: No, if the offensive wrestler has one arm around the waist and the other arm through the crotch of the defensive wrestler, and has a clear grasp on the defensive wrestler's wrist (ball and chain type technique), a mandatory count is not required.

(Rule 5.7.13)

A.R. 5-26. In referee position, the offensive wrestler has a leg ride and side headlock secured. Can the referee call the offensive wrestler for stalling if they repeatedly release and reapply the side headlock, never allowing the referee to reach the 5th count?

RULING: Yes. When the wrestler repeatedly releases and re-grasps the side headlock in order to avoid a 5th count, the referee can immediately call the offensive wrestler for stalling.

(Rule 5.7.14)

A.R. 5-27. Wrestler A is in the offensive position and places a side headlock on Wrestler B that encircles the head and arm of their opponent but closes the loop of the side headlock by using the opponent's wrist. Would this be considered a side headlock and receive a mandatory verbal count?

RULING: Yes. Wrestlers may not use their opponent's wrist to close the circle on a side headlock. This technique would require a mandatory count.

(Rules 5.7.14)

A.R. 5-28. If Wrestler A is in the offensive rear standing position with Wrestler B, and Wrestler A has a leg ride in on Wrestler B, is Wrestler A obligated to make an attempt to return Wrestler B to the mat?

RULING: Yes, regardless of the situation Wrestler A finds themselves in, they must make an attempt to return their opponent to the mat or risk being called for stalling.

(Rule 5.7.15c)

Interlocking Hands

A.R. 5-29. Wrestler A is on the bottom, stands up to both feet and turns into Wrestler B. Wrestler B's knees are on the mat and are supporting their weight. Wrestler B locks hands around both legs of Wrestler A in a double-leg situation with no loss of control. Wrestler B then lifts Wrestler A, brings Wrestler A to the mat, unlocks hands and moves up. Should Wrestler B be called for locked hands?

RULING: No. The defensive wrestler was supported by both feet only, which allows the offensive wrestler to lock hands and execute a mat return.

(Rule 5.8.2)

A.R. 5-30. The offensive wrestler applies a bear hug on the defensive wrestler, who is in a sitting position facing the offensive wrestler. After the bear hug is applied, the offensive wrestler attempts to pin the opponent. Is this considered a technical violation for locked hands?

RULING: Yes. Locking hands around the body by the offensive wrestler while in a control position on the mat is a technical violation. In a control position, a wrestler cannot lock hands around the opponent and then take the opponent to a pinning situation. Once a near-fall criterion has been met, it is permissible to lock hands.

(Rule 5.8.2)

Leaving Mat Without Permission

A.R. 5-31. The referee is asked to come to the scorer's table at the request of Coach B. The referee instructs the wrestlers to remain in the center of the mat. Wrestler A walks to the edge of the mat to talk to A's coach. What is the ruling?

RULING: The wrestler would be penalized for a technical violation of leaving the mat without permission.

(Rule 5.8.4)

Assessing Match Penalties

A.R. 5-32. Utilizing a hammerlock, Wrestler A has their opponent in a pinning situation. Wrestler A adjusts their position and takes Wrestler B's arm off the back momentarily, creating an illegal hold, but quickly moves Wrestler B's arm back into a legal position. Since the presence of injury no longer exists, does the referee allow wrestling to continue?

RULING: No. Although Rule 5.1.2.f states that a match shall not be stopped during scoring situations unless necessary to prevent injury, no advantage can be gained as the result of an illegal act. In this situation, while the presence of an injury may not exist, allowing the near fall situation to continue after Wrestler A used an illegal hold would constitute an unfair advantage. The referee should stop the match, award any earned near fall points to Wrestler A (prior to the illegal hold), one penalty point to Wrestler B, start recovery time (if applicable) and then restart wrestling with Wrestler A in the top position.

(Rule 5.1.2)

Stalling by Ankle Ride

A.R. 5-33. Wrestler A, the offensive wrestler, applies a bow and arrow to the defensive wrestler and begins to work for a turn. Is the referee required to immediately start a five-second count?

RULING: No. If the offensive wrestler makes an attempt to put their opponent in a near fall situation (defined as on their back or in a near fall criterion), the five-second count should not be initiated. An attempt is defined as a position where, in the sole judgment of the referee, the offensive wrestler is actively progressing and/or advancing toward a near fall situation.

The referee should, without coaching, utilize appropriate verbal commands (i.e., "improve") to ensure that the offensive wrestler is improving their position. If, however, the referee determines the offensive wrestler is no longer actively progressing and/or advancing toward a near fall situation, the five-second count shall immediately be initiated. If the referee reaches the fifth count before the offensive wrestler moves their arm(s)/hand(s) back up above the buttocks of the defensive wrestler, releases the hold or initiates another attempt, then the offensive wrestler shall be called for stalling.

Referees must recognize active progression and/or advancement towards a near fall situation to avoid penalizing the offensive wrestler unfairly. Conversely, referees must also exercise sound judgment and immediately initiate a five-second count when, after verbal commands have gone unheeded, and active progression toward a near fall situation is no longer present.

(Rule 5.7.13)

A.R. 5-34. From referee's position, Wrestler A, the offensive wrestler, works out to the side in an effort to turn their opponent onto their back and then grabs the defensive wrestler's ankle. The referee begins the mandatory five-second count. Three seconds later, Wrestler A turns Wrestler B onto his back but is still holding onto the ankle. Does the count continue?

RULING: No, the count should stop. Like the side headlock rule (Rule 5.7.14), if the offensive wrestler fails to release the ankle or place his opponent in a near fall situation (defined as on their back or in near fall criterion) before the referee reaches their fifth count, the offensive wrestler shall be called for stalling. Since Wrestler B has been turned onto their back, the count shall stop.

(Rule 5.7.13)

A.R. 5-35. Wrestler A, the offensive wrestler, has turned their opponent onto his back. Wrestler B starts to bridge when Wrestler A then grabs Wrestler B's ankle. Does the referee need to start a five-second count?

RULING: No. The intent of the five-second count is to prevent the offensive wrestler from stalling. In this situation, since Wrestler A has their opponent in a potential pinning situation, wrestling should continue without a five-second count.

(Rule 5.7.13)

RULE 6

Injuries, Timeouts and Match Stoppages

First Non-Bleeding Injury Timeout

A.R. 6-1. If the first non-bleeding injury timeout is taken by Wrestler A between the end of the third period and the beginning of the sudden-victory period, Rule 6.1.15 states that Wrestler B will have the choice of top, bottom or neutral at the beginning of the sudden-victory period. Wrestler B chooses the top position and rides Wrestler A for the entire one-minute sudden-victory period. Does Wrestler B win the match?

RULING: Yes. Wrestler B has accrued one minute of time advantage and is awarded one point. (See Rule 4.5.13.)

(Rule 6.1.15)

A.R. 6-2. Wrestler A takes a first non-bleeding timeout between the first and second tiebreaker periods. Wrestler B had a choice of positions in the first tiebreaker period. Does Wrestler B have choice again as Wrestler A has taken their first non-bleeding timeout?

RULING: Yes.

(Rule 6.1.15)

A.R. 6-3. Wrestler A takes top position at the beginning of the sudden-victory period because of a first non-bleeding injury timeout charged to the opponent between the regulation periods and sudden victory, and rides the opponent for 31 seconds before being charged with a non-bleeding injury timeout. Does Wrestler B have choice at the restart?

RULING: Yes.

(Rule 6.1.15)

A.R. 6-4. Wrestler A takes a first non-bleeding injury timeout in the sudden-victory period of the second round of overtime, and at the restart, Wrestler B chooses the offensive position and accrues 20 seconds of riding time at the end of the sudden victory period. Does the 20 seconds carryover and possibly determine the winner?

RULING: Yes.

(Rule 6.1.15)

Concussion Evaluations

A.R. 6-5. If the athletic trainer is conducting a concussion evaluation, may they engage in other medical treatments on the wrestler during that time?

RULING: An athletic trainer that conducts a concussion evaluation does this according to their own institution's protocol. Since protocols may be different from school to school, it is not under the referee's purview to question concussion evaluation practices. However, since referees are required to enforce recovery time (Rule 6.3.5) and injury time (Rule 6.1.7), if an athletic trainer asks whether an additional medical procedure may be conducted during a concussion evaluation, it is prudent for the referee to ask if they are finished with the concussion evaluation. If the athletic trainer indicates they are finished with the concussion evaluation and the wrestler can continue, the referee can approve the continued treatment and will start either recovery time or injury time, depending on the situation. (Rules 6.1.7, 6.2.5 and 6.3.5)

RULE 7

Referees and Other Personnel

Referee Jurisdiction, Control and Matters of Judgment

A.R. 7-1. During a match in a tournament, the referee and second referee are at the table with their backs to the wrestlers, who are at the center of the mat. One wrestler commits an unsportsmanlike act that is observed by a tournament referee not involved in the match. What should the nonworking referee do?

RULING: Similar to the proper mechanics used by a second referee, the nonworking referee shall inform the referee who is in control of the match, who shall render a decision. The match referee is responsible for the match, but other referees involved with the competition can offer assistance and report violations.

(Rule 7.5.6)

RULE 8

Weight Management

No current A.R.s.

RULE 9

Medical Exams, Weigh-Ins and ISRF

Weigh-Ins

A.R. 9-1. If a wrestler violates Rule 9.2.15 by showing up late to medical exams or engaging in weight loss activities during medical exams, how is this violation executed?

RULING: The penalty for not reporting on time, or for engaging in weight loss activity after the reporting time, is disqualification*. A disqualification in a dual meet setting is carried out by the offending wrestler's coach, when the opposing coach has logged a complaint regarding a violation. In a tournament, a violation and subsequent disqualification is reported to and handled by the members of the tournament committee. Complaints about violations not carried out properly should be reported to the Secretary-Rules Editor.

*Wrestlers who are flagged by the medical personnel executing skin checks for having facial hair that does not allow a proper skin evaluation shall be allowed to trim the facial hair prior to proceeding to weigh-ins. These wrestlers shall not be disqualified unless the trimming of the facial hair exceeds the length of time allowed to medically examine and weigh-in all other entrants.

(Rule 9.2.15)



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