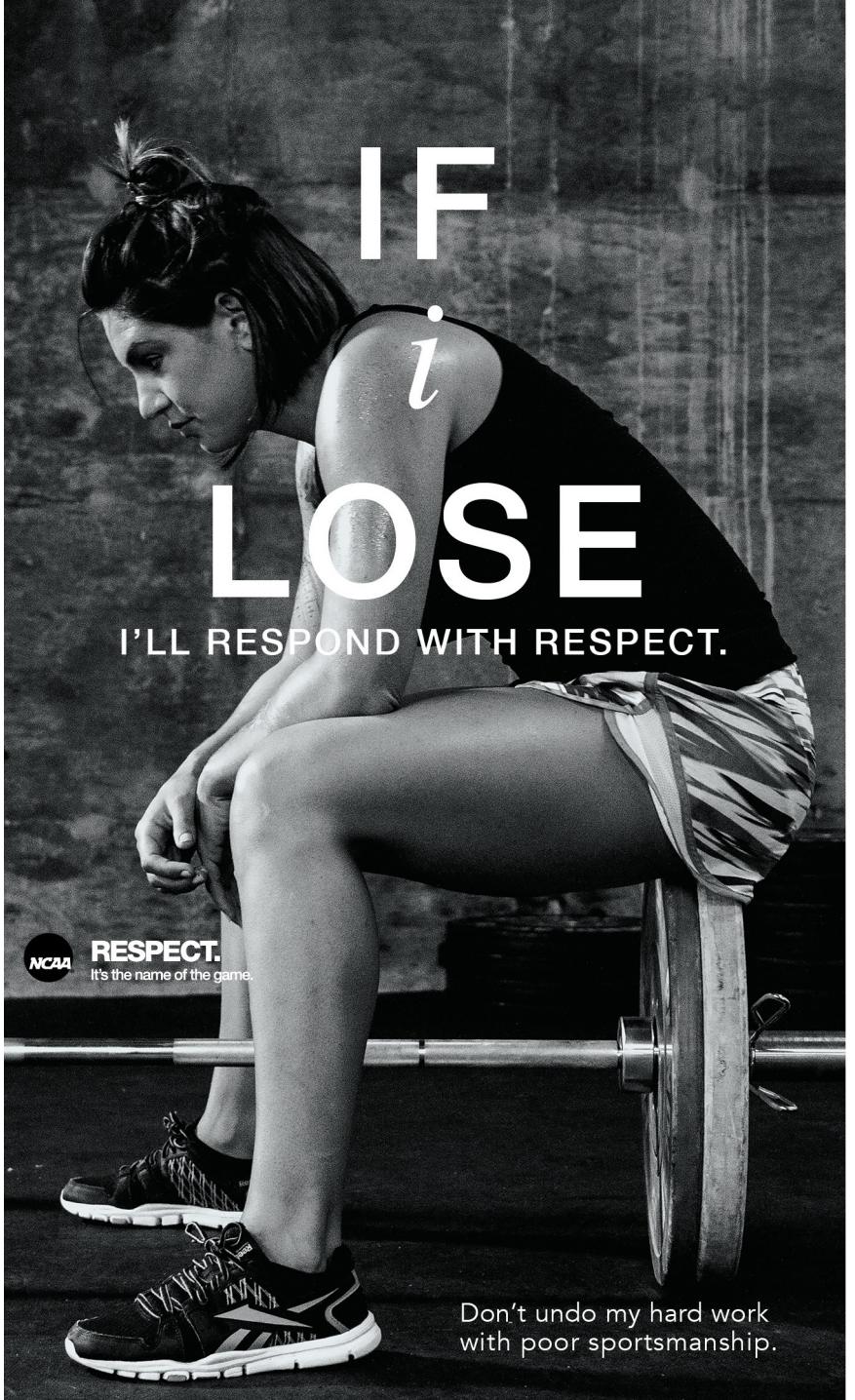


WRESTLING

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



IF
i
LOSE
I'LL RESPOND WITH RESPECT.



RESPECT.

It's the name of the game.

Don't undo my hard work
with poor sportsmanship.

IF YOU THINK YOU OR YOUR TEAMMATE HAS HAD A

CONCUSSION

DON'T HIDE IT. • REPORT IT. • TAKE TIME TO RECOVER.



IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

WHEN IN DOUBT, GET CHECKED OUT.

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2023-24 and 2024-25 NCAA WRESTLING RULES

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Manuscript Prepared By: Chuck Barbee, *Secretary-Rules Editor, NCAA Wrestling Rules Committee.*

Edited By: Ashlee Follis, *Associate Director of Playing Rules and Officiating.*

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NCAA Wrestling Rules Committee

The chart below lists the members of the committee who voted on and approved the rules included in this edition of the book. This information is being included for historical purposes.

Name	Institution	Term Expiration
Chuck Barbee*	Secretary-Rules Editor	8-31-23
Duane Bastress	York College (Pennsylvania)	8-31-26
Chris Bono	University of Wisconsin-Madison	8-31-25
Deral Brown	Newberry College	8-31-25
Austin DeVoe	Colorado School of Mines	8-31-23
Robert Fox	Waynesburg University	8-31-24
John Hangey, chair	Rider University	8-31-24
Jonathan Reeder	Appalachian State University	8-31-23
Coleman Scott	University of North Carolina, Chapel Hill	8-31-26

*Non-voting member



For a complete and current listing of the NCAA Wrestling Rules Committee, please go to ncaa.org/playingrules.

Contact information for the secretary-rules editor, weight management program liaison, athletic trainer liaison and national coordinator of officials is available on page 8.

Major Changes for 2023-24 and 2024-25

Each changed or altered segment is identified in the rules by a shaded background.

Facial Hair (Rule 1.8.2). Eliminates the restrictions on facial hair.

Medical Forfeits (Rule 2.3.12.b). Changes the first medical forfeit to a loss on the wrestler's individual season record form, except when a medical forfeit occurs immediately following an injury default.

Mat-Side Video Review (Rule 3.13). Provides the referee with authority to confirm or overturn all calls or missed calls during a video review challenged sequence.

Coach's Video Review Challenge (Rule 3.13.9.h). Eliminates the control of mat violation and team point deduction for a delayed video review.

Hand-Touch Takedown (Rule 4.2). Eliminates the hand-touch takedown.

Near Fall (Rule 4.5.4). Allows wrestlers to earn three near fall points.

Takedown Scoring (Rule 4.6). Changes the points earned for a takedown from two to three points.

Tournament Team Scoring (Rule 4.8.6). Specifies true placement matches shall not alter the final team score.

Assessing Match Penalties (Rule 5.1.2.f). Removes the required match stoppage after a wrestler is penalized for an illegal hold when there is no presence of injury.

Waist and Ankle Ride Stalling (Rule 5.7.13). Expands the five second count to include all situations in which the offensive/advantage wrestler grasps the bottom wrestler's ankle.

On-the-Mat Stalling Situations (Rule 5.7.15.a). Specifies the offensive wrestler must work toward obtaining near fall points and/or a pin to avoid stalling.

Weight Certification Procedures (Rules 8.3.1 and 9.7.1). Standardizes the weight certification period to not sooner than September 1 and redefines the playing rules season as September 1 until the end of the competition season.

Weigh-Ins for Dual, Triangular and Quadrangular Meets (Rules 9.2.3 and 9.3.1). Allows weigh-ins to be held two hours or sooner before the start time of competition.

Significant Editorial Changes

Note: These are additions/clarifications that have been part of case book interpretations or custom but have not appeared in the rules book. There have been many minor editorial changes to clean up language and eliminate wordiness.

Rule.....	Change
2.2.2.....	Interpretation
2.2.5.....	Interpretation
2.3.6.....	Interpretation
3.13.7.....	Interpretation
3.13.9.e.....	Clarification
3.22.5.....	Interpretation
3.22.10.....	Clarification
4.2.2.....	Interpretation
4.2.3.....	Clarification
4.5.13.....	Interpretation
5.6.4.....	Clarification
5.7.12.....	Interpretation
5.7.14.....	Interpretation
5.7.16.....	Interpretation
5.8.2.....	Interpretation
5.8.6.....	Correction
6.1.16.....	Correction
9.3.2.....	Clarification
9.5.5.....	Clarification

Codes of Conduct

Sportsmanship is a core value of the NCAA and the NCAA Wrestling Rules Committee believes that participation in athletics is an integral part of the educational experience for student-athletes. Therefore, it expects the highest standards of sportsmanship, integrity and conduct of all individuals associated with contests, as well as administration of all aspects of weight management reporting and monitoring, data and urine collection. In particular, the standards are especially stringent for coaches and referees, as well as assessors of the NCAA Weight Management Program, all who are role models, authority figures and representatives of intercollegiate athletics.

Coaches

It is a professional obligation of all collegiate wrestling coaches to conduct themselves in such a way as to reflect credit upon their institutions, their profession and themselves. The adherence to this professional obligation in both winning or losing is the cornerstone of both this sport and the NCAA. Good sportsmanship, appearance, pride, honor and concern for the well-being of the competitors should be placed before all else. The rules have been established in the spirit of this statement.

Student-Athletes

It is the responsibility of all wrestlers to conduct themselves in such a way as to reflect credit upon their institutions, the sport and themselves. Further, all wrestlers should realize that their words, actions and behavior are related closely to the image of the sport as perceived by all segments of the public and wrestling communities. This applies to conduct as a competitor on the mat, while attending the event, while traveling to and from the event, and while both on and off campus. Good sportsmanship, pride, honor and personal behavior should be placed above all else. The rules have been established in the spirit of this statement.

Referees

Wrestling referees have the responsibility for conducting bouts in a dignified, professional and unbiased manner and shall deal with all situations in adherence with the rules, in the spirit of good sportsmanship and in the best interest of the wrestlers and the sport. The character and conduct of referees must be above reproach. When in uniform or on site, a referee shall not fraternize with competitors and/or coaches. Referees must keep themselves prepared both physically and mentally to administer bouts. Referees will enforce the rules firmly and fairly in both letter and spirit in such a way that attention is drawn to the wrestlers rather than themselves.

The Rules

The NCAA Wrestling Rules have been designated as either administrative rules or conduct rules. Typically, administrative rules are those dealing with preparation for the contest, including weight management, weighing in, medical examinations and the use of the Individual Season Record Form, which are mandatory and cannot be altered. The conduct rules are those that deal directly with the contest itself and are unalterable except where indicated. All NCAA member institutions are required to conduct their intercollegiate contests according to these rules.



Referees needing to file the NCAA Flagrant Misconduct Report should refer to the NCAA Wrestling Officiating Center Mat website at www.refquest.com and submit the form electronically.

The NCAA Wrestling Case Book should be used as a supplemental resource when reading and understanding these rules. The case book is on the Center Mat website and contains situations and interpretations to be used in conjunction with this rules book.

The secretary-rules editor is the sole interpreter of the NCAA wrestling playing rules. The weight management program liaison oversees the NCAA Weight Management Program. Those seeking interpretations of the rules, requests for an accommodation or assistance with the NCAA Weight Management Program may contact:

Jimmy Chung

NCAA Wrestling Secretary-Rules Editor and Weight Management Program Liaison
ncaawrestling.sre@gmail.com
949-525-6004

Those seeking information on officiating may contact:

Mike McCormick, Jr.

NCAA Wrestling National Coordinator of Officials
mikematreff@gmail.com
757-570-1439

Those seeking information on technical details related to the execution of the weight certification data collection, medical examinations and/or skin infections in wrestling may contact:

Jim Thornton

NCAA Wrestling Athletic Trainer Liaison
jthorntonat@gmail.com
814-393-2456

RULE 1

Mats, Uniforms and Equipment

Section 1. Mats

Art. 1. Mat Specifications. Mats shall have a competition circle between 32 and 42 feet in diameter. There shall be a matted area with a minimum width of five feet that extends entirely around the competition circle. The competition circle and matted area shall be differentiated by the use of either contrasting colors or a 2-inch-wide line. This 2-inch-wide line that outlines the edge of the competition circle is part of the wrestling area and therefore in bounds. (See Diagram 1 at the end of Rule 1.)

Note: Since shrinkage occurs in wrestling mats, it is recommended that when purchasing or reconditioning a mat, institutions indicate to the manufacturer that the final shrunken diameter shall be no less than 32 feet.

Art. 2. Mat Safety Standards. The entire competition circle and surrounding matted area shall be the same thickness and all wrestling mats shall comply with the ASTM Specification Standard for wrestling mats. All mats that are in sections shall be secured together.

Art. 3. Mat Markings. There shall be placed in the center of the mat two 1-inch down position starting lines. The lines shall be 3 feet long and 10 inches apart. Two 1-inch neutral starting position lines shall close the ends of the down position starting lines. One of the two neutral starting lines shall be green and located closest to the home team, and the other shall be red and located closest to the visiting team. The arrow in Diagram 1 at the end of Rule 1 should point away from the scorer's table.

Section 2. Mat Hygiene and Safety

Art. 1. Mat Hygiene. It is required that all mats be cleaned and disinfected prior to each day of competition and recommended they be cleaned before all subsequent rounds of an event. It is also recommended that a shoe cleaning and disinfecting mechanism be available before a wrestler steps onto the mat. Event management, medical personnel, referees and coaches should also follow shoe hygiene recommendations before stepping onto the mat.

Art. 2. Mat Safety. It is recommended that when competition is held on a concrete floor or similar surface, underlayment padding be placed under the mat.

Section 3. Mat Setup

Art. 1. *Mat Setup.* No obstruction such as tables, bleachers, competitor seating or walls shall be placed closer than 5 feet from the edge of the competition circle. It is recommended, whenever possible, that all obstructions be placed not closer than 8 feet from the edge of the competition circle. When two mats are side-by-side, there shall be at least 5 feet of matted area between the two competition circles. (See Diagram 2 at the end of Rule 1.) For dual meets in which the coaches' chairs are placed on the corner of the mat, the 8-foot tournament reserved zone in Rule 1.3.3 also applies.

Art. 2. *Reserved and Restricted Zones — Dual Meets.* The reserved zone shall extend from the player/coach bench area to the edge of, but not on, the wrestling mat. The restricted zone during dual meets is the entire wrestling mat area and the area directly in front of the scorer's table extending to the edge of the wrestling mat. (See Diagram 3 at the end of Rule 1.)

Art. 3. *Reserved and Restricted Zones — Tournaments.* The 8-foot reserved zone shall be placed in any two corners of the mat. The 8 feet should be measured from the corner, along a line connecting the center to that corner. Any area outside of the 8-foot triangle reserved zone is considered the restricted zone. (See Diagram 4 at the end of Rule 1.)

Art. 4. *Reserved Zone — Referee Enters.* If a referee enters the reserved zone in order to officiate the match, it is the responsibility of the coaching staff to ensure that no coach, team member or other personnel touch or impede the referee. Violations of this are subject to a control-of-mat penalty.

Section 4. Institutional Game-Management Responsibility

Art. 1. *Facilities.* It is the responsibility of the home institution's game-management personnel to ensure the wrestling mat(s) and surrounding facilities meet all regulations. The meet referee, or the head referee of a tournament, shall verbally alert home management of any variance from the stated facility and mat requirements, with questions and/or disagreements being resolved by the referee, game management and the participating institutions' representatives.

Art. 2. *Video Review.* The host game management shall determine if mat-side video review is to be used. The host shall provide notification to participating coaches before weigh-ins.

Art. 3. *Artificial Crowd Noise/Music.* Artificial crowd noise and/or music that is amplified by the host game management may be utilized while wrestling is taking place under the following stipulations:

- a. The host game management must ensure the decibel level does not exceed 85 dB;
- b. Even when the sound level is at or below 85 dB, the referee shall have the authority to regulate and/or eliminate the artificial crowd noise and/or amplified music in the event they determine that it is interfering with the conduct of the event;
- c. Live music, including bands, is not allowed while wrestling is taking place and artificial noise, noisemakers or music, by individuals other than the event management staff, is prohibited; and

- d. Conferences are encouraged to approve the crowd noise being used by its institutions.

Art. 4 Photographers. Photographers using still or motion devices, excluding official video review equipment, shall not be permitted within 5 feet of the edge of the wrestling mat. (See Diagram 2 at the end of Rule 1.)

Section 5. Uniforms and Equipment

Art. 1. Competition Uniform. The uniform worn to compete in any NCAA Wrestling competition is considered the competition uniform. Violations should be reported to the tournament committee or host game management.

- a. *Singlet.* A competition uniform that is one piece and may be worn with or without full-length tights. The portion covering the front and back of the upper torso shall not be cut away lower than the armpit. Under the arms, the singlet shall not be cut lower than half the distance between the armpit and the belt-line. The singlet shall have a minimum inseam length of 4 inches and shall not extend beyond the top of the knees.
- b. *Spandex/Lycra.* A competition uniform that consists of a top and shorts that both meet the following specifications:
 1. The top shall be form-fitting, sleeveless or short-sleeved, and not cover or extend beyond the elbow. The length of the top shall be longer than the torso to prevent it from becoming untucked and shall remain tucked into the shorts at all times during competition.
 2. The shorts shall either be form-fitting or shorts designed for wrestling with a minimum 4-inch inseam and not extend beyond the top of the knees. Either shorts option shall be worn as intended by the manufacturer, be firmly adhered to the hips with any drawstring covered, and have no pockets, zippers, buttons, exposed Velcro or metal fasteners.
- c. *Required Uniform Markings.* The name or initials of the wrestler's institution shall be displayed on the competition uniform with letters at least 2 inches high
- d. *Optional Approved Uniform Markings.* Optional logos/patches must be placed on the front or sleeve of the competition uniform and may not interfere with any required markings. While not all team members are required to wear the logo/patch, the logo/patch must be identical for those who choose to wear it.
 1. The wrestler's last name.
 2. An institutional and conference logo/patch, which may not exceed 4 square inches.
 3. A national or state flag of the member institution, which may not exceed $2\frac{1}{4}$ square inches.
 4. As authorized by the institution or conference, a commemorative/memorial patch (e.g., names, mascots, nicknames, logos, and marks intended to celebrate or memorialize persons, events, or other causes), which may not exceed 4 square inches.
 5. As authorized by the institution or conference, other names/words intended to celebrate or memorialize persons, events, or other causes

on the back of the competition uniform where the player name is traditionally located.

- e. *Team Uniformity in Clothing.* Team uniformity in clothing, to include the school's official warmup and competition uniform, is required. For dual meets and each session of a tournament, the competition uniform worn by team participants shall be identical in design and color. This rule does not apply to open tournaments or logos/patches as described in Rule 1.5.1.d.

Art. 2. Contrasting Colored Singlets. When competing in a dual meet, it is recommended that teams wear contrasting-colored competition uniforms. The host school should select and communicate its preference, the lighter- or darker-colored uniform, to the visiting team in a timely manner.

Art. 3. Shoes. Light, heelless wrestling shoes reaching above the ankle and tightly secured shall be worn. (See Rule 5.7.16 for delays caused by shoes.)

Art. 4. Ear Protection. A protective ear guard shall be worn anytime live wrestling takes place (this includes practice, dual meets and all collegiate and open tournaments). This rule does not apply to drilling or the warmup period before competition. The use of tape or decals on the ear protection is prohibited. Clean, fresh athletic tape is permissible on the ear protection if used for medical purposes only, and must be immediately removed and replaced before each subsequent match. The ear protection should:

- a. provide adequate ear protection;
- b. not be an injury hazard to the opponent; and
- c. have an adjustable locking device to prevent it from coming off or turning on the wrestler's head.

Art. 5. Ankle Bands. In all tournaments, the host game management shall provide red and green ankle bands approximately 3 inches wide for identification of the wrestlers. It is also recommended that these ankle bands be used in dual meets.

Art. 6. Trademarks and Logos. Competition uniforms and all other items of apparel and equipment (for example, warmups, socks, T-shirts, ear protection and towels) may bear a trademark or logo of an athletic equipment or apparel manufacturer or distributor provided the criteria outlined in the NCAA bylaws are met. See the current NCAA Division I, II or III Manual for more information.

Section 6. Undergarments

Art. 1. Upper-Body. If sufficient reason is determined by the referee, the only acceptable upper-body undergarment is a form-fitting, short-sleeved, unadorned T-shirt.

Art. 2. Lower-Body. Lower-body undergarments, not including full-length tights as noted in Rule 1.5.1.a, or accessories that extend beyond the 4-inch inseam of a competition uniform are not permitted.

Section 7. Special Equipment

Art. 1. Description. Special equipment is defined as any equipment worn that is not required by rule and includes, but is not limited to, hair coverings,

face masks, pads and braces. Special equipment that does not allow normal movement of the joints, prevents one's opponent from applying normal holds or is excessively loose-fitting shall be barred. All legal special equipment that is hard and/or abrasive shall be covered and properly padded with high-density foam.

Art. 2. Mouth Guards. It is recommended that all wrestlers wear a protective mouth guard.

Section 8. Appearance

Art. 1. Jewelry. Competitors shall not wear any type of jewelry during competition.

Art. 2. Hair. Hair shall be free of oils and/or greasy substances. Solid, non-abrasive hair coverings are allowed and, if used, shall either be a part of the ear protection or worn under the ear protection. If a hair or facial hair covering is worn, it will be considered special equipment and subject to delay-of-match rules (Rule 5.7.16).

Section 9. Enforcement of Mat, Uniform and Equipment Rules

Art. 1. Referee Authority and Enforcement. The legality of mat markings, uniforms and equipment and each wrestler's appearance shall be decided by the referee.

Art. 2. Competitor Noncompliance. When a competitor appears on the mat ready to wrestle in a dual meet or tournament and the referee determines the competitor does not comply with the required rules as to appearance and equipment, the offending competitor shall be charged a nonbleeding injury timeout, the injury clock started, and the injury clock stopped when the referee determines the competitor is in compliance. The time to correct the deficiency shall be cumulative with the offender's 1½ minutes of allowed injury time and shall count as the competitor's first timeout. Per Rule 6.1.15, the opponent will have starting position choice when the match begins. If the competitor is not in compliance at the end of 1½ minutes, that competitor shall be disqualified from participation in that match. (See Rule 1.5.1 for uniform noncompliance.)

Art. 3. Equipment Delays. Any uniform or special equipment item that repeatedly causes delays in the normal progression of the match may result in a nonbleeding injury timeout being charged to the violator.

Diagram 1

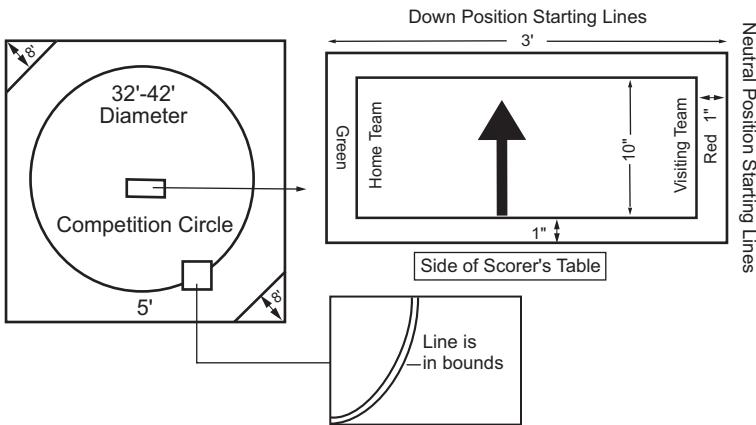
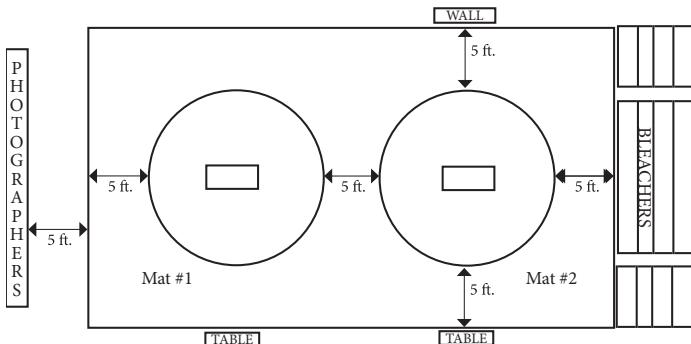


Diagram 2



- The matted area around the competition circle shall extend a minimum of 5 feet between out-of-bounds lines when two mats are side by side.
- The matted area around the competition circle shall extend a minimum of 5 feet from the out-of-bounds lines and any obstruction such as a table, bleacher or wall (whenever possible, 8 feet is recommended).
- Photographers using still or motion devices, excluding official video review equipment, shall not be permitted within 5 feet of the edge of the wrestling mat.

Diagram 3

Dual Meet Reserved and Restricted Zone

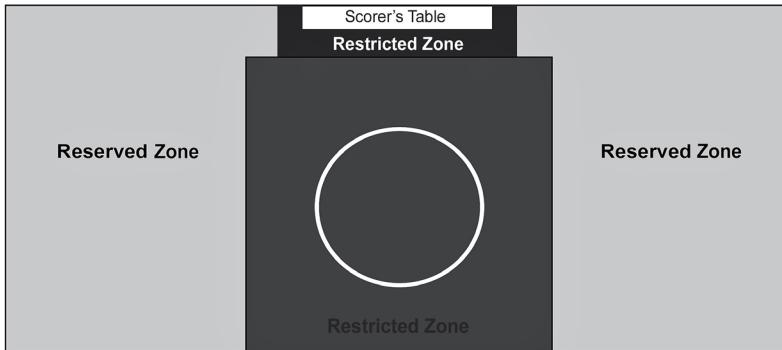
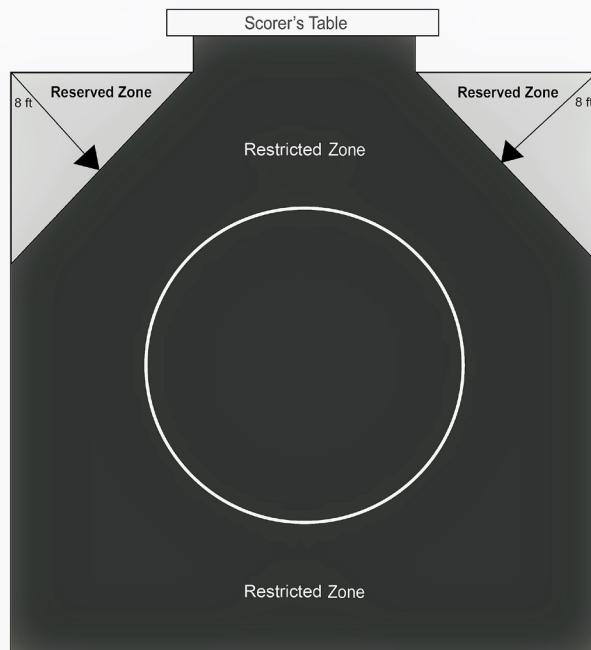


Diagram 4

Tournament Reserved and Restricted Zone



RULE 2

Definitions of Wrestling Terms

Section 1. Wrestling Positions

Art. 1. *Neutral Starting Position.* The wrestling position in which both wrestlers are on their feet, standing opposite one another, with their lead foot on the green or red area of the neutral position starting lines, and their other foot even with or behind the lead foot. When the wrestlers assume the neutral starting position, the referee shall say, “Set,” and at this time both wrestlers shall remain stationary until the referee sounds the whistle.

Art. 2. *Neutral Starting Position — Vision-Impaired.* A finger-touch method shall be used in the neutral position. Once in the neutral starting position as outlined in Rule 2.1.1, each wrestler shall have the fingers on one hand over and the fingers of the other hand under the opponent’s fingers. Fingers shall not extend to the palms. Before the start of each match, the referee shall flip his/her (red/green) disc to determine which wrestler has choice of hand position during every neutral start (i.e., which wrestler will have his/her right or left hand palm up or down relative to the mat). The wrestlers shall alternate this choice of palm position throughout the match for each subsequent neutral position start. The meet timekeeper shall indicate to the referee which wrestler has hand position choice. While wrestling, the match shall be stopped whenever contact is not maintained. An accommodation request must be made not later than Oct. 10 (see page 8). The accommodation documentation must be provided to the head referee and opposing coach (dual meets) or tournament director (tournaments) during medical examinations.

Art. 3. *Defensive Starting Position.* The mat wrestling position in which a wrestler is identified as being in the bottom position. The defensive wrestler takes a stationary position at the center of the mat with both hands and knees on the mat. Both knees must be on the mat even with and behind the rear down position starting line. The heels of both hands must be on the mat in front of the forward down position starting line. The elbows shall not touch the mat. This position must allow the offensive wrestler to be able to assume a legal starting position on either side of the defensive wrestler. When the defensive wrestler assumes the starting position, the referee will say, “Set.” At this time, the defensive wrestler shall remain stationary (motionless). (See Appendix A - Illustrations.)

Art. 4. *Offensive Starting Position.* The mat wrestling position in which one wrestler is identified as being in the top or advantage position. The offensive wrestler shall be on the right or left side of the opponent with at least one knee

on the mat to the outside of the near leg, not touching the defensive wrestler. A knee or foot may be placed in back of the defensive wrestler's feet, not touching the defensive wrestler. The head shall be placed on or above the midline of the opponent's back. One arm (right or left) is first placed loosely around the defensive wrestler's body perpendicular to the long axis of the body, with the palm of the hand placed loosely against the defensive wrestler's navel, and the palm of the other hand (right or left) placed on or over the back of the near elbow, this being the near side. Once the offensive wrestler assumes the correct starting position, the referee shall say, "Set." At this time, both wrestlers shall remain stationary (motionless) and the referee shall wait a minimum of one second before sounding the whistle. (See Appendix A - Illustrations.)

Art. 5. Optional Offensive Starting Position. The mat wrestling position in which the offensive wrestler places both hands on the defensive wrestler's back to restart the match. Wrestlers selecting the optional offensive starting position must indicate their intent to the referee before taking the starting position. The referee shall inform the defensive wrestler of the offensive wrestler's intention and allow the defensive wrestler to adjust. The referee shall direct the offensive wrestler to assume the optional offensive starting position. The offensive wrestler may select a position on either side or to the rear of the defensive wrestler with all weight supported by both feet, one knee or both knees. The offensive wrestler is to place both hands on the opponent's back (area between neck and waist), thumbs touching. Only the hands of the offensive wrestler are to be in contact with the defensive wrestler. The offensive wrestler is not to place one or both feet or knees between the opponent's feet or legs, or in front of the forward starting line or the line extended. In addition, the offensive wrestler is not allowed to straddle the opponent. (See Appendix A - Illustrations.)

Art. 6. Granting an Escape. Before assuming an offensive starting position, the offensive wrestler may signal to the referee the neutral position. When this option is indicated, the defensive wrestler is awarded an escape, and wrestling begins from the neutral position.

Art. 7. Allowable Starting Positions. Neutral, offensive, defensive and optional offensive starting positions are the only allowable start and restart positions.

Art. 8. Resumption of Wrestling After Out-of-Bounds. With the exception of ends of regulation periods, overtime periods or first nonbleeding injury timeouts, after each match stoppage and/or out-of-bounds call, wrestling shall resume in the same position held when the match was stopped and/or the out-of-bounds call was made.

Section 2. Definitions

Art. 1. False Start. In either the neutral or down position when either (or both) wrestler(s) sets up in an improper starting position or begins action prior to the referee sounding the whistle.

Art. 2. Injury from False Start. If a wrestler is injured from a false start, the referee may use Rule 6.1.5 to assess the situation. If the injured wrestler needs to be seen by their athletic trainer, the referee will provide the wrestler recovery time in which to be medically assessed. Once the wrestler can proceed, the match shall continue normally in the previous starting position. If at the end of recovery time the injured wrestler cannot continue, they will lose the match by

injury default. Use of recovery time for false start injuries does not result in the wrestler who false started being disqualified.

Art. 3. Handshake Prematch and Postmatch. A traditional handshake to start and conclude the match is required of all competitors. The traditional handshake shall occur in the center of the mat. Wrestlers who do not participate in the prematch or postmatch handshake, when instructed by the referee, shall be called for unsportsmanlike conduct.

Art. 4. Imminent Scoring. When a match is stopped because of an injury to either wrestler during a scoring situation, and the referee determines scoring would have been successful if the wrestling had continued.

Art. 5. In Bounds. Competitors are considered in bounds if any part of either wrestler is on or inside the boundary line and all body parts are still on the padded protection area surrounding the boundary line. Wrestling shall continue as long as either wrestler remains in bounds. If the opponent's body and the body of the wrestler attempting to score are outside the wrestling area, breaking the boundary of an imaginary cylinder surrounding and extending above the wrestling area, the wrestlers are considered out of bounds. Referees are considered part of the in bounds definition and if one or both wrestlers comes into contact with a referee while competing, there are no impedance or hindrance rules that are allowed or implied.

Art. 6. Match. A single wrestling competition between two competitors.

Art. 7. Match Parameters. A match begins with the start of the first period and ends with the conclusion of wrestling. The conclusion of wrestling occurs when time expires at the end of the third period, when overtime ends, or when a fall, technical fall, disqualification or injury default occurs.

Art. 8. Position of Advantage. The offensive wrestler maintains the position of advantage until the defensive wrestler is awarded an escape or a reversal by the referee.

Art. 9. Postmatch Period. The time from the conclusion of an individual match, as defined in the match parameters, until the wrestler leaves the mat.

Art. 10. Potentially Dangerous. Any hold that forces a limb to the limit of the normal range of motion, and other holds or situations that may cause injury, are potentially dangerous and may be stopped by the referee. When "potentially dangerous" is called, no penalty points shall be awarded. The match is resumed in the neutral, offensive or defensive starting position on the mat as determined by the position held at the time the match was stopped.

Art. 11. Prematch Period. The time from when the wrestler steps onto the mat until the first period has started.

Art. 12. Reaction Time. The amount of time a wrestler is provided by the referee to react to individual scoring or wrestling situations. Reaction time is provided in all situations except for locked hands calls down on the mat. Reaction time is determined by each individual referee and is described only as a period of time that is not instantaneous.

Art. 13. Reserved Zone. An area in dual meets or tournaments where team personnel and/or noncompeting wrestlers may move freely during competition.

Art. 14. Restricted Zone. An area in dual meets or tournaments where team personnel and/or noncompeting wrestlers are prohibited, unless allowed by rule.

Art. 15. Simultaneous Violations. When a second identical violation occurs prior to any rule requiring a mandatory verbal notification of the first violation to a member of the offending coaching staff. When simultaneous violations occur, the team/individual is assessed only one penalty. (See Rules 3.20.7, 5.2.3, 5.2.4 and 5.2.5 for violations requiring verbal notification.)

Art. 16. Stalemate. When the wrestlers are interlocked in a position other than a pinning situation in which neither wrestler is improving position, the referee may stop the match as soon as possible; wrestling will be resumed as for out of bounds.

Art. 17. Timeout — Bleeding. When wrestling action is stopped by the referee because of the presence of blood.

Art. 18. Timeout — Injury. When wrestling action is stopped so a wrestler may be treated and/or evaluated for an injury.

Section 3. Determining the Winner

Art. 1. Fall. A fall occurs when any part of both shoulders or part of both scapulae of either wrestler is held in contact with the mat for one second. The one-second count (one-thousand-one) shall be a silent count by the referee and shall start only after the referee is in position to observe that a fall is imminent. (See Table 4.11.1.)

Art. 2. Awarding a Fall at Edge of Wrestling Area. A fall may be awarded any time at least one wrestler is in bounds as per Rule 2.2.5.

Art. 3. No Fall Because of Disadvantage. If any portion of the body of one of the wrestlers is out of the competition circle beyond reaction time and in such a way that either wrestler is disadvantaged, no fall shall be awarded and out of bounds shall be declared.

Art. 4. Indicating the Fall. As soon as the required fall criterion is met, the referee shall indicate the fall by striking the mat with the palm of the hand and blowing the whistle.

Art. 5. Fall — End of Period. When the referee is able to determine a fall has occurred and the period ends before the referee strikes the mat, the fall shall be awarded. The referee may consult video review, a second referee or the timekeeper to determine if the fall occurred prior to time expiring.

Art. 6. Technical Fall. A technical fall terminates the match and occurs when a wrestler has earned a 15-point advantage over the opponent. Matches shall not be stopped for a win by technical fall until the points are awarded by the referee. Any points awarded at the conclusion of a match (e.g., near fall, advantage time, etc.) are awarded simultaneously when determining whether a technical fall occurred. A wrestler earning a differential of 15 points during a match can lose only by disqualification for two unsportsmanlike conduct calls or committing an act of flagrant misconduct in the postmatch period. (See Table 4.11.1.)

Art. 7. Major Decision. A major decision occurs when the margin of victory at the conclusion of the match is 8 through 14 points.

Art. 8. Decision. A decision occurs when the margin of victory at the conclusion of the match is fewer than 8 points. A decision also is credited to the wrestler who is awarded the first point(s) in the sudden victory of an overtime match that does not end with a fall, injury default or disqualification. (See Table 4.11.1.)

Art. 9. Default — Injury. An injury default is awarded in a match when one of the wrestlers is unable to continue due to an injury or by choice of their coach. An injury default shall be included as a win or loss in each wrestler's individual season record. Losing a match by injury default does not eliminate a wrestler from competition in subsequent rounds. (See Table 4.11.1.)

Art. 10. Disqualification. A disqualification is a situation in which a competitor is banned from further competition.

- a. A disqualification shall be included as a win or loss in each wrestler's individual season record. (See Table 4.11.1.)
- b. Out-of-match disqualifications for unsportsmanlike conduct and flagrant misconduct shall eliminate that individual from all subsequent competition in that event. (See Rule 5.5 for additional rules regarding flagrant misconduct violations.)
- c. In-match disqualifications for unsportsmanlike conduct and disqualifications for technical violations and stalling shall eliminate that individual only from the match in which they were disqualified.

Art. 11. Forfeit. A forfeit is received by a wrestler when the opponent, for any reason, fails to appear for the match. (**Exception:** Incidences in which a medical forfeit has been declared.) In order to receive a forfeit, the nonforfeiting wrestler must be dressed in a competition uniform and appear on the mat. A forfeit shall be included as a win in the victor's individual season record and a loss for the individual forfeiting. Wrestlers shall not accept a forfeit in one weight class and compete in another class. In tournament competition, forfeits advance in a bracket until they meet an opponent. (See Table 4.11.1.)

Art. 12. Medical Forfeit. A medical forfeit is an action that allows a competitor who fails medical examinations, is injured, or becomes ill during the course of tournament competition to forfeit their match(es) without having to weigh in (see Rule 9.1.8 for medical forfeit and weigh-ins for national qualifying events) or show up at the mat. In tournament competition, medical forfeits advance in a bracket until they meet an opponent.

- a. In order for a medical forfeit to be official, the medical personnel, or an authorized institutional representative, shall inform the tournament director before the ill or injured competitor is called to the mat.
- b. Medical forfeits count as a win for the opposing wrestler. Unless the medical forfeit is preceded by an injury default, the first medical forfeit counts as a loss on the forfeiting wrestler's individual season record form. Any medical forfeits after the first medical forfeit, in the same event, do not count as a loss on the wrestler's season record form. Medical forfeits that do not count as a loss must still be placed on the season record form. Individuals who medically forfeit a match retain all previous team points scored. (See Table 4.11.1.)
- c. Medical forfeits that count as a loss on the wrestler's individual season record form must be recorded as Medical Forfeit-L. All other medical forfeits must be recorded as Medical Forfeit.

Art. 13. No Contest. A no contest is recorded when a match does not occur because one or both wrestlers has reached the daily match limit. (See Rules 3.22.5, 4.8.1 and Table 4.11.1.)

RULE 3

Conduct of Meets and Tournaments

Section 1. General Meet and Tournament Information

Art. 1. Agreement. All details on how the home team proposes to conduct the meet or tournament shall be submitted to the coach of the visiting team(s) a sufficient length of time before the date of the meet for agreement to be reached. No such action is binding unless approved by the visiting team or teams.

Art. 2. Notification. The visiting team may request the home team notify the visiting team at least 10 days before the date of the meet to verify the exact time and place of the meet and the name of the NCAA-certified referee, who should be mutually agreed upon.

Art. 3. Those Subject to the Rules. All wrestlers, coaches, medical personnel and other people affiliated with a team are subject to the rules and shall be governed by the decisions of the referee, home institution's game management personnel and/or the tournament committee.

Art. 4. Spectator Removal. The home institution's game management staff is responsible and must remove a spectator(s) upon request by the referee or second referee. This shall be done without penalty to either team.

Art. 5. Event Types and Definitions. For the purposes of playing rules, the following are descriptions of types of events referred to in this rules book:

- a. *Dual-Meet Competition.* When one team competes against another team and utilizes the dual meet team score rules. Triangular and quadrangular meets are included in this category.
- b. *Exhibition Match.* A match where NCAA playing rules are not followed (any single missing playing rule makes the match an exhibition) and/or matches are competed against wrestlers in the category defined by Rule 9.6.4. Exhibition matches are not countable on the Individual Season Record Form in the Trackwrestling system.
- c. *Extra Match.* A match contested where all required NCAA playing rules (e.g., 7-minute match, use of riding time, regulation mat weigh-ins, etc.) are followed and is against an allowable wrestler as defined in Rule 9.6.3. Extra matches are allowed on the Individual Season Record Form in the Trackwrestling system.
- d. *Individual-Advancement Tournament.* An event that contains individuals on a team that are representing their institution. Winners in this type of event advance in a bracket or to the next round to determine an overall individual winner. Team score may be kept at these types of events.

- e. *Open Event.* Any event type that allows unattached wrestlers to compete. Based on the type of open event, the event/tournament committee may elect to keep a team score.
- f. *Pool/Round-Robin Event.* An event where individual wrestlers, who are representing their institutions, are placed into pools and compete against one another in a round-robin format. Individual wrestlers in this format may also advance to another pool to determine an individual winner. A team score may be kept, but the format does not use dual meet team scoring. Pool/round-robin events are considered tournaments for determining weigh-in requirements.
- g. *Dual Meet Team-Advancement Tournament.* When teams compete against one another in a dual meet format and the winner of each dual meet advances in a bracket or to the next round to determine an overall team winner. Team advancement tournaments are considered tournaments for the purposes of weigh-ins. Team score may be kept at these types of events.

Section 2. Competitors, Coaches and Medical Personnel Attire

Art. 1. Competitors' Attire. For all competition, it is required that all clothing worn by wrestlers in the competition area be either unadorned (plain) or of the representative institution's school colors. If the item contains a logo, it is required that it be of the school that is represented. Coaches and competitors should be aware of NCAA bylaws in regard to manufacturer's and distributor's names and logos. Hats, stocking caps or other inappropriate apparel are not permitted. Violations shall result in the head coach being penalized with a control of mat area violation. (See Rule 1.5.1 for reporting violations.)

Art. 2. Coaches' Attire. The wearing of jeans, T-shirts, sweatshirts/sweatpants and noninstitutional-logoed warmup suits (tops and/or bottom), headwear and similar apparel are not suitable attire for coaches during competition and, therefore, are prohibited. Institutional-logoed tops/jackets are permissible. Each coach in violation of this rule shall be penalized with a control of mat area violation. Further, the coach(es) in violation shall not sit in the designated reserved zone for coaching if the prohibited apparel is not replaced with suitable attire.

Art. 3. Medical Personnel Attire. Medical personnel must be appropriately attired. The wearing of shorts, jeans, T-shirts, sweatshirts/sweatpants and noninstitutional-logoed warmup suits (top and/or bottom), headwear and similar apparel are not suitable attire for medical personnel during dual and tournament competition and, therefore, are prohibited. Individuals not adhering to this rule shall be penalized with a control of mat area violation.

Section 3. Match Duration

Matches shall be seven minutes in duration, divided into three periods, with the first period three minutes and the second and third periods two minutes each. Matches scheduled less than seven minutes long shall not count on the Individual Season Record Form in the Trackwrestling system.

Section 4. Weight Classifications

Art. 1. *Description.* All NCAA competitions shall be conducted using 10 weight classifications.

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

Art. 2. *Odd and Even Weight Classifications.* Odd weight classes are 125, 141, 157, 174 and 197. Even weight classes are 133, 149, 165, 184 and Heavyweight.

Section 5. Riding Time

The recording of riding time is required in all competition. Competition that does not use riding time shall not count on the NCAA Individual Season Record Form in the Trackwrestling system.

Section 6. Representation

An institution shall enter a wrestler in only one weight class. Once an individual weight class has begun, substituting for an injured wrestler in that individual match is prohibited.

Section 7. Shifts in Weight Class — Dual Meets

A competitor who weighs in for one weight class may be shifted to any higher weight class with the possible exception of heavyweight, where any wrestler competing in the heavyweight class must weigh a minimum of 183 pounds.

Section 8. Determining Wrestling Order — Dual Meets

Art. 1. *Protocol.* Immediately after the weigh-in for a dual meet or multiple dual meets conducted on the same day, coaches may mutually agree to determine the starting weight class for the matches. If coaches cannot agree on the starting weight class, they will execute a coin toss. All dual meet team pairings that are at weigh-ins, and cannot agree on the starting weight class, shall complete the coin toss at weigh-ins for each dual meet held that day. The winner of the coin toss will have the choice to select either the starting weight class or the odd/even matches. Whichever selection is made by the coach who wins the coin toss, the opposing coach will receive the remaining option. The home team coach is responsible for notifying game management and the referee of each team's selection. Once the first weight class is established, subsequent matches will continue in the traditional sequence of increasing weight class order. See Rule 3.12.2 for odd/even selection and choice of position protocols when the coaches agree on the starting weight class.

Art. 2. *Multiple Dual Meets at Different Sites.* When multiple dual meets are wrestled on the same day at different sites, the order of matches to be wrestled at the second site will be decided by mutual agreement or a coin toss (see Rule 3.8.1) conducted by the coaches not less than two hours prior to the start of competition.

Section 9. Declaring the Winner

During the postmatch period, the wrestlers shall return to and remain in the center of the mat while the referee checks with the scorer's table. Upon the referee's return to the center of the mat, the competitors will give a traditional handshake in a sportsmanlike manner and the referee will raise the hand of the appropriate wrestler to declare the winner.

Section 10. Home Team Designation

For scoring and identification purposes, the home team will be considered "green" and the visiting team "red." However, referees shall have the flexibility to switch color assignments.

Section 11. Intentional Delay During Premeet Period

A team intentionally delaying its appearance on the mat beyond five minutes from the established meet starting time shall have one team point deducted.

Section 12. Starting a Dual Meet

Art. 1. Designation of Captains. Each team shall designate to the referee one or more team member(s) as its captain(s).

Art. 2. Captains Reporting. Before the beginning of a dual meet, the captains shall report to the middle of the mat. If the coaches previously executed a coin toss to determine wrestling order (see Rule 3.8), the referee shall reaffirm this information and remind the captains of the sportsmanship expectation. If the coaches agreed on the starting weight class and did not execute a coin toss, a disc toss shall be conducted. The disc shall be red on one side and green on the other, corresponding usually to the visiting team (red) and the home team (green). The colored disc shall fall unimpeded to the mat and shall determine:

- a. Which team gets the choice of options at the beginning of the second period for each weight class; and
- b. Which team shall present its wrestler on the mat first for each weight class.

See Rule 3.4.2 for odd- and even-numbered weight classifications.

Art. 3. Starting the Match. Once the captains have returned from the center of the mat, the first wrestler shall be ready to go onto the mat immediately when called by the referee. As soon as either competitor steps onto the mat, that competitor cannot be withdrawn or replaced.

Section 13. Mat-Side Video Review

Art. 1. Events Allowed to Use Video Review.

- a. Dual-Meet Competition, Team-Advancement Tournaments and Individual-Advancement Tournaments.
- b. Open Tournaments. Referee's video review only.
- c. Extra Matches Held Alongside Dual-Meet Competition. Referee's video review only.

Art. 2. Host Requirements. The host shall determine the following details and provide, before weigh-ins, notification of this information to each participating institution:

- a. Designation of the official mat-side video review system;
- b. The number of mats and the rounds in which the mat-side video review system will be used;
- c. The number of video reviews provided to each team (if not used for the entire event); and
- d. Whether a third-party registered official(s) will be used to execute coaches' video review challenges.

Art. 3. Third-Party Video Review Official. Hosts may secure a third-party registered official(s) to serve as the sole individual(s) responsible for executing coaches' video review challenges. Third-party video reviewers shall review the questioned call sequence without consulting with the referee on the mat. (See Rule 3.13.4.a.) Upon completion of the review, the reviewer will communicate the outcome and any additional corrections with the referee who will both announce the outcome per Rule 3.13.10 and ensure all other corrections are made before resuming wrestling.

Art. 4. Description. With the exception of a fall, the mat-side video review may be used to confirm or reverse any wrestling related call or no call made on the mat by the official during the video review challenged sequence.

- a. The challenged sequence is defined as the time from the alleged error, as stated by the challenging coach, until the match was stopped (or should have been stopped) by the referee. For referee reviews, the challenged sequence is determined by the match referee.
- b. The mat-side video review process operates under the assumption that the ruling on the mat is correct, and only when there is indisputable video evidence that a ruling was incorrect will a call be changed. Absent that evidence, the original ruling stands.
- c. The video review system may not be used to challenge calls related to coach behavior.

Art. 5. Required Equipment. Mandatory minimum required equipment includes:

- a. Two foam bricks approximately 8" x 5" x 5" (one red and one green) placed in the reserved zone for coaches. The red and green bricks are not required for event types with referee's video review only.
- b. A tripod and a digital video camera that has recording capabilities and is connected to a computer or TV monitor or has a large display in which to view the wrestling action. The equipment used for the review may also be a system that integrates sound, time, score and the recorded action.
- c. If the video review system does not include integrated sound, time and score onto the screen, a clear view of the match clock showing the match time and score in the recorded action is required.
- d. In the absence of any of the required equipment, video review shall not be allowed.

Art. 6. Timing and/or Scoring. Integrated timing and scoring and/or a view of the official score clock on the official video system are the only allowable timing or scoring devices to be used for video review. Integrated timing may include any timing device projected onto the video review display monitor.

Art. 7. Setup and Execution. The mat-side video review system operator(s) shall operate the replay camera and monitor. The equipment used to review a called sequence and the video review system operator should be located at or next to the scorer's table. During a review, this area is restricted for all people except the system operator, match referee(s) and/or third-party reviewer. It is not permissible to project the video review system stream, or any other independent video stream, of the wrestling action onto the arena/venue monitor(s) while a video review is taking place. Wrestlers and coaches are to remain in their designated reserved zone during the video review.

Art. 8. Referee's Video Review.

- a. When there is no significant action, the referee may stop the match to conduct a video review of a wrestling sequence (see Rule 3.13.4.a) if:
 1. there is reasonable certainty an error was made regarding timing, scoring or the proper positioning of the wrestlers;
 2. the situation is reviewable; or
 3. the outcome of a review may have an impact on the result of the match.
- b. Referee video reviews shall occur before any coach-requested video review is executed. There is no restriction on the number of times a referee may stop the match for a review and there is no time limit to conduct a review, but the referee(s) should strive for each review to be efficient and timely. When a third-party reviewer is utilized for coaches' video review challenges, the reviewer shall not consult the referee.

Art. 9. Coach's Video Review Challenge.

- a. Each team is allowed one challenge per dual meet.
- b. When video review is used for an entire individual-team advancement tournament, the number of video reviews by each team is restricted to:
 1. 1-3 participants in the tournament — 1 video review.
 2. 4-6 participants in the tournament — 2 video reviews.
 3. 7-10 participants in the tournament — 3 video reviews.
- c. If video review is not being used for the entire individual-advancement tournament, tournament committees may determine the number of coach's video review challenges as long as it does not exceed the current allotment outlined in Rule 3.13.9.b.
- d. If a coach would like to execute a video review challenge, the coach shall immediately throw the foam brick into the competition circle, which indicates their intent to challenge a call on the mat. The referee has sole authority to determine if the review was requested in a timely manner. The only time a coach may retract a video review challenge is when the call on the mat is changed by the referee. When a coach challenge is requested, the referee will stop the match as quickly as possible, but only when no significant action is taking place.
- e. Once the match is stopped, the coach shall explain to the referee and/or third-party reviewer what is being challenged. The challenged error, indicated by the coach, establishes the starting point for the challenge sequence. (See Rule 3.13.4.a.)

- f. If the coach and the referee request/elect to execute a video review at the same time, the referee review shall always occur first.
- g. If the call questioned by the challenging coach is overturned, the institution is not charged with a video review. If the call questioned by the challenging coach stands/is confirmed, the institution is charged a video review challenge. Any/all other corrections made during the challenged sequence will not result in either coach being charged with using a video review challenge.
- h. If the referee determines the coach delayed throwing the foam brick, the video review challenge shall not be allowed and the coach will lose the video review challenge.
- i. If a coach challenges a previously made ruling on a video review challenge or if a coach challenges a ruling when the team's allotment of video review challenges has been exhausted, the actions are considered intentional delay of the match and the coach is penalized with a control of mat violation.
- j. If a coach requests a video review of a fall, which is not reviewable, the coach shall be charged with a video review challenge.

Art. 10. Coach's Video Review Completion. After the referee completes the review, or is informed by the third-party reviewer of the outcome, the referee should make one of the following announcements:

- a. If the video evidence confirms the on-the-mat ruling: "After further review of the coach challenge, the ruling on the mat stands/is confirmed."
- b. If the on-the-mat ruling is changed: "After further review of the coach challenge, the ruling on the mat is changed."
- c. If corrections unrelated to the initial coach challenge were made, the referee should announce those changes publicly at the conclusion of either announcement.

Art. 11. System or Operator Failure/Error. If there is no video evidence due to a system failure or operator error, the coach will retain the challenge. During dual meets, if the video review system fails and cannot be corrected within the match in which the failure occurred, it shall be suspended from use for the remainder of the event.

Art. 12. Obstructions. Any obstruction of the view on the video screen caused by participants, coaches, referee(s) or tournament personnel on the mat that does not allow for a confirmed ruling by the referee shall result in a charged video challenge.

Section 14. Choice of Positions

Art. 1. Dual Meets — Regulation Time. At the start of the second period, the wrestler who has the choice may select the top, bottom or neutral position, or defer the choice until the third period. Once the wrestler with the choice indicates their choice of position and the referee confirms the selected position, the wrestler may not change the choice of position. If the wrestler with choice defers, the opponent may select top, bottom or neutral. If the wrestler with choice does not defer, the opponent will have the choice of top, bottom or neutral to begin the third period. (See Rules 3.8.1 and 3.12.2 to determine who

has choice.) Choice of position for extra matches held alongside dual meets is determined by using Rule 3.14.2.

Art. 2. Tournaments — Regulation Time. Immediately after the end of the first period, the referee shall determine, by toss of a colored disc that shall fall to the mat unimpeded, which wrestler has the choice at the start of the second period. The wrestler who has the choice may select the top, bottom or neutral position, or defer the choice until the third period. If the wrestler with choice defers, the opponent may select top, bottom or neutral. If the wrestler with choice does not defer, the opponent will have the choice of top, bottom or neutral to begin the third period.

Art. 3. Dual Meets and Tournaments — Overtime.

- a. If the score is tied after the sudden-victory period, the choice of top, bottom, neutral or defer will be granted to the wrestler who scored the first points in regulation time excluding escapes and penalty points. In the second portion of the tiebreaker, the other wrestler will receive the choice of top, bottom or neutral. Riding time of one minute or more for either wrestler shall be included in the determination of who scored the first offensive point.
- b. When the only points scored in regulation time are escapes and/or penalty points, the choice of top, bottom, neutral or defer to start the first tiebreaker period will be granted to the winner of a toss of a colored disc. The referee will toss the disc at the conclusion of the sudden-victory period and allow it to fall to the mat unimpeded. The wrestler winning the toss receives the choice in the first tiebreaker period while the other wrestler will receive choice in the second tiebreaker period.
- c. When the first nonbleeding injury timeout occurs in the tiebreaker period, the opponent will be given choice of top, bottom or neutral, per Rule 6.1.15.

Art. 4. Visual Indicator. It is recommended a visual method at the scorer's table be used to indicate which wrestler has the choice in the first tiebreaker period in the first round of overtime. For example, the basketball red or green possession arrow indicator may be used or a dowel rod painted accordingly.

Section 15. Overtime

Art. 1. Timing and Scoring. The sudden-victory period and tiebreaker periods shall be regarded as extensions of the regulation match. With the exception of riding time, all points, penalties, cautions, warnings, timeouts and injury time accumulated during regulation shall carry over to overtime. Riding time accrued during regulation does not carry over into overtime. Riding time, however, is recorded during all parts of overtime.

Art. 2. Illegal Act. If an injury occurs as a result of an illegal act during the sudden-victory period of any round of overtime, the match is concluded. If an injury occurs as a result of an illegal act during the tiebreaker periods of any round of overtime, recovery time is applicable.

Art. 3. Flagrant Misconduct. A wrestler earning the first point(s) in the sudden-victory period of any round of overtime can lose only by committing a postmatch flagrant misconduct. A wrestler who is declared the winner at the

end of any round of tiebreakers can lose only by committing an in-match or postmatch flagrant misconduct.

Art. 4. Double Penalties. In a situation in which both wrestlers are penalized an equal number of points simultaneously during the sudden-victory period in any round of overtime, those points will be added to both scores, the sudden-victory period will be terminated, and the wrestlers will proceed immediately to the tiebreaker periods.

Section 16. Executing the First Round of Overtime

Art. 1. First Sudden-Victory Period. In tournament or dual-meet competition when competitors are tied at the end of three regular periods, the first round of overtime shall begin with a sudden-victory period of two minutes with no rest between the regular match and the sudden-victory period. The sudden-victory period will begin with both wrestlers in the neutral position. **Exception:** Nonbleeding injury timeout. If, because of a first nonbleeding injury timeout, a wrestler secures one minute of riding time at the conclusion of the sudden-victory period, that wrestler shall be awarded one point for riding time and be declared the winner.

Art. 2. Winning the Sudden-Victory Period. The wrestler who scores the first point(s) will be declared the winner. 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, or time expires. Any near fall points are added to the winner's match score.

Art. 3. No Winner Determined. If no winner is declared at the end of the two-minute sudden-victory period, two 30-second tiebreaker periods shall be wrestled. The two 30-second tiebreaker periods will be wrestled in their entirety unless a fall, technical fall, default or disqualification occurs. The choice of positions in the tiebreaker period will be handled according to Rule 3.14.3.a or 3.14.3.b.

Art. 4. Winning the Tiebreaker Periods. The two 30-second tiebreaker periods shall be wrestled with the riding time kept and all match points scored. The competitor with the greater number of points at the conclusion of both tiebreaker periods, or who is awarded a fall, technical fall, default, disqualification or if the score remains tied, has a net riding time advantage of at least one second, is declared the winner.

Section 17. Executing the Second Round of Overtime

Art. 1. Second Sudden-Victory Period. If the score remains tied after the 30-second tiebreaker periods in the first round of overtime, a second round begins with a sudden-victory period of one minute. If, because of a first nonbleeding injury timeout, a wrestler secures one minute of riding time at the conclusion of the sudden-victory period, that wrestler shall be awarded one point for riding time and be declared the winner.

Art. 2. No Winner Determined. If the score remains tied after the sudden-victory period, two 30-second tiebreaker periods will be wrestled. The choice of top, bottom, neutral or defer will be granted to the wrestler who did not have the choice in the first tiebreaker round.

Art. 3. *Winning the Tiebreaker Periods.* The two 30-second tiebreaker periods will be wrestled in their entirety, riding time shall be kept and recorded and all points will be scored. The competitor with the greater number of points at the conclusion of both 30-second tiebreaker periods, or who is awarded a fall, technical fall, default, disqualification or has a net riding time advantage of at least one second, is declared the winner.

Art. 4. *Additional Rounds of Overtime.* If the score remains tied after the second and any subsequent round(s) of overtime, and no net riding time advantage exists after the second tiebreaker period, the match will continue to another one-minute sudden-victory period and two 30-second tiebreaker periods. The winner is declared using the same methods described in Rules 3.16.2 and 3.16.4.

Section 18. Correction of Error

Art. 1. *Referee Correction of Match Errors.* Referees may, at any time, stop the match to make corrections. In-match timing/scoring corrections may be made when discovered. All match time corrections shall follow the procedures outlined in Rule 3.18.5.

Art. 2. *Deadline.* During a dual meet, correction of all in-match errors shall be made by the referee before the start of the next match. An error during the last match of a dual meet must be corrected before the referee has signed the scorebook. When electronic scoring is used, the last match of a dual meet is final once the referee approaches the table after the last match has concluded and confirms with the scorer the final outcome of the meet. During a tournament, the correction of all in-match errors shall be made by the referee before both wrestlers leave the mat or before the referee requests that the bout sheet leaves the scorer's table. For extra matches, the correction of all in-match errors shall be made by the referee before both wrestlers leave the mat.

Art. 3. *Individual Match Results Final.* Alleged in-match errors discovered after the timeline indicated in Rule 3.18.2 are not subject to appeal or review.

Art. 4. *Clerical Errors — Team Score.* A clerical error in recording team scoring in a dual meet or tournament may be corrected when discovered. When determining if a team score error is clerical, the correction shall not require the changing, correcting, re-adding or any other alteration to any match during the competition.

Art. 5. *In-Match Corrections.* The referee will utilize the sequence below to best determine the amount of time to add or subtract from the score clock or to correct any other in-match error. The referee's decision on any match, score or timing correction is final.

- a. If available, the referee shall consult the video review system to attempt to correct an error, and use the view of the score clock and/or an integrated timing system to correct the time. (See Rules 3.13.6 and 3.13.8.)
- b. If video review is not available or the video review integrated timing system and/or view of the score clock is not useful to resolve the timing issue or correct a possible match error, the referee shall consult the second referee (if available) and/or the timer to determine whether there is an error and/or timing correction that must be made.

- c. Referees may correct match errors and/or the timing if they determine they have reasonable knowledge of the correction that needs to be made. If the referee determines they do not have reasonable knowledge of the error and/or timing error, the match shall be restarted at the last known score/time.
- d. If the error and/or timing correction results in a score change, the referee shall make the appropriate scoring correction.
- e. Prior to resuming wrestling, the referee should notify both teams of the changes that were made.

Section 19. Questioning Timing, Scoring or Rules Application

Art. 1. Questioning Timing and/or Scoring. A coach shall be permitted, without penalty, to approach the scorer's table with the intent of correcting or asking for an interpretation of the score or time.

Art. 2. Questioning a Rules Application — Coach. When a coach believes the referee has misapplied a rule, the coach may approach the scorer's table and request that the match be stopped when there is no significant action. If there was a misapplication of a rule, the referee shall make the necessary adjustments at the scorer's table and resume the match with no penalty to the coach.

Art. 3. Wrestlers During Questioning a Rules Application Stoppage. During a rules application stoppage, both wrestlers shall remain in the center of the wrestling area during the discussion of the score, time or misapplication of a rule. Failure to comply shall be penalized with a one-point technical violation per Rule 5.8.4.

Art. 4. Failure to Prove a Rule Misapplication. Failure to prove a rule misapplication will be treated in the following manner:

- a. First violation — warning to the institution;
- b. Second violation — warning to the institution;
- c. Third violation and all subsequent violations — deduct one team point.

Failure to prove a rule misapplication violations are cumulative for each institution throughout a dual meet, single- and multi-day tournaments, and both dual team- and individual-advancement events.

Section 20. Control of Mat Area

Art. 1. Team Personnel Reserved Zone. All personnel, other than the two competing wrestlers, shall be restricted to a designated reserved zone during competition. (See Diagrams 3 and 4 at the end of Rule 1.)

Art. 2. Reserved Zone — Tournaments. A maximum of three team personnel are permitted in the reserved zone. If three team personnel are used, two must hold coaching credentials and one must be properly credentialed medical personnel. Unauthorized team personnel in the reserved zone shall be penalized as a control of mat area violation.

Art. 3. Reserved Zone — NCAA Championships Finals. A maximum of four team personnel are permitted in the reserved zone for NCAA Championships finals matches. If four team personnel are used, three must hold coaching credentials and one must be properly credentialed medical personnel. A chair will be placed behind the coaches for the credentialed medical personnel.

Art. 4. *Leaving the Reserved Zone.* Coaches may leave the reserved zone only:

- a. To request a review of the timing and/or scoring;
- b. To question the referee's application of a rule;
- c. During a video review challenge;
- d. During a charged timeout; and
- e. At the end of the match, however, the coach may never enter the competition circle.

Art. 5. *Medical Personnel.* Medical personnel may leave the reserved zone and move onto the mat only during an injury or blood timeout.

Art. 6. *Badgering.* Badgering the referee by the coaching staff or any member of the team shall not be permitted. Failure to comply shall be considered a control of mat area violation.

Art. 7. *Control of Mat Area Violation — Penalty Sequence.* For the first violation and all subsequent violations, one team point shall be deducted. The referee shall indicate the control of mat violation by displaying the control of mat violation signal and verbally informing the offending coach of the violation. (See Rule 2.2.15 for simultaneous violations.)

Section 21. Breaking Ties in Dual Meets and Team-Advancement Tournaments

When two teams finish in a tie in a dual meet or a team-advancement tournament, the following criteria shall be applied to determine a winner:

- a. Greater number of victories.

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

- b. Combined total number of falls, forfeits, defaults and disqualifications.
- c. Total match points scored only from decisions, major decisions and technical falls.
- d. Total near fall points scored only from decisions, major decisions and technical falls. (Example: N-2 + N-3 + N-4 = Total of 9 near fall points scored for one team.)
- e. Total number of takedowns scored only from decisions, major decisions and technical falls. (Example: T-3 + T-3 + T-3 = Total of 3 takedowns scored for one team.)
- f. Least number of unsportsmanlike conduct calls.
- g. First takedown scored in the dual meet.

One team point shall be awarded to the team winning by criteria. The method of recording the score in breaking team ties shall be the score followed by the criterion number that broke the tie (for example, Team A 17, Team B 16, criterion 3.21.a.).

Section 22. Tournaments and Pool/Round-Robin Events — Committee and Administration

Art. 1. *Tournament Committee.* All tournaments and pool/round-robin events should have a tournament committee designated before the start of competition. This committee should consist of at least three members and should have the following minimum duties:

- a. Administration of the event;
- b. Arbitration of all non-match-related disputes;
- c. If applicable, designation of the official mat-side video review system and the rounds in which it will be used;
- d. Consideration of extenuating circumstances relating to event operations; and
- e. Immediately addressing sportsmanship violations by competitors and team personnel.

Art. 2. Non-Adherence to Tournament Rules. All team-advancement and individual-advancement tournaments, pool/round-robin events and open tournaments, shall follow all NCAA rules and requirements listed in the NCAA Wrestling Rules Book. Any event found not following the rules and requirements will be excluded as an NCAA-registered event in the Trackwrestling system for the subsequent season. If the event is held without being an NCAA-registered event, its results will not count on the Individual Season Record Form in the Trackwrestling system and will not be calculated for NCAA championship selection purposes.

Art. 3. Tournament Registration and Results. Directors of individual-advancement tournaments and pool/round-robin events shall register the event(s) in the Trackwrestling system by midnight Sept. 1 of each year in order for the results to count on the Individual Season Record Form. It shall be the responsibility of the event director to enter all of the match results into the Trackwrestling system.

Art. 4. Prospective Student-Athlete Participation. NCAA institutions may hold open events that include prospective student-athletes per NCAA Bylaws; however, results from matches competed against prospective student-athletes shall not be placed on Individual Season Record Forms in the Trackwrestling system and will not be used in calculations for NCAA championship selection purposes.

Art. 5. Daily Match Limit. Wrestlers shall not compete in more than six matches in one competition day.

- a. Forfeits and medical forfeits do not count into the six-match limitation; all other matches, including injury defaults, shall count into the total.
- b. Any match not contested because of the match limit shall be listed on the bracket as no contest (NC) and not count as either a win or loss for either competitor and shall not be placed on the Individual Season Record Form in the Trackwrestling system.
- c. A wrestler who has reached the daily match limit and receives a medical forfeit in their seventh match of the day may accept the medical forfeit as a win on their Individual Season Record Form. See Rule 4.8.1 for scoring team points for matches not contested because of a daily match limit.

Art. 6. Tournament or Pool/Round-Robin Verification of Entries. Event hosts may establish a deadline for verification of all event entries. Individual or team entry for event competition becomes official at the publicized registration date and time. Failure to verify entries by the deadline established by the event host shall result in disqualification of those entrants from the event. Verified entrants

failing to make their weight classification shall not be allowed to participate in another weight classification.

Note: Using a verification of entries deadline ensures the event host has ample time to satisfy Rule 3.22.8.

Art. 7. Competitors. Competitors in an event are those wrestlers who are on the team entry list after the verification of entries deadline, pass skin checks and make their verified weight class.

Art. 8. Event Host Verification of Weight Class Responsibility. For NCAA-registered individual-advancement tournaments, pool/round-robin events and open tournaments, the host shall download from the Trackwrestling system the names and weight classes of all rostered wrestlers entered in the event to verify entries are competing at an allowable weight class.

Note: Downloading entries after each institution has developed a weigh-in sheet will ensure all entries are available for tournament weight class verification. The verification of entry deadline may also serve as the weigh-in sheet development deadline.

Art. 9. Weigh-In Sheet Requirements. Before medical examinations, the host shall collect and retain a copy of all participating institutions' NCAA Official Weigh-In Forms. The actual weight for each entrant shall be recorded on the NCAA Official Weigh-In Form and in the OPC. If the entrant is listed on the NCAA Official Weigh-In Form but did not attempt to make weight, then it shall be recorded on the NCAA Official Weigh-In Form as Did Not Enter (DNE).

Art. 10. Reporting for a Match. Competitors shall be allowed a maximum of five minutes to appear ready to compete at the specified mat. Once a wrestler fails to initially appear at the mat, the name will be announced on the PA system. Upon this announcement, the mat score table will start a five-minute timer. Failure to arrive before the five-minute deadline will result in a forfeit.

Art. 11. Losses Due to Illness or Injury. In a tournament, matches started and then lost due to injury default by illness or injury do not eliminate a competitor from further competition, except when a medical forfeit has been granted.

Art. 12. Forfeits. A forfeit shall eliminate a competitor from further competition in that event.

Art. 13. Double Medical Forfeits. If both competitors are forced, due to injury, to declare a medical forfeit, the next round's opponent wins by medical forfeit.

Art. 14. Disqualification/Forfeit — Bracketing. All vacancies created because of a disqualification in a tournament shall be filled with a forfeit.

Art. 15. Double Non-Flagrant Disqualification. If both wrestlers are disqualified simultaneously for anything other than a flagrant misconduct, the match shall go immediately to overtime. Any subsequent point violation by either wrestler will result in disqualification.

Art. 16. Double Flagrant Misconduct Disqualification. Any double flagrant misconduct disqualifications will eliminate both wrestlers and the individual in the next round of the tournament will receive a forfeit.

Art. 17. Rest Between Matches. Competitors shall receive a mandatory 30 minutes of rest between all matches. The mandatory rest period is required for

all matches except when both wrestlers' previous match was a victory either by forfeit or medical forfeit. This rule may not be waived for any reason.

Art. 18. Presentation of Awards. It is recommended that medals and team trophies be presented in a ceremony made as impressive as possible. When competitors are receiving individual and/or team awards, they shall wear their school's official warmup. No extra equipment, including all types of headwear, signs, etc., may be worn or carried at the awards ceremony. All additional institutional personnel to be included in the team photo must be appropriately dressed.

Section 23. Tournaments — Bracketing and Seeding

Art. 1. Drawings and Optional Bracketing. Immediately after the verification of entries, drawings should be made in accordance with the illustrations provided in this rule.

Art. 2. Seeding. When seeding is used in an event, the tournament committee is responsible for the development of the seeding criteria.

Art. 3. Byes. Byes shall be determined for each individual weight class.

- a. The first round for each weight class should be determined based on the number of byes for that weight class. At no time should there be equal or more byes than the number of competitors in a weight class. When the number of competitors is four, eight, 16, 32, 64 or another power of two, there should be no byes in the first round.
- b. When the number of competitors is not equal to a power of two, the number of byes should be equal to the difference between the number of competitors and the next higher power of two. This establishes the bracket size and the bracket's first round. The number of pairs that meet in the first round should be equal to the difference between the number of competitors and the next lower power of two.
- c. There should be no byes after the first round, and no further drawing is necessary for the championship or wrestle-back rounds. The byes, if even in number, should be divided equally between top and bottom. When byes are required for the first round, they should be placed by mutual consent or drawn randomly, in such a way so that they are distributed evenly throughout the bracket. No half, quarter or eighth of a bracket shall have more than one more bye than its paired bracket.
- d. Tournament committees may use alternate methods for assigning byes in the first round of a tournament, as long as byes and/or resulting first-round pigtail matches are distributed randomly and no institution is unfairly helped or harmed by the resulting assignment.

Examples:

- Weight class 125 has 20 wrestlers; there shall be 12 byes and four pairings.
- Weight class 133 has eight wrestlers; there shall be no byes and four pairings.
- Weight class 141 has 14 wrestlers; there shall be two byes and six pairings.

Section 24. Tournaments — Competitors Eligible for Third-Place Matches (Wrestle-Backs)

Art. 1. Establishing Wrestle-Back Order. Immediately after completion of the first match of the round of 16 in each weight class, wrestle-back rounds should start among all competitors defeated by the winner of this round of 16. At the conclusion of the championship quarterfinals, the losers of those quarterfinals should be cross-bracketed into the third round of wrestle-backs. At the conclusion of the championship semifinals, the losers of those semifinals should be bracketed into the wrestle-back semifinals. After completion of the second through eighth matches in the round of 16 for the same weight, the same plan in this paragraph should be followed. In the double-elimination format, all defeated wrestlers (except those ejected for flagrant misconduct or who have medical forfeited or forfeited) are eligible for wrestle-backs.

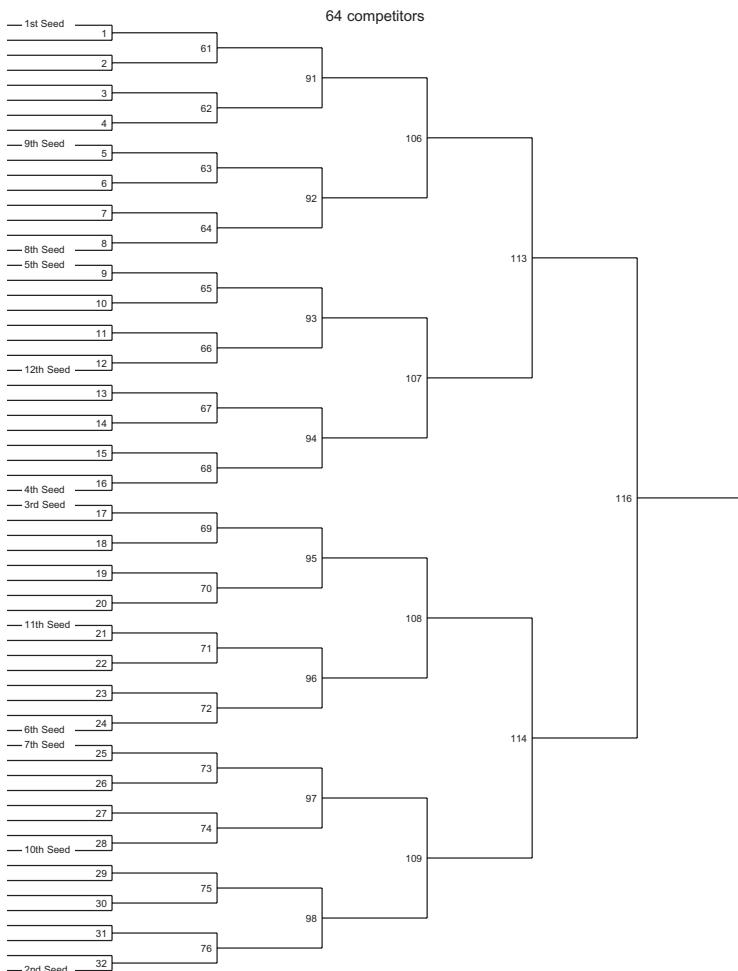
Art. 2. Establishing Order for Third Place and Subsequent Places. Wrestle-back matches to determine third place and subsequent places may be conducted in accordance with the original first-round drawings. Therefore, those eligible for the third-place wrestle-backs should be matched in the order in which they were defeated by the quarterfinalists in each eighth-bracket. The winner of the wrestle-back matches involving eligible wrestlers from the first eighth-bracket should be matched with the winner of the wrestle-back matches involving eligible wrestlers from the second eighth-bracket. The winner of this match should be paired with the loser of the championship quarterfinal match in the fourth quarter of the bracket (cross-bracketing) in the third round of wrestle-backs. Following the same procedure, the winner of wrestle-back matches drawn from the third and fourth eighth-brackets should be matched against the loser from the third quarter of the bracket, the winner from the fifth and sixth eighth-brackets against the loser from the second quarter of the bracket, and the winner from the seventh and eighth eighth-brackets against the loser from the first quarter of the bracket. The losers of the championship semifinals are not cross-bracketed. The loser of the upper-bracket semifinal is placed in the upper bracket of the wrestle-back semifinals, and the loser of the lower-bracket semifinal is placed in the lower bracket of the wrestle-back semifinal. Each bracket shall be cross-bracketed based on the size of each individual bracket. Some examples are shown in the charts at the end of this rule.

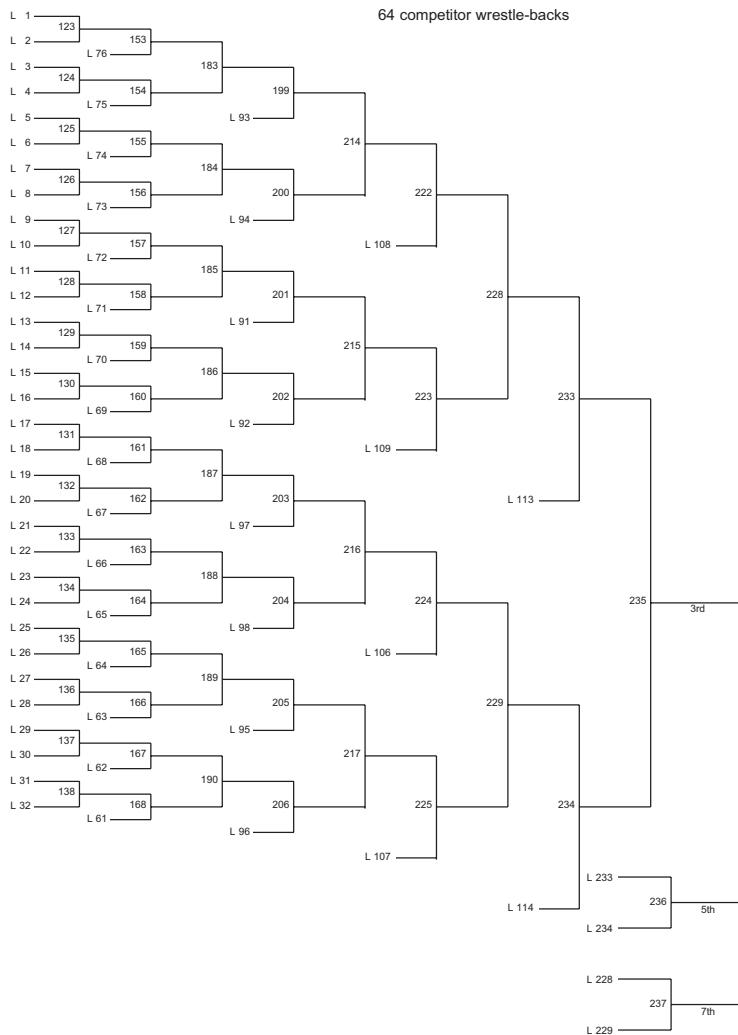
Art. 3. Rematch in Wrestle-Back. If two wrestlers who previously have competed against each other in the tournament are paired again in the wrestle-back bracket, the matches should be conducted and scored as if they had not wrestled previously.

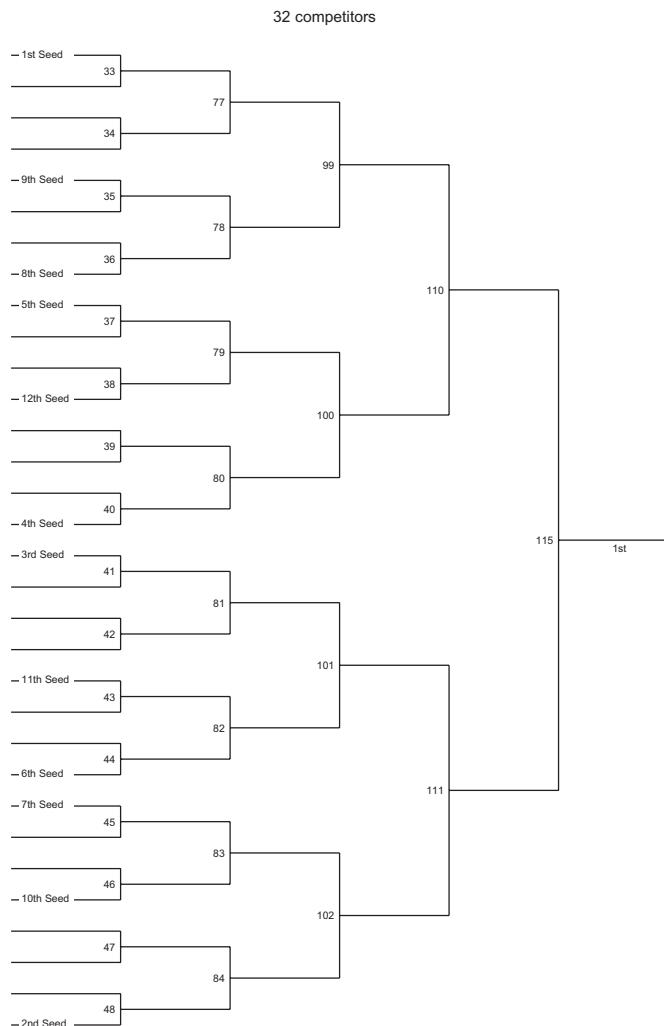
Section 25. Tournaments — Places Scored

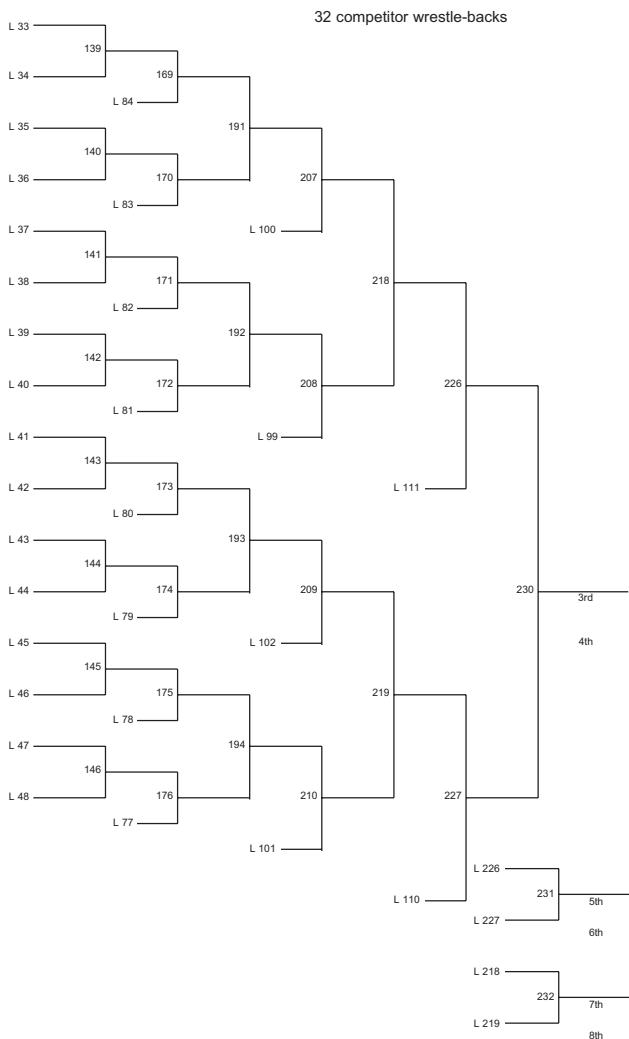
In tournaments awarding four or more places, it is recommended that the loser in the first-place match automatically take second place. The winner in the final wrestle-back match should be awarded third place, and the loser should be awarded fourth place. In tournaments in which six or more places are scored, the defeated wrestlers in the wrestle-back semifinals should wrestle for fifth and sixth places. In tournaments in which eight places are scored, the defeated wrestlers in the wrestle-back quarterfinals should wrestle for seventh and eighth places.

Sample NCAA Competition Brackets



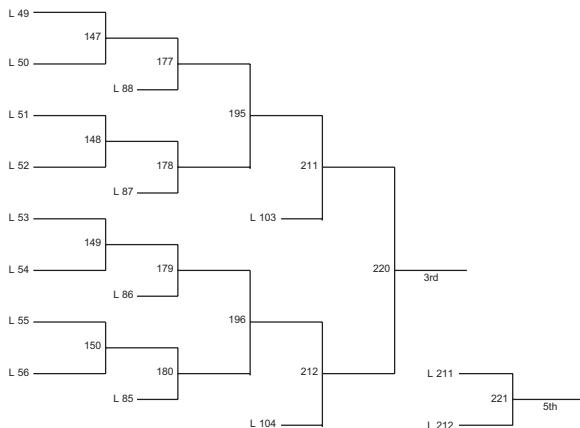


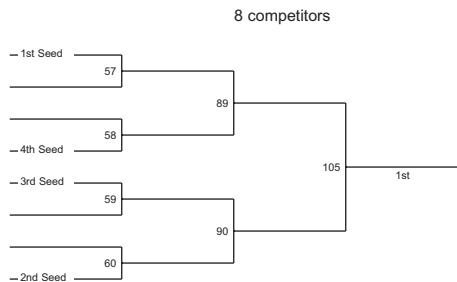




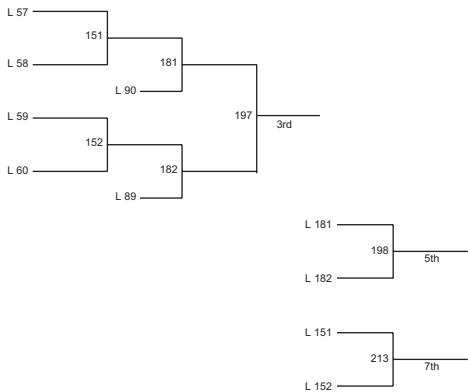


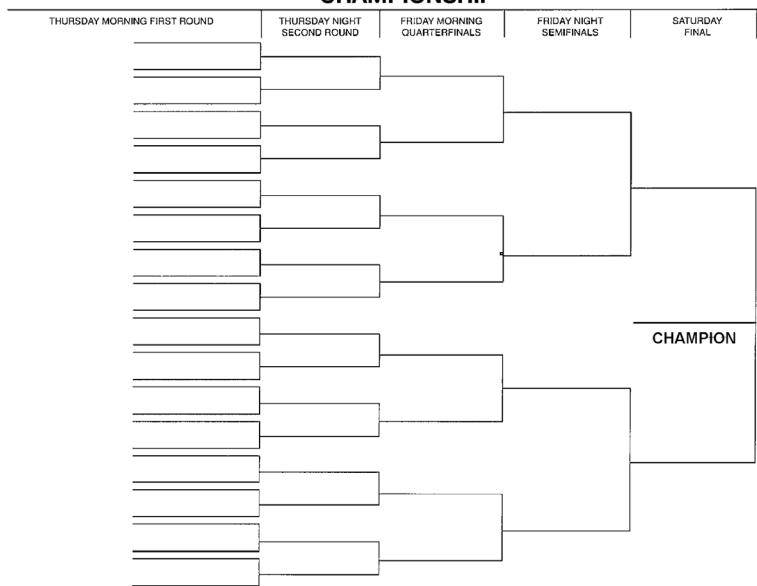
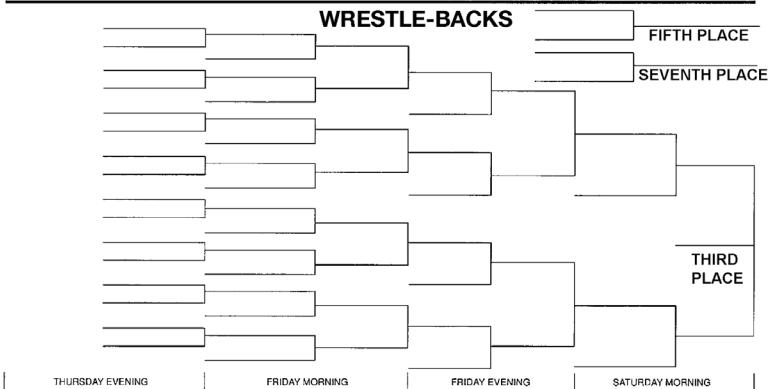
16 competitor wrestle-backs





8 competitor wrestle-backs



CHAMPIONSHIP**WRESTLE-BACKS**

RULE 4

Scoring Meets and Matches

Section 1. Scoring and Timing

Match and meet scoring and timing should be kept in plain view of spectators, wrestlers and coaches.

Section 2. Takedowns

Art. 1. Match Takedowns. A takedown shall be awarded when, from the neutral position, a competitor gains control of the opponent by taking the opponent down to the mat in bounds and beyond reaction.

Art. 2. Neutral Danger Zone Takedown. When in the neutral position, the referee shall announce a neutral danger signal (NDS) anytime a wrestler exposes their shoulders to the mat at any angle less than 90 degrees (neutral danger zone). The danger zone utilizes near fall criteria outlined in Rule 4.5.1, but replaces 45 degrees with any angle less than 90 degrees. The NDS announcement shall occur anytime a wrestler is voluntarily or involuntarily in the neutral danger zone, beyond reaction time, and will continue until the wrestler is out of the danger zone or a takedown is awarded. A neutral danger signal is not announced when both wrestlers are in the danger zone simultaneously.

Art. 3. Neutral Danger Signal. The NDS is a mandatory verbal announcement of the word “danger,” followed by a verbal three count. Whenever possible, the referee also should include a visual indication of the count. If the referee reaches the third count and the wrestler is still in the danger zone, the opposing wrestler is awarded a takedown.

Section 3. Escape

A defensive wrestler is awarded an escape when the offensive wrestler loses control of the opponent while any part of either wrestler remains in bounds.

Section 4. Reversal

A reversal occurs when the defensive wrestler comes from the defensive position and gains control of the opponent, either on the mat or in a rear-standing position. Reversal points at the edge of the wrestling area shall be awarded when control is established while any part of either wrestler remains in bounds.

Section 5. Near Fall

Art. 1. Near Fall Criteria. A near fall is a position in which the offensive wrestler has the opponent in a controlled pinning situation in which any one of the following three criteria are met:

- a. The defensive wrestler is held in a high bridge or on both elbows;

- b. Any part of one shoulder or scapula, or the head is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less to the mat; or
- c. Any part of both shoulders or both scapulae are held within four inches of the mat.

In any pinning situation, a near fall may occur if any part of either wrestler remains in bounds.

Art. 2. Counting the Near Fall. A verbal count and, whenever possible, a visual hand count shall be used in determining a near fall. Likewise, a referee shall verbally inform the wrestlers when near fall points have been earned. A near fall is ended when the defensive wrestler is no longer in one of the three criteria positions. The referee shall not award near fall until the match time expires or when the hold used to secure the near fall criterion is completely released.

Art. 3. Two-point Near Fall. If a criterion for a near fall is met and held uninterrupted for two seconds, two points shall be awarded.

Art. 4. Three-point Near Fall. If a criterion for a near fall is met and held uninterrupted for three seconds, three points shall be awarded.

Art. 5. Four-point Near Fall. If a criterion for a near fall is met and held uninterrupted for four seconds, four points shall be awarded.

Art. 6. Offensive Wrestler Scoring Near Fall. Only the offensive wrestler who has placed the opponent in a near fall criterion situation may score near fall points.

Art. 7. Defensive Wrestler Actions. When a defensive wrestler places themselves in near fall criterion during attempted escapes or reversals, a near fall shall not be scored unless the offensive wrestler has secured control of the defensive wrestler and held them in near fall criterion for at least two seconds.

Art. 8. Injury — Imminent Near Fall. When a pinning combination is executed legally by the offensive wrestler and a near fall is imminent, but one of the wrestlers is injured, indicates an injury or has excessive bleeding before a near fall criterion is met, action will be stopped and a two-point near fall shall be awarded to the offensive wrestler.

Art. 9. Injury — After Two-Point Near Fall Criterion Met. When a criterion for a two-point near fall is met and the match is stopped for an injury, the defensive wrestler indicates an injury or has excessive bleeding, action will stop and a three-point near fall shall be awarded to the offensive wrestler.

Art. 10. Injury — After Three-Point Near Fall Criterion Met. When a criterion for a three-point near fall is met and the match is stopped for an injury, the defensive wrestler indicates an injury or has excessive bleeding, action will stop and a four-point near fall shall be awarded to the offensive wrestler.

Art. 11. Injury — After Four-Point Near Fall Criterion Met. When a criterion for a four-point near fall are met, and a match is stopped for an injury, the defensive wrestler indicates an injury or has excessive bleeding, an additional point shall be awarded to the offensive wrestler.

Art. 12. Assessing Penalty Points in Near fall Situations. Points for unnecessary roughness, unsportsmanlike conduct, technical violations or illegal holds committed by the defensive wrestler during near fall situations shall be added to points earned by the offensive wrestler. In addition, wrestling shall continue

during a violation(s) by the defensive wrestler if the referee determines no risk of injury exists.

Art. 13. Riding Time Point. The offensive wrestler who has control in an advantage position shall accumulate riding time. A timekeeper records each wrestler's accumulated riding time throughout the match. If one of the competitors has one minute or more of net riding time advantage, the wrestler is awarded one point. An earned riding time point may be awarded no sooner than at the end of the third period and/or at the end of any sudden victory or any round of tiebreakers. The riding time point may be used to win or continue the match. The riding time point is earned simultaneously with any other points when determining whether a technical fall occurred. (See Rule 2.3.6.)

- a. A riding time point earned at the end of a sudden victory period results in the wrestler who earned the point being declared the winner.
- b. If a match is continued because of an earned riding time point, after a round of tiebreaker periods, the riding time clock is reset to zero and both wrestlers can accumulate new riding time until the match is decided.
- c. A wrestler who earns a riding time point in overtime may still accumulate riding time and win the match on having a net time advantage at the conclusion of a round of tiebreakers. (See Rule 3.16.4.)

Section 6. Individual Match Scoring Values

In all matches, the competitors are awarded points by the referee in accordance with the following system:

Takedown	3 points
Escape	1 point
Reversal	2 points
Near Fall	2, 3 or 4 points
Riding Time Advantage	1 point

Section 7. Dual Meet Scoring

Art. 1. Six team points shall be scored toward the team total for each competitor who wins by a fall, default, forfeit or disqualification.

Art. 2. Five team points shall be scored for a technical fall.

Art. 3. Four team points shall be scored for a major decision.

Art. 4. Three team points shall be scored for a decision.

Art. 5. In a dual meet, when both teams fail to enter a competitor at the same weight class, it shall be scored as "no contest." In this situation, no team points are awarded.

Art. 6. Failure to make weight shall be scored as a forfeit.

Art. 7. Failure to pass medical examinations see Rule 9.1.7.

Section 8. Tournament Team Scoring

TOURNAMENT SCORING CHART

	1st	2nd	3rd	4th	5th	6th	7th	8th
Four Places	10	7	4	2				
Six Places	12	10	9	7	6	4		
Eight Places	16	12	10	9	7	6	4	3

Art. 1. Tournament Placement Points. In individual advancement tournaments, individual placement points should be awarded as soon as earned. Placement points already earned shall be deducted in cases of disqualification for flagrant misconduct. When two wrestlers are paired together in a placing round and both wrestlers forfeit or medical forfeit the match, each wrestler will share the lowest place and split the total available team points in that round. When a placing match is not contested because both wrestlers reached their daily match limit, the two wrestlers shall share the total available team points. (See Rule 3.22.5.) Wrestlers who advance in a bracket to a placing round because of a no contest resulting from an opponent reaching their daily match limit will receive their earned team placement points.

Art. 2. Tournament Scoring to Eight Places. In tournaments scoring eight places, the winner of each championship quarterfinal should be awarded six place points, the winner of each championship semifinal should be awarded six additional place points and the winner of each championship final should be awarded four additional place points. The winner of the wrestle-back semifinals receives three points. In the previous wrestle-back round, the winner receives three points and before that, three points. The winner of third place, the winner of fifth place and the winner of seventh place should receive one additional place point.

Art. 3. Tournament Scoring to Six Places. In tournaments scoring six places, the winner of each championship quarterfinal should be awarded four place points, the winner of each championship semifinal should be awarded six additional place points and the winner of each championship final should be awarded two additional place points. The winner of the wrestle-back quarterfinal match should receive four place points. The winner of the wrestle-back semifinals should receive three additional place points. The winner of third place and the winner of fifth place should receive two additional place points.

Art. 4. Tournament Scoring to Four Places. In tournaments scoring four places, the winner of each championship semifinal should be awarded seven place points and the winner of each championship final should be awarded three additional place points. The winner of each wrestle-back semifinal should receive two place points, and the winner of third place should receive two additional place points.

Art. 5. More Than One Entry per Institution. For individual team tournament scoring, when more than one competitor from the same institution competes in a given weight class, only the score for the competitor with the highest number of team points shall be used for calculating team points.

Art. 6. *True Placement Matches.* When/if true placement matches are held at an event, the resulting true placement match outcomes shall not change the team score for the event.

Art. 7. Tournament Advancement Points. One team point shall be scored for each match won in the championship bracket and $\frac{1}{2}$ point in the wrestle-back bracket. One point in the championship bracket and $\frac{1}{2}$ point in the wrestle-back bracket shall be awarded for a bye if the wrestler receiving the bye wins in the next round. Advancement points are not given for placing matches or when a wrestler advances in a bracket because of a no contest resulting from an opponent reaching their daily match limit.

Art. 8. Bonus Points. Two additional points shall be scored for each match won by fall, default, forfeit, medical forfeit or disqualification throughout the tournament. A total of $1\frac{1}{2}$ points shall be awarded for each match won by a technical fall. One point shall be awarded for each match won by a major decision. Wrestlers who advance in a bracket because of a no contest resulting from an opponent reaching their daily match limit do not receive bonus points.

Art. 9. Failure to Make Weight. In individual advancement tournaments, failure to make weight shall be awarded as a forfeit to the opponent and points for the forfeit and advancement shall be scored.

Section 9. Summary of Team Scoring

<i>Dual Meet</i>	<i>Tournament</i>
Fall.....	6
Forfeit	6
Default.....	6
Disqualification.....	6
Flagrant Misconduct.....	6
Technical Fall.....	5
Major Decision (by 8 through 14 points)	4
Decision (by fewer than 8 points).....	3
	Fall.....
	2
	Forfeit
	2
	Medical Forfeit.....
	2
	Medical Forfeit-L.....
	2
	Default.....
	2
	Disqualification.....
	2
	Flagrant Misconduct.....
	2
	Technical Fall.....
	$1\frac{1}{2}$
	Advancement
	Championship Bracket
	1
	Wrestle-Back Bracket.....
	$\frac{1}{2}$
	Major Decision (by 8 through 14 points)
	1
	Bye followed by a win
	Championship Bracket
	1
	Wrestle-Back Bracket
	$\frac{1}{2}$

Section 10. Match Scoring Abbreviations

T-3	Takedown
R-2.....	Reversal
E-1	Escape
N-2	Near fall (two seconds)
N-3	Near fall (three seconds)
N-4	Near fall (four seconds)
N-5	Near fall (as a result of injury)
FS	False start
S.....	Stalling
TV	Technical violation
P	Illegal holds, unnecessary roughness
W.....	Warning
C.....	Caution
UC.....	Unsportsmanlike conduct
RT.....	Riding time
Inj(1)1:45.....	First injury
Inj(2)3:15↓.....	Second injury*

* Inj(2)3:15↓ – Method of recording second injury; injured wrestler started in down (defensive) position at resumption of wrestling.

Section 11. Match Outcome Abbreviations and Examples

Art. 1. Match Outcomes.

Dec. 8-3.....	Decision, 8-3 final score
MD 15-6	Major decision, 15-6 final score
TF 18-2; 5:19	*Technical fall, 18-2 at 5:19 during match
F 1:36	*Fall at 1:36 in the match
For.....	Forfeit
M. For.....	Medical forfeit (Time not recorded since match didn't occur)
M. For-L.	Medical forfeit loss (Time not recorded since match didn't occur)
Def. 3:47.....	*Default at 3:47 in the match
DQ	Disqualification
DQW.....	Disqualification for weight management violation
DQM	Disqualification for violation of medical protocol
FMC	Flagrant misconduct
NC.....	No contest

* Time must be recorded with the result.

Art. 2. Match Overtime Designations.

SV	**Sudden victory
TB	**Tiebreaker
SV-1	Sudden victory 1 st round
SV-2	Sudden victory 2 nd round
SV- <i>n</i>	Sudden victory <i>n</i> th round
TB-1	Tiebreaker 1 st round
TB-2	Tiebreaker 2 nd round
TB- <i>n</i>	Tiebreaker <i>n</i> th round

** Examples for indicating overtime match results:

5-3 (SV-1) or 3-1 (SV-2) when a match is won in sudden victory

7-6 (TB-1) or 4-2 (TB-2) when a match is won on points after tiebreaker periods

6-6 (TB-2) when a match is won on riding time after TB-1 or TB-2

Fall 7:26 (SV-1) or Fall 10:45 (TB-2) when a match is won by fall during SV or TB-1 or TB-2

Note: The abbreviations, outcomes and designations listed in Rules 4.10 and 4.11 are the only official terms for recording a result and must be used in all tournaments and dual meets. Incorrectly reported results may be excluded from the wrestler's Individual Season Record Form.

RULE 5

Infractions

Section 1. Assessing Match Penalties

Art. 1. *Penalty Table.* Infractions of the rules are penalized in accordance with the rules listed in the rules book and as summarized on the Penalty Table found at the end of this rule.

Art. 2. *Indicating Infractions.* A match shall not be stopped to indicate an infraction:

- a. When warning or penalizing either wrestler for stalling in the neutral position (**Exception:** second stoppage for interlocking fingers);
- b. When warning or penalizing for stalling the defensive wrestler or the offensive wrestler while in the rear standing position;
- c. For locked hands or grasping clothing committed during a successful scoring opportunity;
- d. For applying a figure-four scissors around the head from neutral during a successful takedown;
- e. For applying a figure-four scissors around both legs or the body from the offensive position during a successful reversal or escape;
- f. For illegal holds, unnecessary roughness or unsportsmanlike conduct during scoring situations, unless it is necessary to prevent an injury; and
- g. During a verbal count for Rules 5.7.12, 5.7.13 and 5.7.14 when the defensive wrestler is in the process of scoring.

Art. 3. *Warnings and Sequence of Penalties.* The Penalty Table summarizes the sequence of violations, which are cumulative throughout the match and/or event.

Art. 4. *Offensive Infractions and Riding Time.* When an infraction occurs by the offensive wrestler, the referee shall ensure that the riding time stops at the point when the infraction is indicated on the mat.

Section 2. Unsportsmanlike Conduct

Art. 1. *Description.* Unsportsmanlike conduct can occur before, during or after a match. It may include, but is not limited to, such acts as swearing, aggressively throwing ear protection (regardless of anger or excitement), failure to stop on the whistle, indicating excessive displeasure with a call, excessive celebration involving a vulgar act, failing to comply with postmatch procedures, spitting or blowing of nose (into other than designated receptacles and repositories), having competition uniform straps down while still inside the competition circle or other acts generally considered by the referee to be distasteful to spectators, coaches and fellow competitors.

Art. 2. *Calls Unchangeable.* Once an unsportsmanlike conduct 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. Additionally, the referee may not assess an unsportsmanlike or flagrant misconduct penalty during subsequent matches in a dual meet or later in a tournament session for action(s) in an earlier match.

Art. 3. *Wrestler — Prematch or Postmatch Period.* An unsportsmanlike conduct violation for a wrestler during the prematch or postmatch period shall result in the deduction of one team point for the first violation; the penalty for the second violation outside of a match and during the same dual meet or tournament session will be disqualification, the deduction of one team point and removal from the premises for the remainder of the event. In addition to using the appropriate signal, the referee shall verbally notify a member of the offending coaching staff immediately after the violation. If the coaching staff has vacated the reserved zone, the referee shall inform the tournament committee, which will be responsible for notifying the institution. Additional unsportsmanlike conduct violations that occur by the same wrestler before the verbal notification are considered simultaneous violations. (See Rule 2.2.15.)

Art. 4. *Wrestler — During a Match.* An unsportsmanlike violation during the match shall be an award to the opponent of one match point for the first violation and disqualification from the match for the second violation. In-match unsportsmanlike conduct disqualifications are disqualifications from that match only. In addition to using the appropriate signal, the referee shall verbally notify a member of the offending coaching staff immediately after the violation. Additional unsportsmanlike conduct violations that occur by the same wrestler before the verbal notification are considered simultaneous violations. (See Rule 2.2.15.)

Art. 5. *Noncompeting Wrestler and Personnel — Prematch, Match or Postmatch Period.* An unsportsmanlike conduct violation by coaches, athletic trainers, managers, physicians and noncompeting wrestlers shall result in the deduction of one team point for the first violation; the penalty for the second violation will be disqualification, the deduction of one team point and removal from the premises. In addition to using the appropriate signal, the referee shall verbally notify a member of the offending coaching staff immediately after the violation. If the coaching staff has vacated the reserved zone, the referee shall inform the tournament committee, which will be responsible for notifying the institution. Additional unsportsmanlike conduct violations that occur by the same individual before the verbal notification are considered simultaneous violations. (See Rule 2.2.15.)

Art. 6. *Accumulation of Penalties.* The penalties for unsportsmanlike conduct are cumulative throughout a dual meet or a tournament session for noncompeting wrestlers, coaches, athletic trainers, managers and physicians. In-match unsportsmanlike conduct calls for competitors are cumulative within that match.

Section 3. Unnecessary Roughness

Unnecessary roughness involves physical acts that occur during a match. It includes any act that exceeds normal aggressiveness. It would include, but is not limited to: a forceful slap to the head, neck or face; a forceful application of a

crossface; a forceful trip; or a forearm or elbow used in a punishing way, such as on the spine or the back of the head or neck. When this violation occurs during the match, the offended wrestler is provided recovery time per Rule 6.3.5. Points for unnecessary roughness shall be awarded in addition to other violations and points earned. Unnecessary roughness penalties are assessed in conjunction with other technical violations as outlined in the penalty table.

Section 4. Illegal Substance on Skin

The use of oil or greasy substances that cannot be completely removed shall be grounds for disqualification from the match at the discretion of the referee. Timeout for the removal of such substances shall be cumulative with the timeout for injuries throughout the match.

Section 5. Flagrant Misconduct

Art. 1. Description. Flagrant misconduct can occur before, during or after a match. It may include, but is not limited to: nonphysical and physical acts of misbehavior, such as intentionally striking an opponent; executing an intentional drill or forceful fall back on an opponent; deliberately attempting to injure an opponent; or any act serious enough to disqualify a wrestler from an event.

Art. 2. Wrestler — Prematch, Match or Postmatch Period — Dual Meet. A flagrant misconduct violation shall be penalized by the deduction of one team point, disqualification of the wrestler, removal from the premises for the remainder of the event, declaration of the opponent as the winner and the award of six points to the opponent's team. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 3. Wrestler — Prematch, Match or Postmatch Period — Tournament. A flagrant misconduct violation during a tournament shall be penalized by the deduction of one team point, removal from the premises for the remainder of the event, declaration of the opponent as the winner and two team points awarded for advancement. Additionally, the wrestler charged with the flagrant misconduct will not be credited with points earned before the incident, nor receive placement points or an individual tournament award. Other wrestlers will remain in their respective positions on the bracket. In dual-team advancement tournaments, the flagrant misconduct penalty points are only deducted for the session in which the offense occurred. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 4. Noncompeting Wrestler. A flagrant misconduct violation shall be penalized the same as if the noncompeting wrestler were a competing wrestler. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 5. Institutional Representative. If the offender is an institutional representative other than the competing and noncompeting wrestlers and medical staff, the penalty shall be the deduction of one team point, and the offender shall be removed from the premises for the remainder of the event, including multi-day events. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 6. Institutional Medical Staff. If the offender is a member of the team's medical staff, the penalty shall be the deduction of one team point and the offender shall be restricted to the designated spectator area for the remainder of the event, including multi-day events. The member of the team's medical

staff shall continue to serve the team's medical needs. (Also see Rule 5.5.9 for mandatory suspension requirements.)

Art. 7. *Video Review Requirement.* If mat-side video review is being utilized, once a flagrant misconduct violation has been assessed, the referee shall review the official designated mat-side video. The review shall take place immediately after the violation has been assessed. After the flagrant misconduct violation has been reviewed, the call may be confirmed or altered per the referee's decision.

Art. 8. *Calls Unchangeable.* 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.

Art. 9. *Suspension Requirements.* A wrestler or institutional representative other than medical staff who commits an act of flagrant misconduct shall be suspended from participation until after the team's next regularly scheduled event. A member of the team's medical staff who commits an act of flagrant misconduct shall be suspended from participation during the team's next regularly scheduled home event. If flagrant misconduct occurs during the last event of the season, the suspension carries over to the first event of the next season. During the suspension, the suspended person(s) shall not sit on the team bench.



Art. 10. *Reporting of Flagrant Misconduct Violations.* The referee shall electronically complete and file the Flagrant Misconduct Report located on the NCAA Wrestling Officiating Center Mat website at www.refquest.com as soon as possible after the match.

Art. 11. *Multi-day Events.* In a triangular, quadrangular, individual advancement or dual-team advancement tournament, an individual(s) penalized for flagrant misconduct shall be disqualified and removed from the premises for the duration of the event, including multiple-day competitions. "Premises" is defined as the building in which the event takes place.

Art. 12. *Notification of Flagrant Misconduct.* The referee or a member of the tournament committee shall inform the head coach that a team member, who must be identified by name, has been charged with a flagrant misconduct violation.

Art. 13. *Use of Tobacco Products.* The use of tobacco products by student-athletes, coaches or other team personnel on the premises during an event is a flagrant misconduct violation. Additionally, in NCAA competition, a tobacco violation may be penalized as misconduct as defined in the NCAA bylaws of the current NCAA Division I, II or III Manual, with the penalty to be determined by the NCAA Wrestling Rules Committee.

Section 6. Illegal Holds

Art. 1. *General Illegal Holds Description.* Points for illegal holds shall be awarded in addition to the points earned by the offended wrestler. Whenever possible, an illegal hold should be prevented rather than called. When an illegal hold cannot be prevented, it must be penalized. Any hold is allowed except the hammerlock above the right angle, twisting hammerlock, full nelson, front headlock without the arm, headlock without the arm (must encircle at the elbow or above), straight head scissors (even though the arm is included), choke holds, all body slams, twisting knee lock, key lock, overhead double arm bar, the bending, twisting or forcing of the head or any limb beyond its normal

limits of movement, locking the hands behind the back in a front double arm bar, full back suplay from a rear-standing position, single leg cut back, when the offensive wrestler leaves both feet and uses one or both legs to execute the kickback, and any hold used for punishment alone. Any hold with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation is illegal. Any down position leg ride that hyperextends the knee of the defensive wrestler beyond the normal limits of movement is illegal.

Art. 2. *Grasping Fingers.* Wrestlers may grasp all four fingers in an effort to break a hold, but pulling back the thumb or one, two or three fingers is illegal.

Art. 3. *Slam.* The term "slam" is interpreted as lifting and bringing an opponent to the mat with unnecessary force. This infraction may be committed by a wrestler in either the top or bottom position on the mat and in the neutral position during a takedown. When a wrestler lifts the opponent off the mat and brings that wrestler to the mat with excessive force, a slam shall be called without hesitation after the situation occurs. If an illegal hold starts within the match and concludes after the match is over, it shall be penalized as an in-match violation.

Art. 4. *Over-Scissors.* Leg rides applied by the offensive wrestler that hyperextend the knee beyond its normal limits of movement are illegal. (See Appendix A - Illustrations.)

Art. 5. *Locked Hands — Guillotine.* The offensive wrestler cannot lock hands around the head of the defensive wrestler when using the guillotine until the offensive wrestler meets a near fall criterion. (See Appendix A - Illustrations.)

Art. 6. *Injury — Illegal.* For injury caused by illegal action, see Rule 6.3.5.

Art. 7. *Legal Hold to Illegal.* A wrestler applying a legal hold should not be penalized when the opponent turns the legal hold into an illegal hold. The referee shall announce that the hold be released when it becomes illegal. However, the match need not be stopped unless the referee finds it necessary to do so in order to correct the situation.

Art. 8. *The Double Arm Bar.* The front double arm bar is illegal if hands are locked in the middle of the back. (See Appendix A - Illustrations.)

Art. 9. *Rear Double Knee Kickback.* It is illegal, when a wrestler in the rear standing position, leaves their feet and uses their lower leg(s) to kick behind the defensive wrestler's knees in an attempt to bring the opponent to the mat. (See Appendix A - Illustrations.)

Art. 10. *Neck Bow.* When in the top position, it is illegal for the offensive wrestler to apply a head and arm side headlock from the side position and then somersault toward and over the defensive wrestler's head. (See Appendix A - Illustrations.)

Art. 11. *High and Outside Single Leg Back Trip.* It is illegal to have a high single leg on an opponent and trip back to the opponent's buttocks side, when the tripper's body also is on the opponent's buttock's side. (See Appendix A - Illustrations.)

Art. 12. *Hands to the Face.* It is illegal to deliberately place the hand(s) in, on or around the eyes, nose or mouth of the opponent.

Art. 13. *Figure-Four Scissors.* The figure-four scissors is illegal when applied by either wrestler around the body of the opponent, by the offensive wrestler around both legs of the defensive wrestler, or by the defensive wrestler around the head, with or without the arm included, or on the head while in a neutral position by either wrestler. A leg scissor around the body or both legs becomes a figure-four when the foot is placed directly behind the knee (where the knee bends).

Section 7. Stalling

Art. 1. *Description.* One or both wrestlers attempting to avoid wrestling action as an offensive or defensive strategy.

Art. 2. *Initiating Action.* Action is to be maintained throughout the match by the wrestlers staying near the center of the mat and wrestling aggressively in all positions (top, bottom or neutral). Competitors charged with stalling shall be penalized according to the penalty sequence in Rule 5.7.3.

Art. 3. *Penalty Sequence.*

- a. First violation = warning.
- b. Second violation = 1 match point to the opponent.
- c. Third violation = 1 match point to the opponent.
- d. Fourth violation = 2 match points to the opponent.
- e. Fifth violation = disqualification.

Art. 4. *Double Stalling.* A “double stalling” violation is given when both wrestlers fail to initiate an offense.

Art. 5. *Neutral Position Stalling.* When competing in the neutral position, neither wrestler may force an unnecessary restart by forcing an out-of-bounds call by the referee. Each wrestler shall attempt to work toward the center of the mat and continue wrestling in an attempt to secure a takedown, regardless of the time or score of the match. When wrestling is stopped in the neutral position for going out of bounds, one of the following three calls shall be made (see Referee Signals in Appendix B for proper referee signals):

- a. Stalling by one or both wrestlers for leaving the wrestling area;
- b. Stalling for pushing or pulling the opponent out of bounds; or
- c. Wrestling action is taking place.

Art. 6. *Stalling by Backing Up.* Continually backing away from the opponent without creating offensive action.

Art. 7. *Stalling by Wrestling on the Edge.* Near the edge of the wrestling area, a wrestler shall not leave the wrestling area unless it is to sprawl from an opponent’s takedown attempt or when interlocked in wrestling.

Art. 8. *Stalling by Kicking Out of Bounds.* A wrestler kicks out of a lower leg hold and this kick out requires the referee to make an out-of-bounds call.

Art. 9. *Stalling by Fleeing.* Fleeing or attempting to flee the wrestling area as a means of avoiding being scored upon.

Art. 10. *Stalling by Pushing or Pulling — Offensive or Defensive Position.* Pushing or pulling the opponent out of bounds so as to force a restart.

Art. 11. *Stalling — Offensive and Defensive Position.* Offensive and defensive wrestlers shall make an attempt to sustain active wrestling and remain in the competition circle.

Art. 12. *Stalling by Dropping Down to a Lower Leg.* When the offensive wrestler is positioned with one or both hands below the buttocks of the defensive wrestler, the referee shall immediately start a verbal five-second count. Whenever possible, the referee also should include a visual indication of the count. The referee shall stop the count when the offensive wrestler improves their position, moves their hold back up above the buttocks of the defensive wrestler, releases the hold or when both wrestlers rise to the standing position. If the referee reaches the fifth count before the offensive wrestler improves their position, moves their hold back up above the buttocks or releases the hold, then the offensive wrestler shall be called for stalling.

- a. When the defensive wrestler initiates action to the offensive wrestler's lower leg first, the offensive wrestler may drop down to the defensive wrestler's lower leg without a mandatory count being issued.
- b. When dropped to a lower leg, there is no mandatory count when both the offensive and defensive wrestlers are in the rear-standing position.

Art. 13. *Stalling by Ankle Ride.* If the offensive wrestler applies a hold with one or both arm(s)/hand(s) below the buttocks, the referee shall immediately start a verbal five-second count. Whenever possible, the referee also should include a visual indication of the count. The referee shall stop the count when the offensive wrestler moves their arm(s)/hand(s) back up above the buttocks of the defensive wrestler, or releases the hold. 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, or releases the hold, then the offensive wrestler shall be called for stalling.

Art. 14. *Stalling by Side Headlock.* When an offensive wrestler applies a side headlock or cross body headlock to the defensive wrestler, the referee shall immediately start a verbal five-second count. Whenever possible, the referee also should include a visual indication of the count. If the offensive wrestler does not release the hold or attempt to put their opponent in a near fall situation (defined as on their back or in a near fall criterion) before the referee reaches their fifth count, the offensive wrestler shall be called for stalling. When using a side-headlock, there is no mandatory count when both the offensive and defensive wrestlers are in the rear-standing position.

Art. 15. *On-the-Mat Stalling Situations.* Offensive and defensive stalling situations also include:

- a. The offensive wrestler does not aggressively attempt to break down the opponent and work toward obtaining near fall points and/or a pin.
- b. The defensive wrestler not initiating action to escape or reverse the opponent.
- c. An offensive wrestler not making an effort to return the defensive wrestler to the mat is considered stalling. In all rear-standing situations, it is the offensive wrestler's responsibility to make an effort to return the defensive wrestler to the mat.

Art. 16. Stalling by Delaying Match. Delaying the match, such as straggling back from out of bounds, unnecessarily changing or adjusting equipment, or any match delays directly related to shoes or shoelaces, shall be penalized as stalling. If a shoe comes off or comes untied during potential scoring action, the wrestling may continue. However, once the scoring action stops, the match must be stopped to correct the shoe issue, and at that time a stalling warning must be issued to the wrestler causing the delay.

Section 8. Technical Violations

Art. 1. Interlocking Fingers in Neutral Position. Interlocking fingers occurs when the fingers of one or both hands of each wrestler are laced alternately with the opponent's fingers. Interlocking fingers shall be penalized when it occurs beyond a reasonable time as determined by the referee. Interlocking fingers with the opponent in the neutral position is a stalemate for the first offense. Subsequent offenses of interlocking fingers in the neutral position shall be called stalling.

Art. 2. Interlocking Hands — Description. Wrestlers in the position of advantage may not interlock or overlap their hands, fingers or arms around their opponent's body, both legs or both arms when extended over the defensive wrestler's head unless all of their opponent's weight is supported entirely by the defensive wrestler's feet or the defensive wrestler's pinning area is meeting a near fall criterion. The opponent of a wrestler committing this technical violation shall receive one match point.

Art. 3. Interlocking Hands — Reaction Time. Reaction time for interlocking hands exists in all areas except for the locked hands call down on the mat.

Art. 4. Leaving Mat Without Permission. It is a technical violation to leave the mat without first receiving permission to do so from the referee. The opponent shall receive one match point for this technical violation.

Art. 5. Toweling Off. A timeout for the specific reason of toweling off perspiration during a match is a technical violation. The opponent shall receive one match point for this technical violation.

Art. 6. Grasping Clothing or Equipment. Grasping of clothing, the mat, equipment or ear protection by a competitor is a technical violation. When these actions occur, any advantage gained that results in points earned (if any) shall be nullified by the referee.

Art. 7. Baiting an Opponent. When a wrestler displays actions or behavior that are only an attempt to secure a stalling call, technical violation or other violation on the opponent, this shall be penalized as a technical violation.

Section 9. False Start and Starting Position Penalties

A first and second false start or incorrect starting position violation shall be a visual caution, signified by a "C" formed by the forefinger and thumb. A third and subsequent violations shall result in the opponent receiving one match point for each occurrence.

Section 10. Penalty Table Footnotes

The following footnotes refer to the Penalty Table on page 60:

- ¹ Point assessments are added to opponent's score.
- ² Unnecessary roughness and illegal holds are penalized with the listed penalty using the technical violation sequence.
- ³ Disqualify, deduction of one team point, ejection for the remainder of the event, loss of all previously earned team points and suspension from the subsequent event. (See Rule 5.5.9.)
- ⁴ In addition to ejection from the event, the offender (other than medical personnel) is suspended from the team's next regularly scheduled competition.
- ⁵ Cumulative for each institution throughout a dual meet, single and multi-day tournaments, and both dual, individual and team-advancement events.
- ⁶ Medical personnel is suspended from the team's next regularly scheduled home competition.
- ⁷ Cumulative per dual meet or tournament session.

PENALTY TABLE

Infraction	1st Violation	2nd Violation	3rd Violation	4th Violation	5th Violation
Unsportsmanlike conduct—wrestler during match ¹	1 point	Disqualification for that match only			
Unnecessary roughness and illegal holds ^{1,2}	1 point; disqualification offending wrestler if opponent is unable to continue				
Technical Violations (TV) See Rule 5.8	1 point	1 point	2 points	Disqualification	
Selling Penalties See Rule 5.7	Warning	1 point	1 point	2 points	Disqualification
Starting Position Penalties False start Incorrect starting positions	Caution	Caution	1 match point for this and each subsequent violation		
Unsportsmanlike conduct—nonparticipating team personnel; and wrestlers pre and postmatch ⁷	1 team point	1 team point and offender is ejected for remainder of event			
Flagrant misconduct ³ —wrestlers (prematch, during match and/or postmatch)	Disqualification and 1 team point deduction (See Rules 5.5.3 and 5.5.9)				
Flagrant misconduct—institutional personnel other than medical personnel ^{4,6}	Ejection for remainder of event and loss of 1 team point				
Questioning a rules application ⁵	Warning	Warning	1 team point for this and each subsequent violation		
Control of mat area—failure to comply	1 team point deduction	1 team point for this and each subsequent violation			
Illegal substance on skin Illegal equipment	Disqualification from match if not removed/corrected prior to injury time expiring				
Illegal uniform	Notify the game management or tournament committee				

See Rule 5.10 on page 59 for Penalty Table footnotes.

RULE 6

Injuries, Timeouts and Match Stoppages

Section 1. Injury Timeouts

Art. 1. Unethical Timeouts. Taking an injury timeout for a non-injury situation is unethical. A competitor who indicates an injury for the purpose of preventing scoring or being pinned must be charged with an injury timeout.

Art. 2. Calling a Nonbleeding Injury Timeout. A wrestler that wishes to request an injury timeout shall notify the referee, who is solely responsible for calling match timeouts.

Art. 3. Starting the Injury Time Clock. When an injury timeout is called by the referee, the injury clock shall not be started until the medical personnel arrive at the mat.

Art. 4. Injury Time Stopped Prior to Medical Personnel Arriving. If a wrestler requests and receives an injury timeout, and then subsequently indicates they are ready to return to the match before the injury time clock begins, the referee shall charge the wrestler with a timeout and ensure that one second of injury time is recorded.

Art. 5. Possible Presence of Injury. Referees also shall have the prerogative to stop or delay the match to communicate with the wrestler or consult with medical personnel.

Art. 6. Injury Timeout Assessment Requirement. With the exception of Rule 6.1.5, when wrestling action is stopped for a nonbleeding injury assessment, an injury timeout shall be assessed.

Art. 7. Nonbleeding Injury Timeout. An injured or ill competitor may be awarded timeout up to a maximum of 1½ minutes, which is cumulative throughout the match, including overtime periods. At the completion of the 1½ minutes of injury time, the injured wrestler should be prepared to rise and move to the center of the mat to restart the match.

Art. 8. Coaching Nonbleeding Injured Wrestlers. Coaching an injured wrestler is not permitted.

Art. 9. Coaching Noninjured Wrestler. Coaching of the noninjured wrestler is permitted during an injury timeout or a referee timeout.

Art. 10. Coaching During Bleeding Timeout. Coaching of both wrestlers is allowable during a bleeding timeout.

Art. 11. Coaches Assisting Injured Wrestlers. In the case of a severe or traumatic situation, medical personnel may request the wrestler's coach to assist in the calming of the wrestler, but the coach must remove themselves from the situation during any assessment period related to the injury or concussion evaluation.

Art. 12. *Attendants During Injury Timeout.* Not more than two attendants and a physician/athletic trainer shall be permitted on the mat with the wrestler during an injury timeout.

Art. 13. *Penalty for Coaching an Injured Wrestler.* Failure to comply with the rules related to coaching an injured wrestler will be penalized under Rule 3.20.7.

Art. 14. *Injury Timeout — Imminent Scoring.* If there was imminent scoring when an injury timeout was called, the referee shall charge an injury timeout to the injured competitor and award the applicable points.

Art. 15. *First Nonbleeding Injury Timeout.* Once the first nonbleeding injury timeout is taken by a wrestler at any time, the noninjured wrestler is given choice of top, bottom or neutral position on the restart. If the second wrestler calls injury timeout before wrestling resumes, then they are also charged with a timeout but neither wrestler will receive choice and wrestling shall resume in the position in which it was stopped.

Art. 16. *First Nonbleeding Timeout after First Period.* If the first injury timeout is taken at the conclusion of the first period, the noninjured wrestler will have choice at the start of the second and third periods. If the second wrestler calls injury timeout before wrestling resumes, then they are also charged with a timeout but neither wrestler will receive choice and wrestling shall resume according to normal second period restart rules.

Art. 17. *First Nonbleeding Timeout after Second Period.* If the first injury timeout is taken at the conclusion of the second period and it is the injured wrestler's choice, the noninjured wrestler will receive the choice at the start of the third period.

Art. 18. *First Nonbleeding Timeout and Opponent Already Has Choice.* If the first injury timeout is taken and the noninjured wrestler already has earned the choice of position, then the noninjured wrestler will keep the choice and the injured wrestler will be assessed a warning for stalling. If the second wrestler calls injury timeout before wrestling resumes, then they are also charged with a timeout and the injury timeout choice of position cancel each other and wrestling resumes as per regular second period restart rules.

Art. 19. *Second Nonbleeding Timeout.* Once the second nonbleeding injury timeout is taken by a wrestler at any time, the noninjured wrestler is awarded one point. If both wrestlers request their second nonbleeding timeout simultaneously then both are charged with a timeout but neither wrestler is awarded a point and action resumes in the position in which it was stopped.

Art. 20. *Second Nonbleeding Timeout — Conclusion of Third Period or Second Tiebreaker.* If the second nonbleeding injury timeout is taken at the conclusion of the third period or second tiebreaker period, the opponent shall be awarded one point at the beginning of the sudden-victory period, and the match is concluded and scored as a win in the sudden-victory period.

Art. 21. *Second Nonbleeding Timeout during Sudden-Victory Period.* If the second nonbleeding injury timeout is taken anytime during the sudden-victory period, the opponent shall be awarded one point and the match is concluded.

Art. 22. *Third Nonbleeding Timeout.* The first wrestler to request a third nonbleeding injury timeout will terminate the match. The noninjured wrestler shall be declared the winner by injury default.

Art. 23. *Bleeding Timeout.* If bleeding occurs, the referee shall interrupt the match, except if the bleeding is insignificant and a point-scoring action is taking place. In that case, the match shall be interrupted as soon as the point-scoring situation is completed.

Art. 24. *Time Allowed for Bleeding Timeout.* Timeout for bleeding shall not count against the wrestler's 1½ minutes of injury time. When a wrestler is bleeding, the bleeding shall be stopped and the open wound covered with a dressing sturdy enough to withstand the demands of activity before the wrestler may continue. Determining the number and length of bleeding timeouts is left to the discretion of the referee. If bleeding becomes excessive or causes an inordinate amount of timeouts, the referee, in consultation with medical personnel, shall have the authority to default the match.

Art. 25. *Blood on the Competition Uniform.* Blood on a competition uniform does not necessarily require a uniform change; however, in the rare case when a wrestler's uniform becomes saturated with blood, that wrestler shall be directed to change into another competition uniform. Saturated is defined as soaked with moisture or drenched. If blood has penetrated through a garment to the skin or can be transferred to the other wrestler or referee, the garment is saturated. The same criteria should be applied to a wrestler's special equipment. If another competition uniform is not available, the match shall be defaulted and the other wrestler declared the winner.

Art. 26. *Blood on the Mat.* Blood on the mat or surrounding area shall be cleaned and disinfected using appropriate procedures and standard precautions before the match resumes.

Section 2. Concussion Evaluation Timeouts

Art. 1. In the case of a possible concussion, the referee shall stop the match for a concussion evaluation.

Art. 2. The medical personnel conducting the evaluation shall have unlimited and unimpeded time to evaluate the wrestler. If the injured wrestler's institutional medical personnel is available, they are the primary authority for conducting the concussion evaluation. If the institution's medical personnel is not immediately available, reasonable efforts should be made to allow that individual to come to the mat to conduct the evaluation. If the institutional medical personnel is not reasonably available, the medical personnel provided by the event host has the authority to conduct the evaluation and may remove the wrestler from competition, if deemed medically appropriate.

Art. 3. In cases of uncertainty, the medical personnel shall be granted the ability to remove the wrestler from the competition area to perform the concussion evaluation.

Art. 4. During the evaluation, the match will be suspended until a decision is rendered. During this match suspension period, the referee, the coaches of each wrestler, and the noninjured wrestler are to remain on the mat.

Art. 5. A concussion evaluation timeout shall not count toward the wrestler's injury time or recovery time.

Art. 6. An injury timeout that is converted to a concussion evaluation timeout shall be handled only as a concussion evaluation timeout and the injured wrestler shall not be charged with an injury timeout.

Art. 7. Only the referee or the medical personnel are allowed to request a concussion evaluation. See Rules 6.1.8 and 6.1.9 for coaching during injury timeouts.

Section 3. Other Injury Timeouts

Art. 1. Displacement of Contact Lens. Time used to recover or replace a dislodged or lost contact lens may be charged against a wrestler's 1½ minutes of injury time and count as an injury timeout, if the referee determines the time required is excessive.

Art. 2. Resumption of Wrestling. If, at the expiration of the injury timeout, the wrestler is able to continue wrestling, the match shall be resumed as if the wrestler had gone out of bounds.

Art. 3. Defaulting the Match. The coach has the prerogative to injury default (stop) a match in progress, or during a timeout, injury timeout or recovery timeout, by walking onto the edge of the reserved zone to notify the referee. The competitor may terminate the match by stating clearly and verbally to the referee the intent to injury default. It is understood by the coach, competitor and referee that either of these procedures terminates the match in progress.

Art. 4. Accidental Injury. If a competitor is injured accidentally and is unable to continue the match, the opponent shall be awarded the match by injury default.

Art. 5. Injury From Illegal Action. When a competitor injures an opponent by executing an illegal hold and/or committing an act of unnecessary roughness or unsportsmanlike conduct, the injured wrestler is allowed a maximum of two minutes of recovery time to be ready to wrestle. This time does not count against the wrestler's cumulative 1½ minutes of injury time. If the wrestler is not able to continue at the end of two minutes of recovery time, then the match is awarded to the injured wrestler and scored as a disqualification. However, if the injured wrestler recovers and wrestling resumes, the wrestler then cannot be awarded the match by disqualification for this illegal action.

Art. 6. Double Medical Forfeit. If both competitors are forced, due to injury, to declare a medical forfeit, the next round's opponent wins by medical forfeit.

Section 4. Return to Play

Art. 1. Concussion and/or Spinal Injury. If a competitor injury defaults a match because of a concussion or spinal injury, the wrestler shall not be permitted to return to competition without approval of the team physician or the team physician's designee according to each institution's Concussion Management Plan and/or return-to-play guidelines.

Art. 2. Wrestlers diagnosed with a concussion during a concussion evaluation timeout, or anytime at an event, shall not return to competition for the remainder of the day. (See Appendix D.)

Art. 3. Return-to-play decisions on subsequent days of a multi-day event are decided by the team physician.

Art. 4. With the exception of skin check examination failures, the play and return-to-play decision of the team physician takes precedence over the team's athletic trainer and also the on-site tournament physician.

RULE 7

Referees and Other Personnel

Section 1. Referee Requirements and Attire

Art. 1. *Registration.* A referee who wishes to be eligible to officiate in-season dual meets, tournaments (including opens) and championship competition must complete the following requirements before October 19 each year:

- a. Register on the NCAA Wrestling Center Mat;
- b. Complete the NCAA Wrestling Referee Enhancement Program fall clinic; and
- c. Complete the online examination and receive a minimum passing score of 86%.

Art. 2. *Institutional Penalty.* An institution using a non-registered referee shall be subject to any or all of the following penalties:

- a. Monetary fine (\$50 up to a \$300 maximum penalty);
- b. Disqualification of head coach for one or more competitions; and
- c. Private or public reprimand.

Coaches and/or administrators are encouraged to contact the NCAA national coordinator of wrestling officials or the NCAA staff liaison to report a potential violation.

Art. 3. *Referee Attire.* The referee shall be dressed neatly. A referee's attire for all dual meets and tournaments shall consist of:

- a. Black-and-white striped or black-and-gray striped referee's short-sleeve knit shirt (when officiating tournaments or multiple duals, shirt uniformity is required for all referees);
- b. Black full-length trousers;
- c. Black socks and black gym shoes;
- d. Black belt;
- e. Red and green wristbands;
- f. Colored disc; and
- g. Whistle.

Art. 4. *Wristbands.* Referees shall wear a green wristband on their right wrist and red wristband on their left wrist to correspond to the starting lines of the home and visiting teams, respectively. However, referees shall have the flexibility to switch color assignments.

Section 2. Referee Jurisdiction, Control and Matters of Judgment

Art. 1. *Jurisdiction.* The jurisdiction of the referee and second referee, if applicable, begins upon arrival at the site of competition and concludes when the referee enters their locker room post-competition.

Art. 2. *Control and Judgment.* On matters of time, score and judgment, the referee shall have full control of the meet. The referee's decisions shall be final; however, a referee may immediately change a call during a match if the referee feels the original call was in error.

Section 3. Referee Duties and Procedures

Art. 1. *Premet Instruction.* Before the competitors and coaches come to the mat, the referee shall:

- a. Verbally alert home management of any variance from the stated facility, mat requirements and mat-side video review rules;
- b. Inspect wrestlers for the presence of oils or greasy substances, long fingernails, objectionable braces/pads/taping, or the wearing of improper warmups and/or clothing, finger rings, jewelry, or chewing gum, none of which shall be allowed. Inspections of all wrestlers shall be completed before dual meets and during the first round of all tournaments, unless executed by the tournament committee at the medical examinations;
- c. Clarify the rules with coaches and competitors;
- d. Advise wrestlers to report to their designated areas (red and green) at the center of the mat, opposite each other and ready to wrestle; and
- e. Advise coaches of proper coaching attire.

Art. 2. *Unexpected Developments.* The referee should address promptly, in a spirit of good sportsmanship, any situation developing unexpectedly.

Art. 3. *Enforcing the Rules.* The referee shall be firm in enforcing the letter and spirit of the rules and penalize consistently any infractions. The referee shall enforce vigorously and promptly the penalties for the infractions.

Art. 4. *Use of Second Referee.* A referee shall cooperate with the second referee and not hesitate to ask for assistance, remembering that the main objective is to make correct and fair decisions.

Art. 5. *Referee Signals.* The referee shall use the Collegiate Referee Signals Chart in this rules book. (See Appendix B.)

Art. 6. *Oral Commands.* The referee may use oral commands, that is, "action, improve, center" to instruct, but not coach, wrestlers.

Art. 7. *Warning/Awarding Points.* The referee will signal and verbally notify the scorer and competitors when warnings are assessed or points are awarded to either wrestler. The referee will use a verbal and proper signal when calling stalling. This can occur in the neutral, offensive and defensive positions.

Art. 8. *Signal Timekeeper.* The referee shall signal the timekeepers as follows:

- a. When the match is started or stopped for any reason;
- b. When riding time begins or ends for a competitor; and
- c. Whenever timeout is involved in any situation occurring in the match.

Art. 9. *Awarding Points — Edge of Mat.* When possible, the referee should award points in on-the-edge-of-the-mat situations before blowing the whistle.

Art. 10. *Period Ends Before Awarding Fall, Point(s) or Assessing Infraction.* If the referee determines that a fall, near fall, takedown, reversal, escape or any infraction has occurred, and the period ends before the referee can so indicate, those points and/or fall shall be recorded.

Art. 11. *Referee Consultation on Timing.* If the referee is uncertain whether any action or scoring occurred prior to the end of the period, the referee shall have the opportunity to consult with the scorer's table and/or second referee.

Art. 12. *Use of Hands in Pinning Situations.* The referee should not place either or both hands under the shoulders of a competitor unless absolutely necessary to determine a fall.

Art. 13. *Potentially Dangerous.* The referee shall caution the user of a potentially dangerous hold in order to prevent possible injury. Such holds may be stopped by the referee, if possible, before reaching the dangerous stage.

Art. 14. *Certifying Final Results.* The referee shall sign the official scoresheet or scorebook to certify the final results. In cases in which electronic scoring is used, the referee shall verify the official score display to certify the results.

Section 4. Second Referee

Art. 1. *In Tournaments.* In tournament competition, it is recommended that a second referee be assigned. The use of a second referee is designed to minimize human error. The second referee has the same mobility and authority as the referee; however, the referee is in control of the match and makes the final decision.

Art. 2. *Obligation.* Second referees must aggressively take part in the officiating of each match.

Art. 3. *Time and Score.* When possible, the second referee should be in a position to observe mat action and the clock simultaneously at the expiration of each period if a towel tapper is not used.

Section 5. Second Referee Procedures

Art. 1. *Verbal Communication.* Verbal communication between the second referee and referee is encouraged.

Art. 2. *Disagreement.* When the second referee disagrees with the referee, the match should be stopped as soon as it is practical, and an official timeout will be indicated. The second referee should avoid interrupting the match while significant action is in progress.

Art. 3. *Resolving Questions or Disagreements.* When discussing a disagreement, the second referee and the referee should meet on the matted area, away from competitors and the scorer's table.

Art. 4. *Options.* The second referee has the same mobility and authority as the referee; however, the referee is in control of the match and makes the final decision.

Art. 5. *Inform Scorer's Table.* When a decision is reached, the referee shall inform the scorer's table of any change in the match scoring.

Art. 6. Reporting Violations. If the second referee determines a coach, competitor or other team personnel is in violation of rules pertaining to unsportsmanlike conduct, control of mat area or questioning a rules application, the second referee should notify the referee when appropriate. The referee shall inform the scorer's table.

Art. 7. Prematch and Postmatch Procedure. The second referee shall check each corner for dress code violations before a match begins. In addition, the second referee shall remain on the mat to observe potential inappropriate conduct by coaches and/or competitors until all participants leave the mat area.

Section 6. Match/Meet Timekeeper

Art. 1. Home Institution Responsibilities. The home institution shall provide each timekeeper with a cumulative time clock(s) for recording the time during the match. The match timekeeper shall be provided with two extra cumulative time clocks for recording time out in case of injury to the competitors. The match timekeeper also shall be provided with a gong, horn or bell. A multiple timer may be used in place of time clocks.

Art. 2. Timekeeper Responsibilities. The match timekeeper is responsible for the following:

- a. Overseeing assistant timekeepers and scorers, constantly checking their activities;
- b. Keeping the overall time of the match and consulting with the referee, as needed, to correct match timing errors;
- c. Keeping and recording injury-charged timeouts. The injury time remaining should be called out at intervals of one minute, 45 seconds and 30 seconds, and counted down from 15 seconds to zero;
- d. Notifying the referee of a disagreement among the official scorers or timekeepers, or when requested by the coach to discuss a possible error;
- e. Assisting, when requested by the referee, in determining whether a situation occurred before or after the termination of a period;
- f. If a visual riding time clock is not available, informing competitors and coaches, when requested, of riding time accumulated; and
- g. Informing the referee when a 15-point differential occurs.

Section 7. Assistant Timekeepers

Assistant timekeepers may be assigned and are responsible for the following:

- a. Recording the cumulative riding time of the wrestler to whom they have been assigned;
- b. Constantly checking each other's recording of riding time;
- c. Constantly checking the match timekeeper's recording of time;
- d. Showing the referee the actual recording of the riding time each wrestler has accumulated at the end of the match; and
- e. Stopping riding time when the referee signals loss of control, illegal interlocking of hands, illegal holds or grasping of clothing.

Section 8. Scorers

The scorers are responsible for the following:

- a. Recording points scored by both wrestlers when signaled by the referee;
- b. Constantly checking each other's scoring;
- c. Keeping the scoreboard operator continually advised of the official score during each match;
- d. Immediately advising the match timekeeper when they are in disagreement regarding the score;
- e. If using individual riding time timing devices, recording the riding time at the end of each period;
- f. Recording which competitor has the choice of position at the start of the third period;
- g. Informing the timekeeper and referee of the number of timeouts that have been used;
- h. Circling the first points scored in the regulation match that are not escapes and/or penalty points. It is recommended that a visual method be used to indicate which wrestler scored these first points, thus informing the referee, wrestlers, coaches and spectators as to which wrestler will have the first choice in the tiebreaker period, if necessary;
- i. Recording the riding time point, if earned, in the final match score;
- j. Showing the referee the scorebook at the end of each match; and
- k. Recording the time of the fall, technical fall, disqualification or default, both on the match sheet and in the scorebook.

Section 9. Tobacco Use by Referees and Other Personnel

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

RULE 8

Weight Management

Section 1. Trackwrestling System and Optimal Performance Calculator (OPC)

Art. 1. *Requirement.* All NCAA institutions are required to properly set up their Trackwrestling institutional profile so they can utilize both the Individual Season Record Form system and the Optimal Performance Calculator (OPC) to complete weight certifications. Rostering requirements for weight certification eligibility are indicated below.

- a. Wrestler is listed on your official institutional roster;
- b. Wrestler is then placed on the team Trackwrestling roster; and
- c. Wrestler is now eligible for a weight certification using the OPC.

Art. 2. *Head Coach Requirements.* Annually before midnight Oct. 1, each head coach is required to do the following:

- a. View the annual “NCAA Wrestling Rules Presentation;”
- b. Input the team’s first day of practice into the Trackwrestling system;
- c. Input the team’s competition schedule into the Trackwrestling system; and
- d. Input the team’s complete roster into the Trackwrestling system.

Section 2. General Weight Management Requirements

Art. 1. *Requirements.* Any wrestler whose name appears on an institutional roster shall comply with the Weight Management Program regulations and procedures found both in this rules book and in the annually distributed NCAA Weight Management Program packet.

Art. 2. *Transfer Wrestlers — Non-NCAA to NCAA.* Wrestlers who transfer from non-NCAA institutions to NCAA institutions must complete the NCAA weight certification process at the NCAA school.

Art. 3. *Transfer Wrestlers — NCAA to NCAA.* Wrestlers who transfer from one NCAA institution to another NCAA institution shall not recertify. The coach and/or medical personnel at the institution receiving the transfer shall put in a Trackwrestling ticket, requesting a transfer of the wrestler’s certification information to their school. After securing permission from the NCAA Weight Management Liaison, Trackwrestling will transfer the certification data to the new institution where a member of the coaching staff will accept the transferred certification information.

Art. 4. *NCAA Weight Management Program Liaison.* The NCAA Weight Management Program Liaison has read-only access to each institution’s weight certification information, weight-loss plans and Individual Season Record Forms.

Art. 5. Assessor. A person called the assessor, who performs the certification and submits the data, shall be a member of the institution's medical staff (for example, physician, certified athletic trainer or registered dietitian). Each team assessor is required to view the "NCAA Wrestling Rules Presentation."

Art. 6. Assessor Responsibility. It is the assessor's responsibility to ensure the certification process is executed professionally and with the utmost integrity, with particular vigilance required in regard to the administration of the hydration test. The discovery of improprieties involving an attempt to circumvent the mandated certification protocol shall be reported immediately to the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222. All sources will be kept confidential.

Art. 7. Weight Certification Document Retention. Each assessor shall retain a copy of each wrestler's individual weight certification data that is collected. In addition, each institution shall keep on file a copy of its wrestlers' NCAA Weight Management Program forms for five years.

Section 3. Weight Certification Procedures

Art. 1. Weight Certification Deadline. Each institution's assessor shall conduct an initial weight certification of its wrestlers not sooner than September 1 and not later than November 1 annually. During the initial weight certification, a wrestler's minimum wrestling weight class for the season shall be determined. (See also Rule 8.3.12.)

Art. 2. Weight Certification Deadline — Wrestler Reporting after Nov. 1. A wrestler joining the team after Nov. 1 shall perform a weight certification prior to their first competition. (See also Rule 8.3.12.)

Art. 3. Assessor Data Entry Requirements. The assessor shall enter all certification data into the OPC within five days of collection or the data will be invalid and the wrestler must be reassessed.

Art. 4. Verification Process for Weight Certifications. Once the assessor enters the wrestler's data into the OPC, the information is stored for 48 hours. Coaches will have read-only access during this official certification process. Within the 48-hour window, the head coach and assessor shall discuss and review the entered data. The coach shall discuss and review the certification data with each wrestler before confirming the certification. Both the assessor and head coach shall verify the data as the "official certification" for each wrestler.

Art. 5. Final Certifications are Unalterable. As soon as the assessor and head coach confirm and accept the established minimum weight class, the certification is permanently saved and is unalterable. Incorrectly submitted certifications may not be appealed.

Art. 6. Failure to Verify. If no action is taken to accept (confirm) the certification within the 48-hour review period, the certification information is automatically deleted from the institution's file and the certification process shall be repeated.

Art. 7. Preseason Certification Access. Coaches will have access to conduct a preseason weight management certification to estimate a wrestler's lowest allowable weight class and the first date a wrestler may compete at that weight class as determined by the wrestler's weight-loss plan. This functionality has

been developed for coaches as an educational and informational tool and is not the official weight certification.

Art. 8. Weight Class Ascent/Descent Option. A wrestler wishing to weigh in at a weight class higher than their lowest certified weight class may return to the certified weight class by following the recalculated weight-loss plan dates indicated in the OPC. This provision may be applied multiple times during the season up to the first day of postseason competition weigh-in deadline.

Art. 9. Deadline for Descent. Each wrestler has until (on or before) the first day of postseason competition weigh-ins to reach or descend back to their lowest certified weight class as determined by the wrestler's individual weight-loss plan. There is no appeal for missing the first day of the postseason competition weigh-in deadline.

Art. 10. Descent and the 1.5% Regulation. The NCAA Weight-Loss Plan guides a wrestler to slowly descend to the desired weight class by losing not more than 1.5% of body weight per week (7 days). This 1.5% descent requirement shall never be altered or adjusted.

Art. 11. Body Fat Below 5%. A penalty shall not be assessed for a wrestler who has below 5% body fat during the initial weight certification process.

Art. 12. Weight-Loss Descent Requirement. Any institutionally rostered wrestler who weighs in shall not compete initially, or at any time, below the established minimum wrestling weight as identified on the individual weight-loss descent plan. A wrestler may weigh in at the certified weight class and compete at a higher weight class, but shall follow the weight-loss descent guidelines in returning to the original lowest allowable weight class.

Section 4. Violations

Art. 1. Integrity of the NCAA Weight Management Program Certification Process. Violations of the NCAA weight certification rules, protocols and processes, including falsifying weight certification data, urine manipulation or tampering, and any other action that violates the integrity of the weight management process, are subject to the following:

- a. The violation shall be reported to the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222;
- b. The NCAA Wrestling Rules Committee will investigate and review the violation details;
- c. A first violation will result in:
 1. The wrestler being suspended from the next eight consecutive dates of competition per the official team schedule. The wrestler will not be allowed to compete unattached during this suspension;
 2. The wrestler being required to recertify during the suspension period; and
 3. A private reprimand to the head coach and director of athletics.
- d. A second violation will result in:
 1. The wrestler being suspended for one year from the date of the violation; and

2. Additional penalties for the head coach and/or institution to be determined by the rules committee.

The above penalty structure outlines the minimum penalty for weight certification violations that violate the integrity of the process. There are no appeals for violations or penalties imposed for violations of Rule 8.4.1. The rules committee reserves the right to impose additional penalties to wrestlers, coaches and institutions if the situation warrants further action.

Art. 2. Other NCAA Weight Management Program Violations. When warranted, the NCAA Wrestling Rules Committee has the authority to investigate other reported violations and determine the appropriate penalty(ies). The following penalties may be imposed by the rules committee for any violation(s) of the NCAA Weight Management Program rules, protocols and processes indicated in this rules book or the annually distributed NCAA Weight Management Program packet not outlined in Rule 8.4.1.

- a. Public or private reprimand;
- b. Financial penalty of \$100 per institution or \$50 per individual up to a \$300 maximum penalty;
- c. Disqualification of individual contest(s);
- d. Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
- e. Individual and/or team records or performance adjusted;
- f. Matches vacated and/or contest suspensions; and
- g. Other penalties the NCAA Wrestling Rules Committee deems appropriate.

RULE 9

Medical Examinations, Weigh-Ins and ISRF

Section 1. Medical Examinations

Art. 1. *Qualified Examiners.* A physician (preferably a dermatologist) or certified athletic trainer shall examine all entrants for communicable skin diseases before all tournaments and meets. (For guidelines regarding the dispensation of skin infections, see Appendix C, Skin Infections in Wrestling.)

Art. 2. *Medical Examination Times.* Medical examinations/skin checks shall begin 15 minutes or less before the scheduled time of weigh-ins.

Art. 3. *Dress for Medical Examinations.* See Rule 9.2.5.

Art. 4. *Reporting for Medical Examinations.* See Rule 9.2.15.

Art. 5. *Completion of Medical Examinations.* The medical examination/skin check is completed once all wrestlers who were present at the published time have been examined.

Art. 6. *Multi-Day Events.* Medical examinations/skin checks shall be conducted each day of multi-day events.

Art. 7. *Failing Medical Examinations.* The presence of a communicable skin disease, as determined by the physician or certified athletic trainer, shall be full and sufficient reason for disqualification. Disqualification for a communicable skin disease shall be listed as a medical forfeit.

Art. 8. *National Qualifying Events.* Individuals failing medical examinations/skin checks at national qualifying events may be allowed to weigh in and then be listed on the bracket as a medical forfeit.

Art. 9. *Competition While Being Treated.* If a wrestler has been previously diagnosed as having a skin condition and is currently being treated by a physician, who has determined it is safe for the individual to compete without jeopardizing the health of the opponent, the entrant may be considered for competition after review of the required treatment documents.

Art. 10. *Documentation Requirement.* The coach or certified athletic trainer of the wrestler under treatment shall provide a hard copy of current written documentation from the treating physician to the medical professional at the medical examination, with the approved NCAA Skin Evaluation and Participation Status Form describing the following:

- a. The diagnosed skin disease or condition;
- b. The prescribed treatment and time necessary for it to take effect; and
- c. That the skin disease or condition would not be communicable or harmful to the opponent at the time of competition.

Art. 11. Final Medical Determination. Final medical determination of the entrant's ability to compete shall be made by the host site's physician or certified athletic trainer who conducts the medical examination after review of any such documentation and the completion of the examination. Non-adherence or the circumvention of this final decision is punishable per Rule 9.7.

Section 2. Weigh-Ins

Art. 1. Requirement. All NCAA events shall adhere to the weigh-in and medical examination rules as described in this rule. Additionally, these weigh-in rules apply to all wrestlers listed on an institution's roster.

Art. 2. Weigh-In Form. It is mandatory that the NCAA Official Weigh-In Form, generated by the OPC, be used for all competition.

Art. 3. Weigh-In Times. For all competition types, the weigh-in times shall be two hours or sooner from the start time of competition. If the coaches participating in an event do not mutually agree to a weigh-in time less than two hours, the weigh-in time will default to two hours prior to the start time of competition.

Art. 4. Location and Personnel. Weigh-ins shall be conducted in a private, secured area at the site of competition or in an adjacent building to the competition, and attendance shall be limited to the wrestlers, coaches of the wrestlers, required medical personnel, the person(s) supervising the weigh-in and others deemed necessary by the tournament administration. If the medical checks and/or weigh-ins are being held in the competition arena, all spectators and unnecessary personnel shall not be permitted in the competition area until the weigh-ins are completed.

Art. 5. Undergarments. All wrestlers shall weigh in wearing a minimum of a suitable undergarment, such as briefs, boxers, shorts or competition singlet. A garment shall not be altered and shall cover the entire buttocks.

Art. 6. Delivery of Weigh-In Form. The weigh-in form shall be hand carried or electronically submitted to each NCAA competition host.

Art. 7. Copy of Completed Weigh-In Form. A copy of the completed NCAA Official Weigh-In Form shall be made available to each competing institution or wrestler (in open events).

Art. 8. Weigh-In Form Retention — Coaches. Coaches shall retain a copy of completed NCAA Official Weigh-In Forms on file for a recommended five years.

Art. 9. Weigh-In Form Retention — Hosts. Hosts of all individual and team-advancement tournaments shall record, collect and retain a copy of the NCAA Official Weigh-In Form from all participating institutions. These forms shall be retained for a recommended five years.

Art. 10. Scales. It is recommended a digital scale be used for weigh-ins. All scales used for weigh-ins shall be certified before the start of each season. The scale(s) shall be made available to all participants a minimum of two hours before the scheduled weigh-in time.

Art. 11. Standing on Scales. At all official weigh-ins, the wrestler shall stand with both feet flat in the middle of the scale and shall not touch any other person, floor or object that might influence the displayed weight.

Art. 12. *Other Scales.* At the official weigh-in, if one scale is being used, a wrestler may step on and off the scale three times to allow for mechanical inconsistencies in the scale. At the official weigh-ins for tournaments, the wrestler may step on the scale one time. If the wrestler misses weight on the assigned scale, they are allowed, after all other wrestlers have been weighed, to be escorted to each additional scale in which they may weigh in only once per scale. If the wrestler does not make weight on any of the official scales, they are disqualified from competition.

Art. 13. *One Weigh-In per Day.* No team shall weigh in more than once per day.

Art. 14. *Junior Varsity Weigh-Ins.* When junior varsity competition is held before varsity competition, the varsity wrestlers shall weigh in one hour before the scheduled start of varsity meets.

Art. 15. *Reporting for Medical Examinations and Weigh-Ins.* At the scheduled time for medical examinations and weigh-ins, all wrestlers who wish to compete shall present themselves properly groomed, in a suitable undergarment and not be engaged in any weight loss activity. The penalty for not arriving at the medical examination/weigh-in area at the prescribed time is disqualification of the competitor.

Art. 16. *Leaving the Medical Examination/Weigh-In Area.* During the medical examination and weigh-in period, wrestlers may not leave the medical examination/weigh-in area. The penalty for leaving the medical examination/weigh-in area is disqualification of the wrestler.

Art. 17. *Executing the Medical Examination and Weigh-In.* The medical examinations and weigh-ins shall be conducted in either weight class order or by team in weight class order, starting at the lowest weight class.

Art. 18. *Recording Actual Weights.* The actual weight and results of all wrestlers listed on the institution's roster, including those who compete unattached at open tournaments, shall be entered into the OPC before a new weigh-in form can be built for the next scheduled competition for each wrestler.

Art. 19. *Closing Weigh-Ins.* When all wrestlers for a team and/or weight class have had an opportunity to weigh in, weigh-ins are closed. Any competitor that has not weighed in is disqualified from competition. See Rule 9.2.12 for additional allowed attempts at making weight.

Art. 20. *Weighing In at Multiple Weight Classes.* A wrestler must weigh in at the same weight class for the second day of competition as weighed in on the first day of competition.

Art. 21. *Failure to Make Weight.* Any wrestler failing to make weight or pass medical examinations at the designated time shall be disqualified from competition.

Art. 22. *Recording a Failure to Make Weight.* The actual weight for each entrant who did not make weight shall be recorded on the NCAA Official Weigh-In Form and in the OPC. If the wrestler is listed on the NCAA Official Weigh-In Form but did not attempt to make weight, then it shall be recorded on the NCAA Official Weigh-In Form as Did Not Enter (DNE).

Section 3. Weigh-Ins for Dual, Triangular and Quadrangular Meets

Art. 1. *Weigh-In Times.* See Rule 9.2.3.

- a. When a team is wrestling multiple dual meets at home on the same day, weigh-ins for all teams involved shall be held at the site of competition two hours or sooner before the start time of competition. (See Rule 9.2.3.)
- b. When a team is wrestling multiple dual meets on the same day but at different sites, all teams shall weigh in two hours or sooner before the start time of competition. Teams may arrange with the opposing team for weigh-ins at the site of their competition. (See Rule 9.2.3.)

Art. 2. 1-Pound Weight Allowance. In all instances when back-to-back team competition occurs, all wrestlers shall receive a 1-pound weight allowance on the second day of competition. The 1-pound weight allowance would include those wrestlers on opposing teams who did not compete the day before. The maximum weight allowance is 1 pound regardless of the number of back-to-back events that occur. In order for the 1-pound weight allowance to be utilized, all back-to-back competitions must be an official team date of competition as per NCAA bylaws. The 1-pound weight allowance will not alter a wrestler's weight-loss descent plan for subsequent weigh-ins.

Section 4. Weigh-Ins for Tournaments

Art. 1. Verification of Weight Classes. For NCAA-registered individual advancement tournaments, including open tournaments, the host shall download from the OPC the names and allowable weight classes of all rostered wrestlers entered in the tournament to verify each entry is registered in an allowable weight class. Tournaments shall not allow any wrestler to compete at a weight class lower than what is indicated in the OPC. (See also Rule 3.22.6.)

Art. 2. Weigh-In Times. See Rule 9.2.3.

Art. 3. Recording Actual Weights and Results. If a wrestler weighs in, the actual weights and results from the first and second day weigh-ins shall be recorded on the NCAA Official Weigh-In Form and in the OPC, respectively.

Art. 4. Missing Weight in Two-Day Tournaments. In two-day team-advancement tournaments, wrestlers who do not make weight on the first day of competition are ineligible to weigh in on the second day of competition.

Art. 5. 1-Pound Weight Allowance for Multi-Day Tournaments. In tournaments, including team-advancement tournaments requiring multiple-day weigh-ins, a 1-pound weight allowance for each consecutive day of competition shall be granted.

Art. 6. 1-Pound Weight Allowance for Back-to-Back Events. See Rule 9.3.2.

Art. 7. Failure to Make Weight — No Re-Bracketing. If tournament entries are closed, a failure to make weight or pass medical examinations shall not result in repairing of the bracket. (See also Rule 3.22.6.)

Section 5. Prohibited Weight-Loss Practices

Art. 1. General Prohibited Practices. The use of laxatives, emetics, self-induced vomiting, hot rooms, hot boxes and steam rooms is prohibited for any purpose.

Art. 2. Saunas. The use of a sauna is prohibited during the season at any time and for any purpose, on or off campus. (See Rule 9.7.1.)

Art. 3. Diuretics. The use of diuretics (e.g., water pills) at any time is prohibited by NCAA legislation for all sports.

Art. 4. Sweating Aids. Regardless of purpose, the use of vapor-impermeable suits (e.g., rubber, rubberized nylon or neoprene) or any similar devices or material used for weight loss is prohibited.

Art. 5. Artificial Rehydration. Artificial means of rehydration are prohibited for a competing wrestler at any time during a competition. In a case of emergency, artificial means of rehydration are permitted, however, the wrestler will be withdrawn from the event and either a forfeit or medical forfeit issued.

Art. 6. Practice-Room Temperature. The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice. Penalties for this violation will be handled under Rule 9.7.2 and assessed against



the coach. It is understood that some practice facilities cannot maintain this exact temperature due to physical plant deficiencies. It is within the spirit of the rule that every effort shall be made to maintain the 80-degree temperature throughout the practice.

Note: For additional information, refer to the NCAA Sports Medicine Handbook available online at ncaa.org/sport-science-institute.

Section 6. Individual Season Record Form (ISRF)

Art. 1. Mandatory Use. Institutions are required to use the NCAA Individual Season Record Form (ISRF) available in the Trackwrestling system. (See Rules 8.1.1 and 8.1.2.)

Art. 2. Non-Registered Tournaments. Any wrestler whose name appears on an NCAA member institutional roster is prohibited from competing at non-NCAA registered tournaments.

Art. 3. Allowable ISRF Matches. All attached or unattached matches against competitors who compete on intercollegiate teams at four-year, degree-granting institutions and matches against competitors from two-year institutions shall be counted. This includes matches wrestled against competitors listed on an institution's roster when the wrestler is ineligible or redshirting at a four-year, degree-granting institution.

Art. 4. Non-Allowable ISRF Matches. Matches between teammates, against opponents who are not listed on an institutional roster, a club-level wrestler, a prospective student-athlete or an armed services student-athlete shall not be counted.

Art. 5. Indicating Unattached Wrestlers. Unattached wrestlers shall be listed as unattached followed by their college affiliation (e.g., Unattached-Weber State University).

Art. 6. Ineligible Wrestlers. Ineligible wrestlers shall not count matches on their ISRF in the Trackwrestling system that were wrestled while ineligible. Should the wrestler become eligible (e.g., remove their redshirt status) at any time during the season, matches wrestled while ineligible shall be placed on the wrestler's ISRF in the Trackwrestling system.

Art. 7. Accuracy Requirements. NCAA member institutions are responsible for ensuring each wrestler's ISRF is accurately inputted into the Trackwrestling system. Match outcomes listed in the ISRF must use the official abbreviations in

Rule 4.11. Failure to correctly complete the ISRF may result in the assessment of an institutional penalty. Corrections to the ISRF shall be made in consultation with the opposing institution, tournament directors and Trackwrestling, as appropriate. (See Table 4.11.1.)

Art. 8. Recording Results. Results shall be entered into the Trackwrestling system not more than 24 hours after a home event and not more than 48 hours after an away event. All ISRF results shall be entered into the Trackwrestling system before the wrestler's next competition.

Art. 9. Results Approval. Each institution shall approve the results from each competition entered into the Trackwrestling system not more than 48 hours after a home event and not more than 96 hours after an away event.

Section 7. Violations

Art. 1. Severe Weigh-In, Medical Examination and Prohibited Practices Violations. Committing a severe weigh-in or medical examination violation and/or engaging in any of the prohibited practices during the season, which for playing rules purposes is defined as September 1 until the end of the competition season, are subject to the following:

- a. For tournaments, violations shall be reported to the tournament committee. For dual meets, violations shall be reported to the host game management personnel. For violations outside competition dates, violations shall be reported to the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222;
- b. The tournament committee or host game management personnel shall disqualify the wrestler from the event. The tournament committee or host game management personnel shall then notify the NCAA Wrestling Rules Committee liaison at the NCAA national office at 317-917-6222;
- c. The NCAA Wrestling Rules Committee will investigate and review the violation details;
- d. A first violation will result in:
 1. The wrestler being suspended from the next eight consecutive dates of competition per the official team schedule. The wrestler will not be allowed to compete unattached during this suspension;
 2. The wrestler being required to recertify during the suspension period; and
 3. A private reprimand to the head coach and director of athletics.
- e. A second violation will result in:
 1. The wrestler being suspended for one year from the date of the violation; and
 2. Additional penalties for the head coach and/or institution to be determined by the rules committee.

The above penalty structure outlines the minimum penalty for severe weigh-in, medical examination or prohibited practices violations. There are no appeals for violations or penalties imposed for violations of Rule 9.7.1. The rules committee reserves the right to impose additional penalties to wrestlers, coaches and institutions if the situation warrants further action.

Art. 2. Other Violations. When warranted, the NCAA Wrestling Rules Committee has the authority to investigate other reported violations and determine the appropriate penalty(ies). The following penalties may be imposed by the rules committee for any other weigh-in, medical examination and ISRF violation(s) not outlined in Rule 9.7.1.

- a. Public or private reprimand;
- b. Financial penalty of \$100 per institution or \$50 per individual up to a \$300 maximum penalty;
- c. Disqualification of individual contest(s);
- d. Disassociation of the institutional staff member from all team activities for one or more competitions. If the violation occurs during the last event of the season, the disassociation carries to the next season;
- e. Individual and/or team records or performance adjusted;
- f. Event excluded as an NCAA-registered contest in the Trackwrestling system the subsequent season; and
- g. Other penalties the NCAA Wrestling Rules Committee deems appropriate.

Appendix A

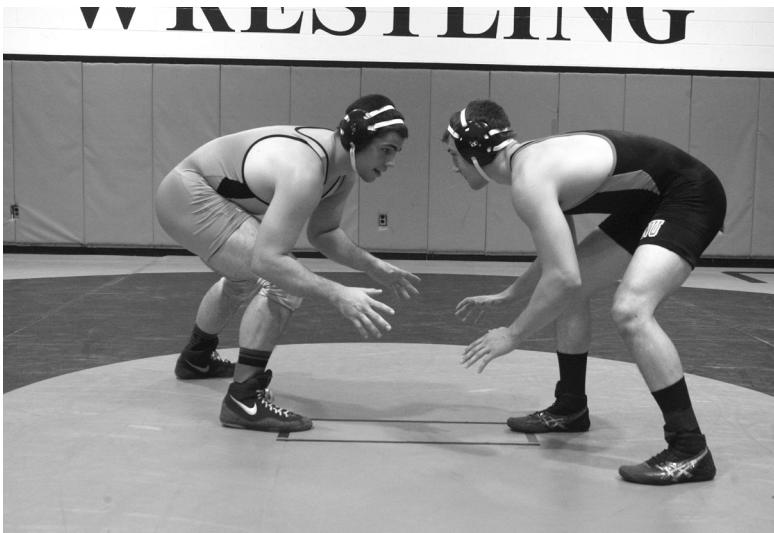
Illustrations



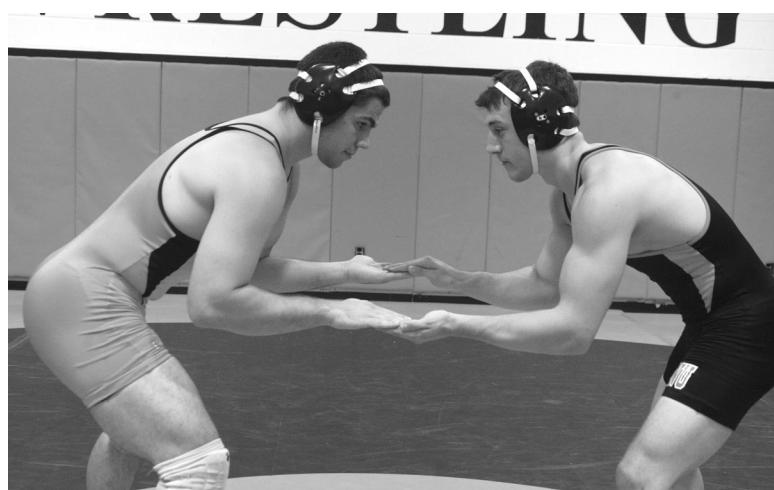
Nos. 1, 2 and 3—FRONT, REAR AND SIDE VIEWS OF COMPETITION SINGLET. *Front (with 4-inch inseam), rear and side views. The rear view also shows a wrestler's pinning area. The side view shows the maximum cut length between the armpit and the belt line. Side cuts on singlets shall be this level or higher in the armpit.*



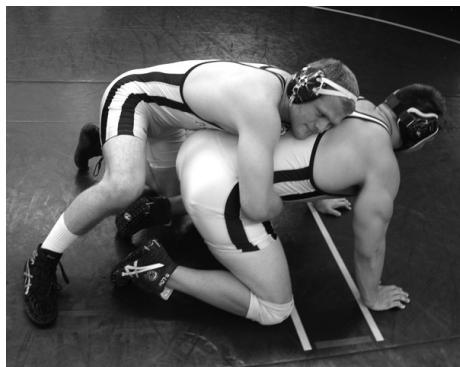
No. 4—FRONT AND REAR VIEW OF LEGAL SPANDEX/LYCRA COMPETITION UNIFORM.



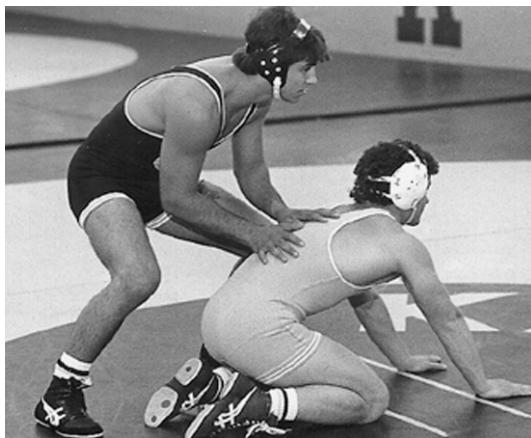
No. 5—NEUTRAL STARTING POSITION. *Correct starting position for neutral wrestling. Wrestlers should place lead foot on their respective, designated starting lines.*



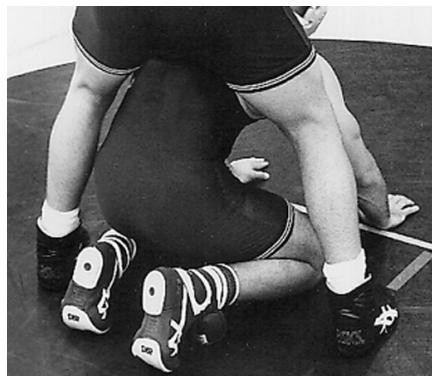
No. 6—NEUTRAL TOUCH START (*vision-impaired*). *Each wrestler shall have the fingers of one hand over and the fingers of the other hand under the opponent's fingers.*



Nos. 7 and 8—EXAMPLES OF PROPER OFFENSIVE AND DEFENSIVE STARTING POSITIONS.



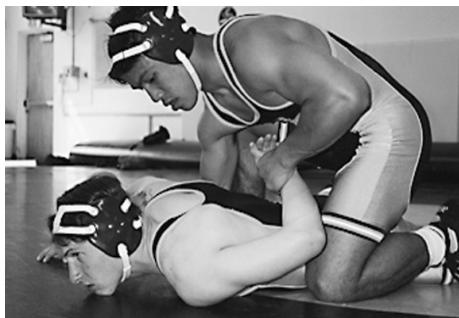
No. 9—EXAMPLE OF A PROPER OPTIONAL OFFENSIVE STARTING POSITION.



No. 10—EXAMPLE OF AN IMPROPER OPTIONAL OFFENSIVE STARTING POSITION.



Nos. 11 and 12—EXAMPLES OF PROPER STARTING POSITIONS FOR THE OFFENSIVE WRESTLER'S HAND ON THE ELBOW.



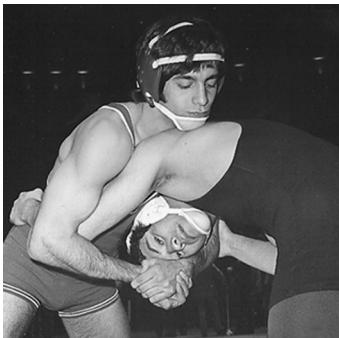
No. 13—ILLEGAL HAMMER-LOCK. *The hammerlock is a legal hold, provided the hand is not forced away from the body. This illustration shows the hand being pulled away from the body, making it illegal.*



No. 14—ILLEGAL HAMMERLOCK. *In this example, the arm is pulled away from the body; therefore, it is illegal.*



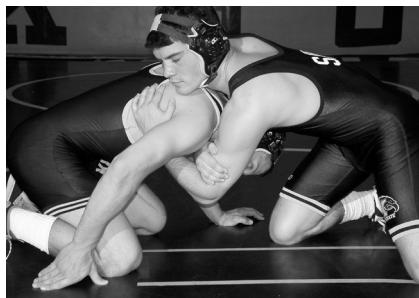
No. 15—DOUBLE WRISTLOCK. *The double wristlock is illegal if taken parallel to the long axis of the body. This move is legal if the direction of the force is taken perpendicular to the opponent's spine.*



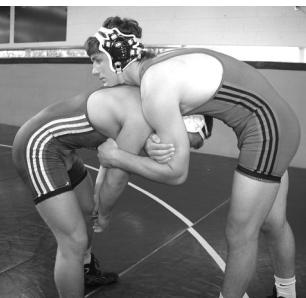
No. 16—LEGAL FRONT HEAD-LOCK. Illustration shows arm alongside of face with arm included.



No. 17—ILLEGAL FRONT HEAD-LOCK. A front headlock without an arm included is considered an illegal hold.



Nos. 18 and 19—EXAMPLES OF ILLEGAL FRONT HEADLOCKS. Illegal front head-lock without an arm encircled.



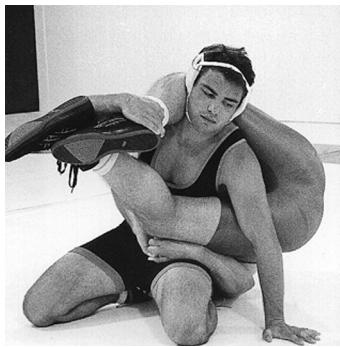
No. 20—ILLEGAL HEAD SCISSORS. A straight scissors on the head is illegal.



No. 21—LEGAL FIGURE-FOUR HEAD SCISSORS. The figure-four head scissors is only legal from the offensive position.



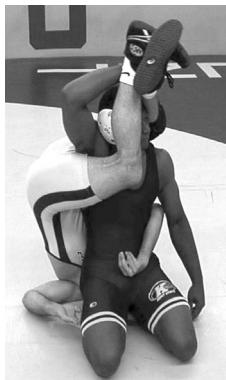
No. 22—FIGURE-FOUR HEAD SCISSORS FROM A NEUTRAL POSITION. *This hold, with or without an arm trapped, is illegal in the neutral position.*



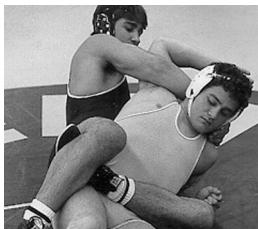
No. 23—DRAPING HEAD SCISSORS. *Legal as shown because there is minimal pressure against the head or neck.*



No. 24—DRAPING HEAD SCISSORS. *Legal as shown.*



No. 25—ILLEGAL HEAD SCISSORS. *Even with the arm included, this is an illegal head scissor.*



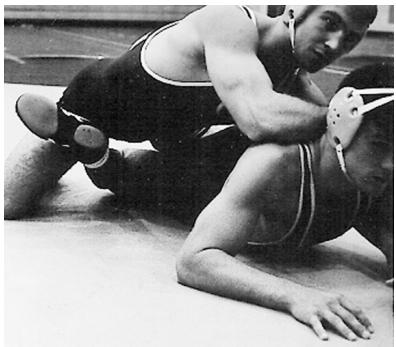
No. 26—FIGURE-FOUR SCISSORS. *This hold around the body or both legs is illegal.*



No. 27—STRAIGHT BODY SCISSORS. *A legal hold.*

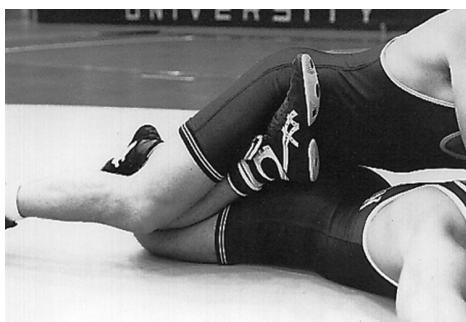
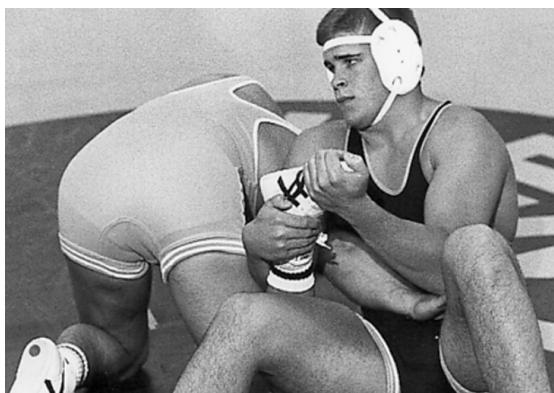


No. 28—LEG CRADLE. *This hold, which uses the legs to cradle an opponent, is a legal hold.*

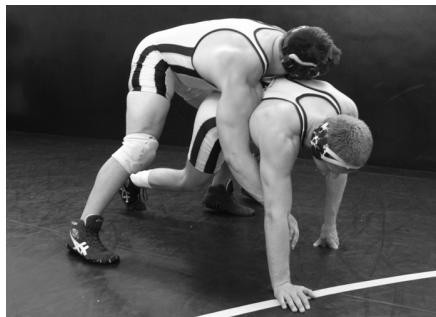


Nos. 29 and 30—ILLEGAL TWISTING KNEE LOCK. *The two illustrations above show a twisting knee lock. It is an illegal hold. The referee should anticipate the danger of injury from this hold and be in a position to block it before it reaches the point of being illegally executed.*

No. 31—ILLEGAL TWISTING KNEE LOCK. *Twisting knee-lock pressure against the normal movement of the knee joint as illustrated constitutes an illegal hold.*



No. 32—LEGAL LEG TRAP. *This is legal if heel goes to buttocks and not to side of hip. If the offensive wrestler does not improve position, the offensive wrestler can be called for stalling.*



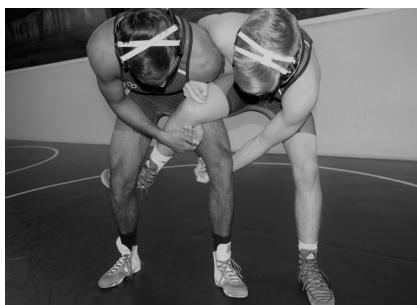
Nos. 33 through 36—EXAMPLES OF SUCCESSFUL IN-BOUNDS TAKEDOWNS. *At the edge of the wrestling area, points shall be awarded when control is established when at least one wrestler remains in bounds.*



Nos. 37 and 38—EXAMPLES OF SUCCESSFUL IN-BOUNDS TAKEDOWN OR REVERSAL.



Nos. 39 and 40—FRONT DOUBLE ARM BAR. *The front double arm bar is illegal when the hands are locked in the center of the back (above). The same move is legal when the hands are locked off to either side (right).*



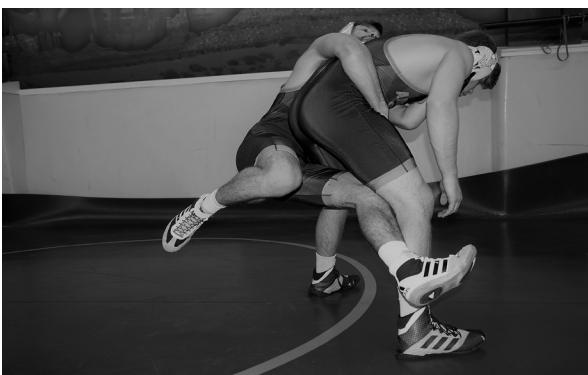
No. 41—LEGAL LEG BLOCK. *Wrestlers may use their arm or hand to block the leg and then sit back to take the opponent to the mat.*

No. 42—ILLEGAL CUT BACK. *Wrestlers are not allowed to use their leg to execute a cut back, regardless of whether the hand is being used.*



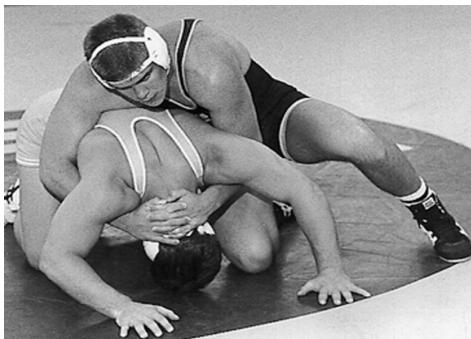
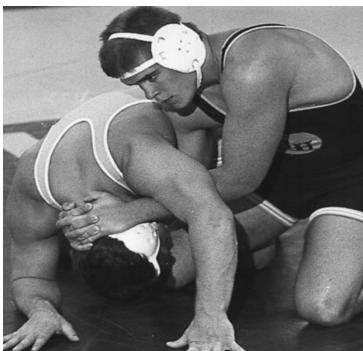


Nos. 43 and 44—ILLEGAL REAR STANDING DOUBLE KNEE KICKBACK. *A wrestler shall not leave their feet to block behind both of their opponent's knees with one or both of their legs, feet or shin bones. Both photos demonstrate an illegal double knee kickback because the wrestler has left both feet in order to collapse behind the knees of the opponent.*



No. 45—A LEGAL HOLD. *Pulling the head over the shoulder with hands locked or overlapped is legal. This also applies to a bridge-back situation.*

No. 46—THREE-QUARTER NELSON.
A legal hold.



No. 47—FULL NELSON. *Illegal upon application.*

No. 48—ILLEGAL FULL NELSON.
Even though the hands of the offensive wrestler are not locked or overlapped, this is a full nelson, which is illegal.





No. 49—NEAR FALL. *A near fall can be scored if one of the near fall criteria is held for at least two seconds.*



Nos. 50 and 51—NEAR FALL. *Examples of a near fall criterion being achieved when the shoulders are held within a 45-degree angle to the mat or when the defensive wrestler's shoulders are held within four inches of the mat.*



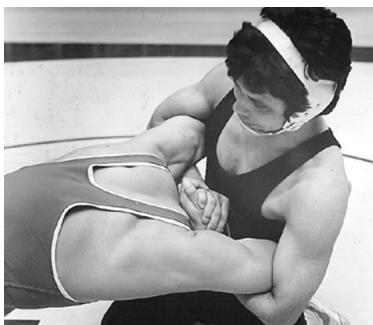
No. 52—NEAR FALL. *Example of a defensive wrestler in a near fall criterion position.*



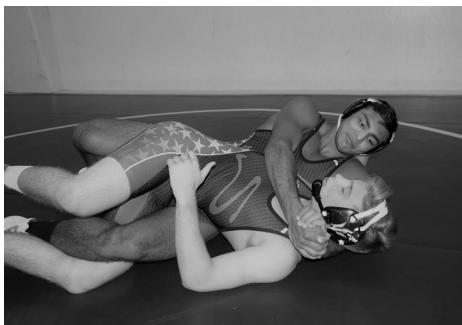
No. 53—NEAR FALL. *Example of an offensive wrestler achieving a near fall criterion.*



No. 54—NEAR FALL IN BRIDGE BACK SITUATIONS. *Example of the defensive wrestler executing bridge back techniques to escape a leg ride. In these situations, near fall criteria shall not be considered until the offensive wrestler has demonstrated control of the defensive wrestler.*



Nos. 55 and 56—ILLEGAL OVERHEAD DOUBLE ARM BAR. *This hold is illegal when used as shown above and applied with either one or both arms.*



No. 57—LEGAL GUILLOTINE. *After a near fall criterion is met, hands can be locked around opponent's head or neck.*



No. 58—ILLEGAL ARM BAR (CHICKEN WING). *Pressure parallel to the long axis, regardless of whether defensive wrestler's hand is in front or back, makes this an illegal hold.*



No. 59—LEGAL ARM BAR
(CHICKEN WING).



No. 60—ILLEGAL HEADLOCK. *Locking arms around the head is illegal with or without the leg being applied.*



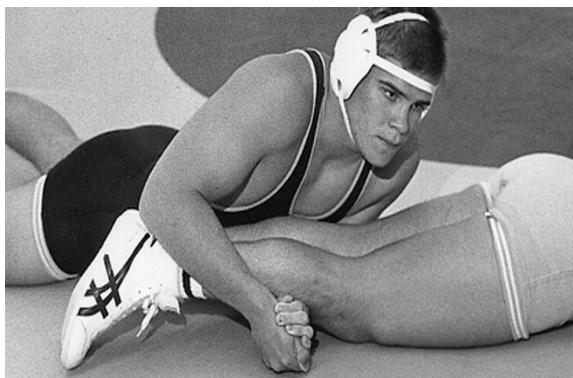
No. 61—LEGAL HEAD PRY. *The offensive wrestler may use this hold as long as the hands are locked below the midpoint of the upper arm.*



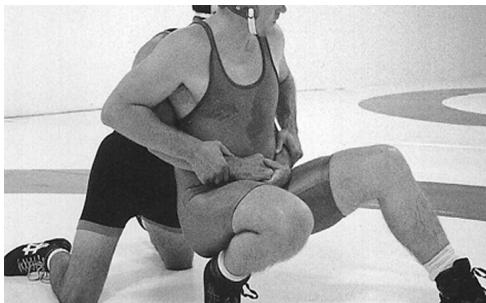
No. 62—HANDS TO THE FACE. *Hands to the face, with or without excessive force, is an illegal hold.*



No. 63—EXAMPLE OF AN ACCEPTABLE HEAD RAKE. *The wrestler is raking the head forward and not placing the hands in or around the eyes, nose and mouth.*

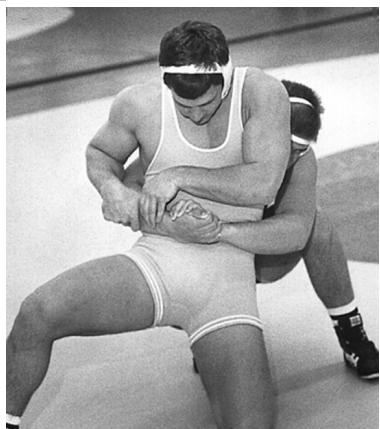


No. 64—INTERLOCKING OF HANDS AROUND LEGS. *This is a technical violation when done by the offensive wrestler.*

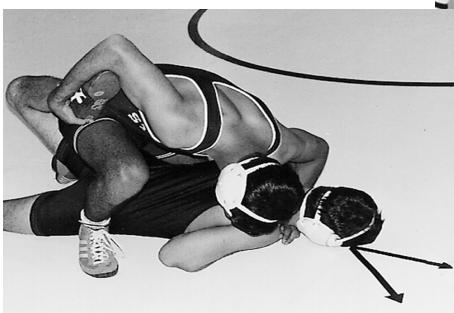


No. 65—LEGAL USE OF THE HANDS IN WAIST-LOCK. *Because the defensive wrestler is being supported by his feet, this is not considered locking hands.*

No. 66—INTERLOCKING OF HANDS AROUND THE BODY. *A technical violation. Offensive wrestler is not allowed to lock (overlap) hands, fingers, wrists or arms around body while defensive wrestler is supported by parts other than feet. This is considered locking hands since the weight is not supported by the feet.*



No. 67—LEGAL BACK BOW. *This move is legal, provided the pressure is NOT driven within the arrows shown (45 degrees toward the defensive wrestler's right shoulder to straight over the head).*

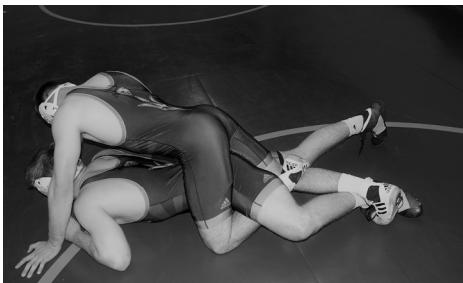


No. 68—ILLEGAL HIGH SINGLE LEG FINISH. *Because it forces the knee and ankle beyond their normal range of motion, the high and outside single leg back trip is illegal as shown.*





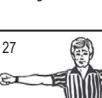
No. 69—EXAMPLES OF AN ILLEGAL NECK BOW. *When in the top position, the offensive wrestler applies a legal head and arm, locked from the side, and then somersaults toward and over the defensive wrestler's head.*



No. 72—REAR STANDING WITH LEGS IN. *In this and all other instances of the rear standing position, the offensive wrestler is responsible for attempting to take the defensive wrestler back to the mat.*

Appendix B

Referee Signals

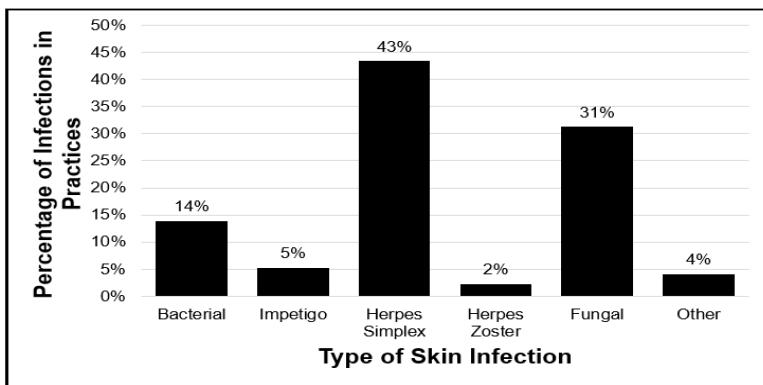
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31 				

Appendix C

Skin Infections in Wrestling

Revised August 2019

Data from the NCAA Injury Surveillance Program from the 2013-14 — 2017-18 academic years indicate that skin infections are associated with at least 21% of the practice injuries and illnesses that require medical attention in wrestling.



It is recommended that qualified personnel, including a knowledgeable, experienced physician, examine the skin of all wrestlers before any participation. Male student-athletes shall wear shorts and female student-athletes should wear shorts and a sports bra during medical examinations.

Open wounds and infectious skin conditions that cannot be adequately protected should be considered cause for medical disqualification from practice or competition. The term “adequately protected” means that the wound or skin condition has been deemed as noninfectious and adequately medicated as per treatment criteria listed under Guidelines for Disposition of Skin Infections and is able to be properly covered by a securely attached bandage made of nonpermeable material that will withstand the rigors of competition. An example would be a noncontagious/noninfectious skin condition covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged.

Medical Examinations

Medical examinations must be conducted by knowledgeable physicians and/or certified athletic trainers. The presence of an experienced dermatologist is recommended. The examination should be conducted in a systematic fashion

so that more than one examiner can evaluate problem cases. Provisions should be made for appropriate lighting and the necessary facilities to confirm and diagnose skin infections.

Wrestlers who are undergoing treatment for a communicable skin disease at the time of the meet or tournament shall provide written documentation to that effect from a physician. The NCAA Skin Evaluation and Participation Status Form shall be used to confirm time-under-treatment. This form is available at ncaa.org/playinrules. The status of these individuals should be decided before the screening of the entire group. The decision made by a host event physician and/or certified athletic trainer "on site" should be considered FINAL.

Guidelines for Disposition of Skin Infections

Unless a new diagnosis occurs at the time of the medical examination conducted at the meet or tournament, the student-athlete shall provide the NCAA Skin Evaluation and Participation Status Form from the team physician documenting clinical diagnosis, lab and/or culture results, if relevant, and an outline of treatment to date (i.e., duration, frequency, dosages of medication).

Adequately covered is defined as: "the noninfectious/noncontagious lesion is covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged throughout the sport activity."

BACTERIAL INFECTIONS (Furuncles, Carbuncles, Folliculitis, Impetigo, Cellulitis or Erysipelas, Staphylococcal disease, MRSA)

1. Wrestler must have been without any new skin lesion for 48 hours before the meet or tournament.
2. Wrestler must have completed 72 hours of antibiotic therapy and have no moist, exudative or draining lesions at meet or tournament time.
3. Gram stain of exudate from questionable lesions (if available).
4. Active purulent lesions shall not be covered to allow participation.

HIDRADENITIS SUPPURATIVA

1. Wrestler will be disqualified if extensive or purulent draining lesions are present.
2. Extensive or purulent draining lesions shall not be covered to allow participation.

PEDICULOSIS

Wrestler must be treated with appropriate pediculicide and reexamined for completeness of response before wrestling.

SCABIES

Wrestler must have negative scabies prep at meet or tournament time.

HERPES SIMPLEX

Primary Infection

1. Wrestler must be free of systemic symptoms of viral infection (fever, malaise, etc.).
2. Wrestler must have developed no new blisters for 72 hours before the examination.

3. Wrestler must have no moist lesions; all lesions must be dried and surmounted by a FIRM ADHERENT CRUST.
4. Wrestler must have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before the start time of competition.
5. Active herpetic infections shall not be covered to allow participation.

Recurrent Infection

1. Blisters must be completely dry and covered by a FIRM ADHERENT CRUST at time of competition, or wrestler shall not participate.
2. Wrestler must have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before and at the time of the meet or tournament.
3. Active herpetic infections shall not be covered to allow participation.

See above criteria when making decisions for participation status.

Questionable Cases

1. Tzanck prep and/or HSV antigen assay (if available).
2. Wrestler's status deferred until Tzanck prep and/or HSV assay results complete.

Wrestlers with a history of recurrent herpes labialis or herpes gladiatorum could be considered for season-long prophylaxis. This decision should be made after consultation with the wrestling team physician.

HERPES ZOSTER (shingles)

- Skin lesions must be surmounted by a FIRM ADHERENT CRUST at meet or tournament time, and have no evidence of secondary bacterial infection.

MOLLUSCUM CONTAGIOSUM

1. Lesions must be curetted or removed before the meet or tournament.
2. The only way that coverage assures prevention of transmission is if the molluscum is on the trunk or most uppermost thighs which are assured of remaining covered with clothing; band aids are not sufficient.
3. Solitary or localized, clustered lesions can be covered with a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged.

VERRUCAE (wart)

1. Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected areas cannot be covered with a mask. Solitary or scattered lesions can be curetted away before the meet or tournament but cannot be seeping.
2. Wrestlers with multiple verrucae plana or verrucae vulgaris must have the lesions "adequately covered."

TINEA INFECTIONS (ringworm)

1. A minimum of 72 hours of prescription effective topical antifungal agent therapy is considered appropriate therapeutic regimen to allow effective drug intervention for most Tinea infections. Fungi static or over-the-counter medications are inappropriate for treatment. Wrestlers with these types of Tinea infections must provide at weigh-in the NCAA Skin Evaluation and Participation Status Form to confirm time-under-treatment.

2. Student-athletes presenting appropriate documentation of a diagnosed Tinea infection, is under treatment and the infection is in a coverable area may participate even though the 72 hours have not expired.
3. Active lesions may be covered to allow participation if lesions are in a body location that can be “adequately covered” and are under documented treatment.
4. Adequately covered is defined as “the noninfectious/noncontagious lesion is under treatment by a prescription effective topical antifungal agent covered by a gas impermeable dressing, pre-wrap and stretch tape that is appropriately anchored and cannot be dislodged throughout the sport activity.”
5. The physician or certified athletic trainer responsible for completing skin checks shall make the determination as to whether a Tinea infection is in a coverable area.
6. On-site medical personnel will disqualify wrestlers with extensive, multiple lesions, or lesions that are not under documented treatment following assessment.
7. A minimum of two weeks of systemic, prescription (oral) antifungal therapy is required for scalp (diagnosed Tinea Capitus) lesions.
8. The final disposition of student-athletes with Tinea infections will be decided on an individual basis by the on-site examining physician or certified athletic trainer.

Appendix D

Concussions

Revised April 2023

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities.

Game officials are often in the best position to observe student-athletes after they have had a blow to the head or body, and may be the first to notice the behaviors that indicate a concussion may be present. An official may observe the following behaviors by a student-athlete with a suspected concussion:

- Appears dazed or stunned.
- Appears confused or incoherent.
- Shakes head.
- Stumbles; has to be physically supported by teammates.
- Moves clumsily or awkwardly.
- Shows behavior or personality changes.

Student-athletes with a suspected concussion must be removed from competition so that a medical examination can be conducted by the primary athletics healthcare provider (i.e., athletic trainer or team physician).

Importantly, a game official is not expected to evaluate a student-athlete. Instead, if an official notices any behavior that suggests a concussion, the official should stop play immediately and call an injury timeout so that an appropriate medical examination can be conducted. A simple guide to the official's role is: "When in doubt, call an injury timeout."

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, must be removed from practice or competition and may not return to sport activity on that day. The athlete must undergo medical evaluation and follow a return-to-learn/return-to-sport protocol under the supervision of the team physician, and may not return to sport until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can receive appropriate medical evaluation.

IF A CONCUSSION IS SUSPECTED:

1. **Remove the student-athlete from play.** Look for the signs and symptoms of concussion if the student-athlete has experienced a blow to the head. Do not allow the student-athlete to just "shake it off." Each student-athlete will respond to concussions differently.

2. **Ensure that the student-athlete is evaluated immediately by an appropriate health care professional.** Do not try to judge the severity of the injury. Call an injury timeout to ensure that the student-athlete is evaluated by one of the primary athletics healthcare providers.
3. **Allow the student-athlete to return to play only if the primary athletics healthcare provider has determined that the student-athlete did not suffer a concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate management.

Additional information and details regarding concussions can be found at ncaa.org/sport-science-institute.



Appendix E

Accommodations for Student-Athletes with Disabilities

The NCAA encourages participation by student-athletes with disabilities (physical or mental) in intercollegiate athletics and physical activities to the full extent of their interests and abilities. An NCAA member institution will have the right to seek, on behalf of any student-athlete with a disability participating on the member's team, a reasonable modification or accommodation of a playing rule, provided that the modification or accommodation would not:

1. Compromise the safety of, or increase the risk of injury to, the student-athlete with a disability or any other student-athlete;
2. Change an essential element that would fundamentally alter the nature of the game; or
3. Provide the student-athlete an unfair advantage over the other competitors.

To request any such modification or accommodation, the member's director of athletics, or their designee, must submit a rule waiver request, in writing, to the secretary-rules editor. Such written request should describe:

- a. The playing rule from which relief is sought;
- b. The nature of the proposed modification or accommodation;
- c. The nature of the student-athlete's disability and basis for modification or accommodation; and
- d. The proposed duration of the requested modification or accommodation.

Additionally, each request should be accompanied by documentation evidencing the student-athlete's disability (e.g., a medical professional's letter). Upon receipt of a complete waiver request, the secretary-rules editor will consult with NCAA staff, the applicable sport/rules committee, other sport governing bodies, and/or outside experts, to conduct an individual inquiry as to whether the requested modification or accommodation can be made. In making this assessment, the NCAA may request additional information from the member institution. The secretary-rules editor will communicate the decision in writing (which may be via email) to the requesting member institution. If the request is granted, the member institution should be prepared to provide the written decision to the officiating staff, opposing coach(es) and tournament director (if applicable) for each competition in which the student-athlete will participate. NCAA members are directed to consult Guideline 2P of the NCAA Sports Medicine Handbook for further considerations regarding participation by student-athletes with impairment.

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