



# **REFEREE ENHANCEMENT PROGRAM**

**FALL 2010**

# **NCAA WRESTLING REFEREE ENHANCEMENT PROGRAM CLINIC AGENDA**

**Stanford University - September 11, 2010**

**Grand View University - September 12, 2010**

9 a.m.	Welcome and introductions
9:10 a.m.	Clinic expectations
9:20 a.m.	The rules book
9:30 a.m.	Rules changes and points of emphasis
9:50 a.m.	Break
10 a.m.	Rules video
11 a.m.	Q&A – DVD and rules changes
11:30 p.m.	Lunch
noon	Referee philosophy, mechanics, positioning, signals, nip problems in the ‘bud,’ coach’s job versus ref’s job, fraternizing, diffusing ‘hot’ situations and more.
12:30 p.m.	How to be a great assistant referee
12:50 p.m.	Break
1 p.m.	Open session
1:30 p.m.	Booklet review
1:45 p.m.	Evaluation
1:55	Registration
2 p.m.	Dismiss

## REFEREE REQUIREMENTS

The NCAA Wrestling Committee approved the requirements listed in Rule 7.1 to be an NCAA registered wrestling referee. (The rule became effective with the 2009-10 season.)

### 7.1 Referee

7.1.1 *Registration.* A referee who wishes to be eligible to officiate regular-season and/or postseason competition must complete the following requirements:

- 1) The referee shall register by watching, annually, the NCAA Rules Presentation (DVD) not later than October 19 of each year.
- 2) The referee shall attend an in-person NCAA Wrestling Referee Enhancement Program fall clinic once every three years.
- 3) The referee shall complete an online examination and receive a minimum passing score of 80 percent.

7.1.2 *Institutional Penalty.* An institution using a nonregistered referee shall be subject to any or all of the following penalties:

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

Coaches and/or administrators are encouraged to contact the NCAA Wrestling Rules Committee chair or a committee member, the NCAA wrestling secretary-rules editor or an NCAA staff liaison to report a potential violation.

Referee attends in-person clinic and passes online test	Referee may be assigned work NCAA wrestling*	Referee required to attend next clinic
Fall 2009	2009-10 season 2010-11 season 2011-12 season	Fall 2012 for the 2012-13 season
Fall 2010	2010-11 season 2011-12 season 2012-13 season	Fall 2013 for the 2013-14 season
Fall 2011	2011-12 season 2012-13 season 2013-14 season	Fall 2014 for the 2014-15 season
Fall 2012	2012-13 season 2013-14 season 2014-15 season	Fall 2015 for the 2015-16 season

*\*Each year referees are required to view the video, register online and receive a passing score on the test.*

# Two-Year Playing-Rules Cycle

2009-10 and 2010-11

## WHAT ARE PLAYING RULES?

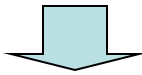
**Playing rules** are what happens on the field, court, pool, pitch, mat, rink, lane, track, slope or range when an opponent and officials are present.

**Playing rules** are the same for all three divisions.

**Playing rules** are the same for regular-season and championship competition.

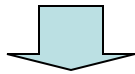
### ***INFORMATION GATHERING STAGE – Year One***

During the season, the secretary-rules editor and committee members compile hot topics (comments, ideas, questions) from coaches, commissioners and athletics administrators. A rules survey may be conducted to determine how the membership feels about certain issues. A rules proposal may be forwarded to any committee member for consideration.



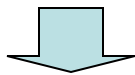
### ***ANNUAL MEETING – Year One***

The committee meets to discuss championships issues, survey results and playing rules proposals.



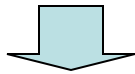
### ***COMMENT PERIOD***

A list of proposals approved by the committee is sent to coaches and conference commissioners for feedback. This two-week comment period allows the membership to see and respond to the exact language of the proposals.



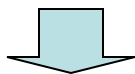
### ***PROP APPROVAL***

The Playing Rules Oversight Panel (PROP) reviews all of the rules-change proposals the committee approved and all comments from the membership. PROP's charge is to review all proposals for financial implications, safety concerns and harm to the image of the game. Items approved by PROP are incorporated into the rules book.



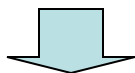
### ***TWO-YEAR RULES BOOK***

A complimentary copy of the playing rules book is mailed to head coaches and conference commissioners. Additional copies may be ordered online at [NCAAPublications.org](http://NCAAPublications.org) or by calling 888/388-9748.



### ***INFORMATION GATHERING STAGE – Year Two***

During the season, the secretary-rules editor and committee members compile topics of interest.



### ***ANNUAL MEETING – Year Two***

The committee meets to discuss championships issues and rules for future consideration. Committee submits a report to PROP.

#### **2009-10 WRESTLING COMMITTEE CHAIRS**

**BRAD TRAVIOLIA**, chair

Big Ten Conference  
847/696-1010

[Braviolia@bigten.org](mailto:Braviolia@bigten.org)

**DAN LEWIS**, Division II chair

Colorado School of Mines  
303/273-3374

[dlewis@mines.edu](mailto:dlewis@mines.edu)

**JEFF SWENSON**, Division III chair

Augsburg College  
612/330-1241

[swensonj@augsborg.edu](mailto:swensonj@augsborg.edu)

#### **BOB BUBB**

Secretary-Rules Editor  
814/764-6374

[bubber@windstream.net](mailto:bubber@windstream.net)

#### **PAT McCORMICK**

National Coordinator of Officials  
757/719-5061

[pat.mccormick@hamptonu.edu](mailto:pat.mccormick@hamptonu.edu)

#### **RON BEASCHLER**

Weight-Management Program Liaison  
419/772-2453

[r-beaschler@onu.edu](mailto:r-beaschler@onu.edu)

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#### **NCAA STAFF LIAISONS**

##### **MARCUS BLOSSOM**

Division II Championships  
317/917-6475;

[mblossums@ncaa.org](mailto:mblossums@ncaa.org)

##### **RANDY BUHR**

Divisions I Championships  
317/917-6638; [rbuhr@ncaa.org](mailto:rbuhr@ncaa.org)

##### **ANTHONY HOLMAN**

Division III Championships  
317/917-6929; [aholman@ncaa.org](mailto:aholman@ncaa.org)

##### **TERESA SMITH**

Playing Rules Administration  
317/917-6134; [tksmith@ncaa.org](mailto:tksmith@ncaa.org)

## NCAA Wrestling Major Rules Changes for 2010 and 2011

1. **Rules 1.6 Determining Wrestling Order.** *Note:* For example, if the 165-pound weight class (an even numbered weight class) is selected by mutual consent or random draw, the sequence of weight classes would be 165, 174, through 157. The team whose captain chose the even weight classes would have their choice to start the second period at 165 pounds. (See Rule 3.10.1.)
2. **Rule 2.1.2 Defensive Starting Position.** The referee shall say, “Set,” and instruct the opponent to assume the offensive position.  
  
**Rule 2.1.3 Offensive Starting Position.** (Delete current 5; 6 becomes new 5) Then the referee shall ~~pause momentarily~~ say, “Set,” before starting the wrestling.
3. **Rule 3.11.1 First Round of Overtime.**  
Add to end of second paragraph: If a wrestler in the neutral position is awarded a takedown while meeting a near fall criterion, wrestling shall continue until a fall or near fall points are awarded. Any near fall points are added to the winner’s match score.  
Add to third paragraph: However, if due to a second injury timeout the offensive wrestler rides the opponent the entire sudden victory period, that wrestler shall be declared the winner.  
Add between two sentences of last paragraph: However, if due to a second injury timeout the offensive wrestler accrues at least one-minute of riding time in the tie breaker periods, that contestant shall be awarded one point.
4. **Rule 5.8.12 Rear-Knee Kick.** It is illegal for an offensive wrestler in the rear standing position to use both feet to kick behind the knees in an attempt to bring the opponent to the mat. [Also add illustration.]
5. **Rule 7.1.1 Certification Registration.** A referee who wishes to be assigned to NCAA regular-season or postseason wrestling competition must be ~~certified~~ registered not later than October 19 each year. The following requirements shall be fulfilled for a referee to officiate NCAA intercollegiate competition.
  1. A referee shall attend an in-person fall clinic once every three years.
  2. A referee shall complete the online test and receive a minimum score of 80 percent.
  3. A referee shall view the wrestling rules presentation (video) and register annually.
6. **Rule 8.3.2 Procedures for Two Certifications.** Proposal submitted to the NCAA Competitive Safeguards and Medical Aspects of Sports Committee requesting elimination of Section II assessment.
7. **Rule 9.1.1 Weighing-In.** All contestants shall weigh-in wearing a minimum of a suitable undergarment, such as briefs, boxers, shorts or competition singlet.
8. **Rule 9.1.3 Tournaments.** Music may not be played, bands may not perform, and artificial noisemakers may not be used during wrestling action.



VIA ELECTRONIC MAIL

MEMORANDUM

June 3, 2010

P.O. Box 6222

Indianapolis, Indiana 46206

Telephone: 317/917-6222

Shipping/Overnight Address:

1802 Alonzo Watford Sr. Drive

Indianapolis, Indiana 46202

www.ncaa.org

TO: Head Wrestling Coaches ]  
Directors of Athletics ] - at NCAA Member Institutions and  
Certified Athletic Trainers ] Conferences that Sponsor Wrestling.  
Conference Commissioners ]

FROM: Mr. Brad Traviolia, chair  
NCAA Wrestling Committee

Mr. Robert G. Bubb, secretary-rules editor  
NCAA Wrestling Committee.

SUBJECT: Annual Meeting Report Regarding Playing Rules.

The NCAA Wrestling Committee met April 12-14 in Indianapolis and for the first time was in the middle year of the two-year NCAA rules process calling for rules changes to be made only in alternate years.

The Executive Committee recently adopted a policy that has been distributed to the membership as the latest step in the process to develop a consistent association-wide approach to concussion management. Based on this information, the committee felt it was necessary to make a change that will be in **effect for the 2010-11 season regarding student-athlete health and safety pertaining to concussions**. The committee approved the following ruling pertaining to a match-ending injury.

- *Rule 6.2 Match-Ending Injury.* If a contestant is rendered unconscious or shows signs of a concussion or spinal injury, that wrestler shall not be permitted to continue in the match or return to competition without approval of the team physician or their designee according to the concussion management plan. Student-athletes diagnosed with a concussion shall not return to activity (or competition) for the remainder of that day.

In addition to the single rule change, the committee also approved a small number of **editorial clarifications to existing rules, which will in effect in the 2010-11 season:**

N a t i o n a l C o l l e g i a t e A t h l e t i c A s s o c i a t i o n

*An association of more than 1,200 members serving the student-athlete*

Equal Opportunity/Affirmative Action Employer

- *Rule 2.1.3 Offensive Starting Position.* The starting position has been further simplified and the proper procedures
- *Rule 3.1.7 Tournament Administration.* In-season collegiate wrestling tournaments registered through the OPC system shall restrict competition between scholastic and collegiate competitors to different and separate classifications.
- *Rule 3.21 Medical Forfeit.* Once a medical forfeit has been declared by the appropriate medical personnel or an authorized institutional representative, that decision cannot be reversed.
- *Rule 8.4 Weight-Management Violations.* The penalty for a urine manipulation violation during the weight certification process will be the same as the urine manipulation penalty for a drug testing violation.

The following rule, which was waived last season, **will be in effect this fall:**

- *Rule 8.2.1 Requirements to Submit Data.* Individual advancement tournament directors shall register their tournament(s) in the OPC system not later than September 1 in order for the results to count on the Individual Season Record Form. It shall be the responsibility of the tournament director to enter into the OPC all tournament results as soon as possible after competition, but not more than 24 hours after the conclusion of the event. (See Rule 9.8.2.)

The 2010-11 wrestling season is the time when rules change processes are activated in preparation for publication of the next rules book following the April 2011 annual meeting. Rules change proposals may be submitted throughout the season, and the annual questionnaire will be available during January 2011.

Please keep in mind that wrestling competition must be assigned to NCAA registered referees. Requirements for referee registration are threefold and include: 1) viewing the annual rules video available at [www.NWCAonline.com](http://www.NWCAonline.com) in late August; 2) taking and passing the online referee test not later than October 19; and 3) attending an in-person referee clinic once every three years. Please encourage the referees you know to attend a clinic this fall:

- 9 a.m. to 2 p.m. Saturday, September 11, hosted by Stanford University
- 9 a.m. to 2 p.m. Sunday, September 12, at Grand View University in Des Moines, Iowa.

Finally, several institutions received fines last season as result of a violation of the Weight Management Program. Most institutions have paid their fine, but several have not. **Effective with the 2010-11 season**, an institution having an outstanding weight management program fine at the end of postseason competition will have their postseason travel reimbursement withheld until the fine is paid.

NCAA MEMORANDUM

June 3, 2010

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If you have questions about information contained in this memorandum, please direct them to Bob Bubb at 814/764-6374.

BT/RB:ts


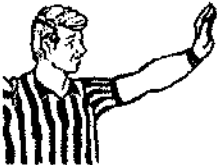




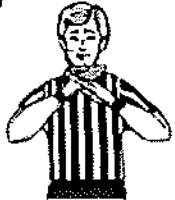



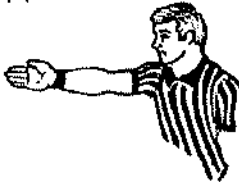











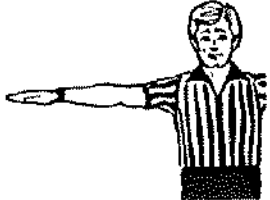

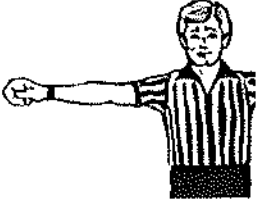
cc: Mr. Ron Beaschler  
Mr. Jim Forkum  
Ms. Mary Ellen Leicht  
Mr. Scott McClure  
Dr. Pat McCormick  
NCAA Registered Wrestling Referees  
NCAA Wrestling Committee  
Selected NCAA Staff Members



# REFEREES' WRESTLING SIGNALS

## HIGH SCHOOL AND COLLEGE



<p>1</p>  <p>Starting the Match</p>	<p>2</p>  <p>Stopping the Match</p>	<p>3</p>  <p>Time Out</p>	<p>4</p>  <p>Start Injury Time</p>	<p>5</p>  <p>Start Blood Time Out</p>	<p>6</p>  <p>Start Recovery Time</p>
<p>7</p>  <p>Stop Blood/Injury/Recovery Time</p>	<p>8</p>  <p>Neutral Position</p>	<p>9</p>  <p>Indicates No Control</p>	<p>10</p>  <p>Out-of-Bounds</p>	<p>11</p>  <p>Indicates Wrestler in Control Left/Right Hand</p>	
<p>12</p>  <p>Defer Choice</p>	<p>13</p>  <p>Potentially Dangerous Left/Right Hand</p>	<p>14</p>  <p>Stalemate</p>	<p>15</p>  <p>Caution – False Start or Incorrect Starting Procedure</p>	<p>16</p>  <p>Stalling Left/Right Hand</p>	
<p>17</p>  <p>Interlocking Hands or Grasping Clothing</p>	<p>18</p>  <p>Reversal</p>	<p>19</p>  <p>Technical Violation</p>	<p>20</p>  <p>Illegal Hold or Unnecessary Roughness</p>	<p>21</p>  <p>Near-Fall</p>	
<p>22</p>  <p>Awarding Points Left/Right Hand</p>	<p>23</p>  <p>Unsportsmanlike Conduct Left/Right Hand</p>	<p>24</p>  <p>Flagrant Misconduct Left/Right Hand</p>	<p>25</p>  <p>Coach Misconduct Left/Right Hand</p>		

**MAJOR DIFFERENCES BETWEEN  
HIGH SCHOOL AND COLLEGE RULES  
2010-2011**

**by**

**M. Patrick McCormick  
NCAA National Wrestling Officiating Coordinator  
August 2010**

**MAT DIMENSIONS/OUT OF BOUNDS/RESPONSIBILITY**

**2.1.2**  
Minimum wrestling area shall be enclosed by a circle of 28 feet diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat approximately 5 feet wide.

**1.9**  
Minimum wrestling area shall be enclosed by a circle of 32 feet diameter. Maximum area shall be enclosed by a circle with 42 feet diameter. There shall be a mat area a min. of 5 feet in width that extends entirely around the wrestling area.

**2.1.3**  
Two-inch line is out of bounds.

The two-inch line defining the wrestling area is in bounds.

**3.1.5**  
Responsibility lies with referee.

Responsibility to meet these regulations does not lie with referee, but with home institution's game management personnel. The referee alerts the home institution's management personnel of any variance. It is recommended that, when the mat is on a concrete floor or like surface, sufficient padding be placed under the mat.

**MATS**

**2.1.3**  
10-foot circle in center of mat.

**1.9**  
A 10-foot circle is not required.

No similar recommendation.

**1.11**  
Recommended that the mat(s) be cleaned and disinfected before all competitions and between rounds of a tournament. Also recommended that shoe cleaning and disinfecting mechanism be available before a wrestler or any other person steps onto the mat.

**REPRESENTATION**

**1.2.2**  
No wrestler shall represent his school in more than 5 matches in any one day, including forfeits.

No similar rule.

**WEIGHT CERTIFICATION AND REPRESENTATION**

**1.2.5**  
A wrestler who weighs in for one weight class may be shifted to a higher weight provided it is not more than one weight class above that for which his actual weight qualifies him. Also see 4.4.2.

**1.5**  
A wrestler may weigh in at the established certified weight and compete at a higher weight classification. See below for heavyweights.

**HEAVYWEIGHT CLASS**

**4.4.1**  
Contestants must weigh from >189 to 285 pounds.

**1.3 and 1.5**  
Contestants must weigh from 183 to 285 pounds.

**WRESTLER'S UNIFORM**

**4.1.1a**

No such uniform permitted.

Essentially the same. An undershirt of a single solid color is allowed if sufficient reason is determined by the referee.

**4.1.2**

An American flag with a maximum size of 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches in area and with written state association approval may be worn.

**1.12.1**

A spandex/lycra-type T-shirt and shorts are allowed uniform.

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

**1.12.2**

The name or initials of the institution shall be displayed on competition uniforms with letters at least 2 inches high.

**1.12.2**

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

**1.12.3**

Any match stoppage related to shoelaces shall be treated as delay of match and, therefore, a stalling violation.

**1.12.4**

A protective ear guard must be worn anytime live wrestling takes place including practice, all matches, and tournaments including open tournaments.

**APPEARANCE**

**4.2.1**

Facial hair is allowed if covered with a legal facemask. If hair on head is as abrasive as an unshaven face, contestant must shave it or wear a legal hair cover.

Hair in the front shall not extend below the eyebrows.

**1.13**

Contestants must be clean-shaven.

**VIDEO TAPING**

**10.1.2**

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

**1.16 and 3.23**

Video taping a match is allowed. Video tapes shall not be used in dual meets to make corrections. The official videotape may be used to correct errors in the mechanics of scoring and other non-judgment areas as part of a formal protest.

**STARTING POSITION**

**5.20.5**

The referee does not have to say ‘set’ for either the defensive or offensive starting positions.

**2.1.3**

When the defensive or offensive wrestler assumes the starting position, the referee will say, “Set.”

**5.20.6**

Prior to assuming an offensive position, the offensive wrestler may signal to the referee the neutral position. The defensive wrestler is awarded an escape, and wrestling begins from the neutral position.

No similar rule.

**FALL/NEAR FALL/IN BOUNDS**

**5.11.5**

A fall or near fall shall not be awarded unless any part of both shoulders or both scapulae are inbounds.

**2.4**

Near fall points may be earned or a fall called if any part of the defensive wrestler’s pinning area is in bounds.

**TAKEDOWNS**

**5.26.3**

Control must be established while the supporting points of either wrestler are in bounds, or while at least the feet of the scoring contestant finish down on the mat in bounds.

**2.6**

For the purpose of awarding takedown points at the edge of the wrestling area, points shall be awarded when control is established while any part of either wrestler finishes on the mat in bounds. In addition to the above, the definition of “a foot in bounds” has been made such that wrestling can continue or points scored as long as a part of a foot is over the wrestling area without completely breaking the boundary of an imaginary cylinder surrounding and extending above the wrestling area, and finishes on the mat in bounds.

**ESCAPES**

**5.10**

Both supporting points of either wrestler have to be inbounds.

**2.7**

An escape can be scored while any part of either wrestler remains inbounds.

**REVERSALS**

**5.23.2**

Both supporting points of either wrestler have to be inbounds or at least both feet of the scoring contestant finish down on the mat inbounds.

**2.8**

Any part of either wrestler has to remain inbounds.

**TIME ADVANTAGE**

No time advantage used.

**2.11.1**

One point for one minute or more time advantage (riding time) than opponent.

**FALL**

**5.11.1**

Two seconds.

**2.12**

One second.

**TECHNICAL FALL**

**5.11.4 and 9.2.b**

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

**2.13, 4.3.2 and 4.3.3**

Same except if no near fall is awarded to winning wrestler during the match, then only 4 points are awarded for a technical fall.

**WEIGHT CLASSES**

**4.4.1** (*14 weight classes*)  
103, 112, 119, 125, 130, 135, 140, 145, 152,  
160, 171, 189, 215 and 285 lbs.

**1.3** (*10 weight classes*)  
125, 133, 141, 149, 157, 165, 174, 184, 197,  
and Heavyweight (183-285 lbs.)

**ORDER OF WRESTLING**

No similar rule.

**1.6**  
For dual meets, coaches may alter order of  
matches by mutual agreement.

**RANDOM DRAW**

**5.22.1, 5.22.2, 1.1.2a**  
A random draw is made for which weight  
class wrestles first in a dual meet. A random  
draw for championship final matches for  
tournaments and championships may be used.

If coaches cannot agree on the first weight  
class to wrestle, a random draw will be used  
to determine which weight class to be  
wrestled first.

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

No similar rule.

**1.1.2**  
When multi-dual meet competition is held, the  
first weight class to be competed in the  
subsequent dual shall be one greater than the  
starting weight class from the previous round.

**WEIGH-INS**

No similar rule.

**9.1.1**  
Weigh-ins shall be conducted in a private,  
secured area with limited attendance (only  
contestants, coaches of contestants, required  
medical personnel, others deemed necessary)  
at the site of competition or in an adjacent  
building to the competition. NCAA official  
weigh-in form must be used.

**4.5.1** (*dual, tri, quad meets*)  
Weigh-in shoulder-to-shoulder or by team(s).  
A max. of 1 hour before team's 1<sup>st</sup> competition  
each day. When a preliminary meet is  
followed by a varsity meet, weigh-ins may, by  
mutual consent, precede the preliminary meet.

**9.1.2** (*dual, tri, quad meets*)  
One hour or less before first match is  
scheduled to begin. No weight allowance is  
given for dual meets conducted on  
consecutive days. When junior varsity  
competition is held before varsity  
competition, the varsity contestants shall  
weigh-in one hour before the scheduled start  
of the varsity competition.

**4.5.7**  
All contestants (male and female) shall weigh  
in wearing a suitable undergarment that  
completely covers the buttocks and groin area.  
Any contestant who has been authorized to  
wear an artificial limb shall weigh in with the  
artificial limb.

**9.1.1**  
All contestants shall weigh-in wearing a  
minimum of a suitable undergarment, such  
as briefs, boxers, shorts or competition  
singlet.  
At all weigh-ins, wrestler should stand with  
both feet flat in middle of scale facing away  
from dial or weight indicator.

**4.5.3** (*For tournaments and dual meets*)  
If only one scale is available, a contestant may  
step on and off that scale two times. If  
multiple scales are available, a contestant may  
step on and off first scale twice, then  
immediately on each available scale once

**9.1.2 and 9.1.3**  
For dual meets, the contestant may step on  
and off the scale three times to allow for  
mechanical inconsistencies in the scale.  
For tournaments, the contestant may step on  
each additional official scale one time

**4.5.2** *(For tournaments)*

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

following the heavyweight class.

**9.1.3** *(For tournaments)*

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

**4.3.1**

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

No similar explicit rule.

**4.2.6**

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

**1.14**

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

**4.3.2**

Each state association may authorize use of artificial limbs.

No similar rule.

No similar rule.

**9.1.3**

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

**4.5.5**

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

**9.1.3**

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

No similar rule.

**9.1.4**

Granting a weight allowance for a dual meet or multiday dual meets is prohibited, nor can a weight allowance be mutually agreed upon.

**9.1.5**

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

**4.4.3**

Second violation is same as first; disqualify an individual from competition.

**9.3**

Violators of these rules shall be suspended for the competition(s) for which the weigh-in is intended. A second violation results in suspension for the remainder of the season.

**SPECIAL EQUIPMENT**

**DEHYDRATION PRACTICES**

**HIGH SCHOOL**

**COLLEGE**

**PRACTICE ROOM  
TEMPERATURE**

No similar rule.

**9.4**

The wrestling practice facility must be kept at a temperature not to exceed 80 degrees F at the start of practice.

**CPR AND FIRST AID TRAINING**

No similar rule.

**9.5**

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

**MEDICAL CHECKS**

No similar rule.

**9.6.1 and 9.6.2**

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

**A MATCH**

**5.18.2**

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

**3.1**

A match begins with the start of the first period.

**6.2.2**

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

**3.6**

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

**PRE-MATCH TEAM  
INTRODUCTIONS &  
TOURNAMENT AWARDS**

No similar rule.

**3.3.1**

All contestants shall be uniformly attired in their school's official warm-up and match uniform. No hats, stocking caps, or other inappropriate apparel are permitted. Head coach penalized under Control of Mat Area, 3.13.4.

**3.3.2 and 3.3.3**

Unacceptable coaching and medical personnel attire defined. Penalty is penalized under Control of Mat Area, 3.13.4. Further, violators may not sit in designated coaching area until in compliance.

**3.17.8**

Same as above in 3.3.1 and, in addition for tournaments, no signs allowed. All additional personnel included in award presentations and team pictures must also be properly dressed.

**INTENTIONAL DELAY****6.2.1**

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

**3.5**

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

**LENGTH OF MATCH****6.1.1**

Regular matches: three 2-minute periods.

**3.7**

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

**6.1.2**

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

**3.8**

Wrestle-back matches: seven minutes.

**BAD TIME****5.1.3**

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

No similar rule.

**BREAKING TEAM TIES****9.2.2**

Criteria are listed. Dual meets cannot end in a tie.

**3.12**

Criteria are listed, but somewhat different and are to be used for team advancement tournaments only, that is, dual meets can end in a team tie.

**CORRECTION OF CLERICAL ERROR****6.6.4.a and b**

There is a 30-minute time period to correct the recording and computation of a match or team's score after a dual meet.

**3.14.3**

A clerical error in recording team scoring in a dual meet or tournament that does not necessitate additional wrestling may be corrected when discovered.

**OVERTIMES****6.7.1**

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

**3.11**

Choice of top or bottom position in first tiebreaker period determined by wrestler who scores first points, other than penalty or escape points in regulation match.

In addition to first tie breaker period, a second 30-second tie breaker period will be wrestled if no pin, default or disqualification occurred. Wrestler not having choice in first tiebreaker has choice to start second tiebreaker, except if that wrestler uses his 2<sup>nd</sup> injury timeout between the tiebreaker periods, then the other wrestler has his choice again. If no winner, a second overtime begins with a 1-minute sudden victory period. If no winner, another two 30-second tie breaker periods as above. If no winner, wrestler with most riding time in all four tiebreakers wins. If no winner determined, repeat process.

Because college wrestling includes riding

**CONTROL OF MAT AREA,  
BADGERING, AND  
MISCONDUCT**

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

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

**CORRECTIONS AFTER A DUAL-  
MEET MATCH**

**6.6.4a.1**

Corrections must be made before offended wrestler leaves mat area if additional wrestling is necessary. If no additional wrestling is necessary, the error may be corrected if either the wrestler or coach remains in the mat area. Errors involving team scores must be corrected within 30 minutes of the conclusion of the dual meet or tournament or the official posting of team points in a tournament.

**MEDICAL FORFEIT**

**10.2.4**

Tournament director, in consultation with available medical personnel and the coach of the injured or ill contestant, shall determine contestant's ability to continue.

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

**3.13 & 3.15**

All personnel, other than actual participating contestants, shall be restricted for dual meets to an area 10 feet from mat and scorer's table; for tournaments, to a restricted zone placed in any two corners of the mat. A chair will be placed behind the two coaches' chairs for a credentialed medical person. These areas may be left by the coach(es) only to check time and score, question application of a rule, or move toward mat during charged timeout or at the end of a match. Medical personnel may leave this zone to attend to an injury. Failure to comply, or if there was no misapplication of a rule, results in 2 warnings, then a deduction of one team point, and finally the deduction of two points and removal for subsequent violations. Removal is for duration of event.

**3.14.2, 3.14.3**

During a dual meet correction shall be made by the referee before the start of a subsequent match. For tournaments as in H.S., before wrestlers leave mat area.

Any error not resolved by the referee shall be arbitrated by the tournament committee. A clerical error in recording team scoring in a dual meet or tournament that does not necessitate additional wrestling may be corrected when discovered.

**3.21**

Injured or ill wrestler in subsequent rounds of a tournament may declare medical forfeit without appearing on the mat, provided team representative has informed official scorer no later than start of weigh-ins for that day or before the session after the injury or illness. In order to retain advancement and placement points earned, this declaration must be made to the official scorer before the ill or injured wrestler is called to the mat. No further weigh-in is necessary.

**VIDEOTAPING**

**3.1.8 & 10.1.2**

May not be used for decisions related to the match (dual or tournament). Videotaping or filming is authorized unless prohibited by the state high school association.

Any videotaping or filming for the purpose of reviewing during competition, however, is prohibited.

**TEAM FORFEITS**

**9.2.1e**

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

**UNSPORTSMANLIKE CONDUCT**

**7.4.2 & 8.1.3 (Wrestlers during a match)**

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

**7.5.3 & 8.1.4 (Coaches, contestants not during a match, and other team personnel)**

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

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

No similar rule.

**SPECTATOR SPORTSMANSHIP**

**TOBACCO USE**

**7.4.3 & 7.5.5**

Same.

**1.16 and 4.25**

An official video tape may be used in tournaments when specific conditions are met, but a video tape cannot be used during a dual meet for corrections.

**4.3.1**

A team forfeit shall be scored 60-0.

**5.4.1 (Wrestlers during a match)**

No rule for dropping to one knee, but includes failure to keep uniform straps up while in the wrestling area, that is, may have them down while on apron of mat.

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

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

Sequence of penalties is cumulative over a dual meet or tournament session.

**5.4.3**

The public address announcer at all dual meets and tournaments should read a spectator sportsmanship statement before competition begins each meet or tournament session.

**5.6.3**

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

**7.10**

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

**FLAGRANT MISCONDUCT**

**7.5.5, 8.1.6 & Penalty Chart**

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

**7.4.3 & Penalty Chart**

For contestant, same as above, and no team points can be earned in the individual tournament.

**8.1.6**

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

No similar rule.

**5.6.2**

Same except deduct one team point.

**5.6.1**

Same except deduct one tem point.

**5.6**

Removal from premises required.

**5.6.1**

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

**7.9.13**

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

**5.8**

These are not listed as illegal holds.

**5.9**

Specific holds not listed.

**ILLEGAL HOLDS**

**7.1.2**

Straight-back salto to the head, Figure 4 around body or both legs, back bow and a back flip from the standing position.

**POTENTIALLY DANGEROUS HOLDS**

**7.2.2**

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

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

Referee does not have to stop match in this situation.

**FIGURE-FOUR SCISSORS**

**7.1.5 & 7.3.5**

The figure-four scissors around the body or both legs is an illegal hold; around the head from the neutral position, is a tech. violation.

**5.12**

It is a technical violation for these situations.

**TECHNICAL VIOLATION**

**7.3.3**

Locked or overlapped hands, fingers, or arms around opponent's body or both legs in the advantage position is a technical violation, unless opponent's weight is supported entirely on his feet, or you have lifted your opponent off the mat, or your opponent is meeting near fall criteria.

**5.11.1**

Same except the offensive wrestler may continue to keep locked hands after a body lock or double-leg takedown when a near fall is imminent.

**7.3.6**

Reporting to the mat not properly equipped, not ready to wrestle, or equipment deemed illegal after wrestling begins is a technical violation.

**1.15.3**

Reporting to mat and not in compliance results in a charged injury timeout.

**FLEEING THE WRESTLING AREA**

**7.3.1**

Going out of the wrestling area or forcing an opponent out of the wrestling area is a technical violation and follows disqualification sequence of penalties. However, no penalty points are awarded for intentionally going out of the wrestling area to prevent a pin where near-fall points are earned.

**5.14**

Fleeing or attempting to flee the wrestling area as a means of avoiding being scored upon is a technical violation. The 1-point penalty for fleeing is not cumulative in the penalty sequence for disqualification. All subsequent violations are penalized 1-point. The scoring symbol for fleeing the mat is Fl-1. The fleeing penalty may be awarded when it occurs.

**TOWELING**

Not explicitly stated.

**5.15**

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

**INJURY TIMEOUTS**

**8.2.1e**

If second injury timeout is taken at the conclusion of the sudden victory period, opponent gets choice of position at start of both 30-second tiebreakers.

**6.1.1**

Offended wrestler gets choice at start of first tiebreaker.

**8.2.7**

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

**6.1.5**

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

**REFEREE REGISTRATION**

No rule but by State Association membership and testing.

**7.1.1 and 7.1.2**

In order to referee in college, must be NCAA registered, includes view annual Wrestling Rules DVD, pass the NCAA rules exam on or before October 19, and every three years attend an in-person clinic. Institutions using a non-registered referee are subject to penalties.

**REFEREE UNIFORMS****3.1.1**

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

**7.2.1**

For all competition referees must wear either 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.

**OFFICIAL'S DUTIES****5.22.2**

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

No similar rule.

**3.1.4c**

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

**7.4.1.5**

Advise coaches of proper coaching attire.

**3.1.13**

During injury, blood, or recovery timeouts, the referee should be at the scorer's table monitoring the appropriate clock and not on the mat with either coach or wrestler. The referee should notify the coach and/or wrestler at the one and one-half minute marks.

No similar instruction.

**ASSISTANT REFEREE PROCEDURES****3.2**

Some of the procedures are slightly different for H.S. For example, in 3.2.2c it states that in near fall situations, the assistant referee should tap the referee when time expires. Another example, 3.2.2i, states that assistant referee is not permitted to address the coaches; it is the referee's responsibility.

**7.6**

No suggestion to tap the referee when time expires. Assistant referee is granted the same mobility as the referee in both HS and college rules and should use their good judgment in these and other situations. No similar suggestion for communication of assistant.

**7.6.8**

The assistant referee shall check each corner for dress code violations before the match begins.

**MATCH TIMEKEEPER****3.4.1f**

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

**7.7.6**

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

**NOISE CONTROL**

No similar rule.

**9.1.6**

The playing of music and/or the use of noisemakers during wrestling action is prohibited.





TO PURCHASE AN  
NCAA WRESTLING RULES BOOK  
OR OTHER NCAA PUBLICATION  
VISIT

[NCAApublications.com](http://NCAApublications.com)

or call toll-free 888/388-9748

\* \* \* \* \*

Other helpful websites:

[www.NCAA.org/playingrules](http://www.NCAA.org/playingrules)  
(select Wrestling)

[NWCAnonline.com](http://NWCAnonline.com)

[NWOAofficials.org](http://NWOAofficials.org)

**EVALUATION**  
**NCAA WRESTLING REFREE ENHANCEMENT PROGRAM**

1. Do you think the time allotted for the clinic sufficiently allowed for the presentation and discussion of the necessary information?

Yes \_\_\_\_\_ No \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Did the PowerPoint and video provide an efficient presentation of the material and information?

Yes \_\_\_\_\_ No \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What would you change, if anything, about the clinic or format? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

4. Is there an area that needs more time dedicated for review or discussion? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

5. Please evaluate the video:  Excellent  Above average  Average  Below average  Poor

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Please evaluate this clinic:  Excellent  Above average  Average  Below average  Poor

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I attended this clinic at: \_\_\_\_\_ Stanford University \_\_\_\_\_ Grand View University  
Please check appropriate site

Optional information:

Name: \_\_\_\_\_

**[Please leave your completed evaluation form at the podium before leaving the clinic.]**