



# ***WRESTLING***

***2019-20 AND 2020-21  
CASE BOOK***

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# **2019-20 and 2020-21 NCAA WRESTLING CASE BOOK**

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**NATIONAL COLLEGIATE ATHLETIC ASSOCIATION**



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# Preface

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

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

— **Chuck Barbee, secretary-rules editor**  
**NCAA Wrestling Rules Committee**

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# Editorial Changes

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

## **New/Edited Approved Rulings:**

Many of the interpretations issued last season were removed from the case book and incorporated into the official NCAA Wrestling Rules Book. Any interpretation not incorporated into the rules book can be found in this case book.

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# RULE 1

## Mats, Uniforms and Equipment

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### Shoes

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

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

**(Rule 1.5.3 and 5.7.16)**

### Appearance

**A.R. 1-2.** Is the athletic trainer or other medical personnel executing the skin check supposed to inform wrestlers that their facial hair exceeds ½ inch in length?

**RULING: No. Athletic trainers have sole authority to request facial hair be trimmed during medical exams, but this request is only to ensure a proper medical exam takes place. It is not the athletic trainer's responsibility to determine if the facial hair meets the rules for competition.**

**Tournament committees and/or referees are responsible for ensuring that wrestlers who report to the mat with facial hair exceeding ½ inch in length have it covered properly or wear a mask. If facial hair exceeding ½ inch in length is not covered when a wrestler steps on the mat to compete, the wrestler will have the length of their injury time to trim the hair to a legal length or obtain and use a facial hair covering. If the wrestler fails to trim the hair or obtain a facial covering to wear within the injury time, the wrestler will lose by disqualification.**

**(Rule 1.8.2)**

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# RULE 2

## Definitions of Wrestling Terms

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### Defensive Starting Position

**A.R. 2-1.** The bottom wrestler assumes a referee's position whereby the top wrestler cannot assume a legal starting position on the side of choice. The referee makes the bottom wrestler adjust position. Can the top wrestler now decide to change sides?

**RULING: No. The top wrestler has indicated the desired side to the referee. After the bottom wrestler is forced to adjust, the top wrestler cannot decide to choose a different side.**

**(Rule 2.1.3)**

### Offensive Starting Position

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

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

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

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

**(Rules 2.1.4, 2.2.2 and Penalty Table)**

### Imminent Scoring

**A.R. 2-3.** Wrestler A applies a double-leg takedown to Wrestler B. In the act of being taken down, Wrestler B suffers a bleeding injury. As a result, the injured



wrestler's back ends up on the mat after Wrestler B falls. Is there a two-point takedown and a two-point near fall?

**RULING: The takedown is awarded, but back points are not. The back points are not awarded because there was no pinning combination and the near fall was not imminent.**

**(Rule 2.2.4)**

**A.R. 2-4.** Wrestler A applies a legal standing headlock on Wrestler B and takes Wrestler B directly to Wrestler B's back. While going down, Wrestler B suffers a bleeding injury. Should a two-point takedown and a two-point near fall be awarded?

**RULING: Yes. The takedown and near fall should be awarded because both the takedown and the near-fall were imminent.**

**(Rule 2.2.4)**

### **Default**

**A.R. 2-5.** Wrestler A is injured and wants to default to the next opponent and still continue to be eligible for competition. What is the correct procedure?

**RULING: The wrestler should come to their next match ready to compete. Prior to the match beginning, the wrestler would indicate to the referee that they intend to default the match. The referee will officially start the match and then immediately stop the match after 1 second. After the match is stopped, and the wrestler confirms they are defaulting the match, the referee will indicate the other wrestler as the winner by raising his hand.**

*Note: It is not the intent of a default to be used for this purpose.*

**(Rule 2.3.9)**

### **Medical Forfeit**

**A.R. 2-6.** During an individual advancement tournament both wrestlers are injured simultaneously and must default. Which wrestler will drop into the wrestle-back round?

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

**(Rule 2.3.9)**

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# RULE 3

## Conduct of Meets and Tournaments

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### Spectator Removal

**A.R. 3-1.** The referee is being abused by a spectator and asks the home management to remove the spectator from the premises. The home management instead asks the unruly spectator to sit in the stands and behave. Was home management correct not to abide by the referee's request?

**RULING: No. The home management shall be responsible for the removal of spectator(s) upon request by the referee or assistant referee. (Rule 3.1.5)**

### Shifts in Weight Class — Dual Meets

**A.R. 3-2.** Team A weighs in two wrestlers at the 125-pound weight class for a dual meet. Team B has no entry at the 141-pound weight class. Can the noncompeting 125-pounder move up and accept a forfeit at the 141-pound weight class without losing certification at 125 pounds?

**RULING: Yes. In fact, this wrestler could accept a forfeit at a higher weight class with the exception of heavyweight without losing certification at the 125-pound weight class.**

**(Rule 3.7)**

### Mat-Side Video Review

**A.R. 3-3.** Red and green wrestlers are in the 2<sup>nd</sup> overtime. Red is in control of green when the red wrestler drops down on green and the referee does not start the mandatory verbal count. Three seconds later, the green wrestler escapes. Can the red coach video review challenge that the referee did not start their verbal count? If so, would the escape be nullified?

**RULING: Yes. The red coach can video review challenge this call. The referee would need to be certain there was enough time remaining on the clock so that had the count been started properly it would/ could have resulted in a 5<sup>th</sup> count, which would require the match be stopped to indicate the stall warning. If, per the video review, there was sufficient time to achieve the 5<sup>th</sup> count, then this is basis for overturning the call, nullifying the escape point and re-wrestling that portion of the match. If, on the other hand for example, there were only four seconds on the clock at the point of the drop down, then this would indicate no substantive error occurred on the part of**

the referee. The lack of a count in and of itself would not warrant a reversal of this call because even if the count had begun, there was not enough time to reach a 5<sup>th</sup> count and the escape would stand.

(Rule 3.13.4)

**A.R. 3-4.** Video review rules now require a red and green foam brick with dimensions not to exceed 8" x 5" x 5". How strict should we be in regard to the dimensions indicated in the rules book?

**RULING:** The rules committee is not interested in penalizing institutions who are off slightly from the suggested dimensions. However, the bricks should adhere as closely as possible to the stated dimensions. There is no flexibility on the fact that the bricks should be made of a foam material and that one should be red and one green.

(Rule 3.13.5)

**A.R. 3-5.** What happens if the referee arrives and realizes the institution has no bricks whatsoever, or the bricks dimensions are excessively small/large, or are not made of foam?

**RULING:** The referee should notify the hosting institution/organization to allow them to correct the deficiency. If the deficiency is not corrected by the start of the meet, video review shall not be allowed.

(Rule 3.13.5)

### **Referee's Video Review**

**A.R. 3-6.** Can the referee, execute a referee's video review when the match is stopped for a coach requested video review challenge?

**RULING:** No, there is no restriction on the number of times a referee may stop the match for a review. The key to this rule is the term "stop the match." Referees may stop the match whenever they see fit to execute a video review, however, if a coach has already stopped the match, the referee must execute only the coach's challenge and then resume wrestling. This ensures a referee does not inadvertently utilize a referee video review based on something they may have seen while executing the coach's challenge. If a referee wishes to use a video review, they must stop the match and execute the review prior to executing any coach requested challenge. The only exception to this rule is: referees are allowed to use the video to correct timing and/or scoring at any time.

(Rule 3.13.9d)

### **Coach's Video Review Challenge**

**A.R. 3-7.** What happens if a coach requests a video review challenge, and when the review is being executed, the referee notices the wrestler of the coach calling for the challenge should have received a locked hands call?

**RULING:** The locked hands call has no bearing on the review that has been requested. Referees are only allowed to evaluate the specific call indicated by the coach. The team requesting the video review cannot

be called for violations that were not called by the referee during the regulation portion of the match and then discovered during a coach's video review challenge. There are two acceptable ways the locked hands call could have been corrected: (1) If the referee believed they may have missed the locked hands call, they could execute a referee's video review prior to the original coach's video review request; or (2) The opposing coach could use a video review challenge after the original coach's video review request.

(Rule 3.13.9)

### Choice of Positions

**A.R. 3-8.** Wrestler A has choice at the end of the first period. Wrestler A selects the top position, and the referee tells Wrestler B to take the bottom position. Wrestler A's coach tells Wrestler A to choose bottom. How long does Wrestler A have to change the choice of position?

**RULING: For consistency and to avoid delaying the match, once the wrestler with the choice verbally decides and the referee confirms this with the wrestler to prevent misunderstanding, the wrestler cannot change the choice of position.**

(Rule 3.14)

**A.R. 3-9.** The first period ends with neither wrestler able to score (0-0). Wrestler A rides the entire second period accumulating two minutes of advantage time. In the third period, Wrestler A selects the bottom position and escapes immediately. With the escape, Wrestler A leads, 1-0. With six seconds remaining, Wrestler B secures a takedown. The regulation match ends with the score 2-1 in favor of Wrestler B. The referee goes to the table and awards Wrestler A one point for time advantage. The score is now tied, 2-2. Which wrestler will have the choice of position in the first tiebreaker period?

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

(Rules 3.14.3a and 4.5.11)

### Executing the First Round of Overtime

**A.R. 3-10.** At the end of the regulation match the score is tied with neither wrestler having scored points. At the end of the first sudden-victory period the score remains tied at zero. The end of the first round of tiebreaker periods finds each wrestler has earned an escape, making the score 1-1 with Wrestler A gaining five seconds net time advantage. Before the second sudden-victory period, Wrestler B takes a first non-bleeding injury timeout. Wrestler A selects the offensive position for the sudden-victory period and rides Wrestler B for 57 seconds when Wrestler B escapes. Since Wrestler A accumulated a combined time advantage of 1 minute and two seconds, should one point be awarded to Wrestler A, tying the match at 2-2?

**RULING: No. Wrestler B shall be declared the winner according to Rule 3.16.2, which states that the wrestler who scores the first point(s) in the sudden-victory period shall win.**

**(Rule 3.16.2)**

**A.R. 3-11.** Between regulation periods and the beginning of the sudden-victory period, Wrestler A is charged with a first non-bleeding injury timeout. At the start of the sudden-victory period, Wrestler B chooses top position and rides Wrestler A for 50 seconds, at which time Wrestler A escapes and is awarded a point. Does Wrestler A win the match?

**RULING: Yes. The escape point terminates wrestling in a sudden-victory period.**

**(Rule 3.16.2)**

**A.R. 3-12.** During the first tiebreaker period, Wrestler A rides Wrestler B for the entire 30-second period. Immediately after the first tiebreaker period, Wrestler B takes a second non-bleeding injury timeout. Before starting the second tiebreaker period, Wrestler A is awarded one point as it is Wrestler B's second non-bleeding injury timeout. Does Wrestler A win by having earned a point?

**RULING: No. The second tiebreaker period will be wrestled with the wrestler scoring the most points during both tiebreaker periods declared the winner.**

**(Rule 3.16.3)****Executing the Second Round of Overtime**

**A.R. 3-13.** Wrestler A takes top position at the beginning of the sudden-victory period because of a first non-bleeding injury timeout charged to the opponent between the regulation periods and sudden victory. Wrestler A rides the opponent for 31 seconds before being charged with a non-bleeding injury timeout. Wrestler B chooses neutral at the restart of the sudden-victory period and no scoring takes place for the remainder of the period. Does the 31 seconds of earned riding time carry over into the tiebreaker periods and add to the net riding time if needed to determine a winner after two complete overtimes end in a tie?

**RULING: Yes. Earned riding time accrued during overtimes should be considered as a discriminator in deciding a winner after two overtime periods end in a tie.**

**(Rule 3.17.4)****Questioning Timing, Scoring or Rules Application**

**A.R. 3-14.** What is the proper way to request the timing and/or scoring for a match be reviewed?

**RULING: When the coach wishes to request a review of timing and/or scoring, they shall approach the scorer's table and indicate to the scorer they would like to have the match stopped for timing and scoring review. The individuals working the scorer's table will then notify the referee(s) to stop the bout. Once the bout is stopped and the referee approaches the score table, the coach may state their concern, and return to their appropriate corner so the scorer and the referee can execute the review. Once the review is**

**completed, the referee shall indicate to each corner whether there was a change or no change in the score or time. The scorer's table will make the appropriate changes to the score clock.**

**(Rule 3.19.1)**

**Breaking Ties in Dual Meets and Team-Advancement Tournaments**

**A.R. 3-15.** This example demonstrates the correct method to break ties.

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

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

**(1) Greater number of victories.**

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

Team A	Team B
5	5

**(Rule 3.21a)**

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

Team A	Team B
1	1

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

**(Rule 3.21b)**

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

Team A	Team B
55	60

Team B 22, Team A 21.

**(Rule 3.21c)**

**Tournaments — Committee and Administration**

**A.R. 3-16.** To begin a session of a tournament, Wrestler A fails to report within five minutes after being called by the tournament announcer as required by rule. How is the original time reference established?

**RULING: A tournament official will direct the announcer to start the first match of each round, and the announcer then will call the**

**wrestlers to the first available mat. If the wrestlers do not report to the designated mat upon being called by the announcer, the head timer will start the five-minute count.**

**(Rule 3.22.10)**

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# RULE 4

## Scoring Meets and Matches

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### Neutral Danger Zone

**A.R. 4-1.** If a wrestler is in the neutral danger zone and the referee begins issuing the neutral danger signal (NDS), and the wrestler in the danger zone immediately rolls out of the danger zone and then back into the danger zone, would a new danger signal be issued?

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

(Rule 4.2.3)

**A.R. 4-2.** Is a wrestler able to score near fall points while holding his opponent in the neutral danger zone?

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

(Rules 4.2.3 and 4.2.4)

**A.R. 4-3.** If two wrestlers are tangled up in the neutral position and unable to progress, and one of those wrestlers is in the NDZ, would a stalemate be called?

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

(Rule 4.2.3)

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

**RULING:** The rules currently only prescribe what takedown control is in two instances: The hand touch takedown and the neutral danger zone takedown. In all other scoring situations, the referee is charged with determining whether control has been established, lost or changed. In this example, the initial takedown was awarded utilizing one of the two prescribed methods (NDZ rule). After the takedown



was awarded and Wrestler B put his opponent into the same situation, it would be up to the referee to determine if an escape or a reversal should be awarded. Since escapes, reversals, and traditional takedowns do not have a prescribed method for determining control (or loss or change of control), the awarding of points in the situation is not automatic and not situationally dependent but rather up to the judgment of the referee.

(Rule 4.2.3)

**A.R. 4-5.** Wrestler A hits Wrestler B with a Peterson roll and sits him to his butt. While making an adjustment to get the takedown and near fall, wrestler A puts himself at 60 degrees and gives up a danger takedown. In this situation by rule, the referee will award a takedown to Wrestler B even though he is on his butt locked up in a Peterson roll and about to get scored on.

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

(Rule 4.2.3)

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

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

(Rule 4.2.4)

**A.R. 4-7.** Is the referee required to do a verbal and visual count when executing the neutral danger signal?

**RULING:** No, the referee is only required to issue a verbal announcement; they are not prohibited from executing a visual count but it is not required by the rule.

(Rule 4.2.4)

## Near Fall

**A.R. 4-8.** In a neutral position, Wrestler A takes Wrestler B down to the mat with part of Wrestler A's body remaining in bounds but with Wrestler B's pinning area in contact with the mat outside the out-of-bounds line. The referee awards a takedown since part of Wrestler A is in bounds. After a second on his back, Wrestler B calls for a bleeding timeout. Should the referee award an additional two points for an imminent near fall?

**RULING: Yes. Although not in the wrestling area, Wrestler B's pinning area was exposed to the mat so near-fall points could have been awarded. Additional near-fall points can be awarded, as the near fall was imminent.**

**(Rule 4.5.7)**

**A.R. 4-9.** Wrestler A had Wrestler B in a pinning combination. Before Wrestler A turned Wrestler B into a near-fall situation, the referee stopped the match for a potentially dangerous situation. Wrestler B did not yell in pain or request the move be broken. But once the action was broken, Wrestler B indicated a slight arm injury. Should the referee award a two-point near fall for imminent near-fall?

**RULING: The purpose of Rule 4.5.7 is to prevent a wrestler from breaking a legal pinning situation by yelling and/or faking an injury to prevent being turned. Therefore, since the referee saw a potentially dangerous situation and decided to break it, no near-fall points should be given. Rule 2.2.10 on potentially dangerous allows the referee to stop the action if they determine there is the potential for injury. When potentially dangerous stoppages occur, no imminent points are awarded.**

**(Rule 4.5.7)**

**A.R. 4-10.** Wrestler A has Wrestler B in a pinning situation and a near-fall criterion is met, after which Wrestler B suffers a bleeding injury and timeout is called. In this situation, when can a four-point near fall be awarded?

**RULING: A four-point near fall is awarded when criterion for a two-point near fall is met before Wrestler B is injured.**

**(Rule 4.5.8)**

**A.R. 4-11.** Wrestler A has Wrestler B in a pinning situation and the criteria for a four-point near fall have been met, after which Wrestler B suffers a bleeding injury. Should a four-point near fall be awarded?

**RULING: No. A five-point near fall is awarded when the criteria for a four-point near fall is met before Wrestler B's injury.**

**(Rule 4.5.9)**

**A.R. 4-12.** Wrestler A uses a Granby roll for a reversal and meets near-fall criteria for a four-point near fall when Wrestler B applies an illegal head scissors. The situation is not allowed to continue since in the referee's opinion the situation is unsafe. Would the referee award two points for the reversal, five points for the near fall and one point for an illegal hold?

**RULING: Yes. A five-point near fall would be awarded since the illegal action caused a match stoppage.**

**(Rule 4.5.9)**

**A.R. 4-13.** Wrestler A uses a Granby roll for a reversal and meets near-fall criteria for a four-point near fall when Wrestler B applies an illegal head scissors. The situation is allowed to continue since the referee feels the situation is not unsafe and the buzzer sounds to end the period. Would the referee award two points for the reversal, four points for the near fall and one point for the illegal hold?

**RULING: Yes. Since the illegal hold did not require a match stoppage, Wrestler A is awarded only a four-point near fall and one point for the illegal hold.**

**(Rule 4.5.10)**

**A.R. 4-14.** Wrestler A is the defensive wrestler. At the 3:45 minute mark in the match, Wrestler A is charged with a first non-bleeding injury timeout. After the injury timeout ends, Wrestler B is given the choice of position by the referee and chooses the defensive position. How is this recorded on the match scoresheet?

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

**(Rule 4.10)**

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# RULE 5

## Infractions

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### Assessing Match Penalties

**A.R. 5-1.** Wrestler A is being reversed by Wrestler B. During the reversal, Wrestler A, who is not in a standing position, locks hands. The referee signals locked hands and allows the match to continue. Wrestler B continues with the reversal, but Wrestler A immediately comes back with another reversal and subsequently pins Wrestler B. Should the match have been stopped after Wrestler B reversed Wrestler A? Does Wrestler A's fall stand since there was a technical violation involved before the fall?

**RULING: Yes, the fall stands. During locked hands call, if the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.**

**(Rule 5.1.2c)**

**A.R. 5-2.** Wrestler A uses a Granby roll for a reversal and meets a near-fall criterion, when Wrestler B applies an illegal head scissors. Should the referee stop the match and award the applicable points?

**RULING: No. Rule 5.1.2f states that wrestling may continue even though an illegal hold has been applied, unless stoppage becomes necessary to prevent injury.**

**(Rule 5.1.2f)**

### Unsportsmanlike Conduct

**A.R. 5-3.** If a wrestler receives an unsportsmanlike conduct violation in the second period of a match and then subsequently receives a second unsportsmanlike conduct violation immediately after the third period concludes, would this wrestler be disqualified?

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

**(Rules 5.2.4 and 5.2.5)**

### Flagrant Misconduct

**A.R. 5-4.** The referee raises Wrestler A's hand at the end of the match. Wrestler A subsequently punches Wrestler B, and the referee calls flagrant misconduct. What is the penalty and what effect does it have on the match?

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

**(Rules 5.5.2 and 5.5.3)**

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

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

**(Rule 5.5.8)**

### **Illegal Hold-Hands to the Face**

**A.R. 5-6.** What is the official interpretation of when hands to the face is illegal?

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

**(Rule 5.6)**

**A.R. 5-7.** Will a wrestler be called for an illegal hold if they are in a scramble situation or normal wrestling action (i.e. hand fighting) and their hand inadvertently hits the other wrestler's face or eyes?

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

**(Rule 5.6)**

**A.R. 5-8.** Why is a wrestler being called for an illegal hold when they place their hand on the opponent's face without using excessive force?

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

**(Rule 5.6)**

### **Stalling**

**A.R. 5-9.** Defensive Wrestler A, who is attempting to escape, cuts back and faces Wrestler B while going completely out of bounds. Wrestler B is entirely in bounds. The referee awards an escape to Wrestler A. Should the referee use the neutral out

of bounds stalling rule to call a stalling violation on Wrestler A for going out of bounds?

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

(Rule 5.7.5)

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

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

(Rule 5.7.5a)

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

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

(Rule 5.7.5b)

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

**RULING:** Pulling an opponent out of bounds to avoid being scored on, and/or to unnecessarily force a restart, is considered neutral out of bounds stalling by pushing. Out of bounds stalling by pulling can occur in any wrestling hold or position in which the athletes are in the standing neutral position.

(Rule 5.7.5b)

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

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

(Rule 5.7.5c)

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

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

(Rule 5.7.8)

**A.R. 5-15.** During the tiebreaker period(s), the offensive wrestler applies a hold meant to prevent the defensive wrestler from escaping by locking both arms around the lower leg. Should the referee call a stalemate or stalling?

**RULING:** The referee shall, after a five-second verbal count, call stalling on the offensive wrestler. If the offensive wrestler improves his position before the five count is reached, then no stalling call is made.

(Rule 5.7.12)

**A.R. 5-16.** In referee position, the offensive wrestler moves both hands down below the buttocks of the defensive wrestler onto one or both leg(s). After the referee has started his five-second verbal count, the offensive wrestler moves their hands back up above the defensive wrestler's buttocks before the referee reaches the fifth count, the offensive wrestler waits to hear the referee stop his count and then he immediately positions both hands back down below the buttocks.

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

(Rule 5.7.12)

**A.R. 5-17.** In referee position, the offensive wrestler moves one or both hands down below the buttocks and onto the ankle of the defensive wrestler. The defensive wrestler then pushes the head of the offensive wrestler down toward the mat and ankle and holds the head in that position so the offensive wrestler is unable to move up. Does the referee continue the five-second verbal count.

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

(Rule 5.7.12)

**A.R. 5-18.** In referee position, the wrestlers are in a scramble situation. The defensive wrestler initiates the action by moving one or both hands down below the buttocks of the offensive wrestler onto one or both leg(s). The offensive wrestler's only counter is to move one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s). Does the referee begin a five-second verbal count on the offensive wrestler?

**RULING: No, the referee would not begin a five-second count on the offensive wrestler as the defensive wrestler initiated the action by dropping down below the offensive wrestler's buttocks first, and the only option for the offensive wrestler was to secure one or both his hands down below the buttocks of the defensive wrestler onto one or both leg(s). The referee shall allow wrestling action to continue as the wrestlers work to improve their position, or until neither wrestler can improve his position, at which time the referee may call a stalemate.**

**(Rule 5.7.12)**

**A.R. 5-19.** In referee position, the offensive wrestler moves one or both hands down below the buttocks of the defensive wrestler onto one or both leg(s). The referee has started his five-second verbal count when the offensive wrestler moves both hands up above the buttocks, at which point the referee stops his count. The offensive wrestler then applies a side headlock to the defensive wrestler.

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

**(Rules 5.7.12 and 5.7.14)**

**A.R. 5-20.** In the neutral position, Wrestler A takes Wrestler B down from behind. Wrestler A finishes the takedown with both hands wrapped around the ankles of Wrestler B and does not immediately work up to above the buttocks. Does the referee immediately begin his five-second verbal count?

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

**(Rule 5.7.12)**

**A.R. 5-21.** Does the mandatory verbal count stop when the offensive wrestler drops down to the defensive wrestler's lower leg(s) and then rises to standing position and the defensive wrestler stays down on the mat?

**RULING: No. If the defensive wrestler does not come up to the standing position, the count continues.**

**(Rule 5.7.12)**

**A.R. 5-22.** In the neutral position, Wrestler A shoots a high-crotch on Wrestler B. Wrestler B cracks down onto his hip and locks his hands around the buttocks of Wrestler A. Wrestler A is awarded the takedown after securing his arms around both legs of Wrestler B. Wrestler B is able to block Wrestler A from



moving his hand(s) up around the buttocks of Wrestler B. Does the referee begin the five-second verbal count for Wrestler A?

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

**(Rule 5.7.12)**

**A.R. 5-23.** If a wrestler is awarded a takedown and then moves into a hand-turk situation (bottom leg cradle), should a mandatory five-second verbal count occur?

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

**(Rule 5.7.12)**

**A.R. 5-24.** If wrestler A drops down to a lower leg hold on wrestler B and while the referee is issuing the verbal five-second count Wrestler A releases the leg before the fifth count but does not move up above wrestler A's waist. In this situation does the referee stop the count?

**RULING: Yes, per rule 5.7.12 releasing the hold is sufficient to stop the mandatory count. However, the rules and interpretations regarding gaming this rule are very strict. If a wrestler releases the hold to stop the count there is an automatic stalling call if at any time in that situation they re-grasp the lower leg. This immediate stall call is because the individual is gaming the drop down rule, which is not allowed.**

**(Rule 5.7.12)**

**A.R. 5-25.** If, from the offensive position or after a takedown, a wrestler begins utilizing a navy ride, would this initiate a mandatory verbal five-second count? (Note: Navy ride is similar to a bottom leg cradle, except that the wrestler applying the hold is on the side opposite of the opponent's leg that is being grasped. If you have questions, contact the SRE).

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

**(Rule 5.7.12)**

**A.R. 5-26.** When using the waist and ankle ride, can the offensive wrestler continue to hang onto the ankle once the defensive wrestler is broken down to the mat?

**RULING:** Unless the offensive wrestler is using the lower leg to execute a pinning or turning combination, the offensive wrestler must release the hold after breaking the defensive wrestler down to the mat.

(Rule 5.7.13)

**A.R. 5-27.** Should wrestlers who go to the lower leg when utilizing a drape ride or cross body ride receive a mandatory verbal count?

**RULING:** No, the drape ride or a cross body ride, where the wrestler is grasping the ankle but the top hand is near the neck or in a cross face position, do not require a mandatory count. In these two situations, referees are able to utilize Rule 5.7.1 to call the offensive wrestler for stalling, if warranted.

(Rule 5.7.13)

**A.R. 5-28.** Should an offensive wrestler who brings one hand to the opponent's waist and with the other hand reach between the legs of their opponent to secure their wrist receive a mandatory verbal count for executing a drop down?

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

(Rule 5.7.13)

**A.R. 5-29.** Can the offensive wrestler drop down to a lower leg repeatedly or grasp and release the waist and ankle ride repeatedly to avoid receiving a stalling warning?

**RULING:** No, gaming the rule by dropping down and coming back up or releasing and immediately re-grasping the ankle after the count is stopped can result in an immediate stall call by the referee.

(Rule 5.7.12 & 13)

**A.R. 5-30.** Do you have to restart the mandatory verbal count when a wrestler goes immediately from a waist and ankle to a drop-down, or vice versa?

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

(Rules 5.7.12 and 5.7.13)

**A.R. 5-31.** In referee position, the offensive wrestler has a leg ride and side headlock secured. Can the referee call the offensive wrestler for stalling if they repeatedly release and reapply the side headlock, never allowing the referee to reach the 5<sup>th</sup> count?

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

(Rule 5.7.14)

**A.R. 5-32.** If Wrestler A is in the offensive position and places a side headlock on Wrestler B, should the mandatory verbal count continue if both wrestlers rise to the rear standing position?

**RULING: No.** Once Wrestler A and Wrestler B rise to the rear standing position the referee shall stop his count. Additionally, if Wrestler A places a side headlock on Wrestler B while in the rear standing position a count shall not start while in the standing position. Once in the rear standing position, Wrestler A is required to make an effort to return Wrestler B to the mat or risk being called for stalling using Rule 5.7.15c. However, if a side headlock is applied while in the rear standing position and both wrestlers return to the mat, then a count shall immediately begin.

(Rules 5.7.14 and 5.7.15c)

**A.R. 5-33.** Wrestler A is in the offensive position and places a side headlock on Wrestler B that encircles the head and arm of his opponent but closes the loop of the side headlock by using his opponent's wrist. Would this be considered a side headlock and receive a mandatory verbal count?

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

(Rules 5.7.14)

**A.R. 5-34.** The defensive wrestler stands and controls the offensive wrestler's hands. The offensive wrestler makes several attempts to bring the defensive wrestler to the mat, but is unable to do so. Should the offensive wrestler be called for stalling?

**RULING: No,** the offensive wrestler shall not be called for stalling in this situation because the offensive wrestler is aggressively attempting to return the defensive wrestler to the mat.

(Rule 5.7.15c)

**A.R. 5-35.** If Wrestler A is in the offensive rear standing position with Wrestler B, and Wrestler A has a leg ride in on Wrestler B, is Wrestler A obligated to make an attempt to return Wrestler B to the mat?

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

(Rule 5.7.15c)

### **Interlocking Hands**

**A.R. 5-36.** Wrestler A is on the bottom, stands up to both feet and turns into Wrestler B. Wrestler B's knees are on the mat and are supporting him. Wrestler B locks hands around both legs of Wrestler A in a double-leg situation with no loss of control. Wrestler B then lifts Wrestler A, brings Wrestler A to the mat, unlocks hands and moves up. Should Wrestler B be called for locked hands?

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

(Rule 5.8.2)

**A.R. 5-37.** The offensive wrestler applies a bear hug on the defensive wrestler, who is in a sitting position facing the offensive wrestler. After the bear hug is applied, the offensive wrestler attempts to pin the opponent. Is this considered a technical violation for locked hands?

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

**(Rule 5.8.2)**

### **Leaving Mat Without Permission**

**A.R. 5-38.** The referee is asked to come to the scorer's table at the request of Coach B. The referee instructs the wrestlers to remain in the center of the mat. Wrestler A walks to the edge of the mat to talk to A's coach. What is the ruling?

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

**(Rule 5.8.4)**

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# RULE 6

## Injuries, Timeouts and Match Stoppages

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### First Non-Bleeding Injury Timeout

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

**RULING: Yes. Wrestler B has accrued one minute of time advantage and is awarded one point. (See Rule 4.5.11.)**

**(Rule 6.1.15)**

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

**RULING: Yes.**

**(Rule 6.1.15)**

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

**RULING: Yes.**

**(Rule 6.1.15)**

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

**RULING: Yes.**

**(Rule 6.1.15)**

**Second Non-Bleeding Timeout**

**A.R. 6-5.** In a tiebreaker period, Wrestler A is charged with a second non-bleeding injury timeout. One point is awarded to Wrestler B. Does this terminate wrestling with Wrestler B declared the winner?

**RULING: No. Both tiebreaker periods in a given round of overtime must be wrestled in their entirety to determine a winner, unless a default, disqualification, fall or technical fall was earned. (See Rule 3.16.4.)**

**(Rule 6.1.19)**

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# RULE 7

## Referees and Other Personnel

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### **Referee Jurisdiction, Control and Matters of Judgment**

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

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

(Rule 7.2.2)

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# RULE 8

## Weight Management

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### Weight Class Ascent/Descent Option

**A.R. 8-1.** A wrestler has been competing at 141 pounds. For the next competition, the wrestler weighs in at 148.6 pounds to compete at the 149 weight class, but ultimately does not end up competing. Can the wrestler return to 141 pounds for a competition two days later?

**RULING: No, 149 pounds has become the wrestler's new certified weight class. The wrestler may return to 141 pounds but adhering to the mandatory maximum weight loss per week of 1.5 percent would take the wrestler longer than two days to be eligible for 141 pounds.**

**(Rule 8.3.8)**

### Weight Loss Descent Requirement

**A.R. 8-2.** Wrestler A's weight-loss plan form indicates that he or she can safely reach a lowest certified weight class of 149 pounds no earlier than November 20. Wrestler A enters an open tournament November 18, unattached, pays all expenses and does not use institutional wrestling equipment, weighs in at 149 pounds and competes. Do weight-management guidelines permit Wrestler A to wrestle 149 pounds before the date established by the weight-loss plan, even if Wrestler A does so individually without institutional assistance?

**RULING: No. All rostered student-athletes must comply with all weight-management regulations. In addition, Wrestler A may be penalized for a weight-management violation for competing at a weight class prior to being eligible for that weight class per the weight loss descent plan.**

**(Rule 8.3.12)**



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# RULE 9

## Medical Exams, Weigh-Ins and ISRF

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### Weigh-Ins

**A.R. 9-1.** For a dual meet, Wrestler A weighs in at 141 pounds, but is slightly overweight. Is it permissible for Wrestler A to weigh in again after the heavyweight class in an attempt to make weight?

**RULING: No. However, Wrestler A may step on and off the scale three times at the time of the weigh-in to assure the scale has been properly zeroed and/or allow for mechanical inconsistencies in the scale.**

**(Rule 9.2.11)**

**A.R. 9-2.** At the time of the medical exam/weigh-in, Wrestler A is still working out in order to make weight. Can Wrestler A elect to bypass the skin check and weigh-in when wrestlers start stepping on the scales?

**RULING: No. At the scheduled time for medical exams 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 exam/weigh-in area at the prescribed time is disqualification of the competitor.**

**(Rule 9.2.14)**

**A.R. 9-3.** If a wrestler violates Rule 9.2.14 by showing up late to medical exams or engaging in weight loss activities during medical exams, how is this violation executed?

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

**\*Wrestlers who are flagged by the medical personnel executing skin checks for having facial hair that does not allow a proper skin evaluation shall be allowed to trim the facial hair prior to proceeding to weigh-ins. These wrestlers shall not be disqualified unless the**

**trimming of the facial hair exceeds the length of time allowed to medically examine and weigh-in all other entrants.**

**(Rule 9.2.14)**

### **Weigh-In Times**

**A.R. 9-4.** Team A wrestles Team B at 7 p.m. Both teams compete earlier that day, Team A at noon and Team B at 1 p.m. At what time will the weigh-in take place?

**RULING: All teams shall weigh in one hour before the starting time of the first match of the day. In this situation, the weigh-ins shall take place at 11 a.m.**

**(Rule 9.3.1)**

### **1-Pound Weight Allowance**

**A.R. 9-5.** If a wrestler weighs in with a 1-pound allowance for a dual meet, will the weight loss descent plan impact their ability to compete at that same weight class in a subsequent competition?

**RULING: No, the Optimal Performance Calculator is calibrated such that the weight loss descent plan does not recalibrate whenever weight allowances are provided.**

**(Rule 9.3.2)**

### **Individual Season Record Form (ISRF)**

**A.R. 9-6.** A wrestler plans on redshirting, but wrestles in several open tournaments at the wrestler's own expense and using his or her own personal equipment. Later, the wrestler's coach changes the wrestler's status regarding redshirting, and the wrestler competes representing the institution. Should the matches in the early-season open tournaments be included on the wrestler's NCAA Individual Season Record Form?

**RULING: Yes. Once the wrestler officially represents the institution, all of the matches wrestled during the season shall be included on the season record form.**

**(Rule 9.6)**

**A.R. 9-7.** At an individual advancement tournament, several participants are eliminated in the early rounds of competition. The wrestlers' coaches agree to pair the wrestlers together to gain additional competition experience. Should the matches be recorded on the NCAA Individual Season Record Form if the matches are wrestled separately from the tournament?

**RULING: Yes, per NCAA bylaw. Additional matches contested at, but not part of, the regularly scheduled dual or tournament competition matches against competitors from other institutions are considered exhibition matches and shall count on the NCAA Individual Season Record Form.**

**(Rule 9.6)**

**A.R. 9-8.** At the conclusion of a dual meet or tournament competition, a coach decides to pair two of his wrestlers together to gain additional experience. Should the matches be recorded on the NCAA Individual Season Record Form?

**RULING: No. Additional matches contested at, but not part of, the regularly scheduled dual or tournament competition matches against teammates are not considered exhibition matches and shall not count on the NCAA Individual Season Record Form.**

**(Rule 9.6)**

*EACH YEAR, NEARLY*  
**HALF A MILLION**  
*NCAA STUDENT-ATHLETES*

*GAIN SKILLS TO*  
**SUCCEED**  
*ON THE FIELD, IN THE CLASSROOM*

*AND IN*  
**LIFE.**

