

2019-20 Wrestling Rules Study Guide

1. An undergarment worn under the one-piece singlet which extends beyond the inseam does not have to be tight-fitting as long as it does not extend below the knee.
2. Female contestants wearing a one-piece singlet shall wear a form-fitted compression suitable undergarment which completely covers their breasts.
3. A suitable undergarment, which completely covers the buttocks and groin area shall be worn under shorts designed for wrestling and under compression shorts.
4. Contestants wearing a one-piece singlet are not required to wear a suitable undergarment which completely covers the buttocks and groin area.
5. If an athlete is given an extension of injury time in order to be evaluated for head, neck or cervical column injury, it counts as one of the two injury time outs allowed in the match.
6. Shoelaces which are visible must be taped to the shoe.
7. Double knotting of laces is now an acceptable way to secure them.
8. If the laces become unsecure from the locking device and are visible, there is no penalty however, if the laces become undone, the athlete shall be called for stalling.
9. Any manufacturer's logo/trademark/reference that appears on the wrestling ear guards including a legal hair covering can be no more than 2-1/4 square inches with no dimension more than 2-1/4 inches and may appear no more than once on the ear guards. No additional manufacturer's logo/trademark or promotional reference shall be allowed on the wrestling ear guard.
10. Legal hair-control devices must not be hard and/or abrasive and a legal hair-control device such as a rubber band shall be secured so as not to come out readily during wrestling.
11. If an athlete has hair longer than allowed by rule and he/she uses a legal hair-control device, the athlete must still wear a legal hair cover.
12. An athlete with a properly trimmed moustache and sideburns and hair above a shirt collar who also has a rough, unshaven face shall wear a face mask.
13. A wrestler shall not wear wristbands, sweatbands or biceps bands.
14. A wrestler may wear leg or arm sleeves which do not contain a pad.
15. All contestants shall weigh in wearing a suitable undergarment which completely covers the buttocks and groin and females shall also wear a suitable form fitted compression undergarment which completely covers their breasts.
16. It is a takedown when the defensive wrestler's legs or torso are controlled and as soon as a hand touches the mat.
17. Intentionally going off the mat or forcing the opponent off the mat in an imminent scoring situation is a technical violation for fleeing the mat.
18. Warnings and penalties for stalling are cumulative throughout the match and are penalized independent of the progressive penalty chart.
19. The first offense for stalling is a warning; the second & third offense for stalling is 1 match point to the opponent; the fourth offense for stalling is a two match point penalty plus choice of position on the next restart and the fifth offense for stalling results in a disqualification.
20. When a designated, on-site, appropriate healthcare professional is present, they have jurisdiction to extend the allowed time limit for evaluation of injuries to the head, neck, cervical column and/or nervous system only, to a maximum of five (5) minutes at which time the athlete would be required to prepare, without delay, for continuation of the match or lose the match by default.
21. Coaches are permitted to be involved with the on-site healthcare professional in the evaluation procedure for head, neck, cervical column and/or nervous system injuries.
22. If an athlete has a second occurrence of injury to the head, neck, cervical column and/or central nervous system, he/she shall default the match.
23. If an athlete receives a time extension in order to have a head/neck injury evaluated, the time consumed for evaluation of the injury shall not affect time used or available for other types of injuries.
24. Tapping the front of the head with a balled-up fist of either hand will be used by the official to indicate that the five (5) minute head/neck/cervical column evaluation time is to begin.

25. In dual meet team tie breaking criteria, item "f" now states that the team giving up the least number of forfeits shall be declared the winner.
26. If the designated, on-site, healthcare professional grants extended time in order to evaluate a head, neck or cervical column injury and only uses 2 minutes, the remaining 3 minutes may be saved in case there is another incident.
27. If the designated, on-site, healthcare professional determines that an athlete may not continue after evaluation of a head, neck or cervical column injury, the coach may override the decision.
28. The head coach has the obligation to ensure that each wrestler is properly equipped and in proper uniform and he/she is responsible for making sure that each wrestler's skin, nails and hair are suitable and compliant for competition.
29. Backing off the mat out of bounds, pushing or pulling the opponent out of bounds, hands locked around a leg of an opponent without the intent of taking him or her down or preventing the opponent from scoring is considered stalling.
30. An athlete may take as many injury time outs in a match as long as the total time does not exceed one minute, 30 seconds.
31. If a contestant is injured as a result of an illegal hold/maneuver such as a slam, the athlete must use their injury time allowance.
32. Contestants are expected to exhibit proper sporting behavior before, during and after matches, whether engaging with referees or opponents.
33. When the defensive wrestler is completely out of bounds and on his/her back and the offensive wrestler is supporting his/her weight on their toes and has at least one knee on or inside the boundary, wrestling may continue and the offensive wrestler may earn near-fall/fall.
34. Both wrestlers are on the mat; the offensive wrestler is completely out of bounds and the defensive wrestler is on their back with part of a shoulder on the boundary line. Wrestling shall continue and a NF/fall may be earned.
35. There can only be one manufacturer's logo/trademark/reference appearing on a traditional wrestling singlet.
36. An athlete may wear low cut socks at weigh in.
37. If an athlete wearing low cut socks steps on the scale at weigh-in is overweight, the socks may be removed and another attempt to make weight will be allowed.
38. When determining whether there is a takedown, reversal or escape, the total of two supporting points could be two supporting points of one wrestler or one supporting point of each wrestler on or inside the boundary line.
39. In the neutral position, it is stalling when a wrestler pulls or pushes the opponent out of bounds or a wrestler backs off the mat.
40. If a false start in the neutral position results in injury to the opponent, the injured wrestler is entitled to two minutes of recovery time.
41. If a false start in the neutral position results in injury to the opponent and the injured contestant is unable to continue after using two minutes recovery time, the injured contestant shall lose the match.
42. It is ok to use the back bow as long as pressure is not applied toward the head.
43. Repeatedly dropping to one hand to force an opponent to break locked hands is considered unsportsmanlike conduct.
44. Errors involving the computation of match score must be corrected prior to the next match in which either wrestler competes. If the error requires additional wrestling it must be corrected prior to the offended contestant leaving the mat area and prior to the start of the next match on that mat.
45. The referee shall always stop the match when awarding or penalizing the offensive wrestler for stalling.
46. Referees or a designated, meet-appropriate, healthcare professional must perform skin checks as part of pre-meet duties prior to every dual meet and each day of a tournament.
47. When the defensive wrestler is called for stalling which results in a 2 pt. penalty and it is near the end of the 3rd period, the referee shall stop the match and give the top man a restart.
48. The boundary line is out of bounds.
49. Any biting by a wrestler shall be considered unsportsmanlike conduct.
50. The wrestler who has choice in the first 30 second tie breaker period may select top, bottom, neutral or defer.
51. Any time there is an infraction, the referee shall stop the match.

52. If a body part is forced to its limit of normal range of motion, the hold/maneuver should be considered potentially dangerous.
53. Ear guards must be rigid, padded and designed for the sport of wrestling.
54. When starting the wrestlers from the down position, the referee may not be behind the athletes.
55. It is ok to tape the straps on the headgear to help it fit better.
56. Covering an active skin infection or a cold sore will allow an athlete to compete.
57. A figure four around the head in the neutral position is illegal but stopping of the match will be delayed in order to give the wrestler an opportunity to finish the takedown.
58. A contestant who has braces on their teeth shall wear a mouth protector. This includes upper and lower teeth if devices are present on both.
59. The designated, on-site, health care professional cannot overrule a signed medical release from another health care professional.
60. After being held in a near fall position for 5 seconds, the defensive wrestler grabs the offensive wrestlers' headgear, wrestling is allowed to continue and then the period ends. The offensive wrestler will be awarded 3 pts. for the near fall and 1 pt. for the technical violation.
61. If the defensive wrestler is injured or bleeding occurs in an imminent near fall situation or before a two count has been made, the match will be stopped and a 2 pt. near fall will be awarded.
62. Errors requiring bad time to be re-wrestled must be corrected prior to the start of the next period.
63. A technical fall shall be called as soon as a wrestler has earned a 15 point advantage.
64. Grabbing the thumb or a finger(s) is illegal.
65. Any contestant who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the match and shall not return to competition until cleared by an appropriate health care professional.
66. For dual meets, where facilities permit, all team personnel and coaches shall be restricted to an area that is at least 10 feet from the edge of the mat and the scorer's table.
67. If the second injury time out is taken at the conclusion of the first period, the opponent shall have the choice of position at the start of the second and third periods.
68. If a second injury time out is taken, a wrestler's opponent will get choice of position on the restart except in the tie breaker.
69. According to the penalty chart, when a wrestler is penalized 2 pts. for stalling, the opponent will also be given the choice of position on the next restart.
70. Wrestler A takes a second injury time out at the conclusion of the first 30 second tie breaker period and B already has the choice at the beginning of the second 30 second tie breaker period, wrestler B would then have choice at the first restart after the beginning of the second 30 second tie breaker period.
71. Once both wrestlers have assumed legal starting positions, the referee shall verbally say "set" and then quickly blow the whistle to start the match.
72. If the wrong wrestler is given the choice of position at the beginning of the third period, there is no bad time and no re-wrestling is necessary.
73. The defensive wrestler is broken down and the offensive wrestler holds the heel of the defensive wrestler to the buttocks for more than 5 seconds, this is offensive stalling.
74. The legal hair cover must be attached to the ear guards.
75. In the neutral starting position, the referee should place his/her arm(s) out between the athletes before blowing the whistle.
76. Referees may not call a bite unless they see it happen.
77. Stalling cannot be called on the offensive wrestler in the ultimate tiebreaker.
78. It is an illegal hold when, in a rear standing position with the defensive wrestler's arm(s) trapped, the offensive wrestler lifts the defensive wrestler off their feet.
79. Shorts designed for wrestling must have a minimum 4" inseam and must not extend beyond the knee.
80. A manufacturer's logo on the uniform may be any size.