

2005-2006
NCAA SELF-ADMINISTERED
WRESTLING RULES EXAMINATION

By
Pat McCormick
September 2005

TRUE or FALSE

1. It is the moral obligation of all collegiate wrestling coaches to conduct themselves in such a way as to reflect credit upon their institutions, profession and themselves.
2. When in uniform or on site, a referee shall not fraternize with contestants and/or coaches.
3. Referees will enforce the rules firmly and fairly in both letter and spirit in such a way that attention is drawn to the wrestlers rather than themselves.
4. The home team is usually considered green for scoring purposes, and the referee can not switch this to red if deemed appropriate.
5. Athletic trainers are subject to the rules and governed by the decisions of the referee.
6. The two-inch wide line around the wrestling area is part of the wrestling area and is inbounds.
7. It is recommended that, when competition is held on a concrete floor or like surface, sufficient padding be placed under the mat for protection of the student athlete.
8. A spandex/lycra-type shirt and shorts uniform is permitted, but team uniformity is required.
9. If sufficient reason is determined by the referee, the only acceptable upper-body undergarment is a tight-fitting, short-sleeved white unadorned cotton T-shirt.
10. It is not necessary to have the name or initials of the wrestler's institution displayed on competition uniforms.
11. Any match stoppage directly related to shoelaces shall be treated as a delay of match and, therefore, a stalling violation.
12. A protective ear guard must be worn anytime live wrestling takes place including practice, dual meets and all collegiate and open tournaments.
13. A protective ear guard does not have to be worn during warming-up before a match.
14. Hair may not be braided or rolled and contained in a cover so that the hair rule is satisfied.
15. It is not recommended that a wrestler wears a protective mouth guard.

16. It is considered unethical for a school representative or anyone acting on its behalf to videotape a match not involving that institution's student athlete.
17. During a neutral position start, only one foot of each wrestler is allowed on the starting line.
18. A stalemate can be called in a pinning situation.
19. Contestants are in bounds if the supporting point(s) of either wrestler are on or inside the boundary line.
20. In a pinning situation near fall points may be earned or a fall called if any part of the defensive wrestler's pinning area is in bounds.
21. When a wrestler is attempting a takedown, out of bounds shall not be called as long as at least one supporting point, or any part of a foot, of either wrestler remains inbounds.
22. For the purpose of awarding takedown points at the edge of the wrestling area, points shall be awarded when control is established while one supporting point, or any part of a foot, of either wrestler finishes on the mat inbounds.
23. An escape is achieved when the offensive wrestler loses control of his/her opponent while a supporting point or any part of a foot of either wrestler remains down on the mat in bounds.
24. An escape can not be awarded while the wrestlers are still in contact.
25. A reversal can occur at the edge of the mat only while at least the feet of the scoring contestant finish down on the mat inbounds.
26. A near fall is a position in which the offensive wrestler has the opponent in a controlled pinning situation in which the defensive wrestler is held on one elbow.
27. A verbal count and, whenever possible, a visual hand count shall be used in near fall situations.
28. When a criterion for a two-point near fall is met and wrestling is stopped by the referee because the defensive wrestler indicates an injury, a three-point near fall shall be awarded to the offensive wrestler.
29. The one-second count (one-thousand-one) for a fall shall be a verbal count by the referee.
30. A medical forfeit may be declared when a contestant becomes ill during the course of tournament competition.

31. Included in the possible penalties for weight management violations is a public or private reprimand.
32. Contestants should weigh in with shorts for dual meets and tournaments.
33. When all wrestlers for a weight class during a dual meet weigh-in have had an opportunity to weigh-in and the next weight class is called, the lower weight class is closed.
34. In tournaments requiring multiple-day weigh ins, a one-pound allowance for each consecutive day of competition shall be granted.
35. All coaches, including volunteers, shall be certified in CPR every three years.
36. The dress for medical examinations for male student-athletes shall be shorts; for females, shorts and a sports bra.
37. A contestant diagnosed with a communicable skin disease may wrestle if the contestant's coach or athletic trainer provides the proper, current, written documentation from the treating physician to the medical professional at the wrestling site.
38. All contestants shall be uniformly attired in their school's official warm-up and match uniform. Failure to comply shall result in the head coach being penalized under Rule 14.13d, Control of Mat Area.
39. Coaches in violation of attire, e.g. wearing a warm-up suit top, bottom or both, shall not sit in the designated reserved zone for coaching if the prohibited apparel is not replaced with suitable attire. This applies to dual meets and tournaments.
40. Medical personnel must be appropriately attired and not wear T-shirts, sweat suits, jeans, shorts or headwear.
41. A wrestler may choose the neutral position for any tiebreaker period.
42. Advantage time shall not be kept in any sudden victory period.
43. A wrestler choosing the defensive position in the first tiebreaker period shall assume the offensive position in the second tiebreaker period.
44. If the score remains tied after the second tiebreaker, the match is scored as a tie.

45. If wrestler A obtains a fall in the first 30-second tie-breaker period, a second 30-second tiebreaker period will be wrestled and if wrestler B scores a fall in a faster time shall be declared the winner.
46. Recovery time is applicable in a sudden victory period.
47. There can be team ties in dual meet competition.
48. One team point shall be added to the team who wins by criteria in a team advancement tournament.
49. Errors occurring during the first or second periods shall be corrected with wrestling resuming immediately.
50. If the incorrect wrestler is given the choice at the start of the second period, no wrestling is necessary to correct the situation. The other wrestler is given choice at the beginning of the third period.
51. Badgering the referee cannot be called on wrestlers on the team bench, only the coaching staff.
52. A tournament contestant who forfeits for medical reasons shall retain advancement points and placement points previously earned.
53. It is recommended that no contestants wrestle two matches in any tournament with less than 45 minutes of rest between matches.
54. If both wrestlers are disqualified simultaneously in a tournament match, the match shall go immediately to overtime. Any subsequent point violations by either wrestler will result in his/her disqualification.
55. A declaration for a medical forfeit can occur before the session after the injury or illness.
56. A participant declaring a medical forfeit is excused from further weigh-ins.
57. When the margin of victory in a dual meet match is 10 points, four team points shall be scored by the winner.
58. The referee shall always stop wrestling when warning the offensive wrestler.
59. The referee shall stop wrestling for stalling by the offensive wrestler in the rear-standing position.

60. The referee shall stop the match for technical violations committed during a successful reversal, escape, or takedown.
61. A referee should not stop the match for illegal holds or unnecessary roughness during scoring situations unless necessary to prevent injury. The referee shall stop the match after scoring has occurred or if scoring is no longer imminent.
62. It is unsportsmanlike conduct to have uniform straps down while on the apron.
63. The home management is responsible for removing spectators upon request of the referee or assistant referee.
64. The team is penalized by the deduction of one team point for each of their spectators removed from the premises by request of the referee.
65. Flagrant misconduct by a wrestler on the bench, who has already competed in an earlier match in a dual meet, results in the disqualification of the offender, deduction of one team point from the offender's team score, removal of the offender from the premises for this and subsequent dual meets if this is a multiple event, and his opponent being declared the winner of their earlier match.
66. If a wrestler is guilty of flagrant misconduct, removal from the premises is not necessary if there isn't a team representative who can accompany and remain with him off the premises.
67. It is flagrant misconduct for wrestlers and coaches to use tobacco products on the premises during an event, but not for other team personnel.
68. Timeout for the removal of oil or greasy substances shall not be cumulative with the timeout for injuries during a match.
69. The double underhook snapback from a standing position is now categorized as an illegal hold.
70. Referees should never verbally caution contestants against turning a legal hold into a potentially dangerous or illegal position.
71. Action is to be maintained throughout the match by the contestants making an honest attempt to stay near the center of the mat and wrestle aggressively in all positions.
72. The offensive wrestler may continue to keep locked hands after a body lock or double-leg takedown when a near fall is imminent.
73. The figure-four scissors applied by the offensive wrestler around the body or around both legs of the defensive wrestler is an illegal hold.

74. The penalty for fleeing the wrestling area shall be one match point for each violation.
75. A referee may correct a starting position verbally without calling a technical violation.
76. After a second non-bleeding injury timeout by a contestant concludes, the non-injured wrestler is given his choice of the top, bottom or neutral position, except in the tiebreaker period where he has a choice of the top or bottom positions only.
77. If the second non-bleeding timeout is taken at the conclusion of the third period, and the score is tied, his opponent would have choice of three starting positions at the beginning of the sudden victory period.
78. A third non-bleeding injury timeout will terminate the match.
79. Taking an injury timeout for a non-injury situation is unethical.
80. Only the referee may call timeouts.
81. The referee shall have the prerogative to stop the match to determine the presence of an injury before starting injury time or recovery time.
82. The referee can decide alone if a wrestler can continue wrestling after being rendered unconscious.
83. A referee who wishes to officiate college meets, tournaments or NCAA Championship competition must be NCAA certified prior to the start of each season.
84. An institution using a non-registered referee shall be subject to any or all of a multitude of penalties, e.g. suspension of the head coach.
85. The assistant referee shall check each corner for dress code violations before a match begins.
86. Coaches and/or administrators should contact the Wrestling Rules Committee chair, the secretary-rules editor, the NCAA staff liaison or other members of the rules committee to report a potential violation.
87. The signal for warning or penalizing a coach, staff or team member for control of mat area, badgering or questioning judgment of the referee is for the referee to clench his/her fist and extend his/her arm horizontally pointing toward the offender using the arm with the color armband of the offending team.