

NCAA Wrestling Major Rules Changes for 2009

1. **Rule 1.1 Match Duration.** A meet shall be conducted in 10 weight classifications or matches between wrestlers of the same weight class. Matches shall be seven minutes in duration, divided into three periods, with the first period three minutes and the second and third periods two minutes each. Matches less than seven minutes in duration shall not count. (See Rule 1.16.)

Rule 4.7 Duration of Matches. For all competition, matches shall be seven minutes in duration, divided into three periods, with the first period lasting three minutes and the second and third periods, two minutes each. The time of the match is continuous, except when the referee stops or starts a match. A default, disqualification, fall or technical fall terminates the match. At the conclusion of the first period, the referee shall grant the proper wrestler choice of position to begin the second period, which shall be started as soon as possible by the referee. Upon expiration of the second period, the referee shall grant the appropriate wrestler the choice of position for the third period, which shall start as soon as possible. (See Rule 4.10.)

4.8 Wrestle-back Matches. Wrestle-back matches consist of three periods and shall be seven minutes in duration. (See Rule 1.16.)

2. **Rule 1.7 Safety and Hygiene.** It is recommended that the mat(s) be cleaned and disinfected before all competitions, as well as between tournament rounds and multiple dual meet events. It is also recommended that a shoe cleaning and disinfecting mechanism be available before a wrestler steps onto the mat. Event management, medical personnel and coaches should also follow shoe hygiene recommendations before stepping onto the mat.

It is recommended that when competition is held on a concrete floor or like surface, sufficient padding be placed under the mat for the protection of the student-athletes.

Since shrinkage occurs in wrestling mats, it is recommended that when purchasing or reconditioning a mat, the wrestling area be a minimum of 34 feet in diameter.

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

3. **Rule 2.1.3 Offensive Starting Position.** The time sequence to be followed in assuming the offensive position is to:

- 1) Set the knee(s) and feet;
- 2) Place the palm of one hand on the navel;
- 3) Place head on or over the mid-line;
- 4) Place the palm of the other hand on or over the near elbow and become stationary (motionless); and
- 5) The referee shall then pause momentarily before starting the wrestling.

4. **Rule 2.4 In Bounds.** Contestants are considered to be in bounds if any part of either wrestler is on or inside the boundary line. Wrestling shall continue as long as either wrestler remains in bounds. For the purpose of awarding a point(s) at the edge of the wrestling area, a point(s) shall be awarded when control is established or lost while any part of either wrestler finishes in bounds.

When the defensive wrestler's back is exposed to the mat in a pinning situation while any part of either wrestler is in bounds, wrestling shall continue. Near fall points may be

earned or a fall called if any part of the defensive wrestler's pinning area is in bounds. If there is no action at the edge of the mat, the referee may stop the wrestling.

Rule 2.6 Takedown. A takedown shall be awarded when, from the neutral position, a contestant gains control by taking the opponent down to the mat beyond reaction time in bounds. 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 in bounds. (See Illustration No. 50.)

Rule 2.7 Escape. A defensive wrestler is awarded an escape when the offensive wrestler loses control of the opponent while any part of either wrestler remains in bounds. An escape may be awarded while the wrestlers are still in contact.

Rule 2.8 Reversal. A reversal occurs when the defensive wrestler comes from the bottom/defensive position and gains control of the opponent, either on the mat or in a rear-standing position. For the purpose of awarding reversal points at the edge of the wrestling area, points shall be awarded when control is established while any part of either wrestler remains in bounds. (See Illustration Nos. 57 and 58.)

5. **Rule 3.4.3 Tournaments.** Wrestlers reporting to weigh-ins for team-advancement tournaments or individual-advancement tournaments shall appear properly groomed. For example, clean shaven and with hair not longer than allowed by rule.

For individual or team-advancement tournaments, weigh-ins will be held two hours or less before the first matches begin on the first day and one hour or less before the first matches begin on subsequent days. These weigh-ins may be conducted by team.

In two-day team-advanced tournaments, wrestlers who do not make weight on the first day of competition are ineligible to weigh-in on the second day of competition. Subsequently, wrestlers must weigh-in at the same weight class for the second day of competition as they weighed in at on the first day of competition. A wrestler who does not weigh-in and compete on the first day of competition may weigh-in at scratch weight and compete on the second day of competition.

In tournaments, including team-advancement tournaments requiring multiple-day weigh-ins, a 1-pound allowance for each consecutive day of competition shall be granted. In team-advancement tournaments, the 1-pound allowance will only be granted to individuals who made weight during the first day of competition.

At the scheduled time for weigh-ins, all activities that promote dehydration must cease and all student-athletes who wish to compete must present themselves at the scales. The weigh-in shall proceed through the weight classes, beginning at the lowest weight class.

If a contestant fails to make weight on one of the designated scales, the contestant may step on each additional official scale one time in an attempt to make weight immediately after the heavyweight class. The contestant may not leave the weigh-in area. At this time, weigh-ins are concluded.

All tournament directors shall follow NCAA weigh-in guidelines and playing rules. In addition, currently enrolled student-athletes listed on an institution's squad list must adhere to NCAA rules relating to weighing-in.

6. **Rule 3.9.4 Presence of Communicable Skin Disease.** The presence of a communicable skin disease (or any other condition that, in the opinion of the examining physician or certified athletic trainer, makes the participation of that individual inadvisable) shall be full and sufficient reason for disqualification. Disqualification for communicable skin disease shall be listed as a medical forfeit in the bracket.
7. **Rule 3.9.5 Written Documentation.** If a student-athlete has been diagnosed as having a skin condition, and is currently being treated by a physician (ideally a dermatologist) who has determined that it is safe for that individual to compete without jeopardizing the health of the

opponent, the student-athlete may compete. However, that contestant's coach or athletic trainer shall provide current written documentation from the treating physician to the medical professional at the examination with the approved NCAA Skin Evaluation and Participation Status Form, describing: (1) the diagnosed skin disease or condition; (2) the prescribed treatment and the time necessary for it to take effect; and (3) that the skin disease or condition would not be communicable or harmful to the opponent at the time of competition. Such documentation shall be furnished at the medical examination.

8. **Rule 4.23 Medical Forfeit.** A contestant who is injured or becomes ill during the course of tournament competition may declare a medical forfeit in subsequent rounds of the tournament without appearing on the mat, provided medical personnel or an authorized institutional representative has informed the official scorer of the wrestler's inability to continue. In order to retain advancement and placement points previously earned in the tournament, this declaration must be made to the official scorer before the ill or injured wrestler is called to the mat for his/her subsequent match. A participant declaring a medical forfeit is excused from further weigh-ins.

If both contestants are forced, due to injury, to declare a medical forfeit, the next round's opponent wins by medical forfeit. (See scoring abbreviations.)

A contestant who forfeits for medical reasons is eliminated from further competition. A medical forfeit shall count as a win but not as a loss on the wrestler's season record. The non-forfeiting wrestler must appear on the mat in uniform to have his or her hand raised in order to win by medical forfeit. (See Rule 2.18.) Even though no one is charged with a loss, all medical forfeits must be represented on each wrestler's official NCAA Individual Season Wrestling Record form.

9. **Rule 5 Scoring Abbreviations.** Added: DQW-disqualification for weight-management violation.

Rule 5 Scoring Abbreviations. Added: INJ(2) 3:15 ↓ - Method of Recording Second Injury TO. Add Note 2: Second injury timeout taken at 3:15. Injured wrestler started in down (defensive) at resumption of wrestling.

10. **Rule 6.6.1 Flagrant Misconduct. *Prematch, Match or Postmatch Period.*** A wrestler disqualified for committing an act of flagrant misconduct shall be suspended from competing until after the team's subsequent event. If flagrant misconduct occurs during the last event of the season, the suspension carries over to the first event of the next season. As soon after the match as possible, the referee shall alert the National Coordinator of Officials that a flagrant misconduct violation occurred.

11. **Referee's Chart of Signals.** New signal has been added to indicate recovery time.

12. **Additional changes:**

- Coaches' and athletic trainers' mandatory viewing and registration for the annual wrestling rules presentation will be available through the NWCA online Web site as prerequisite to the OPC system.
- The 2009 Wrestling Rules and Interpretations book will have a (new) Part III that includes NCAA Weight Management Program and medical examination information.
- The 2009 Wrestling Rules and Interpretations book should be available by late August. The following year, a two-year rules book will be published.