

WRESTLING

Playing Rules Changes for 2008-09

1. Matches shall be seven minutes; matches less than seven minutes shall not count.
2. Recommendation that mats be cleaned and disinfected before and between all competitions, and that a shoe cleaning and disinfecting mechanism be available mat side.
3. 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,
 - 5) Both wrestlers shall become stationary (motionless); and,
 - 6) The referee shall then pause momentarily before starting the wrestling.
4. Contestants are considered to be in bounds if any part of either wrestler is on or inside the boundary line.
5. Wrestlers shall appear properly groomed when reporting to weigh-ins.

Wrestlers who do not make weight on the first day of a two-day team-advanced tournament are ineligible to weigh-in on the second day.

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 doesn't weigh-in and compete on the first day of competition may weigh-in at scratch weight and compete on the second day of competition.
6. Disqualification for communicable skin disease listed as a medical forfeit in bracket.
7. NCAA Skin Evaluation and Participation Status Form.
8. Medical forfeit declaration must be made to the official scorer before wrestler is called to the mat.
9. DQW - disqualification for weight-management violation.

INJ(2) 3:15 ↓ Method of Recording Second Injury TO. Down arrow indicates position of injured wrestler at resumption of wrestling.
10. Act of flagrant misconduct results in suspension. Referee alerts national coordinator of officials as soon as possible.
11. New signal to indicate begin recovery time. Referee points downward and circles index finger of arm with appropriate color band for injured contestant.
12. Additional changes:
 - Coaches', athletic trainers' (and officials') mandatory viewing and registration for the annual wrestling rules presentation will be available on the NWCAonline.
 - The 2009 Wrestling Rules and Interpretations book will separate NCAA Weight Management Program and medical examination information from the rules of actual competition.
 - The 2009 Wrestling Rules and Interpretations book should be available by late August. The following year, a two-year rules book will be published (for 2009-10 and 2010-11 seasons).

Points of Emphasis

1. Twisting knee-locks during counters
2. Offensive starts
3. Inbounds with no action
4. Near Falls—count, proper angle (45), and distance, and on both elbows.
5. Control of mat area—coaches at tournaments and restricted zone.
6. Reporting Flagrant Misconduct
7. Neutral cradles
8. Fleeing vs. attempted fleeing