

**DIFFERENCES BETWEEN
HIGH SCHOOL AND COLLEGE RULES
2001-2002**

by

**M. Patrick McCormick
NCAA National Wrestling Officiating Coordinator
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HIGH SCHOOL

COLLEGE

MAT DIMENSIONS

2.1.2
Minimum wrestling area shall be enclosed by a circle of 28 feet diameter. Surrounding and secured to the wrestling area of the mat shall be a safety mat approximately 5 feet wide. Responsibility lies with referee.

1.6
Minimum wrestling area shall be enclosed by a circle of 32 feet diameter. Maximum area shall be enclosed by a circle with 42 foot Diameter. There shall be a mat area a min. of 5 feet in width that extends entirely around the wrestling area. Responsibility to meet these regulations does not lie with ref. but with home institution's game-management personnel

MATS

1.2.4
10-foot circle in center of mat.

1.6
10-foot circle eliminated.

COMPETITION REPRESENTATION

1.2.2
No wrestler shall represent his school in more than 5 matches in any one day.

No similar rule.

HEAVYWEIGHT CLASS

4.4.2
If 215 pound class not used, contestants must weigh from 188 to 275 pounds.

1.10 and 3.2
Contestants must weigh from 183 to 285 pounds.

WRESTLER'S UNIFORM

4.1.1
Suitable undergarment to be worn under singlet if no tights are worn. Permit American flag with a maximum size of 2x3 inches.

1.11a
The name or initials of the institution shall be displayed on competition uniforms with letters at least 2 inches high.

1.11b
Other than during a scoring's situation, any match stoppage related to shoelaces shall be treated as delay of match.

APPEARANCE

4.2.1 Note
Facial hair is allowed if covered with a legal facemask.

1.12
No similar rule.

TIME ADVANTAGE

No time advantage used.

2.11
One point for one minute or more time advantage (riding time) than opponent.

FALL

5.2.7
Two seconds.

2.12
One second.

TECHNICAL FALL

5.2.8
A technical fall occurs when a wrestler

2.13 and 5.3b
Same except if no near fall is

**WEIGHT CERTIFICATION
AND REPRESENTATION**

has earned and been awarded a 15 point advantage over his opponent. During dual meets the winner's team is awarded 5 points.

1.2.5

A wrestler who weighs in for one weight class may be shifted to a higher weight provided it is not more than one weight class

above that for which his actual weight qualifies him.

Both H.S. and College teams are required to use a weight-control program. See 1.31 and 1.3.2.

WEIGHT CLASSES

4.4.1 (13 weight classes)

103, 112, 119, 125, 130,

135, 140, 145, 152, 160, 171, 189, 188-275lbs. A 14th weight class at 215 pounds is optional.

awarded to winning wrestler during the match, then only 4 points are awarded.

3.1 and 1.10

A wrestler may weigh in at the established certified weight and compete at a higher weight

classification.

See 3.1 and Appendices G and H.

3.2 (10 weight classes)

125, 133, 141, 149, 157, 165, 174,

184, 197, and Heavyweight (183-285 lbs.).

WEIGH-INS

No similar rule.

3.4

Weigh-ins shall be conducted in a private, secured area with limited attendance, at the site of competition or in an adjacent building to the competition.

4.5.3

Maximum of two hours and a minimum

of one-half hour before scheduled

session start. The weigh-in procedures for subsequent days may be established by the state association.

3.4 (tournaments)

Two hours before scheduled session start on first day; one hour before on subsequent day.

4.5.1

Weigh-in shoulder-to-shoulder. A maximum of one hour and a minimum of one-half hour at the dual meet site.

3.4(dual, tri, quad meets)

One hour before first match is scheduled to begin.

4.5.6

All contestants shall weigh in wearing no more than a suitable undergarment. Any contestant who has been authorized to wear an artificial limb shall weigh in with the artificial limb.

3.4

Recommended that all contestants weigh in with shorts.

Not explicitly stated.

At all weigh-ins, wrestler will stand with both feet flat in middle of scale facing away from dial or weight

		indicator.
<u>SPECIAL EQUIPMENT</u>	4.3.1 Electronic communication equipment that permits communication between coach and contestant during competition is not permitted.	No similar rule.
	4.3.2 Each state association may authorize the use of artificial limbs.	No similar rule.
	4.5.4 One pound additional allowance granted each day for all wrestlers. In order to be granted this one-pound additional allowance, a minimum of 48 hours advance notice is required for your opponent(s).	3.4 Notes 1 and 2 Granting weight allowances for a dual meet or tournament is prohibited, nor can a weight allowance be mutually agreed upon.
<u>DEHYDRATION PRACTICES</u>	4.4.4 Not stated.	3.5 A second violation results in suspension for the remainder of the season.
<u>PRACTICE ROOM TEMPERATURE</u>	No such rule	3.7 The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice.
<u>CPR AND FIRST AID TRAINING</u>	No similar rule.	3.8 All coaches, including volunteers, shall be certified in CPR annually by the date of the first practice. In addition, they must be certified in basic first aid every three years.
<u>MEDICAL EXAMINATIONS</u>	4.2.3 If a condition is suspected by a referee or coach, the opponent's coach shall provide current written documentation from a physician.	3.9 A physician or certified athletics trainer shall examine contestants for communicable diseases before all tournaments and meets. Final determination of a participant's ability to compete shall be made by the host site's physician or certified athletics trainer who conducts the medical examination.
<u>PRE-MATCH TEAM INTRODUCTIONS &</u>	No similar rule.	4.3 All contestants shall be uniformly

TOURNAMENT AWARDS

attired in their school's official warm-up. No hats, stocking caps, or other inappropriate apparel are permitted. Head coach penalized under Control of Mat Area, 4.13d.

4.17h

Same as above and, in addition for tournaments, no signs allowed. All additional personnel included in award presentations and team pictures must also be properly dressed.

INTENTIONAL DELAY

6.2.1

Team not appearing within 10 minutes of established starting time shall forfeit dual meet.

4.5

Not explicitly stated.

LENGTH OF MATCH

6.1.1

Dual meets: three 2-minute periods.

4.7

Dual meets: first period, 3 minutes; second and third periods, 2 minutes. Multiple dual meets and tournament bouts may be less than 7 minutes.

6.1.2

Consolation matches: first period, 1 or 2 Minutes; second and third periods, 2 minutes.

4.7

Wrestle-back matches: seven minutes or less consisting of 3 periods as in a regular match.

6.2.2

Wrestlers must report to the scorer's table prior to going on the mat.

No similar rule.

6.6.1

Penalties for unnecessary roughness, illegal holds, unsportsmanlike conduct, flagrant misconduct and bleeding time will not be corrected because of bad time wrestled.

No similar rule.

6.6.4 and 6.6.5

There is a 48-hour time period to correct the recording and computation of a team's score.

4.13c

A clerical error in recording team scoring in a dual meet or tournament that does not necessitate additional wrestling may be corrected when discovered.

OVERTIMES

6.7.1

Same as college, except first point(s) of any

4.11

Choice of top or bottom position in

kind determines who gets choice.

tiebreaker determined by wrestler who scores first points, other than penalty or escape points in regulation match.

COACHES CONTROL OF MAT AREA, BADGERING, AND MISCONDUCT

7.5.2, 7.5.3, 7.5.4

During a match, coaches are restricted to team bench or behind it, except during charged timeout, the end of match, or to approach officials' table under possible

4.12, 4.13, 4.14

All personnel, other than actual participating contestants, shall be restricted for dual meets to an area 10 feet from mat and scorer's table;

misapplication of a rule Penalize on.

for tournaments, to a restricted zone

first offense for unsportsmanlike conduct. Unsportsmanlike conduct carries over to second day. It is misconduct on the part of a

placed in any two corners of the mat. A chair will be placed behind the coaches for a credentialed

coach, when after a conference with the referee, no misapplication has occurred or coach questions judgment. Head coach is penalized. First warn, then deduct one team point, then removal of head coach and deduct one team

medical person.

These areas may be left only to check time and score, question application of a rule, or move toward mat during charged timeout or at the end of a match. Failure to

point. Removal is for the remainder of the day.

comply, or if there were no

misapplication of a rule, results in two warnings, then a deduction of one team point, then deduction of two team points, and deduction of two team points and removal for subsequent violations. Removal is for duration of event.

VIDEOTAPING

3.1.8

May not be used for decisions related to the match.

4.25

May be used in tournaments when specific conditions are met.

STALLING

8.1.2

Stop match when warning or penalizing wrestlers in the offensive position.

6.2

Never stop match when warning or penalizing a wrestler.

UNSPORTSMANLIKE CONDUCT

7.4.2 and 8.1.4

Includes repeatedly dropping to one knee to break locked hands, and failure to keep

6.4

No rule for dropping to one knee, but includes failure to keep uniform

shoulder straps up while on the mat.

straps up while in the wrestling area,

Carries

over to the second day of a multiple event.

i.e. may have them down while on apron of mat.

7.5.3

Unsportsmanlike conduct will be assessed the head coach if wrestlers report to the mat and are not properly equipped or not ready to wrestle.

No similar rule.

**SPECTATOR
SPORTSMANSHIP**

No similar rule.

6.4 b

The public address announcer at all dual meets and tournaments should read a spectator sportsmanship statement before competition begins each meet or tournament session.

TOBACCO USE

7.4.3 and 7.5.5

Same as college for coaches, participants, team personnel

8.9

For match officials, the violation is reported to the event administrator.

MATCH MISCONDUCT

No similar rule.

6.6

For conduct that exceeds unsportsmanlike conduct or unnecessary roughness but less than flagrant misconduct. Penalty is disqualification of the wrestler from the match, cessation of wrestling, and deduction of one team point. 8.3c.

FLAGRANT MISCONDUCT

7.5.5

For coach and nonparticipating personnel, two points are deducted and removal is for the dual meet, remainder of a multiple school event or tournament.

6.7

Same except deduct one team point.

7.4.3

For contestant, same as above and no team points can be earned.

6.7

For competing and non-competing wrestlers penalty is same as above and opponent is declared the winner.

8.1.6

Removal, if authorized school personnel available to supervise. Otherwise, student is confined to team bench area.

6.7

Removal from premises required.

ILLEGAL HOLDS

7.5a

The double underhook snapback from a standing position is an illegal hold.

6.9

Legal.

**POTENTIALLY DANGEROUS
HOLDS**

7.2.2

Front or any headlock with arm or leg encircled, double wristlock, split scissors, guillotine, chicken wing and toeholds.

6.10

Specific holds not listed.

When defensive wrestler stands supporting all the weight of offensive wrestler, the referee shall stop the match.

Referee does not have to stop match in this situation.

FIGURE-FOUR SCISSORS

7.1.5 & 7.3.6
The figure-four body scissors around the body or both legs is an illegal hold; around the head from the neutral position, is a technical violation

6.13
It is a technical violation for these situations.

TECHNICAL VIOLATIONS

7.3.4
Locked or overlapped hands, fingers, or arms around opponent's body or both legs in the advantage position, unless opponent's weight is supported entirely on his feet, or you have lifted your opponent off the mat, or your opponent is meeting near fall criteria.

6.12
Same except the offensive wrestler may continue to keep locked hands after a body lock or double-leg takedown when a near fall is imminent.

FLEEING THE WRESTLING AREA

7.3.2
No penalty points awarded for intentionally going out of the wrestling area to prevent a pin where near fall points are earned.

6.15
Penalty Table Note 1
All penalty points will be awarded in addition to points earned. Fleeing the mat as a means of avoiding Being scored upon is a technical violation.

TOWELING

Not explicitly stated.

6.16
Timeout for towelng off perspiration during the match is a technical violation.

BLEEDING

8.2.6
The accumulative time allowed for bleeding is 5 minutes, which is separate of wrestler's accumulative minutes of injury time.

7.1
The length of timeout periods for bleeding is left to the discretion of the referee.

COACHING INJURED CONTESTANT

8.2.1
Penalty is unsportsmanlike conduct against head coach.

7.2
Penalty is unsportsmanlike conduct against coach in violation. Coaches may coach bleeding contestant.

ILLEGAL HOLDS

7.1.2
Straight-back salto to the head, headlock without encircling the arm at the elbow or above, back bow and double underhook snapback from standing.

6.9
These are not listed as illegal.

ACCIDENTAL AND SERIOUS INJURY

8.2.4
If a physician recommends an injured wrestler not continue, even though consciousness is not involved, he shall not be overruled.

If apparently unconsciousness - written

7.3
A contestant who receives a temporary injury to the head, neck, or spinal column that does not render that contestant unconscious, must have a physician's or certified

approval by a physician required.

athletic trainer's approval before continuing. If unconscious - approval of physician required.

MATCH TIMEKEEPER

3.4.1

When a visual clock is not available, the match timekeeper shall call out minutes of the match and display with visual cards the number of seconds remaining in the last minute of each period at 15-second intervals.

8.6

Match timekeeper shall call out the minutes of the match and the last Min. of each period reported at 45, 30, and 15 seconds time remaining.