

PENALTY CHART (Available in PDF format on Web site – nfhs.org)

| | Rule | Warning | First Penalty | Second Penalty | Third Penalty | Fourth Penalty |
|--|-------------------------|----------------|---|--|----------------------|-----------------------|
| Illegal Holds | 7-1 | No | } 1 Pt. | 1 Pt. | 2 Pts. | Disqualify |
| Technical Violations | 7-3 | No | | | | |
| Stalling | 7-6 | Yes | | | | |
| Unnecessary Roughness | 7-4-1 | No | | | | |
| Unsportsmanlike Conduct by Contestants During a Match | 7-4-2 | No | | | | |
| Not Reporting to Mat Properly Equipped | 8-1-1 | No | | | | |
| False Start or Incorrect Starting Position | 8-1-3 | | Following two cautions there is a 1-point penalty for each subsequent infraction | | | |
| Coach Misconduct (during the match) | 6-6-6 7-5-4 8-1-5 | Yes | Deduct 1 Team Point | Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day. | | |
| Unsportsmanlike Conduct - Contestants (not during the match), Coaches and Other Team Personnel | 7-4-2 7-5-3 8-1-4 | No | Deduct 1 Team Point | Remove from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament. | | |
| Flagrant Misconduct - Contestants | 7-4-3 8-1-6 | No | Disqualify on first offense, deduct 3 team points and remove from premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of a dual meet, multiple school event or tournament and no team points can be earned. | | | |

| | Rule | Warning | First Penalty |
|---|-------------------------|----------------|---|
| Flagrant Misconduct - Coaches and Other Team Personnel | 7-5-5 8-1-3 8-1-6 | No | Remove from premises immediately on first offense and deduct 3 team points. Removal is for the dual meet, remainder of a multiple school event or tournament. |
| Greasy Substance on Body or Uniform, Improper Grooming, Objectionable Pads and Braces; Illegal Equipment or Uniform | 7-3-7 8-1-1 | | Any contestant reporting to the mat in violation of this article shall be disqualified if not removed or corrected within the 1½-minute injury time. |

Summary of Technical Violations

- Going out of Wrestling Area (Fleeing) (7-3-2)
- Grasping Clothing, Etc. (7-3-3)
- Interlocking Hands (7-3-4)
- Leaving Wrestling Area Without Permission (7-3-5)
- Figure 4 Head From Neutral (7-3-6)

Note 1 — Disqualification due to technical violation, illegal hold, stalling, unsportsmanlike conduct during a match or unnecessary roughness does not eliminate a contestant from further competition in tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event. Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.

Note 2 — Points for unnecessary roughness, grasping clothing or locking hands are awarded in addition to points earned.

Revised 2006