

## **WRESTLING GUIDELINES**

***National Federation Rules will apply with the following modification in rules listed below.***

### **Pairings:**

Weigh-ins will be conducted at home school locations under the supervision of coaching personnel prior to the meet.

Wrestlers will be paired by weight and ability level. Ability level will be determined using an A,B,C system with "A" being the most experience and greatest ability.

No team scores will be kept.

### **Match Format:**

- Matches will consist of three one-minute rounds using standard scoring unless otherwise indicated.
- Wrestlers will start in a neutral standing position for the first period. 2nd and 3rd periods will be wrestler's choice.
- Technical-fall will end a match when the point differential has reached 12 points.
- In case of a tie, a 1 minute sudden victory overtime period will be started and will end with the first point scored.
- Cautions due to false starts or improper starting position will be given but no penalty points will be awarded.
- Illegal moves will receive a caution before penalties points are awarded. A wrestler will not be disqualified from a match for penalties.
- Any wrestler who is disqualified from a match for unsportsmanlike conduct will not be permitted to wrestle the remainder of that day.

### **Week 1 Match Format:**

- Only takedowns will be scored and will be 2 points
- Wrestlers should let the taken down wrestler up to feet upon scoring, if not the official will bring back to their feet. (Clock will not stop)
- No escape points will be given when brought back to feet
- 12 pt Tech Fall will still be in effect and end the match
- Feet to back takedowns are not worth more points
- Pins will not be called.

### **Uniform:**

Headgear is optional. (Hair must be pulled back with no loose strands.)

Shorts must be mid-thigh or longer in length.

T-Shirts may be worn, but must be tucked in.

Clean shoes are required and must be tied.

Singlets are permitted.