

Wrestling Rules

Any rule and situation not specifically covered are subject to the current National Federation of High School Associations' Wrestling Rules Book and the judgement and discretion of the intramural sports staff.

All rules are subject to change at the discretion of the Intramural Sports Office, and the Intramural Sports Office has the final decision on all situations covered and not covered by the rules.

Rule 1: Player Eligibility & Registration

Player Eligibility

- ✓ Currently enrolled (at least half-time), fee-paying Tennessee Tech University students as well as faculty and staff of the University may participate in intramural leagues, tournaments, and contests.
- ✓ Prior to each contest and event, participants must check in with an IM staff member.
- ✓ **Players can compete for only one (1) team in each single-gendered league** and, if applicable, **one (1) co-rec league**. Once he or she signs in for one (1) team, that player cannot transfer to another team in that league for the duration of the season.
- ✓ For postseason eligibility, a player must have participated in at least one (1) regular season game.
- ✓ Current professional athletes cannot participate in their sport or related sport. Former professional athletes cannot participate in their sport or related sport for five (5) years after their official affiliation with a professional team has ended.
- ✓ Intramural Sports Professional staff shall make the final decision on eligibility issues.

Registration

- ✓ Teams should register by the deadline by registering on the Fusion Play App.

Rule 2: Tournament Format & Team Composition

Tournament Format

- ✓ All individuals must be weighed before the tournament.
- ✓ Individuals will be grouped by weight class, and seeding will be determined randomly.

Weight Classes (Subject to Change Due to the Weight Distribution of Registered Participants)

- ✓ Weight Class will be set after all wrestlers have weighed in. Each class will range between five (5) to eight (8) pounds.
- ✓ *Open Division*: Lightweight, Middleweight, & Heavyweight
- ✓ When a weight class does not have a sufficient number of wrestlers, all wrestlers at that weight will be placed in the next higher weight class.

Divisions

- Open (Any Gender)
- Women's

Rule 3: Protests

Protests

- ✓ Intramural Sports Graduate Assistants and Professional Staff will consider eligibility protests.
- ✓ When protesting player eligibility:
 - *Regular season*: The eligibility of any player may be protested at any point during the regular season (e.g. before, during, and after the contest; anytime during office hours)

- *Postseason Tournament:* Player eligibility must be protested before the start of the contest.

Protests made after the start or end of the game will be not recognized.

Rule 4: Location, Playing Area, & Equipment

Tournament Location

- ✓ All matches will occur in the main gym of the Marc Burnett Recreation & Fitness Center.

Player Areas

- ✓ The wrestler and a maximum of two (2) coaches are permitted in his or her designated area.
- ✓ Everyone else must remain in the stands or spectate at a minimum distance of ten (10) feet and clear of the wrestling mat.

Clothing & Equipment

- ✓ All attire and equipment are subject to the approval of Intramural Sports staff. Any clothing or equipment that is deemed unsafe or illegal must be removed prior to competition.
- ✓ IM staff reserves the right to ask participants to remove or conceal clothing that, in the opinion of IM staff, displays offensive or demeaning language or imagery.
- ✓ **Proper athletic attire is required.** Non-athletic clothing including but not limited to jeans, dress pants, dresses, khakis, and blouses is prohibited.
- ✓ Nails
 - **Nails must be trimmed before each match.**
 - The referee will check nail length before each match and may instruct a participant to clip his or her nails.
- ✓ Footwear
 - Players are required to wear athletic shoes (e.g. basketball shoes, running shoes, tennis shoes).
 - Footwear including but not limited to boots, cleats, open-toed shoes, crocks, and sandals is strictly **PROHIBITED.**
- ✓ Jewelry
 - Religious or medical jewelry is permitted and must be taped down against the body.
 - Participants must remove all watches and necklaces prior to each contest.
- ✓ Headwear
 - Players may wear knit or stocking caps, headbands, and hair control devices made with soft and non-abrasive material.
 - Headwear including but not limited to baseball caps, bandanas with knots, hard plastic hair devices, bobby pins, and safety pins is strictly **PROHIBITED.**
- ✓ Pads/Braces
 - Leg & knee braces covered with soft, pliable material and free of any sharp edges are allowed.
 - Compression sleeves and wrist sweatbands are permitted above the waist.
 - Casts and other equipment made of hard, unyielding materials may not be worn above the waist.
- ✓ Blood
 - Participants that are bleeding, have an open wound, and/or have an excessive amount of blood on the uniform must leave the field. The bleeding must be stopped, the open wound must be covered, and/or the bloody uniform must be changed before the player can return to the game.

Rule 5: Timing

Match Length

- ✓ Each match will consist of three (3) periods.
- ✓ Each period will have a duration of one minute (1:00).
- ✓ If the score is tied at the end of the third (3rd) period, a sudden-death overtime will be played. The first (1st) wrestler to score a point will be declared the winner.

Timeouts

- ✓ Injury Time
 - When injured by a legal maneuver, each wrestler will be entitled to an injury time-out.
 - Each wrestler is entitled to two (2) injury timeouts
 - Each timeout will be a maximum of forty-five seconds (0:45).
 - At the end of the forty-five second (0:45) injury timeout, the referee will evaluate the wrestler and determine if he or she can continue the match.
 - If the injured wrestler cannot continue, he or she shall forfeit the match.
- ✓ Blood Time
 - Each wrestler will be given time to clean and cover bleeding wounds and remove bloody clothing.
 - Each instance of blood time should not exceed five minutes (5:00).
- ✓ Recovery Time
 - When injured by an illegal maneuver, the wrestler will be given a maximum of two minutes (2:00).
 - At the end of the two minutes (2:00), the referee will evaluate the wrestler and determine if he or she can continue the match.
 - If the injured wrestler is deemed unable to continue, the opposing wrestler shall be disqualified.
- ✓ Official Time
 - A referee may declare a timeout for situations not covered by Injury Time, Blood Time, or Recovery Time.

Mercy Rule (Tech Fall)

- ✓ When a point differential of fifteen (15) is reached at any point in a match, the wrestler with the higher score shall be declared the winner immediately.

Rest between Matches

- ✓ Wrestlers will be required to wait at least thirty minutes (30:00) between each match.
- ✓ If both wrestlers are deemed ready, the referee(s) may decide to shorten the rest break.

Rule 6: Match Rules

Positions

- Wrestling has three (3) positions: Offense, Defense, and Neutral
- When one wrestler is in the neutral position, the opponent must also be in the neutral position.
- When one wrestler is in the offensive position, the opponent must be in the defensive position.

Starting Each Period

- 1st Period: Neutral Position
- 2nd Period: One Wrestler chooses Top, Bottom, Neutral, or Deferring Choice
- 3rd Period: The other Wrestler chooses Top, Bottom, or Neutral

Potentially Dangerous

- The referee shall stop the match and reset the wrestlers when the action will result in an injury from a legal or illegal hold.
 - Bending body parts beyond their range of motion is a potentially dangerous situation.

Slamming

- The offensive wrestler must use controlled slams.
- The knee of the slamming/offensive wrestler must touch the ground before the body of the defensive wrestler.

Match Points

✓ Definitions of legal wrestler actions:

- Takedown
 - A wrestler moves from the **neutral** position to the **offensive** position.
- Escape
 - A wrestler moves from the **defensive** positions to the **neutral** position.
- Reversal
 - A wrestler moves from the **defensive** position to the **offensive** position.
- Near Fall
 - An offensive wrestler turns the defensive wrestler onto his/her back and holds them at a forty-five (45) degree angle or less for **more than two (2) seconds**.

LEGAL ACTIONS	
Action	Points
Takedown	Two (2) points
Escape	One (1) point
Reversal	Two (2) points
Near Fall 2 (Two – Four (2-4) seconds)	Two (2) Points
Near Fall 3 (Five (5) seconds or more)	Three (3) points

✓ Penalties

- The referee has the authority to declare stalling by any opponent.
- **Biting, kicking, punching, striking, and scratching will result in an automatic disqualification on the first occurrence.**
- Stalling
 - When in the neutral position, a wrestler shall be considered stalling when he or she is:
 - Continuously avoiding contact with the opponent
 - Preventing the opponent from remaining or returning inbounds
 - Attempting to not score a takedown
 - It is stalling when the wrestler in the offensive position does not attempt to secure a takedown or falls or grabs a wrestler in a manner that slows down the action.
 - It is stalling when the wrestler in the defensive position refuses to attempt escapes or reversals.
 - It is considered stalling when either wrestler (a) grasps or interlocks the leg of the opponent to prevent scoring, (b) delays the game by adjusting equipment or slowly returning to the mat, or (c) repeatedly creates a stalemate to prevent the opponent from scoring.

STALLING	
Occurrences	Consequence
1 st Occurrence	Warning
2 nd Occurrence	One (1) Penalty Point
3 rd Occurrence	Two (2) Penalty Point
4 th Occurrence	Disqualification

○ Technical Violations

- During the match, the following actions are **PROHIBITED**:

- Locked hands
- Pulling hair
- Illegal holds
- Illegal slams

- Locked Hands

- Overlapping fingers are considered locked hands.
- A wrestler in the **neutral** position or **defensive** position can lock hands around the torso or both legs of the opponent.
- It is illegal for the offensive wrestler to lock hands around the torso or both legs of the defensive wrestler unless the opponent is standing on their feet or within a near fall count.
- It is illegal to lock hands around an opponent's head without including an arm or leg.
- A headlock that prevents an opponent from breathing normally is illegal.

- When a wrestler commits a technical violation, the referee will address the penalty in accordance with the Technical Violation Table. The referee reserves the right to disqualify a participant for a technical violation.

TECHNICAL VIOLATIONS TABLE	
Occurrences	Consequence
1 st Occurrence	Warning
2 nd Occurrence	One (1) Penalty Point
3 rd Occurrence	Two (2) Penalty Points
4 th Occurrence	Disqualification

Rule 7: Team Scoring

Match Outcome	Point Differential	Team Points
Minor Decision	1 – 7 points	3
Major Decision	8 – 14 points	4
Tech Fall	15+ points	5
Pin	N/A	6
Disqualification	N/A	6
Injury Default	N/A	6
Forfeit	N/A	6