

### **About Weigh-In**

30. The weigh-in for tournament competition, on the first day, may be a maximum of two hours prior to the beginning of the first session.
31. Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class.
32. If an artificial limb is to be used, the wrestler must weigh in with the artificial limb.
33. A wrestler who receives permission from the referee in advance, for a valid reason, may have extended time to make the required weight.
34. There is no weight allowance permitted for consecutive days of competition.
35. If a state uses the growth allowance, all wrestlers are eligible for the allowance.
36. A contestant representing a school in an individually bracketed tournament shall be named by weight class after the conclusion of the weigh-in.

### **Out of Bounds**

37. Contestants are considered to be out of bounds if the supporting parts of either wrestler are inside the boundary lines.
38. The referee should never award points on edge-of-the-mat calls before blowing the whistle for out of bounds.
39. Out of bounds occurs when a supporting part of both wrestlers is on and/or beyond the boundary line.
40. A restart after stoppage for a potentially dangerous hold is the same as if an out-of-bounds situation occurred.

### **A Fall**

41. An assistant referee can call a fall.
42. A fall shall not be awarded unless any part of both shoulders or both scapulae of the defensive wrestler is inbounds.
43. The only way a wrestler can lose a match when ahead by 15 or more points is to commit an unsportsmanlike act.
44. A fall may be scored in a bridgeback in a body scissors.
45. The referee shall count aloud the two-second count, if a fall is imminent.
46. A fall shall not be awarded if the wrestler being pinned is handicapped by having any portion of the wrestler's body out of bounds.
47. A fall shall be called if the left shoulder and left scapula are held in contact with the mat for a period of two seconds.
48. A fall may be awarded when any part of both shoulders of either wrestler is in contact with the mat for two seconds.

### **Near Falls**

49. If the defensive wrestler is injured or indicates an injury, or bleeding occurs after a three-point near fall is earned, the match will be stopped and a four-point near fall shall be awarded.
50. Criteria for a near fall is met when any part of both shoulders or both scapulae of the defensive wrestler are held within 4 inches or less of the mat.
51. A bridgeback in a body scissors, or bridgeovers with a wrist lock are considered near-fall situations.
52. If the near-fall criteria are met for a period of three seconds, a three-point near fall will be earned.

### **Starting Position**

53. The offensive wrestler's head shall be on or above the spinal column of the opponent's back in the offensive starting position.
54. The defensive wrestler's starting position must allow the offensive wrestler to be able to assume a legal starting position on either side.
55. The neutral starting position does not require both contestants to be stationary or opposite each other.
56. In the offensive starting position, the offensive wrestler's legs or feet may be in contact with the defensive wrestler.

### **Match Results**

57. In order to receive a forfeit, a wrestler needs only to report to the scorer's table.
58. Overtime is an extension of the regular match.
59. If no scoring occurs in the 30-second ultimate tiebreaker, the defensive wrestler will be declared the winner.
60. During a dual meet, a major decision in a match is worth four team points.

### **Starting the Match**

61. In dual-meet competition, the wrestlers must be ready to go to the scorer's table immediately when called by the referee.
62. If the offensive wrestler selects the optional starting position, the wrestler does not need to indicate this intent to the referee.
63. A team intentionally delaying its appearance to the mat area beyond five minutes of the established dual meet starting time shall be penalized one team point.
64. If one of the wrestlers is visually handicapped, all wrestling shall be conducted from the referee's position.

### **Stopping the Match**

65. In the neutral position, with no takedown in progress, the match may be stopped as soon as the ear guard is displaced.
66. The contestant or his/her coach has the prerogative to default a match to the opponent at any time by informing the referee.
67. If the wrestlers go out of bounds in the neutral position, the match shall be resumed with each wrestler at the designated green or red area.
68. The official scorer is responsible for assisting, when requested by the referee, in determining whether a situation occurred before or after termination of a period.