

## **Purpose of the North Eastern Michigan Wrestling Association**

The North Eastern Michigan Wrestling Association (NEMWA) believes that wrestling is a great sport that can be enjoyed by any child no matter the size. The association has two primary purposes:

1. To provide safe, fair, and encouraging competition for wrestlers of member clubs. NEMWA bylaws and competition rules are designed to promote good sportsmanship and foster the values of integrity, self-discipline and honesty in both coaches and wrestlers.
2. To assist member clubs in educating students, parents, school administrators, and the general public on how wrestling is an ideal sport for body and mind; building strength, endurance, self-confidence and self-discipline in those who participate.

Member clubs must have among their goals to:

1. Teach the basics of collegiate-style wrestling.
2. Encourage healthy, fair and fun competition with a focus on improvement.
3. Build self-confidence by showing the positive results that come from practice and self-discipline.
4. Teach respect for peers, those in authority (such as coaches and referees) and property (such as the wrestling mat, school gym, lockers, etc.).
5. Develop wrestlers that have potential to become successful at the higher levels of competition in the middle or senior high schools.

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## **Article I. COMPETITION**

### ***Section 1 - Match***

**Rule 1:** A match is competition between two individual wrestlers who are of as nearly equal weight as possible.

**Rule 2:** For all matches, net weight shall be required. No overweight is permitted nor should be requested.

### ***Section 2 - Representation***

**Rule 1:** No wrestler shall represent his club in more than one weight class and/or age group per tournament.

**Rule 2:** No contestant shall wrestle in two consecutive matches with less than a 20-minute rest period between them. The conclusion time of each match shall be recorded, unless agreed upon by wrestlers and coaches.

**Rule 3:** A wrestler who weighs in for one weight class may be shifted to a higher weight, provided it is not more than two weight classes above his actual stripped weight classification and provided that the wrestler's parent/guardian and coach both give written consent to wrestle at the higher weight class. The exact weight of all the heavyweight contestants shall be recorded. For maximum allowances see Article IV. Section 4 - Rule 2:

**Rule 4:** No wrestler from grades 9 through 12 regardless of their age.

### ***Section 3 - Weight Control Program***

**Rule 1:** Each individual club shall develop and utilize a specified weight control program which will discourage severe weight reduction and/or variations in weight due to the harmful effects on the competitor. Such a program should be planned in establishing the minimum certified weight. Refer to 4-4-4.

## **Article II. EQUIPMENT**

### ***Section 1 - Mat***

**Rule 1:** The wrestling mat shall be of uniform thickness not more than 4 inches thick nor less than the thickness of a mat which has the shock-absorbing qualities of a 1-inch thick PVC-vinyl covered foam mat.

**Rule 2:** All ages will wrestle on no less than ¼ of a full regulation 24-foot mat, unless agreed upon by the NEMWA board and/or officials.

**Rule 3:** Starting lines, one inch wide, should be placed at the center of the mat and the front line should lie on the diameter of the circle. These one-inch starting lines shall be parallel, 3 feet long and 12 inches from outside to outside.

**Rule 4:** Whenever practical, a minimum of 12 inches will be marked as the out-of-bounds line around the perimeter of the entire mat.

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**Rule 5:** A form of disinfectant and/or other cleaning product will be accessible at the mat area for the purpose of cleaning mats. The hosting club will be responsible for providing these supplies. Disposable towels should always be used for this purpose.

## **Section 2 - Team Benches**

**Rule 1:** During tournament competition a maximum of 2 team personnel (coaches and/or non-participation contestants) shall be seated in provided chairs.

**Rule 2:** All persons affiliated with the team, including wrestlers, coaches, trainers, managers and spectators are subject to the rules and will be governed by the decisions of the referee.

## **Section 3 - Officials' Table**

**Rule 1:** An officials' table should be placed at least 10 feet from the edge of the mat and from the team bench areas, where facilities will permit. It should be large enough to accommodate the official timekeeper and head scorer. Some means of visual scorekeeping shall be provided by the home management.

## **Section 4 - Scales**

**Rule 1:** Scales for weighing in contestants of all teams shall be provided by the North Eastern Michigan Wrestling Association or, if needed in special cases, a high school certified scale may be used. NEMWA scales shall have first priority. Please use others only if necessary. A wrestler has the right to refuse to weigh in on any non-digital scales.

**Rule 2:** The accuracy of these scales shall be certified annually.

## **Article III. OFFICIALS AND THEIR DUTIES**

### **Section 1 - Referee**

**Rule 1:** Referee shall be neatly dressed with official referee shirt and shall wear proper color ID armband. **The green wrist band goes on the right wrist and the red band goes on the left wrist.**

**Rule 2:** Referee is not to work any competition while intoxicated or with the smell of alcohol on his breath. Referee shall not smoke, dip, or chew while in the public view at the competition he is working.

**Rule 3:** On matters of judgment, the referee shall have full control of the match and his decisions shall be final, based upon NEMWA rules.

**Rule 4:** Before the match begins, the referee shall: (a) inspect the contestants for presence of oils or greasy substances, rosin objectionable pads, improper clothing, all jewelry, long fingernails and improper grooming; (b) clarify the rules with coaches and contestants upon request; and (c) review with the scorers and timekeepers signals and procedures to be used.

**Rule 5:** The legality of all equipment including mats, markings, uniforms and supplementary devices, pads and taping, shall be declared for the purpose of correcting equipment which becomes illegal or inoperative through use.

**Rule 6:** Only authorized signals shall be used by the referee when signaling and verbally notifying the contestants and scorer when warning or awarding points to either wrestler.

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**Rule 7:** The referee shall be firm in enforcing the letter and spirit of the rules, consistently penalizing any repeated infractions. He must enforce penalties for infractions explained in Articles 7 and 8 without hesitation. The referee shall not use TV monitoring or replay or any other video equipment in decision-making related to a match

**Rule 8:** When penalizing either wrestler, the referee shall stop the match and announce the penalty in the prescribed manner so that coaches, contestants, scorers and spectators are aware of the penalty. (Note: Exceptions are noted in Article VIII. Section 1 -

**Rule 9:** The user of a potentially dangerous hold shall be cautioned by the referee, in order to prevent possible injury. The referee shall stop such holds, if possible, before they reach the dangerous state.

**Rule 10:** Following the end of a match, the referee and the winning wrestler (the winning wrestler's coach being an acceptable substitute signature in appropriate cases) will be required to sign the individual score sheet, certifying the match results.

**Rule 11:** The referee shall meet promptly and in the spirit of good sportsmanship deal with any situation developing unexpectedly.

## **Section 2 - Mat Judges and Assistant Referee**

- (A) Verbal communication between the referee and the assistant are necessary.
- (B) When the assistant disagrees with the referee, he will bring it to his attention immediately. It is not required to stop the match unless the referee thinks it is necessary. The referee will avoid interrupting the match when significant action is in progress.
- (C) When necessary the referee and the assistant shall meet on an area of the mat away from the coaches and contestants to discuss matters pertinent to the match.
- (D) The assistant may support, disagree or have no opinion relative to a decision. The referee shall prevail in the event of a disagreement.
- (E) When a decision is reached, the referee will inform the officials' table of any change in the scoring, timing, etc.
- (F) The referee, assistant referee and the two contestants are the only individuals allowed on the wrestling mat. Coaches are not permitted to address the assistant referee.
- (G) A trainee shall be considered an assistant referee.

## **Section 3 - Scorer**

**Rule 1:** The official scorer shall be seated at the officials' table and is responsible for:

- (A) recording points scored by each contestant when signaled by the referee
- (B) recording the completion of each match
- (C) advising the scoreboard operator or assistant scorers of the correct score during each match
- (D) recording the completion time of matches
- (E) presenting the referee with the score sheet at the end of each match.

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**Rule 2:** The assistant scorers are responsible for recording points earned by each individual wrestler during the course of the match.

## ***Section 4 - Timekeeper***

**Rule 1:** The match timekeeper is responsible for:

- (A) keeping the overall time of the match
- (B) notifying the referee of any significant situation when the match is stopped, or for disagreement by official scorer and timekeeper, or when requested by a coach to discuss a possible error
- (C) assisting when requested by the referee, in determining whether a situation occurred before or after the termination of the period
- (D) when a visual clock is not available, calling the minutes to referee, contestants and spectators and indicating the number of seconds remaining in the last minute of the period at 15 second intervals
- (E) recording the accumulated timeouts for injury and recovery time

## **Article IV. WRESTLERS CLASSIFICATION AND WEIGH-IN (Proof of age via a copy of the wrestler's birth certificate will be required prior to the first tournament)**

### ***Section 1 - Wrestler's Uniform***

**Rule 1:** Freestyle sing, shorts, shirts and tights (optional). No metal. All clothing shall be close fitting and shirts must be tucked in.

**Rule 2:** Clean wrestling shoes or clean tennis shoes. No metal.

**Rule 3:** All 9-14 years old:

Must wear protective headgear which provides adequate ear protection and which presents no injury hazard to the opponent. The headgear must have an adjustable locking device to prevent it from coming off or turning on the wrestler's head. Headgear is strongly recommended for the 8 and under age group also.

**Rule 4:** Anyone wearing braces must wear a mouth guard that covers both top and bottom teeth. Wax is not acceptable.

### ***Section 2 - Wrestlers' Appearance and Health***

**Rule 1:** During competition all wrestlers are to be clean shaven. Hair shall be trimmed and well groomed no lower than the earlobe and not extend below the top of an ordinary shirt collar. If an individual has hair longer than allowed by this rule, it must be contained in a hair cover. The cover must fully contain the hair and must be non-abrasive. A bandana, beanie, skull cap, or stocking cap is not considered a legal hair covering.

**Rule 2:** Each contestant shall comply with specified health, sanitary and safety measures as to appearance. Because of the body contact involved, these standards have been established and shall

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constitute the sole reasons for disqualification. Application of this rule shall not be arbitrary or capricious.

**Rule 3:** Any wrestler who is suspected of carrying an infectious communicable disease or infection shall be required to be examined by the tournament director and/or other designee of the director. If it is deemed that such disease or infection is potentially dangerous or hazardous to other wrestlers, the wrestler shall be disqualified from competition until a written notification from his own physician is presented to the NEMWA board. Such notification will be submitted on a NEMWA Physician Release Form and will be presented at weigh-in or to the tournament director and/or head referee. If an on-site physician is present, then he/she may overrule the diagnosis of the physician who signed a NEMWA Physician's Release Form.

**Rule 4:** The use of refreshments or special medication during a match including timeout in order to relieve a pre-existing condition such as asthma, diabetes, etc., shall be permitted.

## **Section 3 - Special Equipment**

**Rule 1:** Any mechanical device which does not permit normal movement of the joints and which prevents one's opponent from applying normal holds is not permitted. Any equipment which is hard and/or abrasive must be covered and padded. All special equipment must be of a single color and unadorned.

**Rule 2:** Artificial limbs which, in the judgment of the rules administering officials (state association office), are no more dangerous to contestants than the corresponding human limb and do not place an opponent at a disadvantage, may be permitted. The wrestler must present two letters from an MD or DO to the NEMWA board indicating the participant may engage in wrestling.

**Rule 3:** Loose pads are prohibited.

**Rule 4:** Taping or strapping which substantially restricts the normal movement of a joint shall be prohibited. NOTE: The taping of fingers and thumb is not a violation.

**Rule 5:** To help identify contestants, color-coded bands will be worn. If the participants are identified by the uniform color, armbands may be discarded.

## **Section 4 - Weight Classifications**

**Rule 1:** The age group in which a wrestler can participate during the competitive season is determined by his age as of December 31 of the year prior to the start of the current wrestling year. If a wrestler's birthday falls between September 2 and December 31, he is eligible for competition in the 13 to 14 year old age group. Wrestlers in grades 9-12 are not eligible to participate.

To be eligible for an official NEMWA tournament (not including preseason events) wrestlers must turn in a copy of the NEMWA "Player's Agreement to Participate" signed by a parent or guardian, and accompanied by a copy of their birth certificate prior to the start of the NEMWA event. If the wrestler has not turned in these documents prior to the start of competition, the wrestler is ruled ineligible for the event.

5 and 6 weight classes: 37, 40, 43, 46, 52, 55, 58, 61, 64, 67, and Hwt. (max wt. 107 lbs)

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7 and 8 weight classes: 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, Hwt. (max wt. 142 lbs)

9 and 10 weight classes: 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110, Hwt. (max wt. 190 lbs)

11 and 12 weight classes: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, Hwt. (max wt. 233 lbs)

13 and 14 weight classes: 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 138, 145, 155, 170, Hwt. (max wt. 275 lbs)

NOTE: A weight class may be either added or deleted but not both.

**Rule 2:** Maximum weight differential:

5 and 6: 10 lbs

7 and 8: 15 lbs

9 and 10: 20 lbs

11 and 12: 25 lbs

13 and 14: 30 lbs

NOTE: Unless agreed upon by wrestlers, coaches and host club.

**Rule 3:** A contestant shall not wrestle more than two weight classes above that class for which his age group and actual stripped weight, at the time of weigh-in, qualifies him. The wrestler's parent/guardian and coach must both give written consent for the athlete to wrestle at the higher weight class. The wrestler must make the decision at weigh-in and must indicate his intention to compete at a higher weight class on the weigh-in slip. Wrestlers who chose to move up an age or weight class in a qualifying tournament must compete in the same age and weight class in any succeeding tournaments fed by the qualifier.

**Rule 4:** A wrestler may move up one age group with written parent/guardian and coach consent. If the wrestler moves up one age group he may not wrestle two weight classes above his stripped weigh-in weight. The wrestler must make the decision at weigh-in and indicate his intention to wrestle in a higher age group on the weigh-in slip. Wrestlers who chose to move up an age or weight class in a qualifying tournament, must compete in the same age and weight class in any succeeding tournaments fed by the qualifier.

**Rule 5:** The use of sweat boxes, hot showers, whirlpools or similar artificial heating devices, diuretics, and/or other drugs for weight reduction purposes is prohibited. Any unusual activities in cutting weight by crude or rash methods, such as cutting hair, intentional vomiting or any method deemed physically or mentally harmful will not be allowed. The wrestler shall be disqualified.

**Rule 6:** The weight of contestants may be challenged no later than the start of the second round. Anyone found to be equal to or above the next weight class (up to five pounds) will be disqualified for the meet. The age of a wrestler may be challenged any time.

## **Section 5 - Weighing In**

**Rule 1:** No home weigh-ins allowed. No one of the opposite sex will be allowed into weigh-ins. The standard time for 8 and under and 9&10 age group weigh-ins is between 7:30 a.m. and 8:30 a.m. the morning of the tournament. The standard time for 11&12 and 13&14 age group weigh-ins is 8:30 a.m.

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to 9:30 a.m. the morning of the tournament. Tournament directors may elect to allow all age groups to weigh-in beginning at 7:30 a.m. if they include this information on tournament flyers and make these flyers available to all NEMWA clubs at least 2 weeks prior to the tournament. Changes to the standard weigh-in times for any NEMWA-sanctioned tournament must be approved by the majority of NEMWA clubs at least two weeks in advance of the tournament.

**Rule 2:** All contestants will weigh in wearing nothing more than shorts. Any contestant who has been authorized to wear an artificial limb shall weigh in with the artificial limb.

**Rule 3:** Any contestant failing to make weight during the time period allotted for the weigh-in shall be ineligible for that weight class.

**Rule 4:** At the time of weigh-in the hosting club will make a preliminary visual inspection of each participant for obvious infections/communicable diseases. Refer to Section 2 - Rule 3:

## **Section 6 - Novice Wrestlers**

**Rule 1:** A novice is a wrestler who has not received any first or second place medals in a regular tournament with 3 or more wrestlers on his chart.

**Rule 2:** Any wrestler who has received two first place awards during a "novice" tournament can no longer be considered a novice.

**Rule 3:** Positive, competitive discretion on the part of the coaches and the club officers is expected.

## **Article V. DEFINITIONS**

### **Section 1 - Positions**

**Rule 1:** A neutral position is one in which neither wrestler has control.

**(A)** Contestants are considered to be inbounds if the supporting parts of either wrestler are inside the boundary lines. A wrestler's supporting points are the parts of the body touching or within the wrestling area which bear the wrestler's weight, other than those parts with which he is holding his opponent. When down on the mat, the usual points of support are the knees, the side of the thigh and the buttocks. Wrestling shall continue as long as the supporting parts of either wrestler remain inbounds. When the defensive wrestler is on his back while the supporting parts of either wrestler are inbounds, wrestling shall continue as long as there is a possibility of the offensive wrestler bringing his opponent back into the inbounds area. In this situation the defensive wrestler's shoulders (scapulae) are his supporting parts. Near fall points or a fall may be earned only while the defensive man's shoulders (scapulae) are inbounds.

**(B)** The marked boundary lines are to be considered out of bounds.

**Rule 2:** The position of advantage is a situation in which a contestant is in control and maintaining restraining power over his opponent. Control is the determining factor. The failure of the offensive wrestler to get his head out from the defensive wrestler's arm does not necessarily prevent the offensive wrestler from having control. A wrestler may have control, even when his opponent has locked hands around one of his legs. When a wrestler is off his base and his opponent is hip-to-hip with control of 2 of his 3 supports, a reversal or takedown may be awarded.

**Rule 3:** The neutral starting position requires both contestants to be stationary and opposite each other with one foot on the green or red area behind the foot of the line, with no part of the body touching the mat in front of the lead foot.

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**Rule 4:** The defensive wrestler's starting position requires the wrestler to be stationary on his hands and knees so both knees are on the mat behind and parallel to the rear starting line. The heels of both hands shall be on the mat in front of the forward starting line. The elbows shall not touch the mat. This position must also allow the offensive wrestler to be able to assume a legal starting position. Note referee's discretion for 8 and under, and 9 and 10 in reference to the hand placement.

## **Rule 5: Offensive Starting Positions**

**(A)** The offensive wrestler's starting position is one in which he is at the right or left side of his opponent with at least one knee on the mat on the near side of his opponent. The near side is the one on which the offensive wrestler places the palm of his hand on or over the back of the elbow. The offensive man's head shall be above the spinal column of his opponent's back. The other arm (right or left) is placed loosely around the defensive wrestler's body, perpendicular to the long axis of the body, with the palm of the hand placed loosely over the defensive wrestler's waist (belly button). The offensive wrestler's legs or feet may not be in contact with the defensive wrestler.

**(B)** Optional offensive starting position: The offensive wrestler may use an optional start whereby he positions himself on either side or to the rear of the opponent. Supporting all of his weight on both feet, one knee or both knees. He is to place his hands on his opponent's back (area between the neck and waist), thumbs touching and only his hands are to be in contact with the defensive wrestler. The offensive wrestler is not to place his foot or knees between his opponent's feet or legs, in front of the forward starting line or the line extended, nor may he straddle his opponent. **The optional starting position may be used at any time, including the start any regulation or overtime period.**

**(C)** When assuming a correct starting position, the offensive wrestler is not to exert unnecessary pressure on the defensive wrestler, pushing on the back of the wrestler. This can be considered unnecessary roughness.

**Rule 6:** The referee shall direct the offensive man to assume his starting position once the defensive man is stationary in his starting position. If the offensive wrestler assumes his starting position prior to being directed by the official, he shall be penalized for an incorrect starting position.

**Rule 7:** When the referee starts the contestants from the down position, he may be in front of or to the front side of the contestants. The referee should establish eye contact with the scorers' table.

## **Section 2 - Individual Scoring Maneuvers**

**Rule 1:** It is a takedown when, from a neutral position, a wrestler gains control over his opponent down on the mat while the supporting points of either wrestler are inbounds. When the major part of the defensive wrestler's weight is borne on his hand or hands, they are considered supporting parts. A takedown shall be awarded when one or both knees of the defensive man are touching the mat beyond reaction time or when defensive man's legs are controlled and the majority of his weight is supported by his hands.

**Rule 2:** It is an escape when the defensive wrestler gains a neutral position and his opponent has lost control, while the supporting points of either wrestler are inbounds.

**Rule 3:** There is a reversal when the defensive wrestler comes from underneath and gains control of his opponent, either on the mat or in a rear-standing position, while the supporting points of either wrestler are inbounds.

**Rule 4:** It is a near fall when the offensive wrestler has control of his opponent in a pinning situation and:

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- (A) Both shoulders or scapulae of the defensive wrestler are held (momentarily stopped) touching the mat; when the defensive wrestler is held (momentarily stopped) in a high bridge or on both elbows; both shoulders or scapulae of the defensive wrestler are held (momentarily stopped) within four inches of the mat or less; or when one shoulder or scapula of the defensive wrestler is touching the mat and the other shoulder or scapula is held at an angle of 45 degrees or less with the mat.
- (B) A near fall is ended when the defensive wrestler gets out of a pinning situation. The referee must not signal the score for a near fall until the situation is ended and only one near fall shall be scored in each pinning situation regardless of the number of times the offensive wrestler places his opponent in the near fall position during the pinning situation.
- (C) Only the wrestler with the advantage, who has his opponent in the pinning situation, may score a near fall.
- (D) A continuous roll-through is not to be considered a near fall; bridgeback in a body scissors, or bridgeovers with a wrist lock are not considered near fall situations even though a fall may be scored.
- (E) When the defensive wrestler places himself in a precarious situation during an attempted escape or reversal, a near fall shall not be scored, unless the offensive wrestler has control and restrains his opponent in a pinning situation beyond normal reaction, or two seconds.
- (F) If injury or bleeding occurs or the defensive wrestler indicates he is injured just prior to near fall criteria being met, the match shall be stopped and a two-point near fall shall be awarded.
- (G) If injury or bleeding occurs, or the defensive wrestler indicates he is injured, after two-count near fall criteria has been met, the match will be stopped and a three point near fall shall be awarded. If a five-count has been met, a four point near fall shall be awarded. If the match is stopped due to the defensive wrestler doing an illegal move, a four point near fall shall be awarded plus one penalty point creating a five point near fall.

**Rule 5:** A fall occurs when any part of both shoulders or scapulae are held in contact with the mat for 2 seconds. The 2 seconds (one-thousand-one, one-thousand two ...) shall be a silent count by the referee and shall start only after he is in a position to observe if a fall is imminent. The shoulders or scapulae must be held in continuous contact with the mat inbounds. A fall terminates the wrestling.

**Rule 6:** A fall or near fall shall not be awarded:

- (A) when any part of both shoulders or scapulae of the defensive wrestler are out of bounds or over the out-of-bounds line;
- (B) if the wrestler being pinned is handicapped by having any portion of his body out of bounds.

## **Section 3 - Match Results**

**Rule 1:** A decision is earned by the wrestler who has scored the greater number of points, as provided by the point system in Article IX. Section 1 - if no fall has resulted during the regular periods of any match. If the winner's score exceeds the loser's score by 8 it is a major decision. If the winner's score exceeds the loser's score by 15 or more points it is a technical fall.

**Rule 2: Overtime.**

- (A) When the contestants are tied at the end of the three regular periods, they will wrestle overtime. Overtime will consist of a one-minute sudden victory period, and if needed two 30-second

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tiebreakers. If the score remains tied at the end of the two 30-second tiebreakers, a 30-second ultimate tiebreaker shall take place. The procedure will be:

1) no rest between the regulation match and the sudden victory;

2) wrestlers in the neutral position;

3) the wrestler who scores the first point(s) will be declared the winner; if no winner is declared by the end of the sudden victory, then the following procedure will be used:

a) two 30-second tiebreakers will be wrestled to completion and score kept as in the regular match;

b) the referee shall flip a disk to determine which wrestler has the choice of starting position for the first tiebreaker;

c) the wrestler who has choice in the first tiebreaker may select top, bottom, or defer the choice to the opponent;

d) at the conclusion of the first 30-second tiebreaker, the opponent will have the choice of top or bottom position;

e) whichever wrestler has scored the most points in the two 30-second tiebreakers will be declared the winner;

f) if the score is tied at the end of the two 30-second tiebreakers: the choice of position for the ultimate tiebreaker will be granted to the wrestler who scored the first point(s) in the regulation match; if no points are scored in the regulation match a flip of the disk shall determine the wrestler who has the choice (points for double-stalling or simultaneous penalties shall be considered as no points for the purpose of the tiebreaker choice);

g) the wrestler who has choice may select top, bottom or defer the choice to the opponent;

h) the wrestler who scores the first point(s) during the ultimate tiebreaker will be declared the winner. If no scoring occurs during the ultimate tiebreaker, the offensive wrestler will be declared the winner and one match point shall be added to the offensive wrestler's score.

4) a fall terminates the match.

**(B)** Overtime is an extension of the regular match. All points, penalties, cautions, warnings, time-out and injury time will be cumulative throughout the regular match and the overtime period.

**(C)** If the points earned in the sudden victory or ultimate tiebreaker involve a takedown or reversal straight to near-fall criteria, the match shall continue until the near-fall or fall situation has concluded.

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**Rule 3:** Mercy rule shall be called when a wrestler is 15 points ahead of his opponent. The match will be stopped unless a fall is close.

**Rule 4:** A default is awarded when one of the competitors is unable to continue for any reason.

**Rule 5:** A forfeit is received by a wrestler when his opponent fails to appear for the match. In order to receive a forfeit, a wrestler shall be dressed in a wrestling uniform and appear on the mat.

## **Article VI. CONDUCT OF MATCH**

### ***Section 1 - Match Timing***

**Rule 1:** Period Times

(A) 8 and under – 1-1/2 minutes (first period), 1-1/2 minute (second period), 1-1/2 minute (third period).

(B) 9 and 10 – 1-1/2 minutes (first period), 1-1/2 minute (second period), 1-1/2 minute (third period).

(C) 11 and 12 – 1-1/2 minutes (first period), 1-1/2 minute (second period), 1-1/2 minute (third period).

(D) 13 and 14 – 1-1/2 minutes (first period), 1-1/2 minute (second period), 1-1/2 minute (third period).

NOTE: Refer to Section 2 - Rule 3:

**Rule 2:** There will be a special 15 second end of the period rest for the 8 and under and the 9 and 10 year old age groups. Age groups 11 and 12, 13 and 14 will be stopped and notified of the period change and restarted. (No rest period.) No wrestler may leave the mat without permission of the referee.

### ***Section 2 - Starting the Match***

**Rule 1:** Any contestant reporting to the mat to wrestle with a greasy substance on his body or uniform, improper grooming, objectionable pads or braces, or illegal equipment or illegal uniform shall be disqualified if the illegal condition is not corrected within the two-minute injury time.

**Rule 2:** Both periods for the 8 & under and 9 & 10 and the first period for the 11 & 12 and 13 & 14 shall start with both contestants opposite each other with their lead foot on the starting lines and the other foot even with or behind the lead foot with no part of the body touching the mat in front of the lead foot. The wrestlers will come forward, shake hands, and step to their designated areas. When the referee sounds the whistle, they will begin to wrestle.

**Rule 3:** 8 and under, 9 & 10, 11 & 12 and 13 & 14 will consist of three periods. The second and third period positions will be decided by the flip of a colored disk or coin occurring at the beginning of the second period. The wrestler who wins choice shall elect to wrestle top, bottom, neutral, or defer his choice until the third period. At the start of the third period the wrestler who has choice or the wrestler who deferred his choice shall elect the top, bottom or neutral position.

**Rule 4:** In matches involving sight handicapped wrestlers, the finger touch method shall be used in the neutral position and initial contact shall be made from the front. Contact is to be maintained throughout the entire match.

### ***Section 3 - Stopping the Match***

**Rule 1:** When a supporting part of both wrestlers is out of bounds, wrestlers shall be stopped and the wrestlers returned to the center and started according to the position at the time they went out of

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bounds. If in the neutral position, the match shall be resumed with each wrestler on his designated red or green area.

**Rule 2:** It is a stalemate:

- (A) if the contestants are interlocked in a position other than a pinning situation in which neither wrestler can improve his position.
- (B) if either contestant has his hands locked around one leg of his opponent to prevent him from scoring. The referee shall, as soon as possible, stop the match and wrestling shall be resumed as for the out of bounds.
- (C) If situation (B) is used repeatedly, it becomes stalling.

**Rule 3:** If a wrestler is injured due to legal or illegal action, the referee shall stop the match. It shall be restarted as following out of bounds.

**Rule 4:** If the optional protective headgear is misplaced, the referee is authorized to stop the match as follows:

- (A) in the neutral position, when no takedown is in progress, the match may be stopped as soon as the headgear is misplaced;
- (B) if the wrestler is being placed at a disadvantage because the misplaced headgear is covering his eyes, nose, mouth or choking him, the match shall be stopped so that the adjustment may be made;
- (C) in all other situations, the referee shall stop the match only when there is no significant action taking place. It shall be restarted as following an out of bounds.

**Rule 5:** When penalizing either contestant, the match will be stopped and restarted as outlined in Article VIII. Section 1 - .

**Rule 6:** The coach of a contestant or the contestant has the prerogative to default the match in progress or during an injury timeout by informing the referee.

## ***Section 4 - End of Match Procedure***

**Rule 1:** If no fall occurs during the final period, the referee shall direct the wrestlers to return to the center of the mat while he verifies the match score.

**Rule 2:** The wrestlers shall shake hands and the referee shall declare the winner by raising his hand. This is the official conclusion of the match. The wrestlers then are encouraged to shake hands with the referee and the opposing coaches.

## ***Section 5 - Correction of Errors***

**Rule 1:** Bad time is wrestled with the wrestlers in the wrong position. It also involves time that occurs when a clock should have been stopped at the end of a period, or when wrestling has been allowed to continue following a violation when the match should have been stopped. Errors detected during the match shall be corrected immediately and when the amount of bad time can be determined by the referee, it shall be deleted or rewrestled. The wrestlers shall be placed in the proper position and the match restarted without delay. Any points earned during the bad time shall be voided. Errors requiring bad time to be rewrestled must be corrected prior to the start of any subsequent match.

# Rules of the Northeast Michigan Wrestling Association

**Rule 2:** If there is a correctable error on the part of the timekeeper, scorer, or referee, the correction must take place prior to the offended contestant leaving the mat area if additional wrestling is necessary in tournament competition. If additional wrestling is not necessary, the error may be corrected as long as the offended contestant or his coach remains in the mat area. Correctable errors must be corrected prior to the start of a subsequent match.

**Rule 3:** A clerical error in recording team score in a match or tournament may be corrected when detected.

**Rule 4:** When a coach believes the official has misapplied a rule (other than questioning judgment) he may approach the officials' table, request the match be stopped (when there is no significant action) and discuss the matter with the referee directly in front of the officials' table. Both wrestlers shall remain in the center of the mat. If the official has misapplied a rule, he will make the necessary adjustments, explain to the opposite coach, and wrestling will immediately be resumed.

**Rule 5:** A judgment call is not to be questioned.

**Rule 6:** A tournament director will select a three-person grievance committee prior to the start of a tournament. This committee must be made up of the tournament director, one head coach, and the head official for the tournament. The purpose of this committee is to assist the coaches and referee in the resolution of situations caused by the misapplication of a rule (see Article VI, Section 5, Rule 4). The ruling of the grievance committee will be final.

## **Article VII. INFRACTIONS**

### ***Section 1 - Illegal Holds***

**Rule 1:** A slam is lifting and returning an opponent to the mat with unnecessary force. This infraction may be committed by a contestant in either the top or bottom position on the mat, as well as during a takedown. A slam shall be called without hesitation.

**Rule 2:** A full, straight-back suplay from a rear-standing position and the straight-back salto to the head are illegal.

**Rule 3:** An intentional drill or a forceful fall-back is illegal and usually occurs when the defensive wrestler, from a standing position, goes forcibly to the mat while the offensive wrestler has a scissors or a cross-body ride.

**Rule 4:** Pulling back the thumb or one, two or three fingers of an opponent's hand.

**Rule 5:** Other illegal holds include, but are not limited to:

**(A)** Standing headlock for 5&6 and 7&8 age groups. For 8 and under wrestlers, the headlock must be initiated with one or both knees on the mat. The standing headlock is illegal for a takedown for the 5&6 and 7&8 age groups.

**(B)** a double underhook snap back from the standing position.

**(C)** the hammerlock above the right angle

**(D)** the twisting hammerlock

**(E)** any headlock in which the arms or hands are locked around the opponent's head without encircling an arm (elbow or above) or leg (except in the guillotine after near-fall criteria have been met or ¾ Nelson)

# Rules of the Northeast Michigan Wrestling Association

- (F) straight head scissors (even though an arm is included)
- (G) full nelson
- (H) strangleholds
- (I) twisting kneelock
- (J) keylock
- (K) overhead double arm bar
- (L) locking the hands behind the back in a double arm bar from the front
- (M) neck wrench
- (N) front, quarter nelson with the chin
- (O) leg block (cut-back)
- (P) overscissors when pressure is applied against the joint which may cause hyperextension
- (Q) bending, twisting or forcing the head or any limb beyond its normal limits of movement
- (R) back bow
- (S) figure four around the body or both legs
- (T) **Sitting out with the double chicken wing**
- (U) any hold used for punishment

**Rule 6:** A wrestler applying a legal hold shall not be penalized when the opponent turns a legal hold into an illegal hold. The referee shall cause the hold to be released when it becomes illegal. The match need not be stopped unless the referee finds it necessary to do so in order to correct the situation. Whenever possible, an illegal hold shall be prevented rather than penalized. **Any hold with pressure exerted over the opponent's mouth, nose, throat or neck that restricts breathing or circulation is illegal.**

## **Section 2 - Potentially Dangerous Holds**

**Rule 1:** Holds are potentially dangerous when a body part is forced to the limit of normal range of movement. The wrestler applying such a hold shall be cautioned against forcing it into an illegal position. If the offensive wrestler causes a potentially dangerous hold to become illegal, the offender shall be penalized according to the penalty chart.

**Rule 2:** Potentially dangerous holds include:

- (A) the double wristlock
- (B) split scissors
- (C) the guillotine, when the arm is forced to such an extent as to endanger a contestant
- (D) chicken wing

# Rules of the Northeast Michigan Wrestling Association

- (E) toeholds
- (F) a front headlock or any headlock with an arm or leg encircled
- (G) other holds which may cause injury when used legally

Contestants should know the dangers of these holds. The referee should anticipate the dangers of injury from these holds and be in a position to block them before they reach the danger point. The referee shall verbally caution contestants against forcing potentially dangerous holds into illegal positions without interrupting action, unless it is necessary to stop the hold in order to prevent injury. When the defensive wrestler stands supporting all of the weight of the offensive wrestler, a potentially dangerous situation exists and the referee shall stop the match.

**Rule 3:** The double wristlock and chicken wing become illegal when forced into a twisting hammerlock position, or with the force applied parallel instead of perpendicular to the long axis of the opponent's body.

**Rule 4:** No contestant should ever be put in a position where they must forfeit a neutral position, a position of advantage or a fall because of an injury or danger to life or limb. The referee shall promptly stop any and all holds which are being used for punishment. If a legitimate hold is forced to such an extent as to endanger a contestant, or if it becomes a punishing hold, the referee shall stop the match in order to require the hold to be broken. The match shall be restarted as following an out-of-bounds.

## **Section 3 - Technical Violations**

**Rule 1:** Assuming an incorrect starting position or making a false start is a technical violation which shall be penalized following two cautions.

**Rule 2:** Going out of the wrestling area or forcing an opponent out of the wrestling area by either wrestler at any time as a means of avoiding wrestling is a technical violation. Both wrestlers should make every effort to remain inbounds. When the referee feels that either wrestler has failed to make every effort to stay inbounds, the offending wrestler shall be penalized. Penalty points shall not be awarded in situations where near fall points are earned.

**Rule 3:** Grasping of clothing, mat or ear guards by a contestant is prohibited. Any advantage gained thereby shall be nullified. Grasping clothing to gain or prevent an escape, reversal, takedown or fall is a technical violation and the penalty points shall be awarded in addition to points earned.

**Rule 4:** Interlocking or overlapping the hands, fingers or arms around the opponent's body (with or without arms included) or both legs by a wrestler in the advantage position, unless the opponent has all the weight supported entirely by the feet or has lifted the opponent off the mat or the opponent has met nearfall criteria, is a technical violation and the penalty point(s) shall be awarded in addition to points earned. (When bringing your opponent to the mat, hands overlapping or interlocking beyond reaction time is a technical violation.)

**Rule 5:** Leaving the wrestling area without first receiving permission to do so from the referee is a technical violation.

**Rule 6:** The figure 4 around the head, from the neutral position, is a technical violation.

**Rule 7:** Reporting to the mat not properly equipped or not ready to wrestle or any equipment that is detected as being illegal after the match has started is a technical violation. (See penalty chart.)

## **Section 4 - Conduct of Contestants**

# Rules of the Northeast Michigan Wrestling Association

**Rule 1:** Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but is not limited to, a forceful application of a crossface, a forceful trip or a forearm or elbow used in a punishing way such as on the spine or the back of the head or neck. Continuing acts of unnecessary roughness also can be construed as flagrant misconduct.

**Rule 2:** Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but is not limited to, such acts as failure to comply with the direction of the referee, pushing shoving, swearing, taunting, intimidation, baiting an opponent, throwing ear guards or any other equipment, spitting and the clearing of the nasal passage in other than the proper receptacle, repeatedly dropping to one knee to break locked hands, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedures. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

**NOTE:** The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstance including on the basis of race, religion, gender or national origin.

**Rule 3:** Flagrant misconduct involves physical or nonphysical acts and they can occur before, during or after a match and is any act considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in the multiple school event. It would include, but it is not limited to, striking, butting, elbowing, kicking, biting an opponent, or using any tobacco products.

## **Section 5 - Conduct of Coaches, Team Personnel and Others**

**Rule 1:** All persons affiliated with the team including wrestlers, coaches, trainers and managers are subject to the rules and will be governed by decisions of the referee.

**Rule 2:** Coaches and other team personnel are restricted to the bench while the clock is running and during normal out of bounds and resumption of wrestling. During this time the coach may walk behind the team bench to encourage wrestlers or, when necessary for the team bench to be located in the bleachers, to walk in front of the team area parallel to the bleachers. The coach may approach the scorer's table to request the match be stopped to discuss the misapplication of a rule. The coach may move towards the mat only during a charged time-out or at the end of the match.

**Rule 3:** Unsportsmanlike conduct of coaches and other team personnel is any act which becomes abusive or interferes with the orderly progress of the match. These acts could occur prior to, during, or after a match. This includes violations of the bench decorum rule (7-5-2), taunting, acts of disrespect or those actions which incite negative reaction by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart.

**Rule 4:** Coach Misconduct is called when a conference is requested with the referee regarding a misapplication of a rule, and the referee determines there is no misapplication involved, or when, during a conference, the coach questions the judgment of the referee.

**Rule 5:** Flagrant misconduct on the part of the coach or any other team personnel is any act which the referee considers serious enough to remove the offender from the premises. These acts can occur prior to, during, or after a match. This includes the use of tobacco products. Flagrant misconduct shall be penalized in accordance with the Penalty Chart.

**Rule 6:** A spectator who acts in an unsportsmanlike manner may be removed from the premises for the remainder of the event. When requested by the referee, the home management shall be responsible for the removal of spectators who become offensive. This shall be done without penalty to either team.

# Rules of the Northeast Michigan Wrestling Association

## **Section 6 - Stalling**

**Rule 1:** Each wrestler is required to make an honest attempt to stay within the 10-foot circle and wrestle aggressively, regardless of position or the time or score of the match. Action is to be maintained throughout the match by the contestants wrestling aggressively whether in the top, bottom or neutral position and both contestants are equally responsible for initiating action. It is the responsibility of contestants, coaches and referees to avoid the use of stalling tactics or allowing the use thereof. This shall be demonstrated by those responsible with strict enforcement by referees.

**Rule 2:** When a referee recognizes stalling occurring at any time and in any position the offender shall be warned and thereafter violations shall be penalized when stalling recurs. These provisions require the referee to penalize stalling without hesitation.

**Rule 3:** It is stalling in the neutral position when a wrestler:

- (A) continuously avoids contact with the opponent
- (B) plays the edge of the mat
- (C) prevents the opponent from returning to or remaining inbounds
- (D) is not attempting to secure a takedown

**Rule 4:** It is stalling when the contestant in the advantage position:

- (A) does not wrestle aggressively and attempt to secure a fall, except when the wrestler intentionally releases the opponent in order to thereafter immediately attempt to secure a takedown
- (B) legally holds the heel to the buttocks while the defensive wrestler is broken down on the mat for more than five seconds
- (C) holding an opponent's leg with the use of two hands on two legs or two hands on one leg in action not designed to break the opponent down, or is for the purpose of securing a fall, or is to prevent an escape or reversal, is stalling. Repeated grasping and holding the leg or legs with both hands or arms to break an opponent down for the sole purpose of controlling is stalling.

**Rule 5:** When a defensive wrestler refuses to aggressively attempt escapes or reversals, it is stalling.

**Rule 6:** It is stalling when either wrestler:

- (A) repeatedly grasps or interlocks around one leg of the opponent to prevent scoring
- (B) delays the match. This includes straggling back from out of bounds, unnecessarily changing or adjusting equipment or delay in assuming the starting position on the mat.

**Rule 7:** The defensive wrestler is not stalling when overpowered.

## **Article VIII. PENALTIES AND INJURIES**

### **Section 1 - Penalizing Contestants**

**Rule 1:** When indicating an infraction, the referee shall stop the match with the following exceptions:

- (A) warning or penalizing the defensive wrestler for stalling

# Rules of the Northeast Michigan Wrestling Association

- (B) in a pinning situation, to penalize the defensive wrestler
- (C) locked hands or grasping of clothing by the offensive wrestler while the defensive wrestler is attempting an escape or reversal.

In exception (B), the referee shall stop the match after the situation has concluded. At that time, he will give a hand signal to indicate the points to be awarded, and the wrestler to whom they are awarded, and announce the penalty so that contestants, scorers, coaches and spectators are aware of the infraction.

In exception (C) the referee shall stop the match when it is obvious that the defensive wrestler will not complete an escape or reversal. If the defensive wrestler is successful with the escape or reversal, the match shall not be stopped to award points.

**Rule 2:** Penalties and warnings are cumulative throughout the match. Each infraction has its specific penalty. The penalty for an illegal hold, technical violation (except false start or incorrect starting position) and unnecessary roughness is awarding the opponent of the offender one match point on the first and second offenses, and 2 match points on the third offense. A fourth offense shall result in disqualification.

The first call for stalling will receive a warning prior to the opponent being awarded a match point. The first call for a false start or incorrect starting position will receive a caution on the first offense and following the caution, one match point for each violation. SEE

**Rule 3:** Unsportsmanlike conduct results in one warning then, and the second, removal from the premises.

**Rule 4:** Misconduct of a coach results in a warning for the first offense, and removal from the premises on the second offense.

**Rule 5:** Flagrant misconduct results in disqualification and the removal from the premises. A contestant so disqualified in tournament competition is not entitled to placement points but shall be credited with advancement and fall points earned prior to the incident. There shall be no movement of positions to fill the vacated place.

## **Section 2 - Injury**

**Rule 1:** An injured contestant is entitled to a maximum time-out of 2 minutes, which is cumulative throughout the match. Each wrestler is entitled to a full 2 minutes of injury time when an overtime is required. There is a limit of three injury time-outs which may be permitted in any match, provided the total time does not exceed 2 minutes.

**Rule 2:** If a contestant were injured by an illegal hold or unnecessary roughness to the extent he is unable to continue following a maximum of 2 minutes recovery time for injury, he shall be awarded the match by default. In case of an intentional attempt to injure an opponent, the offender shall be disqualified. Recovery time for injury because of an illegal hold is not deducted from the injured wrestler's injury time allowance. NOTE: A contestant cannot take injury time immediately following recovery time.

**Rule 3:** If a wrestler is accidentally injured and is unable to continue the match, his opponent shall be awarded the match by default.

**Rule 4:** If a competitor is rendered unconscious, he shall not be permitted to continue after regaining consciousness, without the approval of a physician. If a physician recommends an injured wrestler not to continue, even though consciousness is not involved, he shall not be overruled.

# Rules of the Northeast Michigan Wrestling Association

**Rule 5:** During a time-out for injury, no more than 2 team attendants and a physician shall be permitted on the mat with either wrestler.

**Rule 6:** Injury time is not counted for nosebleed or any other bleeding. However, time required to search for a contact lens is counted as injury time.

## **Article IX. SCORING**

### ***Section 1 - Individual Match Scoring***

**Rule 1:** Match scoring shall be kept in plain view of spectators, contestants and coaches. It is strongly recommended a visible match timing device be used.

**Rule 2:** When a takedown is secured, the wrestler shall be awarded 2 points.

**Rule 3:** When the defensive wrestler earns an escape, the wrestler shall be awarded one point.

**Rule 4:** When the defensive wrestler earns a reversal, the wrestler shall be awarded 2 points.

**Rule 5:** The wrestler in the advantage position is awarded points if the near-fall criteria are met continuously for two seconds, a two point near-fall would be earned. If the criteria for a near-fall are met for five continuous seconds, a three point near-fall will be earned. A visible count of the near-fall will be used when feasible.

**Rule 6:** Penalty points shall be awarded in accordance with the .

### **SUMMARY OF SCORING**

#### Individual Match

Takedown	2 pts.
Escape	1 pts.
Reversal	2 pts.
Near Fall	2 or 3 pts.

## **Article X. CONDUCT OF TOURNAMENTS**

### ***Section 1 - Entries***

**Rule 1:** Failure to verify entries by a stipulated deadline shall result in disqualification from a tournament.

**Rule 2:** Wrestlers shall be permitted a maximum of 5 minutes to appear ready to compete at a specified mat. Failure to appear shall result in forfeit to the opponent.

**Rule 3:** Defeat due to injury in a tournament does not eliminate a contestant from further competition.

**Rule 4:** In case of injury or illness, the host school's physician, in consultation with the director of the tournament, shall determine the contestant's ability to continue. Extenuating circumstances concerning any injury or illness as it relates to default or forfeit, for scoring purposes, shall be considered by the tournament director.

# Rules of the Northeast Michigan Wrestling Association

**Rule 5:** A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is because of an injury or illness which occurred in a previous round in the same tournament.

**Rule 6:** A disqualification may eliminate a contestant from further competition in a tournament, depending on its severity.

## **Section 2 - Pairing**

**Rule 1:** All charts will be split into an A and B at nine wrestlers. No more than eight wrestlers for each age and weight class. Except at League, Regional, and State meets, no limit of wrestlers.

**Rule 2:** Wrestlers from the same club in the same weight and age class should be placed on the charts so that they do not wrestle each other the first two rounds. (Sometimes this is not possible.) All other placements in the bracket are to be drawn randomly without any seeding.

**Rule 3:** When the number of competitors is not a power of 2, that is 4,8,16, 32, etc., there shall be byes in the first round. The number of byes shall be equal to the difference between the number of competitors and the next higher power of two.

**Rule 4:** Double elimination brackets with cross bracketing are to be used for all brackets except for brackets containing 3 wrestlers. Brackets with only three wrestlers will use a round robin system described below. Wrestlers in the consolation bracket will wrestle back for second place. **See Article X Section 2 Rule 6.**

**Rule 5:** Round robin tie-breaker rules are as follows: Any wrestler engaging in unsportsmanlike conduct forfeits the tie-breaker. Otherwise, the tie breaker will be decided by fastest fall, followed by most activity points, followed by least number of penalty points. These criteria should be applied first to determine a champion. If this is possible, then the second and third places will be determined by the results of head-to-head competition between the remaining two wrestlers. If the criteria does not determine a champion, then the criteria should be applied to determine a third place finisher. Then first and second will be determined by head-to-head competition.

**Rule 6:** In the event that two wrestlers who have competed against each other previously in the tournament are paired again in the consolation bracket, the second match will be wrestled except if it is for second place. For second place the results of the first match will be applied to the second pairing.

**Rule 7:** If less than three wrestlers are in a weight class, the pairing room may move the wrestlers up to the next weight class with the permission of either the wrestler's head coach or parent. If the next weight class is heavyweight, brackets may not be combined if it creates a weight difference between wrestlers in the same bracket that exceeds the limits set in Article 4, Section 4, Rule 2.

# Rules of the Northeast Michigan Wrestling Association

## SCORING ABBREVIATIONS

Scoring Symbols: In order to provide better consistency in keeping individual match scores, the Wrestling Rules Committee has adopted a set of abbreviations to be used by scorekeepers. Properly used, the abbreviations will provide both coaches and officials a running account of the match being scored. It is important that scorers use only these authorized abbreviations.

T2	Takedown
R2	Reversal
E1	Escape
N2	Near Fall
N3	5 Second Near Fall
S	Stalling
TV	Technical Violation
P	Illegal Holds or Unnecessary Roughness (Penalty)
C	Caution
C1	Points earning after caution
W	Warning
UNC	Unsportsmanlike Conduct Point
MC	Misconduct
FMC	Flagrant Misconduct
↑ ↓	Arrow up, Arrow down for period start position
F	Fall
FOR	Forfeit
DEF	Default
DQ	Disqualified
SD	Superior Decision
MD	Major Decision
DEC	Decision
DR	Draw

# Rules of the Northeast Michigan Wrestling Association

## Penalty Chart for Contestants, Coaches, and Non-Participating Personnel

Refer to Penalizing Contestants

INFRACTIONS	WARNING	FIRST PENALTY	SECOND PENALTY	THIRD PENALTY	FOURTH PENALTY
Illegal holds	No	1 pt.	1 pt.	2 pts.	Disqualify
Technical violations	No	1 pt.	1 pt.	2 pts.	Disqualify
False start or incorrect starting position	Cautions	Following 2 cautions and/or corrections there is a 1 pt. penalty for each infraction. (Does not count towards disqualification.)			
Stalling	Yes	1 pt.	1 pt.	2 pts.	Disqualify
Unnecessary roughness	No	1 pt.	1 pt.	2 pts.	Disqualify
Unsportsmanlike conduct during a match by a contestant	No	1 pt.	1 pt.	2 pts.	Disqualify
Misconduct by coaches	Yes	Remove from matside	Remove from premises on second penalty. Removal is for duration of tournament session only.		
Unsportsmanlike conduct by contestants (not during the match), coaches and non-participating personnel	Yes	Remove from matside	Remove from premises on second penalty. Removal is for duration of tournament session only.		
Flagrant misconduct - contestants	No	Disqualify on first offense. Remove from premises for tournament session. Contestant is eliminated from further competition in tournament.			
Flagrant misconduct, coaches and non-participating personnel	No	Remove from premises on first offense. Removal is for the duration of the tournament.			
Repeated misconduct during the season by contestants, coaches, or non-participating personnel.	No	Upon the second act of flagrant misconduct, disqualification, or removal from event premises, the person is suspended from NEMWA events for at least the remainder of the season. NEMWA may extend the suspension up to one full season based on the circumstances of the offense and upon majority vote of the membership.			
Greasy substance on body or uniform, improper grooming, objectionable pads or braces, illegal equipment or uniform		Disqualify if not removed or corrected in allotted time (2 min. INJURY TIME).			

### SUMMARY OF TECHNICAL VIOLATIONS:

Assuming incorrect start position and false start (**Error! Reference source not found.**)

Going off wrestling area (Article VII. Section 3 - Rule 1: )

Grasping clothing, etc. (Article VII. Section 3 - Rule 3: )

Interlocking hands (Article VII. Section 3 - Rule 4: )

Leaving mat without permission (Article VII. Section 3 - Rule 5: )

Figure 4 scissors around body or legs (Article VII. Section 3 - Rule 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

# Rules of the Northeast Michigan Wrestling Association

tournaments. Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach from the tournament session only. Disqualification for flagrant misconduct eliminates a contestant from further competition in the tournament and a coach is removed for the duration of the tournament.

**NOTE 2:** Points for unnecessary roughness, grasping clothing or locking hands are awarded in addition to points earned.

**EXAMPLE OF INFRACTIONS:** Wrestler A in the first period locks his hands – penalty, 1 pt. Shortly thereafter he is called for a false start and is cautioned. In the second period he is called for an incorrect starting position and is penalized one point. He is later called for stalling and is penalized two points. Later in the period he is called for a false start and is penalized one point. He locks his hands and is disqualified.

## NEMWA Letter of Discipline for Misconduct

Date of Offense: \_\_\_\_\_ Event/Location: \_\_\_\_\_

Recipient: \_\_\_\_\_ Club: \_\_\_\_\_

Participant (Wrestler)                       Non-Participant (Coach, Parent, Spectator, etc.)

Description of Unsportsmanlike Conduct: \_\_\_\_\_

This letter is to remind you that your behavior at previous North East Michigan Wrestling Association (NEMWA) events has been contrary to NEMWA rules. Article VII of the rules deals with infractions and includes these statements on conduct:

“Unsportsmanlike conduct can occur before, during or after a match. It would include, but is not limited to, such acts as swearing, baiting an opponent, throwing headgear, repeatedly dropping to one knee to break locked hands, indicating displeasure with a call, failure to comply in the end-of-match procedure, not properly displaying the uniform while on the mat and will be penalized without warning in accordance with the Penalty Chart.”

“Flagrant misconduct involves physical or nonphysical acts and they can occur before, during or after a match and is any act considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in the multiple school event. It would include, but it is not limited to, striking, butting, elbowing, kicking, biting an opponent, or using any tobacco products.”

The consequences of your behavior are indicated on the excerpt of the NEMWA penalty chart below:

<b>Infractions</b>	<b>Warning</b>	<b>First Penalty</b>	<b>Second Penalty</b>
Misconduct by coaches	Yes	<input type="checkbox"/> Remove from matside	<input type="checkbox"/> Remove from premises on second penalty. Removal is for duration of tournament session only.
Unsportsmanlike conduct by contestants (not during the match), coaches and non-participating personnel	Yes	<input type="checkbox"/> Remove from matside	<input type="checkbox"/> Remove from premises on second penalty. Removal is for duration of tournament session only.
Flagrant misconduct - contestants	No	<input type="checkbox"/> Disqualify on first offense. Remove from premises for tournament session. Contestant is eliminated from further competition in tournament.	
Flagrant misconduct, coaches and non-participating personnel	No	<input type="checkbox"/> Remove from premises on first offense. Removal is for the duration of the tournament.	
Repeated misconduct during the season by contestants, coaches, or non-participating personnel.	No	<input type="checkbox"/> Upon the second act of flagrant misconduct, disqualification, or removal from event premises, the person is suspended from NEMWA events for at least the remainder of the season. NEMWA may extend the suspension up to one full season based on the circumstances of the offense and upon majority vote of the membership.	

NEMWA Officer or Official

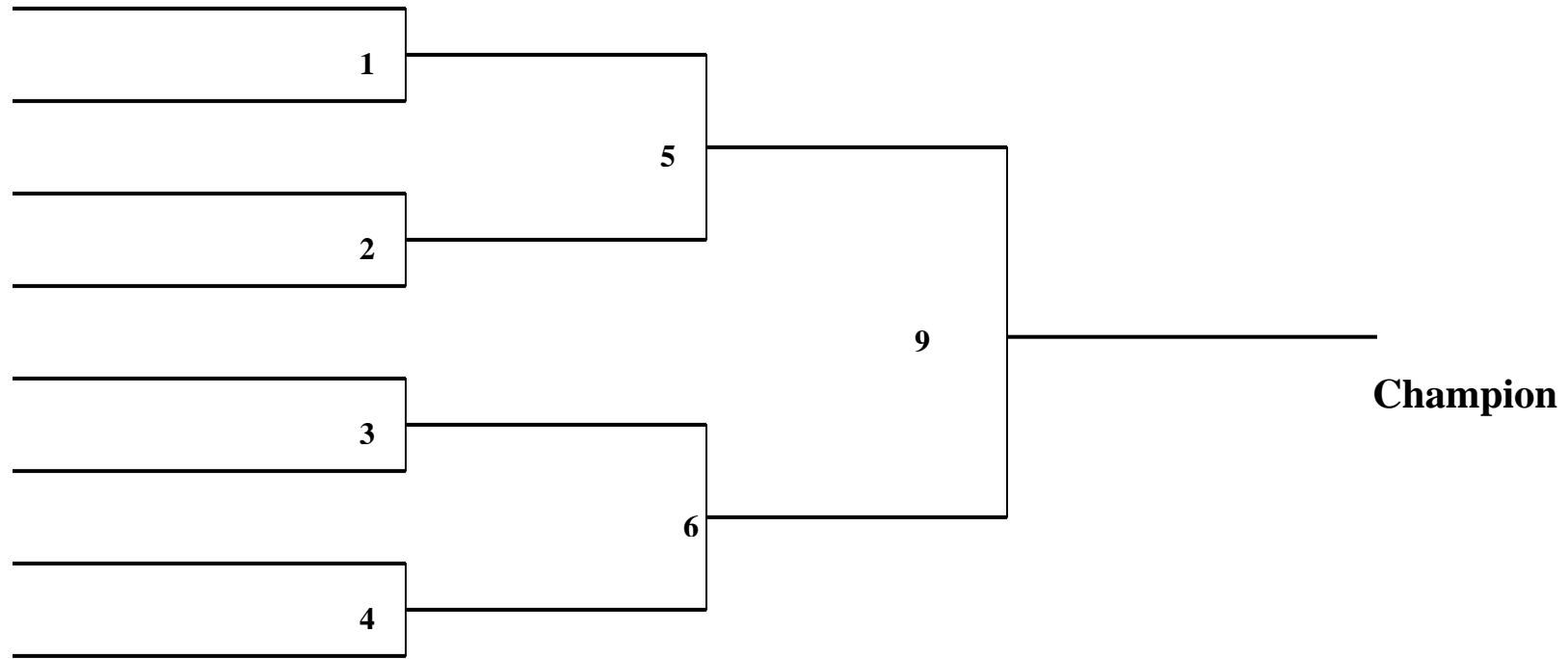
NEMWA Officer or Official

\_\_\_\_\_ Date

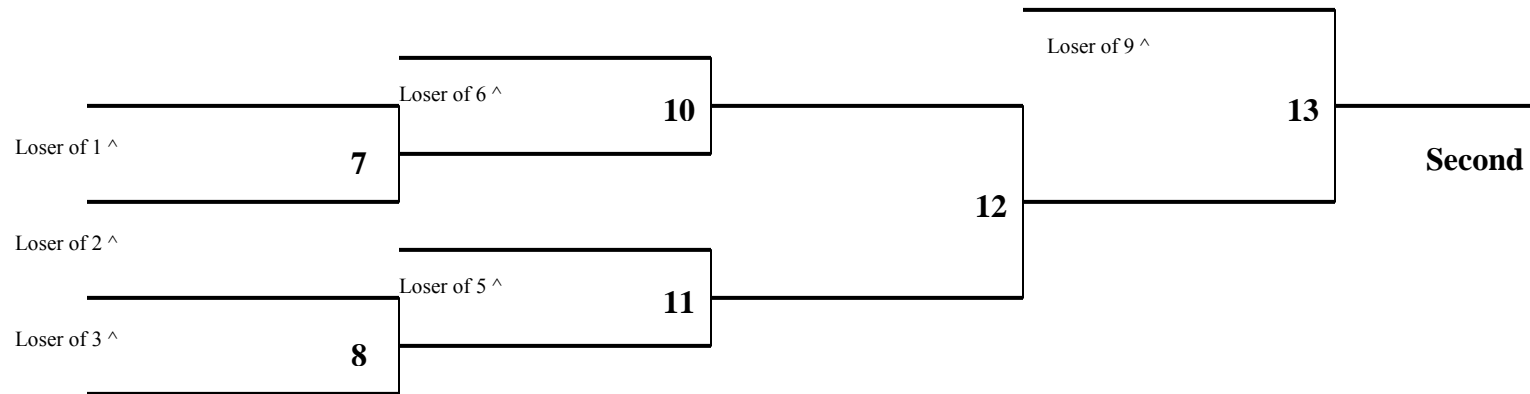
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NEMWA Letter of Discipline for Misconduct

**Example of True Second Double Elimination Bracketing with Cross-Bracketing**

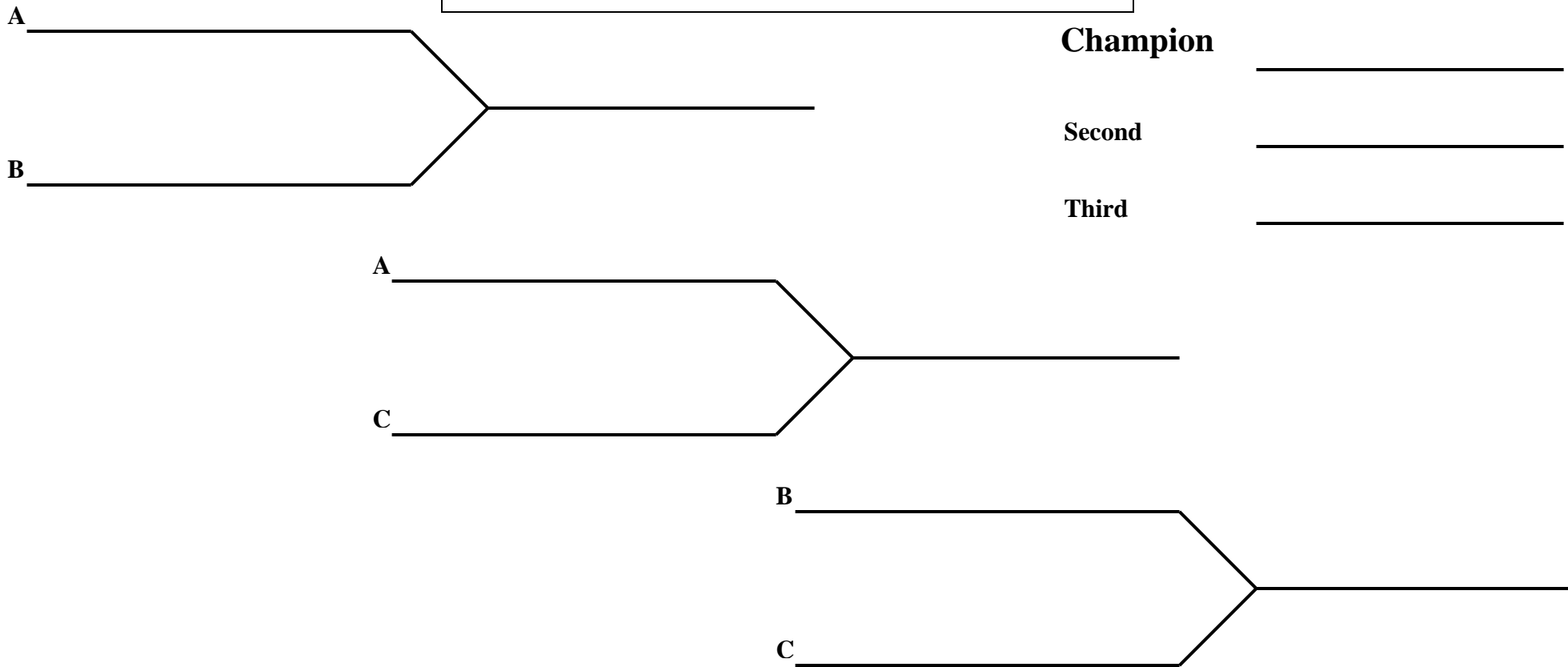


*Consolation Bracket*



NEMWA Letter of Discipline for Misconduct

Example of Round Robin Bracketing for Three Wrestlers



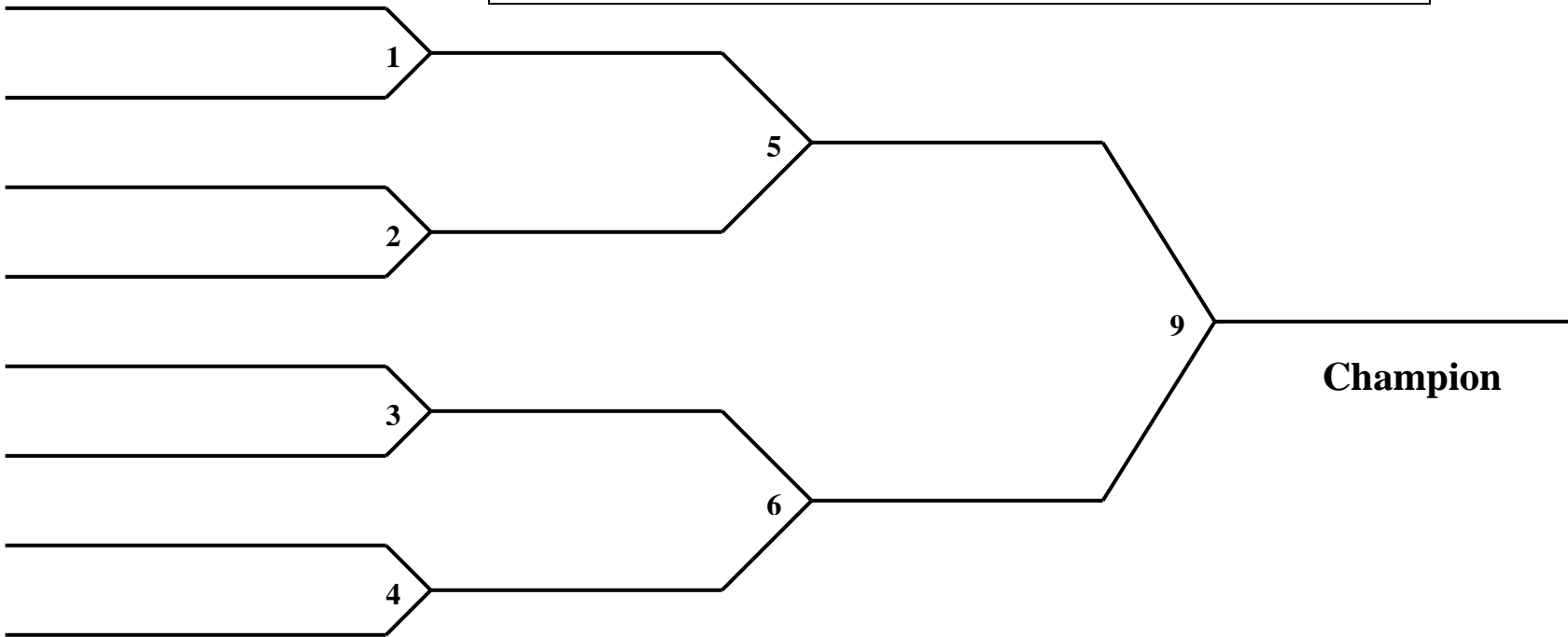
Round Robin Competition Won by Most Classification Points:

**Fall: 5 Points      Technical Fall (win by 15 points): 4 Points      Major Decision (win by 8 to 14 points): 3.5 Points**  
**Decision (win by 1 to 7 points): 3.0 Points**

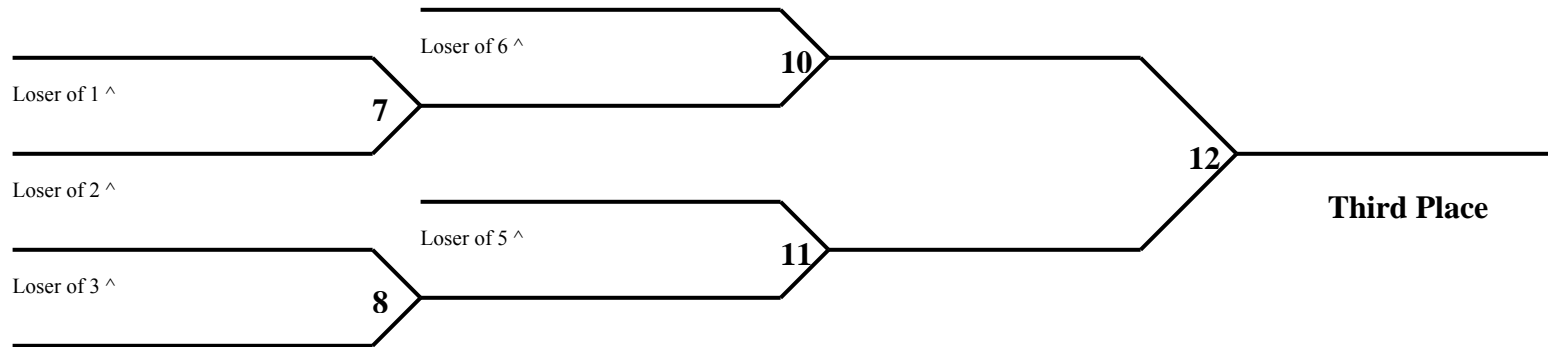
**Tie-breakers: A wrestler who engages in unsportsmanlike conduct forfeits any tie-breaker. Otherwise winner determined by fastest fall, most activity points scored, least number of penalty points. Remaining places are determined by results of head-to-head competition. If winner cannot be determined by these criteria, then the criteria are applied to see if third place can be determined. If so, remaining places determined by head-to-head results.**

NEMWA Letter of Discipline for Misconduct

Example of Double Elimination Bracketing with Cross-Bracketing



Consolation Bracket



# **NFHS PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION(S)**

The National Federation of State High School State Associations' (NFHS) Sports Medicine Advisory Committee has developed a physician release form for wrestlers to participate with skin lesion(s) as a suggested model you may consider adopting for your state. The NFHS Sports Medicine Advisory Committee conducted a survey among specialty, academic, public health and primary care physicians and reviewed extensively the literature available on the communicability of various skin lesions at different stages of disease and treatment. No definitive data exists that allow us to absolutely predict when a lesion is no longer shedding organisms that could be transmitted to another. Another finding from the survey was the significant differences that exist among physicians relating to when they will permit a wrestler to return to participation after having a skin infection.

Neither the NFHS nor the NFHS Sports Medicine Advisory Committee presumes to dictate to professionals how to practice medicine. Neither is the information on this form meant to establish a standard of care. The NFHS Sports Medicine Advisory Committee does feel, however, that the guidelines included on the form represent a summary consensus of the various responses obtained from the survey, from conversations and from the literature. The committee also feels that the components of the form are very relevant to addressing the concerns of coaches, parents, wrestlers and physicians that lead to the research into this subject and to the development of this form.

## **GOALS FOR ESTABLISHING A WIDELY USED FORM:**

1. Protect wrestlers from exposure to communicable skin disorders. Although most of the skin lesions being discussed generally have no major long term consequences and are not life threatening, some do have morbidity associated with them and student-athletes should be protected from contracting skin disorders from other wrestlers or contaminated equipment such as mats.
2. Allow wrestlers to participate as soon as it is reasonably safe for them and for their opponents and/or teammates using the same mat.
3. Establish guidelines to help minimize major differences in management among physicians who are signing "return to competition forms". Consistent use of these guidelines should protect wrestlers from catching a skin disease from participation and should protect them from inequalities as to who can or can not participate.
4. Provide a basis to support physician decisions on when a wrestler can or can not participate. This should help the physician who may face incredible pressure from many fronts to return a youngster to competition ASAP. This can involve "Joe Blow who never wins a match" or the next state champion with a scholarship pending.

## **IMPORTANT COMPONENTS FOR AN EFFECTIVE FORM:**

1. Inclusion of the applicable NFHS wrestling rule so physicians will understand that covering a contagious lesion is not an option that is allowed by rule. Covering a non-contagious lesion after adequate therapy to prevent injury to lesion is acceptable.
2. Inclusion of the date and nature of treatment and the earliest date a wrestler can return to participation. This should minimize the need for a family to incur the expense of additional office visits as occurs when a form must be signed within three days of wrestling as some do.
3. Inclusion of a "bodygram" with front and back views should clearly identify the lesion in question. Using non-black ink to designate skin lesions should result in less confusion or conflict. Also including the number of lesions protects against spread after physician visit.
4. Inclusion of guidelines for minimum treatment before returning the wrestler to action as discussed above. This should enhance the likelihood that all wrestlers are managed safely and fairly.
5. Inclusion of all of the components discussed has the potential to remove the referee from making a medical decision. If a lesion is questioned, the referee's role could appropriately be only to see if the coach can provide a fully completed medical release form allowing the wrestler to wrestle.

This form may be reproduced, if desired and can be edited in anyway for use by various individuals or organizations. In addition, the NFHS Sports Medicine Advisory Committee would welcome comments for inclusion in future versions as this will continue to be a work in progress.

**Sports Medicine Advisory Committee**  
**NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS**  
**PHYSICIAN RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESION**

Name: \_\_\_\_\_

Date of Exam: \_\_\_ / \_\_\_ / \_\_\_

Diagnosis \_\_\_\_\_

Mark Location AND Number of Lesion(s)

Location AND Number of Lesion(s) \_\_\_\_\_

Medication(s) used to treat lesion(s): \_\_\_\_\_

Date Treatment Started: \_\_\_ / \_\_\_ / \_\_\_

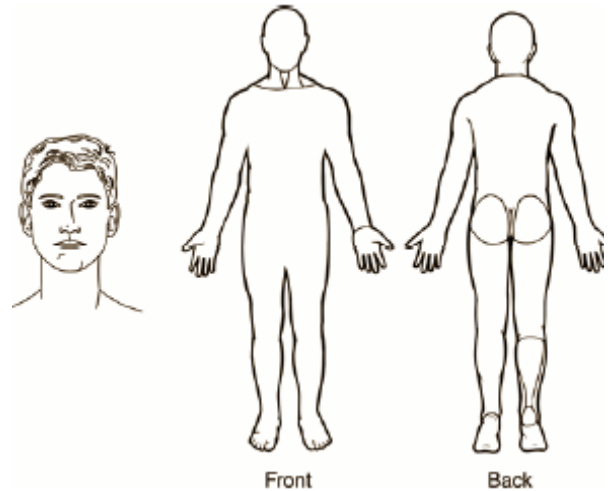
Form Expiration Date: \_\_\_ / \_\_\_ / \_\_\_

Earliest Date may return to participation: \_\_\_ / \_\_\_ / \_\_\_

Provider Signature \_\_\_\_\_ Office Phone #: \_\_\_\_\_

Physician Name (Printed or Typed) \_\_\_\_\_  
(M.D. or D.O.)

Office Address \_\_\_\_\_



**Note to Providers:** Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NFHS Rules 4-2-3 and 4-2-4 which states:

*“ART. 3 . . . If a participant is suspected by the referee or coach of having a communicable skin disease or any other condition that makes participation appear inadvisable, the coach shall provide current written documentation as defined by the NFHS or the state associations, from a physician stating that the suspected disease or condition is not communicable and that the athlete’s participation would not be harmful to any opponent. This document shall be furnished at the weigh-in or prior to competition in the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate.”*

*“ART. 4 . . . If an on-site meet physician is present, he/she may overrule the diagnosis of the physician signing the physician’s release form for a wrestler to participate with a particular skin condition.”*

Once a lesion is not considered contagious, it may be covered to allow participation.

Below are some treatment guidelines that suggest **MINIMUM TREATMENT** before return to wrestling:

**Bacterial Diseases (impetigo, boils):** To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. Oral antibiotic for three days is considered a minimum to achieve that status. If new lesions continue to develop or drain after 72 hours, CA-MRSA (Community Associated Methicillin Resistant Staphylococcus Aureus) should be considered and minimum oral antibiotics should be extended to 10 days before returning the athlete to competition or until all lesions are scabbed over, whichever occurs last.

**Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum):** To be considered “non-contagious,” all lesions must be scabbed over with no oozing or discharge and no new lesions should have occurred in the preceding 48 hours. For primary (first episode of Herpes Gladiatorum), wrestlers should be treated and not allowed to compete for a minimum of 10 days. If general body signs and symptoms like fever and swollen lymph nodes are present, that minimum period of treatment should be extended to 14 days. Recurrent outbreaks require a minimum of 120 hours or full five days of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over.

**Tinea Lesions (ringworm scalp, skin):** Oral or topical treatment for 72 hours on skin and 14 days on scalp.

**Scabies, Head Lice:** 24 hours after appropriate topical management.

**Conjunctivitis:** 24 hours of topical or oral medication and no discharge.

**Molluscum Contagiosum:** 24 hours after curettage.

Revised/Approved April 2007