



## USA WRESTLING

### **Policies and Procedures for National Dual Championships** [Boys & Girls – 14U, 16U & Junior]

UWW Rules and USA Wrestling (USAW) modifications apply in all circumstances not covered in these procedures.

#### **1. Mission Statement**

- 1.1.** Provide a low-cost opportunity for individuals to get the widest possible exposure to national caliber competition prior to the individual Kids, 16U, and Junior National Championships. Provide an opportunity for maximum competition opportunities. Provide a method to determine the National Championship Team in the following divisions in both genders: 14U, 16U and Junior.

#### **2. Team Selection**

- 2.1.** Each respective USAW State Chairperson must certify all teams from his/her state association.
- 2.2.** At the National Dual Championships, out-of-state wrestlers shall be allowed to compete on a specified team, but the match takes place and is scored as a forfeit (5-0 team score). In this instance, a release is not required for the out-of-state wrestler to compete on a different state's team. If a state sends a team, no wrestler from that state can be on another state's team as noted above,

#### **3. Preliminary Registration and Deposit**

- 3.1.** Each state may pre-register up to two (2) teams per style. Team registration is due 1 month prior to competition. Final roster verification shall be conducted onsite the night before the competition whenever possible. Date and time to be determined by USAW and the Local Organizing Committee (LOC).
- 3.2.** USA Wrestling Membership System Directions

- 3.2.1.** State Leaders click on your State Leader tab under the Admin section of your account.
- 3.2.2.** Click on National Teams and Start a New Team under the 2025 year.
- 3.2.3.** Add a Team Leader to your National Team. This will give him/her access to add/delete wrestlers, coaches and team leader to the roster.
- 3.2.4.** All athletes must have a current membership to be added to a team roster.
- 3.2.5.** Team Leaders and Coaches must have current Wrestling Leader membership.

#### 4. Team Registration Fee

- 4.1. Team registration is \$1,400.00 per team due by April 1st, 2026.
- 4.2. Payment may be set up through USAW membership system with registration fee of \$1,400.00 per team. Registration per team will increase to \$1,650 after April 1<sup>st</sup> until May 14<sup>th</sup>. After May 14<sup>th</sup>, registration per team will increase to \$1,900.
- 4.3. States with under 3,000 total members will be afforded the opportunity to submit a \$500 deposit to secure the \$1,400 registration per team. Final balance for these teams must be paid 10 days prior to the event. Payment must be submitted online.
  - 4.3.1. Teams registering after the May 14<sup>th</sup> deadline will be responsible for providing lodging for their state official.
  - 4.3.2. Teams who fail to compete and have paid will be refunded the full amount minus a \$500 no-show fee.

#### 5. Individual Eligibility

- 5.1. Age and eligibility requirements for the individual 14U, 16U and Junior Division National Championships shall be strictly followed for each division.

#### 6. Officials

- 6.1. The USAW National Dual Championships are sanctioned as a USA Wrestling National Event. Wrestling Leader members of USA Wrestling will receive national credit for participating in these championships. Only assigned pairers receive national credit for dual championships. Other pairers receive credit for working a USAW sanctioned event. Officials will be selected by the USWOA, LOC, USAW and state associations participating. Officials will be provided room and board while officiating the event. Officials will also be provided with a stipend agreed upon by USAW and LOC, paid through Arbiter or LOC. As governed by USAW event contract, the LOC shall supply 40 rooms or 80 beds for designated officials and staff. Accommodation requirements may vary with inclusion of Officials Education Program (OEP) sessions at the National Dual Championships.
- 6.2. Each state association entered in a National Duals event must supply a minimum of one mat official, per team, for each style in which the state association is competing. Each state association is encouraged to fund their respective official's travel. A \$1000.00 fee (per team, per style) will be assessed at registration for each state failing to provide a mat official. This fee is allocated to the official's stipend pool.
  - 6.2.1. The primary team official, and any alternate, must be designated by the Team Leader for each state association team entered upon registration. Changes to your team official may be made up to 10 days prior to the event.

**6.2.2.** The fee for violating the required mat officials policy shall be collected by the LOC prior to the beginning of the tournament and is to be utilized to offset tournament expenses.

## 7. Team and Athlete Limitations

- 7.1.** Team entries shall be limited to two (2) teams per state per style.
- 7.2.** Each team must be comprised of the following number of athletes: 14U Boys & Girls – minimum 9; maximum 27; 16U Boys – minimum 9; maximum 27; 16U Girls – minimum 8; maximum 25; Junior Boys – minimum 8; maximum 24; Junior Women- minimum 8; maximum 25.

## 8. Roster

- 8.1.** Each team must designate all team personnel (athletes, coaches, medical staff, and team leaders) in the USAW membership system. Each team will be limited to four coaches passes and one team leader pass per team per style. Passes will be printed to coincide with each style and division.
- 8.2.** After confirming the team roster prior to weigh-ins, there shall be no moving of wrestlers whose PIN ratings were factored into overall team rankings/seedings.
- 8.3.** States will have until the start of weigh-in to make changes in their line-ups (except as noted above) without penalty. They must notify and receive permission from the tournament director and head pairer to make these changes prior to the start of weigh-ins.
- 8.4.** The addition of an athlete(s) to the team roster after the start of weigh-ins (and before the end of weigh-ins) is subject to a \$100.00 late fee per athlete added. Additions must be made in USAW membership system while coach/team leader is at head table.
  - 8.4.1.** The late fee(s) for adding athletes after the start of weigh-ins shall be collected by the LOC to be utilized to offset tournament expenses.

## 9. Team Seeding Criteria

- 9.1.** After the initial registration deadline, USA Wrestling will send instructions how to enter rosters and individual seeding criteria will be automatically added to the team's roster. All information must be entered in USAW membership system by the stated deadline.
- 9.2.** All teams shall be assigned a draw number at final on-site registration.
- 9.3.** Seeding shall be based on aggregate style-specific PIN rankings.

## 10. Pairing and Competition Procedures

### 10.1. Line Bracketing and Separation

#### 10.1.1. Line Bracketing Seeds

##### 10.1.1.1. 14U, 16U and Junior Divisions

- A.** Teams will be seeded according to the aggregate PIN ratings and placed in brackets A, B, C, or D. The team with the highest aggregate PIN receives the top seed. Byes shall be given, in order, to the highest seeded team(s)
- B.** Line Bracket Seeds: **Pool A** – 1, 8, 9, 16; **Pool B** – 2, 7, 10, 15; **Pool C** – 3, 6, 11, 14; **Pool D** – 4, 5, 12, 13

### 10.1.2. Separation

**10.1.2.1.** Seeded teams shall be placed into the appropriate pools (see 10.1.1.2). If teams are tied, the lowest draw number will be seeded highest. An unseeded team from the same state as a seeded team will be placed in the opposite half of the pools from the seeded team. If the seeded team is in pool A, the unseeded same state team will be placed in pool C; if the seeded team is in pool B, the unseeded same state team will be placed in pool D; if the seeded team is in pool C, the unseeded same state team will be placed in pool A; if the seeded team is in pool D, the unseeded same state team will be placed in pool B.

**10.1.2.2.** Place all remaining teams in draw number order. If the pools do not have the same number of teams after 10.1.2.1 is completed, start with the first remaining team and place the required number of teams in the pool(s) to make them have an even number of teams. Do not put consecutive draw numbers in the same pool (unless only one pool has fewer teams); move from A through D in that order placing teams as needed until the number of teams in each pool is the same. When all pools have the same number of teams, place the first remaining team in pool A, the next in pool B, etc. until all teams have been placed in pools.

**10.1.2.3.** Teams shall be placed in pools in even numbers. For example, in an event with 34 teams, Pool A should have 10 teams and each remaining pool should have eight.

A.	Pool A	Pool B	Pool C	Pool D	Total Teams
	9	8	8	8	33
	10	8	8	8	34
	10	9	8	8	35
	10	10	8	8	36
	10	10	9	8	37
	10	10	10	8	38
	10	10	10	9	39
	10	10	10	10	40
	11	10	10	10	41
	12	10	10	10	42
	12	11	10	10	43
	12	12	10	10	44
	12	12	11	10	45
	12	12	12	10	46

**10.1.2.4.** Check to see that teams from states with more than one unseeded team (doubles) are in pools as follows: If one half of a double is in pool A, the other half must be in pool C,

correspondingly pool B and pool D. To move half of a double to another pool, switch it with a single in the destination pool. Move the half of a double with the higher draw number, if at all possible.

**10.1.2.5.** If both teams from a state are seeded, the teams must remain in their designated pool UNLESS the team leader chooses to withdraw the lower seed. If the seed is withdrawn, that team no longer has any consideration as a seed in any other pool. For all divisions, this option must be indicated immediately upon notification to the team leader by the chief pairer that the situation exists. If the lower seed is withdrawn, the now unseeded team is assigned to a pool as described in 10.1.2.2 and 10.1.2.3. If a team withdraws their lower seed, all other seeded teams will move up in all divisions.

**10.1.2.6.** Once all teams are assigned to pools, the seeded teams are placed on the appropriate lines as indicated in Appendix A. In each pool, any necessary byes are assigned as follows: The highest seeded team gets the first bye, e.g., seed number 1 in pool A, seed number 2 in pool B, seed number 3 in pool C, and seed number 4 in pool D. The next to highest seed in each pool gets the second bye, and the third to highest seed in each pool gets the third bye.

**10.1.2.7.** In each pool, all remaining teams are arranged in draw number order and assigned to a line moving from top to bottom.

## 10.2. Dual Procedures

### 10.2.1. Home Team Determination

**10.2.1.1.** At the beginning of each dual meet, a coin flip between the coaches/team captains will determine the designated home team.

### 10.2.2. Starting Weight

**10.2.2.1.** The starting weight is to be randomly selected at the start of the tournament.

Subsequent rounds will be adjusted by the bracketing program.

**10.2.3.** Wrestlers from both teams must report to the scoring table prior to each individual bout.

**10.2.4.** For each dual meet, each team shall designate the one individual who will be allowed to approach the scoring table. This designation shall be noted on the team scoring sheet.

## 10.3. Competition Format

**10.3.1.** For all age divisions, the National Duals shall be conducted utilizing line bracketing to determine which teams end up in which pools for placing purposes.

### 10.3.2. 14U, 16U and Junior Divisions

**10.3.2.1.** Teams will wrestle through 8<sup>th</sup> place in the double elimination, true 2<sup>nd</sup> place line bracket.

**10.3.2.2.** Competition will continue after completing the matches in brackets A-D by re-pooling the top two finishers in each pool into a championship (Gold/Silver) bracket. Brackets A – D will include a True 2<sup>nd</sup> Place Match if the 2<sup>nd</sup> Place Team and the 3<sup>rd</sup> Place Team have not already wrestled against one another. If the teams have already wrestled, then the 2<sup>nd</sup> Place Team will remain in 2<sup>nd</sup> Place. The championship bracket will place teams in Gold and Silver pools as follows: Gold – A 1<sup>st</sup>, B 2<sup>nd</sup>, C 2<sup>nd</sup>, D 1<sup>st</sup>;

Silver – A 2<sup>nd</sup>, B 1<sup>st</sup>, C 1<sup>st</sup>, D 2<sup>nd</sup>.

**A.** If two teams from the same state advance to the same pool finals they will be scheduled to wrestle the first dual of the pool.

**10.3.2.3.** The 3<sup>rd</sup> and 4<sup>th</sup> place teams from the A, B, C, and D brackets shall be placed in the Bronze and Copper pools as follows: Bronze – A3:B4; D3:C4; Copper – C3:D4; B3:A4.

**10.3.2.4.** The 5<sup>th</sup> and 6<sup>th</sup> place teams from the A, B, C, and D brackets shall be placed in the Red and Blue pools as follows: Red – A5:B6; D5:C6; Blue – C5:D6; B5:A6.

**10.3.2.5.** The 7<sup>th</sup> and 8<sup>th</sup> place teams from the A, B, C, and D brackets shall be placed in the Green and Yellow pools as follows: Green – A7:B8; D7:C8; Yellow – C7:D8; B7:A8. \*Can be modified by the Tournament Committee – *Tournament Director, LOC, Head Pairer, USAW Staff*.

**10.3.2.6.** Teams will wrestle every team in their pool and be placed in order of finish by win/loss record.

**A.** If there is a tie between two teams in regards to win/loss record, the results of their head-to-head dual will determine the placing within the pool.

**B.** If there is a three-way tie among teams in regards to win/loss record, the least number of total classification points earned among the tied teams, and only for the matches among them, will be used to determine the third place team (least classification points of the three tied teams). The other two teams shall be ranked according to their head-to-head match.

**C.** If there are three teams tied in regards to win/loss record and in classification points for the matches among them, the least number of classification points classification points earned during the entire pool competition rounds will used to determine the third place team, and the head-to-head result between the other two teams shall determine the placing.

**D.** When teams from the same state match up against one another, the teams will have an option to either wrestle OR not wrestle and declare the winner. In the instance when the teams decide to not wrestle but instead declare a winner, the final team score shall be 1-0.

**10.3.2.7.** To ensure that all teams compete in at least 6 dual meets, the format of the tournament will allow for changes to the red, blue, green, and yellow pools if there are 25-27 teams. Every effort will be made to separate teams that have previously met.

#### **10.3.2.8. Team Placing**

**A.** The National Championship shall be determined in the following way:

10.3.2.8.A.1. Gold 1<sup>st</sup> Place Finisher vs. Silver 1<sup>st</sup> Place Finisher for 1<sup>st</sup> Place

10.3.2.8.A.2. Gold 2<sup>nd</sup> Place Finisher vs. Silver 2<sup>nd</sup> Place Finisher for 3<sup>rd</sup> Place

10.3.2.8.A.3. Gold 3<sup>rd</sup> Place Finisher vs. Silver 3<sup>rd</sup> Place Finisher for 5<sup>th</sup> Place

10.3.2.8.A.4. Gold 4<sup>th</sup> Place Finisher vs. Silver 4<sup>th</sup> Place Finisher for 7<sup>th</sup> Place**10.3.3. Women's 16U/Junior Division****10.3.3.1.** To be determined by National Office staff after final registration.**10.4. Dual Meet Tiebreaker Criteria (If two teams are tied in an individual dual):**

- 10.4.1.** The team whose wrestlers, coaches, or support staff has been penalized the least number of team point(s) for flagrant or unsportsmanlike conduct shall be declared the winner.
- 10.4.2.** The team with the most victories (including forfeits) shall be declared the winner.
- 10.4.3.** The team with the most victories by fall, forfeit, default or disqualification shall be declared the winner.
- 10.4.4.** The team with the most victories by technical superiority shall be declared the winner.
- 10.4.5.** The team with the most victories by decision shall be declared the winner.
- 10.4.6.** The team with the lowest draw number shall be declared the winner.

**11. Weigh-In**

- 11.1.** One weigh-in at 14U National Duals is valid for both styles, so long as the wrestler actively competes in at least two matches in the first style. Exhibition matches do not count toward this requirement. Wrestlers competing only in the second style of the tournament will weigh in the night before the competition. Wrestlers changing weight classes must make scratch weight.
- 11.2.** There shall be no weight allowance at any weigh-in, with the exception below.
- 11.3.** For Junior and 16U National Duals, wrestlers must weigh in for each style that is competed. If a wrestler is weighing in for his/her second style of competition at the original weight class or any weight class above, he/she will receive a four (4) pound allowance. A wrestler may only go to a lower weight class provided he/she makes scratch weight. If a wrestler did not compete in two matches in the first style, he/she must make scratch weight. Forfeits count towards this total.
  - 11.3.1.** Weigh-ins for the second style of competition shall commence at the specified time or up to 3 hours after the completion of their last dual meet, whichever comes latest. The entire team must weigh in together, though the team can weigh in before the 3-hour time limit.
- 11.4.** If an individual wishes to change weight classifications for the second style, he/she must weigh in again.
- 11.5.** When extenuating circumstances prohibit a wrestler(s) from weighing in at the specified time, the tournament director and USA Wrestling Director of Events shall make the decisions of whether or not to allow weigh in to occur, provided the entire team weighs in together.
- 11.6.** The actual weight of the athlete at the official weigh-in for each style shall establish the weight class of each wrestler competing in the National Duals and shall supersede any listed weight class previously submitted on the team roster. The actual weight of 14U/14U girls athletes competing in both styles is established during the first weigh-in unless the athlete weighs in again during the official weigh-in for the second style of competition.

11.7. Wrestlers are eligible to wrestle in either the weight class they are eligible for by their exact body weight at the time of the official weigh-in or may opt for the next higher weight class. This policy also applies to moving up to the heaviest class.

## 12. Protest Procedures

12.1. Match Protest – Any protest of an individual match must be announced to the Mat Chairperson and must be resolved prior to the next individual bout of that dual.

12.2. The coaching staff (head coach) is allowed 1 unsuccessful (“lost”) video challenge per bout and 4 unsuccessful challenges per dual. If the video challenge is successful, the coaching staff maintains the current number of challenges and is allowed another challenge in that bout. This allows for more than 1 challenge per bout if the coaching staff was successful with any remaining challenge opportunities available to them.

## 13. Forfeits

13.1. Teams wishing to withdraw during the tournament must notify the tournament director. The remainder of their matches will be defaulted. Subsequent scheduled opponents will receive dual scores of 3-0. In the event of a three-way tie for advancing to pool rounds, classification rounds earned against the default team, whether actually wrestled or not, will not be counted for any team.

13.2. A team that forfeits a dual meet will be eliminated from the tournament. All teams must wrestle a minimum of 50% of their available (i.e., not injured, sick, or disqualified) wrestlers in each dual.

13.3. Wrestlers with a medical yellow or red card must receive a green card before he or she will be allowed to compete and/or accept a forfeit victory.

## 14. Dual Tournament Misconduct

14.1. All matters of misconduct pertaining to athletes, coaches, and team personnel shall be addressed and administered per the rules stipulated in the *National Federation of State High School Associations (NFHS) Wrestling Rules*.

14.2. Unsportsmanlike Conduct – Unsportsmanlike conduct by a wrestler, coach, or other team personnel, prior to or after the conclusion of wrestling results in the deduction of one (1) team point for the first offense. On the second offense, the individual will be removed from the premises and an additional two (2) team points will be deducted. He/she will be suspended from all further competition for the duration of that style. Team points shall only be deducted from the dual in which the incident takes place. (*See NFHS Wrestling Rules, Rule 8, Section 1, Article 4*)

14.3. Coach Misconduct – occurs during competition when a coach improperly questions the referee. Coach misconduct results in the following:

14.3.1. First offense – warning;

14.3.2. Second offense – deduct one team point;

14.3.3. Third offense – deduct two team points and removal of the head coach for the remainder of the day.

The penalty sequence starts anew each day. (See *NFHS Wrestling Rules, Rule 8, Section 1, Article 5*)

**14.4.** **Flagrant Misconduct:** Flagrant misconduct results in disqualification of the individual, immediate removal from the premises and the deduction of three (3) team points on the first offense. Any team points earned by that individual shall be negated. Team points shall only be deducted from the dual in which the incident takes place. (See *NFHS Wrestling Rules, Rule 8, Section 1, Article 6*)

**14.4.1.** When a wrestler is disqualified from the match, but not the tournament, one (1) team point is deducted.

**14.4.2.** When a wrestler is disqualified from the tournament, three (3) team points are deducted.

## **15. Awards**

**15.1.** Eight national team plaques will be awarded to the first through eighth places in the Greco-Roman and Freestyle competitions. Individual medals will be awarded to the members of the first through eighth place teams in both styles. The total number of medals to be awarded per team is: 14U Boys division – 27; 14U girls division – 27; 16U Boys division – 27; 16U Girls division – 25; Men’s Junior division – 24; Women’s Junior division – 25.

## **16. All-Tournament Teams**

**16.1.** For all men’s age divisions, any wrestler who is undefeated with five (5) or more wins shall earn placement on the All-Tournament Team. For the purpose of this criteria, wins shall include any match wrestled or any forfeit received where said wrestler receives a win. If a team wrestles less than 5 matches, a wrestler can qualify if he/she is undefeated and has competed in all of his/her team’s matches. For all women’s age divisions, the All-Tournament Team will consist of all wrestlers with an undefeated record, regardless of weight class, who have competed in a minimum of four (4) matches.

## **17. Exhibition Matches**

**17.1** Any exhibition matches shall be coordinated and officiated by the respective team coaches.

## **18. Team Names**

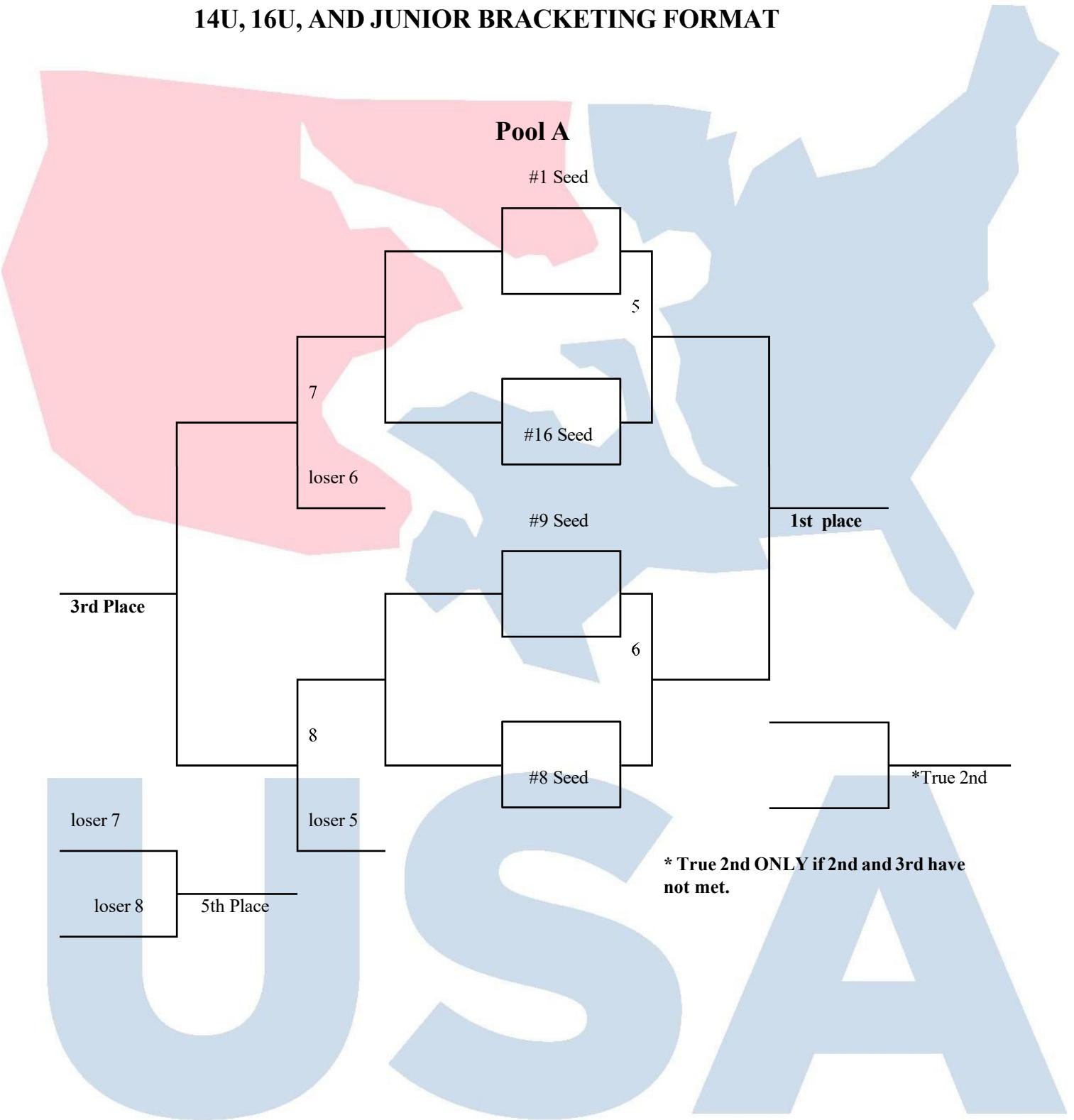
**18.1.** All teams competing in USA Wrestling National Dual Championships shall be designated first by proper state name followed by either a number, a color, or preapproved by the USAW National Office (i.e., Maine Blue, Nebraska 1, Nevada Two, and Colorado Red).

## **19. Matside Scoring and Video**

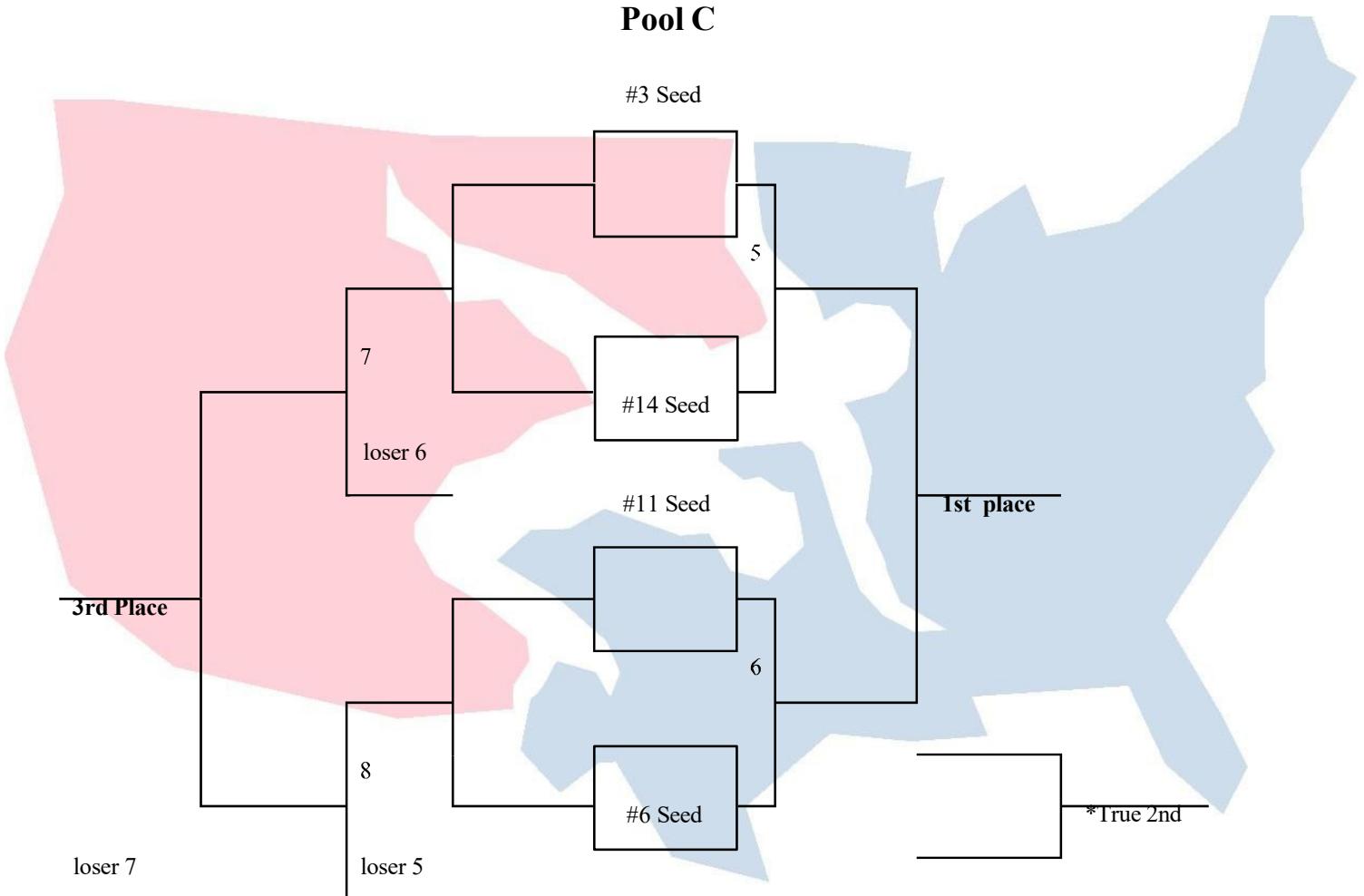
**19.1.** At the National Duals, all matches shall utilize a matside scoring system that ensures real-time online scoring updates.

## Appendix A - Brackets

## **14U, 16U, AND JUNIOR BRACKETING FORMAT**

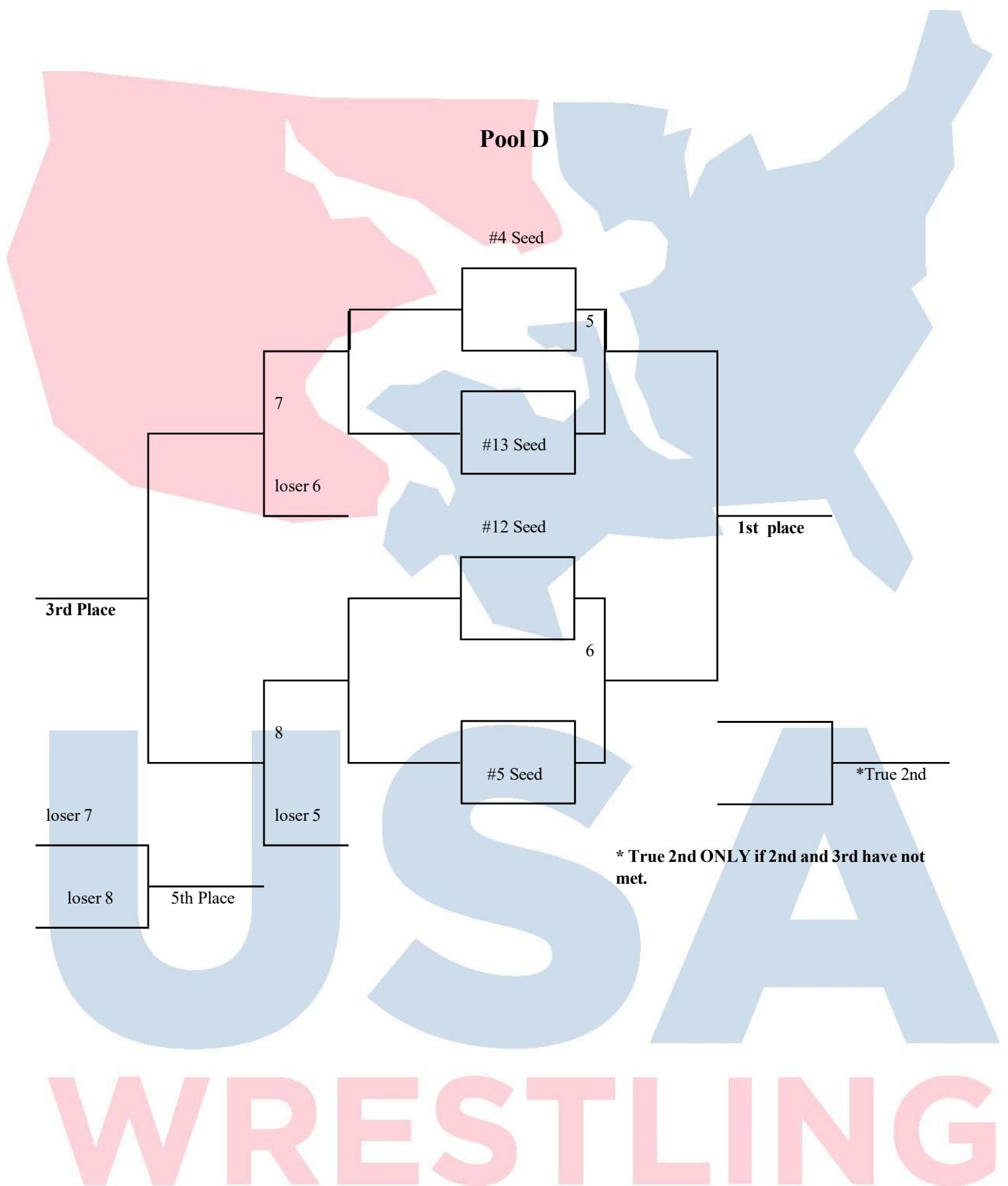


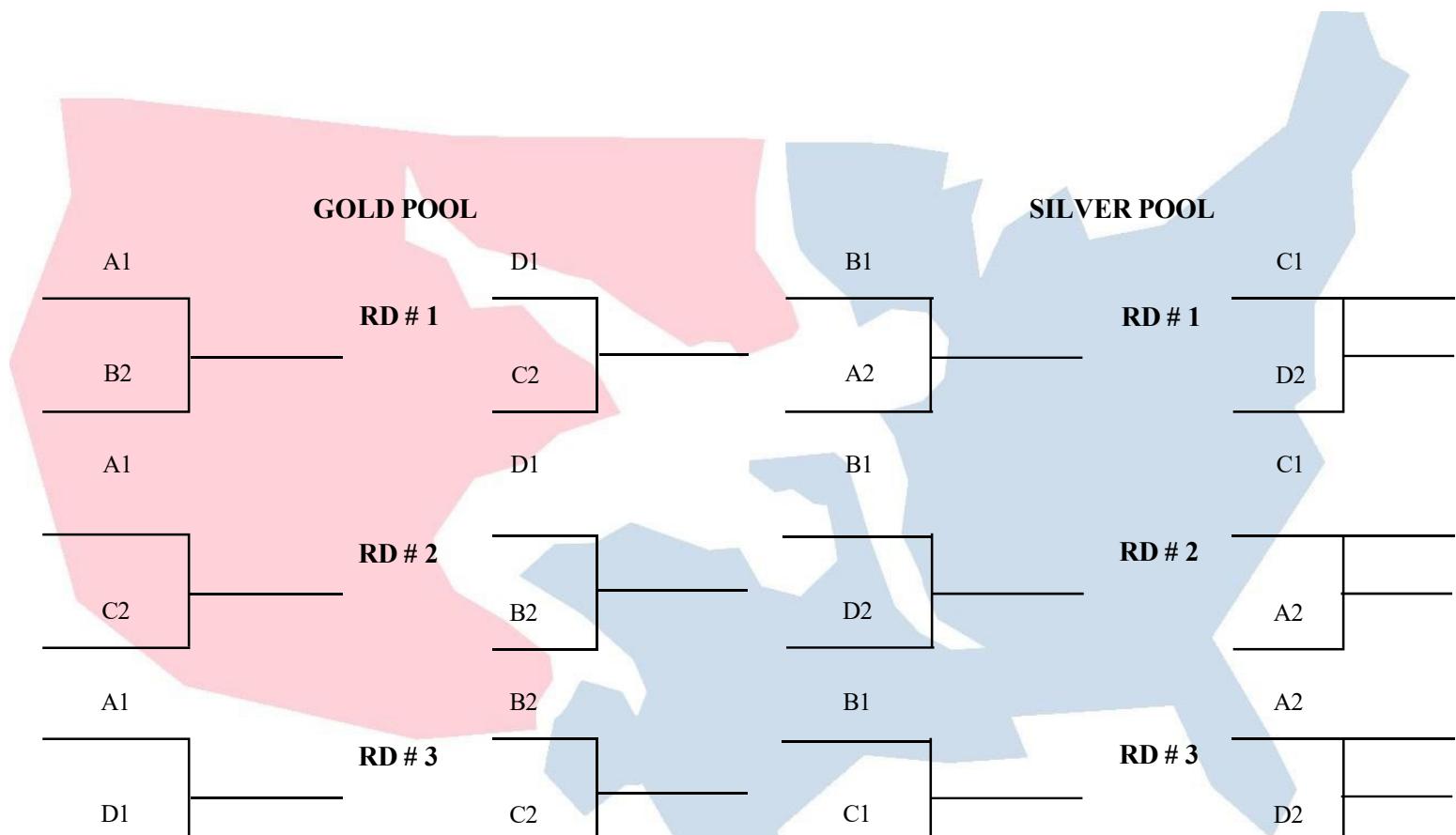


**Pool C**

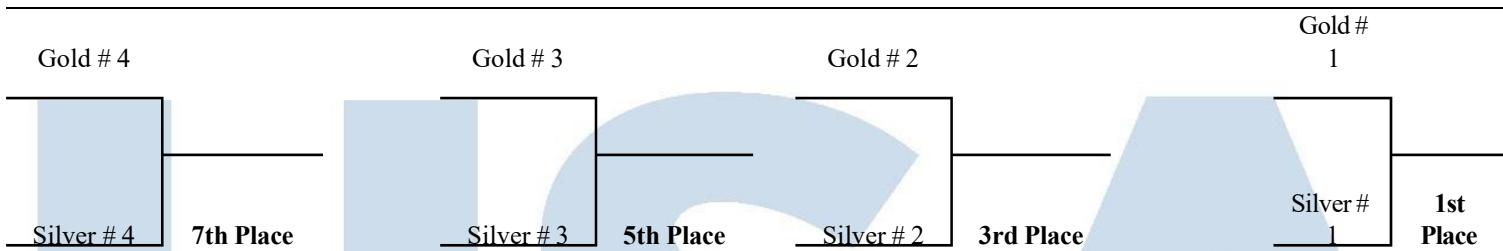
\* True 2nd ONLY if 2nd and 3rd have not met.

**USA**  
**WRESTLING**



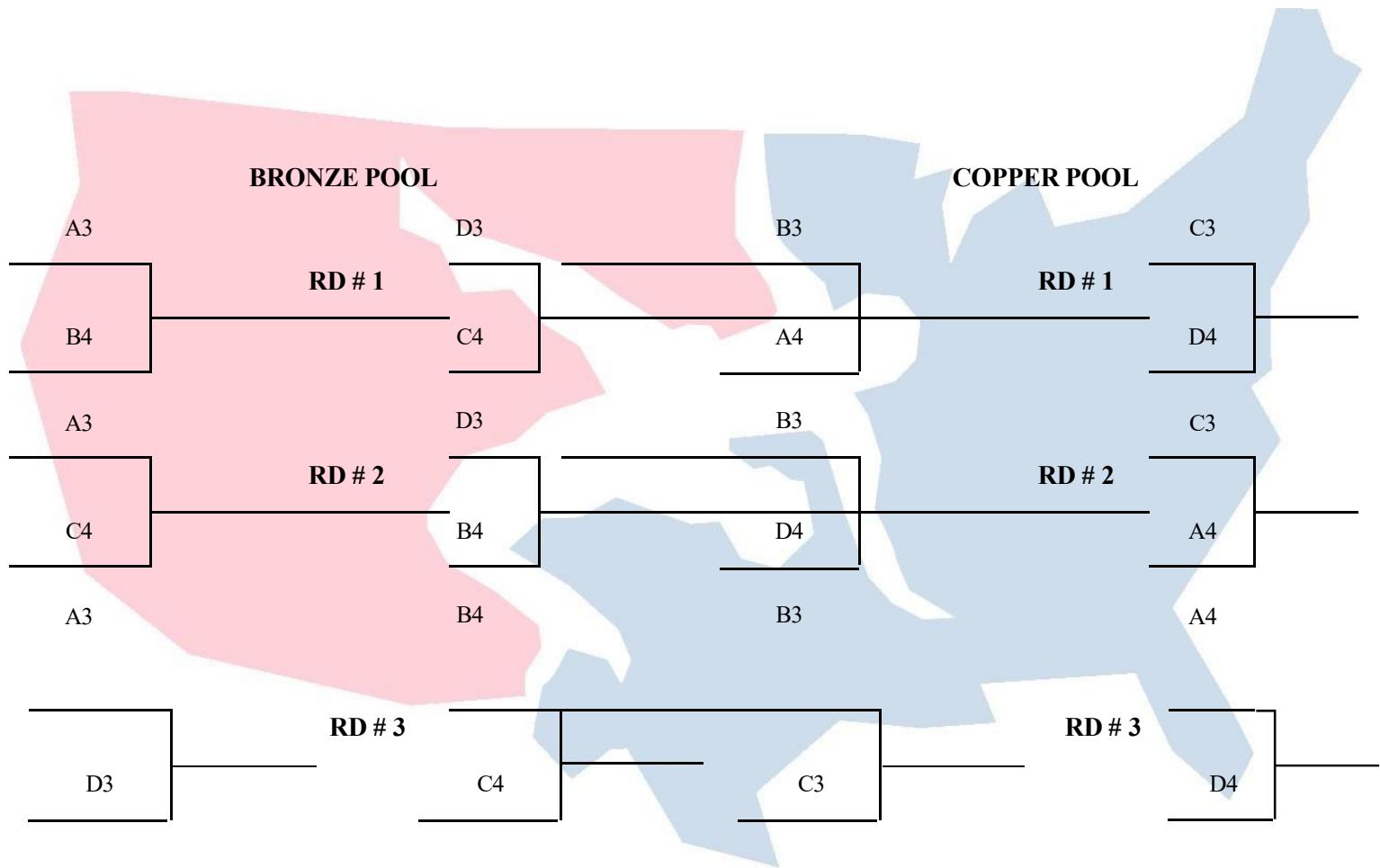


**PLACEMENT MATCHES BASED ON GOLD/SILVER POOL FINISH**

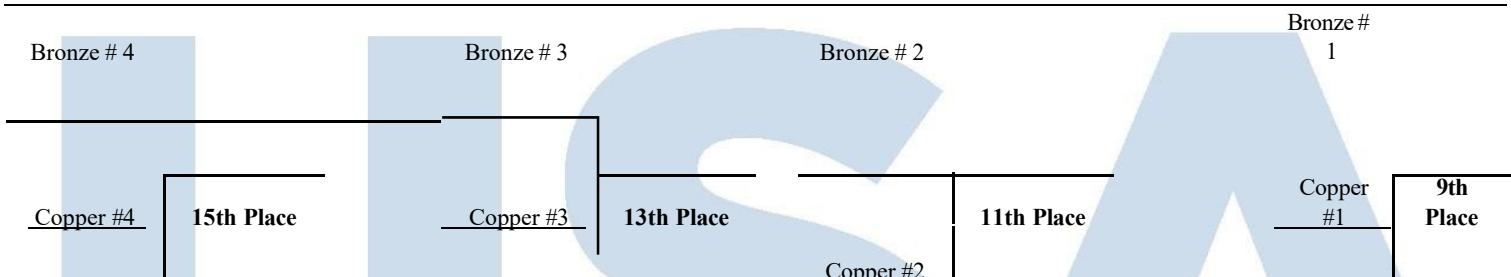


**USA**  
**WRESTLING**

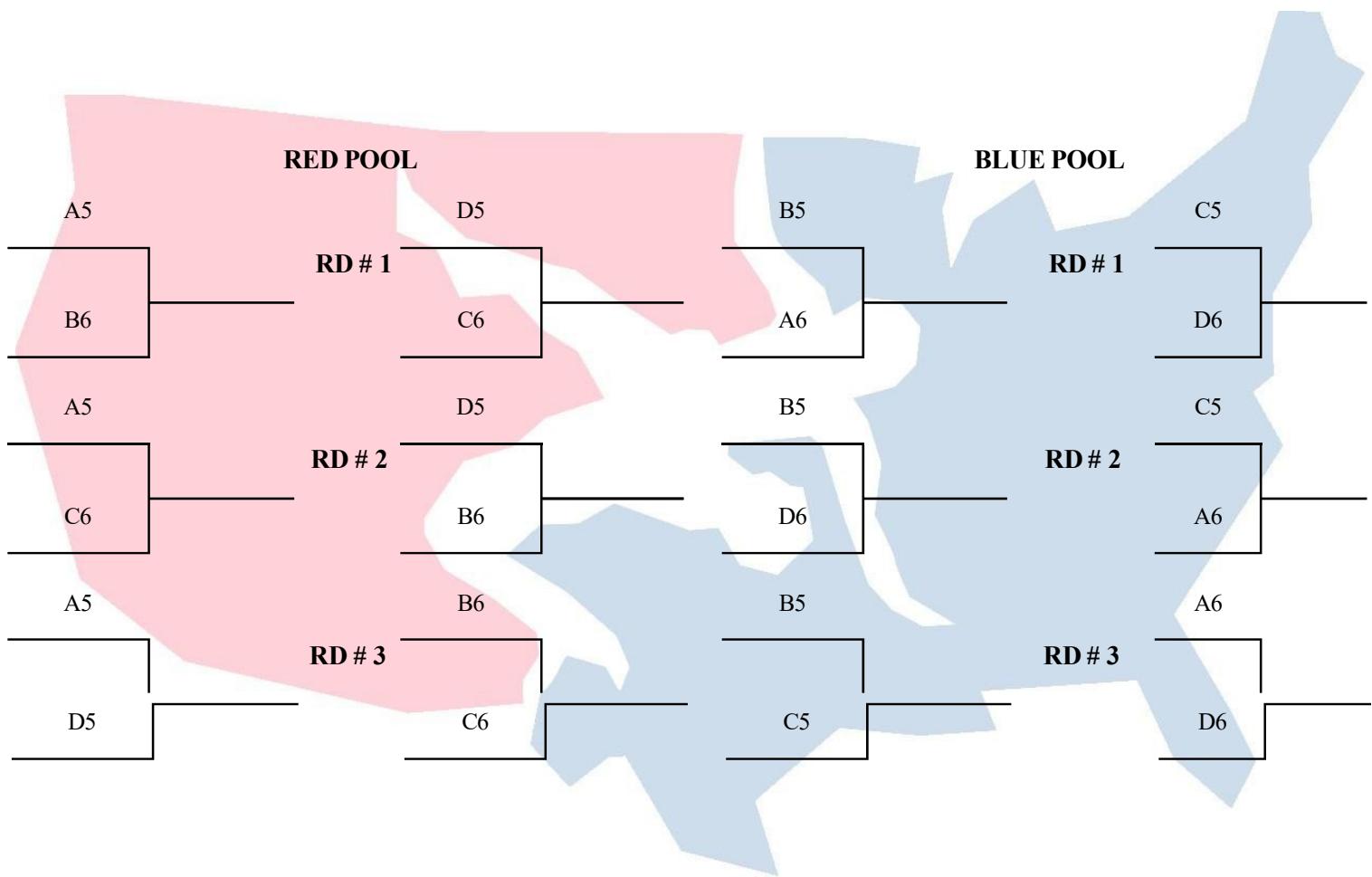
Updated 5.9.2025



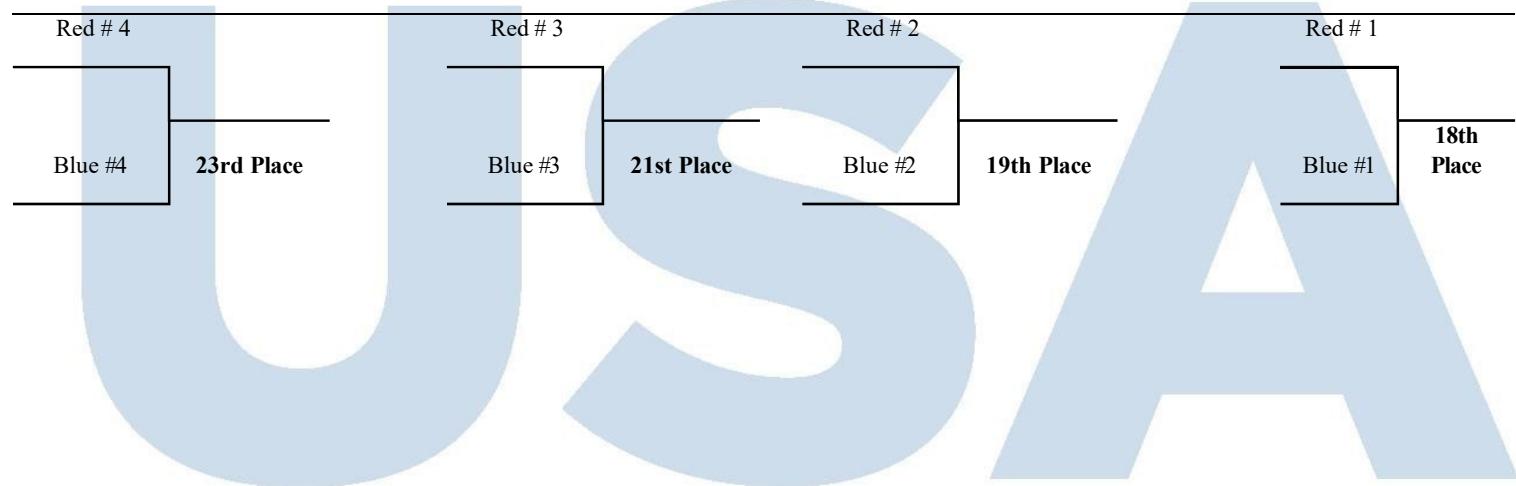
**PLACEMENT MATCHES BASED ON BRONZE/COPPER POOL FINISH**



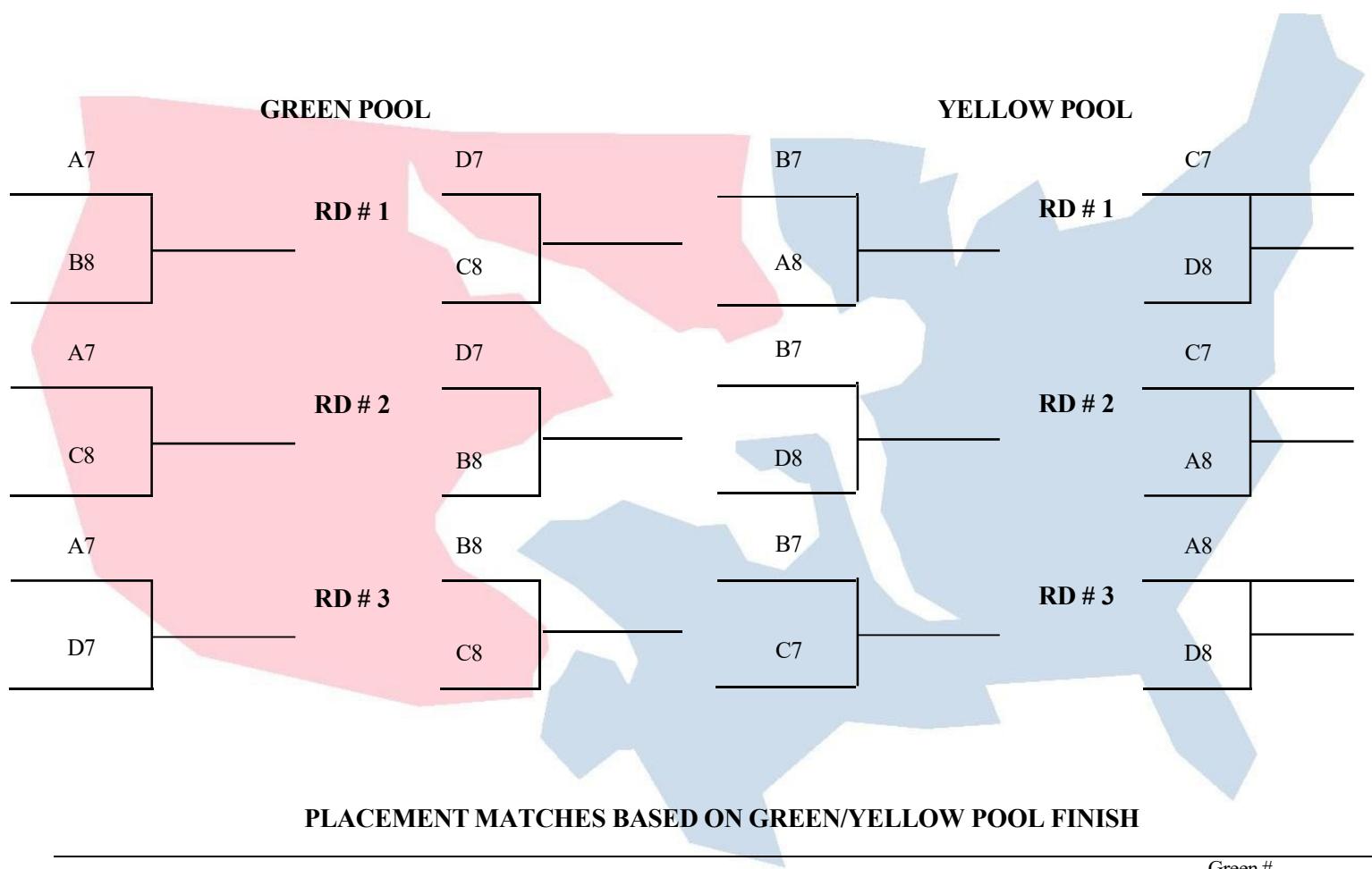
**WRESTLING**



#### PLACEMENT MATCHES BASED ON RED/BLUE POOL FINISH



# USA WRESTLING



**USA**  
**WRESTLING**

## **National Federation High School Dual Meet Tournament Rules**

The following rules are taken directly from the National Federation of State High School Associations book that defines the rules for all high school dual meets in the USA. This section is designed to provide a clear definition of regulations that pertain to the dual meet competitions in USA Wrestling. Much confusion surrounds melding the collegiate (folkstyle) rules and the Freestyle/ Greco rules for wrestling in these tournaments. This puts those regulations in writing together in one book for easy reference. **This is not a complete set of rules for collegiate wrestling. It is only the rules that deal with dual meet competitions.**

### **Rule 1**

#### **Section 2 Representation**

**Art 1**... A school/team may be represented by only one wrestler in each weight class during dual meet competition, and no substitution is permitted for any wrestler in dual meets or tournaments once the wrestler has properly reported to the scorer's table.

**Art 2**... No Wrestler shall represent the school in more than one weight class in any meet.

**Art 3**... No contestant shall wrestle two consecutive matches with less than a 45-minute rest between them. The conclusion of each match shall be recorded. **(USA wrestling regulations only require a 15-minute rest between matches.)**

**Art 4**... A contestant shall not accept a forfeit in one weight class and compete in another.

**Art 5**... A wrestler who weighs in for one weight class may be shifted to the next highest weight class, provided it is not more than one weight class above that for which the actual weight qualifies. The exact weight of all contestants shall be recorded and submitted to the official scorer.

**Art 6**... Each team shall designate a captain(s) and head coach. Prior to the beginning of the meet they shall report to the referee for the disk toss to determine which individual is to appear at the scorer's table first at each weight class.

**Art 7**... Prior to the meet the head coach shall verify that all wrestlers will be in proper uniform, properly groomed, properly equipped and ready to wrestle.

### **Rule 2**

#### **Section 2 Team Benches**

**Art 1**... For dual meets, all team personnel, including coaches, other than actual participating contestants shall be restricted to an area which is at least 10 feet from the edge of the mat and the scorers table, where facilities permit.

**Art 2**... During the tournament competition, a maximum of two team personnel (coaches and /or non-participating contestants) will be permitted on chairs at the edge of the mat. It is permissible to allow coaches on the corner of the mat in a restricted zone. In tournaments where coaches are permitted on the corner of the mat, the restriction zone shall be defined by either a contrasting line marked on the mat with paint or tape or a contrasting colored surface under the

chairs. The restriction zone shall be no closer than 5 feet from the edge of the circle. Coaches shall be seated at least 10 feet from the scorer's table, where facilities permit.

## **Rule 4**

### **Section 1 Wrestlers Uniform**

**Art 5...** The uniform shall be worn as intended and designed by the manufacturer.

### **Section 2 Appearance and Health**

**Art 3 through 5...** These articles restrict the wrestling of wrestlers with communicable skin disease. USA Wrestling has policies that are enforced by on site physicians and trained personnel that deal with skin issues.

**Art 6...** Each contestant who has braces or has a special orthodontic device on his or her teeth, shall be required to wear a tooth and mouth protector. A tooth and mouth protector (intraoral) shall include an occlusal (protecting and separating the biting surfaces) and the labial (protecting the teeth and supporting structures) portion and cover the teeth and all the areas of the braces or special orthodontic device with adequate thickness. This would include upper and lower teeth if devices are present on both. It is recommended the protector be properly fitted and:

- a. Constructed from a model made from an impression of the individual's teeth and braces or special orthodontic device.
- b. Constructed and fitted to the individuals by impressing the teeth and braces or special orthodontic device into the tooth and mouth protector itself.

### **Section 5 Weighing In**

**Art 3...** For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. **In USA Wrestling dual meet competition the general practice is to have contestants weigh in as a team, not as individuals, by weight class.** A contestant shall weigh in for only one weigh class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During the time off the scale(s), activities that promote dehydration are prohibited.

**Art 4...** The referee, (Weigh Master in USA wrestling) or other authorized person of the same gender shall supervise weigh-ins.

**In USA Wrestling dual meet competition there is no weight allowances. (11.1 dual policies and procedures)**

USA Wrestling national team dual competitions have modified this rule. Coaches should make sure weight allowance is clearly understood by the wrestlers. See page 5 of this document "Weigh-In" 11.1 through 11.6. USA weigh-in modifications.

## **Rule 5**

### **Section 2 Biting**

**Art. 1...** Biting is an act of flagrant misconduct and, on the first occurrence the individual shall be disqualified from competition.

**Art. 2...** In the opinion of the referee, a wrestler has bitten an opponent this will be deemed as an intentional biting and will be called as flagrant misconduct.

### **Section 5 Coaches Misconduct**

**Art. 1...** Coach misconduct occurs when a coach improperly questions the referee.

**Art. 2...** When a coach request a conference with the referee regarding a possible misapplication of a rule, and it is determined there is no misapplication or when during a conference, the coach questions the judgment of the referee,

It should be noted that all misconduct by assistant coaches and/or team leaders will be considered a charged of misconduct against the team's head coach. This rule applies to all personnel associated with the team bench

coach misconduct shall be called. The coach misconduct penalty shall always be charged to the head coach.

**Art. 3...** Coach misconduct results in the following:

- a. First offense-warning
- b. Second offense-deduct one team point
- c. Third offense-deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day. (See Penalty Chart)

### **Section 8 Disqualification**

A disqualified wrestler is one who is removed from participation in accordance with the Penalty Chart, or properly reports to the scorer's table in a dual meet and then withdraws.

### **Section 9 Dual Meet**

A series of matches, one in each of the specified weight classification, constitutes a dual meet.

### **Section 12 Flagrant Misconduct**

**Art. 1...** Flagrant misconduct on the part of Coaches or other Team personnel are acts which:

- a. the referee considers serious enough to remove the offender from the premises.
- b. Can occur prior to, during or after a match, including the use of tobacco products.

### **Art. 2... Contestants**

a. Flagrant misconduct is any physical or nonphysical act which occurs before, during or after a match considered by the referee to be serious enough to disqualify a contestant from the match and any additional wrestling in a multiple school (state/national team) event.

b. Acts include, but are not limited to:

1. striking
2. butting
3. elbowing

- 4. kicking an opponent
- 5. use of tobacco products.
- c. If, in the opinion of the referee, a wrestler bites an opponent this will be deemed as intentional biting and will be called as flagrant misconduct.

In USA Wrestling competition where 3-man mechanics are used, all three officials should agree on a flagrant

### **Section 27 Taunting**

Taunting is any act or action which is intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race religion, gender, or national origin.

### **Rule 5**

### **Section 30 Unnecessary Roughness**

**Art 1**... Unnecessary roughness involves physical acts that occur during wrestling. It includes any act which exceeds normal aggressiveness. It would include, but not limited to: a) a forceful application of a crossface; b) a forceful trip; c) a forearm or elbow used in a punishing way, such as, on the spine or back of the head or neck.

**Art 2**... Continuing acts of unnecessary roughness may be construed as flagrant misconduct.

### **Section 31 Unsportsmanlike Conduct**

**Art 1**... Coaches and Team Personnel. Unsportsmanlike conduct of coaches and other team personnel is any act which becomes abusive or interferes with the orderly process of the match. These acts may occur prior to, during or after the match. This includes violations of the bench decorum rule (7-5-2), taunting, acts of disrespect, or those actions which incite negative reactions by others. The offender shall be penalized for unsportsmanlike conduct in accordance with the Penalty Chart. The head coach shall be penalized for unsportsmanlike conduct if wrestlers report to the scorer's table not in proper uniform, and not properly groomed, not properly equipped or not ready to wrestle.

Exception: The head coach shall not be penalized when a wrestler reports to the scorer's table with shoelaces that are not properly secured.

**Art 2** ... Contestants. Unsportsmanlike conduct involves physical or nonphysical acts and they can occur before, during or after a match. It includes, but 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 a proper receptacle, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-the-match procedure. Continuous acts of unsportsmanlike conduct may be construed as flagrant misconduct.

**Art 3**... Spectators. Any act (physical or non-physical), which in the opinion of the referee, is serious enough to warrant removal, shall cause the spectator to be removed from the premises for the remainder of the event.

### **Rule 6**

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

**Art 1**... A team intentionally delaying its appearance to the mat beyond five minutes of the established dual meet starting time, shall be penalized one team point. If the team does not appear within the next five minutes, there shall be team forfeiture for the dual meet.

**Art 2...** In dual meet competition, the wrestlers must be ready to go to the scorer's table immediately when called by the referee. Coaches should escort the wrestlers to the head table to assure that the correct wrestler is entering that bout. The wrestler sent to the scorer's table first, who then cannot be withdrawn or replaced without being disqualified and the weight class forfeited shall be determined by the pre-meet disk toss. Once a second wrestler has properly reported to the scorer's table in proper sequence, as determined in the pre-meet coin toss, neither can be withdrawn or replaced without disqualification and the weight class forfeited. If a coach/wrestler reports out of turn (i.e. odd team reports first but it is even teams turn) that odd wrestler maybe withdrawn without penalty. The first match is odd. If the even number matches are selected, the coach will send its wrestler to the scorer's table first on the even matches. The opposing team then will send its wrestler to the scorer's table first for the odd numbered matches. The referee shall correct errors without penalty to the contestants.

**Art 4 ...** In matches involving visually 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 match.

## **Rule 6**

### **Section 5 End-of-Match Procedure**

**Art 1 ...** If no fall occurs during the final period, the referee shall direct the wrestlers to return and remain in the center of the mat while the referee verifies the match score. (Mat chairman will indicate color under USA/UWW rules)

**Art 2 ...** The wrestlers shall shake hands and the referee shall declare the winner by raising the winning wrestler's hand.

### **Section 6 Correction of Errors**

**Art 3 ...** When the timekeeper makes an error of the clock fails to start when the referee indicates time is to begin, the referee is to make a judgment concerning the time that should have been consumed. The referred will adjust the clock accordingly. (In USA competition the referee, judge and mat chairman will determine that time.) **Errors must be corrected prior to the start of any subsequent period in Greco and Freestyle competition.**

**Art 4...** Dual meet scoring errors by referee or scorer:

a. Match Score

1. Errors by the timekeeper, official scorer or referee must be corrected prior to the offending contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offending contestant or coach remains in the mat area.
2. Errors involving the computation of the match score must be corrected within 30 minutes after the conclusion of the dual meet. If the error necessitates additional wrestling, it must be corrected prior to the next match.

b. Team Score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the conclusion of the dual meet.

**Art. 5...** Tournament scoring errors by the referee or official scorer.

a. Match Score

**WRESTLING**

2. Errors by the timekeeper, official scorer or referee must be corrected prior to the offending contestant leaving the mat area if additional wrestling is necessary. If additional wrestling is not necessary, the error may be corrected as long as the offending contestant or coach remains in the mat area.
3. Errors involving the computation of the match score must be corrected prior to the next match in which either wrestler (team) competes.

b. Team score

1. Errors involving the recording or computation of team scores must be corrected within 30 minutes of the conclusion of the tournament or before the beginning of the next round of team competition.

**Note: It is the coach's responsibility to know the team score at the conclusion of the tournament. Any discrepancy must be reported within a 30-min. time frame following the conclusion of the tournament.**

**Art 6...** When a coach believes the referee has misapplied a rule or disagrees with judgment, the coach may approach the scorer's table, request the match be stopped (when there is no significant action) and discuss with the referee (mat chairman in USA competition) and discuss the matter in front of the scorer's table. Both wrestlers shall return to and remain in the center of the mat. If the referee has misapplied a rule, necessary adjustments will be made, an explanation to the opposing coach will be made, and wrestling will immediately be resumed. If there is no error, or if the coach disagrees with the referee's judgment, the coaching staff will be penalized for coach misconduct. The first time it occurs in a dual meet or tournament it is a warning; the second time is the deduction of 1 team point; the third time the head coach shall be removed from the premises for the remainder of the day and 2 team points deducted.

## **Rule 7**

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

**Art 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, forceful slap to the head or face, and/or gouging or poking of the eyes. Continuing acts of unnecessary roughness also can be construed as flagrant misconduct.

**Art 2 ...** Unsportsmanlike conduct involves physical or nonphysical acts and the 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 equipment, spitting and clearing of the nasal passage in other than the proper receptacle, indicating displeasure with a call, failure to keep shoulder straps up while on the mat and failure to comply with the end-of-match procedure. Continuing acts of unsportsmanlike conduct or any unsportsmanlike conduct may be construed as flagrant misconduct.

**Note: The NFHS and USA Wrestling 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.**

**Art 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 not limited to striking, butting, elbowing, kicking, biting an opponent, or using tobacco products.

### **Section 5 Conduct of coaches, team personnel and others**

# WRESTLING

**Art 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. (In USA wrestling this would be the 3 man officiating team)

**Art 2...** Coaches and other team personnel are restricted to the bench/chairs 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, walk in front of the team area parallel to the bleachers. The coach may approach the scorers 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.

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

**Art 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, a coach questions the judgment of the referee.

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

**Art 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.

## **Rule 8 Penalties and Injuries**

### **Section 1 Penalty Administration**

**Art 1...** Any contestant reporting to the mat to wrestle with greasy substance on the body or uniform, improper grooming, objectionable pads and braces, illegal equipment, illegal uniform or any equipment that is detected as being illegal after the match has started shall be disqualified if not removed or corrected within the 2-minute injury time. (USA Wrestling injury time) Reporting to the mat, not properly equipped or not ready to wrestle is a technical violation.

**Art 3...** Penalties and warnings are cumulative throughout the match. Each infraction has its specific penalty.

This is an area where Freestyle/Greco rules are somewhat different than NFHS rules. Although the NFHS penalty chart should be used for rules that govern dual meet conduct, USA Wrestling rules govern match rules. Remember in the case of a wrestler competing for a team in a dual meet must meet the standards of both sets of rules.

**Art 4...** Unsportsmanlike conduct by a wrestler prior to or after the conclusion of wrestling, coaches or other team personnel, results in the deduction of one team point for the first offense. On the second offense two team points shall be deducted. The individual will be removed from the premises for the remainder of the event provided authorized

personnel are available to supervise. If no supervision is available, the student shall be confined to the bench area. These penalties carry over in a multiple-day event.

**Art 5** ... Coach Misconduct results in the following:

- a) First offense – warning;
- b) Second offense – Deduct one team point;
- c) Third offense – deduct two team points and removal of the head coach for the remainder of the day. The penalty sequence starts anew each day.

**Art 6** ... Flagrant misconduct results in disqualification of the individual, immediate removal from the premises and deduction of three team points on the first offense. A student may be removed from the premises on if there is an authorized personnel present to supervise said student. If no supervision is available, the student shall be confined to the bench area. Any contestant disqualified in an individual tournament competition is not entitled to any points earned in the tournament. All advancement points, fall points, placement points, etc. are negated. All vacancies created in the tournament pairing shall be recorded as forfeits. In dual meet competition, any team points earned shall be negated. Team points earned in previous dual meets stand.

Flagrant misconduct will disqualify any individual from the remainder of a multiple school event or tournament.

## **Rule 9 Scoring**

### **Section 2 Team Scoring (Dual Meet Tie Breaker)**

#### **USA wrestling dual meet modifications**

Dual Meet Tiebreaker Criteria (If two teams are tied in an individual dual):

1. The team whose wrestlers, coaches, or support staff has been penalized the least number of team point(s) for flagrant or unsportsmanlike conduct shall be declared the winner.
2. The team with the most victories (including forfeits) shall be declared the winner.
3. The team with the most victories by fall, forfeit, default, or disqualification shall be declared the winner.
4. The team with the most victories by technical superiority shall be declared the winner.
5. The team with the most victories by decision shall be declared the winner.
6. The team with the lowest draw number shall be declared the winner.

## **Rule 10 Conduct of Tournaments**

### **Section 2 Entries**

**Art 1**...Failure to verify entries by stipulated deadline or by completion of weigh-in shall result in disqualification from a tournament. If a stipulated deadline has not been pre-determined, the deadline shall be the completion of weigh-ins.

**Art 2**... Wrestlers (teams) shall be permitted a maximum of five minutes to appear ready to compete at a specific mat. Failure to appear shall result in forfeit to the opponent.

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

**Art 4**...In case of injury or illness after verification of entries, the tournament director, in consultation with available medical personnel and the coach of the injured or ill contestant, shall determine the contestant's ability to continue.

Extenuating circumstances concerning the injury or illness as it relate to default or forfeit for scoring purposes, shall be considered by the tournament director.

**Art 5** ... A forfeit shall eliminate a contestant from further competition in a tournament, except when the forfeit is because of injury or illness which occurred during the tournament.

Art 6 ... Disqualification may eliminate a contestant from further competition, depending on the severity.

**Art 7** ... Any wrestler who fails to make weight each day of a tournament is ineligible for further competition and cannot place in the tournament except as provided in Article 4 of this section. A forfeit shall be awarded to the opponent.

**Art 8** ... All vacancies created in the tournament pairings after the first round shall be scored as forfeits.



### Summarized NFHS Penalty Chart

	Rules	Warning	1st Penalty	2nd Penalty	3rd Penalty								
Illegal Holds	7-1	No	1 Pt.	1 Pt.	Disqualify (USA WR)								
Technical Violations	7-3	No	1 Pt.	1 Pt.	Disqualify (USA WR)								
Unnecessary Roughness	7-4-1	No	1 Pt.	1 Pt.	Disqualify (USA WR)								
Unsportsmanlike Conduct by Contestants During a Match	7-4-2	No	1 Pt.	1 Pt.	Disqualify (USA WR)								
Not Reporting to the Mat Properly Equipped	8-1-1	No	1 Pt.	1 Pt.	Disqualify (USA WR)								
Coach Misconduct (during the match)	5-5 6-6-6 7-5-4 8-1-5	Yes	Deduct 1 Team Point	Removal of head coach from premises immediately on second penalty and deduct 2 team points. Removal is for the remainder of the day									
Unsportsmanlike Conduct- Contestants (not during the match). Coaches and other team personnel	7-4-2 7-5-3 8-1-4	No	Deduct 1 Team Point	Remove from premises immediately on the second penalty and deduct 2 team points. Removal is for the remainder of the event, day/dual meet or tournament.									
Flagrant Misconduct - Contestants	7-4-3 8-1-6	No	Disqualify on the first offense, deduct 3 team points and remove from the premises immediately for the duration of the event. Contestant is eliminated from further competition for the remainder of the dual meet, multiple school event or tournament. No team points can be earned.										
Flagrant Misconduct- Coaches and other team personnel	7-5-5 8-1-3 8-1-6 7-3-7 8-1-1	No	Remove from premises immediately on first offence and deduction of 3 team points; Removal is for the dual meet, remainder of a multiple school event or tournament.										
Greasy substance on body or uniform, improper grooming, objectionable pads and braces: Illegal equipment or uniform.			Any contestant reporting to the mat in violation of this article shall be disqualified if not removed or corrected within 2 (USA WR) injury time.										
<p><b>Note 1-</b> Disqualification due to technical violation, illegal hold, and unsportsmanlike conduct during a match of unnecessary roughness does not eliminate a contestant from further competition in tournaments.</p>													
<p>Disqualification for unsportsmanlike conduct not during the match eliminates a contestant or coach for the remainder of the event</p>													
<p>Disqualification for flagrant misconduct will disqualify any individual for the remainder of a multiple school event or tournament. They are removed for the duration of the event.</p>													

# WRESTLING