



INFRACTIONS

ILLEGAL HOLDS

1. Slam, Suplay, Salto
2. Intentional Drill or Forceful Fall-Back
3. Pulling Back (not grasping) Thumb or 1-3 Fingers
4. Others Include:
 - Hammerlock above a right angle
 - Twisting hammerlock or lifting the arm off the back when in a hammerlock
 - Headlock without encircling an arm (elbow or above) or leg
 - Straight head scissors (even with arm)
 - Full Nelson
 - Pressure on the throat or carotid artery
 - Twisting kneelock
 - Keylock
 - Overhead double arm bar
 - Locking hands behind the back in a double arm bar from the front
 - Neck Wrench
 - Front quarter nelson with chin
 - Leg block (cutback)
 - Overscissors when pressure is against the joint causing hyperextension
 - Bending, twisting or forcing the head or any limb/joint beyond the normal limits of its motion
 - Back bow
 - Any hold used for punishment only
 - Figure 4 around the body or both legs
 - Double underhook snapback from a standing position
 - Chicken wing with pressure to shoulder or parallel to the long axis of the body
 - Hands to the eyes or raking of the eyes
 - Pressure over the mouth, nose, throat or neck that restricts breathing in any way
 - Backflip from the standing position
 - Rear standing double-knee kickback

*No wrestler must forfeit any position because of injury or danger to life or limb.

* Whenever possible, an illegal hold should be prevented rather than penalized.

*Verbally caution wrestlers from turning a potentially dangerous hold into an illegal hold.

TECHNICAL VIOLATIONS

1. Going out of the wrestling area, fleeing, or forcing opponent out of bounds
2. Grasping of clothing, the edge of the mat or headgear (may be delayed call, will be delayed with imminent takedown)
3. Interlocking or overlapping of hands, fingers or arms (may be a delayed call)
4. Figure 4 to the head from the neutral position (may be a delayed call)
5. Leaving the wrestling area without permission (also after checking in to the scorer's table)
6. Reporting to the mat not properly equipped or ready to wrestle (detected after the match has started)



INFRACTIONS

CONDUCT OF CONTESTANTS

UNNECESSARY ROUGHNESS

Exceeds normal aggressiveness (ex: forceful crossface, forceful trip, forceful forearm or elbow used in a punishing way, forceful slap to the head or face, poking/gouging of eyes)

UNSPORTSMANLIKE CONDUCT

May be physical or nonphysical, (may occur before/ during/or after match) Includes: pushing, shoving, swearing, intimidation, baiting, taunting, nasal passage clearing, spitting, throwing headgear, indicating displeasure, not complying with end of match procedure, repeatedly dropping to one knee to break locked hands, failure to comply with the direction of the official

FLAGRANT MISCONDUCT

May be physical or non-physical, may occur at any time, continual unnecessary roughness or unsportsmanlike conduct, striking, biting an opponent, butting, elbowing, kicking, use of any tobacco products. Athlete must be removed from premises, if authorized school personnel is present.

CONDUCT OF COACHES AND TEAM PERSONNEL (wrestlers, coaches, managers, trainers)

UNSPORTSMANLIKE CONDUCT

All team personnel are restricted to bench while clock is running and normal out of bounds and resumption of wrestling. The coach may move towards mat during a charged time out or at the end of the match. Any abusive act that interferes with match, is disrespectful, incites a negative reaction of others, or violates the bench decorum rule. (2nd offense will require removal for the remainder of the entire event)

MISCONDUCT

Conference by any coach regarding misapplication of rule, and referee determines there is no misapplication, or a coach questions referee's judgment. (head coach is penalized, 3rd offense will require ejection for remainder of day)

FLAGRANT MISCONDUCT

Any act serious enough to remove offender from premise (removal for entire event), or the use of tobacco products.

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