



2015-16 and 2016-17 Wrestling Rules Changes

The following rules changes were approved by the NCAA Wrestling Rules Committee and the Playing Rules Oversight Panel. They will be incorporated into the rules book for the 2015-16 and 2016-17 seasons.

Rule	Change and Rationale
New 1.12.1.4	<p>When competing in a dual meet, it is recommended that teams wear contrasting colored singlets. The host school should select and communicate their preference, the lighter or darker colored singlet, to the visiting team in a timely manner.</p> <p>Rationale: Allows for easier identification of teams by fans watching the matches on television or the Internet where the ankle bands are hard to see.</p>
2.1.3	<p>Once the offensive wrestler assumes the correct starting position, the referee shall say, "Set." At this time, the offensive wrestler shall remain stationary (motionless) and the referee shall wait a minimum of one second before sounding their whistle.</p> <p>Rationale: Allows for a fair start for both wrestlers as they both remain motionless until they react to the sound of the referee's whistle.</p>
2.9.2	<p>Four-point Near Fall. If a criterion for a near fall is met and held uninterrupted for four seconds, four points shall be awarded.</p> <p>Rationale: Promotes aggressive wrestling and is more exciting to watch. The wrestler on the short end of a score is not out of the match.</p>
3.15	<p>When two teams finish in a tie in a dual meet or a team-advancement tournament, the following criteria shall be applied to determine a winner:</p> <p>3.15.1 Greater number of victories. <i>Note: Forfeits, defaults and disqualifications count toward total number of victories.</i></p> <p>3.15.2 Combined total number of falls, forfeits, defaults and disqualifications. 3.15.3 Total match points scored only from decisions, major decisions and technical falls.</p> <p>3.15.4 Total near fall points scored only from decisions, major decisions and technical falls.</p> <p>3.15.5 Total takedowns scored only from decisions, major decisions and technical falls.</p> <p>3.15.6 Least number of unsportsmanlike conduct calls.</p> <p>3.15.7 First takedown scored of the dual meet.</p> <p>Rationale: Adds new criteria and moves first takedown down the list to break a tie.</p>
5.8.4	<p>An intentional drill or forceful fall back is illegal and shall be called as a flagrant misconduct when the defensive wrestler is in a standing position and the offensive wrestler has a leg/body scissor hold or a cross-body ride.</p>

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	<p>Rationale: Eliminates an extremely dangerous wrestling maneuver.</p>
5.9.2	<p>Each wrestler must attempt to work toward the center of the mat and continue wrestling in an attempt to secure a takedown, regardless of the time or score of the match. When wrestling is stopped in the neutral standing position for going out of bounds, one of the following three calls shall be made: a) stalling on one or both wrestlers for leaving the wrestling area; b) stalling for pushing or pulling the opponent out of bounds; or c) wrestling action is taking place.</p> <p>Rationale: Promotes more offensive wrestling in the center of the mat in the neutral position and eliminates stalling tactics.</p>
5.9.2.5	<p>Pushing or pulling the opponent out of bounds is stalling.</p> <p>Rationale: Promotes more offensive wrestling in the center of the mat in the neutral position and eliminates stalling tactics.</p>
5.9.3	<p>When the offensive wrestler positions himself with one or both hands below the buttocks of the defensive wrestler, the referee shall immediately start a verbal and visual five-second count. The referee shall stop the count when the offensive wrestler improves his position, moves his hold back up above the buttocks of the defensive wrestler, or releases the hold. If the referee reaches the fifth count prior to the offensive wrestler improving his position, moves his hold back up above the buttock or releases the hold, then the offensive wrestler shall be called for stalling.</p> <p>a) If the offensive wrestler lifts the defensive wrestler's leg up off the mat and both wrestlers reach the standing position, the referee stops the five-second count. If the offensive wrestler does not attempt to return the defensive wrestler to the mat, the referee shall call stalling.</p> <p>b) If the offensive wrestler applies a hold with a hand or arm around the defensive wrestler's waist while applying the other arm/hand below the buttocks, the referee shall immediately start a verbal and visual five-second count. The referee shall stop the count when the offensive wrestler moves his arm/hand back up above the buttocks of the defensive wrestler, or releases the hold. If the referee reaches the fifth count prior to the offensive wrestler moving his arm/hand back up above the buttocks of the defensive wrestler, or releases the hold, then the offensive wrestler shall be called for stalling.</p> <p>c) When an offensive wrestler applies a side headlock or cross body headlock to the defensive wrestler, the referee shall immediately start a verbal and visual five-second count. If the offensive wrestler does not release the hold or attempt to put his opponent in a near fall situation before the referee reaches his fifth count, the offensive wrestler shall be called for stalling.</p> <p>Rationale: Defines specific situations to assist the referee in determining when to start and stop the five second count.</p>
5.18	<p>Interlocking fingers with the opponent in the neutral position is a stalemate for the first offense. Subsequent offenses of interlocking fingers in the neutral position shall be called stalling.</p>

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	Rationale: Eliminates a stalling tactic that is becoming more common.
Penalty Table (Rule 5)	Control of Mat Area penalty is warning, 1 team point, 2 team points and disqualification. Questioning the Referee penalty is warning, warning, 1 team point, 2 team points and disqualification. Rationale: Separates the two infractions and allows them to be enforced individually.