



OFFICIALS' WRESTLING SIGNALS HIGH SCHOOL AND COLLEGE



1 Starting the Match	2 Stopping the Match	3 Time Out	4 Start Injury Clock	5 Start Blood Clock
6 Stop Blood/Injury Clock	7 Neutral Position	8 Indicates No Control	9 Out-of-Bounds	10 Indicates Wrestler in Control Left/Right Hand
11 Defer Choice	12 Potentially Dangerous Left/Right Hand	13 Stalemate	14 Caution - False Start or Incorrect Starting Procedure	15 Stalling Left/Right Hand
16 Interlocking Hands or Grasping Clothing	17 Reversal	18 Technical Violation	19 Illegal Hold or Unnecessary Roughness	20 Near-Fall
21 Awarding Points Left/Right Hand	22 Unsportsmanlike Conduct Left/Right Hand	23 Flagrant Misconduct Left/Right Hand	24 Coach Misconduct Left/Right Hand	

Revised 2005

Wrestling Terminology and Points System



Takedown	2 pts-Wrestler gains control of other wrestler
Reversal	2 pts-Control between wrestlers switches
Escape	1 pt-Wrestler escapes from other wrestler's control
Locked Hands	1/1/2/DQ-Wrestler in control can't lock hands unless in pinning combination-4th time=DQ
Near Fall (2 sec)	2 pts-Exposing the back for at least 2 seconds
Near Fall (5 sec)	3 pts-Exposing the back for at least 5 seconds
Fall (Pin)	Wrestler in control holds other wrestler's shoulders on mats for 2 seconds-match ends
Neutral	Both Wrestlers Standing
Referees Position	1 Wrestler on Top/1 Wrestler on Bottom
Stalemate	No wrestler can gain an advantage
Stalling	Not initiating action
Technical Violation	Illegal move/action/hold Examples of technical violations include: <ul style="list-style-type: none">* Pulling opponent's singlet* Pulling opponent's hair* Locking hands* Biting* Cursing* Poor Sportsmanship