



January 1, 2018

Unsportsmanlike conduct (UC) may be either a physical or nonphysical act and may occur before, during or after the match. Examples include, but are not limited to, swearing, taunting or baiting the opponent, throwing headgear or other equipment, failure to comply with the end of match procedure, spitting or clearing a nasal passage on the mat, repeatedly dropping to a knee to break a clasp hands, repeatedly losing (spitting) the mouth guard and showing displeasure with the official's call. Continual acts of unsportsmanlike conduct may be interpreted as flagrant misconduct on the part of the either wrestler during the match. **UC** after the match is a team point penalty. A second **UC** violation after the match is a two point team deduction and ejected from the event. With the ejection, any further matches are forfeited and may not default out to place to earn any further team points to place in the event. The athlete shall keep all team points earned up to the ejection.

The mouth guard coming out: First time should be the official's time to replace the mouth guard and clean the mat. Second time is again the official's time to replace the mouth guard and clean the mat; with the official informing the wrestler to keep it in the mouth and the next occurrence is a violation. The third occurrence is an unsportsmanlike conduct penalty. Bumper strips are not legal! The mouth guard must cover all teeth with orthodontics (top and bottom), have a channel for the biting edge to fit in and completely cover the braces. When we DO IT RIGHT, we help each other

BE A TEAM

Wrestler A is in NF criteria with wrestler B on his left knee. Wrestler A bridges and wrestler B's right foot (toes) slides over the line. Are they OB? **Ruling: No**, if the toes are not a supporting point to be in bounds they cannot be a supporting point to be OB. This applies to toes and heels. Note: heels are the same as toes; not a supporting point. A shoe sliding over the line does not constitute an OB situation. I take one supporting point of each wrestler, and then they are OB.

ATTENTION: As Ray, Dick and Jim have watched wrestling the opening weeks of the season, we have seen too many officials counting near fall without the defensive wrestler being restrained in criteria. And worse is a near fall count on a roll through or counting near fall when the defensive wrestlers puts himself in danger on a Granby or Peterson.

The **head gear straps** are allowed to be crossed. There is no penalty, and the wrestlers may cross the front two, the back two or both pairs of straps.

On the other hand wrestlers with tights must have stirrups, and unless the wrestler has only one leg, both leg tights must be worn. The wrestlers are not allowed to alter the manufacturer's product. The pair of tights must be worn as intended by the manufacturer.

Be Professional * Polite * Prompt * Direct * Decisive