

University of Virginia Intramural Sports Wrestling

Each player must present a valid UVA student ID or current Recreation Membership Card and photo ID before each contest to be eligible to participate - No Exceptions. All players must have checked in with an Intramural Supervisor and be recorded on the game sheet before they are allowed to participate.

All Intramural participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their family physician or the Elson Student Health Center before participating in an Intramural Sports contest.

Game time is forfeit time.

The officiating will be done by members of the UVA Varsity Wrestling team. The Officials are in absolute control of the matches. Participants are responsible for keeping their spectators under control. Misconduct of participants, coaches, or spectators can result in assessment of an unsportsmanlike penalty, ejection or forfeiture of a match. The UVA Wrestling Officials and Intramural Supervisors shall have the power to make decisions on any matters or questions not specifically covered in the rules.

National Collegiate Athletic Association Wrestling Rules will govern play for any rules not mentioned in the following Intramural rules:

1. Weight Classes

1.1 Competition will be divided into the following weight classes for the tournament:

- 134 lbs. & under
- 135 - 142 lbs.
- 143 - 150 lbs.
- 151 - 158 lbs.
- 159 - 167 lbs.
- 168 - 177 lbs.
- 178 - 190 lbs.
- 191 - 215 lbs.
- Heavyweight (216 - 275 lbs.)

1.2 Each participant's official weight will be determined at the Weigh-in session (an email will be sent out to inform you of the day time and location).

1.3 Participants must wrestle in their weight class if there are at least 4 other participants in that same class. If there are less than four participants signed up for a weight class, those participants will wrestle in the next higher weight class.

1.4 All wrestlers must be checked in with an Intramural Supervisor before they are allowed to participate.

2. Equipment

2.1 All players must wear athletic shoes or wrestling shoes - hard soled shoes will not be allowed.

2.2 All jewelry is prohibited. *Penalty - automatic point for opponent.*

2.3 Casts and/or any other item deemed to be dangerous by the Official/Supervisor may not be worn.

2.4 Participants are required to dress in recreation attire.

2.5 A protective ear guard is required and will be supplied by the IM-Rec Sports Department.

2.6 Protective mouth guards are highly encouraged.

3. Matches

- 3.1 All matches will consist of 3 periods. The 1st period shall last two minutes. The next 2 periods will last one minute each. The wrestler accumulating the most points at the end of the match will be declared the winner.
- 3.2 The 1st period will begin with both wrestlers in the neutral position. For the 2nd period, the winner of a coin toss will choose either the offensive position, the defensive position, or to defer his/her choice to the 3rd period. The wrestler who did not have the choice of position in the 2nd period will have the choice of position in the 3rd period.
- 3.3 A one-minute, sudden death overtime will be used in the event of a tie at the end of a regulation match. Overtime will begin with both wrestlers in the neutral position.
- 3.4 There will be no limit on the amount of time allowed for a wrestler to tend to an injury. However, if the wrestler can not continue once being attended to by the on-site trainer, the match will be forfeited.

4. Scoring Points

- 4.1 Participants are awarded points by the Official in accordance with the following system:
 - a) Takedown - 2 points
 - b) Escape - 1 point
 - c) Reversal - 2 points
 - d) Near Fall - 2, 3, or 4 points
- 4.2 There will be no points awarded for "riding time".
- 4.3 A match will end during the following situations:
 - a) Fall - any part of both shoulders or part of both scapulae of either wrestler held in contact with the mat for one second constitutes a fall. The count by the Official shall start only after the Official is in position to observe that a fall is imminent.
 - b) Technical Fall - a wrestler has earned a 15-point advantage over the opponent.